



Hull Middle School

2024-2025

Parent/Athlete Cheer
Information Meeting

April 17, 2024



Please save
all questions
until the end!

Hull Coaching Staff

Michelle Morgan

Michelle.Morgan@gcpsk12.org



Certificate of Completion



Michelle Morgan
has completed the requirements for
Adult and Pediatric CPR/AED
conducted by
K-12 Schools - CHOA Project SAVE
Date Completed: 11/3/23
Validity Period: 2 Years
Certificate ID: 01CGIRK



Nikita Kemp-Johnson

Nikita.Kemp@gcpsk12.org



Hull Athletics Assistant Principal

Darlene Brown

Darlene.Brown@gcpsk12.org



Hull Cheer 2023-2024



AGENDA

PURPOSE, MISSION, & VISION

CANDIDATE QUALITIES

ELIGIBILITY

ESTIMATED EXPENSES

TIME COMMITMENT

TRYOUT INFORMATION

IMPORTANT DATES

REQUIRED FORMS

RANK ONE

QUESTIONS



WE ARE LOOKING FOR CANDIDATES WHO ARE...

LEADERS

CONFIDENT

SUPPORTIVE

ROLE MODELS

HONORABLE

COMMITTED

RESPONSIBLE

CREATIVE

ACADEMICALLY
SUCCESSFUL

RESPECTFUL

ENERGETIC

TEAM PLAYERS

POSITIVE

DRAMA-FREE

PURPOSE, VISION, & MISSION

The purpose of the Hull Middle School cheerleading squad is to promote and uphold school spirit, to develop good sportsmanship among students, to build positive relationships between schools at athletic events, and to promote cheerleading as a sport.

The vision of the Hull Middle School cheerleading squad is to promote school spirit through a positive attitude, teamwork, and a sense of belonging.

The mission of the Hull Middle School cheerleading squad is to fulfill the purpose and mission by developing the skills to become an effective leader and role model. Cheerleading is more than performing cheers in front of crowds. Cheerleading is an opportunity to become a better person through hard work and dedication. This is a team that represents Hull Middle School by being respectful, honorable, and responsible

RESPECTFUL

Show politeness and consideration towards others, both on and off the court.

Treat both your own team and the opposing team with grace and dignity.

HONORABLE

Uphold honesty, fairness, and ethical behavior in all aspects of cheerleading activities.

RESPONSIBLE

Fulfill commitments and obligations to the team and school.



ELIGIBILITY

Eligibility: Rising 6th, 7th and 8th grade students who meet the following eligibility requirements:

- ★Parent/guardian MUST create a Rank One account and upload the required forms. Please follow the Rank One Tutorial to set up an account and upload forms.
- ★Student MUST have met the promotion criteria for the previous school year (passing 5 out of 6 courses with Language Arts and Math being within those passing grades).
- ★Physicals and all appropriate documents for tryouts should be uploaded (they need to be scanned in legibly, please) to <https://gwinnettschools.rankonesport.com/> Please read the instructions below carefully and note that you should do **ALL RANK ONE ACCOUNT INFORMATION FIRST**, and then take the **HISTORY FORM** to the Doctor to get your Physical Examination Form completed.
- ★ALL sections of the cheerleading application that require a signature MUST be signed and PHYSICALS must be completed on the correct form along with all other completed paperwork, including teacher recommendations.
- ★Forms MUST be submitted BEFORE tryouts or you will not be eligible for tryouts. Please turn in your completed tryout packet to Coach Morgan after you upload documents to Rank One.



ESTIMATED EXPENSES

\$659	UNIFORM PACKAGE
\$100	PREGAME MEALS
\$55	SAFETY/STUNT CLINIC (USA CHEERS)
\$36	MYPAYMENTSPLUS (MPP) FEE (4.29%)

TOTAL: \$850

Fees may be paid in ONE payment or can be collected in 4 installments:

May 31st	\$213.50
June 28th	\$213.50
July 31st	\$213.50
August 30th	\$213.50

****ALL fee payments MUST be made on mypaymentsplus.com****

Cheerleading is time-consuming and COSTLY...please consider whether or not you can make the time and financial commitment before trying out.

