

ECHS Cheerleading Tryout Packet Checklist



Name: _____

Upcoming Grade: _____

- Cheerleading Application(DIGITAL)
- 2025 Constitution and Permission agreement
- Cost Sheet agreement
- Physical: exp date: _____
- CCSS Authorization Form
- Teacher Evaluation
- ALL Athletic Forms must be completed via DRAGONFLY

EAST COWETA CHEERLEADING TRYOUT LETTER 2025

Dear Parent/Guardian,

Your child has expressed an interest in cheerleading at East Coweta High School. We will have a **Mandatory Parent meeting on FEBRUARY 12TH, at 6:00 pm** in the **Main Cafeteria** to go over required paperwork and for parents to have a chance to ask any questions they may have for the cheerleading coaches prior to tryouts.

The number of cheerleading teams offered each year is determined by the East Coweta Cheer coaching staff and depends on the skill levels of candidates, number of candidates trying out, and the availability of coaches. **Tryouts will be March 4th- March 7th . Rising 8th graders (currently in 7th) will be required to attend tryouts but it will be a tryout clinic for those individuals. Their official tryout will be May 23rd per GHSA guidelines. Rising 8th graders (currently in 7th will be required to attend tryouts but it will be a tryout clinic for those individuals. Their official tryout will be at the end of May via GHSA guidelines.** Attitude, cooperativeness, and candidate's willingness to work hard will also be observed during the tryout. **TRYOUT MATERIAL HAS BEEN POSTED ON OUR WEBSITE The candidates are responsible for learning this material on their own. We will review the material during tryouts but will not be teaching it.**

We are looking for candidates who will represent East Coweta in a positive manner and who will work cooperatively as a team. Please also understand that candidates chosen will be placed on teams based on their "overall score." Tumbling is not required, but is a skill that coaches will be looking for. Tumbling is on the GHSA scoresheet in order for a team to max out in a routine. Our coaching staff will be evaluating candidates all week on tumbling and stunts.

The Georgia High School Association (GHSA) has sanctioned cheerleading as a sport and it will be treated as such by East Coweta High School. To be eligible to try out for a position on a cheerleading team, candidates must be academically qualified and on track for graduation. They must also have the following completed: **current physical, Emergency Medical Treatment form (must be notarized), Tryout Application, and the constitution permission form.** All other paperwork needs to be completed online through Dragonfly Max. All paperwork is due on the first day of tryouts. (Please read each carefully and sign/date all appropriate areas), If you have a current physical that will not expire before tryouts you will need to provide a copy of that physical. **Students that are at ECHS and have a physical on file will be checked prior to tryouts by the athletic office.**

Cheerleading requires a tremendous amount of time, effort, and financial responsibility. Included in this packet is an estimate of costs that should be considered prior to tryouts. Fundraisers will be organized to try to offset costs. Schoolwork is top priority and therefore candidates should consider whether or not they will be able to handle a rigorous schedule of cheerleading practice and events along with his/her schoolwork. All squads require a year-round commitment. There are activities that are required before/after your season. Your duties as an ECHS cheerleader are not complete until tryouts for the next season.

During the season, it is possible that practices and events will be held up to six days a week (sometimes at 7:00 am), and practice may fall during holidays. Other activities, fundraisers, and conditioning will also be held during the summer. All dates will be provided as soon as possible. Please check the calendar attached in this packet for the most current information regarding dates that have already been set for this year. As with any successful team, it is imperative that each member attend all practices and events. Not attending practices and events could result in not being able to participate in upcoming events, benching, extra conditioning or removal from the squad. Please take this information into consideration before making the decision to commit to high school cheerleading. Thank you for your interest in East Coweta Cheerleading. We are looking forward to a successful season. Please feel free to contact us if you have any further questions.

