

# **BULLDOG CHEER**

**2026-2027**

## **MEMBERSHIP GUIDELINES**

**&**

## **GENERAL INFORMATION**



*“Our mission as the Edmond Memorial Cheer Squad is to support all athletics, lead our school, unite the student body, and create a positive atmosphere throughout the community.”*

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**EDMOND MEMORIAL CHEER**  
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**ITEMS BELOW THIS LINE NEED TO BE FILLED OUT, SIGNED,  
AND TURNED IN BY 3:30 PM ON WEDNESDAY MARCH 4th.**

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- 2026-2027 \$40 Tryout Fee
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## Dear Cheerleading Candidate & Parent/Guardian,

Thank you for your interest in trying out for the **2026-2027** Cheerleading Squad at Edmond Memorial High School (EMHS). We appreciate your enthusiasm and interest in our program, and we are so excited to see what the new school year holds. Included in this packet you will find information that will explain the tryout process, membership guidelines, and general information that all members (and parents) will need to be aware of before trying out. We take pride in our program and want the very best for all members of each squad.

The purpose of the cheerleading squads at EMHS is to promote school spirit, support various organized activities, represent the school, and provide positive leadership in all aspects of school life. These squads will promote and encourage student body involvement and will exemplify loyalty, cooperation, and positive attitudes. This can be a rewarding experience for each of you, but it also requires a tremendous time commitment. Cheerleading is a year round sport!!! A squad member must be willing to practice on his/her own time to perfect skills. Additionally, a squad member must be able to work well with others, as cheer is a team sport! Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of one of the EMHS Cheerleading Squads.

Parents, please also understand that when your child makes a squad there are some responsibilities on your part as well. Not only do the athletes have to work together as a team, so do the parents. This is an all around team sport, and it takes the trust, commitment, and communication of all members, coaches, parents, and administrators to be successful. Once selected for a squad, you will be financially obligated to pay for all expenses that come your way. It's not a cheap sport, but as parents, you have to make the commitment to either pay for the items or be willing to organize and participate in fundraisers to offset the cost to participate.

Candidates wishing to try out for a position on a cheerleading squad and his/her parent must read through the EMHS Membership Guidelines attached, as well as the District Contract that all three Edmond High Schools follow prior to trying out. After reading and being in full agreement, both student and parent signatures are required indicating that, if selected, both agree to abide by the rules and regulations governing the extracurricular activities of cheerleading at EMHS.

The items listed in this packet **MUST** be turned into the Welcome Center of EMHS by **Wednesday, March 4th at 3:30pm**. There will be **NO EXCEPTIONS** on this deadline and time, so please make sure to have all items in on time!

We are so excited for the year ahead and look forward to meeting you! Thank you so much for considering trying out for Edmond Memorial Cheer and GOOD LUCK to each of you!!!!

**Sincerely,**

**Lauren Jardot (EMHS Head Cheer Coach)**

# ***TRYOUT GUIDELINES AND DATES***

## ***Bulldog Cheer Tryout Clinic - Required (unless unable to attend for another school sport or mandatory school activity)***

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- **Monday, March 30th, Tuesday, March 31st and Wednesday, April 1st**
  - 4:30-6:30
  - Athletes will meet in the Main Gym to learn material for tryouts.
  - Wear: Appropriate athletic wear including: tshirt, shorts, and tennis shoes.
- **Thursday, April 2nd**
  - Mock tryouts: 4:30-6:30
  - Athletes will meet in the Main Gym to have a mock tryout session.
  - Wear: Plain black tshirt, black shorts, and white (cheer) tennis shoes.

## ***Freshman and Varsity Cheer Try-Outs***

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### **Friday, April 3rd**

- 4:15pm FRESHMAN TRYOUTS/5:15pm VARSITY TRYOUTS
- Tryouts will begin at 4:15p.m. for the FRESHMAN SQUAD, with check-in at 3:45p.m. in the EMHS Main Gym.
- Tryouts will begin at 5:30 p.m. for the VARSITY SQUAD, with check-in at 5:00 p.m. in the EMHS Main Gym.
- **Tryouts are closed to the public.** The Main Gym and Lobby will be closed to everyone except candidates. Parents and other spectators will not be allowed inside for any reason.
- Tryout results will be posted by **TRYOUT NUMBER** by 10:00 p.m. on our Website: [memorialspirit.com](http://memorialspirit.com) and Instagram: [emhs\\_cheer\\_](https://www.instagram.com/emhs_cheer_)
- For tryouts, contestants should wear a plain white t-shirt, black shorts, white socks, white cheer shoes, and a white hair bow. Hair and bangs should be secured out of the face in a ponytail. No jewelry is to be worn. Gum chewing will not be allowed.

# Tryout Guidelines

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- All candidates and a parent/guardian must attend the mandatory tryout meeting.
- The following items must be completed and turned in by **3:30pm** on **Wednesday, March 4th** in order to be eligible to tryout:
  - EPS District Contract Signature Page
  - Edmond Memorial Cheer Paperwork Packet
  - Physical and Waiver Packet
  - **\$40 Tryout Fee**
- **NO LATE PACKETS WILL BE ACCEPTED!**
- All candidates must be **academically eligible during tryout week**. Grades will be checked for eligibility at the school where the candidate currently attends.
- Qualified judges, who are unaffiliated with EMHS, will be scoring the participants. All scores will be averaged to give a composite score for each candidate.
- Cheer tryouts will be held on a matted and unmatted gym floor in the Main Gym at Edmond Memorial High School.
- Participants will be assigned a number. **That number does not change during tryouts** unless a group or several candidates drop. Coaches will make these changes if it is necessary. **YOU ARE NOT ALLOWED TO TRADE NUMBERS!**
- Each participant will try out in numerical order, individually first with their tumbling (running and standing), jumps, and cheer. After each individual participant has performed their skills and cheer, they will then perform the band chant and dance portion of the tryout as a group. Each group will have 3 athletes depending on the number of participants trying out and will be formed in numerical order. After each group has performed, they are required to leave the Gym/EMHS immediately.

**Please refer to the Edmond Public Schools District Cheer & Pom Contract for additional tryout guidelines and requirements.**

## ***TRYOUT SCORE SHEET BREAKDOWN***

<b><u>TUMBLING</u></b>		<b>Points Possible</b>
Running Pass (on mat)	<i>Difficulty, Execution, Timing, Precision, Body Placement, Control</i> 0= No pass 1-2= Round-off only 3-4= Round-off backhandspring/series 5-6= Any tumbling pass with a tuck 7-8= Any tumbling pass with a layout/whip 9-10= Any tumbling pass with a full	10
Standing Tumbling	<i>Difficulty, Execution, Timing, Precision, Body Placement, Control</i> 0= No pass 1-2= Back handspring/series 3-4= 1 or 2 Back handsprings to Back Tuck 5-6= Back tuck or toe touch back tuck 7-8= 2 back handsprings to layout/whip 9-10= Any standing tumbling with a full	10
<b><u>JUMPS (All jumps must be connected)</u></b>		<b>Points Possible</b>
Toe Touch	<i>Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision</i>	5
Front Hurdler/Herkie/Pike	<i>Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision</i>	5
<b><u>CHEER (on hard floor)</u></b>		<b>Points Possible</b>
Motion Technique	<i>Placement, Sharpness, Execution, Timing, No Broken-Wrist</i>	10
Voice Projection	<i>Loud, Strong, Word Enunciation, Energy, Enthusiasm</i>	10
Memorization	<i>Word Memory, Motion Memory, Recovery</i>	5
Jump & Standing Skill Combination	<i>Execution, Difficulty, Timing</i>	5
<b><u>CHANT (Groups of 3)</u></b>		<b>Points Possible</b>
Motion Technique	<i>Placement, Sharpness, Execution, No Broken-Wrist</i>	5
Timing & Rhythm	<i>Fluid Movement, Motion Memory, Timing</i>	5
<b><u>Dance (Groups of 3)</u></b>		<b>Points Possible</b>
Motion Technique	<i>Placement, Sharpness, Execution, No Broken-Wrist</i>	5

