



# SMCHS Cheer Student/Parent Guidelines

## Mission Statement

The SMCHS Cheer program is for athletes striving to promote school spirit, support interscholastic athletics, and represent their school in the competitive cheerleading industry. The program offers athletes growth in traditional sideline cheer as well as CIF recognized Traditional Competitive Cheer. All Cheer team members have the responsibility to uphold, reflect, and project the goals and ideals of their school and community. Our success is secured by the teamwork and dedication of our athletes and coaching staff.

## The SMCHS Cheer Program is united by our Core Values

*Faith ~ Family ~ Character ~ Leadership ~ Responsibility*



## Bible Verse of the Year "Be the Light" Matthew 5:14

## Becoming and SMCHS Cheerleader will change your Life!

We believe it is an honor to wear the SM Cheer Uniform and will select members who we feel are the best ambassadors of school spirit, athleticism, and those who we are confident demonstrate our core values.

## Auditions

### Auditions for Traditional Competitive Cheer Team

Athletes will audition for a position on of the following teams:

- **Varsity Advanced Team (9<sup>th</sup>-12<sup>th</sup>) / Varsity Game Day Team**

- Elite tumbling and stunting skills (RO/Standing tuck, layout, full, inversion, full up, release grip extended level stunts)
- Cheer for Varsity Level Home and Away Games, Rally Spirit Performances and Rally Routines, Pre-Game and Halftime Routines.
- Compete for Varsity Advanced Divisions in Traditional Competitive Cheer CIF, USA, UCA Regional and National Events

- **JV Advanced (9<sup>th</sup>-12<sup>th</sup>) / Varsity Game Day Team**

- Varsity level sideline skills RO/Standing back handspring, tuck recommended and Stunts through Liberty full down cradle.
- Cheer for Varsity Away Games and Select Home Games, Rally Spirit Performances, and Pre-Game Routines.
- Compete for Varsity Game Day UCA Regional and Nationals and JV Traditional Competitive Cheer USA Regional and Nationals.

- **JV Advanced Team (9<sup>th</sup>-12<sup>th</sup>)**

Advanced tumbling and stunting skills (Recommended Back Handspring, RO/Standing tuck, layout, full, inversion and release stunts mastered at prep level, extended liberty cradle)

- Cheer for Junior Varsity and Lower-Level Teams as well as Select Varsity Home Games.
- Compete for Junior Varsity Traditional Competitive Cheer at USA Regional and Nationals.

- **Freshman Team (9<sup>th</sup>)**

Beginning Tumbling and Stunting Skills (Additional Stunt and Tumbling Classes will be Recommended)

- Cheer for Lower-Level Teams.
- Compete for Freshman Traditional Competitive Cheer at USA Regional and Nationals.

If you are not selected for the team this season, we encourage you to improve your skills and return next year. We will start filling our Traditional Competitive Cheer teams based on Stunt Position, Tumbling Skills, Jump Technique, Motion Technique and Performance Quality. Our top 5 to 6 athletes in the following positions – Flyer, Back Spot, Main Base, and Side Base will be selected for the Varsity Advanced Team and so on. All athletes will compete where needed for the program to be most successful.



# SMCHS Cheer Student/Parent Guidelines

## Tryout Clinics

Please attend the following clinics wearing: SMCHS Colors in Full length T-shirt or Tank Top, Black Shorts, with hair pulled back in a polished low ponytail with a bow or ribbon. Please come with short nails, no nail polish or jewelry.

- **Clinic 1 May 8th 3:30pm-8:00pm SMCHS**
- **Clinic 2 May 9th 3:30pm-5:30pm SMCHS**
- **Clinic 3 May 10th 3:30pm-5:30pm SMCHS**

## Tryouts

We will provide you with an audition T-shirt – please wear black shorts, performance makeup, and low pony with a bow or ribbon. You will be given a tryout timeframe based on your stunt position. You may be asked to stay for a call back with alternative groups.