JV/Varsity Details:

- Approximately 20 members (16 cheerleaders MAX will make mat on competition; the rest will be alternates) These positions can change throughout the season. No one is guaranteed mat. Coaches will make decisions as they see fit on who will compete on mat and who will be alternates.
 - 4 flyers
 - 8 bases (with one base who can also fly in basic straight up stunts)
 - 4 backspots (with one being a possible flyer if needed for basic stunts)
 - Varsity- Standing Tuck/Cartwheel tuck and Rd off tuck/ BHS tuck or higher is preferred but not required
 - JV- Standing BHS/ Tuck or higher, Rd off BHS or higher is preferred but not required
- We will have approximately 2-4 alternate positions:
 - We prefer these to make a stunt group
 - To hold an alternate position, you need to be a very well rounded cheerleader who stands out in showmanship, performance, sideline motions, and excellent jumps.
- JV/Varsity consists of members in all grades 9th-12th grade with the exception of candidates in the 8th grade (2025-2026 school year) who will only be allowed to participate on the JV squad due to GHSA rules. Remember no matter what you choose at tryouts, if you make a team the coaches reserve the right to move any member to either Varsity or JV competition. The only thing that will not change is sideline.

Varsity Expectations:

- Very spirited and strong motions/jumps
- Jumps: All jumps must be connected – Hurdler, Pike, Toe-Touch
- Standing Tumbling: Tuck and/or Standing BHS Tucks are preferred to make mat
- Running Tumbling: Rd-Off Tuck and/or Rd-off BHS Tuck/Layout or higher; Fulls are preferred to make mat
- Flyers: You will be required to do a straight up, single-leg stunt where you will have to pull all 4 flexibility skills in the air (scorpion, scale, heel stretch, & bow-and-arrow) to be considered to make mat
- Bases and Backspots: Advanced experience with switch-ups and full-ups
- Males: Required to do a walk-in single base press unassisted

JV Expectations:

- Very spirited and strong motions/jumps
- Jumps: All jumps must be connected – Hurdler, Pike, Toe-Touch
- Standing Tumbling: BHS preferred
- Running Tumbling: Rd-off BHS preferred
- Flyers: You will be required to pull a heel stretch
- Bases and Backspots: Advanced experience and knowledge of straight up, single-leg stunts and straight up extensions
- Approximately 20 members or less. We will be looking for a variety of bases, flyers, and backspots for this squad.

Please let us know if you have any further questions.

Sincerely,

Bri Lannom

Head/Program Coordinator

East Coweta High School 2025-2026 Cheerleading Constitution

I. Purpose

- To promote and uphold school spirit, develop a sense of good sportsmanship among the students, and to build better relationships between schools during athletic events.
- To represent ECHS in invitational, regional, and state competitions.

II. Participation

Cheerleaders are expected to be at **all** cheerleading activities specified for their squad and specified by their coach. Excused absences are school related activities, death in the family, or major illness. Unexcused absences are non-school related activities, all star practices, work, weddings, college visits, mild sickness (including headaches, cramps, colds etc.) Doctor/dentist appointments are **not** excused. These need to be planned around cheerleading practices and events. ALL scheduled practices, even LAST MINUTE practices if needed are MANDATORY after July 28th. There will be times that a coach has NO CONTROL over rescheduling a practice due to conflicts that occur at the school throughout the school day. ALL GAMES/COMPETITIONS are MANDATORY!! If a cheerleader agrees to cheer football sideline at the beginning of the season and decides to quit football sideline at any point in time, he/she will also be dismissed from the Varsity/JV competition team- NO EXCUSES! (and this is vice versa with quitting competition)

After 2 unexcused absences, the cheerleader may be considered for dismissal from the squad. Any unexcused absence or tardy may result in extra conditioning or sitting out of quarters, games, or competitions.

*Extra practices may be called on late notice.

*If you miss a practice it is up to the coach on what the consequence is.

*Practices **will** be held on teacher work days and other days that students may have off throughout the season, such as holidays, summer break, etc.

