

# 2025 – 2026 Milton High School Cheerleading Tryout Packet

We the cheerleading coaches of Milton High School as well as the administration, faculty, and staff are happy that you have shown interest in participating in the cheerleading program. Please read all the information in this packet very carefully.

To be eligible to try out for Milton High School cheerleading, you **MUST** complete the Cheerleading Application by **Friday, March 7<sup>th</sup>**.

- **Current Milton students:** Complete all forms in RankOne AND have 3 teacher recommendations submitted by **Friday, March 7<sup>th</sup>**.
- **Rising 9<sup>th</sup> Graders:** a copy of a current physical and Insurance Verification must be emailed to [johnsons5@fultonschools.org](mailto:johnsons5@fultonschools.org) by **Friday, March 7<sup>th</sup>**.
- All forms can be found at [www.miltoncheer.com](http://www.miltoncheer.com).
- Late forms will not be accepted.

There will be an informational meeting on **Wednesday, February 12<sup>th</sup> at 6:00 PM** in the Milton Cafeteria for cheerleading candidates and parents to answer any questions regarding tryouts. If you are unable to attend and you have questions, please contact:

Natalie Stucky  
Bridgitte Hatfield  
Brent Paige  
Lindsay Ferguson  
Stacy Johnson  
Caden Hatfield  
Emma Gross

Varsity Football Sideline  
Varsity/JV/9<sup>th</sup> Basketball  
Varsity Competition  
Varsity Competition  
Game Day Competition  
JV Football Sideline  
9<sup>th</sup> Football Sideline

[Stucky@fultonschools.org](mailto:Stucky@fultonschools.org)  
[HatfieldB@fultonschools.org](mailto:HatfieldB@fultonschools.org)  
[PaigeB1@fultonschools.org](mailto:PaigeB1@fultonschools.org)  
[lferg924@gmail.com](mailto:lferg924@gmail.com)  
[JohnsonS5@fultonschools.org](mailto:JohnsonS5@fultonschools.org)  
[Caden\\_hunter@aol.com](mailto:Caden_hunter@aol.com)  
[GrossE@fultonschools.org](mailto:GrossE@fultonschools.org)

## Tryout Dates

Date	Time	What?	Who?
February 28 <sup>th</sup>	by 4:00 PM	Post Materials on Website	ALL <b>Sideline</b>
March 10 <sup>th</sup> – 14 <sup>th</sup>	4:00 to 6:00	Comp Tryouts	<b>Competition ONLY</b>
March 17 <sup>th</sup> – 18 <sup>th</sup>	4:00 to 6:00	Comp Tryouts	<b>Competition ONLY</b>
March 19 <sup>th</sup>	4:00 to 6:00	Practice with Groups & Judge Tumbling	9 <sup>th</sup> and 10 <sup>th</sup> <b>Sideline</b> and <b>Game Day</b>
March 20 <sup>th</sup>	4:00 to 6:00	Practice with Groups & Judge Tumbling	11 <sup>th</sup> and 12 <sup>th</sup> <b>Sideline</b> and <b>Game Day</b>
March 21 <sup>st</sup>	4:00 until	Final Sideline Tryout	ALL <b>Sideline</b> and <b>Game Day</b>
March 22 <sup>nd</sup>	4:00 PM	Sideline and Game Day Squads posted at <a href="http://www.miltoncheer.com">www.miltoncheer.com</a>	ALL <b>Sideline</b> and <b>Game Day</b>
March 22 <sup>nd</sup>	4:00 PM	Squads Posted on Instagram @miltoncompcheer	<b>Competition ONLY</b>

Sideline tryouts are held in the Milton High School Cube. Each candidate must wear a **plain white tee shirt or tank and navy or red shorts** for the final tryout on Friday, March 21<sup>st</sup>. Hair should be pulled back in a bow.

Athletes will be evaluated on several components. The judges are looking for candidates with the best possible skills, which includes tumbling, stunting, jumps, motions, dance, spirit, and attitude. For rising 10<sup>th</sup> – 12<sup>th</sup> graders, we will also consider teacher recommendations, discipline records and prior experience with athletes when making team decisions.

