



Tryout Information Packet 2025 - 2026

Important Tryout Dates:

Dates	
Wednesday, March 12th	Parent Information Meeting 5:30 p.m. in the cafeteria - will review overall requirements for the STM Cheer Program - meet with the moderators and coaches
Friday, March 21st	Tryout packet and all required documents must be turned in
Monday, March 24 th - Thursday, March 27 th	<p>CHEER TRYOUTS in the Athletic Center (Day 1, 3, 4) & DOME (Day 2)</p> <ul style="list-style-type: none">• Day 1: 4 p.m. – 6:30 p.m. - Learn chants, cheers, band dance and tumble check• Day 2: 4 p.m. - UNTIL - Formal tryout of material learned on Day 1 in front of cheer coaches, moderators, and outside judges.• Day 3: 4 p.m. - 7 p.m. - Stunting practice• Day 4: 4 p.m. - 7 p.m. - Stunting practice
Friday, March 28 th	Tryout Results posted to website under announcements @ 4 p.m. on STM website

Please complete and return this packet by Friday, March 21st, to Brittany Eskridge, STM Competition Cheer Moderator

Packets can be returned by either dropping them off at our Welcome Desk, mailing in the packet, or by scanning and emailing.

**Brittany Eskridge
STM Competition Cheer Moderator
450 East Farrel Road
Lafayette, LA 70508
Brittany.eskridge@stmcougars.net**

IMPORTANT TRYOUT INFORMATION 2025-2026

TRYOUT REQUIREMENTS FOR BOTH SQUADS:

- Must have a 2.0 GPA (need a copy of latest report card).
- Must be in good standing with school presently attending.
- Must be registered at STM for the 2025-2026 school year.
- Any tumbling that is performed during the tryout process must be maintained throughout the school year and is expected to be performed on all surfaces (track, gym floor, football field, mat, etc...)
- Cheerleaders are chosen based on spirit, motions, tumbling, jump execution, ability to cheer, dance, and stunting ability and potential.
- Being on a cheer team for one year in no way guarantees placement on a cheer squad the following year - each member will go through the full tryout process each spring.

• **COMPETITION SQUAD TRYOUT REQUIREMENTS:**

- Standing Tumbling: Single back handspring. Standing tucks are highly recommended.
- Running Tumbling: Roundoff, series of 2 back handsprings. Roundoff, back handspring, tuck/layout/full is highly recommended.

• **SPIRIT SQUAD TRYOUT REQUIREMENTS:**

- Standing Tumbling: Single back handspring.
- Running Tumbling: Roundoff, back handspring.

PARENT AND ATHLETE MEETING: March 12th in the Conference Room

A parent and athlete meeting will take place with coaches and moderators to discuss team expectations. This will be for both competition and spirit squads. The tryout packet, rules and regulations, important dates, requirements, fees, and expectations will be discussed in length and any questions that remain will be answered.

TRYOUT FEE:

There is a \$20 tryout fee to offset tryout costs

- **Current students** will be billed via FACTS
- **Incoming students** will pay via check made payable to St. Thomas More Cheer. This can be mailed in or turned in on the first day of tryouts.

TRYOUT MATERIAL:

Tryout material will be taught on the first day, March 24th. Each girl is required to learn the material and then perform the material during tryouts in front of the coaches, moderators, and judges on March 25th.

- Tryout cheer
- Fight song
- Three sideline cheers
 - only one of the three will be performed at the actual tryout, chosen by the judges.

DRESS CODE FOR TRYOUTS:

- Day 1, 3, and 4: Racerback tank (no stomach showing), with appropriate length athletic shorts. Hair should be neatly pulled back in a ponytail, athletic tennis shoes should be worn and absolutely no jewelry.
- Day 2: (tryouts with coaches, moderators, and judges) Cheerleaders should be dressed in full black - all the above requirements apply.
- Hair must be pulled back out of face. **No ribbons or bows may be worn in hair for tryouts.**

STM Cheerleader Information Form

Please PRINT on the lines below

Cheerleader's Name: _____ Grade ('25-'26): _____

Cheerleader's Primary Address: _____

Cheerleaders Phone #: _____

Cheerleader's Date of Birth: _____

Parent/Guardian's Name & Phone # _____

Which Squad are you trying out for?

