Sterlington Middle School

Pep-Squad



Information Packet

2026-2027

Thank you for your interest in the SMS Panther Pep-Squad! The purpose of our Pep-Squad is to support other spirit groups and sports teams by keeping up the spirit in the stands.

*****Participation in Pep Squad, or another SMS campus sport for the 2026/27 school year, is REQUIRED for any student who would like to try out for cheer or dance in the Spring of 2027.**

(*Considerations outside of this statement are at the discretion of SMS administration and affected sponsor(s) and will be dealt with on a case by case basis.***)**

FEES: The Pep Squad fee is **$265** and must be paid in **full by Friday May 29th. Payment for Pep-Squad will be accepted ONLINE ONLY.** Payments can be made from May 14th - May 29th by visiting sterlingtonmiddle.opsb.net and choosing "Pay School Fees". This cost covers: all pieces of the uniform (except shoes), as well as the activity fee. **NO PART OF THE UNIFORM WILL BE ORDERED UNTIL FEES ARE PAID IN FULL. *If payment in full is not received by Friday May 29th. 2026, participation in Pep-Squad for the current school year will NOT be allowed.* No refunds will be given after uniforms have been ordered.**

FUNDRAISER(S): As a member of Pep Squad you may be asked to participate in fundraising events. These fundraisers are important to try to keep the out of pocket costs down for Pep Squad families. These fundraisers are mandatory for members.

GOOGLE CLASSROOM: Pep Squad members will need to join our google classroom using the code: **dgdkjxcy.** This google classroom is **for pep-squad members only**. The sponsor will share important information and updates for members on this platform. Parents can request to be added to the classroom as a guardian.

OPSB PHYSICAL FORM: All Pep squad members must have a physical performed by a licensed medical professional BEFORE the first scheduled Pep-Squad practice. A copy of this physical must be given to the sponsor and kept on file for one school year. (If they plan to participate in any other sport at SMS this physical will cover them for the current school year)

PRACTICE: Pep Squad practice will be on Mondays and take place directly after school. We will practice from 3:10 - 4:15**.** Late pick-up from practice will result in disciplinary action, (see demerit record for more information). Practice is **mandatory** for members and will only be excused with a doctor's note or permission from the sponsor. Members **MUST** wear their school issued Pep-Squad practice tee, appropriate black shorts or leggings **(Nike Pros or similar style shorts are not allowed)** and athletic style shoes with their hair out of their face. Demerit(s) will be given for inappropriate attire. Please email Mrs. Benson, ***cammie.ardoin@opsb.net***, ASAP if you are going to miss practice. Each unexcused missed practice will result in disciplinary action (see demerit record for more information).. A practice schedule will be posted in google classroom once the school year starts.

PEP-RALLIES: Pep Squad will perform at some SMS pep rallies. Parents are welcome to attend pep rallies. The Pep Rallies will be held at SMS and usually begin around 2:30 pm. These pep rallies are held on home game days and students dress according to the "theme" of the pep rally. Themes and times will be announced at practice and posted on google classroom.

GAMES: Pep Squad will dress and attend all home football games (jamboree/scrimmages, TBD). Most game days consist of 2 full games, a 6/7th grade game and an 8th grade game. Any changes to gameday will be announced as soon as the sponsor is made aware. A schedule will be given as soon as possible.

- Members are expected to arrive dressed and ready to perform 30 minutes before start time.
- Transportation to and from games is **NOT** provided and is the responsibility of the member.
- Members are expected to wear; uniform dress, bloomer short, cheer socks, hair bow, and athletic style tennis shoes to every game. **All other pieces of uniform should be brought in the backpack.**
- Pep Squad will cheer the first 3 quarters of the 6/7th grade game, and take the 4th quarter off. Then, cheer until halftime of the 8th grade game. Members will then be dismissed and a parent/guardian may come and sign them out.
- Only Pep Squad members are allowed in the Pep Squad area.
- Pep Squad members are **not allowed** to use their cell phones during their designated Pep Squad time at the game(s) and if caught on their phone, **will sit out the following quarter and/or receive 1 demerit.**

EXPECTATIONS: As a member of the SMS Pep Squad you are a representative of Sterlington Middle School and as such will be expected to conduct yourself in an appropriate manner on and off campus. Guardians of SMS Pep-Squad members are expected to follow the rules and expectations set forth by SMS and the Pep Squad sponsor.

