

ST. PATRICK CATHOLIC HIGH SCHOOL

Thank you for your interest in being a member of the 2019-2020 St. Patrick Catholic High School JH and Varsity Cheerleading Squad

Cheerleading Tryouts will be held Friday, March 15th, 2019

The following three (3) items are **due to the Athletic Office/Ms. Hebert by 3:00 p.m. on March 13th.** (Students who have any issues with this deadline must reach out to Ms. Hebert ASAP at jhebert@stpatrickhighschool.net)

_____ Register and pay registration fee for the St. Patrick Catholic High School 2019-2020 Academic Year. (No proof is needed, we can verify within the school records. Completion is required.)

_____ Tryout Permission Form (completed and signed by student and parent/guardian)

_____ St. Patrick Catholic High School Athletic Participation Packet (5 forms)

___ Participation Consent

___ Insurance Coverage (**copy of insurance card** attached in paperwork)

___ Physical Examination (if one on file is expired)

___ Athletic Field Trip Waiver including Emergency Information

___ Teacher Reference Form (**only for students trying out for the Varsity team must have the form completed by 3 specific teachers: current Math teacher, current English teacher, and current Science teacher**)

(current 8th** graders can use the science teacher from **their 8th grade year-** even if the class from another semester)

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Students wishing to tryout for cheerleader will be required to do the following:

- Attend the informational meeting on Tuesday-March 12th at 5:30 pm (Cheerleading participants and parents only) in the SPCHS cafeteria (**required unless excused by cheerleading sponsor**). Policies and procedures relevant to these programs will be discussed. A parent or guardian is strongly encouraged to accompany the student to this meeting.
- Complete and turn in the required Cheerleader forms (permission form, athletic packet, verification of SPCHS registration) by 3:00 p.m. on March 13th, 2019.
- Attend both days of the clinics offered: (those traveling from other schools, please get to campus as close to 3:05 as possible)

Tuesday- March 12th @ 3:05-5:00 pm in the gym

Wednesday- March 13th @ 3:05-5:00 pm in the gym

General Statement

All St. Patrick Catholic High School student athletes are expected to have a commitment to excellence. In order to achieve this, the student and parent(s) assume a great deal of responsibility. Every cheerleader must be willing to put forth the effort necessary to be the absolute best he/she can be in all aspects of their squad/team. This begins with being able to meet the many academic and extracurricular demands associated with participating in these programs. A quality squad/team requires your presence, participation, and cooperation at regularly scheduled practices, emergency called practices, fundraisers, and other events that require the presence of cheerleaders.

You have chosen to try out for the SPCHS Cheerleading Squad. Once selected through a fair and impartial competition, you will be made fully aware of the responsibilities and requirements involved in being a member of this squad or team. Since you have chosen to participate, there is absolutely **no excuse** for not giving all of your effort and all of the time. Although every attempt will be made to allow you to participate in as many school-related activities as possible during the school year, you may have to forego some other activities to fulfill your commitment as a cheerleader for SPCHS. Failure to do so can result in removal from the team/squad.

Squad Structure

Varsity Cheer:	9th – 12th grade. Squad size to be determined by the coaches according to where a break in scores occur.
Competition:	9th - 12th grade. Squad size to be determined by the squad availability for sizing brackets through the state.
Junior High Cheer:	7th – 8th grade. Squad size to be determined by the coaches according to where a break in scores occur.

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Post Selection Squad Information

Cheerleaders

(Please review prior to making a commitment to tryout)

Please take this home for your parents' approval. It contains important information for all of you to review if you are considering trying out for the cheerleading squad at St. Patrick Catholic High School. By signing your tryout agreement, you are agreeing to attend all of the following events. **(Both Junior High and Varsity)**

Important Dates: It is important for the student to be available on these dates. Permission must be obtained from the coach in advance if the student cannot fulfill this obligation. **ALL OF THE FOLLOWING ITEMS are mandatory for all athletes who are chosen for the squad/team.**

Tryout Clinic: March 12 – March 13

3:05 – 5:00pm in the high school gymnasium.

