



Cardinal Newman Cheerleading

Dear Applicants and Parents,

April 13, 2023

Becoming a part of the Cardinal Newman cheerleading program will be very rewarding, but comes with many responsibilities that parents and cheerleaders, alike, will be expected to fulfill. We will work very hard to continue a high quality cheerleading program, and expect all of our members to work together to maintain these standards. We are very anxious to begin a new year and look forward to working with cheerleaders and parents who wish to be a part of helping to continue, as well as improve our cheerleading program here at Cardinal Newman School. **PLEASE READ EACH PAGE OF THIS PACKET CAREFULLY**, as you decide if cheerleading is an activity that is suitable for you/your child to undertake.

We will let you know up front that cheerleading is an expensive activity to participate in. The estimated cost for cheerleaders will range from \$1000.00 to \$1700.00. This includes uniforms, clothes, accessories, and a 4 day/3 night camp at Lander University. This fee will be broken into three monthly payments and is dependent on specific items ordered by individual cheerleaders.

We expect our cheerleaders to give outstanding effort in the classroom. Our program expects and requires student athletes to be willing to work hard, abide by our guidelines and be dedicated to our program. We welcome your child to participate in tryouts, if they are ready to work hard, be a role model and leader, and represent Cardinal Newman in a positive way!

A physical with parent consent dated **AFTER April 1, 2023** must be uploaded with the Athletic Training Department before the student will be allowed to participate in tryouts. **Only the SCISA Physical Form** will be accepted, which is located at the CN Athletic website.

Applications must be emailed to Coach Daniels no later than **3:00pm, Friday, May 19, 2023**. Email your application (**ONLY pages 9-11**) to CheerCoachDaniels@gmail.com. Original physicals should be uploaded to the Athletic Training Department on the CN website. Again, please read this application packet thoroughly and decide if you are willing to take on the responsibility of becoming a part of our program.

With Cardinal Pride,

Morgan Lea Daniels
Cardinal Newman Cheer Coach

****Interest Meeting for all wishing to tryout on Wed, May 10th at 6:30p in the Gym! This packet will be reviewed!**

Parent Information Meeting

There will be a parent meeting for all individuals wishing to try-out on Wednesday, May 10, 2023, 6:30-7:30pm in the Main Gym. The candidate and at least one parent **should attend** this meeting. Please bring this set of By-Laws with you to the meeting. We will cover these By-Laws in depth and any questions may be raised at this time.

Tryout Information

At this time, the coaches reserve the right to determine the number of participants on each squad based on natural curves and position availability. This gives a more competitive edge to the tryout process. Input will also be provided from each candidate's teachers in the form of a recommendation statement. Team Eligibility standards are as follows: Varsity 9th-12th grade, Junior Varsity 5th-8th grade, Competition 6th-12th grade. As Tryout Week proceeds, we will be able to better identify what team levels/divisions we will be accommodating for the 2023-2024 season. We are still determining the number of Competition cheerleaders we will compete with at the SCISA State Championship. Depending on how tryouts run, there is the possibility of an additional tryout specifically for **Competition Team Members**, based on the SCISA Division CN elects to compete in.

Tryout Week

- A. Tryout cheers, dances, and jumps will be taught.
- B. Each candidate is responsible for securing their own stunt group. Time will be provided for candidates to work out these arrangements.
- C. Dates: Monday, May 22nd - Thursday, May 25th
- D. Hours: 3:30-5:30pm
- E. Where: Cardinal Newman Aux Gym
- F. Dress: T-shirt, shorts or athletic pants, socks, and tennis shoes - if you have cheer type shoes please wear them! Hair must be pulled back, out of your eyes.
- G. **No jewelry/ body jewelry!** If you have any type of earrings or body jewelry, it MUST come out—no exceptions—don't get a new piercing just before tryouts, you will have to take it out or forfeit tryouts!!
- H. Tryouts are closed to the public.