- **May 11th 3:30pm-5:30pm SMCHS**

## Application Process

- Complete [Tryout Application](#) due May 5th at 3pm.
- Tryout Application \$40 Fee: [SIMPLE TIX LINK](#)
- Complete Athletic Clearance by May 8th <https://www.homecampus.com/login>.
- Upload your [Physical Form](#)

Athletic Clearance for tryouts and the 2023-2024 school year is now open for Cheerleading.

Every student-athlete that is wanting to participate within tryouts is required to be cleared through <https://www.homecampus.com/login>. You must upload your current physical as part of this process (attached). Physical forms are valid for 365 days from the original date of service.

- When selecting the school, we are listed as "Santa Margarita"
- **STUDENT ID INFORMATION:** For incoming\_freshman: type "unknown" in the "Student ID" field. For returning SM athletes: type in your SMCHS Student ID in the "Student ID" field.
- **Physical must be completed by a MD or a DO.** Physician Assistant is ok with a doctor's office stamp. **All others will NOT be accepted.**
- **Our sport is listed as Traditional Competitive Cheer**

**Some things to keep in mind as you complete the clearance process via homecampus.com.**

- For parent or guardian information, please enter the **PRIMARY** contact information for the student. For example, if you are the host family for a student, please enter **YOUR** contact information into the Parent/Guardian section of the registration process.
- At the bottom of the **PARENT/GUARDIAN** info page there is place to opt in or out of a college recruiting company's email list. SMCHS is in no way affiliated or condones the use of this service. If you do not wish to receive emails from this company, please click 'No thanks'.
- On the 'Signatures' page of the registration, please pay close attention to the student signature field vs. the parent signature field.
- Hard copies and email copies of forms **WILL NOT** be accepted by SMCHS personnel.

**If you have any questions please reach out to [AT@smhs.org](mailto:AT@smhs.org) OR visit our Sports Medicine webpage at <https://www.smhs.org/athletics/sports-medicine> .**



# SMCHS Cheer Student/Parent Guidelines

## Sideline Cheer vs. CIF Traditional Competitive Cheer

- ▶ **Traditional Competitive Cheer (TCC)** The California Interscholastic Federation Recognizes Cheerleading as a sport. TCC is defined as competition using or following the traditional competitive format. Our Competitive Cheer Teams will compete in the Varsity Advanced and Varsity Game Day Divisions, JV Advanced Division and the Freshman Show Cheer Division. We will compete in 3-5 local competitions beginning in November and the Varsity Team will travel to Orlando **Feb. 7<sup>th</sup> – 12<sup>th</sup> 2024 and USA Nationals Feb. 16<sup>th</sup>-17<sup>th</sup> in Anaheim, CA.**

**Skills for Traditional Competitive Cheer-** Elite level motions, jumps, stunts/pyramids, basket tosses, with more difficult transitions, entries/dismounts, tumbling skills with increased level of difficulty including intricate combinations of skills.

### CIF rules in place:

- Scholastic Eligibility- 2.0 min GPA.
  - Practice hours- Limited to 18 hours per week.
  - Unlike other CIF sports, Traditional Competitive Cheer Team members can compete for outside competitive cheer teams.
  - Sunday restriction- no practice or competition on Sundays during our season. (Exception Training Camps and NHSCC)
  - Transfer Rules- transfer students follow a valid change of residence or sit out period.
  - Undue Influence- Student eligibility may be affected in situations where they have enrolled/transferred to a school where a student was offered inducements by someone associated with the new school. Sanctioned Events – schools and associations offering competitions must have be CIF sanctioned.
  - From the date of our first competition athletes are limited to additional help or private lessons on **sideline cheer skills** only. Please be aware that outside training regardless of instructor is not a school sponsored activity.
- ▶ **SMCHS Sideline Cheer** (Freshman, Junior Varsity, and Varsity levels) The focus of sideline cheer is to support our school in athletic contests, rallies, and other events by engaging with our fans as we perform cheers, chants, dances, stunts, and tumbling. Sideline cheerleaders are enthusiastic and encourage the fans to show their spirit!

**Skills to perfect for Sideline Cheer-** knowledge of material, strength of motions, jump technique, stunts/pyramids which allow you to lead/wow the crowd, tumbling skills appropriate for the sideline including standing back-handspring, standing back tuck, jump to standing tumbling, running tumbling skills including-round off or round off back-handspring- tuck, layout, full twist. Full twists and basket tosses are limited to outdoor surfaces and not permissible on basketball courts.