**\*\*\*INJURIES:** If a candidate is injured and unable to perform a particular skill, no video tapes or letters from outside coaches will be permitted. This process may be amended at the coaches' discretion under EXTREME circumstances.

Results are **FINAL** and will be posted on the MHS Cheerleading Website after tryouts are completed and scores have been tabulated. **ALL RESULTS ARE FINAL!**

### **Statement of Eligibility for Milton High School Cheerleading**

I certify that I meet the following requirements according to the "no pass, no play" rule.

1. I passed 5 out of 6 classes the previous semester.
2. I am on track for graduation.

I understand that I must maintain these grade standards if I am selected as a Milton High School cheerleader.

3. Additionally, I understand that I must be a current student at MHS or MHS feeder middle school (EPMS and NWMS) and districted for Milton High School.
4. Athletes who are in private school are not eligible to try out until they are officially enrolled at Milton High School.
5. Athletes who hardshipped, must have proof of hardship approval for the 2025-2026 school year.

### **Booster Club/Financial Obligations**

The Cheering Section, the booster club, supports the football, competition, and basketball cheerleading squads. Each cheerleader will be expected to participate in mandatory fundraising activities, including the Milton Mini Cheer Camp. This year the camp is scheduled for the week of June 10<sup>th</sup>. Attendance at Mini Camp is mandatory. We cannot run camp without cheerleaders! We understand there may be extenuating circumstances that might interfere with camp. In such cases, please contact Coach Stucky. Parents are also expected to volunteer for various jobs as requested by the Cheering Section and coaches.

#### **Projected Costs for Sideline**

- Participation Fee to the Cheering Section \$200
- Participation Fee to Milton High School \$50
- All Cheerleaders: \$450
  - Player Pack (practice attire, sports bra, shoes, water bottle, bows, poms)
- New Cheerleaders ONLY or cheerleaders needing new items/sizes:
  - Warm-ups \$80 (Individual Items Jacket: \$55/Pants: \$25)
  - Sleeves \$30
  - Backpack \$100
  - Bloomers \$65
- Sideline Team Building \$75
- Potential Travel Fees (Varsity Football 11<sup>th</sup>/12<sup>th</sup> Grade only & Basketball only) \$550
- Uniform Deposit \$200

#### **Projected Costs for Game Day**

- Participation Fee to the Cheering Section \$300  
(includes choreography camp, gear, competition fees, travel expenses, etc)

#### **Projected Costs for Competition**

- Participation Fee to the Booster Club \$400
- Participation Fee to Milton High School \$50
- Competition Choreography \$250
- Shoes \$85
- Practice Clothes \$150
- Backpack (New Athletes ONLY) \$100
- Bows (New Athletes ONLY) \$40
- Competition State Fees (if the team qualifies) TBD

# **Milton High School Cheerleading Constitution**

**All athletes are held to a higher standard. An athlete may be dismissed or suspended indefinitely until a meeting is held with the coach and athletic director. All Fulton County rules apply 365/24/7. This rule goes into effect once an athlete makes a team. Please familiarize yourself with the Fulton County Athletic Handbook on [www.miltonhighschool.com](http://www.miltonhighschool.com) under Extracurricular → Athletics.**

## **Team Commitment:**

Cheerleading is a major personal commitment of my non-academic time and cannot be placed secondary to other non-academic activities.

1. I am expected to participate in all practices, games, squad meetings, squad projects, pep rallies, minicamp, choreography, summer camp and other spirit activities as designated by the cheerleading coaches. Failure to participate in these activities can lead to sitting out games and indefinite suspension from the squad.
2. Due to the time commitment of this sport, I may not participate in another sport or club during my cheerleading season if there is a conflicting schedule.
3. Multiple absences from practices and/or games will result in indefinite suspension from the squad.

## **Attendance:**

All cheerleaders must have a good attendance record. If you miss school for a half-day or more, then you may not be able to cheer at practice, a game, a pep rally, or any other function. Please schedule your appointments so that they do not conflict with your cheerleading schedule. When you are absent from school text or email your coach during the day.