Typical Game/Competitions-

- JV- Thursday game day, Friday- you will sell programs at every home game, Saturday- competitions (Aug/Sept/Oct/Nov)
- Varsity- Friday game day, Saturday competitions will be held (Aug/Sept/Oct/Nov/Dec)

Typical Practice Schedule for JV/V 3:30-6:00 pm daily (during the week), please see tentative calendar, all dates and times are subject to change. Varsity is subject to have morning practices, anywhere from 6:00-7:45 am.

III. Tardies/Early Leave

Tardies to or early leave from a practice or activity will result in extra conditioning (or other consequence set by the coach). If the requirements are not satisfied before a game, competition, or activity, the cheerleader will not be able to participate.

You **MAY NOT** leave practices/events early for work, all star practices, and/or any other NON-RELATED ECHS/school activity. This can also count towards an unexcused absence!

If this is a frequent problem or if late notice is given – the amount of time being late to/leaving from practice can add up to an unexcused day of practice.

After 2 tardies/ early leave, the cheerleader may be considered for dismissal from the squad.

☞ Cheerleaders must be in attendance for at least 2 periods on the day of a competition/game/practice in order to participate. Should school be canceled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified.

☞ Cheerleaders must be at practice and any cheerleading activity ON TIME and be PICKED UP ON TIME. Late drop off and pick up can result in extra conditioning (or other consequences set by the coach). If this is a frequent problem the cheerleader may be considered for dismissal from the squad.

SAT/ACT- we TRY to schedule our competitions around at least one SAT and ACT date for those cheerleaders that need to take the test, but cannot guarantee options will be available. This is not an EXCUSE to miss a competition. If you sign up for a test and there is a football game the night before you will not be allowed to leave the game early, and a coach must be notified at least 1 month prior to the test date. If criteria is met, you will be allowed to leave with a parent/guardian at HALFTIME. If there is a special circumstance the coach reserves the right to handle the situation differently at their discretion.

IV. Work and other activities outside of ECHS

It is almost impossible for cheerleaders to have jobs during the season. There are often situations in which we have to change our practice times daily. Work and other activities outside of ECHS are **never** an excused absence from cheerleading. Remember, you **MAY NOT** leave practices/events early for work, all star practices, and/or any other NON-RELATED ECHS/school activity. This can also count towards an unexcused absence!

V. Cheerleading Protocol

The following guidelines will be followed throughout the season:

- No cell phones will be allowed out during practices, games, competitions, or any other time specified by the coach
- Cheerleaders will be prepared for practices, and ALL cheerleading events dressed appropriately in the correct attire (shoes, bow, spandex, practice outfit, uniform, etc)
- If a cheerleader chooses to quit a team, she/he may not tryout the following year and they forfeit their spot on any other squad they are currently on.
- Throughout the season cheerleaders will be assigned certain duties to perform before/after games, events, competitions, etc.
- Medical documentation of any injury will be followed per doctor's order.

By not following these guidelines or any of the above in excess may be grounds for dismissal from the squad, benching of game and/or immediate consequence of extra conditioning.

The following are not acceptable and will not be tolerated:

- Talking excessively during games to other cheerleaders
- Talking during a game to spectators
- *Chewing gum at games or practice
- Romancing with boyfriend/girlfriend while in uniform (no physical contact)
- Cursing or vulgar language
- Talking during the National Anthem/Silent time or while a player is injured
- Talking during instruction time during practice or game
- Complaining
- Gossip/disrespect to other squad members/Coaches this includes social media accounts
- Not abiding by cell phone policy- Cell phones will be collected during practices, games, and/or competitions.

Any of the above in excess may be grounds for dismissal from squad, benching of game and/or immediate consequence of extra conditioning.

If a cheerleader is benched, he/she will sit with the coach the entire length of the activity with no socializing.

☞ Disrespect to **administration, faculty, staff** or disrespect to **cheer coaches** may result in dismissal from team.

Talking back in any form to any of the above will not be tolerated! Talking back is DISRESPECT and will be handled in the form of extra conditioning, benching, probation and/or removal from the team.

-It is a privilege to be a part of the East Coweta Cheer Squads and each member will act in a respectable manner.

