To: Prospective Cheerleader Candidates and Parents
From: Ashley Brown, Shane Martin, and Kristina Noto Head Coaches
Subject: Cheerleader Evaluations

Thank you for showing interest in being a Mountain Brook High School cheerleader.

You should read this packet and become familiar with the eligibility requirements, the expectations, and responsibilities of a Mountain Brook High School cheerleader. This packet contains the necessary forms for evaluations, evaluation information, and the Cheerleading Contract.

You and a parent need to carefully review the guidelines and requirements in the contract, as well as the evaluation requirements prior to participating in the clinic. If you meet all of the requirements and agree to the terms of the contract, please return the required forms to Coach Noto/Brown at MBHS by March 9th at 3:30 p.m. The evaluation fee of $35 needs to be paid online by March 9th at 3:30 pm.

**Directions to pay online:**

1. Go to the MBHS website.
2. Under the “resources” tab go to online payments.
3. There will be a cheer evaluation page to click on to pay the fee.

Cheerleading is both time consuming and expensive.

1. You must be willing to devote your time and effort throughout the summer, fall, winter and spring. Additionally, cheerleaders do not always have the same breaks as other students because of events that occur during those times.
2. Cheerleaders and their parents must pay for uniforms, equipment, summer camp and other necessary items. We will provide cost estimates for the upcoming year. No uniforms or other items will be given to the cheerleader until payment is received.

Mountain Brook Cheerleaders receive many valuable and rewarding experiences that are remembered long after graduation from high school. Participating in cheerleading at Mountain Brook instills a sense of pride and accomplishment.

If you have any questions, please feel free to contact us.

Best of Luck!

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MBHS Cheerleading Evaluation Information

- **Evaluations will be conducted on Thursday, March 15th** - **Friday, March 16th** and **Monday, March 19th through Thursday, March 22nd** from 3:30 - 5:30 in the school gym.
- **Friday, March 16th**: Friday is a regular evaluation day. Friday afternoon, there will be a video that contains the evaluation material posted on the cheer webpage. Each candidate must view this video and start learning the material. We expect you to know the material when you walk into evaluations on Monday, March 19th.
- The material is taught by an outside vendor.
- **Attendance on each day of evaluations is mandatory.**
- **Fee of $35** is due with the application on March 9th. Application should be sent to Coach Noto/Brown. Fee needs to be paid online.
- If you want a copy of the dance music, we will post the music on the website or email out.
- Coaches will be evaluating candidates during the week of clinic.
- Clinic is closed to the public.
- **Clinic Attire:**
  - Each day, hair needs to be in a high ponytail and absolutely NO jewelry. Ribbon is required. No cheerleading accessories or clothing bearing cheerleading affiliation may be worn during evaluations. No loose-fitting t-shirts during clinic.
  - Thursday, March 15th and Friday March 16th: wear any color tank (one that will not come up while tumbling)/shorts/cheer shoes. You may bring running shoes for the physical requirements.
  - Monday, March 19th: **White** tank, black shorts, cheer shoes.
  - Tuesday, March 20th: **Black** tank, black shorts, cheer shoes.
  - Wednesday, March 21st: **White** tank, black shorts, cheer shoes.
  - Thursday, March 22nd: **Black** tank, black shorts, cheer shoes.

- **Evaluation Elements**
  - Group Cheer with incorporations
  - Cheer (incorporates jump and tumbling).
  - Chant
  - Dance (jump will be incorporated)
  - Jumps (toe-touch, hurdler, pike, double toe-touch).
  - Tumbling
  - Stunting
  - Teacher Evaluations (evaluation sheet will be sent to teachers).
  - Physical Fitness
  - Work Ethic, Leadership
  - Please see assessment rubric for all other scoring categories.
  - **Keep in mind, all skills demonstrated during evaluations will be required through the entire season** (March to March).

- The new roster of cheerleaders will be posted on the web no later than 9:00 pm on March 22nd.
- The cheerleading website address is [http://www.mtnbrook.k12.al.us/Page/5517](http://www.mtnbrook.k12.al.us/Page/5517)

EVALUATIONS ARE CLOSED TO THE PUBLIC-NO FAMILY OR FRIENDS WILL BE PERMITTED IN THE PRACTICE OR EVALUATION AREAS. THANK YOU FOR YOUR UNDERSTANDING!
MBHS Cheerleader Evaluation Application
Deadline for submission: Friday, March 9th at 3:30 pm at MBHS

Please Print
Name: ___________________________ Age: _______ D.O.B _________ T-shirt size _____

Address: ______________________________________________________________________________________

Home Telephone Number: __________________________ Student Cell Number ______________

E-mail address: ____________________________________________________________________________________

Parent/Guardian Name(s): __________________________________________________________________________

Parent Work Phone: __________________________ Parent Cell Number: __________________

Parent(s) E-mail: __________________________________________________________________________________

Emergency Contact: _________________________________________________________________________________

Name: __________________________ Phone Number: ________________________________

Circle your grade level during the 2018-2019 school year: 10 11 12

If selected for Mountain Brook High School Cheerleading, I understand that I am required to do the following:

• Maintain excellent school attendance and grades.
• Promote sportsmanship and proper conduct at all times; in or out of uniform.
• Cooperate with the Coaching Staff, captains and other members of the squad at all times.
• Accept constructive criticism from the Coaching Staff, captains and other consultants.
• Meet all financial obligations.
• Abide by the requirements and guidelines set by the coach and those that are in the Cheerleading Contract.
• Be FULLY dedicated to the cheerleading program.

