

# 2024 TKA SIDELINE & COMPETITION CHEER INFO AND POLICIES

## TUMBLING/JUMP REQUIREMENTS

All girls trying out for the varsity squad will be scored on the minimum tumbling requirement. The squad is determined by scores, positions and coachability. The coach may make an exception to the tumbling requirement based on needed positions with the approval of the Athletic Director.

MS Grade Eligibility: Girls rising Grades 6-8  
Minimum Tumbling Requirement: Back Walkover  
Jumps: Toe Touch, Hurdler

Varsity Grade Eligibility: Girls rising Grades 9-12  
Minimum Tumbling Requirement: Round-Off Back-handspring & Standing Back-handspring NO ASSIST  
Jumps: Toe Touch, Hurdler

## ALL-STAR CHEER POLICY

Girls cheering for half-year All Star cheer teams are eligible to try out for the MS and Varsity Football Cheer programs and must abide by all practice and competition attendance policies set forth in the Parent Information Packet and/or as the Coach deems necessary. Failure to abide by the practice and competition attendance policies may result in dismissal from the squad and/or in-eligibility for the next season.

*Due to the high level of commitment required by both TKA and year-round All-Star Cheerleading, year-round All Stars cheerleaders are not eligible to try out for the Middle School & Varsity Sideline/Competition squads.*

## MANDATORY CLINIC AND TRYOUTS

**All candidates are required to attend clinic and tryouts.** Any exceptions to this requirement must be approved, in advance, by the Athletic Director. All chants, cheers and other instruction needed for tryouts will be taught during the clinic. Girls should wear navy or black shorts, white tee-shirt, blue or white hair bow, and tennis shoes. No jewelry or gum. A panel of outside judges will score the girls using a numbered scale for each element including jumps, tumbling skills, mastery of an 8-count and cheer, stunting, spirit and projection. Mastery of any of these elements is not a guarantee to make the team. Cuts will be determined based on needed positions, coachability, and the level of experience of the team. An exact number cannot be set until these elements are determined at tryouts.

**To be eligible to attend clinics and tryouts, girls must be a TKA enrolled student, Applied & Accepted, or Approved AES. Eligible students must pre-register on Team Snap. A \$50 tryout fee will be collected during tryout registration.**

V & MS Cheer Tryout Registration: <https://registration.teamsnap.com/form/4492>

## TRYOUTS

Mandatory Clinic: Monday, March 18<sup>th</sup> and Tuesday, March 19<sup>th</sup>, 4:30-6:00pm, Hopewell gym  
Participants need to bring a 4x6 head shot photo to the first day of clinic.

Tryouts: Varsity and MS, Friday, March 22<sup>nd</sup>  
Hopewell Gym, 4:30-7:30pm

## RESULTS

Coaches will email rostered players after tryouts. Rostered players will receive an email with a link to register on TeamSnap for the 2024 season.

## PARTICIPATION FEES

TKA Students: Varsity & MS \$895  
AES Students: Varsity & MS \$920  
Camp Fee Varsity & MS \$400  
Uniform fee TBD \*\* All uniform orders are non-refundable.

Participant and Camp fees will be paid during the registration process on TeamSnap. All registrants may either pay in full via ACH or Credit Card or select the payment plan using a credit card. The payment plan will be the default and will require a \$155 deposit followed by six equal payments.

To utilize the Payment Plan option, on the payment screen select "Pay With Card." Scroll down to turn on "Split payment into installments." Your credit card will be automatically charged the same day each month until all installments are completed.

**Photos** will be included in your registration fee. Each athlete will have an individual and team photo taken. The \$12 designated for photos in your registration fee will provide you with 1 5x7 individual photo, 1 5x7 team photo, and a digital image of your athlete. Each team's committee will have access to the digital images to use for the year end banquet, awards and any other needs.

## SPORTS PHYSICALS & FORMS

Students must have a current physical form on file in the Athletic Department prior to participating in tryouts, practice, voluntary workout, or game that indicates that the student is physically approved for participation.

Participants must turn in the following forms to the Athletic Department prior to tryouts (all forms can be found at [thekingsacademy.org/athletics/forms](http://thekingsacademy.org/athletics/forms)):

### Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). GIAA form if HS; GAPPS form if MS. Physicals after 4/1/24 will be good for the entire 2024/2025 school year.