Judging Criteria

The students will be judged on cheerleading abilities, teachers and coaches' impressions of character, representation, potential, leadership qualities, and academics. As our program continues to build and to improve, we will continue to add new skills to our tryout process. Each candidate will be responsible for creating their own stunt group for tryouts.

Disrespect of coaches, poor cooperation and unwillingness to get along with other candidates during the tryout clinic sessions will be reflected in the appropriate portion of the tryout score. These things will not be tolerated after squads have been selected. This may likely result in dismissal from the squad at any time after tryouts.

Scales

Jumps—10pts (3 different jumps)	Partner Stunt Execution—5pts	
Sideline—5pts	Standing Tumbling Difficulty—5pts	
Cheer—5pts	Standing Tumbling Execution—5pts	
Communication—5pts	Running Tumbling Difficulty—5pts	
Dance—5pts	Running Tumbling Execution—5pts	
Partner Stunt Difficulty—5pts		Potential Total of 60pts

Tryout DAY!

The date for the tryout will be Thursday, May 25, 2023. Tryouts will begin at 3:30pm. Candidates will tryout in groups selected in random order. Candidates should wear Cardinal Newman colors with appropriate T-shirts and shorts. Hair must be worn in a ponytail, unless it is too short and then should be pulled away from the face. Tryouts are closed to the public.

Results will be provided on Thursday after all candidates have completed trying out and after coaches have had time to review scores and prepare teams. All candidates will need to wait until all have finished to receive information

regarding results. Coaches will speak with each candidate individually to discuss if the candidate has made a squad, which squad, and if not, what areas of improvement can be worked out for a successful result at the next tryout!

If Selected...

If chosen as a cheerleader for a Cardinal Newman cheerleading squad, at least one parent or guardian will be *required* to attend a mandatory fitting and team meeting Thursday, May 25, 2023, 6:00-8:00pm, located in the Aux Gym. A **\$425 deposit** will be due at that meeting—made payable to **Cardinal Newman Cheerleading**. This deposit will go towards the initial deposits for camp and clothing/accessories. It is mandatory for each cheerleader to have at least one parent in attendance at this meeting as camp dates and other important information will be talked about. No cheerleader will have clothing ordered or a camp space reserved until their deposit is paid.

Uniform and Accessory Fittings

Clothing and accessory fittings will take place on Thursday, May 25, 2023, from 6:00p-8:00p in the Aux Gym upon completion of Tryouts. These fittings are mandatory for everyone placed on a team for the 2023-2024 season. This will be the **ONLY** fitting opportunity offered for all clothing items for the entire season. The coaching staff will assist with sizing, however parents will need to make final sizing decisions during this time. The CN Coaching staff will not be responsible for incorrect sizing options made on behalf of the cheerleader. The parent and cheerleader will be required to pay for / return / replace any of these items at their own expense if items arrive and do not fit the cheerleader appropriately. This is a large investment; please help ensure the correct items are ordered!!