Timing & Rhythm	<i>Fluid Movement, Motion Memory, Timing</i>	5
<b>Fight Song (Groups of 3)</b>		<b>Points Possible</b>
Motion Technique	<i>Placement, Sharpness, Execution, No Broken-Wrist</i>	5
Timing & Rhythm	<i>Fluid Movement, Motion Memory, Timing</i>	5
<b>OVERALL IMPRESSION (Based on the entire tryout process)</b>		
Spirit/Enthusiasm	<i>Expression, Facial Projection, Eye Contact, Spirit, Excitement, Crowd Appeal</i>	5
Overall Impression	<i>Confidence, Appearance, Judges Impression, Entertaining</i>	5

## ***STANDARD OF SCORING***

This is a breakdown of skills from lowest to highest in point value to give you a reference of what skills will be worth more than others. The actual point value you receive from each judge depends on your execution, technique, and poise while performing each skill. You are encouraged to perform the hardest skill that you can accurately do best.

<b><i>JUMPS</i></b>
<b>Poor jumps: Bent legs, flexed toes, poor technique, legs below level, poor landing, poor arm placement</b>
<b>Average jumps: Pointed toes, legs level, landing feet slightly apart, average arm placement</b>
<b>Very strong/above average jumps: Pointed toes, legs slightly hyperextended, landing clean, good arm placement</b>
<b>Perfection: Extremely pointed toes, legs extremely hyper extended, landing feet together, perfect arm placement</b>

***MOTION TECHNIQUE***

Loose arms, bad placement, broken wrist

Semi-sharp arms, average placement

Extremely sharp, perfect placement

***VOICE PROJECTION***

Not yelling, poor inflection, no expression

Talking loudly, some inflection, somewhat monotone

Yelling loudly, good inflection, energetic

***SPIRIT & ENTHUSIASM***

Few smiles, lacks enthusiasm, poor expression, poor presentation

Strong smiles, good enthusiasm, good presentation

Incredibly natural smiles, exceptional enthusiasm, very entertaining, NOT over the top

***COMBINATION (JUMP & STANDING SKILL)***

Jump to Jump

Jump and Standing Back Handspring, Double or Triple Toe Touch to Back Handspring

Jump and Standing Back Tuck

Double or Triple Toe Touch to Back Tuck

Jump and Standing Full

# **GENERAL INFORMATION**

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

## SQUAD MEMBER EXPECTATIONS

The primary objectives of the Edmond Memorial Cheerleading Squads are:

1. To promote school spirit and unity. To support and encourage student body involvement at sporting events and various school activities.
2. To provide halftime entertainment at sporting events.
3. To be a competitive team member, while exemplifying respect to all squad members and coaches, and being a teammate by always thinking of your squad before yourself.
4. To increase self-esteem in its members by working as a team.
5. To set an example for the rest of the student body by exemplifying loyalty, cooperation, and positive attitudes.
6. To represent Edmond Memorial by acting as positive role models and demonstrating leadership qualities at all times.

## PARENT EXPECTATIONS

Parents need to understand the following prior to your child trying out for an Edmond Memorial Cheerleading Squad:

1. In order for our squads to be successful, it takes the cooperation of the parents, participants, coaches, and administrators.
2. Parents are responsible for all financial obligations for camps, clinics, and other expenses involved in this activity during the school year. These expenses can be offset by fundraisers, but it will be the responsibility of the parents to organize and run the fundraisers, not the coaches. Coaches will help with the fundraisers as time and other duties permit. Fundraisers MUST be approved by the administration. Parents should present fundraisers to the coach who will take appropriate steps for approval, if needed.
3. Parents need to be aware of the time commitment involved in cheerleading and need to support their child and the coach in these activities to see that he/she fulfills all responsibilities.
4. Understand by the very nature of the activity, cheerleading, stunting, and tumbling carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. As a parent, you understand these risks and will not hold Edmond Memorial High School, their coaches or any of its personnel responsible in the case of an accident or injury at any time. You also understand that Edmond Memorial will do everything possible to prevent these risks.

5. Parents and squad members need to trust and support the decisions made by the coaches and administrators and know that they will always strive to do what is best for the team.
6. Please keep in mind that coaches have other responsibilities and commitments outside of cheerleading. It is asked that parents and squad members respect their personal and professional time. Any questions or problems concerning the squad should be directed to the coaches during school hours unless it is an emergency. The coaches will return phone calls and/or e-mails at their earliest convenience. Issues should not be addressed during practices, games, or other school events. The coaches need to fully supervise their squad while at these events.
7. There is a proper chain of command starting with the coach, assistant principal, principal, and finally school board. In fairness to all parties involved, please follow the chain of command.
8. In order to protect the program and well-being of our athletes, all members and parents must represent Edmond Memorial Cheer in a positive manner on Social Media. Please adhere to the following when posting or commenting on social media:
  - a. Public Representation: Parents should not post or share content on social media (including public forums, comments or stories) that disparages, belittles or negatively impacts the EMHS Cheer program, its coaching staff or members.
  - b. Conflict Resolution: Concerns regarding coaching, routines and competitive team placements should be addressed via the proper chain of command listed above.
  - c. Impact Clause: Content that creates a hostile environment or damages the program's standing within the community may result in immediate disciplinary action, including demerits or dismissal of the athlete from the squad.
  - d. Goal: Ensure that the hard work of the athletes is not overshadowed by negative social media posts or comments. All parents and athletes should represent EMHS Cheer with pride and professionalism on social media.
9. Understand that any violations to the District of Edmond Memorial Contract may lead to loss of points, demerits, and/or temporary or permanent suspension from the squad.

### COACH EXPECTATIONS

1. The coaches will work with the squads in the best interest of the team. All coaches want the best for the program and each individual cheerleader.
2. Coaches make all final decisions. Discipline, as well as demerits, grades, choreographers, practice times, events, etc. are the responsibility of the coaches.
3. Members experiencing problems should talk with the coaches and work with them in finding suitable solutions at the appropriate time.
4. Members should treat the coaches with respect. The coaches are giving up valuable personal and professional time for the squad.
5. Teaching duties of the coach take precedence over cheerleading responsibilities.

## PRACTICE RULES

1. Attendance is required at all scheduled practices.
2. Practices are considered before school, after school, and during your designated class period for cheer. Practice will not be planned around those who have jobs, outside activities, or appointments (i.e. gymnastics, dance, competitive team activities, doctor appointments, etc.). Members will be expected to schedule around cheer. School cheer should take priority. Efforts will be made to work with squad members involved in competitive cheer on a case by case basis.
3. Required attire for cheer should be worn at all times (modest shorts or leggings, t-shirt, socks, and cheer shoes). Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing is not allowed. All members should be dressed out daily unless otherwise specified by the coach.
4. Be kind. There is no room for personal conflicts. Do not bring them to practice.
5. Stretching and warming up are not optional. You must participate in stretching and warming up in order to cheer and perform.
6. NEVER build a stunt without the coach present.
7. In order to receive all points for practice, you must participate in all facets of practice (i.e. stretching, stunting, tumbling, making signs, hanging signs, cleaning up, listening, cooperating, etc.). Individuals are expected to maintain the skills that were performed at tryouts throughout the season.
8. No phones are allowed to be out in the cheer room during practices.
9. If you are going to miss a practice, arrive late to a practice, or leave early from a practice, you must inform the coaches prior to class time. In addition, a parent/guardian phone call or email will need to be received by the coach.
10. If you are sick or leave early before your designated hour for cheer, the athlete and a parent/guardian must notify the coach of the absence prior to the beginning of class time.
11. In order to leave cheer class, you must be checked out by a parent/guardian and receive a pass from the front office.
12. Please refer to Policy #4215 in the Student/Parent Handbook–
  - a. On the tenth (10th) absence a student will receive a “no credit” on his/her transcript for the semester.
  - b. An absence is defined as missing more than fifteen (15) minutes of any part of class time.
  - c. Three (3) tardies equals one (1) absence.
13. When a squad member is absent from practice, it is his/her responsibility to learn what was missed prior to the next practice.