Tryouts: March 15

3:30 -6:00pm (this end time may vary, dependent on the number of athletes who try out)

First meeting: March 18 (\$500 deposit due this day)

5:00pm – 6:00pm in cafeteria

Uniform Sizing: March 22- Location TBD on campus

Varsity- 3:00 – 5:00pm

Junior High- 5:00 – 7:00pm

Stunt Clinic: TBD

Location- high school gymnasium

Varsity- TBD

Junior High- TBD

Practice Sessions:

Varsity- Tuesday/Thursday (3:30 – 5:00pm) starting March 19th. (Excluding April 11th and Spring Break dates April 22-26)

Junior High - Thursdays (3:30 - 5:30pm) -Those who travel, get to the school as close to 3:30 as possible. (Excluding Spring Break Thursday April 25)

Summer Camp: June 3- June 6

Location: Auburn, AL. – Auburn University

Team will leave a day early to get to location and get situated. (Team will leave June 2nd)

Summer Practice Sessions:

-Varsity- has to meet a requirement of attending 4 of the 5 summer practices.

-Varsity- Tumbling practices- TBA **(MANDATORY) - allowed 2 absences.**

-Junior High - has to meet a requirement of attending 3 of the 5 summer practices.

-Junior High- Tumbling Practices- TBA **(MANDATORY) - allowed 4 absences.**

Summer Fundraiser: June 11 – June 15 (Tentative dates)

Mini Cheer Camp 9:00am -1:00pm

Competition dates (only applicable for the competition squad):

November 2019 (Cheer for Hope, Biloxi)

December 2019 (State, Jackson)

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Uniform fittings: A mandatory uniform fitting is set for Friday, March 22nd. A uniform and camp deposit of \$500 **MUST** be paid prior to this time. The check must be written to St. Patrick Catholic High School. (This is for camp and uniform deposits. The remaining balance must be paid prior to summer camp.)

Summer Camp:

1. Each cheerleader will be **required** to attend camp during the summer to prepare for the upcoming school year.
2. Camp will be held on June 3rd-June 6th in Auburn, Alabama.
3. Cheerleaders are **required** to attend pre-camp and post-camp practices. Practices will begin in March. The dates for practices will be provided once squads are selected.
4. **Payment in full of all camp and uniform expenses must be made prior to receipt of uniform. A date for final payment will be June 2nd. There will be NO exceptions.**

Practices:

All cheerleaders will practice during the summer. You will be given a practice schedule after tryouts.

Practice guidelines:

1. The start times for practices are extremely important. Therefore, cheerleaders should arrive early enough to be ready to start at the designated time. If in the gym, cheerleaders will be required to roll out mats prior to practice.
2. Cheerleaders should be appropriately dressed. (no jewelry, hair pulled back out of face, proper clothes and shoes).
3. Please do not ask to be excused for work or personal business. Practices are scheduled because they are needed, therefore all members will be expected and required to be present at all times.
4. You should make every effort to schedule orthodontist, dental, or doctor appointments on a day when the squad does not practice.
5. Cell phones are prohibited at ALL cheerleading practices, activities, and functions unless you are given permission by a coach.

DEMERITS:

1. Being late or leaving early – being less than 30 minutes late/early leave is 1 demerit, and being more than 30 minutes late/early leave is 2 demerits.
2. Not present at practice (unexcused) – 3 demerits
3. Out of uniform (proper clothing and shoes with hair as stated by coach) – up to 5 demerits. Coach's discretion based upon severity of the infraction.
4. Being disrespectful – up to 5 demerits. Coach's discretion based upon severity of the infraction.
5. Any cheerleader that receives an ISS or OSS from the school will also be given 5 demerits and be required to complete additional community service hours. More than one ISS or OSS infraction within the cheer season will result in removal from the squad.
6. Not present at a game or function - grounds to be pulled from the squad. Coach's discretion based upon severity of the infraction.
7. Social Media Infraction: (In uniform/SPC wear on social media doing something that does not reflect catholic morals. Cyber bullying other teammates or classmates of SPCHS. Posting or sending inappropriate pictures or comments on any social platform. Including but not limited to: FaceBook, Twitter, Instagram, SnapChat, GroupMe, etc.) - Any social media infraction will go straight to a meeting between athlete, coach, and administration. Coach's discretion based upon severity of infraction. Severe infractions are grounds to be pulled from the squad.