## **School Behavior:**

A cheerleader must maintain positive behavior in all classes and school activities. This means setting an example for others to follow. Any conduct which dishonors the athlete, the team, the school, or the community will not be tolerated. Behavioral expectations apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds (including social media). The following violations will not be tolerated and will be given appropriate punishment that will be determined by the coach:

- Use of tobacco
- Use of alcoholic beverages
- Use of illegal drugs
- Undesirable or immoral behavior
- Use of alcoholic beverages
- Violation of the honor code
- Public display of affection
- Bullying and hazing
- Inappropriate use of social media and/or group texts
- Any behavior considered inappropriate by a school representative.
- Cheerleaders are to obey all Milton High School rules.
- Cheerleaders are to obey all GHSA rules in the handbook.

## **Cell Phones:**

Cell phones may not be used during practices or games unless in the case of an emergency. If you have something that calls for immediate attention, please talk to your coach first. You may use your phone during half-time of games, but once the game resumes it must be put away.

## **Transportation:**

Cheerleaders are required to ride the bus to and from functions.

## **Squad Expectations:**

- Jewelry is not allowed at practice, games, or competitions.
- Keep your nails short (fingertip length). Nail polish must be neutral in color.
- No gum chewing in uniform or at practice.
- Hair must be pulled back for practice, games, and competitions.
- Talk over ALL potential problems with the coach.
- Do not talk about a cheerleader in a negative way.
- Cooperate with and respect each other.
- DO NOT argue in public as a squad.
- Do your share of the work.
- Always show good sportsmanship.

- Give 110% in all aspects of cheerleading.
- Be neat in appearance.
- Be proud of yourself, work hard, and strive to improve yourself and your squad.
- Remember that there are a lot of athletes that wish they were in your shoes.

#### **Uniforms:**

The uniforms are expensive and must be taken care of with respect for the next cheerleaders to wear them. You will be required at the end of the season to have your uniforms cleaned and returned in the condition they were issued. You will be responsible for replacing any uniform you misplaced or damaged. Under no circumstances is another student allowed to wear any part of your cheerleading uniform.

#### **Injury:**

The school and coach assume no responsibility for an accident or injury that might occur at school, during an event or away from the school grounds.

#### **Skills: **\*\*Skills should be maintained throughout the season.\*\*****

- 9<sup>th</sup> and JV Football sideline:
  - Tumbling: preferred but not required
  - Stunting: preferred but not required
- Varsity Football sideline:
  - Standing tumbling is preferred but not required
  - Stunting: Athletes should be able to base, back or fly in a stunt

#### **Consequences:**

- Missed Practice: sit out one quarter of a game
- Missed Game: sit out half of a game
- Violations of expectations will be handled on a case-by-case basis. Severe violations will result in an indefinite suspension from the team.

#### **Resignation or Removal from a Team:**

If you resign from a squad, you and your parents must first contact the coach. If you resign or are removed from any cheerleading squad:

- You will be unable to participate in any other sports that have the same season (per GHSA).
- You will be unable to try out for any other sport until the cheerleading season has ended (per GHSA).
- If you resign or are removed from a team, you will not be eligible to receive any refund for clothes, shoes, or items that are ordered on your behalf.
- If you resign after tryouts but before the season, you forfeit participation on any Milton Cheerleading Squad for the 2025-2026 season.
- If you resign or are removed from a team, you forfeit participation in any Milton Cheerleading Squad for the 2026-2027 season.

#### **Lettering:**

- Lettering is not guaranteed to athletes who make a Varsity squad. To letter, athletes are expected to attend all practices, games and events.

