

Come Run with the Colts!

2020 promises to be another exciting year for the Atlanta Colt Cheerleaders!
Our program consists of combined cheer competitions and sideline cheering for the Atlanta Colts!

2020 Atlanta Colt Cheerleaders

Clinics: Monday April 13 6-8 p.m. at Murphy Candler Park
Tuesday April 14 6-8 p.m. at Murphy Candler Park

Try-Outs: Thursday April 16, 2020 6:00 p.m. at Murphy Candler Park

*The clinics will be structured so that the girls can attend either or both clinics, as their schedules permit. (Please note, however, that if only one of the clinics is attended, the girls WILL need to practice on their own. Instructional videos will be provided via YouTube channel.)

The Clinics will teach a cheer and a dance. The girls will also receive coaching for jumps and a simple stunt or two. Everything that is taught at the clinics will be part of the try-outs. Tumblers will be encouraged to show off their skills as well!

All girls should have prior cheer experience! Tumbling skills are a huge plus.

Try-outs will be geared toward teaching the girls how to go through the try-out process, which will be a requirement as they grow and leave the Colt family to move into their respective middle school and high school squads. We are dedicated to making this a positive experience!

Colt Cheerleaders are expected to participate as follows:

Sideline Cheering: We anticipate that we will 2-3 squads this year, primarily based on grade level*. This is subject to change according to how the Colt Football teams are set up. The girls will cheer for their respective Colt Football team.

AND

This year, depending on the number of girls participating in tryouts, the coaches may need to limit the size of the competition squad, and/or set up more than one. Please be flexible and understanding if this occurs! The Competition Squad(s) WILL have additional practice times scheduled to prepare a routine and to practice for competitions. These additional practices will be on Sunday afternoons at Murphy Candler Park. These Sunday practices are critical to the Colts' success and the girls will be expected to attend!

If your daughter is interested, please read the attached attendance policy and then fill out the next 2 pages and send it back to me (Laural@atlantacolts.com) as soon as possible so that we can plan for coaches for each day of the clinics. All girls MUST BE registered for the 2020 season prior to clinics/tryouts. Please visit www.AtlantaColts.com to complete your registration.

Please feel free to contact me with any questions and we look forward to seeing everyone on April 13th!

Respectfully,

Laura Leiknes, Director &
Coaches Lindsay, Kelly, Emily, Cole and Bri

**PLEASE NOTE - We are expecting a large number of middle school girls! This may result in tryouts being a true evaluation for placement onto one of the squads based on numerous factor (age, skills/drive, and maturity level).*

PLEASE SIGN THIS FORM AT THE BOTTOM AND RETURN

Things to Know:

Uniform Costs: The Colt uniform package is approximately \$425.00. This uniform package includes: A practice top, Performance/Game Top and Skirt, Long-sleeved Performance top competitions, Cheer Shoes, 3 Bows, a monogrammed Warm-Up/Rain Jacket, and an embroidered Cheer Bag.

Girls will need to provide on their own: BLACK, NAVY or WHITE Practice Shorts (Soffe or some other athletic type shorts – please no “dance” shorts unless worn under another pair of shorts – prior years ACYA practice shorts are fine, compression shorts from school squads are fine if Navy or Black); WHITE “no-show” socks; NAVY boy-short style “cheer briefs” and a pair of BLACK leggings for once the weather gets cold.

Cheer Dues: There will be cheer dues in the amount of \$150.00 per girl. This will cover music and registration fees for the competitions, 2 additional practice tops, additional “fun” bows or props through-out the year, coaches’ gifts, end of year gift for the girls themselves, etc. Anything left over at year end will be put toward “end of year” party.

Stunt Clinic: We will hold a Stunt Clinic at some point over the last few weeks of school or first few weeks of summer. This is not mandatory, however, the girls are strongly encouraged to attend. This clinic allows the Coaches to determine the stunting abilities of the girls and start thinking about our capabilities and routine for Opening Ceremonies.

Parent Volunteers: Each squad (grade specific sideline squad) will need two parent volunteers. (1) Team Mom – organizes snack and banner-painting schedule, helps with end of the year parties, etc. And (2) Photographer – any shutterbugs that can capture the girls in action!