*****5 demerits will result in being bench for the season under coach's discretion. Further demerits will result in athlete being pulled from the squad/team. The coach holds the right to bench any athlete at any time throughout the season as seen fit.**

Game Day and Games: On game days, cheerleaders must dress alike in the outfit/uniform chosen by the coaches. Including, but not limited to: hair, uniform, makeup, and socks. During every football/basketball game, the following rules must be observed by every cheerleader. **Failure to adhere to these standards will result in demerits.**

1. Cheerleaders should arrive at the stadium/gym on time and dressed appropriately.
2. Cheerleaders should cheer (**say all of the words all of the time**) during every cheer and chant. Cheerleaders should stand with hands behind their backs when not cheering.
3. Cheerleaders should not talk among themselves in between cheers. Individual cheerleaders should not communicate with individuals in the crowd while cheering.
4. Cheerleaders are required to show good sportsmanship.
5. Cheerleaders are expected to know all cheers, chants, and dances performed at each game. (Evaluations will take place prior to football/basketball season. Any athlete who does not pass the evaluation will be required to sit out the games until they pass evaluations on material the cheerleaders are expected to know.)
6. Cheerleaders are expected to refrain from public display of affection with boyfriends/girlfriends while in uniform/camp wear or on school grounds.
7. The coach must be notified **in advance** when a cheerleader will be absent from a game.
8. For football games, cheerleaders are not allowed to leave the track area at the end of the first half until released by coaches. Cheerleaders are expected to return to the track area to continue cheering before the third quarter begins. During half-time all athletes should be representatives of the school within their actions. **These actions should reflect Catholic morals at ALL times.**
9. For basketball games, the squad may be divided into several squads. Every cheerleader will receive a schedule in advance and will be required to be present at any games the individual is told to cheer.

DEMERITS:

1. All Cheerleaders are required to attend ALL Football games and ALL assigned basketball games. Cheerleaders who miss a game will be automatically reprimanded. Grounds to be pulled from the squad. (Based on coach's discretion.)
1. Undignified behavior while in uniform – consequences decided by coaches and, if needed, with advice of administration.
2. Out of uniform – cannot cheer at game. Coach's discretion based upon severity of infraction.
3. Being late or leaving early from a game/practice.
4. Late from half-time break – 1 demerit
5. Not present at a performance or required function – (A boy's basketball game and a girl's basketball game are considered two separate performances.)
6. Defiance of rules/guidelines for game day and games section – consequences will be decided by the coaches and, if needed, with advice of administration.

Consequences of demerit accumulation will be discussed with the squad after tryouts. The coach holds the right to pull any athlete from the team at any point throughout the year. No refund will be made upon removal of the team.

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Judge Number : _____

Candidate Number: _____

Stunt Position: _____

Category	Possible Points	Points
Jumps: Toe touch & optional. Pointed toes, good technique	10	_____ / 10
Motion Technique: Arm levels, motion sharpness, motion placement	10	_____ / 10
Group Stunt Execution: Hitting the stunts without wobbles or falls	5	_____ / 5
Group Stunt Difficulty: (2-5 count requirements)	5	_____ / 5
Standing Tumbling Execution: Proper technique, form, ability	5	_____ / 5
Standing Tumbling Difficulty (Varsity- BHS)	5	_____ / 5
Running Tumbling Execution: Proper Technique, form, ability	5	_____ / 5
Running Tumbling Difficulty (Varsity- RBHS)	5	_____ / 5
Cheer: Volume, knowledge, motions, individuality, confidence	10	_____ / 10
Dance: Motions, knowledge, facials, confidence	10	_____ / 10
Judge's Total	70	_____ / 70
Teacher References : (filled in by the coach)	30	_____ / 30
Overall Total	100	_____ / 100

