



# **SJA Cheerleading Tryout Information Packet 2022-2023**

## **IMPORTANT TRYOUT DATES**

<b>Date</b>	
<b>Friday, March 25</b>	<ul style="list-style-type: none"><li>- Completed tryout packet due</li><li>- Tryout fee due</li></ul>
<b>Wednesday, March 30</b>	<ul style="list-style-type: none"><li>- Pre-tryout clinic 4 – 6 p.m., Activity Center</li></ul>
<b>Tuesday, April 5</b>	<ul style="list-style-type: none"><li>- Tryout clinic 4 – 6 p.m., Activity Center</li></ul>
<b>Wednesday, April 6</b>	<ul style="list-style-type: none"><li>- Tryout clinic 4 – 6 p.m., Activity Center</li></ul>
<b>Thursday, April 7</b>	<ul style="list-style-type: none"><li>- Tryouts 4:30 – 7 p.m., Activity Center</li></ul>

## **IMPORTANT TEAM DATES**

<b>Date</b>	
<b>April 13</b>	<ul style="list-style-type: none"><li>- Uniform fitting with Varsity at 4 p.m.</li></ul>
<b>July 23 – 24</b>	<ul style="list-style-type: none"><li>- Skills Camp, location TBD</li></ul>
<b>August 21 – 22</b>	<ul style="list-style-type: none"><li>- Choreography</li></ul>

**Please complete and return this packet by Friday, March 25, to the SJA main office, or mail to  
Lauren Sommer, SJA Cheerleading Moderator,  
St. Joseph's Academy, 3015 Broussard Street, Baton Rouge, LA 70808**

**Please direct questions to Lauren Sommer: [sommerl@sjabr.org](mailto:sommerl@sjabr.org)**

**Attendance at the clinic, tryout, camp and choreography is mandatory.**

## **REQUIREMENTS**

- Cheerleaders are chosen based on spirit, motions, tumbling, jump execution, ability to cheer and dance and stunting ability and potential.
- Any tumbling that is performed during the tryout process must be maintained throughout the year.
- Toe touches are a requirement.

## **PARENT MEETING**

A parent meeting will take place after the new team has been announced, at a date and time to be determined. Should you have any questions regarding tryouts or anything included in this packet, please email Lauren Sommer, the SJA cheer moderator, at ([sommerl@sjabr.org](mailto:sommerl@sjabr.org)).

## **TRYOUT FEE**

There is a \$20 tryout fee to pay for the independent panel of judges.

- **Current students** will pay on SchoolCash.
- **Incoming students** will pay via check made payable to SJA and mailed to St. Joseph's Academy (attention Lauren Sommer) at 3015 Broussard Street, Baton Rouge, LA 70808. Please note "Cheer" on the memo line of the check.

## **TRYOUT MATERIAL**

Tryout material will be taught during clinics on April 5 and 6. Each girl is required to learn the material and perform them during tryouts in front of the judges on April 7.

- Tryout dance
- Cheer
- Three sidelines
  - Only one of the three sidelines will be performed for the actual tryout, chosen by the judges.

Tryouts will also consist of stunting. This involves cheerleaders being in close contact with each other. Should your daughter be ill or present with COVID symptoms during tryouts, she will not be able to attend that day. Please contact Lauren Sommer should this happen.

## **DRESS CODE**

Each girl will be required to wear a solid white fitted t-shirt or tank top with black shorts, white socks and cheer shoes. If you do not own cheerleading shoes, tennis shoes are fine. Please dress appropriately (no bare midribs, etc.). Be presentable with neatly brushed hair, natural makeup, ponytail with ribbon and a smile! You may not wear any item of clothing that indicates prior membership on a cheerleading squad (except shoes). For example, shirts that say "St. Agnes Cheerleader" or anything with a competitive logo will not be allowed. Absolutely no jewelry.

### **Checklist of forms/items to be completed and returned by March 25**

\_\_\_\_\_ SJA Cheer Information Form  
\_\_\_\_\_ Tryout fee (\$20)  
\_\_\_\_\_ Rules and Regulations (initialed)  
\_\_\_\_\_ Signed Disciplinary Slip  
\_\_\_\_\_ Signed Nationals Alternate Slip

\_\_\_\_\_ Conflict Declaration  
\_\_\_\_\_ Time Commitment Signed  
\_\_\_\_\_ Cheerleading Skills Checklist  
\_\_\_\_\_ Signed Parent/Cheerleader Consent Form  
\_\_\_\_\_ Physical (up-to-date)

## **SJA Cheerleader Information Form**

**Please PRINT on the lines below**

Cheerleader's Name: \_\_\_\_\_ Grade (rising): \_\_\_\_\_

Cheerleader's Primary Address: \_\_\_\_\_

Cheerleader's Phone Number (cell): \_\_\_\_\_

Cheerleader's Date of Birth: \_\_\_\_\_

Mother's Name:	Father's Name:
Mother's Cell:	Father's Cell:
Mother's Email Address:	Father's Email Address:
Mother's Address:	Father's Address:

### **HEADSHOT**

**Please include a recent headshot/picture below. Please tape it so we can easily remove.**

## **SJA Cheerleader Responsibilities**

- **GRADES**

- Cheerleaders must maintain a 2.0 or higher grade point average.