Fundraising

Fundraising participation is MANDATORY for all cheerleaders to help support the team's needs such as additional choreography and stunt clinic costs.

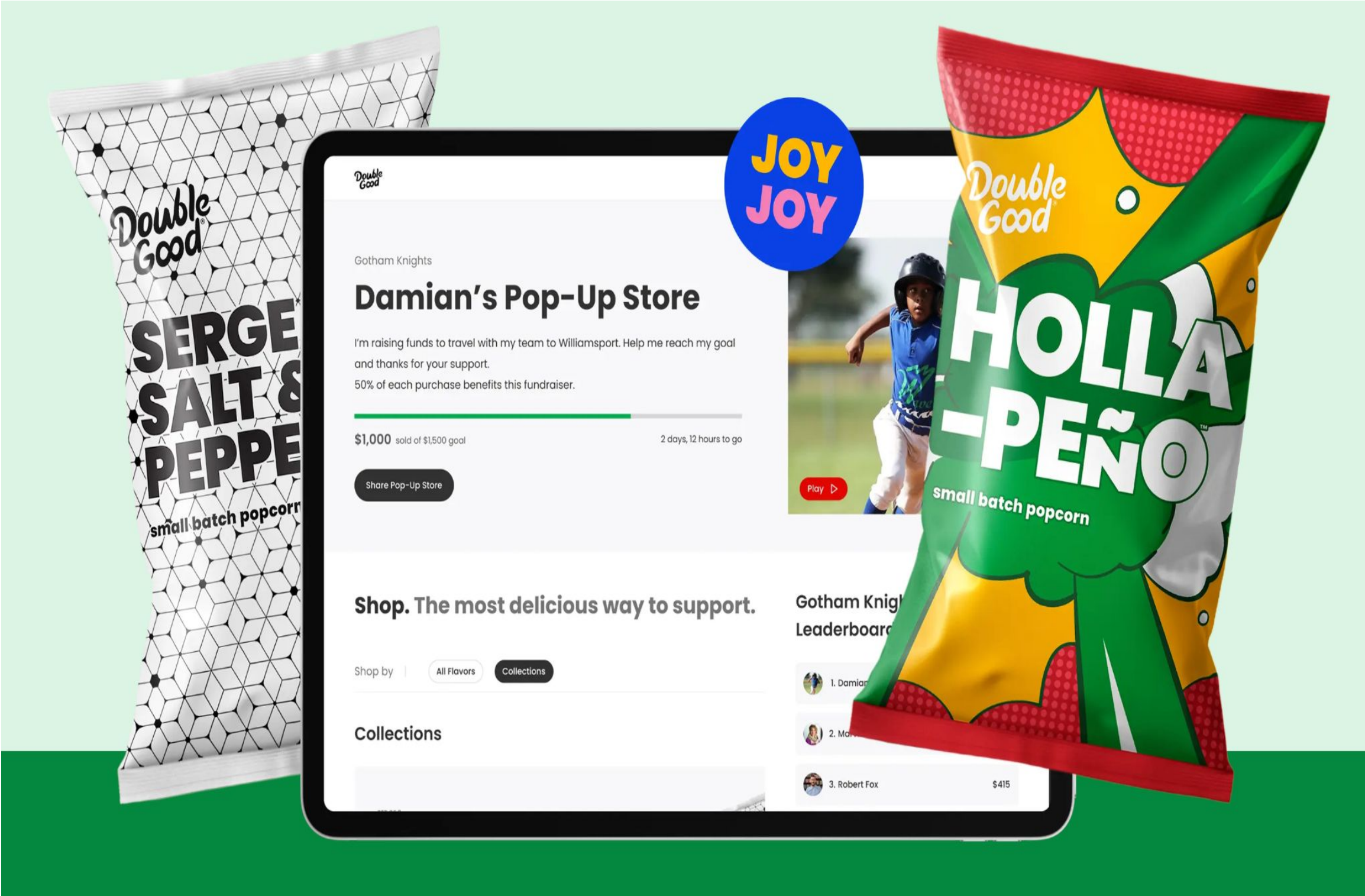
Banquet

There will be additional parent costs for the banquet.