## GAMEDAY CONDUCT

1. How the squad is perceived by students, parents, and patrons is largely decided at the games. Therefore, while performing at games, cheerleaders are to stay in formation at all times and pay attention to the direction of the squad captains and the coach.

2. Gum chewing, slouchy appearance, jewelry, side conversations, incorrect uniform pieces, disrespectful communication or gestures towards the captains or coach or inappropriate dancing, gestures, language will not be allowed and may result in an immediate benching or demerits.
3. If a cheerleader is out of uniform or in the wrong uniform, they will not be allowed to cheer. They will then sit with the coach for the duration of the game or event.
4. An injured or ineligible cheerleader will be required to attend her cheer scheduled events/games in uniform and must sit with the coach.

### GAME DAY CONDUCT FOR TRAVELING DURING AWAY GAMES

1. For ALL out of town games, members MUST ride the school bus or SUV, and MUST stay for the entire game.
  2. Members will ride the bus back to the school following the event unless they are checked out after the game or event by a parent/guardian. Squad members will ONLY be released at the conclusion of an away game or event to a PARENT or GUARDIAN.
    - a. The parent/guardian MUST sign their member out before leaving the game.
- \*\*This applies to members age 18 as well.

### UNIFORMS

1. School-issued uniforms are SCHOOL PROPERTY, but will be the responsibility of the squad member to see that they are properly cared for during the season. Any damage to uniforms will result in the responsible member paying for a replacement. School-issued uniforms for girls include shell tops, warm ups, skirts and comparable items for boys. Additional accessory items may be purchased and worn ONLY with the coach's approval. Alterations to uniforms without the coach's permission are considered damage and will result in replacement at member's expense (**no material is to be cut when doing alterations**). Cost for alterations will be at member's expense.
2. All uniforms must be returned at the end of the year undamaged or a hold will be placed on semester grades. Rules for student holds in the handbook will apply. Damaged or lost items will be paid by the individual member.

### GAME, EVENT, OR PRACTICE MISSES

1. All forms must be filled out and submitted 24 hours prior to the practice or event. Forms are located on the EMHS Spirit Website, [www.memorialspirit.com](http://www.memorialspirit.com).
2. Although participation on All Star and competitive cheer squads is beneficial for maintaining and developing new skills, squad members must give their school squads priority for all competitions that we participate in. All Star and competitive cheer obligations are not counted as excused absences and will result in a grade of 0 for that day or event.
3. Practice Miss-
  - a. If a squad member needs to miss practice, arrive late, or leave early for any reason (doctor's appointment, school activity, vacation, etc.) the coach must be

notified at least 24 hours prior to the practice. The coach will determine whether an absence is excused or unexcused. If the coach is not notified 24 hours prior to the practice, then it will automatically be considered unexcused.

4. Game/Event Skip Pass Form-
  - a. If a squad member needs to miss a game/event, a game/event Skip Pass form must be filled out and submitted to the coach 24 hours prior to the game/event. If a game/event Skip Pass is not submitted 24 hours prior to the event, then it will automatically be considered unexcused. Each squad member has TWO Skip Passes per semester. The maximum number of misses that may be used for a single game/event will depend upon the event and squad. Game/event Skip Pass forms are accepted on a first come first serve basis. Skip Pass Forms can be filled out on the website ([www.memorialspirit.com](http://www.memorialspirit.com)) and will be automatically sent to the coach.
  - b. If a squad member needs to miss a game/event due to another school obligation (DECA State, vocal concert, etc.), the grade for that event will be EXCUSED and there will be no penalties, but the coach must still be notified as soon as possible and must know at least 24 hours prior to the event. An email from the Coach or Sponsor is mandatory.
  - c. If both Skip Passes have already been used for the semester, the squad member will receive a 0 in the gradebook for that particular game/event.
5. Varsity Only-
  - a. For all split-squad events, no game misses will be accepted. If a squad member needs to miss a split event, they are required to trade an event with another squad member who is not scheduled to go that night in order to ensure a minimum number of squad members at the event. The names of the girls trading must be submitted to the coach 24 hours prior to the event for it to be accepted.

### ACTIONS AND CONSEQUENCES

1. At school events, including cheer class, practices, and cheer related school activities, all school policies will be followed regarding student behavior and attendance.
2. Any violation to the Edmond Public Schools District Cheer & Pom Contract or the Edmond Memorial Cheer Membership Guidelines & General Information Packet may be handled accordingly:
  - a. Benching or suspension for a period of time to be determined by the coach.
  - b. Loss of points on the academic grade for the physical education credit squad members receive for being on a cheerleading squad.
  - c. Demerits: A squad member who accumulates twelve (12) demerits will be suspended from the squad for the remainder of the year. Please note that the members facing suspension from the squad have had adequate opportunities to earn merits that would offset demerits. Refer to pages 17-21 for merit/demerit information and specific grading policies.

- d. Every 4 demerits a squad member receives, will result in being benched for the next game/activity.
- e. Demerit reports will be provided to both the member and their parent or guardian at the end of every month.

### COMPETITION SQUAD

1. This squad will represent Edmond Memorial High School at all competitions (Regionals, State, Game Day State, Stunt State, NCA etc.).
2. Cheer is an OSSAA sanctioned sport; therefore, all members trying out for a cheer squad at Edmond Memorial High School will also be required to try out for a position on the competitive cheer squad. Competition tryouts are mandatory for all squad members and are not optional.
3. Selection of the competitive team will ultimately be at the discretion of the coach. Factors that will determine selection include, but are not limited to: athletic ability/skill set, participation/attendance at practices, attitude and work ethic, fulfillment of a specific role or position based on routine choreography, etc.
4. The number of members that make the competition squad will be solely based on how many participants the coaches feel are qualified and meet the requirements and expectations for the competitive cheer squad. However, only 20 members will be able to compete on the floor at the OSSAA Regional and State Competitions. The same 20 members on the floor may not be the same at both competitions.
5. The VARSITY squad will be our competitive team for Game Day State, if the coach decides to compete in the competition. There will be an opportunity for members of the Freshman squad to compete at Game Day IF any varsity member has prior obligations that prevent them from attending either the Regional or State competition.
6. Individuals are expected to maintain the skills that were performed at tryouts throughout the competitive season. A decrease in skill level (not due to injury) will put an individual's placement in a routine in jeopardy.
7. Those members who make the competitive squad will need to be available to practice every day at 4:00 (immediately following 7th hour) until all competitions have commenced.
8. All state squad members will be required to attend practices. Attendance is vital for the competitiveness of the squad. Excessive absences can be grounds for benching, replacement, or suspension at the coach's discretion. Practices will be after school, in the evenings, and on the weekends, so be prepared to commit a considerable amount of time to this squad. The competitive squad will also practice in June, July, and August and will have choreography camp during the summer months.
9. Competitive state cheer members will receive an additional 4 merits at the beginning of the school year to compensate for the additional required practices.\* This does NOT apply to the Game Day State competition.

10. All squad members chosen for the competition squad are financially obligated to pay for all fees for the competitive season (i.e. competition fees, coaching fees, choreography fees, coach's registration fees, etc.).
11. If a member chooses to quit the competitive squad, he/she will be required to pay their financial obligations in full regardless of injury and their decision to leave the squad.

