

2025 VARSITY 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.

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 Varsity Football Cheer program 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 Varsity Sideline/Competition squad.

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. Varsity Cheer Tryout Registration: <https://registration.teamsnap.com/form/22373>



TRYOUTS

Mandatory Clinic: Monday March 17th, Tuesday March 18th and Thursday March 20th
Hopewell Gym, 4:30pm-6:30pm

Tryouts: Varsity and Middle School, Friday, March 21st
Hopewell Gym, 4:30pm-7:30pm

RESULTS

Coaches will post the roster on social media after tryouts (@tka.varsitycheer on Instagram). Rostered players will receive an email with a link to register on TeamSnap for the 2025 season.

PARTICIPATION FEES

TKA Students: \$800
AES Students: \$850

Camp Fee TBD
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.

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):

Submit Annually

- GIAA Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). Physicals after 4/1/25 will be good for the entire 2025/2026 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
- HS: GIAA Heat Policy Awareness Form

Submit One Time

- Birth Certificate (New athletes only)
- High School Affidavit of Eligibility (New HS athletes 9-12th)
- HS AES: Senior Exit form (AES seniors only)

AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS:

- Refer to separate AES Approval Process Document

FCC ESTIMATED COMPETITION SCHEDULE

All cheerleaders are expected to be at every competition. The Varsity cheer squad usually attends 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 30th. Beginning October 1st, practices will solely be focused on preparing for competitions such as State and Nationals. NO unexcused absences are permitted after October 1st. A coach may use alternates, to sub for or replace a cheerleader for excused and unexcused absences. An unexcused absence after September 30th 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 8th 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.

VARSITY HEAD COACH - Valerie Bone
valeriebone@windstream.net
770-722-0484

VARSITY ASSISTANT COACH - Julianna Walker
jeknowles79@gmail.com
404-680-2549

2025-2026 VARSITY CHEER – IMPORTANT DATES

PRACTICE SCHEDULE

Mondays: 4:30pm-6:00pm @ Hopewell

Tuesdays 4:30pm-6:00pm @ Hopewell

Thursdays: 3:00pm-4:00pm Tumbling, 4:00pm-5:30pm Practice @ Showtime Elite

Fridays: 4:30pm-6:00pm @ Hopewell (times will vary during football season for away games)

March 17th-18th Tryout Clinic 4:30pm-6:30pm @ Hopewell

March 20th	Tryout Stunt Clinic 4:30pm-6:30pm @ Hopewell
March 21st	Tryouts 4:30pm-7:30pm @ Hopewell
March 24th	Parent Meeting 5:00pm Uniform Fitting 6:00pm
April 15th	Stunt Clinic 4:00pm-5:00pm @ Hopewell
April 17th	Stunt Clinic 4:00pm-5:00pm @ Showtime Elite
April 21st	Stunt Clinic 4:00pm-5:00pm @ Hopewell
April 24th	Stunt Clinic 4:00pm-5:00pm @ Showtime Elite
June 23rd-24th	Mandatory Competition Choreography, 4:00pm-9:00pm @ Hopewell
June 26th-28th	Mandatory FCC Cheer Camp @ Hopewell Camp Championship, time TBD
July 7th-10th	Mandatory Junior Knights Cheer Clinic 9:00am-5:00pm @ Hopewell
August 7th	Tumbling becomes mandatory 3:00pm-4:00pm @ Showtime Elite & First practice 4:00pm-5:30pm @ Showtime Elite
August 11th	Nationals Parent Meeting 6:00pm @ Hopewell
September 4th	Junior Knights Fall Cheer Clinic, Location and Time TBD
October 16th	Homecoming Parade
October 17th	Homecoming Setup & Game
October 18th	Homecoming Dance & Cleanup
December 16th	Team Christmas Party
December 29th	Last practice before Nationals
January 1st-3rd	Nationals @ Rosen Shingle Creek in Orlando

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