

SJA Cheerleading Tryout Information Packet 2018-2019



TRYOUT DATE: Wednesday, April 11

5-6:30 p.m., SJA Activity Center

Ms. Lauren Morris will post the team roster on the front doors of the Activity Center by 8 p.m. on Wednesday night.

TRYOUT CLINICS

Girls **MUST** attend both of these clinics to be eligible to try out.

Monday, April 9, 4:30-6 p.m., SJA Activity Center

Tuesday, April 10, 4:30-6 p.m., SJA Activity Center

PARENT MEETING

Girls trying out must have at least one parent attend this meeting.

Tuesday, April 10, 5:30-6 p.m., SJA Activity Center (Health Room)

TRYOUT FEE

\$20 (\$10 tryout fee and \$10 choreography, coach and mats fee)

CURRENT STUDENTS pay via Shop SJA

INCOMING STUDENTS pay with check payable to SJA

FITTING APPOINTMENT WITH VARSITY

Thursday, April 12, 4 p.m., SJA Activity Center (Health Room)

In the event that your child makes the squad and cannot be at this fitting, you must let me know by Monday, April 9.

CAMP DATES

June 2-5, The Beach Club Resort in Gulf Shores

CLINIC AND TRYOUT DRESS: Each girl should come to the clinics and tryouts dressed neatly in a mostly white t-shirt or tank, black Nike shorts, white socks and cheer shoes. (If you do not own cheer shoes, tennis shoes are fine). Please dress appropriately (no bare midriiffs, etc.). You may not wear any item of clothing that indicates prior membership on a cheerleading squad (except shoes). For example, no shirts that say "St. Agnes Cheerleader" or anything with a competitive team logo will be allowed.

Attendance at the clinic, tryout and camp is mandatory.

Please complete and return this packet by Thursday, March 29, to the SJA main office or mail to Lauren Morris, Cheerleading Moderator, St. Joseph's Academy, 3015 Broussard Street, Baton Rouge, LA 70808

Please direct all questions to the SJA Cheerleading Moderator Lauren Morris at MorrisL@sjabr.org.

Checklist of forms/items to be completed and returned by March 29, 2018.

- _____ SJA Cheer Form
 - _____ Tryout fee (\$20)
 - _____ Rules and Regulations (initialed)
 - _____ Signed Demerit Slip
 - _____ Cheerleading Skills Checklist
 - _____ Completed Athletic Packet, found online under the Student Life tab, Athletics (look beneath the row of three photographs)
- Note: The physical must be up-to-date and signed by a doctor prior to tryouts.

SJA Cheerleader Information Form

Please print legibly.

Cheerleader's Name _____ Grade (rising): _____

Cheerleader's Primary Address _____

Cheerleader's Phone # (cell) _____

| | |
|-------------------------|-------------------------|
| Mother's Name: | Father's Name: |
| Mother's Cell: | Father's Cell: |
| Mother's Email Address: | Father's Email Address: |
| Mother's Address: | Father's Address: |

I have read and understand all of the requirements and costs involved in becoming an SJA cheerleader. I have looked over the tentative calendar and am aware of practice dates and competition dates. I also agree to attend all home volleyball and basketball games that I am assigned to and will provide my own transportation to all events for cheerleading.

Student Signature

Date

I have read and understand all the requirements and costs involved with my daughter being an SJA cheerleader. I also agree to provide my own transportation for my daughter to all events for cheerleading.

Parent Signature

Date

SJA Cheerleader Responsibilities

- **GRADES**

- Cheerleaders must maintain a 2.0 or higher grade point average.

- **ATTENDANCE**

- **PRACTICE:** Attendance at all practices is required. If you must miss a practice, the moderator must receive either a written note or an email from BOTH THE CHEERLEADER and A PARENT!
- **SJA EVENTS:** Cheerleaders will cheer at all designated SJA volleyball and basketball games or other events deemed necessary by the moderator and/or administration (i.e, pep rallies, incoming freshman events, etc). There are no “free passes” for games. You must find someone to sub for you *in advance*.
- **CAMP:** Cheerleaders are required to attend cheerleading camp June 2-5 at Beach Club in Gulf Shores.
- **COMPETITIONS:** Cheerleaders will compete in the regional cheer competition in November (Hammond, LA), the Dixie competition in December (Jackson, MS) and the national competition at Disney World in February.
- Note: You must provide your own transportation to and from practices and events. Please be aware of drop-off and pick-up times.

- **UNIFORMS**

- **COMPETITION UNIFORM:** Cheerleaders will receive one uniform that has been purchased by the school. If lost or damaged, they are responsible for replacing/repairing. It should be clean for every game.
- **GAMEDAY UNIFORM:** Cheerleaders will purchase a uniform that is to be worn for games (unless otherwise specified). It should be clean for every game.
- **PRACTICE UNIFORM:** Cheerleaders will be notified every weekend about what practice uniforms they are to pack for that week’s practices. If they are out of uniform, they will receive a demerit.
- No jewelry is to be worn while in uniform.