-No member is irreplaceable and will not be treated as such. Always remember: for every member chosen, there are many that would love to take their place.

Other grounds for dismissal

- Poor health (causing excessive absences and or not being able to perform duties required)
- Breaking school rules
- Repeated emails from teachers about classroom behavior, etc
- Smoking, drinking, or using drugs while in uniform or at any cheer or school activity
- Failing more than one subject per semester
- Getting in trouble with law enforcement
- Inability to get along with other cheerleaders
- Benched more than 3 times
- Inappropriate material on internet that represents yourself and/or East Coweta negatively (note – actions/info on the internet should still follow East Coweta cheer standards and constitution)
- Any other behavior deemed inappropriate or detrimental to the team by the coach.

- Repeated visits to ISS-if a cheerleader receives ISS they will be unable to participate in practice, game, competition on that day which will result in other types of disciplinary actions
- Coach's discretion/overall good of the squad

☞ You start representing East Coweta High School the minute you become a part of any ECHS Cheer Squad. Your actions reflect back onto your teammates and school.

VI. Appearance, Uniforms and Equipment

- *Hair must be pulled back for all games/practices/competitions. Only a natural hair color is permitted. Blue, purple, pink, green, or feathers will not be allowed. Hair embellishments (beads, metal adornments) are not allowed. Hair length must be short enough that when stunting/tumbling it is not in violation of GHSA rules and guidelines.
- Hair will be worn in a style specified by the coach- All cheerleaders need to be able to adjust hair accordingly on a day to day basis- EX- one week may be high ponytails, next week may be low ponytails, one week may be half up half down COMPETITION hair will be high ponytails or buns for both squads this upcoming season
- *Jewelry of any kind may not be worn to any game/practice/competition. This includes tongue rings, nose rings, belly rings, belly beads, earrings, rings, necklaces, clear spacers, bracelets, anklets, permanent jewelry, etc. (Medical alert charms and religious medals are exceptions but must be taped to the body) This is for safety reasons and **IS** a National Cheerleading Rule! **Jewelry CAN NOT be covered with a bandage or tape. DO NOT GET A PIERCING DURING THE SUMMER or DURING THE SEASON!**
- *Cheerleaders may not have nails that can be seen over the fingertips. (NO ACRYLIC/SNS/ GEL NAILS). No polish will be worn on game day or competition day, no matter how "NATURAL" the nail color is
- All uniforms are property of ECHS
- No member may change out of their uniform (including your cheer shoes) during an event. (Example: At a competition, everyone must remain in full uniform unless a coach decides otherwise)
- Uniforms will not be worn except for games, competitions and designated activities. Uniforms will not be worn outside of these unless the entire squad is together. (Example: Do not wear your uniform to a restaurant unless with the entire squad. Sweat suit or wind suit is allowed)
- Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of replacing the uniform. This includes practicewear.
- All school uniforms will be returned cleaned at the end of the season. Any noticeable stains, or damaged uniforms will be returned to the cheerleader to have repaired and cleaned. Letters, bars, and certificates will be held until the uniform is returned in the proper condition.
- Letterman jackets should be purchased for Varsity sideline cheerleaders- when the weather gets **EXTREMELY** cold we will wear these jackets at the games, however this needs to be purchased by the cheerleader ON THEIR OWN. Jackets are not included in our overall cheer cost.
*=Rules of GA High School Association and National Federation of High School Associations. ECHS coaching staff has no control over these.

VII. Transportation

Cheerleaders will be required to ride the bus TO and FROM all away games and required to ride the bus TO competitions. NO EXCEPTIONS. This is the same rule as our football team and basketball teams and our program will follow the same as other sports. **If there is a special circumstance the coach reserves the right to handle the situation differently at their discretion.**

VIII. Fundraising

Each year we will have several fundraisers to help offset costs for the cheerleaders and the Booster Club. We depend on our fundraisers to purchase replacement uniforms for ALL squads, travel expenses, competition fees, new uniforms, supplies as needed throughout the year, etc.