Important Dates

Saturday, April 1 -- All Physicals (on SCISA form) must be dated AFTER April 1 to tryout
Wednesday, May 10, 6:30p -- Tryout Meeting
Friday, May 19, 3:00p, Emailed to Coach Daniels -- All Tryout Apps Due
Monday, May 22 - Thursday, May 25, 3:30p-5:30p, CN -- Tryouts
Thursday, May 25, 6:00p -- Mandatory Fittings for EVERYONE
Thursday, May 25, 7:00p -- Mandatory Meeting for Cheerleader & Parent
Thursday, May 25 -- Deposit Due (\$425)
Tuesday, May 30-Thursday, June 1, 3:15p-5:00p, Aux Gym -- Practice
Monday-Thursday, June 12-15, 3:15p-5:00p, Aux Gym/Cafe -- Practice
Monday-Thursday, June 19-22, 8:45a-12:00p, Cafe -- Summer Youth Camp
Monday-Thursday, June 19-22, 12:00p-1:00p, Cafe -- Practice
Thursday, June 22 -- Payment #2 Due (\$475)
Monday-Thursday, June 26-29, 8:30a-10:30a, Cafe -- Practice
Thursday, June 29 -- UCA Participant Waiver Due (during practice)
Monday-Thursday, July 10-13, 8:30a-10:30a, Cafe -- Practice
Monday, July 17, 8:30a-10:30a, Cafe -- Practice
Tuesday-Saturday, July 18-22 -- UCA Camp at Lander University
Week of Monday, July 24-27, 8:30a-10:30a, Aux Gym/Cafe -- CHOREOGRAPHY/Practice (Waiting to finalize time)
Thursday, July 27 -- Payment #3 Due (\$520 or remaining balance)
Monday, July 31 -- All CN Cheerleaders must be registered for the CN Tumble class at Twisters
Week of July 31 -- Practice Time To Be Determined
Week of July 31 -- Weekly practices at Twisters begin and will continue through Feb 29, 2024
Monday, August 7, Afternoon Practices will begin, Aux Gym -- Practice
TBD -- Competition Payment #1 Due (\$250)
TBD -- Competition Payment #2 Due (\$250)
TBD -- Competition Payment #3 Due (\$200)

All cheerleaders must be present at summer practices to be included in UCA Camp Routines. We will only have 20 practices before leaving for camp! Absences from summer practices will significantly impact the team's ability to execute successfully at camp and be ready for Competition Season!

Season Long Tumbling Requirements

All Cardinal Newman cheerleaders are required to be enrolled in a CN TEAM class at Twisters. This is an independent contract between the parent and Twisters. The cheerleaders will practice at this facility weekly from 4:00-6:00pm starting the first week of August 2023 through February 28, 2024. All registration with Twisters must be completed by Monday, July 31, 2023. The Factory, the home of the Twisters, is located at 170 Pontiac Business Center Drive, Elgin, 29045. Phone: (803) 422-3662. Monthly payments must be kept current for the cheerleader to participate. Twisters uses an online Parent Portal, where all payments **must** be made electronically. Please note, Twisters is not affiliated with any other All Star Cheerleading Gym or Gymnastics Training Center.

Financial Obligations:

An initial deposit of \$425 will be due at the parent meeting Thursday, May 25, 2023. Following payment dates are June 22 (\$475) and July 27 (\$520), until your account is paid in full. Cheerleaders will not be allowed to participate in football season until account balances are **paid in full**. A late fee may be charged to any cheerleader whose payments have not been made by the August 15th deadline, due to the fact that the school may be charged this late fee from the ordering company. Each cheerleader will be given a detailed list of their expenses, as well as a payment schedule after the Parent Meeting on May 25th. All checks should be made payable to: **Cardinal Newman Cheer**. A Competition Fee schedule will be added as needed.

****If any cheerleader is dismissed or quits the team prior to their account being paid in full, the cheerleader will still be fully responsible for any balance still owed to the cheerleading program (and Cardinal Newman School), from the date the orders are placed until the accounts are paid in full. Once the account is paid in full, the full merchandise order will be given to the student.**

Cardinal Newman Cheerleading Handbook

I. Purpose

Our purpose is to promote school spirit, to encourage good sportsmanship by building better relationships between schools, and to bring recognition to our school through positive representation and public relations.