## Sideline Cheer Team Responsibilities/Recommended Skills

Freshman Responsibilities/Skills	JV Responsibilities/Skills	Varsity Responsibilities/Skills
<ul style="list-style-type: none"> <li>• Cheer at lower-level Football and Basketball HOME Games</li> <li>• Practice 2 -3 times per week</li> <li>• Attend Summer Cheer Camp</li> <li>• Lead Jr. Eagle Camps and events</li> <li>• Appearance requests- fundraisers, community outreach</li> <li>• Entry level Cheer Skills including basic tumbling technique. Flexibility kicks with straight legs and pointed toes, splits</li> <li>• Knowledge and Understanding of Motion Technique taught at clinic for tryouts</li> <li>• Confidence when performing including showmanship and sharp motions</li> </ul>	<ul style="list-style-type: none"> <li>• Cheer at JV Football/Basketball Games, and Trinity League Girls Basketball Games</li> <li>• Practice 3 times per week</li> <li>• Attend Summer Cheer Camp</li> <li>• Lead Summer Jr. Eagle Camps and events</li> <li>• Appearance requests- fundraisers, outreach</li> <li>• Tumbling skills - Back handspring, jumps to tumbling, running tumbling up to full twisting layout</li> <li>• Motion Technique – placement with precision and consistent sharpness of execution</li> <li>• Flexibility – level toe touch, kicks with straight legs and pointed toes, splits</li> <li>• Knowledge of cheers, chants, and dances</li> <li>• Confidence when performing including showmanship and sharp motions</li> </ul>	<ul style="list-style-type: none"> <li>• Cheer for Varsity Football/Basketball Games</li> <li>• Practice 3-4 times per week</li> <li>• Attend Summer Cheer Camp</li> <li>• Lead Jr. Eagle Camps and events</li> <li>• Perform at school events and rallies</li> <li>• Elite Tumbling and Jumps- Back Handsprings, Back Tucks, Combo skills with jumps to tumbling, running passes up to a Full Twisting Layout.</li> <li>• Flexibility – Hyper extended jump, High kicks with straight legs, pointed toes, splits</li> <li>• Motion Technique – perfect placement and consistent placement</li> <li>• Varsity level performance and confidence including showmanship, enthusiasm, and attitude</li> </ul>



# SMCHS Cheer Student/Parent Guidelines

## Participation Requirements

- Our Cheer Program is a full year commitment. We begin Training in May, Cheer for Football Season August thru November, Compete as a Winter CIF Sport November thru February, and Cheer for Basketball Season January thru March.
- Our annual Calendar is available with anticipated practices, games, rallies, and competition dates currently available. **Summer Vacation Dates are June 30<sup>th</sup>- July 16<sup>th</sup>.** School Holidays need to remain open for practices and competitions. Especially in January as we will be in competition season.
- Our cheer athletes should maintain a 2.5 GPA and be in good standing with the Dean of Discipline. Athletes that fall within a 2.0 and 2.5 will be required to turn in weekly grade checks.
- Athletes are allowed to compete with one additional All-Star Cheer Team, Gym Team, or Spring CIF sport with written agreement between Director/coaches. Injuries incurred with another program need to be communicated with our coaching staff immediately.
- SMCHS Cheer must take priority. Students will not be permitted to miss games or competitions for a conflicting sport. Please be mindful that High School is a time to engage with your school community, the rigor of academics, and maintain a healthy mind and spirit. While multiple sports are permissible, they are not recommended and will be discussed on a case-by-case basis. Please include your request to participate in another sport on your application.
- Students must have all class trips, retreats, and other school events such as MUN travel approved. Suggested dates for attending class retreats will be announced as available.
- Cheer Squad members in good standing will satisfy the SMCHS P.E. requirement after two seasons.
- Students who leave the program will not receive a refund, will be asked to pay for all items ordered on their behalf, and may not be eligible for tryouts the following year.
- Varsity Letters will be awarded to students who complete a Varsity Season. Letterman jackets are not required as they are not an official SM Cheer garment.