_____ **Spirit**

_____ **Competition**

_____ **Both**

HEADSHOT

Please include a recent headshot/picture below.

Cheerleading Skills Checklist:

To be completed by the cheerleader, not the parent.

Cheerleader Name and height:

Previous School & Competitive Cheerleading experience (# of years, school name, and/or organization name):

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

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

Why do you feel you would be a good addition to the St. Thomas More Cheerleading program?

Stunting position(s) you are trying out for (check all that apply):

Top-girl Main base Secondary base Back spot

Skills (check all that apply):

These are skills you can throw on a hard mat at tryouts. You are expected to keep these skills through the year.

Tumbling:

<input type="checkbox"/> Standing Back Handspring	<input type="checkbox"/> Standing Back Tuck
<input type="checkbox"/> Roundoff Back Handspring	<input type="checkbox"/> Round off Series Back Handspring
<input type="checkbox"/> Running Roundoff Tuck	<input type="checkbox"/> Roundoff Back Handspring Tuck
<input type="checkbox"/> Layout	<input type="checkbox"/> Full
<input type="checkbox"/> Standing 2 to Full	<input type="checkbox"/> Cartwheel Full
<input type="checkbox"/> Toe Touch to Back Tuck	
<input type="checkbox"/> Other: List _____	

Basing experience? Please list specific skills you have mastered: _____

Flying experience? Please list specific skills you have mastered: _____

Anything else you want us to know?

TIME COMMITMENT

I understand that practices, workouts, cheer camp, and all cheer events related to St. Thomas More Cheerleading is my priority, and my presence is expected and considered mandatory. I understand that the schedule below is a broad overview, tentative and is subject to change.

Summer: Below is our summer schedule - everything listed is MANDATORY

Workout Dates for both Spirit

Monday, Tuesday, Wednesday @ 1p.m. - 1:45 p.m. during the following weeks: **June 2, June 9, June 16, June 23, July 7, July 14**

Workout Dates for Comp

Monday, Tuesday, Wednesday @ 1p.m. - 1:45 p.m. and Thursday @ 8 am during the following weeks: **June 2, June 9, June 16, June 23, July 7, July 14**

Spirit UCA Cheer Camp: May 28-May 31 @ Louisiana State University

Comp UCA Cheer Camp: June 12th - 15th @ Louisiana State University (Masters Camp)

Lil' Cheer Camp Fundraiser: July 8th - July 11th, 9 a.m. - 12 p.m. **(Mandatory for both Comp and Spirit to work)**

Competition Practices begin July 28th – mandatory attendance

Competition Choreography: TBD in August

School year:

Spirit Squad: Will practice every Tuesday and Thursday. The coach may require additional practices in order to prepare for a special event such as a pep rally. Mandatory cheering at all home football games, alternating away football games, basketball home games for both boys and girls varsity teams, playoff games for various sports, and any other requested sporting event.

Competition Squad: Will practice every Monday, Wednesday, and the occasional Saturday. Additional practices will be added in order to prepare for Nationals. Mandatory cheering at all home football games, alternating away football games, playoff games for volleyball. This squad will also participate in 2-3 Regional Competitions leading up to Nationals and after January 1st the squad will practice every weekend before Nationals.

Dates for Regionals have not been announced, but typically they will take place during the months of November, December, and January between the cities of Baton Rouge, Denham Springs, Hammond, and Jackson, MS. **Nationals will take place January 30 – February 2nd in Orlando, FL. New this year – Nationals will be formatted differently for 2026. We will be traveling to Orlando with the Sparklers and competing in a new division called Spirit Gameday in a combined routine, along with our usual traditional and GameDay routines.

I have read and understand the time commitment required for STM Cheerleading 2025-2026

(Student Signature)

(Parent Signature)

FINANCIAL RESPONSIBILITIES FOR SPIRIT SQUAD

All prices are approximate and subject to change.

Uniforms: Not to exceed \$1,200

This includes: New Uniform, raincoat, cheer bag, bloomers, liner, skirt, shell, warmups, tennis shoes, Senior Megaphone, 2 practice uniforms with screen printing, matching bow, hair ribbons with monograms, team sweatshirt, team spirit shirt, pink poms, monogramming for backpack, cheer socks and monogramming.