#### **Squads:**

- 9<sup>th</sup> Grade: Freshman cheer for 9<sup>th</sup> grade
- Junior Varsity: Sophomores cheer for JV
- If there are not enough athletes for a 9<sup>th</sup> and JV Squad, they may be combined to make one squad.
- Varsity Football: Juniors and Seniors cheer Varsity
  - **9<sup>th</sup> and 10<sup>th</sup> grade athletes who make varsity competition will only be able to tryout for varsity sideline due to scheduling conflicts. They will not be able to try out for 9<sup>th</sup> or JV sideline. 9<sup>th</sup> and 10<sup>th</sup> graders who make Varsity sideline will not travel to out of state games.**
- Varsity Basketball: Juniors and Seniors cheer Varsity although sophomores might be pulled up

## **Additional Competition Information**

### **Performance Clause**

- I am trying out for the MHS Competition Cheerleading Program. I understand that if I am selected as a member of the Cheerleading Program, I may be selected to participate on either the Varsity or Junior Varsity Team.
- Team selection is only based on skills. No preference will be given to athletes based on age, grade, or past team membership. Seniors will be considered for the Varsity Team only.
- As a member of the Competition Program, I need to continue to work on my skills to continue to be considered as a competing member on either team.
- I understand that my placement on either team is not permanent; at any time, I may be moved from one team to another.

### **Summer Participation**

- I understand that I am expected to keep and improve my skills outside of the regular season.
- Although mandatory practices do not begin until July 29<sup>th</sup>, I understand that my attendance at summer workouts/camp is important to my individual improvement and to the team.
- I understand that I must notify the coach if I will not be able to attend a summer workout.

### **Alternates**

- I understand that if I am not selected as a performing member on either team, then I will be an alternate for the Competition Program.
- As an alternate I am expected to attend every practice and every competition.
- I am expected to actively practice and participate at all practices. This includes, but is not limited to: jumping, tumbling, stunting, stretching, etc.
- I understand that I am expected to know the routine and be prepared to compete as needed.
- I understand that I am expected to continue to work on my skills to be considered as a competing member.

## **Important Competition Dates**

	<b><u>Varsity</u></b>	<b><u>Start Date</u></b>	<b><u>Location</u></b>
<b>Competition Summer Workouts</b>	Tuesday, Wednesday, and Thursday 9:00 to 11:30 AM (Dead Weeks: May 26 <sup>th</sup> – June 1 <sup>st</sup> and June 9 <sup>th</sup> – 13 <sup>th</sup> )	June 3 <sup>rd</sup>	AUX Gym and Cube
<b>Mini Camp (Sideline cheerleaders)</b>	June 9 <sup>th</sup> –13 <sup>th</sup> 8 AM – 12 PM Workouts will be 1:00 – 3:30 PM	June 9 <sup>th</sup>	Main Gym
<b>Competition Choreography **MANDATORY**</b>	June 20 <sup>th</sup> and 21 <sup>st</sup>	June 20 <sup>th</sup>	AUX Gym
<b>Fall Competition Practice</b>	Monday: 3:45–5:45 PM Tuesday: 3:45–5:45 PM Wednesday: 6 – 7:00 AM (as needed) Thursday: 3:45–5:45 PM	July 28 <sup>th</sup>	AUX Gym and Cube

## Important Dates

- **February 28<sup>th</sup>:** Tryout Material posted on website – [www.miltoncheer.com](http://www.miltoncheer.com).
- **March 7<sup>th</sup>:** Tryout Forms Due – [www.miltoncheer.com](http://www.miltoncheer.com)
  - All Athletes:
    - Tryout Application
  - Current Milton Students:
    - RankOne
    - 3 Teacher Recommendations
  - Rising 9<sup>th</sup> Graders:
    - Email copy of current physical and insurance verification to [johnsons5@fultonschools.org](mailto:johnsons5@fultonschools.org)
- **March 10<sup>th</sup> – 18<sup>th</sup>:** Competition Tryouts
  - It is imperative that you are there every day.
- **March 19<sup>th</sup> (9<sup>th</sup> and 10<sup>th</sup>), 20<sup>th</sup> (11<sup>th</sup> and 12<sup>th</sup>) and 21<sup>st</sup> (ALL):** Sideline Tryouts
  - It is imperative that you are there every day.
- **March 22<sup>nd</sup>:** Sideline Teams posted by 4:00 PM on [www.miltoncheer.com](http://www.miltoncheer.com)
- **March 22<sup>nd</sup>:** Competition Team posted by 4 PM on Instagram @miltoncompcheer
- **May 26<sup>th</sup> – June 1<sup>st</sup>:** GHSA Dead Week – Week of Rest
- **June 3<sup>rd</sup>:** Competition summer workouts begin.
- **June 7<sup>th</sup> and 8<sup>th</sup>:** Game Day Choreography Camp (9 AM to 12 PM)
- **June 9<sup>th</sup> – 13<sup>th</sup>:** Minicamp from 8 AM to 12 PM
  - **ALL** football and basketball cheerleaders are required to attend every day.
- **June 20<sup>th</sup> and 21<sup>st</sup>:** Comp Choreography
- **June 30<sup>th</sup> – July 6<sup>th</sup>:** GHSA Dead Week – Week of Rest
- **July 28<sup>th</sup>:** Mandatory Practices Begin for Competition
- **July 30<sup>th</sup>:** Mandatory Practices Begin for Football Sideline and Game Day
- **September 29<sup>th</sup>:** Basketball Pre-Season Conditioning Begins
- **October 20<sup>th</sup>:** Mandatory Practices Begin for Basketball Sideline