## Attendance

- **Athletes are responsible for communicating** with the Cheer Director, Coaches, and Team Captains if running late or missing practice for any reason.
- The school requires students to be present by the third block to attend school sports/activities.
- **Practices, Games, Rallies, and Competitions are Mandatory.** Coaches will keep a record of attendance, late arrivals, and uniform infractions.
- You may not miss for reasons other than illness, or family emergency. If you are repeatedly ill or injured leading up to a performance, you may be removed from routines. **Your return to play is not guaranteed and will be based on the overall team needs.**
- If you are injured, you must provide a valid doctor's note to return to play. **Your return to your previous position is not guaranteed and will be based on the overall team needs.**
- An Unexcused Absence: appointment, vacation, detention, no show – will receive a consequence.
- College Visits are encouraged during the BYE Friday to Sunday Sept. 22<sup>nd</sup> – Sept. 24<sup>th</sup>. You may not be excused to miss a football game for an additional college visit. Please plan accordingly.
  - **Consequences may include** conditioning, team conditioning, lowered cheer grade, removal from team performance, halftime show, removal from a game, portion of a game, cheer team probation, removal from the team. If you are not present for choreography, a stunt sequence, pyramid, game stunt etc. **someone may earn your spot indefinitely.**
- Practices/Games will take place on and off campus 2-5 days per week. Drivers are encouraged to have safety clearance prior to driving to cheer related events.
- Practices are closed, Family and friends will be invited to performance opportunities.



# SMCHS Cheer Student/Parent Guidelines

## Conduct

- Cheer team members are ambassadors of their school and community who should display good sportsmanship, respect for authority, and a Christian attitude towards their teammates.
- Conduct on and off campus, at social functions, and images or messages displayed on social media should be above reproach.
- Please see the Code of Christian Conduct and Social Media rules that apply in the student handbook. Violations will be reported to the Dean, and they will administer appropriate consequences.
- Unhealthy habits such as smoking/vaping, consumption of alcoholic beverages, use of narcotics, or improper language may result in immediate dismissal from the program.
- **Disrespect, dishonesty, and negative attitudes will not be tolerated.** Such conduct will result in disciplinary action (removal from game or competition, dismissal from the team).
- Members who cannot follow the Code of Christian Conduct as outlined in the student handbook may be removed from the team.

## Uniforms

- Uniforms should be cleaned immediately after a performance in case we have an event come up.
- Do not let someone borrow your uniform, it is not a costume.
- You must arrive to all games and performances with performance ready hair and makeup.
- While in performance/practice uniform - no jewelry (includes body piercing) no gum, no excessive hairstyles or hair coloring, no long fingernails or nail polish other than clear. Wear a Team T-shirt over uniform prior to eating. **Please keep assigned hair intact and shoes on if you are in your uniform.**

## Student Leadership Program

- Students in a leadership role will meet monthly with the Cheer Director/Coaches to plan an incredible season. Interest can be expressed in our application.
- Opportunities Include: Team Captains (voted on by peers), Prayer Partners, Faith in Action/Kindness Campaign, Junior Eagle Ambassadors, and Social Media Development.

## Grading

- All Members begin each semester with an A. Athletes will maintain their grade by adhering to the rules outlined in this document, for their active participation at practices and events, and by displaying responsible behavior.
- Students who need reminders to come in appropriate attire, arrive on time, bring forms past deadlines, have a problem with attendance etc. will put their grade in jeopardy.
- Leaving class before a designated dismissal time (rally/game) will result in disciplinary action.
- Student athletes must be prepared to turn in homework before leaving early for athletic events. If a game is cancelled and a test is being given, the student must be prepared.

## Communication

- We will communicate weekly with **athletes and parents via email, TeamSnap, and Microsoft Teams.**
- **Students are responsible** for reading emails, checking in on TeamSnap, communicating scheduling conflicts with practice times/game etc. with the Cheer Director, Coaches, and Team Captains.