- **CONDUCT**

- **BE ON TIME:** If you are late for practice or an event without an excuse, you will receive a demerit.
- **BE RESPECTFUL:** Failure to show respect for your coaches, moderator or teammates will result in a demerit. You must remember you are a team.

Annual Events

| April 2018 | May 2018 | June 2018 | July 2018 | August 2018 | September 2018 |
|---|---|---|--|--|--|
| <ul style="list-style-type: none"> ✓ Tryouts ✓ Fittings | <ul style="list-style-type: none"> ✓ Practice in June leading up to camp | <ul style="list-style-type: none"> ✓ Practice in June leading up to camp ✓ Cheer Camp at Beach Club Resort in Gulf Shores: June 2-5 ✓ Conditioning | <ul style="list-style-type: none"> ✓ Conditioning | <ul style="list-style-type: none"> ✓ Practice resumes ✓ Plan for choreography early August; most likely will be the week before we return to school) | <ul style="list-style-type: none"> ✓ Volleyball games |

| October 2018 | November 2018 | December 2018 | January 2019 | February 2019 | March 2019 |
|--|--|---|---|--|--|
| <ul style="list-style-type: none"> ✓ Volleyball games ✓ Volleyball PINK OUT Game ✓ 1st Pep Rally | <ul style="list-style-type: none"> ✓ Volleyball State Championship in New Orleans ✓ Regional Competition | <ul style="list-style-type: none"> ✓ Basketball season begins ✓ Basketball PINK OUT Game ✓ Dixie Cheer Competition | <ul style="list-style-type: none"> ✓ Basketball season continues ✓ Show-off | <ul style="list-style-type: none"> ✓ National Competition in Disney World | <ul style="list-style-type: none"> ✓ Challenge Day Pep Rally (Cheerleaders plan this one) ✓ Seafood Supper (benefitting SJA athletics) |

Financial Responsibilities

All prices are approximate and subject to change. Others fees may arise during the year (sweatshirts, t-shirts, Disney trip, posters, competition fees, etc.)

| April 2018 | May 2018 | June 2018 | July 2018 | Sometime in the Fall | August 2018 |
|--|---|--|-----------|---|--|
| <ul style="list-style-type: none"> ✓ UCA Camp at Gulf Shores \$100 ✓ Uniform + Camp Wear: TBD but approx. \$850-950 <p>Bodyliner for red SJA uniform, competition uniform, 3 practice uniforms, shoes, cheer bookbag (girls previously on the team are not required to purchase this), cheer jacket, white bow, red bow, 3 poms (1 red, 1 white, 1 pink)</p> | <ul style="list-style-type: none"> ✓ Remaining payment due for Camp: \$300 <p>\$45 LA + \$30 Chelsea Milazzo</p> | <ul style="list-style-type: none"> ✓ Summer workouts: \$100 | | <ul style="list-style-type: none"> ✓ Choreography, \$100 ✓ Regional Competition Fee, \$40 ✓ Dixie Competition Fee, \$40 ✓ National Competition Fee, \$100 deposit ✓ Flight, \$50 deposit <p>\$45 LA + \$30 Chelsea Milazzo</p> | <ul style="list-style-type: none"> ✓ 2018 SJA Cheer Sweatshirt \$40 <p>\$45 LA + \$30 Chelsea Milazzo</p> |

| October 2018 | November 2018 | December 2018 | January 2019 | February 2019 |
|---------------------------------------|---|--|--|---------------------------|
| <p>\$45 LA + \$30 Chelsea Milazzo</p> | <ul style="list-style-type: none"> ✓ National Competition 1st Balance <p>\$45 LA + \$30 Chelsea Milazzo</p> | <ul style="list-style-type: none"> ✓ National Competition, \$1500 (including flight, hotel cost, and competition fee) <p>\$45 LA + \$30 Chelsea Milazzo</p> | <ul style="list-style-type: none"> ✓ National's t-shirt: \$25 <p>\$45 LA + \$30 Chelsea Milazzo</p> | <p>NATIONALS!!</p> |

*Girls who were on the squad previously do not have to purchase items they received last year.

SJA CHEERLEADING RULES AND REGULATIONS

Please take a moment and read carefully to ensure that you fully understand the expectations of St. Joseph's Academy cheerleaders. After reading each item, both the prospective cheerleader and a parent will need to initial.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

SAFETY is of the utmost importance. In order to provide the safest environment, we must all be working as a team and looking out for each other. While stunting you should be focused and serious. It is important to be aware of your surroundings when stunting and tumbling. You must follow the coach's instructions at all times. Failure to follow the established safety guidelines will result in possible loss of cheering time, suspensions or dismissal from the team (at the coach's discretion).