Cheerleaders and Cheer Parents are **required** to participate in the following fundraisers to support the **Booster Club: Ad Sales for the football program**, spiritwear sales, Indian Invitational, Homecoming dance, and any other fundraiser the program chooses to do. EX: Spirit Nights, Kiddie Camp, rivalry shirt sales, carwash, etc. Lack of participation in fundraising will result in consequences (i.e., extra conditioning, sitting out of quarters, etc.)

VIII. Squad Responsibilities

Varsity Football/Competition

- Pictures for the athletic program in June and seniors will also have pictures for cover shot in July
- Participation in ALL fundraisers
- Cheers at all home and away games, playoffs, or any additional games the coach requires (scrimmage) as well as competes in 6 invitationals, region, and state competitions
- Participation in pep rallies and parades
- Participation in showing school spirit (dressing up) for special events going on at the school (Ex: Homecoming Week)
- Participation in program ad sales
- Participate in any other events the coach or coaches specify.

JV Football/Competition

- Pictures for the athletic program in June
- Cheer at all JV/9th grade home football games as well as 4 Saturday competition invitationals
- Participation in all fundraisers
- Participation in pep rallies the coach chooses.
- Participation in the homecoming parade.
- Participation in showing school spirit (dressing up) for special events going on at the school (Ex: Homecoming Week)
- Participation in program ad sales
- Participate in selling programs at **EVERY HOME** Varsity football game (Friday nights). **THIS IS MANDATORY and will follow the same guidelines as missing a practice.**
- Participate in any other events the coach or coaches specify such as varsity playoff game if there is conflict between the competition squad having region or state tournament on the same weekend

X. Chain of Command and Coach's Responsibility

If you have a question regarding your child's squad, if you have a problem or concern about your child's squad you must follow the chain of command stated in this constitution.

1. **1st notify the head coach of that squad.** Please give the coach 24 hours to respond back to you if you have to leave a message. Do not just skip over and go to the next highest person in the chain of command. If you still feel like your concern wasn't acknowledged or dealt with properly then contact the 2nd person and so on.
2. Contact Lee Heaberlin- the athletic director: robert.heaberlin@cowetaschools.net
3. **ANYTHING in this constitution can be changed based on our coach's discretion.** Every situation is an INDIVIDUAL situation and will be handled by the coaches best judgment and fairness. **This constitution is used as a guideline not an absolute.**
4. A coach's responsibility is always to make decisions based on what is BEST FOR TEAM, NOT THE INDIVIDUAL.

XI. Competition Alternates

- All Varsity alternates that attend the state competition at the end of the season will letter varsity even if they do not compete during the season.
- If a JV candidate gets pulled up they must compete in a minimum of 2 competitions to letter varsity OR if the coach decides to place them as a varsity alternate for the state competition.
- WE WILL HAVE ALTERNATES FOR BOTH JV/V COMPETITION TEAMS AND WHO THOSE ALTERNATES ARE CAN CHANGE DAILY.
- If a JV candidate is pulled up to compete with varsity they will still remain on JV sideline.
 - We work our practices together so there will not be a conflict. Just like any team sport, we have 1st string, 2nd string, etc.
- Varsity alternates will be asked to compete on JV if coaches feel necessary.

XII. Lettering/Certificate of Participation Guidelines

All Varsity participants will letter as long as the following criteria is met:

- Cheer at all football games deemed by the coach
- Cheer at all competitions deemed by the coach
- Participate in all fundraisers deemed by the coach this includes Kiddie Camp
- Participate in a minimum of 3 spirit nights deemed by the coach
- Participate in all mandatory clinics, choreography camps
- Participates at practices on a regular basis

All JV participants will receive a certificate of participation as long as the following criteria is met:

- Cheer at all football games deemed by the coach

- Cheer at all competitions deemed by the coach
- Participate in all fundraisers deemed by the coach this includes Kiddie Camp
- Participate at ALL home games selling programs
- Participate in a minimum of 3 spirit nights deemed by the coach
- Participate in all mandatory clinics, choreography camps, etc.
- Participates at practices on a regular basis

XIII. Parental Participation and Guidelines

Parental participation and support of the ECHS program is very important to the success of all of the cheerleading squads. However, certain guidelines must be followed.