By signing below, I agree to the conditions listed above. I also understand that in order to be evaluated, I must meet eligibility requirements. Finally, in the event of selection, I give MBHS the permission to post my first initial and last name on the MBHS Cheerleading website.

Application Signature: __________________________ Date: ________________

Parent’s Signature: __________________________ Date: ________________
We agree that ____________________________________________________________________________ will participate in the evaluation and selection process. We agree to accept the system for the selection process and the results of the evaluations. We understand and agree to abide by the rules and regulations for cheerleaders set forth by the coaches and those that are established in the Mountain Brook High School Cheerleader Contract. We understand that all decisions are up to the discretion of the coach. We understand these conditions and agree to abide by these rules and regulations if selected as a Mountain Brook High School Cheerleader for the 2018-2019 academic year. We also understand that failure to comply with these rules and regulations may result in dismissal from the group.

We understand that cheerleading is a strenuous, physical activity requiring strength, stamina, and flexibility. We agree to practice and condition in order to improve physical ability and prevent injury. We also agree to obtain a medical release with a physician’s statement of the ability of the undersigned to participate in this type of activity. We further understand that skills performed during tryouts, is expected to be demonstrated throughout the entire season.

Understanding the physical requirements and risk involved, we hereby authorize the staff and appointed supervisors of Mountain Brook High School and Mountain Brook City Schools to provide medical attention in the event of any situation requiring such attention. We understand that clinics, practices, and performances will be supervised, and in the event medical attention is needed, it will be provided by qualified personnel. We waive any claim against Mountain Brook City Schools, its employees, or appointed supervisors for seeking medical attention.

__________________________________________  ________________
Parent/Guardian Signature                           Date

__________________________________________  ________________
Student Signature                                  Date
MBHS Cheerleading – Evaluation Grievance Policy

The following is the Mountain Brook High School Cheerleading program’s policy for handling any grievances related to evaluations.

Should a grievance arise due to the evaluation results, a request for a meeting must be sent via e-mail to the coaching staff. The coaching staff will then coordinate all parties to establish a meeting time. A meeting will not take place unless all parties are present. The necessary parties include: the coaching staff, a parent, the candidate, and an administrator. During the meeting, only the evaluations of the candidate will be discussed. Any information not directly related to the candidate will not be discussed during the meeting. In addition, no other information will be discussed via telephone, text message, or e-mail. All discussions will take place in a face to face meeting, and when all the necessary parties present. A meeting to discuss evaluations will not take place until all the above requirements are met.

At the conclusion of the meeting, any further questions or concerns can be addressed through requesting a meeting with Head Principal, Amanda Hood.

By signing this document below, you are affirming that you have read, understood, and agree to fully adhere to the grievance policy.

________________________________________  _______________________________________
Candidate Signature                                      Parent Signature
After Evaluation Information

All of these dates should be put in your calendar.

Important Dates: subject to change

- Cheerleader/Parent Meeting is Wednesday, April 4 at 4:15 in the library. The camp fee of approximately $600 will be due at that time. You will be told the exact amount due prior to the meeting.
- Uniform Swap will be Monday, April 9th at 2:30 pm in the cheer room. Sophomores will come directly after school. This will be the only day to swap uniforms. All uniforms have to be approved by Coach Noto/Brown and signed off on the uniform sheet.
- Uniform Fitting will be on Tuesday, April 10th at 2:30pm in the cheer room. Sophomores will come directly after school. Mandatory for every cheerleader.
- Football Jamboree will be in May. Make-Up day is May 11 if needed.
- Pictures for the All-Sports Program and the yearbook are typically taken around the last week of July or first week of August. You MUST be in town that week.
- MBHS Cheerleading Boot Camp and Sign Painting-MANDATORY will be August 6th -10th from 9-3 each day.
- IMPORTANT NOTE: Missing any portion of boot camp/sign painting will result in sitting out football games at a minimum.

Camp Information:

- Camp Dates are May 31st -June 4th – MANDATORY
- UCA Camp is at Laketown Warf in Panama City, Florida. Details to come at first meeting.

**ALL COLORED FORMS NEED TO BE SIGNED/FILLED OUT AND RETURNED TO COACH NOTO**

This includes:

Blue teacher recommendation form (must be turned in at information meeting)

Pink Evaluation Application

Yellow Cheerleader Agreement/Release Form and Grievance Policy

Green Stunting Form

Purple Contract Acknowledgment form