### STAYING CONNECTED THROUGH TECHNOLOGY

Technology has become a necessity in today's society and to help stay connected with our athletes and parents/guardians, we will be incorporating it through different mediums in our program. Below is a list of forms of communication we will use throughout the school year. Each athlete and parent/guardian will need to take the following steps in order to receive important information about Edmond Memorial Cheer. It is the participant's and parent/guardian's responsibility to stay informed about what is going on in the Cheer program. Please make sure to use all avenues available to always have the up to date news! It is our hope that these resources will help strengthen the program.

1. EMAIL-  
Email communication will be sent if the information is considerable in length. Most information will be sent through the Band app.
2. CALENDAR-  
Monthly calendars will be available to view in the Band app. Please reference this calendar regularly.
3. Band App-  
This is the application that will allow anyone with a phone to send messages to a group. We will use this for almost all communication throughout the year. This is an app that will allow everyone in the group to message each other, not just the coach. This will only be used to communicate important information to the parents and athletes regarding cheer issues. This is not a place to complain, ask personal questions, or promote events not related to EMHS cheer. Squad members are responsible for checking group messages daily and responding to show they have received the information. The use of other apps (Snapchat, Instagram, etc.) should not be the go-to source for information or communication. These groups will be set up after tryouts.
4. CHEER/POM WEBSITE- [www.memorialspirit.com](http://www.memorialspirit.com)  
Please visit the EMHS Spirit Squad website to find helpful links, practice schedules, athletic calendars, skip passes, uniform schedules, and so much more!

# **WHAT TO EXPECT THROUGHOUT THE YEAR**

## **(TENTATIVE MONTHLY TIMELINE)**

*APRIL*	<ul style="list-style-type: none"> <li>● Tryouts</li> <li>● Uniform distribution</li> <li>● All Squad practices</li> <li>● Ordering of essential items (poms, shoes, spunks) &amp; money for items is due</li> <li>● First parent meeting</li> <li>● Order camp clothing</li> <li>● Money for camp/clothing due</li> <li>● Squad &amp; Individual Photos</li> </ul>	*OCTOBER*	<ul style="list-style-type: none"> <li>● Possible football HOMECOMING</li> <li>● All Region Tryouts (Seniors ONLY)</li> <li>● All State Tryouts (Seniors ONLY)</li> <li>● Possible Bulldog Cheer Clinic</li> <li>● NCA Choreography Camp</li> <li>● NCA Practices</li> <li>● Possible Philanthropy Event</li> <li>● State Banquet</li> </ul>
*MAY*	<ul style="list-style-type: none"> <li>● Physicals</li> <li>● All Squad practices</li> <li>● Begin fundraisers</li> </ul>	*NOVEMBER*	<ul style="list-style-type: none"> <li>● Game Day State/Regionals</li> <li>● NCA Practices</li> <li>● Football playoffs (may occur during Thanksgiving break)</li> <li>● Basketball/Wrestling 101 Class</li> <li>● Treats &amp; signs for winter sports</li> <li>● All State Tryouts (Seniors ONLY)</li> <li>● Possible Philanthropy Event</li> </ul>
*JUNE*	<ul style="list-style-type: none"> <li>● ECC Cheer Camp in Tulsa</li> <li>● State Squad fees due</li> <li>● STATE CAMP/work week</li> <li>● State/All Squad practices</li> <li>● Design state t-shirt &amp; design Bulldog spirit wear</li> <li>● Continue fundraisers</li> <li>● Choreography for halftime routines</li> </ul>	*DECEMBER*	<ul style="list-style-type: none"> <li>● Basketball &amp; Wrestling begins</li> <li>● NCA Practices (even over winter break)</li> <li>● Holiday party</li> <li>● Holiday philanthropy</li> </ul>
*JULY*	<ul style="list-style-type: none"> <li>● All Squad camp</li> <li>● State/All Squad practices</li> <li>● Squad photos &amp; spirit squares submitted for football program</li> <li>● Choreography for halftime routines</li> </ul>	*JANUARY*	<ul style="list-style-type: none"> <li>● Continue Basketball &amp; Wrestling events</li> <li>● Start planning for banquet</li> <li>● Freshman perform at Fantastic Freshman night</li> <li>● NCA Nationals</li> </ul>
*AUGUST*	<ul style="list-style-type: none"> <li>● State/All squad practices</li> <li>● Spirit sign decorating (before school begins)</li> <li>● Sell Bulldog spirit wear, calendars, and State shirt at schedule pickup day</li> <li>● Football 101 Class</li> <li>● Perform at Bulldog Bash</li> <li>● Perform at Fantastic Freshman Night (Varsity ONLY)</li> <li>● Football games begin</li> </ul>	*FEB or MARCH*	<ul style="list-style-type: none"> <li>● MANDATORY TRYOUT MEETING</li> <li>● Cheer/Pom Senior Night Recognition</li> <li>● Wrestling State</li> <li>● Basketball Playoffs</li> </ul>
*SEPTEMBER*	<ul style="list-style-type: none"> <li>● Possible football HOMECOMING</li> <li>● State Practices</li> <li>● Regionals &amp; State Competition</li> <li>● Possible Bulldog Cheer Clinic</li> <li>● Treats &amp; signs for fall sports</li> </ul>	*MARCH*	<ul style="list-style-type: none"> <li>● Basketball State</li> <li>● EMHS Spirit Banquet</li> <li>● Swine Week Spirit Clinic</li> </ul>

# ***DEMERIT & MERIT SYSTEM***

**Merits and Demerits may be issued by any coach or administrator to any squad member. Any infraction to the rules may result in demerits, as well as loss of points on an athlete's grade and/or benching or suspension given by the coach.**

- ❖ *Page 13, Actions & Consequences, #2, Letter C States: A squad member who accumulates twelve (12) demerits will result in suspension from the squad for the remainder of the year. Please note that members facing suspension from the squad have had adequate opportunities to earn merits that would offset demerits.*
- ❖ *Page 14, Competition Squad, #8 States: Competitive cheer members will receive an additional six (6) merits at the beginning of the school year to compensate for the additional required practices. \*This does not count towards their eight (8) merits they can earn throughout the school year.*

## **DEMERITS**

Listed below are reasons demerits may be issued. They include, but are not limited to, the following items:

### **BEING TARDY OR LEAVING EARLY**

#### **(2 or more Demerits)**

- Arriving late to practice, game, event, bus, etc.
- Leaving early from practice, game, event, etc.
- Being late to formation at quarters or after halftime of games.
- Late getting picked up from practice, game, event, etc. (15 min.)
- Late being dressed out for class.
- Late turning in paperwork or payments.
- The coach will determine whether a tardy is excused or unexcused.
- In cases of arriving late or leaving early to a practice, the coach must be notified BEFORE or it will automatically be considered unexcused and receive a demerit.

### **ABSENCE AT A GAME OR EVENT**

#### **(0 in the gradebook)**

- Any game or event that a member misses without using a skip pass will result in a zero for that event \*Illness does not count.\*
- If a squad member is using their "skip pass" for the semester, a Game/Event Skip Pass Form must be filled out and submitted to the coach 24 hours prior to the game/event for it to be excused
- Each squad member will only receive 2 skip passes per semester
  - \*Tournaments: Each game missed will receive a 0\*

### ABSENCE AT PRACTICE

#### (2 Demerits)

Practices are considered your school hour, before school, or after school.

- The coach will determine whether an absence is excused or unexcused. If the coach is not informed about the absence, then it will automatically be considered unexcused.

### DRESS CODE

#### (1 Demerit per violation)

- Dress code should be followed at all times. This includes, but is not limited to:
- Not wearing the correct coach specified uniform (at school or at an event), not wearing required shoes, not dressing out with the appropriate practice wear when required to (this includes wearing cheer shoes for practice), not wearing a ponytail or the correct bow or spanks, not dressing up on themed dress up days, etc.

