MBS Cheerleader Tryout Packet



Dear Parents and Prospective Cheerleaders:

Thank you for showing interest in our cheerleading program at MBS. We are very excited about the new cheer year and look forward to a successful season. Being a cheerleader is an honor and special privilege. As representatives of our school, our squad exists to promote wholesome, enthusiastic school spirit, and good sportsmanship. Because of these responsibilities, members of the cheerleading squad will be expected to uphold a higher standard of behavior both on and off campus, as well as always striving for academic excellence.

If selected as a cheerleader, many long hours will be required for practice, cheering at sports events, fundraisers and various other school activities. Please remember that academics come FIRST, then cheerleading for MBS. Missing practice for other cheer squads, dance, sports, etc. is not acceptable. **If a student is currently, a member of or intends to join a competition squad whose practices and/or competition dates conflict with the MBS schedule, the student should reconsider trying out for the MBS squad.**

Attached is packet of information that needs to be reviewed. Included is a permission/medical release form that must be completed. **All forms and a check (made payable to MBS) in the amount of $10.00 for the tryout clinic registration fee are due by Friday, March 31. Send in an envelope to school ATTN: Jenny Ortego/Cheer**

Cheers,

Jenny Ortego

**2017-18 Cheerleader Tryout Information**

**Qualifications and Duties**

Each student selected to serve on the Most Blessed Sacrament squad will be required to abide by all the qualifications and duties listed below, as well as those stated in the Cheerleader Constitution and Student Handbook. Any infraction of these rules and regulations will be subject to appropriate disciplinary action. All disciplinary decisions are made by the coach/moderator in conjunction with the administration and are final.

Qualifications:

1. All students, previous cheerleaders included, must attend the initial mandatory meeting with one parent.
2. A candidate must have no C’s in conduct. A 2.5 GPA is required in academic subjects (not including enrichment subjects) without any D’s or F’s. The 3rd nine weeks report card will be used to determine eligibility.
3. All tryout forms must be completed and turned in by **Friday, March 31** along with a check for the try-out fee.
4. Teacher evaluation forms must be completed.

\*\* 5th graders need two (2) teachers to complete evaluations; 6th and 7th graders need four (4) teachers to complete evaluations.\*\*

1. Attend all days of the mandatory tryout clinic (Monday, April 3 and Wednesday, April 5)
2. **Try-out attire on Friday, April 7**: Candidates must wear a solid white t-shirt with solid maroon shorts. Approved shorts include: maroon “soffe” shorts, official MBS P.E. shorts, or maroon Nike shorts. You may wear cheer shoes or tennis shoes only.
3. **All clinics, tryouts and practices are CLOSED to parents. NO ONE is allowed on campus during these events. Your child will meet you in the parking lot.**

**8. All girls must have a current athletic physical form on file with the school office before**

**they will be allowed to tryout. Only the LHSAA physical form is acceptable.**

Cheerleader duties:

This is a full year commitment, so please be advised of the responsibility involved!

1. Cheerleading camp is MANDATORY
2. A cheerleader is expected to attend all practices prior to camp, as well as throughout the year.
3. Cheerleaders must attend all of the following: regular season games, pep rallies, required tournaments, fundraisers, and any other special events. School attendance on these days is REQUIRED. Missing practice will jeopardize participation at any upcoming event.
4. Due to the reputation that MBS cheerleaders have earned, your commitment is of utmost importance.

2017-2018 Important Dates to Remember

**Mandatory Pre-tryout Parent/Prospective Cheerleader Meeting:**

Monday, March 27 at 5:00 in Library

**Mandatory Tryout Clinic**: Monday, April 3 (2:45-5:00) St. Ursula

Wednesday, April 5 (2:45-5:00) Library

**Cheerleading Tryouts**: Friday, April 7 (2:45-4:30) in St. Ursula Hall

\*\*Results will be posted on the MBS website on the Cheer page\*\*

**Practice Clothes and Uniform Fitting/ Meeting**: Thursday, April 13 at **7:15 a.m. in the school library**.

**\*\* I HIGHLY recommend a parent attend to help ensure the girls order the correct size clothing/uniforms/shoes**. They need these clothes to last all year long. \*\*

**Cookie Dough Fundraiser**: Our fundraiser will begin on Wednesday, April 13 through Wednesday, April 26. Cookie packets and instructions will be given to the girls. A percentage of each cheerleaders sales will go towards her uniform and camp fees.

**Mandatory Summer Camp**: Monday, June 5 thru Wednesday, June 7 at St. George

Catholic School. $150.00 camp fee

**Practices Begin**: Practice will begin on April 24. Practices will be held on Mondays and Wednesdays until camp from 2:45-4:45. Monthly calendars will be sent home with the cheerleaders.

**TRYOUT MATERIAL**

***JUMPS***: All candidates are required to perform 2 different jumps (examples: toe touch, double toe touch, front hurdler, herkie, pike)

***TUMBLING***: Tumbling is not required, but a candidate can get points for executing a tumbling skill. Skills that can be performed for the judges include: standing back handspring(s), standing back tuck, round off back handspring(s), round off back handspring back tuck or any more difficult skills. Skills such as foreword rolls, cartwheels and back/front walkovers will not be scored.

***CHANT***: Candidates will perform a chant with two other girls. This chant will be repeated three times.

***CHEER***: Candidates will perform a cheer with two other girls. This cheer will include a jump or back handspring/ back tuck.

***DANCE***: Candidates will perform a dance with two other girls.

TIPS to score the highest possible scores at tryouts

-SMILE!

-Yell loud and look at the judges.

-Be confident

-Hit your motions sharp

-HAVE FUN!!

**Most Blessed Sacrament Try-out Consent Form**

My daughter has permission to try out for the MBS Cheerleading Squad. The signatures on this page indicate we have reviewed the information given out at the parent meeting. We understand the policies and regulations included and agree to be governed by them.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent Phone numbers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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STUDENT signature PARENT signature

**Medical and Insurance**

I will not uphold **Most Blessed Sacrament** or any coaches liable for any injury, medical bill, or damages resulting from Tryout clinics or official tryouts. I hereby certify that I have medical insurance or that I will afford coverage from injuries.

I give the coaches or his/her representative my permission to call 911 for my child in the event of any serious injury or emergency during the clinics or tryouts if I am not present or able to be reached at the present time.

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PARENT signature STUDENT signature

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EMERGENCY CONTACT EMERGENCY CONTACT #

CHEER CANDIDATE MEDICAL INFORMATION

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PREVIOUS SURGERIES\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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MEDICATIONS (taken on a daily basis) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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ADDITIONAL INFO NEEDED BY EMERGENCY PERSONNEL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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