PEP SQUAD MEMBER:

- Be on time and present for ALL Pep-squad events, including, but not limited to; Practices, Pep-Rallies, Football/Basketball games, on campus events, off campus events.
- Wear the proper uniform and/or practice clothes as advised by the sponsor.
- Participate with a cooperative and positive attitude.
- Have no gum, candy, food, drinks other than water, or cell phones at practice, pep rallies or games, unless permitted by the sponsor.
- Adhere to the online, social media rules and restrictions as set forth by Sterlington Middle School.
- Maintain at least a 2.5 GPA throughout the school year.
- Follow any and all school expectations as outlined in the Student Handbook.

PEP SQUAD GUARDIAN:

- Turn in registration packet with uniform details by the deadline: **Friday May 29th, 2026!**
- Pay all fees by the deadline: **FRIDAY May 29th, 2026! (ONLY ONLINE PAYMENTS ACCEPTED)**
- Have your Pep-Squad member to practice, games, and other functions at the designated time. (If a Pep-Squad member is late to an event, it will result in sitting out, and/or demerit(s).)
- Pick-up your Pep-Squad member from practice, games, and other functions at the designated time. (If a Pep-Squad member is picked up late from an event, it will result in sitting out, and/or demerit(s).)
- Will not enter the Pep-Squad area at games, pep-rallies, or other events, unless previously discussed with the sponsor.
- Discuss any issue pertaining to **your** member with the sponsor.

ELECTRONIC DEVICE POLICY: PLEASE READ CAREFULLY

As a representative of Sterlington Middle School, you are expected to maintain proper behavior at all times. This includes appropriate use of all electronic devices on and off of campus. Inappropriate or threatening social media posts, emails, texts, and group communication may result in immediate, permanent dismissal from the SMS Pep-Squad (team/club/group/organization/etc). Be smart and make good choices when using any electronic device.

ACADEMIC STANDING: Pep-Squad members must maintain a GPA of 2.5 or higher in order to remain in Pep-Squad. Grades will be checked at the end of each grading period. Pep-Squad members that do not meet this requirement will be placed on academic probation for a term of one grading period, if GPA requirement is still not met then the Pep-Squad member will be dismissed from Pep-Squad. Dismissal from Pep-Squad could result in loss of tryout privileges for cheer and/or dance for the 2027 tryouts.

DISCIPLINE AND DEMERITS: Please see the attached Discipline and Demerit Sheet for a detailed list of offenses and consequences. Grounds for Dismissal will be directed at the sponsor and principal's discretion, and are outlined in the demerit policy. A total of 5 demerits will result in dismissal from Pep-Squad and may result in loss of tryout privilege for cheer and/or dance for the 2026 tryouts.

MERITS: Please see the "Merits" section on the Discipline and Demerit Sheet for a list of possible merit achievement possibilities. 3 Merits earned will cover 1 demerit. No more than 9 merits may be held at one time. Merits may NOT be used for any behaviors resulting in ISS, out of school suspension, or expulsion.

I look forward to a fantastic year working with the SMS Pep Squad. If you have any questions, feel free to email me. It is the best way to reach me. cammie.ardoin@opsb.net

Sincerely,

Mrs. Cammie Benson

Student & Parent Guidelines & Expectations Contract

SMS Pep Squad 2026-2027

I understand the requirements and guidelines set forth by the SMS Pep Squad for the 2026-2027 school year. I agree to follow the Pep Squad guidelines, and I understand the consequences of any offense contrary to the guidelines.

Student Signature:_____ Date: _____

As a representative of Sterlington Middle School, you are expected to maintain proper behavior at all times. This includes appropriate use of all electronic devices on and off of campus. Inappropriate or threatening social media posts, emails, texts, and group communication may result in permanent dismissal from the SMS Pep-Squad (team/club/group/organization/etc). Be smart and make good choices when using any electronic device

As the guardian of _____, I understand the requirements and guidelines set forth by the SMS Pep Squad for myself, as well as, all other representatives of the Pep Squad member listed above. I understand the requirements and guidelines of Pep Squad members and will do my best to ensure that the student follows them to the best of her ability for the 2026-2027 school year.

Parent/Guardian Signature:_____ Date: _____

<u>*Sign & return with Information and Uniform order form completed***</u>**

SMS Pep Squad Information 2026-2027
Please Print ALL Information

Pep Squad Member Full Name: _____

2025-2026 Grade: 6th 7th 8th

Birthdate_____ Age _____

Member Cell Phone (if applicable) #_____

Parent/Guardian 1 : _____

Cell # _____ E-mail Address: _____

Parent/Guardian 2 : _____

Cell # _____ E-mail Address: _____

Emergency Contact Names and Phone Numbers (other than listed above)

1_____ relationship _____

2_____relationship _____

Any Allergies/ Medications or Health Concerns that we need to be aware of? If so, please list. This information will be kept confidential.