### SKILLS AND PERFORMANCES

#### (1 Demerit)

- Failure to perform required skills (i.e. jumps, tumbling, stunting, etc.)

### REQUIRED ITEMS

#### (1 Demerit)

- Failure to bring required items to practice, meetings, games, competitions, or any other event (i.e. poms, bags, money due, warm ups, progress reports, practice clothes, shoes, etc.)
- Leaving required items at practice, meetings, games, competitions, or any other event.

### JEWELRY

#### (1 Demerit)

- Wearing jewelry of any type is not allowed during practice, games, or events.

### GUM

#### (1 Demerit)

- Chewing gum is not allowed at practice, games, or any other activity where gum chewing is deemed inappropriate by the coach.

### NATIONAL ANTHEM

#### (2 Demerits)

- The following list of items should be followed during the National Anthem. This includes, but is not limited to:
  - Giving full attention (i.e. not talking, not looking around, etc.)
  - Should be in stance and eyes on the flag to show respect the entire time
  - Should be standing as a team

SOCIAL NETWORKING  
(2 or MORE Demerits)

Possibly including DISMISSAL from the squad.

- We strive to maintain dignity and integrity in and out of practice. Social networks such as Twitter, Snapchat, Facebook, TikTok, BeReal, Instagram and etc. are viewed by parents, young children, and oftentimes other cheerleaders and students from across the country. It is important that you represent yourself as a positive leader on such websites. The following should not be used or seen on social networking accounts (the list include, but is not limited to):
  - Use of inappropriate content, profanity, alcohol, tobacco, drugs, public display of affection, inappropriate clothing, or negative comments towards the cheer & pom program, other teammates, coaches, or administration.
- Cell phones will be turned OFF on silent during practices, games, or other events
  - Cell phone activity, including text-messaging, will not occur during practices, games, or other events unless the squad member receives permission from their coach.
  - Cell phones should be put away in a bag or purse for the duration of the practice, game, or event.

BEHAVIOR  
(1 or MORE Demerits)

Possibly including DISMISSAL from the squad.

- Defiance of authority, talking back to the coaches, inappropriate language or gestures, public display of affection, arguing or fighting with coaches or another squad member, talking excessively during practice or an event, not yelling at games, not smiling, not putting forth effort, not standing properly, paying attention to individuals in the crowd instead of full attention on activity, and any other conduct or behavior that does not promote school spirit, does not represent the school admirably, and does not exemplify loyalty, cooperation, sportsmanlike conduct, and a positive attitude.

VIOLATION OF SCHOOL POLICIES AND PROCEDURES  
(2 or MORE Demerits)

Possibly including DISMISSAL from the squad.

- Violation of classroom standards and school policies regarding behavior and attendance at school events, class, including cheer class, practices, and cheer related school activities will receive a minimum of 2 demerits per infraction
- AISP- A first offense will receive 5 demerits and benching from the squad for a time period to be determined by the coach.
- If AISP is received more than one time, the member will be dismissed from the squad.
- Suspension from school for ANY reason WILL be cause for dismissal from the squad.

## MERITS

- Merits will be given for the Fall Semester GPA as follows:
  - 3.5 and above= 2 merits
  - 3.0-3.4= 1 merit
- Squad members can receive a maximum of eight (8) merits per year (not semester). Squad members will be given opportunities to earn these merits throughout the year. The second semester's opportunity must be afforded prior to the next year's try-outs. The coach will determine opportunities to earn merits and the merit value of each opportunity. Merit opportunities must be school or community service related and approved by your coach.

\*\*Merits and Demerits may be issued by any coach or administrator to any squad member. Any infraction to the rules may result in demerits, as well as loss of points on an athlete's grade and/or benching or suspension given by the coach.

## ***EDMOND MEMORIAL CHEER GRADING POLICY***

### GRADE BREAKDOWN

The cheer grading policy will reflect your level of participation during the semester. Any infraction to the rules may result in loss of points on your grade, as well as a demerit(s) and/or benching/suspension given by the coach.

### DAILY GRADE/SPECIAL PROJECTS - 40%

- Points are based on being on time, dressing out (see below), participation during class time, attitude, cooperation, work ethic, etc. Absences that are unexcused will result in a loss of points for that practice day or event. In order for an absence to be excused, you must be checked out through the front office, and you must notify your coach prior to the absence. Required attire for cheer class should be worn at all times (modest shorts or leggings, t-shirt, socks, and cheer shoes). Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed. All members should be dressed out daily unless specified otherwise by the coach.
- Any other obligations that might come up during the year and specified by the coach may be counted for a grade.
- Special Projects could be but are not limited to: service projects, sign making or other forms of encouragement for EMHS Sports teams, dressing up for theme days, planning squad events, etc.

### GAME/EVENT GRADE - 40%

- Every game or event will be worth 50 points. For an unexcused absence, you will receive a zero (0%). An absence is considered excused if either a Skip Pass has been accepted

by the coach and turned in 24 hours in advance or if a parent/guardian has called the coach at least one hour prior to leaving for the event in cases of illness only.

- Any tardies to practice, games, or events or leaving early from practice, games, or events, may result in a deduction of up to 10 points for the first 15 minutes. At 15 minutes, you will receive a 75%; at 30 minutes, you will receive a 50%; more than 30 minutes will result in a 0% for that practice, game, or event. Since a squad member is not allowed to drive to any away event, if you miss the bus, you will receive an automatic zero and/or benching for a period of time to be set by the coach.
- Any uniform violations may result in deduction of up to 5 points from your event grade. Participants must wear all coach-specified uniform pieces. Points could be deducted for, but are not limited to, wrong uniform, wrong shoes, hair not in the correct style, wearing jewelry, or coming without poms to games, as well as not following appearance code according to the pom/cheer information packets both during the school day and at games/events. If you do not bring all required items, not only will you lose up to 5 points from your grade, but you may be benched for the game and must sit with the coach.
- Any inappropriate behavior may result in a deduction of up to 5 points from your event grade. Points could be deducted for, but not limited to, chewing gum during games, talking during games, being out of formation, public displays of affection, etc.

#### TESTS/UNIFORM RETURN - 20%

- Study guides will be made over football, basketball, and wrestling. Squad members will be tested over these study guides. The tests will consist of rules and information important to understanding the sport. Tests are designed to aid in the understanding of the sport/game the squads cheer for each season.
- Uniforms must be clean and without holes when returned at the end of the season. Any uniforms that are not up to the Coach's standard will be returned with instructions on what needs to be fixed. If items are returned in any condition that are not acceptable, a grade of 0 will be entered in the gradebook for that item.
- Any items that are not returned will result in a grade of 0 for that item in the gradebook and the athlete will be financially responsible to pay for a replacement item.
  - Each uniform piece/item is worth 10 points for a total of 200 points.

#### SCHOOL DRESS UP THEMED DAYS

- You will be required to dress up during weeks that we have school wide dress up days at EMHS to help promote school spirit.
- These dress up days include Howdy Week, Homecoming Week, Swine Week, and any other days/weeks designated by the coach.

## ***ESTIMATED COST TO PARTICIPATE***

**(The following is an ESTIMATE of expenses based on previous school years.)**

Each squad member will be responsible for ALL costs associated with being a member of a cheerleading squad at Edmond Memorial High School. Being a squad member can get expensive, so we want everyone to be fully aware of all expenses that are associated with cheer.

We never want the cost to affect if a participant decides to not try out, but we do want each member to be aware of the costs involved. Edmond Memorial High School has the benefit of a non-profit Booster Club that helps parents and cheerleaders by organizing fundraisers and functions that promote team bonding and support the cheerleaders. The coach must approve all fundraisers.