1. No additional ordering of any items will be allowed unless it is to be a donation in which that parent must give the item to all team members of that squad with approval from the head coach.
2. No parent has the authority to ask any parent for money to purchase additional items throughout the season unless it has been approved by the head coach of that squad 1st and then that coach will get approval from the Head Cheerleading Coordinator (Bri Lannom). If it is approved by the coach that still does not REQUIRE any parent to participate or purchase those items unless willing too. All items needed and/or required for each team has been ordered by the coach.
3. No parent or cheerleaders can conduct a practice on school property. This is a liability and a GHSA rule and regulation.
4. If cheerleaders would like to take additional tumbling/stunt classes at local gyms that is allowed, but a cheerleading parent cannot require any other team member to attend or pay for that service.
5. Throughout the season, parents will be asked to help donate items for fundraisers, games, competitions, etc.
6. Any outstanding balances that are still open will result in your child not being able to receive items ordered until the balance is paid and cleared.
7. Practices will be closed unless a coach states otherwise throughout the season.
8. If a parent has concerns and needs to speak to a coach this WILL NOT be done during practice time or games/competitions. An appropriate appointment will be made with the coach. Email is the best way to reach a coach during the school day. If an emergency occurs that is an exception. Please allow a coach 24 hours to get back to you. Parents need to remember that coaches are teachers first, and have outside responsibilities (parent, 2nd job, college classes, etc) as well. Coaches are professionals and need to be treated as such.
9. Please do not call a coach outside of school/practice hours unless it is a true emergency (i.e., death in the family, injury, etc.). All other concerns can be emailed to the coach and the coach will follow up within 24 hours.
10. **If a parent has a concern, that concern needs to be addressed in a timely manner.** Coaches will not discuss situations that happened months prior or after the completion of a season.
11. Parents may plan parties, etc for the teams. However, no cheerleaders are required to attend or purchase anything for that event unless it has been approved by the head coach of that team.

Notes: The success of these teams is not necessarily skills but dedication. You must be willing to make sacrifices and choices. It also does not just require dedication from the cheerleader but also those that support him/her.

ECHS Constitution Contract and Permission Agreement

I have read the ECHS Cheerleading Constitution and I agree to follow the stated rules and regulations.

Cheerleader Signature and Date: _____

Parent Signature and Date: _____

Please read and initial each of the following: (Cheerleader and Parent)

Cheerleader	Parent	
		I understand that I will be expected to bear the expense of uniforms, camp, clothing, clinics and other costs that may arise during the season. I will, also, participate in all fundraisers throughout the year.
		I understand that I must respect my/my child's coaches, teammates, administration and faculty at all times. I understand that I must be a team player at all times.
		I understand I/my child must attend all practice sessions, activities, games, competitions scheduled throughout the season.
		I understand that I/my child must attend summer camp and other activities/practices planned during the summer and other holidays throughout the season.
		I understand that I/my child represent East Coweta High School and will act in a way that will reflect on the school/team in a positive manner.
		Parent/Guardian- I understand that my lack of parent participation in parent meetings, booster meetings, etc forfeits my right to make further comments about decisions that are made.
		Parent/Guardian- I understand that if my child quits or is removed from a squad no matter the reason that no refunds will be issued.

