



**Tryout Application must be submitted online by 11:59 PM, Sunday August 14<sup>th</sup>**

## **Hillgrove High School Basketball Sideline Cheerleading Tryout Information Packet**

Enclosed you will find information regarding cheerleading and tryouts for the Hillgrove High School Basketball Cheerleading squads. To be considered for the Hillgrove cheerleading program, you must meet **ALL** eligibility requirements as outlined by the Georgia High School Association, including that you live in the Hillgrove district and that you are academically eligible at the time of tryouts. Also, ensure there is a current physical uploaded in Athletic Registration online in ParentVUE, and submit the tryout application **NO LATER THAN 8/14/2022**.

**\$25 non-refundable tryout fee due on the 1st day of tryouts – Monday, August 29, 2022. (Cash or CashApp - \$hhscbc)**

### **Program Details & Time Commitments**

Parents and students, it is essential that you discuss this decision and consider the time commitments involved with each team. Being selected as a part of the HHS cheerleading program is a privilege that requires dedication, hard work, and sacrifice.

#### **Varsity Basketball (11th-12th grade)**

- Clinic – Monday, August 29, 2022 (material will be uploaded online by August 10th). You should know the tryout material when you come to the clinic.
- Tryouts will be held in person Tuesday, August 30<sup>th</sup>, 2022
- Results will be posted the weekend of September 3-4, 2022
- In-Season Practices 2-3 days per week, as determined by the coach. Begin date - TBD
- One Saturday practice - TBD
- All Varsity Basketball Games (Tues, Fri, some Saturdays, and any other days as the schedule notes) – Including all playoff games

#### **JV Basketball (9th-11th grade only)**

- Clinic – Monday, August 29, 2022 (material will be uploaded online by August 10th). You should know the tryout material when you come to the clinic.
- Tryouts will be held in person Tuesday, August 30<sup>th</sup>, 2022
- Results will be posted the weekend of September 3-4, 2022
- In-Season Practices 2-3 days, as determined by coach. Will begin week of Oct 26<sup>th</sup>.
- JV Basketball Home games ONLY.

\*Please contact Coach Bell or Coach Spiegel if you have any questions regarding tryouts.

Coach Bell – [Rionda.Bell@cobbk12.org](mailto:Rionda.Bell@cobbk12.org)

Coach Spiegel – [Jennifer.Spiegel@cobbk12.org](mailto:Jennifer.Spiegel@cobbk12.org)

**Cheerleading Tryout Information**  
**Basketball Sideline Cheerleading**  
**August 29-30, 2022**

**2022 HHS Tryout Dates:**

August 29<sup>th</sup> (Clinic) & August 30<sup>th</sup> (Tryout Day) \* Tryout material will be online by August 10<sup>th</sup>\*  
\*\*\*Prospective athletes should be prepared and know the material on the first day.\*\*\*

**Tryout Times & Location:**

August 29<sup>th</sup> – 4:00- 5:30 in the Auxillary Gym  
August 30<sup>th</sup> – 4:00 – until your tryout is completed

*\*Please note that tryouts are closed to spectators. It is imperative that coaches have the opportunity to give all tryout applicants their undivided attention and that tryout applicants have no distractions to deter their focus.*

**Tryout Clinic and Tryout Dress Code:**

- The material will be uploaded online, including sideline cheers & a “Stands”(dance) routine
- Black athletic shorts/spinks with NO LOGO’s
- White T-Shirt or White Tank Top with NO LOGO’s or anything printed or cheer related wording. Bra Straps should NOT be visible.
- Hair needs to be up in a ponytail or a half up with a coordinating bow or ribbon.
- Cheer or athletic shoes with no-show socks.
- **ABSOLUTELY NO JEWELRY!**

**2022-2022 Tryout Announcements**

Tryout results will be posted online at the Hillgrove Cheer Website the weekend of September 3-4, 2022 at [www.hillgrovecheer.org](http://www.hillgrovecheer.org)

Squads will be formed based on scores compiled by the coaching staff, fulfillment of requirements, and the coaches’ final decision. Please remember consideration of team purpose, cheerleader maturity/leadership, and overall impression must be given in determining the squads.