ATHLETE'S INITIALS:

PARENT'S INITIALS:

All athletes are expected to comply with the rules set forth by St. Joseph's Academy. The rules associated with the student code of conduct can be found in the student handbook. Rules set forth by the LHSAA can be found at www.lhsaa.org.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

If a cheerleader has more than three unexcused absences or tardies for practices, games or events, after the third infraction, she will be expelled from the team. Excused: class trips, makeup tests, sickness; Unexcused: hair appointments, obligations with friends, too much homework (plan ahead!).

ATHLETE'S INITIALS:

PARENT'S INITIALS:

If the athlete is injured or sick and *not contagious*, she is required to attend practice but not participate.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

Practices the week before a competition or pep rally are mandatory. Only extremely extenuating circumstances will be excused.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

Respect yourself, parents, teachers, administrators, coaches, teammates and classmates at all times.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

You must communicate with your moderator. If you must miss practice, you must notify the moderator 24 hours in advance. If you are asked to come pick something up, drop something off or see her for any reason, you are expected to do so.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

Profanity at school, during practices, games, events or within the community does not represent SJA Cheerleading. You are an ambassador for our school; please conduct yourself in a manner that represents our school in a positive light.

ATHLETE'S INITIALS:

PARENT'S INITIALS:

DEMERIT SYSTEM

If any of the above rules are broken, demerit penalties will be issued. The number of demerits will be determined by the severity of the infraction and will be issued by the moderator. Serious infractions or continuous violations may result in additional demerits, disciplinary probation or dismissal from squad. The moderator/coach will determine the length of any disciplinary probation.

- Examples:**
- Improper practice uniform (minor) = conditioning with Chelsea
 - Improper practice uniform (major) = 1 demerit
 - Improper game/competition uniform = 2 demerits
 - Two improper uniform violations = 2 demerits and conditioning with Chelsea
 - Tardy to practice = conditioning with Chelsea
 - Missing a practice or conditioning (unexcused) = 5 demerits and 5 workouts with Coach Liz
 - Any practice missed without a doctor's note is unexcused.**
 - Missing a function or event = 10 demerits and probation
 - Missed summer workout = 1 demerit
 - Late payments = 1 demerit

Accumulation of 12 demerits = automatic probation (while on probation, you must attend all events in full uniform, but you will not perform). If you are on probation and do not attend an event, you will be dismissed from the squad.

Accumulation of 15 demerits or at the discretion of the moderator = dismissal from the squad.

Parents will be contacted by email each time demerits are issued.

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I have read and understand the demerit system set forth for SJA Cheerleading 2018-2019.

(Student Signature)

(Parent Signature)

CONFLICT DECLARATION

Please list any conflicts you foresee, including mission trips, vacations, etc., that could interfere with any May/June practices or camp (list all that you know).

I have a conflict with _____ on _____.
The moderator will contact you if you complete this line to discuss.

Explanation/comments re: conflict: _____

_____.

TIME COMMITMENT and COACH PAYMENT

Tentative Schedule for SUMMER and SCHOOL-YEAR Practices

May: Anticipate 3-4 practices after school at SJA or LA. The purpose of these practices will be to start looking at stunt groups, prepare for camp and get to know one another.

Summer: Anticipate practices May 29-31 leading up to camp. We will also require conditioning over the summer. Competition choreography will take place in August (usually the week before school starts).

School Year: We may have our own full set of hard mats for next year. If so, we will be having practice at SJA after school three days a week. We are still working out the details. The girls will also take a tumbling class one day a week; location and cost to be determined.

Monthly payments: \$30 payment to Chelsea Milazzo; amount for gym/tumbling to be determined.

Cheerleading Skills Checklist

To be completed by the cheerleader. Please note that no skills listed below are required to try out.

Cheerleader's Name:

Previous SCHOOL Cheerleading Experience:

Previous COMPETITIVE Cheerleading Experience:

What other extra-curricular activities do you currently have or are planning to partake in?

In your opinion, what qualities does a good cheerleader possess?

Why do you feel you would be a good addition to the St. Joseph's Cheerleading Program?

Stunting position(s) you are trying out for (check all that apply):

Flyer Main base Secondary base Backspot

Skills (check all that apply)

Tumbling:

Standing Back Handspring

Standing Back Tuck

Round off Back Handspring

Round off Double BHS

Running Round off Tuck

Round off BHS - Back Tuck

Layout

Full

2 to Full

Basing Experience? Please list specific skills you have mastered.

Flying Experience? Please list specific skills you have mastered.