**YOU MUST TURN IN ON THE FIRST DAY OF TRYOUTS OR BEFORE!
MAKE SURE YOU HAVE SIGNED ALL APPROPRIATE BOXES,
CHEERLEADER AND PARENT!**

2025 VARSITY COST SHEET

Item	Cost of Item	Total
REQUIRED		
Choreography	\$350	\$350
Skills Camp	\$330	\$330
Booster Club membership	\$50	\$50
Meals - 7 GAMES	\$100	\$100
Camp Clothes (2 tank tops, 1 t-shirt, 2 shorts)	\$100	\$100
Program Sweatshirt (Nike-men's cut)	\$50	\$50
State Goody Bag	\$125	\$125
Gameday Ribbon (Purple,Pink, Black, Themed games)	\$10	\$10
COMP UNIFORM-(NEW)	\$600	\$600
Competition Bow (NEW)	\$15	\$15
Warmup (Same as last year)	\$165	TOP SIZE _____ PANTS SIZE _____
OPTIONAL		
Black Compression Short (same as last year)	\$27	SIZE _____
White V Neck Liner (same as last year)	\$25	SIZE _____
BLACK V Neck Liner (same as last year)	\$25	SIZE _____
Pink Compression Short (same as last year)	\$27	SIZE _____
Adidas bag with logo and name (same as last year)	\$65	YES NO
Competition Shoes	\$110	SIZE _____
Poms (one purple and one gold)	\$45	YES NO
Megaphone (IF NEEDED)	\$50	YES NO
Total		
Deposit of \$400 Due on March 12, 2025		-\$400
Due April 11, 2025		
Due May 12, 2025		
Due June 13,2025		

Everyone will be required to purchase 3 cases of water- we will use this for the homecoming dance concession stand, as well as for competitions, games, and practices for cheerleaders!

I agree to pay the following amount listed on this cost sheet either with Ad sales or my own personal money. I understand that my child **WILL NOT** receive any items until all items are paid for in advance and all checks have been cleared through our local bank. **SIGN BELOW AND RETURN BY March 4, 2025**

Athlete Name: _____

Parent Full Name: _____

Parent Signature: _____

Date: _____

CLOTHING SIZE

Tank top size: _____

T-Shirt size _____

Shorts size: _____

Sweatshirt Size: _____

Item	Cost of Item	
REQUIRED		
Choreography	\$300	\$300
Skills Camp	\$330	\$330
Booster Club membership	\$50	\$50
Meals - 7 GAMES	\$100	\$100
Camp Clothes (2 tank tops, 1 t-shirt, 2 shorts)	\$100	\$100
Program Sweatshirt (Nike-men's cut)	\$50	\$50
End of the year goody bag	\$100	\$100
Gameday Ribbon (Purple,Pink, Black)	\$10	\$10
Uniform (NEW)	\$300	\$300
Competition Bow (NEW)	\$15	\$15
Warmup (Same as last year)	\$165	TOP SIZE _____ PANTS SIZE _____
OPTIONAL		
Black Compression Short (same as last year)	\$27	SIZE _____
Black V Neck Liner (same as last year)	\$25	SIZE _____
Adidas bag with logo and name (same as last year)	\$65	YES NO
Competition Shoes- Varsity V4X	\$110	SIZE _____
Poms (one purple and one gold)	\$45	YES NO
Total		
Deposit of \$400 Due on March 12, 2025		-\$400
Due April 11, 2025		
Due May 12, 2025		
Due June 13,2025		

Everyone will be required to purchase 3 cases of water- we will use this for the homecoming dance concession stand, as well as for competitions, games, and practices for cheerleaders!

I agree to pay the following amount listed on this cost sheet either with Ad sales or my own personal money. I understand that my child **WILL NOT** receive any items until all items are paid for in advance and all checks have been cleared through our local bank. **SIGN BELOW AND RETURN BY March 4, 2025**

Athlete Name: _____

Parent Full Name: _____

Parent Signature: _____

Date: _____

CLOTHING SIZE

Tank top size: _____

T-Shirt size _____

Shorts size: _____

Sweatshirt Size: _____

ECBS CHEER Teacher Evaluation

Athlete Name: _____

Due Date: Tuesday, March 4th

	Subject	Current Grade	Behavior	Comments	Teacher's Signature
1					
2					
3					
4					