# SMCHS Cheer Student/Parent Guidelines

**The Performance Partnership** We all have a role in this sport!

- ♥ **The SM CHEER Coach-** Celebrate the talents and gifts God has given each athlete. Help students realize their potential and help prepare the athlete physically: with the development of skills, help with their technique and strategies, to teach them about recovery. Foster teamwork, being a good teammate and sportsmanship.
- ♥ **The SM CHEER Athlete-** perform with the full extent of their potential, to out-prepare their competition in every aspect on and off the field and to give all they can physically, mentally, and emotionally to being all they can be.
- ♥ **The SM CHEER Parent-** responsible for helping their child to develop values like faith, honesty, integrity, humility, courage, discipline, and time management skills. A parent can teach an athlete to be more responsible for their own behavior. A parent can provide the one thing that no one else on earth can provide them: unconditional love and support.

*If everyone in this partnership shows support to one another in their role; we attain success! The partnership will suffer when a parent crosses the boundary by: telling an athlete how to prepare, telling a coach how to do their job, living vicariously through the athlete or trying to coach the athlete.*

**How to Get Involved - Moms and Dads please attend as many events as possible! Save the Dates!**

○ Cheer Song and FB Spring game	May 18 <sup>th</sup>
○ Cheer Family Camp Sendoff	June 21 <sup>st</sup>
○ Cheer Family Summer Fun Day	July 20 <sup>th</sup>
○ Cheer Song Football Mixer	August 3 <sup>rd</sup>
○ Attend FB Games/Tailgates	August thru December
○ Senior Night	TBA
○ Cheer Fall Parent Meeting	Sept. 7 <sup>th</sup>
○ Competition Showcase	November 9 <sup>th</sup>
○ Competition Days	November thru February
○ Cheer Parent Meeting	Dec. 7 <sup>th</sup>
○ Attend Basketball Games	January - March
○ Golf Gift Gathering	Jan.
○ VAR Florida Prep	Jan. 11 <sup>th</sup>
○ VAR Florida Nationals Travel	Feb. 7 <sup>th</sup> -12 <sup>th</sup>
○ USA Nationals	Feb. 15 <sup>th</sup> -16 <sup>th</sup>
○ Golf Tournament	TBA
○ Banquet	March 27 <sup>th</sup>

- **Wear BLUE and GOLD!!** We will have a parent FAN WEAR store set up through the Eagles Nest with items CHEER specific including blingy football jerseys, t-shirts, tanks, sweatshirts, jackets and hats!
- **Volunteer** – You all have so many talents and we would love you to share them with the program.
  - **We would love your help with the following PARENT VOLUNTEER OPPORTUNITIES**
    - **Parent Volunteer Coordinator:** Create Sign Up Genius for parent volunteer needs, Create Evites for events, wish lists for spirit packs.
    - **Team Parents:** help coaches plan team unity events, pre/post-game meals, spirit packs
    - **Team Unity Event Host:** Host a Team BBQ, Beach Day, Pregame meal
    - **Senior Night Coordinator:** reserve dinner, décor and assist with pre-game celebration
    - **Team Photographers:** take photos at events, games, senior night, competitions
    - **Parent Social Planners:** Summer kick off meeting, mixers, tailgates, showcase
    - **Junior Eagles:** help with registration at camp, football camp, organize uniforms, crafts
    - **Media Guide and Memory Books:** organize cheer media guide, banner sales, books
    - **Golf Tournament Coordinator:** promote attendance, hole of fun, silent auction basket
    - **Banquet Coordinator:** reserve venue, caterer, wrap gifts, set up, clean up
    - **Parent Drivers:** we need help driving to practices - must be a cleared parent volunteer