FUNDRAISERS



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	\$ YOUR CHOICE	\$ YOUR CHOICE	\$ YOUR CHOICE	\$ YOUR CHOICE



CASH CALENDAR

- 1- Pick a date you would like to sponsor
- 2- Pay the amount according to the date
- 3- You can pick more than one:
Example- The 1st is \$1
The 31st is \$31
Chose both - \$32

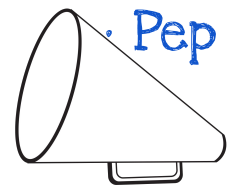
- 4-Select the Your Choice box and pick your own amount to sponsor
- 5-Each day you sponsor increases your chance to win a \$50 giftcard

CHEERLEADERS NAME: _____

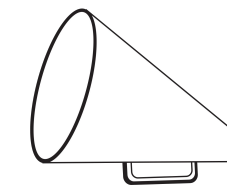
Time Commitment

Cheerleading requires a HUGE time commitment.

- Practices outside the school day (2-3 per week)
- Weekly Sideline cheering @ basketball games (2 games per week on Thursdays & Saturdays November-January)



- Pep Rallies



YEAR LONG

Demanding dedication and expectations

School cheer is first priority

No excused absences for outside competitive teams (cheer, soccer, volleyball, etc.)



REQUIRED EVENTS

Required events outside of cheering at games

Camp, competitions and appearances (Duluth Fall Festival)



TRYOUT INFORMATION

Friday, May 10th

Cheer Application Packet DUE and Physical/Insurance info uploaded to Rank One as well as all forms checked off.

Monday, May 13th

Cheer Clinic - 4:30 PM to 6:00 PM **Tryout Material will be taught**

Tuesday, May 14th

Work on material at HOME (no gym availability at Hull)

Wednesday, May 15th - Thursday, May 16th

Cheer Clinic - 4:30 PM to 6:00 PM

Friday, May 17th

Official Tryouts/Evaluations - 4:30 PM **You can leave after you try out.**

★★Applicants/cheerleaders MUST attend school for at least half the day to be eligible to tryout/participate in cheer events/games.★★

❖ Students MUST be picked up ON TIME from the car-rider lane each day. Note the times below:

Monday-Thursday, 4:30 PM to 6:00 PM. (NO TUESDAY CLINIC/TRYOUT)

Friday, 4:30 PM ★You can leave when you are done trying out.★

❖ NO PARENTS OR FRIENDS WILL BE ALLOWED AT TRYOUTS/CLINIC or EVALUATIONS.

- The Final Roster list will be posted on Friday, May 17th by 9:00 PM on the HMS Cheer IG/Google Classroom.

- They will be announced on scrolling announcements no later than Tuesday, May 21st.

- SCORE SHEETS WILL NOT BE REVIEWED OR DISCUSSED.

WHAT TO WEAR

Tryout Clinic (Monday-Thursday)

- ❖ Any school appropriate athletic clothing and tennis shoes may be worn
- ❖ Students will be able to change after school in the gym locker room.

Hair must be pulled back and jewelry removed. No artificial nails and/or long nails. This is a safety precaution; there will be no exceptions. The school will not be responsible for items lost or stolen during tryouts.



Final Evaluations - Friday, May 17th

- Wear black cheerleading or athletic shorts and a solid white top
- Hair must be pulled back and jewelry removed. No artificial nails and/or long nails.
- Wear cheerleading shoes or tennis shoes (white preferred).
- Wear a bow if you have one.



TRYOUT MATERIAL

Cheer Clinic:

Cheer and Chant: One cheer and one chant will be introduced. Students will be given video of the cheer and chant so they can practice at home. This will be the cheer and chant that students will perform as a group for tryouts. Sharp movements, volume, and facial expressions will be evaluated.

Dance: A short dance will also be taught at the clinic which will be performed as a group or individually for tryouts. Students will be given video of the dance so they can practice at home. Ability, coordination, facial expression and character will be evaluated.