***Girls who were on the squad previously do not have to purchase new items if they do not need them.**

UCA Camp at Louisiana State University: TBD as camp costs have not been released

This includes: Camp fees, lunches, snacks, transportation, etc...

Incidentals: \$400 (underclassmen) \$455 (seniors)

This includes: Academic Pep Rally, Senior Night, Banquet, Spirit Items, Away game expenses, Senior yard signs (seniors only)

Summer Workouts: \$90

Will include 6 weeks during summer (M, T, W) @ STM Weight Room

Tumbling: Mandatory classes at a school of your choice

Coaches Fee: \$715

These fees will be broken up in different payments starting in April 2025 through February 2026.

A payment schedule will be provided once the teams are selected.

I have read and understand the financial responsibilities set forth for the spirit squad of STM Cheerleading 2025-2026.

Student Signature

Parent Signature

FINANCIAL RESPONSIBILITIES FOR COMPETITION SQUAD

All prices are approximate and subject to change.

Uniforms: Not to exceed \$1,400

This includes: New Uniform, Competition uniform, raincoat, cheer bag, bloomers, liner, skirt, shell, warmups, tennis shoes, Senior Megaphone, 3 practice uniforms with screen printing, matching bow, hair ribbons with monograms, team sweatshirt, team spirit shirt, pink poms, monogramming for backpack, cheer socks and monogramming.

***Girls who were on the squad previously do not have to purchase new items if they do not need them.**

UCA Camp @ Louisiana State University: TBD – Camp costs have not been released yet

This includes: Camp fees, bus ride, snacks, etc...

Incidentals: \$400 (underclassmen) \$455 (seniors)

This includes: Academic Pep Rally, Senior Night, Banquet, Spirit Items, Away game expenses, Senior yard signs (seniors only), Nationals wall and breakfast.

Summer Workouts: \$120

Will include 6 weeks during summer (M, T, W, TH)

Stunt Choreography Fee: \$350

Coaches Fee: \$825

Tumbling: Mandatory classes at a school of your choice

Nationals: \$2,500 without any funding

These fees will be broken up in different payments starting in April 2025 through February 2026.

A payment schedule will be provided once the teams are selected.

I have read and understand the financial responsibilities set forth for the competition squad of STM Cheerleading 2025-2026.

Student Signature

Parent Signature

NATIONALS ALTERNATE

It is often the case in all athletic events that team members are pulled out of the game/competition due to injuries, sickness, or circumstances by 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 routines will be most challenging; therefore, we will have alternates for the routines who will be ready to step in as needed for competition.

The coach/moderator will evaluate cheerleaders as they train and practice throughout the season. Alternates will be determined prior to the first competition. Alternates will be required to be at all practices, participate in all other cheer events, learn the entire routine, buy all uniforms, and be fully dressed for all competitions in the event they need to be put in.

Throughout the months leading up to competition, cheerleaders will be re-evaluated to determine who will compete on the mat at Nationals. If a cheerleader is injured or not able to uphold the expectation of executing the skills necessary after the date of announcement, the coaches have the discretion to make changes. Careful consideration will be taken when making decisions about alternates.

COMPETITION DIVISIONS

The Competition Division we choose to compete in may or may not be the same as previous years. The division will be determined based on team size and skill level at competition time.

I have read and understand the possibility of Nationals alternates and the competition division statement set forth for STM Cheerleading 2025-2026.

Student Signature

Parent Signature

STM Cheerleader Responsibilities, Rules, and Regulations

Both the perspective cheerleader and her parent must initial under each item:

GRADES

- Cheerleaders must maintain a 2.0 or higher GPA
- Moderators will check grades every quarter to make sure cheerleaders are staying on top of grades
- Failure to maintain a 2.0 for two consecutive quarters will result in the suspension of that member from the squad for the remainder of the year.