II. Qualifications

- A. Grades: All squad members must maintain academic grade levels per the CN Athletic Handbook. **Any cheerleader who is required to attend academic summer school must see the coach immediately to discuss the possibility of missing practice/events/camp.**
- B. Cheerleading camp is a very important part of developing as a team. All squad members will be attending camp. These dates have already been scheduled. Should there be an emergency situation within the immediate family requiring non-attendance, the cheerleader will still be responsible for paying for their portion of camp, as reservations had to be made in February.
- C. Physical Fitness
 - 1. Cheerleaders must be physically fit in order to participate effectively in stunt building, jumping, and other aspects of cheerleading. Cheerleaders with weak joints will be required to wear braces or other appropriate protective equipment.
 - 2. Each cheerleader must have a physical examination completed **prior to participation** (including clinic & tryouts) in cheerleading activities. Physicals must be completed on the official SCISA physical form, which can be obtained on the school website, and must be dated **after April 1, 2023**.
- D. Leadership and Conduct
 - 1. Each cheerleader must realize that the manner in which they conduct themselves, at all times, **even off campus**, is important to squad and school representation. Cheerleader conduct is expected to be above reproach at all times.
 - 2. Unsatisfactory discipline reports are not acceptable and will be dealt with by the coach.
 - 3. Any cheerleader who receives a discipline referral resulting in After School Detention, Saturday Work Detail, or In-School Suspension will be disciplined according to the Demerit System and will be benched for the first half of the following football/basketball game.

III. Cheerleader Accountability

- A. Cheerleaders are expected to treat each coach with respect and follow instructions regardless of what team the cheerleader is on! Disrespect of any coach will result in discipline.
 - 1. **Since these guidelines do not cover all situations, the coaches may handle special cases at their discretion with coordination from the Athletic Director.**
 - 2. Probation is the suspension of a cheerleader's performance during games or pep rallies. The cheerleader must still maintain all responsibilities and attend all events, as well as dress out.
 - 3. If a cheerleader voluntarily quits the squad, is dismissed for failing to fulfill cheerleading responsibilities, or is dismissed for academic reasons, the student will forfeit the right to participate in tryouts for the 2024-2025 school year. In extraordinary circumstances a special committee may convene to grant or deny the privilege of trying out. All committee decisions are final!
- B. School and Practice Attendance
 - 1. Cheerleaders must be present in school per the CN Athletic Handbook in order to participate in games, events and practices. Attendance to the game in uniform is still required unless the cheerleader goes home from school sick.
 - 2. Parents must notify the coach anytime the student is checking out of school early, if a practice or game is scheduled.

3. When a cheerleader is absent from school on a game/practice day, the coach must receive a call/voicemail/email explaining the absence before 2:00pm on the day of the absence from the parent. If the cheerleader is absent from school due to sickness, the absence from practice will be excused. The cheerleader is responsible for obtaining any information that may have been missed at this practice.
4. Cheerleaders must be in attendance at the last practice held before a game/event in order to participate in the game, pep rally, or competition, unless there are extenuating circumstances discussed with the coach prior to the event. Academic tutoring will be excused from this policy; however, the coach must be notified before 2:00pm on the day of practice the cheerleader will miss due to academic tutoring.

** All absences from practices/games/events will be considered unexcused if the coach is not notified of the absence BEFORE 2:00pm!!

C. Cheerleading Practice & Responsibilities

1. Appropriate practice clothes are as follows: socks and tennis shoes, shorts or athletic pants, and T-shirts or sweatshirts. Hair must be worn in a secure ponytail unless it is shorter than chin length, which must be secured out of the eyes and face. No jewelry will be worn during practice or games. Cheerleaders caught with any jewelry on during practice or games will be disciplined. Cheerleaders may not practice in just a sports bra at any time.
2. Cell phones are not allowed at practice! If a coach sees a phone, it will be taken until the end of practice. If a second event occurs with the phone being at practice, the coach will collect the phone and a parent must collect the phone.
3. Tardiness or absence from practice will result in discipline per the Demerit System.
4. Any cheerleader, who has excessive unexcused absences from practice or other squad functions, will be dismissed from the squad at the discretion of the coach. CN cheerleaders will not be excused from practice, for practices or events for other cheer teams through the summer and football season. This is something that will be discussed during basketball season if the cheerleader is a member of an All Star Cheer Program and is actively competing. It will be the discretion of the coach to determine if an absence is to be considered excused or unexcused.
5. Each cheerleader will receive TWO excused absences for the YEAR which they may use for dentist/doctor/other appointments. In order for an absence to be excused due to an appointment, the cheerleader must inform their coach of the absence 48 hours prior to the appointment. Though absences may be excused, practices and games can only be planned and beneficial to the entire squad, if all members are present. Therefore, all appointments, dental, medical, etc. should be scheduled for some time other than during practice, if possible. Academic tutoring will always be excused; however the cheerleader must arrange the absence with the coach and be present at practice by 4:00pm.
6. If a cheerleader is involved in a school club, they may attend club meetings but must be present at practice by 4:00pm. Coaches must be informed of attendance to club meetings by 2:00pm on the day of the club meeting.
7. The coach will tightly structure practices. Stretching, conditioning, cheer/chant work, stunts, dance, and tumbling will all be included.
8. Poor attitudes, being disrespectful to any coach, or disobeying any coaches' instructions will not be tolerated.