### **ATTENTION: NEW FORMS FOR HIGH SCHOOL ATHLETES:**

- HS: GIAA Student/Parent Concussion Awareness Form
- HS: GIAA Student/Parent Sudden Cardiac Arrest Awareness Form

### **AES/HOMESCHOOLED ATHLETES:**

- HS & MS AES: Complete TKA AES Application. Contact Athletic Department for link.
- MS AES: Transcript of all courses taken in 6<sup>th</sup> – 8<sup>th</sup>
- HS AES: Transcript of all courses taken since 9<sup>th</sup> grade
- HS AES: GIAA AES Student-Athlete Information Form
- HS AES: Georgia Declaration of Intent to Homeschool form (must have electronic signature dated no later than September 1<sup>st</sup> of the current school year)

### Submit One Time

- Birth Certificate (New athletes only)
- High School Affidavit of Eligibility (New HS athletes 9-12<sup>th</sup>)
- Middle School Affidavit of Eligibility (New MS athletes 6-8<sup>th</sup>)
- MS: GAPPS Concussion Acknowledgement Form (New athletes only)
- MS: GAPPS Sudden Cardiac Arrest Awareness Form (New athletes only)
- HS AES: Senior Exit form (AES seniors only)

## FCC ESTIMATED COMPETITION SCHEDULE

All cheerleaders are expected to be at every competition. The Varsity and MS cheer squads usually attend 3 FCC competitions. Please do not schedule family vacations, church camps, etc. without checking in with your coach first.

## ATTENDANCE AND ABSENCES

Attendance is required and will be taken at practices, tumbling, fundraising events, games, and competitions. Cheerleaders are expected to be on time. Cheerleaders who are late to any cheer event are considered Tardy. 3 Tardies = 1 Unexcused Absence.

**Excused Absences:** Severe illness or family emergencies are considered excused absences. In these instances, the cheerleader must contact her coach to be excused. Cheerleaders who are only mildly ill (i.e., cramps, sinus, injuries), are expected to come to practice and observe so that she will not miss any new material being presented. **Unexcused Absences:** Church activities, family vacations and All-Star activities and other outside activities that conflict with TKA cheer camp, cheer practices, games or cheer competitions and practices are considered unexcused. No more than 1 unexcused absence will be permitted during the regular sideline cheer season which begins the week after Mandatory Cheer Camp through September 30<sup>th</sup>. Beginning October 1<sup>st</sup>, practices will solely be focused on preparing for competitions such as State and Nationals. NO unexcused absences are permitted after October 1<sup>st</sup>. A coach may use alternates, to sub for or replace a cheerleader for excused and unexcused absences. An unexcused absence after September 30<sup>th</sup> may result in dismissal from the team and may also make the cheerleader ineligible to try out for the TKA Cheerleading in future seasons.

## ALTERNATES FOR COMPETITION

The coaches may release or replace a cheerleader from the squad, should she become injured or not progress in her tumbling or cheer skills required for sideline and competition, and/or have more than 1 unexcused absence. The coaches will then have the option of pulling up alternates who have indicated on the Tryout Form that they would be willing to cheer as an alternate and incur the costs of competition if chosen. If a cheerleader is replaced with an alternate, her fundraising total will be credited to the alternate's balance.

## CHEERING UP

The Varsity cheer coaches may invite 8<sup>th</sup> graders to cheer up to fill positions on the Varsity sideline/competition cheer squad. The coaches may only invite girls who have indicated on the "Cheer Tryout Form" that they are committed to cheering up if invited. Those selecting to cheer up, are making a 100% commitment to the Varsity squad if invited up and will not have an opportunity to reconsider this decision.

## DUAL SPORTS

**Cheerleaders are not eligible to participate in fall sports or other activities that may conflict with the practices, games and competition and must abide by the attendance policies set forth in this packet and/or scheduled by the coaches.** Cheerleaders who desire to participate in winter or spring sports are committed to cheerleading through the end of the cheer/competition season and must give cheer practices and competitions priority. If a student-athlete participates in two sports where the seasons overlap each other, he/she should notify the coaches of both sports as soon as possible so that the coaches can communicate with each other about the availability of the athlete to participate in the second sport.

## STUNTING AND TUMBLING

Cheerleaders are expected to be working toward mastery of the minimum tumbling requirements during the entire season. Attendance will be taken by the coaches and consequences for not attending or participating should be enforced. It is understood that great caution will be taken by those in charge to prevent accident or injury. However, neither those in charge nor The King's Academy shall be held responsible in case of accident or injury.