Scoring/Selection of Cheerleaders

1. Each participant will be judged on an individual performance and a small group performance of the skills learned at the clinic as described on the attached score sheet.
2. Each participant will be evaluated on their ability to tumble. **A spotter will be not be available for tumbling.**
3. During tryouts, participants are expected to dress appropriately by wearing solid black shorts or skirt, a solid black shirt, and athletic shoes (cheer shoes are encouraged but not required). All clothing must have no visible logo (for example “Nike”). Hair must be in a ponytail away from the face (white bow is permitted), no jewelry can be worn, no painted or long fingernails, and no glitter will be allowed.
4. During tryouts, only the judges and St. Patrick approved staff will be allowed in the gym. Following individual tryouts, each girl will leave the school to await the results to be posted on the website.
5. Score sheets will be handed to and totaled by the St. Patrick Administrative staff scorer as each individual small group is finished. The participant’s scores will be ranked after all students have completed their tryout.
6. **Squad member names will be posted on the school website as soon as possible following the conclusion of tryouts on Friday- March 15th, 2018.**

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Dear Teachers,

Please complete a reference evaluation as soon as possible, so that we will have time to tally prior to the tryout date. Teacher evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an **honest rating** based on your knowledge of that individual student. Current 6th & 7th grade students will not be required to complete this portion.

This evaluation should only be done for CURRENT Science, Math, English teachers. All other teachers are exempt from this process.

Please complete this form and return it to my teacher box by **3/13/19**. It is very important that you rate the student according to how **YOU** feel the student does in **YOUR** class or classes. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by the advisor. Please be sure to include any behavior issues and any academic issues you have with this athlete.

Thank you for your time and cooperation. Please send all letters/evaluations directly to me or my box. Refrain from giving any back to the students. If you have any questions, please feel free to contact me in room 102 or email at jhebert@stpatrickhighschool.net.

Sincerely,

Jamie Hebert
Cheerleading Sponsor

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Teacher Evaluations for SPC Cheer 2019-2020

Name of Candidate: _____

Class(es) Currently Taught by you: _____

Current Grade in **your** class (ex. 98-A, 62-F): _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 20, please rate the applicant in each of these areas listed below. (1 being low ability/rating and 20 being high ability/rating).

PLEASE LIST HONESTLY, Students will NOT see this:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher _____

Printed Name of teacher _____

Date: ___ / ___ / ___

Thank you for your help and cooperation! Feel free to email any other concerns.

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This evaluation should only be done for CURRENT Science, Math, English teachers. All other teachers are exempt from this process.

Please complete this form and return it to my teacher box by **3/13/19**. It is very important that you rate the student according to how **YOU** feel the student does in **YOUR** class or classes. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by the advisor. Please be sure to include any behavior issues and any academic issues you have with this athlete.

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Tryout Permission Form

Name: _____

Grade you will be in during the 2019-2020 school year: _____

Age: _____ Date of Birth: _____

Address: _____ City _____ State _____ Zip _____

Home Phone: _____ Student's Cell Phone: _____

Mother/Guardian Name & Cell Phone: _____

Father/Guardian Name & Cell Phone: _____

Email address of student: _____

Email address of parent/guardian: _____

St. Patrick Catholic High School Cheerleader Tryout Student Agreement

I have read and understand the requirements, rules, and regulations explained in the SPCHS Cheerleader Tryout Packet, and I am willing to accept these conditions in order to be a cheerleader. Further, I understand that I am responsible for following these standards set forth in this document.

Signature of Cheerleader

Date

St. Patrick Catholic High School Cheerleader Parent/Guardian Tryout Agreement

I have read and understand the information I have received associated with being a member of this squad, and accept the obligations, financial responsibilities, and requirements for my child to be a member of this squad. My child has my permission and support to participate in any and all activities required to try out and be a member of this squad.