D. Games, Competitions and other Events

1. Any cheerleader, who exhibits behavior deemed unacceptable during a game, will be benched for the remainder of the game.
2. Holding conversations with the crowd is prohibited while cheering.
3. Cheerleaders are not to socialize with boyfriends during game breaks. They must remain together, as a squad, in a designated area and support the break-time activities unless given permission by coach.

Cheerleaders must be back in line with 2 minutes left on the clock before half-time is over. Failure to do so may result in shortened half-time breaks in the future.

4. Cheerleaders must know all cheers and procedures at any game or event. Cheers and chants are not to be practiced during the game. Practicing motions of cheers, between called cheers, is strictly prohibited. New cheers are not to be performed at a game unless the entire squad has been over them during practice time. Cheerleaders who do not know all cheers or procedures at any game or event may be benched for the remainder of the game.
 5. At the conclusion of each game/competition/event, cheerleaders are to wait for their coach in a designated area. This will be an opportunity for the coach to talk with the entire squad and return all equipment before dismissal.
 6. All cheerleaders will ride the bus to and from all away games/events unless prior approval has been given by the coach. The time on the bus will be used as a coaching time. Cheerleaders may be granted permission to ride home with parents from away games. Approval will only be granted when the coach is notified, in writing, by a parent or when another school related activity requires early release or late arrival. If the cheerleader must ride home with another adult, the coach must be notified in writing by 2:00pm by the parent of the cheerleader. This gives the coach time to verify the letter with the parent by phone or in person. Cheerleaders will only be released to a parent or other adult who has been authorized by that cheerleader's parent/guardian.
 7. A cheerleader providing their own transportation must leave when the squad is dismissed.
 8. Missing two or more games/competitions/events during the calendar school year, whether excused or unexcused, may result in dismissal from the squad and/or forfeiture of the right to participate in tryouts for the next calendar school year.
 9. Any cheerleader missing a game or competition for another school function must notify the coach and receive permission 1 week in advance before missing the event.
 10. Any cheerleader arriving more than 15 minutes late to a game will be required to sit out the first quarter of the game.
 11. If a cheerleader arrives at a game in an incorrect, incomplete uniform (to include a bow and/or poms), the cheerleader will be required to obtain the correct uniform and will sit out for the first quarter of the game.
- E. General Conduct
1. Complete respect for the coach and other cheerleaders must be given at all times! Any personal disagreement within the squad should not affect cheerleading responsibilities and should be dealt with in a private, mature manner. Gossip about any other Cardinal Newman cheerleader will not be tolerated. Any cheerleader with recurring personal problems that disrupt team function may result in dismissal from the team.
 2. Cheerleaders will be placed on probation for 7 days and receive athletic punishment, if she participates in the act of cheating regarding schoolwork or tests.
 3. Immediate dismissal from the cheerleading squad may result, if a cheerleader participates in the act of forging parents' or teachers' names on official school documents.
 4. Immediate dismissal from the cheerleading squad may result, if a cheerleader participates in fighting on or off school campus.
 5. Any cheerleader who receives a discipline referral resulting in After School Detention, Saturday Work Detail, or In-School Suspension will be disciplined according to the Demerit System and will be benched for the first half of the following football/basketball game.
 6. Cheerleaders may wear their issued uniform for Cardinal Newman only at school sponsored events where a coach or Cardinal Newman administrator is present and may not allow any other individual to wear their uniform. Uniforms which are owned by the school and are considered school property. All