# SMCHS Cheer Student/Parent Guidelines

## Conflict Resolution

- Communication concerning SMCHS athletic programs are welcomed and encouraged when motivated by a sincere desire to improve the quality of an athletic program and/or an athlete's participation therein.
- There are situations that may require a conference between the coach, athlete, and the parent. When these conferences are necessary, please adhere to the following SMCHS athletic communication protocol to resolve the concern:
  - **Step 1 Athlete-Coach:** To empower our athletes to learn personal responsibility, they must communicate their concerns/questions directly to their coach and or cheer director before having someone else do this for them. Every effort should be made to resolve the problem at this level.
  - **Step 2 Athlete-Coach/Cheer Director-Parent:** If an issue still needs to be resolved, the athlete and parent(s) or legal guardian(s) should email and set up an appointment with the coach/cheer director. Communication with a coach regarding a concern should never take place at or immediately after a game or event.
  - **Step 3 Athlete-Coach/Cheer Director-Parent-Athletic Director:** If an issue still needs to be resolved, the Athletic Director will set up a meeting with all those involved.
- **Please note that since the athlete and coach are the only two people who work together daily, both parties should be included in all communication.**
- Playing time and level or position placement are the sole responsibility and discretion of the coach.
- After following steps 1-3, any unresolved issues can be referred to the Assistant Principal of Athletics and Principal by submitting an email "statement of concern" (S.O.C). This S.O.C. must include the following: name of coach, specific sport and level of competition, general athletic concern involved, and brief but specific summary of the nature of the issue and the facts surrounding same. Once the completed S.O.C. is received by the administrator in charge of athletics, a meeting including all parties involved will be scheduled for the purpose of resolving the issue. Reprisals will not be taken against any parent or student athlete for expressing their concerns or participating in the conflict resolution process.

## SMCHS Spectator Code of Conduct

Parents also represent SM at Games, Competitions and Events.

Please review the Code of Conduct and understand that Parents displaying inappropriate behavior may be removed from the event.

### SPECTATORS CODE OF CONDUCT

This Code of Conduct applies to **ALL** persons at **ALL** times at Santa Margarita Catholic High School

Show cordial courtesy to visiting teams, officials, and spectators.

Respect the integrity and judgements of coaches, sports officials, and staff.

**NO** unsportsmanlike conduct including negative behavior or language.

**NO** person shall intimidate nor threaten another person.

**NO** noisemakers or inappropriate signs.

**NO** alcohol, drugs, tobacco products, or vaping is allowed.

Unless authorized by school officials, spectators are not allowed on the playing field or playing area at any time.

**SCHOOL OFFICIALS RETAIN THE RIGHT TO REFUSE ADMITTANCE OR REMOVE A PERSON(S) FROM AN EVENT DUE TO INAPPROPRIATE BEHAVIOR.**



# SMCHS Cheer Student/Parent Guidelines

## Sports Fees

Our fees are projections based on past costs, new estimates, and fundraising success. For those selected for the program, there will be a **\$1,000 non-refundable deposit** will be collected May 15<sup>th</sup> through your FACTS account. Payment plans outside of the suggested schedule can be arranged through the business office.

We are thankful for your participation with the following Fundraisers:

- Junior Eagles- Promote Camps and performances. Summer Camp, Fall Halftime, Prep Clinics.
- Cheer Media Guide and Banners. More Information will be available soon.
- Eagle Golf Classic: T-signs, Ball Drop tickets, Golfers, Hole of Fun, Silent Auction Basket.
- **Families can earmark donations through the EAGLE FUND directly to the Cheer Program.**

23-24 Season Costs	Varsity	JV/FR
Practice Clothing/Sideline Gear 4-Shirts, 3-Shorts, Sweatshirt, Sweatpants, Warmup Jacket, Polo, Backpack, Practice Shoes, Bow	\$ 895.00	\$ 895.00
Performance Uniforms Sideline Uniform Top, Performance Uniform Top, Skirt, Shoes, Bow	\$ 800.00	\$ 800.00
Summer Camp / Cheer Retreat Skills Camp, Travel	\$ 865.00	\$ 865.00
Specialty Instruction Instruction and Rental Fees	\$ 995.00	\$ 995.00
Competition Fees Choreography Fees, Regional Registration Fees 3-5, USA JV Trip	\$ 1,000.00	\$ 1,000.00
<b>Total</b>	<b>\$ 4,555.00</b>	<b>\$ 4,555.00</b>