Time Commitment: The Colts practice three times as week beginning Sunday, July 26, 2020 (practices Sundays, Mondays and Wednesdays). Opening Ceremonies are tentatively scheduled for August 27, 2020. We cheer for HOME football games, which are on Saturdays. Sunday practices are held on weekends without a Home game to the extent we can do that. Additional practices may be scheduled as needed, and there will be a final practice before our first competition at a local gym so the girls can get on a mat.

Dedication: It is very important for the girls to be at practice, ESPECIALLY, with the competition element. For this reason, it is usually best if cheer is your athlete’s primary sport. Any consistent conflicts need to be discussed with the Director and approved in concept in advance. We truly do understand that school functions and family commitments may interfere from time to time, but we also ask that our parents and cheerleaders understand and keep in mind that the squad is a TEAM. Each girl contributes something to that team that only she can. If someone is missing, the practice is simply not as effective.

Please read and sign the attached Attendance, Behavior, and Attire Expectations.

Cheerleader: _____

Parent Acknowledgement: _____

Attendance, Behavior and Attire Expectations

Practice Schedule: Sundays, Mondays and Wednesdays beginning July 26, 2020.

NOTE: Additional practices may be scheduled just before competition

Practices will start on time. Please contact your director or your coach if you are going to be late.

Game Schedule: Games are on Saturday and the schedule will be distributed as soon as it is released by the North Metro Football League. Girls are required to attend all HOME games. Car pools will be available when needed for away games.

PLAYOFFS: ALL Playoff games will be cheered for regardless of location.

Competition Schedule: Competitions are generally on Sundays and the schedule will be distributed as soon as it is determined. Plan on 3-4 Sundays from middle of October through possibly early December, so please keep all Sundays clear. We will not have a competition Thanksgiving weekend.

Attendance is crucial to this squad's success!! Vacation schedules are due ASAP. Any conflicting "on-going" activity should have been discussed and approved by the director and coaching staff prior to try-outs. Colts practice is expected to take priority over other sports in the Fall - please understand that it is simply not fair to the other girls that do make cheer their priority. Excessive absences may result in your athlete being sidelined at a game or removed from the competition routine.

Excused Absences: An illness with fever or vomiting; a contagious illness; a school function resulting in a grade; or a family emergency. (NOTE: Homework is not an excused absence. The girls need to be able to handle schoolwork and practice to be on the team.) If she is sick (without fever, non-contagious) or injured, she still adds value and should attend practice.

Behavior: Every cheerleader is expected to behave with a positive attitude. Negative behavior (bullying, snide comments, etc) toward another cheerleader, coach or parent or program will absolutely NOT be tolerated (this *includes social media*). Our Colt girls are expected to be positive role models for their peers and for the younger girls at the park who look up to them. WE expect our program and our cheerleaders to be a positive representation of the Atlanta Colts Youth Association at ALL times.

There will probably be days when practice is HARD (both physically and mentally). It is our job to support them, and each other, so please do not hesitate to contact coaching staff with any questions. HOWEVER, please understand that the coaches are going to make the best decision they can for the TEAM. These are competition squads. This may result in your athlete getting shifted into a position that is not their ideal, but please trust that it will be the best for their squad and will provide the best opportunity to be successful this year.

Attire: Girls should be in their Colts practice attire at practice. A Practice Outfit schedule will be distributed and needs to be followed for the team to look uniform. Hair should be pulled up in a ponytail, always with a bow. CHEERLEADERS WEAR BOWS!
;o)

Nails should be an appropriate length for cheerleading – fingernail scratches HURT. NO nail polish for competitions.

Sports bras and biker/dance shorts may (and should) be worn UNDER clothing. Sports bras may NOT be worn alone as tops and dance shorts may NOT be worn alone as bottoms. Flyers should always wear bloomers/dance shorts under their practice shorts (their bases and back spots will appreciate it). Additionally, Flyers should wear an old pair of cheer shoes to practice (if available). If not, they can wear their 2020 cheer shoes. All other athletes should wear their 2020 cheer shoes ONLY for games and competitions.

NO JEWELRY – No earrings (no new piercings during the season), no bracelets, no necklaces, no rings. This is for safety! Please take it off before practice - not during warm ups.

Please sign below acknowledging receipt and understanding of the Attendance Policy.

Cheerleader/Athlete

Parent Acknowledgement