Cardinal Newman school property rules apply! If a cheerleader fails to return an item or it is damaged in any way, they will be billed for the replacement of this item. (Approximately \$75 skirt and \$150 shell)

7. Cheerleaders will not at any time be allowed to obtain artificial fingernails. The natural nail must be filed to the appropriate length (not to be seen above the fingertips.) Nail polish will not be worn at any time that the cheerleader is in uniform.
8. Cheerleaders will not be allowed at any time in uniform to wear jewelry! Cheerleaders showing up at games/practices/competitions with jewelry in their piercings will be asked to remove them.
9. **Allowing someone outside of the Cardinal Newman Cheer program to wear a school owned uniform could result in dismissal from the program.** It is very important that everyone understand that no one other than the cheerleader issued the uniform should be wearing that uniform under any circumstance.

IV. Discipline

As these guidelines cannot cover all situations, the coach reserves the right to handle special cases. ANY situation that is not covered in the Demerit List will be at the discretion of the coach. A goal of the program is to encourage TEAM BUILDING. For an infraction that repeatedly occurs, a more stringent solution may be in order. The coach will determine the action to be taken. These guidelines have been implemented to strengthen each squad member's sense of accountability to themselves, the program, the school and fellow teammates.

V. Probation and Dismissal

- A. A cheerleader is placed on probation, due to academic ineligibility or for discipline purposes
 1. The probation period will last 7 days.
 2. When a cheerleader is on probation, they are still required to attend and participate in all practice sessions. The cheerleader must also attend any and all games/competitions/events held during the period of probation. Cheerleaders on probation must wear their uniform to the game/competition/event and sit with the coaching staff.
 3. The cheerleader is still required to perform cheerleading duties and attend the squad meeting after the game. Absence and tardiness policies still apply!
 4. A cheerleader will not have the opportunity to be placed on probation twice.
- B. A cheerleader is dismissed from the squad, if she is academically ineligible.
 1. Please see the Cardinal Newman Athletic Handbook for specific academic eligibility.
- C. A cheerleader may be dismissed from the squad, if she exhibits inappropriate conduct.
 1. Since a cheerleader represents the school both in and out of uniform, as well as on or off campus, their moral character should be above reproach at all times. Misconduct includes, but is not limited to, the use of alcohol, other drugs (both legal and illegal), or cigarettes, and participation in parties or other activities where alcohol or drugs are being used by minors, fighting, and promiscuity.
 2. Cheerleaders that recurrently show public displays of affection at school, in the parking lot or off campus but in uniform, will be dismissed from the squad. It is inappropriate and a poor representation of our program when participating in this behavior at school or in uniform off campus.
 3. If a coach gathers sufficient evidence that a cheerleader has misrepresented the school, the cheerleader may be dismissed from the squad immediately without probation.

**** If a cheerleader is dismissed or quits the team for any reason prior to fulfilling their commitment to the cheer season, the cheerleader will knowingly forfeit their right to tryout for the next calendar school year (2024-2025). Please understand if a cheerleader is selected through this tryout as a member of the CN Cheer program, and then chooses to decline the offer to participate, this will be considered quitting and they are forfeiting that right of trying out the next year.**

Cardinal Newman School Cheerleader Candidate Application

** Must be COMPLETELY filled out and please PRINT information. Scan and Email only pages 9-11 to CheerCoachDaniels@gmail.com by Friday, May 19 at 3:00pm.