Payment Plan	VAR	JV
May 15th Non-Refundable	\$ 1,000.00	\$ 1,000.00
June 15th Non-Refundable	\$ 1,000.00	\$ 1,000.00
July 15th	\$ 700.00	\$ 700.00
August 15th	\$ 700.00	\$ 700.00
September 15th	\$ 700.00	\$ 700.00
October 15th	\$ 455.00	\$ 455.00
Total	\$ 4,555.00	\$ 4,555.00
<b>Athlete Re-Choreography Fee</b>	<b>\$ 500.00</b>	
<b>Travel Costs Estimate Collected via Simple Tix</b>	FLORIDA – VARSITY	Anaheim – JV/FR
November – Flight Estimate	\$ 550.00	
Dec/January – Hotel, Transportation	\$ 1,000.00	\$ 150.00
Jan/February – Food, Park Hopper	\$ 1,000.00	\$ 150.00

**Please reach out to us with any questions:**

Cheer Director- Dana Maas: [maasd@smhs.org](mailto:maasd@smhs.org)

Cheer Coach - Tiffany Bromm: [brommt@smhs.org](mailto:brommt@smhs.org)

Cheer Coach - Ali Kleczewski: [kleczewskia@smhs.org](mailto:kleczewskia@smhs.org)

Cheer Coach – Antia Thorson: [thorsona@smhs.org](mailto:thorsona@smhs.org)

Cheer Coach – Cambria Sipprell: [sipprellc@smhs.org](mailto:sipprellc@smhs.org)

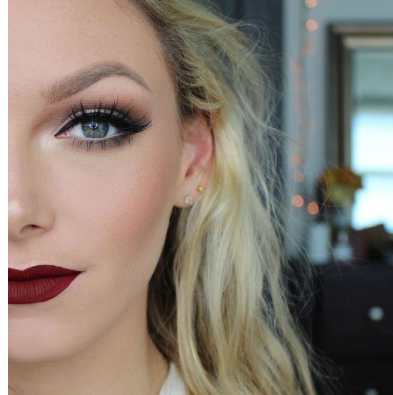




# SMCHS Cheer Student/Parent Guidelines

## SM CHEER HAIR and MAKEUP CHECKLIST

- Foundation
- Eye Shadows in Warm Neutrals
- Eye Liner
- Mascara
- Bronzer/Blush
- Lip Liner and Lipstick
- Hair ties in your natural hair color
- Hair spray
- Assigned Cheer Bows



The links below are here to help if you need to purchase Makeup! DO NOT buy everything on this list. Each category has similar products (matching colors) at various price points. Just make sure you have at least one of each (lip, shadow, bronze/blush, eyeliner, mascara) in your personal inventory of makeup.

### Lip Color Choices- Matte look

[Kylie - Mary Jo K](#) – Ulta Kit comes with Lip Liner (\$19)

[NYX- Kitten Heels](#) – Ulta (\$7) [Plus NYX Liner](#) (\$4)

[MAC Ruby Woo](#) – (\$19) need Liner

### Shadow Pallets in Warm Neutrals

[NYX Pallet](#) – (\$12)

[EYES](#) on MAC – (\$40)

[Urban Decay N.2](#) (\$60)

### Bronze and Blush Combo Suggestions

[Neutrogena](#) – (\$10)

[Benefit](#) – (\$32)

[Urban Decay](#) – (\$36)

### Eyeliner/Mascara – all in black. Liquid or Pencil

[Liquid Eyeliner](#) (\$8)

[Pencil](#) (\$4)

[Mascara](#) (\$8)

### Hair

F, JV – Low or Mid Ponytail, White Bow. No whisps. Clean Look.

VAR – Combination of Ponytail, Half Up Half Down with curls, Braid into Ponytail.



# SMCHS Cheer Student/Parent Guidelines

Please acknowledge that you have read the SMCHS Cheer Guidelines. Make note of any pre-existing conflicts and acknowledge our consequences for missing practices or games for any reason. Please sign as a commitment to your financial obligation including fundraising through Junior Eagles, Golf Tournament (\$150), Media Guide and other opportunities that may arise.

X \_\_\_\_\_  
Student Signature Date

X \_\_\_\_\_  
Parent Signature Date

Comments or pre-existing conflicts:

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