**2022-2023 HHS Cheerleader New Squad Meetings:**

If selected for a squad, cheerleaders must attend a mandatory meeting & practice 3:30-5:30

- **Varsity and JV - Monday, October 26, 2022**
- **All cheerleaders will meet in their Coach’s classroom. Varsity – meets in Coach Bell’s Room 2204/JV – meets in Coach Curran’s Room 2205**

**2022-2023 Hillgrove High School Cheerleading Booster Club Meeting:**

A **MANDATORY** meeting will be held on **Monday, September 12th at 6:30 pm** at the Hillgrove cafeteria all athletes selected for 2022-2023 squads. Each cheerleader **MUST** have at least one parent/guardian in attendance. New Cheerleaders for the season will be required to pay \$250.00 for BB Cheerleading Dues via the online portal by 9/12/2022. Current FB Sideline and/or Comp Cheerleaders are only required to pay \$50 for BB Cheerleading Dues.

### **Tryout General Information:**

Parents and applicants should discuss the applicant's decision and consider the financial and time requirements involved with each squad. Being selected as a part of the HHS Cheerleading program is a privilege that requires commitment.

### **Eligibility**

To tryout, you must meet all eligibility requirements as outlined by the Georgia High School Association, including residing in the Hillgrove district and being academically eligible **at the time of tryouts**. Also, you must complete all tryout paperwork and submit online to the website by **11:59 PM Sunday August 14th**.

### **Sideline Squads**

Selection for Sideline Squads is based on the applicant's tryout. Applicants will be selected from each of the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades for the school year. 9<sup>th</sup> - 11<sup>th</sup>-grade students can be placed on JV squad; 11<sup>th</sup> and 12<sup>th</sup>-grade students will be placed on Varsity squad.

### **Varsity Basketball (11<sup>th</sup> – 12<sup>th</sup> grade) – Practices and Games**

- In-Season Practices- Mondays & Thursdays as needed throughout the season until Mid-January
- All Varsity Basketball Games (Tues, Fri, some Saturdays, and any other days as the schedule notes) – Including all playoff games

### **JV Basketball (9<sup>th</sup> and 11<sup>th</sup> grade only) - Practices and Games**

- In-Season Practices- Mondays and Thursdays throughout the season as needed
- All JV Basketball Home games

### **Basic skills required for all squads:**

- \* Ability to listen to and follow instructions
- \* Cheer motion knowledge and skill (placement and sharpness)
- \* Voice volume in cheering (being able to lead a group by calling a cheer/chant and being loud)
- \* Rhythm in dancing (must be able to dance to a song with the correctly taught motions and stay on the beat)
- \* Learning memory (must be able to learn multiple cheers and dances and memorize them, then be able to perform them in front of an audience)
- \* Enthusiasm and excellent spirit to include but be limited to school spirit and a game day side line presence.
- \* Jump knowledge and skill (height, flexibility, and motion sharpness are factors)
- \* Maturity and leadership ability is a must for all teams, as you are seen as leaders in the school.
- \* Expectations for skills listed above are higher for Varsity Squad

### **Tryout Requirements**

1. Each cheerleading applicant must have completed and returned all of the following:

- \* Tryout application/parental permission form E-SIGNED
- \* A current physical uploaded in Athletic Registration online in ParentVUE.
- \* **IF YOU DO NOT HAVE A PHYSICAL ON FILE, YOU WILL NEED TO HAVE ONE by AUGUST 29, 2022, OR YOU WILL NOT BE ABLE TO PARTICIPATE**

Please return the e-signed tryout application and ensure your current physical is uploaded in Athletic Registration online in ParentVUE. New tryout applicants should attach a copy of their report card or transcript. This should be turned into the Hillgrove High School Main office. These materials are due by Sunday August 14, 2022. You may not participate in any clinics or tryout practices until these materials have been received.

2. Each cheerleading applicant must meet all Cobb County High School and Georgia High School Association policies on eligibility to tryout. Cobb County Athletic Handbook can be viewed online.

<http://www.cobbk12.org/centraloffice/athletics/Student-ParentAthleticHandbook.pdf>

### Hillgrove High School Athletic Physical Process

**HILLGROVE WILL NO LONGER ACCEPT A PAPER PHYSICAL FORM.** Instead, parents must register their student on their ParentVUE site for students in grades 9-12.