Jumps: Jumps will be performed individually. Jump height and form will be evaluated.

fdscz75

Hull Middle School Cheerleading

 Copy invite link





@HULL_LIONS_CHEER

IMPORTANT DATES



April 17th Cheer Packets Available/Parent Meeting
(MANDATORY physical form and insurance must be completed and REQUIRED to try out)

May 10th Application, 2023-2024 S1 End of Semester report card AND CURRENT 2023-2024 PROGRESS REPORT MUST be submitted for tryouts, physical and insurance information uploaded to Rank One and check off all forms. (Turn in completed packets to Coach Morgan in Room 2.143)

May 13th TRYOUT CLINIC-Gym, Monday, 4:30-6:00 pm (CLOSED - NO VIEWING/GUESTS)
★★No Tryouts on Tuesday, May 14th due to gym availability...participants will work on routines/cheers at home★★

May 15th- 16th TRYOUT CLINIC-Gym, Wednesday-Thursday, 4:30-6:00 pm each day (CLOSED - NO VIEWING/GUESTS)

May 17th EVALUATIONS, Friday, GYM, 4:30 (CLOSED GYM-NO VIEWING/NO GUESTS) - Final results will be posted to IG/Google Classroom

May 20th 2024-2025 HMS Cheerleaders Announcement (scrolling announcements)

Aug. TBD Mandatory Uniform fitting (Varsity Cheer)

Aug. TBD Safety & Stunt Clinic w/ USA Cheers, (MANDATORY attendance)

Aug. 26th Practice begins (MANDATORY)- Gym

★★★First \$213.50 installment due by May 31st ...cheerleading payments MUST be paid via mypaymentplus.com Failure to make 1st installment may result in dismissal★★★

USA CHEERS - SAFETY/STUNT CLINIC & CHOREOGRAPHY



Pamela Antista - Owner/Operator

CHOREOGRAPHER:

Peach Bowl Halftime Show; Atlanta, Georgia
Peach Pre-Game Show; Atlanta, Georgia
Sugar Bowl Halftime Show; New Orleans, Louisiana
Orange Bowl Halftime Show; Miami, Florida
Citrus Bowl Halftime Show; Orlando, Florida
Gator Bowl Halftime Show; Jacksonville, Florida
Kickoff Classic Halftime Show; Giant Stadium, New Jersey
All American Bowl; Birmingham, Alabama
(personally selects performers for above events)

ASSOCIATE PRODUCER:

Super Bowl Halftime Show; Atlanta, Georgia

COACHES AND CHOREOGRAPHS:

Cheerleading Competition Routines
High School and College
Beginning, Intermediate, Advanced Levels
Dance Competition Routines
Professionally - Collegiate, Collegiate Nationals
Beginning, Intermediate, Advanced Levels

COORDINATES AND CHOREOGRAPHS:

Peach Bowl Parade; Atlanta, Georgia
Big Orange parade; Miami, Florida
Main Production Number
July 4th Parade; Atlanta, Georgia
Gator Bowl Parade; Jacksonville, Florida
Macy's Christmas Parade; Atlanta, Georgia



REQUIRED FORMS

ALL FORMS ARE DUE BY MAY 10, 2024

Cheerleading Application

- Parent Permission Form/Information Sheet
- Gwinnett County Consent and Insurance Form
- Cardiac/Concussion Awareness Forms
- GCPS Athlete Code of Conduct Form
- Additional Agreements and Releases Form
- Insurance information must be completed and uploaded on Rank One.
(K-12 Student Insurance is available, if needed)
- Physical Forms completed and uploaded on Rank One.
- Must be completed by parent & PHYSICIAN with signatures!!!!
- 2 Teacher Recommendation Forms -Academic Teachers ONLY
★Completed recommendations should NOT be included with the application from any student and should be submitted directly to Coach Morgan from teacher(s) or placed in Coach Morgan's mailbox.★
- 2023-2024 End of 1st Semester Full Report Card must be submitted w/application
- 2023-2024SY Current Progress Report with grades (StudentVue or Parent Portal)
- Please submit your completed paperwork to MS. Morgan (8th grade hall)

www.greatsite.com




REQUIRED FORMS



PHYSICAL FORM

- If a student is currently a cheerleader at Hull Middle School or participates in athletics at Hull, the physical currently on file will suffice for evaluations. If selected to the team for the 24-25 school year, a new physical must be completed and uploaded to Rank One in August before practice starts.
- Students who do not currently have a physical on file MUST get a physical and upload it to Rank One BEFORE tryouts in May.