I have read the above requirements for **GRADES** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

COMPETITION SQUAD REQUIREMENTS

- MANDATORY participation in summer workouts
- MANDATORY practices will be every Monday and Wednesday 3:00 p.m. - 5:00 p.m. and the occasional Saturday
- All Sophomores - Seniors are REQUIRED to schedule Fitness PE as an elective
- Must be registered and attend a weekly tumbling class at the gym of your choice - this information will be provided to the moderator to ensure participation throughout the year.
- Cheer at all HOME football games, alternating away football games, playoff games (for various sports), and other requested sporting events
- Performance at Pep Rallies
- MANDATORY participation in UCA summer camp and Choreography Clinic
- MANDATORY participation in the STM Lil' Cheer Camp Nationals Fundraiser
 - The cost of competitions is deferred through squad fundraising, and any remaining costs are paid for by the individual cheerleader's family.
 - All parents are expected to take an active role in fundraising
- Participate in Regional Competitions and UCA Nationals in Orlando, FL

I have read the above requirements for **COMPETITION SQUAD REQUIREMENTS** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

SPIRIT SQUAD REQUIREMENTS

- MANDATORY participation in summer workouts
- MANDATORY practices will be every Tuesday and Thursday 3:00 p.m. - 5:00 p.m.
- Sophomore - Seniors are HIGHLY ENCOURAGED to take Fitness PE as an elective
- Must be registered and attend a weekly tumbling class at the gym of your choice - this information will be provided to the moderator to ensure participation throughout the year.
- Cheer at all HOME football games, alternating away football games, all HOME basketball games for both Varsity girls and boys teams, playoff games (for various sports), and other requested sporting events
- Performance at Pep Rallies
- MANDATORY participation in UCA summer camp
- MANDATORY participation STM Lil' Cheer Camp Nationals Fundraiser
 - Spirit cheerleaders will receive service hours for their help

I have read the above requirements for **SPIRIT SQUAD REQUIREMENTS** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

GENERAL RULES AND REGULATIONS:

- Cheerleaders will abide by school codes of conduct both in and out of uniform, both at and away from school. You will be held accountable for your actions at ALL times. Any questions of appropriateness will be decided by the designated campus official and moderator.
- Members must make the STM cheer team the top priority over all extra-curricular activities; this includes but not limited to involvement in any other cheer team such as a competitive cheer team other than STM's and other clubs/sports.
- Cheerleaders are considered role models on and off campus; they are required to maintain good conduct marks, attendance, and classroom performance during their time on the squad. School consequences will also result in cheer consequences.
- Each member is expected to maintain a high standard of behavior and conduct befitting a young lady. Cheerleaders will be responsible for maintaining these standards whether in uniform or not and **through all forms of electronic communications and social media.**
- Each member will promote sisterhood within their own squad and amongst the other spirit squads.
- Bullying, targeting, and disrespect will not be tolerated.
- Smoking, drinking of alcoholic beverages, partaking of illegal drugs, or possession of drugs/alcoholic beverages, while in uniform or while at a school function, will result in an automatic expulsion from the team.
- Cheerleaders will keep decorum while in uniform and cheering at sporting events. Any use of foul language at school, practice, games, camp, or competitions, etc. will result in a penalty deemed suitable by the coach and/or moderator.
- All squad members will show their captain and other officers on their squad respect.
- Cheerleaders are expected to be in the correct uniform for both practices and performances. Bra straps must never be visible during either of these occurrences.
- Cheerleaders must attend all practices, meetings, and assigned games by the specified time.
- Cheerleaders must participate in all team activities. If a member is not sick, but injured, she is still required to attend practice, but just not participate.
- Cheerleaders are responsible for finding a replacement if they cannot cheer at an assigned event. They must also notify their coach.
- In order for a cheerleader to perform, she must be at school for at least four class periods on the day of the performance or practice.
- In the event a cheerleader decides to resign from a cheer squad, a letter of resignation must be submitted to the moderator with an understanding that she will not be eligible for the following tryout year. An exception may be granted for extended medical circumstances and medical documentation must be provided. The member is expected to pay in full the cheer expenses in which she has already participated in as well as the coach's fee. There will be no refunds.
- Cheerleaders WILL NOT be allowed to switch between squads.
- All members are required to participate in a designated team service project that will be determined by the coach and/or moderator.
- Cheerleaders will not wear any piece of their cheer uniform outside of designated events.
- Each member of the squad is required to fulfill whatever position is asked of them by the coach/choreographer/moderator. Failure to comply with these positions will result in the member being terminated from the squad.
- **Whatever skills the cheerleader shows at tryouts will be expected for the remainder of the year. Failure to maintain these skills will result in demerits and in sitting out from**

performances that require you to perform those skills.

- Cheerleaders should be dressed out for all practices and be in the designated practice area with needed items by the designated time.

