

To: Prospective Cheerleaders and Parents

From: Cheerleader Sponsors

Re: Revised Rules and Regulations for 2018-2019 Year

The following pages contain the rules and regulations of the St. Joseph Catholic School Cheerleaders. Please read these regulations and understand their importance. Cheerleading at St. Joseph is a responsibility which begins with tryout camp and continues throughout the summer and the following year. It must be taken seriously.

Cheerleading tryouts for the 2018-2019 year will be held at St. Joseph Catholic School Saturday, Feb. 17, at 9 am for the middle school squad and at 10:30 am for the varsity squad. Candidates should arrive 30 minutes early for conditioning.

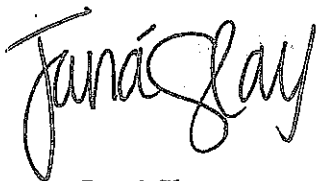
Tryout camp will be held at St. Joseph Catholic School Monday, Tuesday, Thursday, and Friday (Feb. 12, 13, 14, 15, 16 2018) from 3:30 till 4:30 pm in the gym. On Wednesday, Feb. 14, camp will be held from 2:30 until 4 pm. The gym may be open with individual help available 30 minutes prior to and 30 after the established camp times. See Article IV for additional information on tryouts.

Included is a demerit page. Please read over this carefully making certain that the candidate understands the consequences for each offense. The rules will be strictly enforced. Please keep the copy of the regulations for reference throughout the year. The last two sheets should be signed by both parents (if possible) and the student and returned along with the workshop fee by Tuesday (of the workshop week) to the cheerleader sponsor.

There will be a MANDATORY PARENT MEETING Monday, February 12, 2018 to discuss the tryout process along with the upcoming cheer year with the sponsor. Each Student accompanied by a parent is required to attend. Please contact the cheer sponsors if you have any questions.

Being a cheerleader yields many rewards. It is our hope that your active participation and interest will result in a fantastic year. Each one of you will receive the training you need to have a positive tryout. Good luck!

Varsity Cheer Sponsor:



Jana' Slay
662-3378-9711
jslay@stjoeirish.org

Middle School Cheer Sponsor:



Perlita Dixon
662-378-9711
pdixon@stjoeirish.org

- D. Parents will assist in providing transportation when rides are not provided by the school.
- E. Parents will assist in any fund-raising activities attempted.
- F. Parents are neither to pull a cheerleader from the squad without first discussing the action with the sponsor and principal, nor are they to punish their cheerleader by keeping him/her from attending games or practices. This type of action hurts the entire squad.

Section 3. Cheerleader Responsibilities

- A. Cheerleaders are to represent St. Joseph School in an appropriate manner both in and out of uniform and on and off school grounds.
- B. Cheerleaders must have passing grades as prescribed by the school handbook and must meet Mississippi High School Activities Association academic criteria.
- C. Cheerleaders must be willing to donate much extra time and effort after school, on weekends, and during the summer. Each must:
 - 1. Attend practices. Practice will generally be held 4 days a week after school in February, March, April, and May as well as everyday during August through December; summer practice will be held prior to camp. In addition, a stunt camp will be held in the spring.
 - 2. Be on time for all practices, meetings, and games and remain until the activity is over without complaining.
 - 3. Attend summer camp. Absence from camp **WILL NOT** approved by the sponsor. Failure to attend summer camp will result immediate dismissal from the squad. Camp fees are approximately \$350 each for the varsity squad and \$200 each for the middle school squad.
 - 4. Attend pep rallies and games as specified.
 - 5. Arrive at all games 30 minutes before starting time (or earlier if necessary) and remain until the game is over.
 - 6. Cooperate in any fundraising if scheduled.
 - 7. Assist in decorating, making signs, and cleaning up as assigned.
 - 8. Refrain from participating in cheer activities when ill or injured. If health allows attendance at an activity, the injured/ill cheerleader should remain in the stands in uniform with the sponsor. Following an injury the cheerleader must have a release form from a physician.
 - 9. A check in the amount of \$200 representing a portion of camp fees and camp wear costs must be on deposit prior to cheerleader try-outs. This amount will be deposited after the selection process is completed. Those not selected for the squad will have their check returned immediately.
 - 10. The Varsity Cheerleaders will rent uniforms from the school for \$250. Middle school cheerleaders are to pay \$150 for their rental fees, with the entire amount due prior to the Meet the Irish event in August. Failure to do so will result in the cheerleader not participating and sitting in the stands with the sponsor instead. The rental fee aids in purchasing new uniforms and replacing uniform pieces. Varsity Cheerleaders are to furnish their own shoes, bloomers, socks, midriff top, jacket, cheer bag, and pom-poms. Middle School Cheerleaders are to furnish their own shoes, bloomers, socks, and midriff top. These may cost \$200 to

the following year. If another captain is needed one will be voted upon and there will be two acting captains. The squad shall thus elect the captain, and then the co-captain from those eligible. Experience and strong leadership are to be considered in making these important decisions. Elections will take place in a meeting of all squad members at the school under the supervision of the existing sponsor. A simple majority by secret ballot is required for election. The captain of the middle school squad shall be an incoming seventh or eighth grader, who has served previously as a St. Joseph Cheerleader (this includes peewee). The co-captain is to be an incoming seventh grader. The captain and co-captain of each squad must be approved by the respective sponsor.