_____
_____
_____
_____
_____

Insurance Company_____Policy/Group Number_____

*****Sign & return with Contract and Uniform order form completed*****

SMS Pep Squad Uniform order 2026-2027

Sample dresses will be available for sizing/tryons. Try-on dates May 20th - May 22nd 8:00 AM to 3:15 AM Room 608

A GUARDIAN OR GUARDIAN REPRESENTATIVE MUST BE WITH THE PEP SQUAD MEMBER DURING TRY ON.

ONCE UNIFORM PIECES ARE ORDERED THEY CANNOT BE RETURNED

Pep Squad Members Name: _____

Pep Squad Members Contact (if applicable): _____

Guardian Name: _____

Guardian Contact: _____ **Guardian Email:** _____

UNIFORM SIZES TO ORDER:

PLEASE INDICATE WOMEN OR YOUTH SIZES ON ALL PIECES OF THE UNIFORM

SIZING AND MEASURING CHART ATTACHED

Dress Size

Size _____

Liner size

Size _____

Brief Size

Size _____

T-Shirt Size

Size _____

Quest Jacket

Size _____

Quest Pants

Size _____

Cheer Socks
(circle one size)

Youth 11-2

Women's 5-9

Women's 10-12

	XS	S	M	L
Chest	22.5"-24"	24.5"-25.5"	26"-28"	29"-32"
Hips	23"-25"	25"-26.5"	27"-30"	31"-34"
Waist	22"-23"	23"-24"	24"-25"	25"-27"

GIRLS/YOUTH SIZES

Women

	XS	S	M	L	XL	2X
Chest	32"-33.5"	34"-35.5"	36"-38"	38.5"-41"	41.5"-45"	45.5"-48.5"
Hips	35.25"-37"	37.25"-39"	39.25"-41.5"	42"-44.5"	45"-48"	48.5"-51"
Waist	25"-26.5"	27"-28.5"	29"-31"	31.5"-34.5"	35"-39"	39.5"-41.5"

MEASURING TIPS

When measuring it's best to have a friend help since it's difficult to get accurate measurements by yourself. If measuring an entire team, if possible, have one person measure everyone for consistency.

It is important to wear lightweight clothing when you are getting measured. Bulky clothing, like fleece and denim, can distort the measurements and lead you to the wrong size.

Use a flexible measuring tape when taking body measurements.



1. **Chest** To measure the chest, slide the tape underneath the arm, and wrap the tape around the body, going over the fullest part of the chest. Pull the tape taut - not tight!
2. **Waist** To measure the waist, wrap the tape around the waist at the belly button. You should always measure at this point even if the garment is intended to be worn lower on the hips or at the natural waist. All garments are fit with natural waist placement in mind, then adjusted according to desired styling and fit.
3. **Hip** To measure the hip, it is best if the person turns to the side with feet shoulder width apart so you can be sure you're measuring around the fullest part of the hip. Once again, you'll just wrap the tape around the hips, going over the fullest or widest part and pulling the tape taut, not tight.
4. **Inseam** For an accurate inseam measurement, place the tape on the crotch seam and measure to the hem. The inseam represents the measurement of the actual garment, not the body. Inseam lengths may vary from the standards listed here — ask your sales representative or chat online to verify the inseam lengths of a specific product.

SMS Pep-Squad Uniform 2026-2027

















Pep squad Fee Breakdown:

Item	Cost
Contour Dress w/art	$30.99
V-Neck Liner	$25.99
Brief Undershorts	$12.99
Crew Sport Sock (2 pairs)	$7.98
Quest Jacket w/art (warm up outfit)	$45.99
Quest Pant (warm up outfit)	$34.99
Metallic 6" POMS - set of 2	$31.98
Custom 2 Layer Hair Bow - white	$9.99
Essential Backpack w/ name	$41.99
TOTAL:	242.89
UNIFORM COST FOR PEP SQUAD MEMBER	242.89
Practice Tee	$11.99
Activity Fee	$10.12
TOTAL COST TO PARTICIPATE IN PEP SQUAD	$265

Pep-Squad member is responsible for providing the following items that are **not** included in our uniform package:

- black Racer back sports bra
- athletic style tennis shoe
- black shorts or leggings for practice (No Nike Pro style or biker shorts)