ECHS CHEER Teacher Evaluation

Athlete Name: _____

Due Date: Tuesday, March 4th

	Subject	Current Grade	Behavior	Comments	Teacher's Signature
1					
2					
3					
4					
5					
6					

 LAST (Student's Name) FIRST MIDDLE SCHOOL YEAR

EMERGENCY MEDICAL TREATMENT INFORMATION

STUDENT'S NAME:	DATE OF BIRTH:	AGE:
PARENT/GUARDIAN NAME:	HOME PHONE NO:	PARENT/GUARDIAN WORK NO:
FAMILY PHYSICIAN:	PHYSICIAN NUMBER:	
SPECIAL MEDICAL CONDITIONS OF STUDENT:	STUDENTS IS ALLERGIC TO:	

PERMISSION FOR MEDICAL TREATMENT

I/WE grant to the school personnel my/our permission to act on my/our behalf in securing medical attention for _____ in case of any medical emergency while participating in said activity. The local emergency facilities have my/our permission to treat _____ for any illness/injury that occurs while participating in said activity wherever conducted. I/We also understand that I/We are totally responsible for any costs incurred for medical attention.

I/We further verify that _____ is covered under the following insurance policy:

Name of Insurance Company:	
Policy Number:	
Named Insured:	
Persons Covered:	
Policy Expiration Date:	

PARENT(S)/GUARDIAN(S) SIGNATURE: _____

**** Please continue on the back of this form. ****

EXTRACURRICULAR AUTHORIZATION FORM

I/We desiring that _____ participate fully in various interscholastic and extracurricular activities available through the Coweta County School System, hereby authorize and grant my/our permission for _____ to participate in the following extracurricular activities. I/We realize that such activities involve the potential for injury which is inherent in all extracurricular or sporting events. I/We hereby acknowledge that even with the best teaching and coaching, the use of the most advanced equipment, and the requirement of strict observance of all rules, injuries are still possible. I/We further realize that injuries received can be so severe as to result in total disability, paralysis, or even death. I/We hereby acknowledge that I/We have read and understand this warning and We hereby give my/our permission for _____ to participate in _____ and verify that he/she has adequate coverage of current accident and/or health insurance policy. This shall constitute the affidavit referenced in Board Policy JGA

PARENT(S)/GUARDIAN(S) SIGNATURE: _____
(MUST BE SIGNED IN FRONT OF A NOTARY)

Sworn to and subscribed before me
this ____ day of _____, ____.

Notary Public
My Commission Expires: _____

I/We hereby acknowledge that I/We have read, understand and completed this document with full and complete understanding of its terms and that the information contained herein is true and correct. I/We give permission for my/our student to accompany any school team of which the student is a member on any of its local or out of town trips.

This _____ day of _____, 20_____.

PARENT(S)/GUARDIAN(S) SIGNATURE: _____

STUDENT'S NAME _____ GRADE _____

GET STARTED WITH DRAGONFLY



DragonFly makes sports and activities more organized with easy-to-use digital forms, health records and team communication tools.



PARENTS & STUDENTS

- 1 Download the DragonFly MAX app from the App Store or Google Play.
- 2 Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.
Note: please do not create an account with your child's name or contact information – you will get the chance to add your child soon!
- 3 Verify your account with the verification ID sent to your email address.
- 4 Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school.
- 5 After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
- 6 Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.



ATHLETIC DIRECTORS, COACHES & SCHOOL ADMINISTRATORS

- 1 Visit dragonflymax.com and click the 'Log In/Sign Up' button.
- 2 Click 'Sign Up for Free' to create your account with your school email address.
- 3 Verify your account with the verification ID sent to your email address.
- 4 Click the 'Get Started' button to select your role and search for your school.
- 5 After selecting your school, tap 'Join' to request access. You will see a list of administrators at your school who can approve your request. If you're the first person to request access to your school, a member of the DragonFly team will verify your role and approve your request.

PREFER TO DO THIS ON YOUR COMPUTER?

Visit dragonflymax.com and click 'Log In/Sign Up' to get started.