## Football and Basketball Practice Schedule

Football Squads (begins July 30<sup>th</sup>): Wednesday – 3:45 to 5:30

Game Day Competition (begins July 30<sup>th</sup>): Wednesday – 5:30 to 7:00

Basketball Squads (begins October 20<sup>th</sup>): Wednesday – 3:45 to 5:30 and also on game days

## **RankOne Information (for current Milton students only)**

You may access RankOne via [www.rankone.com](http://www.rankone.com) or the RankOne App.

RankOne is a requirement of Fulton County. All documents and forms must be approved before students are able to participate in any athletic activity including conditioning, tryouts, practice or games. Please make sure RankOne is taken care of well in advance of tryouts.

### **If you already have a RankOne Account:**

- Log into your account and click on your student.
- Make sure all forms are up today date.
  - From website: Look for Electronic Documents to say Approved next to all forms.
  - From the app: They will have a green check mark next to all forms.
- Make sure the physical will not expire before tryouts. Physicals are good for one calendar year.
- **Do NOT worry about GHSA Eligibility. That is something that needs to be completed by the Athletic Director.**

### **To create a NEW parent account:**

- Visit [www.rankone.com](http://www.rankone.com).
- Select "Create New Account" and enter the appropriate information.
- You will receive a confirmation email confirming your user credentials. Click the link in the email to confirm your account. **\*If you do not receive the email please check Junk/Spam folders\***. After you click the link, you may login with your Username and Password.
- Once you're logged in you will be able to add your Student(s) to your account by selecting "Add a Student".
- Once your student is added, select "Start Forms".
- Complete and upload all required documents. Some will be approved right away, and others may take a day or two.
- Do NOT worry about the GHSA Eligibility. That is something that needs to be completed by the Athletic Director.

**Milton High School Cheerleading  
Teacher Recommendation Form  
Due: March 7<sup>th</sup>**

The following athlete is trying out for one or more Milton Cheerleading Squads.

Athlete's Name: \_\_\_\_\_

Grade for 2025-2026 School Year: \_\_\_\_\_

Class Grade: \_\_\_\_\_

**Please rate the athlete on each of the categories below. Place an X in the appropriate column. This information is confidential, so please be honest.**

	Needs Help	Fair	Average	Good	Excellent
Attendance					
Punctuality					
Responsibility					
Dependability					
Collaboration					
Motivation					
Leadership					

Do you feel this athlete is a good representative of Milton High School? Circle one.      YES      NO

Please share any concerns: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Teacher Name: \_\_\_\_\_

**Please do not give the form back to the athlete. You may place the form in Stacy Johnson's mailbox, bring the form to 5308, or scan and email to [johnsons5@fultonschools.org](mailto:johnsons5@fultonschools.org) by March 7<sup>th</sup>. Thank you for taking the time to complete this form.**



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Responsibility					
Dependability					
Collaboration					
Motivation					
Leadership					

Do you feel this athlete is a good representative of Milton High School? Circle one.      YES      NO

Please share any concerns: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Teacher Name: \_\_\_\_\_

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Collaboration					
Motivation					
Leadership					

Do you feel this athlete is a good representative of Milton High School? Circle one.      YES      NO

Please share any concerns: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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