**Hillgrove Students:** If you do not have a ParentVUE login you will need go to the link below to print the form. The parent/guardian should bring the form and a photo ID to Barbara Morgan in the Front Office at Hillgrove. An activation code will be given which will allow access to the student account. If you have previously completed the "ParentVUE User Form" and have been denied access to your account, please email Barbara Morgan at Barbara.Morgan@Cobbk12.org or call 678-331-3961 for ParentVUE assistance.

Once you login into your ParentVUE account you will click "Athletic Registration". Choose the correct school year (2022-2023). The online system will guide you through the necessary steps and save the information you enter. **YOU WILL BE REQUIRED TO PRINT THE PHYSICAL FORM ALONG WITH THE MEDICAL CLEARANCE FORM FROM THE ONLINE SITE** to take to your physician, D.O., Physician's Assistant, or Advance Practice Nurse. **After the examination showing a physician signature and clearance, you will need to upload the physical form & medical clearance form on the "Documents" tab.**

You may also contact Chantelle Scott our Athletic Clerk, for more information at 678-331-3961.

### HHS Cheerleading 2022-20223 Estimated Costs

The following is an **ESTIMATE** of combined costs for items needed by each cheerleader. Cheerleaders are encouraged to communicate with the coaches as soon as possible when learning of individual family or economic needs that will bring about the conflict. Parents should also feel comfortable communicating with the booster club and/or coach when needed.

Please see chart below for additional information and a breakdown of costs per cheerleader.

#### Estimated Costs for BB Sideline Squads

- **Estimated costs:** See Below.
- Please note: Practice wear and shoes are not included in these estimated costs. These items will be purchased separately directly with the vendors.

<u>Various squad scenarios</u>	<i>Estimated combined costs- Subject to change</i>
Brand new Senior basketball cheerleader	Approx \$1100 – 4 payments of \$275
Senior that also cheered football	Approx \$810 – 4 payments of \$202.50
Brand new junior on Varsity	Approx. \$1010 – 4 payments of \$252.50
Junior who also cheered football	Approx. \$780 – 4 payments of \$180
Brand new JV basketball cheerleader	Approx. \$750 – 3 payments of \$275
JV cheerleader who also cheered football	Approx. \$550 – 3 payments of \$183

## Hillgrove High School Cheerleading General Information

Cheerleaders are one of the most visual representatives of their high school. Hillgrove cheerleaders are expected to demonstrate good sportsmanship at all times. The purpose of the Hillgrove cheerleading program is to promote school pride, unity and to lead the student body in demonstrating spirit and support for the teams, coaches, and all athletes.

### **Rules, Regulations, and Guidelines**

- Cheerleaders who choose to quit the program after being placed on a squad will forfeit the right to tryout the following season
- No cell phones allowed to be used unless otherwise noted by the coach at practice, games, competitions or any other cheerleading function
- Distractions such as but not limited to: friends, boyfriends, parents should refrain from interrupting practices, games and/or competitions. Practices are CLOSED.
- Negative/bad attitudes or reports of bad attitudes and/or disrespect from any teacher will be disciplined according to the coaches discretion
- Coaches and other squad members will always be treated with respect
- Always be on time, punctuality is expected!
- All personal matters must be taken care of outside of practice; squad unity is a primary goal!
- **General Behavior:** The following behaviors are extreme violations of the Cobb County Code of Conduct. Violations will be evaluated by coaches and administrators in accordance with the Cobb County guidelines, and an appropriate consequence will be given. Consequences may include removal from the squad. Smoking/Drinking, Cheating, Drug Use, Fighting, Vandalism, Undesirable or immoral behavior and/or gestures

### **Practices**

- Practices are set at the discretion of the coach. Everyone should attend all practices.
- Absence from school means you cannot attend practice/game for that day (must attend two periods of school). School absences should be limited.
- Missing practice for clubs and other extra-curricular activities is **not** considered excused. Students with academic obligations will not be penalized (within reason). Academics are a priority, please inform your coach ahead of time if you need to meet with a teacher, and provide a note from the teacher.
- Cheerleaders are expected to notify a coach in advance if they are to be tardy or miss practice. Word of mouth is not acceptable.
- Every effort should be made to avoid missing practice
- Having a job is not an excuse to miss practice. If you have a job, you need to make sure it fits with your cheerleading commitment.