The Booster Club will work with the Coach to pay for costs if it is available, but it is the ultimate responsibility of the cheerleader and their family to pay for all associated fees and costs for their cheerleader.

Parents are required to participate and are encouraged to volunteer for various roles needed to allow the Booster to aid in providing for the needs of the team. This will include (but is not limited to) time spent by the families fundraising, selling team merchandise, selling raffle tickets and etc.

If further financial assistance is needed, please speak to a coach or administrator to see what other options are available.

## ***ESTIMATED COST TO PARTICIPATE ON COMPETITIVE EMHS CHEER SQUAD***

**(The following is an ESTIMATE of expenses based on previous school years.)**

### **REQUIRED ITEMS NOT PROVIDED BY THE SCHOOL DISTRICT**

- ❖ Skills Coaching
- ❖ Sideline & Competitive Choreography
- ❖ Team Building Activities & Events
- ❖ Homecoming & Team Promotions
- ❖ Holiday Party & Yearly Banquets
- ❖ Team Meals & Equipment
- ❖ Locker Decorations

- ❖ Philanthropy Activities
- ❖ Senior Banners & Sashes

**Estimated Cost for the 2026-2027 year is \$1,325 per cheerleader**

**Important:** \$1,000 of this amount is covered by participating in the business sponsorship fundraiser or paid by families throughout the summer with a due date of August 1st. The remainder is fundraised through restaurant nights, merchandise sales, 50/50 raffles and etc. throughout the year.

## ***26-27 COMPETITIVE EMHS CHEER SQUAD COSTS***

### STATE TEAM EXPENSES

**Paid monthly July - September** (after booster credits applied)

<u>Category</u>	<u>Estimated Cost</u>
**Competitive Uniform	\$350
State Team Fees (excluding uniform)	~\$150
Monthly Average (excluding uniform - 3 months)	~\$50/month

**Important:** State Team fees include (but are not limited to) pictures, choreography, music, coaching, team shirt, gifts and banquet.

\*\*Competitive Uniform fees are due in July. These are purchased to own. Athletes can use previous year's uniform if they own or purchase from a former athlete. New uniforms will not be ordered until the payment is received.

### NCA NATIONALS EXPENSES (if coach elects to attend)

**Paid monthly October - January** (after booster credits applied)

<u>Category</u>	<u>Estimated Cost</u>
Nationals Expenses	~\$600
Monthly Average (4 months)	~\$150/month

**Important:** Fees include (but are not limited to) choreography, music, hotel, coaching, coach travel, team sweatshirt, gifts and banquet.

# ***TOTAL ESTIMATED COST TO PARTICIPATE***

(The following is an ESTIMATE of expenses based on previous school years.)

## TOTAL COST SUMMARY

<b><u>Participation Level</u></b>	<b><u>Estimated Total</u></b>
Sideline Cheer - Out of Pocket Cost	~\$910
Fundraised by Parents/Booster*	~\$1,322
<b>Total Sideline Cost</b>	<b>~\$2,232</b>
<hr/>	
Competition Cheer Out of Pocket Cost**	~\$750
<hr/>	
<b>Total for Sideline &amp; Competition</b>	<b>~2,982</b>

\*Budget Adjustments: Should the program not meet its fundraising goals as outlined in the handbook, out-of-pocket costs may be adjusted or certain budget elements may remain unfunded.

\*\*Uniform Note: The totals above do not include the competition uniform (approx. \$350), as many athletes may choose to buy used or reuse a uniform from the prior year.

**ALL PARENTS please know that as soon as your child makes a spirit squad, numerous expenses will be needed within the first 2-3 weeks after tryouts. If you know that financially you will need assistance in helping pay for some of these costs stated above, please start organizing and running fundraisers with your squad as soon as tryouts are over. Since money is due so soon after tryouts, fundraisers should be planned and ready to go the week after tryouts if need be. The earlier the better!**

**ITEMS BELOW THIS LINE NEED TO BE FILLED OUT, SIGNED,  
AND TURNED IN BY 3:30 PM ON WEDNESDAY MARCH 4th.**

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**Edmond Public Schools  
CHEER/POM EXPECTATIONS  
(Rules and Regulations)**

*All candidates who are interested in trying out for a spirit squad need to understand that there are specific responsibilities and obligations they must assume in order to qualify for and remain part of the squad. These obligations remain in effect for the entire school year. Members of the cheer and pom squads are among the most influential and visible student leaders in the school. For this reason, coaches, teachers, and school administrators alike hold the schools' spirit squads to exceptionally high standards and expectations. For this reason, families are encouraged to read the following information carefully to determine if participation in cheer or pom is appropriate. The following rules and regulations govern the extracurricular activities of cheerleading and pom.*

**Squad Breakdown & Responsibilities**

**1. FRESHMAN CHEER & POM - UP TO 12 MEMBERS EACH**

- A. The freshman cheer & pom squads will consist of ninth graders only.
- B. Freshman squad members are required to cheer at home freshman football games, basketball games, and some wrestling events. The freshman cheer and pom squads will also cover some JV football and basketball games with a schedule that accommodates the needs of the teams as well as the academic responsibilities of the cheer and pom members. Tournaments are not included (unless specified by the coach). Squads can be split at the discretion of the coach, especially with regard to covering JV events.\*\*Any game/match in the Edmond School District is considered a "home event." The squad will attend any other events, community service and practices deemed necessary by the school and the coaches.

**2. VARSITY CHEER & POM - UP TO 24 MEMBERS EACH**

- A. The varsity cheer & pom squads will consist of sophomores, juniors, and seniors.
- B. Varsity squad members are required to attend all home and away football and basketball games/events, as well as all home wrestling events. The varsity cheer and pom squads will also cover the JV football and basketball games with a schedule that accommodates the needs of the teams as well as the academic responsibilities of the cheer and pom members. With the exception of playoffs, and home tournaments, attending away tournaments will be at the coaches' discretion (varsity squad members

are required to attend all district, regional and state playoff tournaments). Squads can be split at the discretion of the coach, especially with regard to covering JV events.\*\* The squad will attend any other events, tournaments, community service, and practices deemed necessary by the school and the coaches.

### 3. **COMPETITIVE CHEER & POM - AT COACH'S DISCRETION**

- A. The number of participants on a competition squad will be set at the coach's sole discretion and that decision is final.
- B. The coach may select competition squad members from the existing varsity and freshman squads and his or her decision is final. In case of injuries or other unforeseen circumstances, additional members may be brought up to the competitive squads at the discretion of the coach.
- C. Cheer is an OSSAA sanctioned sport; therefore, all members trying out for a spirit squad will also be trying out for a position on the competitive cheer squad as well.

\*\*Games/Events may be split between pom, cheer, varsity and freshman squads at the coaches' discretion.

## **Tryout Guidelines and Requirements**

1. In order to try out for a position on any cheer/pom squad, each person wishing to try out must be academically eligible as that term is defined and used by the Oklahoma Secondary School Activities Association (hereafter "OSSAA") as of date of the actual tryout. Whether a potential squad member is ineligible is determined exclusively on whether that student's name appears on the most recent ineligibility list officially prepared and maintained at each school site, available and in effect as of date of the actual tryout. A person, who is on "probation," as that term is defined and used by the OSSAA as of the date of the actual tryout, may still try out for a squad. Whether a person is on probation is to be determined exclusively on a review of the most recent academic ineligible/probation report officially prepared and maintained at each school site that is available and in effect as date of the actual tryout.

2. Students who try out for cheer or pom must be currently registered at the school or feeder school they are trying out for, which implies that their residency has been verified and is within the school's boundaries. Any student new to a school, participating for the first time or entering the 9th grade, must complete an OSSAA Eligibility Record Form prior to being allowed to participate. School administrators may consult the district athletic director or OSSAA directly to inquire about eligibility requirements or rule interpretation upon completion of the New Student Form. Forms may be found and printed at <http://ossaa.com/Eligibility.aspx>. A breakdown is listed below for further clarification for all students new to the school.