Name: _____ **CURRENT** Grade (22-23): _____

School Enrolled in for **Next Year** 23-24: _____

Student Address: _____

City: _____ State: _____ Zip Code: _____

Home phone number: _____

Date of Birth: _____

Student's SCHOOL email address: _____

Parent/Guardian Name: _____

Cell Phone: _____

Parent/Guardian Name: _____

Cell Phone: _____

Parent's email address: _____

Emergency Contact Information: (not parent-- name, relationship, phone and address):

Insurance Company Name: _____

Company Phone Number: _____

Policy and/or Group Numbers: _____

Do not write in this area:

Tryout #: _____ Group #: _____ Physical: _____ Complete application: _____

1. Do you work? If so, Where? Be advised: Cheerleading is a priority that will be expected to come before work. Your work schedule must be flexible enough to add games and practices at the last minute. You will not be excused from any Cheerleading event for work.

2. In what other clubs/activities are you planning on being active in at Cardinal Newman School for the 2023-2024 school year?

3. Are you currently a cheerleader on, or plan to become a member of an All Star team? If so, at what location? If you are actively competing on an All Star team, do you plan to cheer for basketball season?

4. What prior cheerleading experience do you have?

5. Dance experience?

6. Tumbling abilities?

7. What strengths and abilities do you consider assets that you will bring to CN Cheer?

8. Any additional information you would like to include.

**Scan and email completed application (ONLY pages 9-11) to CheerCoachDaniels@gmail.com
by 3:00pm Friday, May 19, 2023**

Teacher Recommendations

Without 3 teacher recommendations, a candidate will not be eligible to tryout. Teachers if there is information that needs to be provided in private, please email Coach Daniels at CheerCoachDaniels@gmail.com. Please remember to include the candidate's name when emailing.

Candidate's Name: _____

1. Teacher's Name:
School:
Subject taught:
Recommend or not recommended:
Why or why not:

2. Teacher's Name:
School:
Subject taught:
Recommend or not recommended:
Why or why not:

3. Teacher's Name:
School:
Subject taught:
Recommend or not recommended:
Why or why not:

2023-2024 Demerit System

Practice

Late to practice	2
Leaving early	2
Unexcused absence	7
Excused absence	2
Improper shoes or practice clothes	2
Having to be told to put hair up	2
Having to be told to take off jewelry	2
Inappropriate fingernail length/Artificial nail	2
Uncooperative behavior	3
Arguing with other squad members	2
Arguing or disrespect of captain	3
Arguing or disrespect of coach	7

Uniforms- anytime in uniform!!

Wearing incorrect uniform pieces	3
Told to put hair up while in uniform	4
Told to remove jewelry while in uniform	4
Nail polish or Acrylic nails while in uniform	5
Fraternizing while in uniform	3
Wearing uniform at non-CN event	10

Games, Competitions, other Events

Late to event	5
Late returning from halftime	2
Unsportsmanlike conduct	5
Excessive talking during game	3
Unexcused absence	10
Excused absence	5
Unpreparedness (missing items)	3

Schedule of Demerit System

Session	Start Date	End Date
Summer Session	Team Selection	July 31, 2023
Session 1	August 1, 2023	September 15, 2023
Session 2	September 16, 2023	October 31, 2023
Session 3	November 1, 2023	December 31, 2023
Session 4	January 1, 2024	End of Basketball season

Totals for Sessions and Year

15 demerits in one session	Probation for Captain/Co-Captain
20 demerits in one session or probation twice	Dismissal from team for Captain/Co-Captain
20 demerits in one session	Probation for Cheerleader
30 demerits in one session or probation twice	Dismissal from team
40 demerits for the year combined from any session	Dismissal from team

General Conduct

Inappropriate dress for School Day	5
Failure to follow calendar	2
Failure to turn paperwork in on time	3
Excessive school absences/tardiness	5
After-school detention	10
In-School Suspension (first)	10
Unfavorable report from teacher	5
Not following coach's instructions	5
PDA in school setting or school event	5
Disrespect of coach	5+
Conduct unbecoming of cheerleader	5+
In-School Suspension (second)	Dismiss

Captain & Co-Captain's

Failure to bring materials when needed	3
Failure to inform squad of responsibilities	5
Failure to see to clean up of areas	5
Failure to act as role model	7
Failure to perform tasks by coach	7
Unexcused absence from game/event	Dismiss
In-School Suspension (first)	Dismiss