### **Games**

- Cheerleaders must be dressed in uniform for all games at the time designated by the coach.
- Cheerleaders are responsible for bringing appropriate equipment to all games and/or competitions.
- Cheerleading is your main concern during the game. Excessive talking to squad members or the crowd is not permitted.
- Game participation will be limited when practices are missed.

### **Transportation**

- Cheerleaders are expected to travel to and from the away games on the bus, unless otherwise arranged by the coaches.

### **Uniforms, Practice Clothing, Etc.**

- If a cheerleader loses his/her uniforms or equipment, he/she will be required to pay for a replacement. Cheerleaders will only be charged what the program pays for the item.
- Uniforms must be returned, cleaned, in their original condition. Cheerleaders and their parents are expected to pay for cleaning expenses and/or replacement costs for uniforms that are returned soiled and/or damaged.
- Any uniform not returned by the due date will be considered lost, and the parents will be charged for a replacement.
- Cheerleaders are expected to wear appropriate spirit wear, as designated by the coach, to school on game days and spirit days (this includes practice wear).

### **Financial Responsibilities**

- Cheerleaders are responsible for the cost of all cheer apparel.
- Cheerleaders are responsible for the replacement cost of any school property that is lost or damaged. (Uniforms and equipment)
- Every effort is made to provide opportunities for cheerleaders to earn money to help offset the financial obligations. ALL cheerleaders must attend and participate in all required fundraising activities, or possibly offset participation by covering those funds from personal funds or sponsorships.

### **Coaches' Rights**

- The coach reserves the right to "bench" a cheerleader for disciplinary or performance reasons. Reoccurring issues with discipline can result in the dismissal of a cheerleader. The inability of a cheerleader to perform at the skill level of tryouts may result in dismissal from the squad.
- The coach reserves the right to discipline attendance issues for practices and/or games on an individual basis.
- Missing practice, even if it is excused, may result in not being included in the next game/competition and/or skills performed at the next game/competition. Coaches' discretion will be used.

### **Hillgrove High School Cheerleading Booster Club**

- The purpose of this organization shall be to provide support for the Hillgrove High School cheerleading program. The Booster Club works with the High School Coaches in the following areas:
  - To promote a congenial relationship among members, cheerleaders, coach(es), school administration, other school organizations, and the community in general.
  - To promote cheerleading as a sport for students who reside in the Hillgrove High School District and to develop athleticism, enthusiasm, cooperation, leadership, responsibility and good sportsmanship.
  - To promote fund-raising activities for the financial support of services, facilities, and equipment for cheerleading squads on an as-needed basis.
- The booster club helps supplement the school budget with covering the costs of items such as, but not limited to, uniform needs; the end-of-the-year banquet gifts and award costs for cheerleaders & coaches; holiday parties; coaching needs; etc.

### **Awards**

- Varsity and JV - to receive any award you must complete the entire season, including playoffs, and tournaments.

### **Varsity Letter**

- The following requirements must be met to receive a Varsity Letter:
  - You must finish the season academically eligible (refer to student handbook).
  - You must attend all practices, games, competitions, and activities unless excused by the coach.
  - You must earn the coach's recommendation by demonstrating dedication and commitment, good attitude, hard work, and loyalty to the school, teammates, and the community

PLEASE [CLICK HERE](#) TO SUBMIT  
TRYOUT APPLICATION

**\*\*Application and Physicals MUST BE submitted no later than August 14, 2022 in order to participate in the 2022 Basketball Cheer tryouts**

**Thank you for your interest in the 2022-2023 Basketball Cheerleading Program at Hillgrove High School. We are excited and looking forward to a great 2022-2023 cheerleading season.**

If you have any questions, please contact –

Coach Rionda Bell  
Varsity Basketball Cheer Coach – [Rionda.Bell@cobbk12.org](mailto:Rionda.Bell@cobbk12.org)

Coach Katie Curran  
JV Basketball Cheer Coach – [Katherine.Curran@cobbk12.org](mailto:Katherine.Curran@cobbk12.org)

Coach Jennifer Spiegel  
Cheerleading Program Director – [Jennifer.Spiegel@cobbk12.org](mailto:Jennifer.Spiegel@cobbk12.org)

