



# SJA Cheerleading Tryout Information Packet 2020-2021

## TRYOUT DATE

**Wednesday, April 1, 5-7 p.m., SJA Activity Center**

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

## OPTIONAL PRE-TRYOUT CLINIC

Girls do not have to attend this clinic to be eligible to try out.

**Wednesday, March 25, 4:30-6 p.m., SJA Activity Center**

## MANDATORY TRYOUT CLINICS

Girls must attend both clinics to be eligible to try out.

**Monday, March 30, 4:30-6 p.m., SJA Activity Center**

**Tuesday, March 31, 4:30-6 p.m., SJA Activity Center**

## PARENT MEETING

At least one parent must attend.

**Tuesday, March 31, 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 will pay on ShopSJA.

INCOMING STUDENTS will pay with check made payable to SJA.

## FITTING APPOINTMENT WITH VARSITY

If your daughter makes the squad and cannot be at this fitting, you must let me know by Friday, April 3.

**Wednesday, April 8, 4 p.m., SJA Activity Center (Health Room)**

**CAMP DATES:** June 26-28 at the University of Alabama

**CHOREOGRAPHY DATES:** August 22-23 at SJA

**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 midriffs, 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 Friday, March 20, to the Main Office in St. Joseph Hall, or mail to Lauren Morris, Cheerleading Moderator, St. Joseph's Academy, 3015 Broussard Street, Baton Rouge, LA 70808**

**Please direct questions to SJA Cheerleading Moderator Lauren Morris at [MorrisL@sjabr.org](mailto:MorrisL@sjabr.org).**

**Checklist of forms/items to be completed and returned by March 20, 2020.**

- \_\_\_\_\_ SJA Cheer Form
- \_\_\_\_\_ Tryout fee (\$20)
- \_\_\_\_\_ Rules and Regulations (initialed)
- \_\_\_\_\_ Signed Demerit Slip
- \_\_\_\_\_ Cheerleading Skills Checklist

Note: The physical must be up-to-date and signed by a doctor prior to tryouts.

**SJA Cheerleader Information Form**  
**Please PRINT on the lines below**

Cheerleader's Name: \_\_\_\_\_ Grade (rising): \_\_\_\_\_

Cheerleader's Primary Address: \_\_\_\_\_

Cheerleader's Phone Number (cell): \_\_\_\_\_

Cheerleader's Date of Birth: \_\_\_\_\_

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, along with any other team events, 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 and coach must receive either an email or text from both the cheerleader and a parent as soon as you know you will miss practice.
- **SJA EVENTS:** Cheerleaders will cheer at all designated SJA volleyball and basketball games or other event deemed necessary by the moderator and/or administration (i.e, pep rallies, incoming freshman events, community service 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 26-28 at the University of Alabama.
- **COMPETITIONS:** Cheerleaders will compete in the regional cheer competition in November (Hammond), the Dixie competition in December (Jackson, MS) and the national competition at Disney World in February.
- **SHOWOFFS:** Cheerleaders will show off their Nationals routine at Live Oak Showoff at the end of January, and we will also host a showoff at SJA. Other performances may be added to the calendar.
- Note: You must provide your own transportation to and from practices and events. Please be aware of drop-off and pick-up times. SJA policy is that parents must drive cheerleaders to events outside of 25 miles from the school.

- **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 by their captains each week regarding the practice uniforms needed for that week. If they are out of uniform, the whole team will condition.
- No jewelry is to be worn while in uniform. This is during practices, games and competition.

- **CONDUCT**

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

**Annual Events**

<b>April 2020</b>	<b>May 2020</b>	<b>June 2020</b>	<b>July 2020</b>	<b>August 2020</b>	<b>September 2020</b>
<ul style="list-style-type: none"> <li>✓ Tryouts</li> <li>✓ Fittings</li> </ul>	<ul style="list-style-type: none"> <li>✓ Practice in June leading up to camp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Practice in June leading up to camp</li> <li>✓ Cheer Camp at University of Alabama June 26-28</li> <li>✓ Conditioning and/or possible practices</li> </ul>	<ul style="list-style-type: none"> <li>✓ Conditioning and/or possible practices</li> </ul>	<ul style="list-style-type: none"> <li>✓ Practice resumes</li> <li>✓ Plan for choreography in mid to late August</li> </ul>	<ul style="list-style-type: none"> <li>✓ Volleyball games</li> <li>✓ St. Jude Fun Run</li> </ul>

<b>October 2020</b>	<b>November 2020</b>	<b>December 2020</b>	<b>January 2021</b>	<b>February 2021</b>	<b>March 2021</b>
<ul style="list-style-type: none"> <li>✓ Volleyball games</li> <li>✓ Volleyball PINK OUT Game</li> <li>✓ 1<sup>st</sup> Pep Rally</li> <li>✓ Open House</li> <li>✓ Sticker Stampede</li> </ul>	<ul style="list-style-type: none"> <li>✓ Volleyball State Playoffs in New Orleans</li> <li>✓ Regional Competition</li> </ul>	<ul style="list-style-type: none"> <li>✓ Basketball season begins</li> <li>✓ Basketball PINK OUT Game</li> <li>✓ Dixie Cheer Competition</li> </ul>	<ul style="list-style-type: none"> <li>✓ Basketball season continues</li> <li>✓ Show-off</li> </ul>	<ul style="list-style-type: none"> <li>✓ National Competition in Disney World</li> </ul>	<ul style="list-style-type: none"> <li>✓ Challenge Day Pep Rally</li> </ul>

**CONFLICT DECLARATION**

**Please list any conflicts you foresee below (mission trips, vacations, etc.) that could interfere with any May/June practices or camp. List all that you are aware of.**

I have a conflict with \_\_\_\_\_ on \_\_\_\_\_.