M. Practices will be set up by the sponsor. A schedule will be given to each cheerleader at the beginning of each month. All cheerleaders are to be present at all practices unless he or she has a legitimate reason for missing. Without a legitimate reason, the cheerleader is given an unexcused practice. Legitimate reasons for missing practice include:

1. Illness causing absence from school.
2. Family death.
3. School related activity ONLY.
4. Detention and punishment are NOT legitimate reasons.

N. Absence from any practice, game, or activity must be cleared with the sponsor or coach. Failure to notify the coach will result in demerits.

ARTICLE III. DEMERITS

Section 1. Any cheerleader will be suspended from appearing with the squad for two weeks when the cheerleader accumulates 15 demerits. However, the cheerleader will continue to practice with the squad and will continue to abide by the cheerleader constitution. Demerits will continue to accumulate during the suspension period. Thirty demerits will result in dismissal from the squad.

EXAMPLE: The suspended cheerleader will continue to attend activities with the sponsor throughout the entire suspension period. The cheerleader will wear the uniform for these occasions.

Section 2. General duties of the cheerleaders include:

- A. Cheerleaders must arrive at meetings and practices on time in accordance with the sponsor.
- B. Cheerleaders must work on signs when scheduled. A schedule will be set up

Failure to wear cheerleader shoes to practice.....	5
Eating/drinking on the field/court during a game/activity.....	3
Failure to follow work schedule.....	10
Failure to get assignment completed on time.....	10
Neglect of any activity (signs, selling projects, team favors).....	10
Inappropriate media (phone pictures/videos, Instagram, Facebook)	15
Unexcused absence from an activity, skipping.....	15
Unethical or lewd behavior while in uniform.....	DISMISSAL
Drinking any alcoholic beverages before or during a practice or game or smoking in uniform.....	DISMISSAL

DEMERITS CANNOT BE WORKED OFF!

Section 5. Under extenuating circumstances, the sponsor, with the approval of the principal, has the right to make an exception to any rule that is necessary at the time.

ARTICLE IV. CHEERLEADER TRYOUTS

Section 1. Cheerleader tryouts will be held on a Saturday following a week-long cheerleader workshop. The cheerleaders will be chosen by a panel of outside and impartial judges (usually three) who are recognized for their knowledge of cheering and the qualities necessary for cheering.

- A. The cheerleader workshop will last one week. This will be sponsored by the current senior cheerleaders and junior cheerleaders who are exempt from tryouts. The purpose of the workshop is to teach techniques to those trying out for cheerleader.
- B. For a student to attend the workshop he/she must be pre-registered to attend St. Joseph Catholic School in the new school year, and shall be free of all school financial obligations.
- C. There is a workshop fee of \$15 for all participants. The fee along with a permission form signed by the student and parent must be submitted by Tuesday of the workshop week.
- D. Each student may not miss more than one day of workshop unless seriously ill or participating in athletic competition representing St. Joseph Catholic School. Missing any days of workshop instruction places that student at a disadvantage for tryouts.

N. Any incoming senior who has been a cheerleader since 9th grade, automatically advances to the squad in the 12th grade. All other candidates must try out regardless of the total number trying out.

O. There will be a meeting on Monday, February 12 at 5:30 with candidates, parents, and sponsors to discuss the rules and regulations.

P. Cheerleader candidates must meet the eligibility requirement of a 2.0 average from the prior semester in order to try-out.

St. Joseph Catholic School

Jr. High Cheerleader Try-Out Policy

- Any pre-registered and financially current student may try out for middle school cheerleader.
- The size of the middle school squad is determined by the number of students trying out for cheerleader, but will generally be set at 8 to 10 cheerleaders. A break in scores (usually 5 points) will assist in determining the size of the squad. The slots to fill the squad will be based on highest scores.
- A clinic to properly prepare for routines is held at the school the week prior to try outs.
- Outside, trained cheer judges are employed to judge try-outs.
- A score from zero to one hundred is afforded each individual in total points. See sample tryout sheet (distributed earlier) for possible points.
- The try-out and scoring process is anonymous; numbers are assigned to students for all try-outs and tabulations.
- The totals from competition points are added individually. These scores are then blindly ranked by the judges to determine the list of incoming cheerleaders based on the announced number of slots available.
- Final scores and their assigned student numbers are matched to student name from a sealed list as provided by the principal.
- The list of cheerleaders will fill a grid of previously determined cheer slots for each grade.

My child _____ has my permission to be a cheerleader at St. Joseph Catholic School. I understand that he/she must abide by the rules and regulations set forth by the sponsor and/or other authorities at St. Joseph Catholic School and be present for practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my child to ride with the sponsor and/or other parents when necessary. I understand that this form must be completed before he/she is allowed to try out. I further understand that my child must attend practice, unless excused by the sponsor. I also understand that my child must attend tryout sessions or he/she will not be considered for a cheerleading position.

I understand that my son/daughter will be evaluated by qualified judges and we agree to abide by the decision of the judges. I understand the approximate costs involved.

I understand, by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach 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/or broken bones. The risk of injury could also include catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold St. Joseph Catholic School or any of its personnel responsible in the case of accident or injury at any time.

Parent Signature

Date

Parent Signature

Date

I am interested in being a cheerleader at St. Joseph Catholic School. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the sponsor and/or administrators of St. Joseph Catholic School. I promise to cooperate and follow the instructions of the cheerleading sponsor.

Student Signature _____

Date _____

Home Address _____

Current School _____

Grade Next Year _____