RANK ONE





Rank One Tutorial



Employee School Login

PARENTS CLICK HERE
Online forms, schedules, and more!



ORGANIZATION COMMUNICATION DOCUMENTATION

Integrated management features designed for your Athletic or Fine Arts Department

FEATURES VIEW SCHEDULES VIEW FORMS PARTNERS CONTACT US

REQUEST A DEMO

RANK ONE



Gwinnett County Schools - Athletics

HOME

Welcome to the Parent Portal!

Once you have reviewed the instructions [Click Here](#) to proceed to online forms

We would like to thank you for taking part in the Gwinnett County Schools' new process of submitting athletic participation paperwork online. Please review all instructions before completing the electronic forms.

- To access the forms, click on "Proceed to Online Forms" at the bottom of the page. If you already have a parent account, login to your account to view and complete the forms. If you do not have a parent account, you must create an account before completing your student's forms.

The parent account will allow you to review your student's compliance status, receive schedule alerts and messages from your student's school. You may also login to your parent account by downloading the [Rank One mobile app](#) .

[How to Create a Parent Account Guide](#)

- Please read each form carefully and place a check in each box to signify that you and your student understand and accept each policy (when applicable).
- To sign the document, click inside the signature box and hold your mouse down, this will allow you to create an "Electronic Signature". If you make a mistake and need to start over, click on the refresh icon next to the signature box.
- Once you submit the first form you will be redirected back to the list of forms. All electronic forms MUST be submitted in order for your student to be eligible to participate in athletics.

RANK ONE

INSTRUCTIONS FOR GETTING STARTED WITH RANK ONE

YOUR STUDENT ATHLETE IS NOT ELIGIBLE TO CONDITION, TRYOUT, PRACTICE, OR COMPETE IN ANY SPORT UNTIL ALL CONSENT FORMS ARE SIGNED AND A CURRENT PHYSICAL, INCLUDING THE CLEARANCE PAGE IS COMPLETE.

GO TO: <https://www.rankone.com/content/>

SELECT: Parents Click Here



Employee School Login

PARENTS CLICK HERE
Online forms, schedules, and more!

SELECT: Go to Forms / Georgia / Gwinnett County Schools



ONLINE FORMS

Find online forms for your district

GO TO FORMS

REVIEW INSTRUCTIONS THEN SELECT: Proceed to Online Forms (For assistance, click: How to Create a Parent Account Guide)

Welcome to the Parent Portal!

Once you have reviewed the instructions [Click Here](#) to proceed to online forms

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- Please read each form carefully and place a check in each box to signify that you and your student understand and accept each policy (when applicable).
- To sign the document, click inside the signature box and hold your mouse down, this will allow you to create an "Electronic Signature". If you make a mistake and need to start over, click on the refresh icon next to the signature box.
- Once you submit the first form you will be redirected back to the list of forms. All electronic forms MUST be submitted in order for your student to be eligible to participate in athletics.

If you have any questions or problems, please contact your student's school athletic department.

Proceed To Online Forms

You'll get a confirmation e-mail that your account has been created. Once the account is set up you can download the app for further updates to your child's account.



(This is the app icon)

CONSENT FORMS

IF USING A COMPUTER: Click View and a list of the forms that need to be completed will appear. As you complete each form successfully, it will change from incomplete.

