

# 2026 MIDDLE SCHOOL SIDELINE & COMPETITION CHEER INFO AND POLICIES

## TUMBLING/JUMP REQUIREMENTS

All girls trying out for the middle school squad will be scored on the minimum and bonus 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 Requirements:	Standing: Back Walkover & Back Handspring (unassisted) Running: RO BHS or RO double BHS
Bonus Tumbling Skills:	4 connected skills
Jumps:	Toe Touch, Toe Touch and Hurdler Sequence

## ALL-STAR CHEER POLICY

Girls cheering for half-year All Star cheer teams are eligible to try out for the MS 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 Middle School Sideline/Competition squad.*

## MANDATORY CLINIC AND TRYOUTS

**All candidates are required to attend clinics and tryouts.** Any exceptions to this requirement must be approved, in advance, by the Athletic Director. All chants, cheers and other instructions needed for tryouts will be taught during the clinic. **Girls should wear navy or black shorts, white T-shirt/tank, white hair bow, and cheer/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 TeamSnap. A \$50 tryout fee will be collected during tryout registration.** MS Cheer Tryout Registration: <https://registration.teamsnap.com/form/53016>



## TRYOUTS

Mandatory Clinic: Monday, March 16<sup>th</sup>, Tuesday, March 17<sup>th</sup>, Thursday March 19<sup>th</sup>, 4:30-6:00pm, Knights Gym @ TKA Athletic Complex, 78 Ridge Road, Canton

**NEW** Participants need to **bring a 4x6 headshot photo to the first day of clinic.**

Tryouts: MS, Friday, March 20<sup>th</sup>, 4:00-8:00pm, Knights Gym @ TKA Athletic Complex, 78 Ridge Road, Canton

## RESULTS

Coaches will email rostered players after tryouts. Rostered players will receive an email with a link to register on TeamSnap for the 2026 season.

## PARTICIPATION FEES

TKA Students: \$995

Camp Fee \$400

Uniform fee \$800-950 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](https://www.thekingsacademy.org/athletics/forms)):

### Submit Annually

- ❖ GAPPS Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). Physicals after April 1st of the current year will be good for the entire next school year.

### Submit One Time

- ❖ Middle School Affidavit of Eligibility (New MS athletes 6-8<sup>th</sup>)
- ❖ GAPPS Concussion Information & Acknowledgement Form (New MS athletes 6-8<sup>th</sup>)
- ❖ GAPPS/GHSA Student/Parent Sudden Cardiac Arrest Awareness Form (New MS athletes 6-8<sup>th</sup>)

### **AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS:**

- ❖ Refer to separate AES Approval Process Document available for download:
  - <https://www.thekingsacademy.org/athletics/Forms.cfm>

## FCC ESTIMATED COMPETITION SCHEDULE

All cheerleaders are expected to be at every competition. The MS 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 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 September 30<sup>th</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 needed 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 selected 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 TKA 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. Cheer takes priority in any sports or extracurricular activities that overlap during the TKA cheer season.

## **STUNTING AND TUMBLING**

Cheerleaders are expected to be working toward mastery of the minimum and bonus 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 accidents or injury. However, neither those in charge nor The King's Academy shall be held responsible in case of accident or injury.

Weekly tumbling classes or privates are recommended, at the gym of your choice, in order to advance minimum and bonus tumbling skills in a timely manner.

## COACH CONTACT INFORMATION

**MIDDLE HEAD COACH** - Jamie McFarlane  
[Jrm0908@gmail.com](mailto:Jrm0908@gmail.com)  
770-402-1186

**Assistant Coach**- Ashley Parrish  
[ashleyaparrish1@gmail.com](mailto:ashleyaparrish1@gmail.com)  
662-418-7726

## 2026-2027 MS CHEER – IMPORTANT DATES

March 16 <sup>th</sup> -17 <sup>th</sup>	Tryout Clinic, 4:30-6:00 pm, Knights Gym
March 19th	MS and Varsity Stunt Clinic Mandatory 4:30-6:00
March 20th	Tryouts, 4:00 – 8:00 Knights Gym
March 24th	Stunt Practice @ Knights Gym 4:30-6:30
March 31st	Mandatory Stunt Clinic, Parent Meeting & Fitting @ Knights Gym 4:30-7:30
April 14th	Mandatory Stunt Clinic @ Knights Gym 4:30-6:30
April 28th	Practice @ Knights Gym 4:30-6:30
May 22nd	Boston Butt Fundraiser
June 20th	Mandatory Stunt Clinic/Team Bonding @ Showtime 10:00-12:00 - 12:00-2:30
June 22 <sup>nd</sup> – 24th	Mandatory FCC Cheer Camp @ Knights Gym
June 25th & 26th	Mandatory Choreography, @ Knights Gym 11:00-4:00 and 9:00-2:00
August 10th	First Day of Practice
August 13th	Parent Nationals Meeting @ Knights Gym 3:30-4:00
September	Book Rooms Nationals
October 2nd	Practice/Senior Night @ TKA HS
October 16th	Extra Practice @ Knights Gym
October 23rd	Practice/ Cheer @ Homecoming Game @ TKA HS
December 15th	Last Practice before break
December 28 <sup>th</sup>	Last practice @ Knights Gym 10:00-12:00
December 31st– 2nd	Nationals (arrive at Hotel by 3:00)
January 22nd	Banquet

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

## WEEKLY PRACTICE SCHEDULE

Mondays: 6:15-8:15, High School Gym  
Tuesdays: 4:15pm – 5:45pm, Showtime  
Thursdays: Practice 1:00pm – Knights Gym @ TKA Athletic Complex, 78 Ridge Road, Canton