Signature of Parent/Guardian

Date

ST. PATRICK CATHOLIC HIGH SCHOOL

Athletic Trip Waiver Form

I hereby consent to participation by my child, _____, in the aforementioned event. I understand that this event will take place away from the school grounds and that my child will be under the supervision of the designated chaperone(s) on the stated dates. I further understand that by granting this permission, I am agreeing that my child will abide by all policies and rules set forth by St. Patrick Catholic High School, the Catholic Diocese of Biloxi, and the chaperone(s) of the activity. I agree to release, indemnify, and hold harmless St. Patrick Catholic High School and the Catholic Diocese of Biloxi, their agents and employees from any and all liability, damages, or costs, including attorney's fees, for personal or property damages which may arise out of or are associated with or are a result of an accident or injury which involves the above named student and which are related to or occur while participating in this event. I hereby give permission for my child to be administered medical care in case of an emergency. If my child has a medication condition that requires health service and/or medication(s) while at this event, I have communicated those needs to the school personnel.

Parent/Guardian Signature

Date

MEDICAL RELEASE AND INFORMATION

Medication presently taking (name and dosage for each):

Allergies (foods, medication, etc.):

Any other medical conditions (asthma, diabetes, seizures, etc.):

Date of last tetanus shot: _____

Does the student wear contact lenses? Yes No

Emergency contact person and phone number: _____

If unavailable, please contact: _____

Insurance Company: _____ Phone: _____

Policy Name: _____ Policy Number: _____

Doctor: _____ Doctor Phone: _____

I, _____ (please print), hereby give permission for my child to be administered medical care in case of an emergency.

Parent/Guardian Signature

Date

ST. PATRICK CATHOLIC HIGH SCHOOL

Estimated Breakdown of Overall Cost

Costs: We will be conducting minor fundraising events to help offset some of the following costs, but each cheerleader will be responsible for all costs associated with being a member of the cheerleading squad. The costs shown below are approximations. The personal cost of being a member of these squads will vary depending on which squad you make and whether you can use previously used uniform pieces. Once the squads are selected, you will receive a packet that outlines the exact cost and due dates of payments. The first payment \$500 due the Monday following tryouts.

The following is an ESTIMATE of the cost that can usually be expected for **VARSIITY**:

Camp Outfits including shoes	\$250.00	<u>Optional Items</u>	
Camp Fee	\$450.00	Pull over jacket	\$125.00
Uniforms (3)	\$755.00	Parent t-shirt	\$20.00
Bag (optional for returners)	\$50.00	<u>Item duplicates (bows, etc.)</u>	
Bows & Bloomers	\$75.00		\$145.00+
Pants & Jacket	\$175.00		
Sports Bras (2)	\$50.00		
Megaphone	\$65.00		
Tumbling/Stunt Clinic	<u>\$115.00</u>		
	\$1985.00		

*Repeat items for returners: shoes, uniforms, bag, bows, bloomers, pants, jacket, sport bras, megaphone (\$1,225.00 total price deductions if no repeat items ordered)

The following is an ESTIMATE of the cost that can usually be expected for **JUNIOR HIGH**:

Camp Outfits including shoes	\$225.00	<u>Optional Items</u>	
Camp Fee	\$450.00	Pull over jacket	\$125.00
Uniforms	\$300.00	Sports Bra (per one)	\$25.00
Bag (Backpack)	\$40.00	Parent t-shirt	\$20.00
Bows & Bloomers	\$75.00	<u>Item duplicates (bows, etc.)</u>	
Rain Jacket	\$25.00		\$170.00+
Tumbling/Stunt Clinic	<u>\$115.00</u>		
	\$1,230.00		

* Repeat items for returners: shoes, uniforms, bag, bows, bloomers, pants (\$485.00 total price deductions if no repeat items ordered)

COMPETITION:

Competition (only open to upcoming 9-12):

The following is an ESTIMATE of the cost that can usually be expected for competition:

Competition Fee	\$155.00
Uniform & Misc.	<u>\$100.00</u>
	\$255.00