** 5+ means this incident can cause any demerit amount up to dismissal.

2023-2024 **Estimated** Game Day Expense List and Payment Schedule (based on last year)

	Estimated Cost
Uniform Rental	\$75.00
UCA Camp at Lander University	\$420.00
Warm-up (if needed)	\$170.00
Shoes	\$95.00
Practice Clothes (3 tops & 3 shorts)	\$190.00
Hair Bow Set (3 solids & 1 gameday)	\$25.00
Red Metallic Briefs (if needed)	\$25.00
Backpack Bag (if needed)	\$75.00
Red/Black Poms (if needed)	\$25.00
Midriff Liner (if needed)	\$25.00
UA Baseball Style Hat (Optional)	\$25.00
UA Fleece Hoodie (if needed)	\$50.00
Jersey	\$100.00
Tax & S/H (will be based on items ordered)	\$120.00
ESTIMATED TOTAL	\$1,420.00

An individual balance sheet will be provided for you after our order is placed, showing exact items you have individually purchased. The numbers above are provided merely to give families an idea of what can be expected. PLEASE remember, once an order is placed for your cheerleader, this balance must be paid back to the school even if your cheerleader does not complete the 2023-2024 season— regardless of if it is due to leaving the school, leaving the program, or being removed from the program. **Once these items are ordered, they cannot be returned or refunded.**

Items NOT included above: Competition Fees, Competition Bow, Competition Uniform, monthly Twisters training payments, or any additional UCA Camp Items needed.

Please understand that the below payments are account minimums. In order to maintain ordering statuses without incurring late fees, it is necessary for certain minimum amounts to be in the CN Cheer account. Therefore, your account payments are not divided by the number of payments. You will be expected to pay the minimum, knowing that your final payment will be altered individually. You are always invited to pay a head on your account, but again, the minimum account amount must be in the individual account on the appropriate date. If the minimum amount required for the cheerleader's individual account is not kept current, the cheerleader will not be allowed to participate until the account is up to date. No cheerleader will be allowed to participate in football season if the entire account is not paid in full by August 15, 2023.

Due Date	Amount Due	Minimum in Account
Thursday, May 25, 2023	\$425	\$425
Thursday, June 22, 2023	\$475	\$900
Thursday, July 27, 2023	\$520**	\$1420**

2023-2024 **Estimated** Additional Competition Expense List and Payment Schedule (based on previous years)

Choreography & Music	\$240.00
Competition Uniform (if needed)	\$260.00
Competition Shoes (if needed)	\$100.00
ESTIMATED TOTAL	\$700.00

An individual balance sheet will be provided for you after our competition order is placed, showing exact items you have individually purchased. The numbers above are provided merely to give families an idea of what can be expected. PLEASE remember, once an order is placed for your cheerleader, this balance must be paid back to the school even if your cheerleader does not complete the 2023-2024 season— regardless of if it is due to leaving the school, leaving the program, or being removed from the program. **Once these items are ordered, they cannot be returned or refunded.**

Items NOT included above: Competition Fees, Competition Bow, monthly Twisters training payments, or any additional competition items needed.

Please understand that the below payments are account minimums. In order to maintain ordering statuses without incurring late fees, it is necessary for certain minimum amounts to be in the CN Cheer account. Therefore, your account payments are not divided by the number of payments. You will be expected to pay the minimum, knowing that your final payment will be altered individually. You are always invited to pay a head on your account, but again, the minimum account amount must be in the individual account on the appropriate date. If the minimum amount required for the cheerleader's individual account is not kept current, the cheerleader will not be allowed to participate until the account is up to date. No cheerleader will be allowed to participate in competition season if the entire account is not paid in full by October 15, 2023.

Due Date	Amount Due	Minimum in Account
TBD- August	\$250	\$250
TBD- September	\$250	\$500
TBD- October	\$200***	\$700***