All cheerleaders participate in MANDATORY weekly tumbling classes at Showtime Elite, 1338 Londonderry Drive, Woodstock, GA 30188, (770) 384-8058. Classes meet for one hour each week, and a team schedule will be provided.

## COACH CONTACT INFORMATION

### VARSITY HEAD COACH

Valerie Bone

[valeriebone@windstream.net](mailto:valeriebone@windstream.net)

770-722-0484

### MIDDLE SCHOOL HEAD COACH

Jamie McFarlane

[Jrm0908@gmail.com](mailto:Jrm0908@gmail.com)

770-402-1186

## 2024-2025 VARSITY CHEER – IMPORTANT DATES

March 18 <sup>th</sup> -19 <sup>th</sup>	Tryout Clinic, 4:30-6:00pm, Hopewell Gym
March 22 <sup>nd</sup>	Tryouts, 4:30 – 7:30pm, Hopewell Gym
April 8 <sup>th</sup>	Mandatory Parent Meeting & Uniform Fitting, 4:30pm, TKA HS Room 102/104
May 13 <sup>th</sup>	Stunt Clinic, Hopewell 4:30-5:30pm
May 20 <sup>th</sup>	Stunt Clinic, Hopewell 4:30-5:30pm
June 21 <sup>st</sup>	Mandatory Competition Choreography, Showtime Elite 4:00pm-9:00pm
June 22 <sup>nd</sup>	Mandatory Competition Choreography, Showtime Elite 9:00am-5:00pm
June 24 <sup>th</sup> – 26 <sup>th</sup>	Mandatory FCC Cheer Camp, Dalton GA
July 8 <sup>th</sup> – 11 <sup>th</sup>	Mandatory Jr Knights Summer Clinic, Hopewell, 9:00am-5:00pm
August 1 <sup>st</sup>	Tumbling Becomes Mandatory
August 5 <sup>th</sup>	First Official Day of Practice
August 6 <sup>th</sup>	Nationals Parent Meeting, Hopewell 6:00pm
September 10 <sup>th</sup>	Jr Knights Cheer Clinic, Location and Time TBD
October 10 <sup>th</sup>	Homecoming Parade
October 11 <sup>th</sup>	Homecoming Dance Setup/Game
October 12 <sup>th</sup>	Homecoming Setup/Dance
December 30 <sup>th</sup>	Last practice
January 2 <sup>nd</sup> – 5 <sup>th</sup>	Nationals

*\*Regional and State competition dates will be communicated once they are released by FCC\**

## WEEKLY PRACTICE SCHEDULE

Mondays: 4:30pm – 6:00pm, Hopewell Gym

Tuesdays: 4:30pm – 6:00pm, Hopewell Gym

Thursdays: Tumbling 3:00pm-4:00pm, Practice 4:00pm – 6:00pm, Showtime Elite

Fridays: 4:30pm – 6:00pm, Hopewell Gym

## 2024 MIDDLE SCHOOL CHEER – IMPORTANT DATES

March 18 <sup>th</sup> -19 <sup>th</sup> March 22 <sup>nd</sup>	Tryout Clinic, 4:30-6:00pm, Hopewell Gym Tryouts, 4:30 – 7:30pm, Hopewell Gym
April 8 <sup>th</sup>	Mandatory Parent Meeting & Uniform Fitting, 5:00pm, location TBD
June 15 <sup>th</sup>	Stunt Clinic, Showtime Elite, 10:00am-12:00pm
June 21 <sup>st</sup> – 22 <sup>nd</sup>	Competition Choreography Camp, Showtime Elite, Friday 1:00pm – 4:00pm Saturday 5:00pm – 9:00pm
June 24 <sup>th</sup> – 26 <sup>th</sup>	FCC Cheer Camp, Dalton, GA
August 5 <sup>th</sup>	1 <sup>st</sup> Mandatory practice at Showtime Elite
August 8 <sup>th</sup>	Practice, time TBD
August 24 <sup>th</sup>	Stunt Clinic, Showtime Elite, 10:00am – 12:00pm

## WEEKLY PRACTICE SCHEDULE

Mondays, Showtime Elite, 4:00pm – 5:30pm

Thursdays, Showtime Elite, 1:30pm – 3:30pm / Game Days 4:45pm

Fridays before competition, extra practice is needed at Hopewell gym or TKA HS Assembly Room.