I have read the above requirements for **GENERAL RULES AND REGULATIONS** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

CHEERING AT SPORTING & SCHOOL EVENT EXPECTATIONS:

- Both squads will cheer together at all HOME VARSITY games with Competition Squad cheering in front of the student section 1st and 2nd quarters and the parent/fan section during the 3rd and 4th quarters. Spirit Squad will cheer in front of the parent/fan section 1st and 2nd quarters and the student section during the 3rd and 4th quarters.
- Both squads will alternate cheering at AWAY VARSITY games. Only cheerleaders that are scheduled to cheer at the assigned game may ride the bus provided for them. All Cheerleaders will ride the bus home from the away game. Exception to this rule may be granted by the moderator and must be provided written notice from a parent/guardian in advance **BY NOON THE DAY BEFORE**. A cheerleader will be released to a parent or another designated adult, but not to a student or a friend.
- Both cheer squads will cheer at the Opening Football Jamboree at UL and the State Championship Game in the event the football team qualifies.

I have read the above requirements for **CHEERING AT SPORTING & SCHOOL EVENT EXPECTATIONS** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

ABSENCE REQUIREMENTS & EXPECTATIONS

- In order for a cheerleader to be allowed to perform at any event, she must be at school for at least four class periods on the day of the performance. This is following the policy in the school handbook.
- If a member is not able to cheer at an assigned basketball game, the member is responsible for finding a sub, a **REPLACEMENT FOR YOUR NEXT GAME**, in other words, you switch with someone on a different assigned group, **notifying the coach at least 48 hours in advance**.
- If a cheerleader is not scheduled to perform due to demerits/absences at a function, but is not sick, the member must still attend the event in full uniform.
- Cheerleaders missing two consecutive practices will not perform that week. Excessive absences (excused or unexcused) can result in the removal from a performance due to lack of consistency for the team when trying to prepare for an upcoming performance.
- The only excused absence is a doctor's excuse. Tutoring, make up testing, other club or sport activities do not take precedence over practice or cheer obligations. Teachers offer multiple dates/times to students to take care of their academic responsibilities. Cheerleaders are expected to schedule this around cheer obligations.
- The coach or moderator should be notified if a member will be missing a practice. Failure to report before the practice in a timely fashion will result in demerits given or removal from performance.

I have read the above requirements for **ABSENCE REQUIREMENTS & EXPECTATIONS** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

ELECTION OF OFFICERS

- Both the Competition Squad and the Spirit Squad will elect the following positions for each team:
 - Captain
 - Co-Captain
 - Chaplain
 - Spirit Coordinator
- The coach and moderator will nominate qualified cheerleaders and then the squad will vote from the cheerleaders nominated. The Captain and Co-Captain must be entering her senior year.
- Officers must have been on the STM cheer squad for 2 consecutive years
- Officers must possess the following qualities: a Christian disposition, a passion for cheering, leadership ability, outstanding work ethic, cooperativeness, organizational skills, a positive attitude, and maintain a reputation of high moral standards. She will promote cheer sisterhood by being a model of fairness and understanding.
- Officers must have the ability to work, communicate, and support the other spirit squads on campus (Spirit, Band, Sparklers, & Cougar Dance).
- Anytime a specific grade is involved in a sporting event, the coach or moderator will appoint a cheerleader from that grade on the squad to be in charge for that event.
- A Social Media Coordinator will be chosen by the coach and moderator and all graphics and posts should be approved prior to posting.

I have read the above requirements for **ELECTION OF OFFICERS** and understand the expectations set before me.

ATHLETE'S INITIALS _____

PARENT'S INITIALS _____

DISCIPLINARY SYSTEM

If any of the above rules are broken, consequences will be issued. Serious infractions or continuous violations may result in disciplinary probation or dismissal from the squad. The moderator/coach will determine the length of any disciplinary probation. A few examples of disciplinary action that may be taken are demerits, cheering at extra basketball games, physical conditioning, or taken out of performance.