**The moderator will contact you if you complete this line.**

Explanation/Comments about conflict: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Financial Responsibilities

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

<b>April 2020</b>	<b>May 2020</b>	<b>Sometime in the Fall</b>	<b>August 2020</b>
<ul style="list-style-type: none"> <li>✓ UCA Camp Deposit \$100</li> <li>✓ Uniform + Camp Wear: TBD but around \$850-950</li> </ul> <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"> <li>✓ Remaining Payment due for Camp: \$300</li> </ul> <p>Coaches Fee: \$TBD</p>	<ul style="list-style-type: none"> <li>✓ Choreography, \$100</li> <li>✓ Regional Competition Fee, \$40</li> <li>✓ Dixie Competition Fee, \$40</li> <li>✓ National Competition Fee, \$100 deposit</li> <li>✓ Flight, \$50 deposit</li> </ul> <p>Coaches Fee: \$TBD</p>	<ul style="list-style-type: none"> <li>✓ 2020 SJA Cheer Sweatshirt \$40</li> </ul> <p>Coaches Fee: \$TBD</p>

<b>October 2020</b>	<b>November 2020</b>	<b>December 2020</b>	<b>January 2021</b>	<b>February 2021</b>
<p>Coaches Fee: \$TBD</p>	<ul style="list-style-type: none"> <li>✓ National Competition 1<sup>st</sup> Balance</li> </ul> <p>Coaches Fee: \$TBD</p>	<ul style="list-style-type: none"> <li>✓ National Competition, \$1,500 (including flight, hotel cost and competition fee)</li> </ul> <p>Coaches Fee: \$TBD</p>	<ul style="list-style-type: none"> <li>✓ National's t-shirt: \$25</li> </ul> <p>Coaches Fee: \$TBD</p>	<ul style="list-style-type: none"> <li>✓ <b>NATIONALS</b></li> <li>✓ End-of-year banquet, \$TBD</li> </ul>

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

## TIME COMMITMENT and COACH PAYMENT

### Tentative schedule for summer and school year practices

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

**Summer:** Anticipate possible practices during the weeks of May 26, June 8 and June 22 leading up to camp. Competition choreography will take place in mid to late August.

**School Year:** We have a full set of hard mats, so we will be having practice at SJA after school 3 days a week. Additional practices will be added as necessary. Days and times are yet to be determined.

Monthly payments: \$TBD coaches' payment

## **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 his or her parent will need to initial each item.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

SAFETY is of the utmost importance. 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, and rules set forth by the LHSAA can be located at [www.lhsaa.org](http://www.lhsaa.org).

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

If a cheerleader has more than 3 unexcused absences or tardies for practices, games or events, she will be expelled from the team after the third infraction. 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. In the event of unexcused absences, the cheerleader will not participate.

**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 pick something up, drop something off, 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. Remember 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 = conditioning
  - Improper game/competition uniform = 2 demerits
  - Tardy to practice = conditioning
  - Missing a practice (unexcused) = 3 demerits and 2 workouts with Coach Liz.
  - Any practice missed without a doctor's note is unexcused.**
  - Late payments = 1 demerit
  - Missing a game without a sub = 5 demerits + makeup game + additional game
  - Note: If there are no additional games, cheerleader will not participate in pep rally

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 you 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.**



**NATIONALS ALTERNATES**

It is often the case in all athletic events, team members are pulled out of the game/competition due to injuries, sickness or circumstances through which they are unable to properly execute skills necessary in competition. Like any other sport, it is important to have a team member on the bench ready to go in. This team member must have skills necessary to jump into the game/competition. The Nationals routine will be the most challenging, therefore we will have approximately 2-3 alternates for this routine who will be ready to step in as needed for competition.

The coach will evaluate cheerleaders during practices throughout the year. Cheerleaders will have through September/October to continue to train and practice. Alternates will be determined prior to the first competition in November. Alternates will be required to be at all practices, participate in all other cheer events, learn entire routine, buy all uniforms and be fully dressed at all competitions in the case that they need to be put in last minute. During December, cheerleaders will be re-evaluated to determine who will compete on the mat in nationals. If a cheerleader is injured or not able to uphold the expectation of executing the skill necessary after the date of announcement, the coach has the discretion to make changes. Careful consideration will be taken when making decisions about alternates. All final decisions will be that of the coach.



I have read and understand the demerit system and the possibility of Nationals alternates set forth for SJA Cheerleading 2020-2021.

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**(Student Signature)**

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**(Parent Signature)**

**Cheerleading Skills Checklist**

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

**Cheerleader's Name:**

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**Previous SCHOOL Cheerleading Experience:**

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**Previous COMPETITIVE Cheerleading Experience:**

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

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

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

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**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.**

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**Flying Experience? Please list specific skills you have mastered.**

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**Anything else you want us to know?**

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