A. New students from a K-8 school (St. Elizabeth's, St. Mary's, Oakdale, etc.) and 8th grade home-schoolers must prove residency and register prior to tryouts in order to tryout. They will be fully eligible because they are at K-8 schools or situations.

B. All current Edmond students grades 9<sup>th</sup>-11<sup>th</sup> must prove residency and be registered for the school where they plan to tryout prior to the spring tryouts. Eighth grade Edmond students may try out at the high school in their feeder vertical or a high school to which they have an approved enrollment exception for the following ninth grade year.\* Eighth grade students moving into Edmond from out-of-state or out-of district must prove residency and register for the following year prior to tryouts. (Students may be registered, but not enrolled in two schools simultaneously.)

C. All new students grades 9<sup>th</sup>-11<sup>th</sup> moving into Edmond from out-of-state or out-of-district and homeschoolers seeking enrollment in grades 10<sup>th</sup>-12<sup>th</sup> must prove residency and register for the school where they plan to tryout prior to spring tryouts.

D. New incoming 10th-12th grade students from a K-12 private school (OCS, OCA, Crossings etc.) must prove residency prior to tryouts in order to tryout, but they cannot be on a competitive OSSAA squad without a hardship waiver from OSSAA (cheer) or from the district athletics review board (pom). The exception to this situation is an 8<sup>th</sup> grader from a private K-12 school. The eighth grader may register to attend an EPS high school for the following year prior to tryouts without loss of eligibility for a competitive squad in the freshman year.

E. In keeping with Interstate Compact on Educational Opportunity for Military Children, special tryout arrangements may be made for student(s) enrolling late in Edmond schools as a result of their parents' military orders.

3. No members will be allowed to try out at a school if they quit the squad during the previous year.

4. Under no circumstances will a student be allowed to try out at more than one Edmond school in any school year.

5. Cheerleaders, as members of a sport sanctioned by OSSAA, will be required to sign a drug testing consent form and be subject to monthly random drug testing. (Refer to the EPS drug policy for detailed information.)

6. While pom is not sanctioned by OSSAA, we do maintain equally high standards and insist that our team members remain drug and alcohol-free.

7. Each squad member must have a complete physical **before the clinic** begins. The high school medical release form must also be signed and turned in. New participants will need a physical for both the tryout clinic and another physical dated after May 1<sup>st</sup> to cover the next school year.

8. Each school will independently plan its tryouts. Tryout clinics, mock tryouts and tryouts will be held at each individual school. The tryout judges' panel will include outside judges and a team coach, with the scoring total derived from an average of the judging panel.

9. All candidates must attend every session of the clinic, mock tryouts, and tryouts. Those failing to attend all clinic days and mock tryouts may not be permitted to try out; however, if a

participant has another school activity or emergency during clinic, a written excuse must be submitted and approved by the school coach. It is the student's responsibility to learn the material covered in the clinic on their own time.

10. The clinic and tryouts are closed. Only coaches, judges, and administrators may attend. Current senior cheer & pom members will help run the clinic. Video cameras are not allowed.

11. If a current cheer/pom squad member resigns or moves from the district, the participant with the next highest tryout score may be placed on the squad solely at the discretion of the head coach of the squad in session. This is the only reason a squad member will be added to an existing squad with the exception of competition squads

## **Eligibility**

1. Squad members are expected to stay eligible throughout the year and must comply with the most current rules on eligibility as published by the OSSAA except as otherwise modified by the school district. Becoming ineligible will result in that squad member being benched for all cheer/pom activities during the week of ineligibility. The week of ineligibility is that period of time defined by the OSSAA on ineligibility. A determination of who is ineligible is based exclusively on the most recent eligibility list maintained and prepared by each school site in accordance with the deadlines and time frames imposed by the OSSAA under its guidelines and rules to determine a player or participant eligibility. If a cheer/pom member is ineligible for 4 consecutive weeks, he/she will be dismissed from the squad.

2. Cheer & Pom is considered an elective class during the school day. Each squad member will receive an academic grade and an elective credit for completing a semester. Grades will be determined by participation in practices and games/events. The cheer/pom grade will be figured in with the student's overall GPA. Grading will be done by the coaches.

## **Attendance Policy**

1. Edmond Public Schools attendance policy will be followed.

## **Camp**

1. All members are expected to attend summer camp and clinics with their team. The purpose of the camps and clinics are to create unity and to learn material for the upcoming year.

## **Practices**

1. Practices are considered the "class" period the participant has cheer or pom and any additional practices the coach deems necessary outside of the school day throughout the year. The squad may have additional evening/weekend practices as necessary to prepare for camp, pep assemblies, performances, etc.

## **Competitions**

1. If a squad qualifies to enter a competition at any level, the coach/sponsor, squad, and administrators are the ONLY people that will make the decision whether or not to participate. If the squad is approved to go, all designated squad members are required to compete.

## **Conduct And Appearance**

1. Acceptable school conduct as defined by the policies of the school district must be demonstrated at all school activities (including summer camp and away games). Just as with all other school sports, poor judgment that results in school disciplinary consequences may impact the level of participation of a cheer or pom member. Repeated squad violations and/or school violations of a serious nature will result in a period of extended benching from the squad as noted in the demerit system employed by each site. In some cases, suspension from the squad may be found to be appropriate.

2. Members must maintain good appearance at all times. The following are required of squad members:

A. **AT SCHOOL:** Members are to abide by school dress code. On uniform days, only the coach-specified uniform pieces are to be worn. NO EXCEPTIONS.

B. **AT GAMES:** Members wearing anything other than the required uniform will be subject to benching at the game or subsequent games as determined by the coach. Hair is to be secured back at all games and performances. Absolutely no jewelry is permitted.

3. Hazing will not be tolerated at any time, including summer camp. This will be handled according to school policy and the police will be called. In addition to or in lieu of any action taken by the police or the school district, appropriate disciplinary action as it relates to cheer/pom activities will also be taken by the coach.

4. We strive to maintain dignity and integrity in and out of practice. Social network platforms such as Twitter, Snapchat, TikTok, Instagram, Facebook, etc. are viewed by parents, young children, and oftentimes other squad members and students from across the country. It is important that you represent yourself as a positive leader on such sites. The following should not be used or seen on social networking accounts (the list includes, but is not limited to):

A. Use of inappropriate content, profanity, alcohol, tobacco, public display of affection, inappropriate clothing or negative comments toward any Edmond Public School, any cheer or pom program (including your own), other teammates, coaches or administration. This includes reposting or sharing any inappropriate content (as listed above).

## **Uniforms**

1. School-issued uniforms are school property but will be the responsibility of the squad member to see they are properly cared for. Any damage to uniforms will result in the responsible member paying for a replacement. School-issued uniforms include shell tops, warm-ups (if applicable) skirts for girls and comparable items for boys. Additional accessory items may be purchased and worn ONLY with the coaches' approval. Alterations to uniforms without coaches' permission are considered damage and will result in replacement at members' expense (no material is to be cut when doing alterations). Cost for alterations will be at the member's expense.
2. All uniforms must be returned at the end of the year undamaged or a hold will be placed on semester grades. Rules for student holds in the student handbook will apply. Damaged or lost items will be paid by the individual member.

## **Funds**

1. Only building administrators have the authority to approve purchase orders relating to the squad or use of funds from the squad account (with the exception of booster club fundraisers).
2. Fundraisers will benefit only those who participate. The degree to which one participates in a fundraiser will determine the percentage the participant earns from that fundraiser.
3. Only district-approved fundraisers will be permitted.
4. Fundraisers may be used to purchase favors for teams, senior gifts, choreography, commercial gym coaching, etc. at the coach's discretion.
5. Any parent or booster club account must be **sanctioned** through Edmond Public Schools each year.
6. Money raised from any fundraiser must be deposited into a sanctioned account (i.e. school activity account or parent sanctioned account).