Out of compliance



View

Electronic Documents to be submitted by the parent		
Medical History	Approved	Download PDF
Physical Upload Form	Pending Approval	
To access a blank copy of the Physical/Medical History form, please click the Download and Print tab on the right hand side of the page.		
Athletic Trainer Treatment Form	Incomplete	
GCPS Insurance Form	Incomplete	
GCPS Signature Page	Incomplete	
Parental Consent & Athletic Code of Conduct	Incomplete	
Student Profile Form	Incomplete	

IF USING THE RANK ONE APP: Click your child's name and then click Forms. A list of the forms that need to be completed will appear. As you complete each form successfully, the incomplete will change, and you will see a green check mark. **



Your Student(s)
Cole Lovelady
Add a Student

Eligibility	View	▼
Forms	View	▼
Remove Student		


Forms	View	▼
Electronic Documents to be submitted by the parent		
Medical History	Incomplete	✗
Physical Upload Form	Incomplete	✗
Athletic Trainer Treatment Form	Incomplete	✗
GCPS Insurance Form	Incomplete	✗
GCPS Signature Page	Incomplete	✗
Parental Consent & Athletic Code of Conduct	Approved	✓
Student Profile Form	Incomplete	✗

For the GCPS Signature Page, you must open each link and read the form before checking the boxes and signing off. If the links are not opened, the form will not be approved.

RANK ONE

PHYSICAL

If you have not obtained a copy of the updated GCPS physical, download and print one from Rank One.

 Inbox
Download and Print (Physical, Medical History, etc)
Manage Account
Tutorials
FAQ
Find Other Districts
Logout

Complete Pages 1 & 2 of the medical history. This will be for your doctor's use.

■ **PREPARTICIPATION PHYSICAL EVALUATION**

HISTORY FORM (Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sports _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
			30. Do you have grain pain or a painful bump or hernia in the groin area?		

Your doctor will complete Pages 3 & 4. Please be sure your child's name is on both pages, that both forms are signed and dated by the doctor, and that the eligibility status is clearly marked. (If the doctor's office places a stamp on the bottom of the forms, please ask them not to stamp over the date of exam.)

■ **PREPARTICIPATION PHYSICAL EVALUATION**

■ **PHYSICAL EXAMINATION FORM - UPLOAD TO RANKONE AS PAGE 1**

Name _____ Date of birth _____

PHYSICIAN REMINDERS

1. Complete additional questions on more sensitive issues:

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever used cigarettes, chewing tobacco, snuff, or drugs?
- During the past 30 days, did you use chewing tobacco, snuff, or drugs?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?

2. Complete remaining questions on cardiovascular symptoms (questions 5-14).

EXAMINATION	Male	Female
Height _____ Weight _____		
BP _____ Pulse _____		
Heart _____		
Respiratory _____		
Abdominal _____		
Extremities _____		
Neurological _____		
Genitourinary _____		
Other _____		

■ **PREPARTICIPATION PHYSICAL EVALUATION**

CLEARANCE FORM - UPLOAD TO RANKONE AS PAGE 2

Name _____ Sex ☐ M ☐ F Age _____ Date of birth _____

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

☐ Not cleared

☐ Pending further evaluation

☐ For any sports _____

☐ For certain sports _____

Reason _____

Recommendations _____

UPLOADING PHYSICAL TO RANK ONE

SELECT PHYSICAL UPLOAD FORM

Electronic Documents to be submitted by the parent		
Medical History	Approved	Download PDF
Physical Upload Form 	Approved	Download PDF
To access a blank copy of the Physical/Medical History form, please click the Download and Print tab on the right hand side of the page.		

SELECT HOW YOU WILL UPLOAD THE FORMS

Select how you would like to upload the document.

☐ PDF ☐ Picture

UPLOAD EACH PAGE INDIVIDUALLY, SIGN OFF, AND SUBMIT

Physical Upload Form

Gwinnett County Schools 2022/2023

Physical Upload Form

Select how you would like to upload the document.

☐ PDF ☒ Picture

Upload page 1 Physical

Select

Select the file to upload (.peg, .jpg, .png, .gif)

Drag and drop your file here or use the Select button to browse for the file

Upload page 2 Physical

Select

Select the file to upload (.peg, .jpg, .png, .gif)

Drag and drop your file here or use the Select button to browse for the file

[Click Here](#) for an example of what to upload under the Physical 1 Form section

[Click Here](#) for an example of what to upload under the Physical 2 Form section

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

05/02/2022

Once successfully uploaded, you will see a notation that the physical is pending approval.

GENIUS SCAN APP



Genius Scan - PDF Scanner

A scanner in your pocket

★★★★★ 390K

A scanner in your pocket



Produce legible documents



QUESTIONS?