Demerits may only be issued and recorded by the moderators/coaches. Moderators/Coaches have authority to give any number of demerits for any infraction. Cheerleaders will always be advised when a demerit has been given and the cheerleader will sign/initial that the violation is merited. Parents will be emailed or called when a cheerleader reaches **4 demerits to inform of probation.**

- **2** demerits for various infractions will be benched for the next performance, which is a whole squad performance in front of fans or student body; or whatever the coach deems suitable. The cheerleader will still dress out in uniform for event, but not participate and will still attend all practices
- **4** demerits will equal probation from the squad and benched for 2 consecutive weeks. The cheerleader must attend all practices and events, in uniform with the team while on probation. A parent will be contacted or notified.
- **6** demerits for various infractions will result in dismissal from the team. This also makes her ineligible to tryout for the dance teams, cheerleading squads, or mascot for the following year. No refund will be given.
- **PROBATION** - when a cheerleader receives 4 demerits, she is placed on probation and benched for 2 consecutive weeks. Should a cheerleader receive probation in two consecutive years, she will not be allowed to tryout for the following year.

****Please note that any persistent problem with school or cheer will result in probation or dismissal from the squad.

Because all situations may not be foreseen and thus not outlined, each infraction will be dealt with in a manner decided upon by the moderator and coaches, with assistance from the administration, if deemed necessary.

**I have read and understand the discipline system set forth for STM Cheerleading
2025-2026**

(Student Signature)

(Parent Signature)

PARENT/CHEERLEADER CONSENT FORM

My daughter, _____, has my permission to try out for a position on the St. Thomas More cheerleading squad. I fully understand the nonrefundable financial obligation and responsibilities of being a cheerleader. I understand that displays of poor sportsmanship and disrespect towards sponsors, coaches, team members, other parents and other teams will not be tolerated. I also agree to provide my own transportation for my daughter to all events for cheerleading when school is not providing it.

I understand that all forms attached must be completed by Friday, April 12th, or my child will not be allowed to try out. **PARENT'S INITIALS:** _____

I understand that there is uncertainty regarding future dates but agree that my daughter will attend all mandatory events to the best of her ability. **PARENT'S INITIALS** _____

I understand by the very nature of the activity that cheerleading and tumbling carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used or what landing surface is used, the risk cannot be eliminated. I understand these risks, and I hereby expressly waive and release any and all claims against St. Thomas More Catholic High School and its administrators, moderators, and coaches, on account of illness or injury arising out of or attributable to my child's participation in the cheerleading tryout or as a member of the St. Thomas More Cheerleading squads, whether arising out of the negligence of St. Thomas More Catholic High School or anyone associated or otherwise. I covenant not to make or bring any such claim against St. Thomas More Catholic High School and all others associated, and forever release and discharge St. Thomas More Catholic High School and all others associated, from liability under such claims. I hereby agree to absolve, exonerate, defend, indemnify and hold harmless St. Thomas More Catholic High School from liability for any harm or injury or any property damage associated with or resulting from my child's participation in cheerleading tryout or as a member of one of the St. Thomas More Cheerleading Squads.

PARENT SIGNATURE: _____ **DATE:** _____

I am interested in being a cheerleader at St. Thomas More Catholic High School. If selected, I have read and agree to abide by the rules and regulations set forth by the moderators and administration of St. Thomas More Catholic High School. I have read and understand all of the requirements and costs involved in becoming an STM cheerleader. I have looked over the tentative calendar and am aware of my obligations and mandatory events. I also agree to attend all team events that are required, to cooperate and follow instructions of my coaches and moderators, and to show respect to fellow teammates, coaches, moderators, and administrators at all times.

STUDENT SIGNATURE: _____ **DATE:** _____

**CHECKLIST OF FORMS/ITEMS TO BE COMPLETED AND RETURNED BY March
21, 2025**

- | | |
|---|--|
| _____STM Cheer Information Form Completed | _____Cheerleading Skills Checklist Completed |
| _____Time Commitment Signed | _____Financial Responsibilities Signed |
| _____Nationals Alternate Signed | _____Rules and Regulations Signed |
| _____Disciplinary System Signed | _____Parent/Cheerleader Consent Signed |
| _____Tryout Fee (\$20) | _____Most current Report Card |

For any further questions, please contact STM Cheer Moderators:

**Competition Squad: Brittany Eskridge – Brittany.eskridge@stmcougars.net
Spirit Squad: Shannon Phillips – Shannon.phillips@stmcougars.net**

Return all cheer packets to:

**STM Cheer
Brittany Eskridge
450 E Farrel Road
Lafayette, LA 70508**