## EDMOND PUBLIC SCHOOLS CHEER/POM AGREEMENT

Remember, each squad member receives a grade and an elective credit for completing a semester. Being a member of a cheer or pom squad for the Edmond Public Schools is a major responsibility. This commitment is for the entire year and involves a number of events, games, competitions, and practices.

Please carefully consider the **time** you will be required to devote before signing this contract.

Please check one:

- I am currently enrolled and attending the school (or feeder school) I am trying out for.
- I will be a new student at Edmond Public Schools and have registered and proven residency.
- My family is moving within Edmond, and I will be attending a different EPS high school next year. I have provided documentation of the change in residency to the new school, registered there, and will be occupying the new residence not later than July 1. I understand that failure to comply with the July 1 date or any other element of this point will result in immediate removal from the squad.

I hereby authorize my child, \_\_\_\_\_, to try out for cheer or pom for Edmond Public Schools. I have read the information regarding the rules and time to be expended. I understand that each school will have additional membership guidelines that my child will have to uphold throughout the school year. I have discussed these with my child, and **we will abide by these regulations if chosen for a squad.**

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**\*\*This signature page is to be returned to the team coach. Please retain a copy of the contract for your records.**

# **EDMOND MEMORIAL CHEER 2026-2027**

## **CONSTITUTION AGREEMENT**

### PARENT/GUARDIAN:

I hereby authorize my child, \_\_\_\_\_, to try out for Cheer at Edmond Memorial High School. If my child is chosen for the squad, I understand he/she is obligated to serve in that capacity for the entire school year, unless he/she leaves school or does not continue to meet the requirements of the position. **I have read the contract** and am aware of the rules and guidelines stated in the *Edmond Memorial Cheer Membership Guidelines and General Information Packet & Edmond Public Schools District Contract* that must be followed throughout the year and understand that violation of any of these rules may lead to loss of points, demerits, and/or temporary or permanent suspension from the squad. I understand that all forms attached must be completed by **March 4, 2026** and turned in by **3:30 PM**, or my child will not be allowed to try out. I also realize that if my child is academically ineligible for the week of tryouts, they will not be allowed to try out. **I have discussed the contract with my child, and we agree to abide by these rules and regulations if chosen for a squad.**

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_/\_\_\_/\_\_\_  
Date

### APPLICANT:

I have read the entire *Edmond Memorial Cheer Membership Guidelines and General Information Packet & Edmond Public Schools District Contract* and understand all rules and regulations set forth in them. I understand that if selected for an Edmond Memorial Cheer Squad, I will be expected to abide by these rules, as well as any other rules designated by the coach or administrators. I understand that membership on a cheer squad is both an honor and extremely hard work, and I will make every effort to be a successful member of the team by supporting my coach, my fellow squad members, and the program throughout the year. I further understand that Edmond Memorial Cheer Squad Members are held to high standards, and if I am selected I will respect and honor the privilege given to me to represent Edmond Memorial in the best manner possible. I understand that all forms attached must be completed by **March 4, 2026** and turned in by **3:30 PM**, or I will not be allowed to try out. I also realize that if I am academically ineligible for the week of tryouts, I will not be allowed to try out. **I have read all forms and discussed them with my parents, and we agree to abide by these regulations if chosen for a squad.**

\_\_\_\_\_  
Applicant's Signature

\_\_\_/\_\_\_/\_\_\_  
Date

# **EDMOND MEMORIAL CHEER**

## **Parent Permission to Participate**

The parent/guardian signing below hereby grants permission for the student to participate in the School Activity. Both parent/guardian and Student have read this agreement, voluntarily sign below, and agree to be bound by the terms and conditions of this agreement.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent/Legal Guardian's Signature  
(For students under 18 years old)

\_\_\_\_\_  
(Print Student's Name)

Dated: \_\_\_\_\_

### **Important Contact Information**

Parent Name (Print): \_\_\_\_\_

Phone Number (Cell) \_\_\_\_\_ Work Phone: \_\_\_\_\_

In the event of illness or accident, if we should need to contact someone other than listed above, please contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### **Consent to Medical Care**

If your child sustains a non life-threatening injury, Oklahoma law requires that a hospital have parental consent before beginning treatment. This form allows you to give the necessary permission, even if your child is under the care of another adult. With your consent, this form can be presented at any medical office, clinic, or hospital in Oklahoma for emergency medical care.

In the event of illness or injury, Student and parent/guardian hereby consent to whatever x-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician as deemed necessary for the safety and welfare of Student. It is understood that the resulting expenses will be the responsibility of the student participant and/or parent or guardian.

\_\_\_\_\_  
(Parent or guardian signature regarding Consent to Medical Care only)

**QR Code for Physical:**

or go to: <https://ossaa.com/OSSAA>



# REQUIRED DATES FOR ALL 2026-2027 SQUAD MEMBERS

The following calendars include mandatory dates for each member who makes a squad. Please note that dates are tentative. If a squad member is not at the events or practices listed on the calendars, it may put their spot on a squad in jeopardy.

Please mark your calendars now so that you know all required dates. You will be notified of changes/updates to the schedule ASAP. Check email, Band/Rooms, and Cheer calendar for updates.

<i>May</i> 2026						
SU	MO	TU	WE	TH	FR	SA
26	27 <i>Senior Photos</i>	28 <i>Squad &amp; Individual Photos</i>	29 <i>Backup Photo day for weather</i>	30	1	2
3	4	5 <i>All Squad Practice 4-5</i>	6	7 <i>All Squad Practice 4-5</i>	8	9
10	11	12 <i>All Squad Practice 4-5</i>	13	14 <i>All Squad Practice 4-5</i>	15	16
17	18	19	20	21	22	23
24	25	26 <i>Freshman Practice 10-Noon</i>	27	28 <i>Freshman Practice 10-Noon</i>	29	30
31						

# June 2026

SU	MO	TU	WE	TH	FR	SA
	1	2	3 Varsity Practice 10-Noon	4	5 ECC Camp in Tulsa	6 ECC Camp in Tulsa
7 ECC Camp in Tulsa	8	9 Competition Team Tryouts 11-2pm	10 Competition Team Tryouts 11-2pm	11 Competition Team Tryouts 11-2pm	12	13
14	15	16 State Practice 9-11am	17 All Squad Practice 9-Noon	18 State Practice 9-11am	19	20
21	22	23 State Practice 9-11am	24 All Squad Practice 9-Noon	25 State Practice 9-11am	26	27
28	29	30				

# July 2026

SU	MO	TU	WE	TH	FR	SA
			1	2	3	4
5	6	7 State Practice 9-11am	8 All Squad Practice 9-Noon	9 State Practice 9-11am	10	11
12	13	14 State Practice 9-11am	15 All Squad Practice 9-Noon	16 State Practice 9-11am	17	18
19	20	21 State Practice 9-11am	22 All Squad Practice 9-Noon	23 State Practice 9-11am	24	25
26	27	28 State Practice 9-11am	29 All Squad Practice 9-Noon	30 State Practice 9-11am	31	

## ***EDMOND MEMORIAL CHEER***

**Required Signed Documents, \$40 Tryout Fee, and Physical are DUE TO THE WELCOME CENTER OF EDMOND MEMORIAL HIGH SCHOOL BY 3:30 PM ON **Wednesday, MARCH 4, 2025!** ABSOLUTELY NO EXCEPTIONS WILL BE MADE. NO PACKETS CAN BE RECEIVED AFTER 3:30! PLEASE BE SURE TO SIGN EVERY SHEET REQUIRING A SIGNATURE!**