- **ATTENDANCE**

- **PRACTICE:** Attendance at all practices is required. If you must miss a practice, the moderator and coach must receive either an email or text from both the cheerleader and a parent as soon as you know you will miss practice.
- **SJA EVENTS:** Cheerleaders will cheer at all designated SJA volleyball and basketball games or other events deemed necessary by the moderator and/or administration (i.e, pep rallies, incoming freshman events, community service events, etc). There are no “free passes” for games. You must find someone to sub for you in advance.
- **CAMP:** Cheerleaders are required to attend skills camp at the end of July.
- **COMPETITIONS:** Cheerleaders will compete in the regional cheer competition in November (Hammond), the Magnolia competition in December (Jackson, MS), the V!ROC showcase in January (LSU PMAC) and the national competition at Disney World in February.
- **SHOWOFFS:** Cheerleaders will show off their Nationals routine at Live Oak Showoff at the end of January, and we will also host a showoff at SJA. **Other performances may be added to the calendar.**
- Note: You must provide your own transportation to and from practices and events. Please be aware of drop-off and pick-up times. SJA policy is that parents must drive cheerleaders to events outside of 25 miles from the school.

- **UNIFORMS**

- **COMPETITION UNIFORM:** Cheerleaders will receive one uniform that has been purchased by the school. If lost or damaged, they are responsible for replacing/repairing. It should be clean for every game.
- **GAMEDAY UNIFORM:** Cheerleaders will purchase a uniform that is to be worn for games (unless otherwise specified). It should be clean for every game.
- **PRACTICE UNIFORM:** Cheerleaders will be notified by their captains each week regarding the practice uniforms needed for that week. If they are out of uniform, the whole team will condition.
- **No jewelry is to be worn while in uniform. This is during practices, games and competition.** Do not get a new piercing during cheer season, as it will need to be removed.

- **CONDUCT**

- **BE ON TIME:** If you are late for practice or an event without an excuse, you will receive proper demerits, and you will have conditioning.
- **BE RESPECTFUL:** Failure to show respect for your coaches, moderator or teammates will result in demerits. You must remember you are part of a team.

- **COMMUNICATION**

- Email will be the primary form of communication for updates and information throughout the year from Mrs. Sommer.
- There will be a team group text with the coach and moderators for quick reminders.
- We will use the BAND app for parents and cheerleaders to communicate and for the cheer calendar.
- **We expect the cheerleaders to communicate directly with the coaches and moderator. If a serious issue should arise, parents can contact Mrs. Sommer. However, we want to put the responsibility of communication regarding most things on the cheerleaders.**

## **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 squad. The moderator/coach will determine the length of any disciplinary probation.

### **Examples of Consequences:**

- Extra conditioning
- Sitting out of a performance
- Sitting out of a pep rally
- Cheering an extra volleyball/basketball game

### **Examples of Infractions:**

- Improper uniform (practice, games or competition)
- Late to practice
- Attitude with coaches, moderator, teachers or peers
  - Persistent attitude problems will result in probation or dismissal from the squad
- Missing a practice (unexcused)
- Missing a game (unexcused) = make-up game + additional game
  - Note: If there are no additional games, cheerleader will not participate in pep rally.

**I have read and understand the demerit system set forth for SJA Cheerleading 2022-2023.**

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**(Student Signature)**

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**(Parent Signature)**

## **NATIONALS ALTERNATES**

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 routine will be the most challenging, therefore we will have alternates for this routine who will be ready to step in as needed for competition.

The coaches will evaluate cheerleaders as they train and practice throughout the season. Alternates will be determined prior to the first competition in November. 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 at all competitions in the event that they need to be put in. Throughout the month of December, 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 skill necessary after the date of announcement, the coaches have the discretion to make changes. Careful consideration will be taken when making decisions about alternates. All final decisions will be that of the coaches.

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## **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.

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**I have read and understand the possibility of Nationals alternates and the competition division statement set forth for SJA Cheerleading 2022-2023.**

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**(Student Signature)**

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**(Parent Signature)**

## **SJA CHEERLEADING RULES AND REGULATIONS**

Please read carefully to ensure that you fully understand the expectations of St. Joseph's Academy cheerleaders. Both the prospective cheerleader and her parent must read and initial each item.

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

SAFETY is of the utmost importance. To provide the safest environment, we must all be working as a team and looking out for each other. While stunting, you should be focused and serious. It is important to be aware of your surroundings when stunting and tumbling. You must follow the coaches' instructions at all times. Failure to follow the established safety guidelines will result in possible loss of cheering time, suspensions or dismissal from the team (at the coach's discretion).

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

All athletes are expected to comply with the rules set forth by St. Joseph's Academy. The rules associated with the student code of conduct can be found in the student handbook, and rules set forth by the LHSAA can be located at [www.lhsaa.org](http://www.lhsaa.org).

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

If a cheerleader has more than 3 unexcused absences or tardies for practices, games or events, she will be expelled from the team after the third infraction. Excused: class trips, makeup tests, sickness.

Unexcused: hair, makeup or tanning appointments, obligations with friends, too much homework (plan ahead!), last-minute trips, concerts, etc.

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

If the athlete is injured or sick and *not contagious*, she is **required** to attend practice but not participate.

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

Practices the week before a competition or pep rally are mandatory. Only extremely extenuating circumstances will be excused. In the event of unexcused absences, the cheerleader will not participate.

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

Respect yourself, parents, teachers, administrators, coaches, teammates and classmates at all times!

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

You **must** communicate with your coaches/moderator. If you must miss practice, you must notify the moderator at least 24 hours in advance. If you are asked to pick something up, drop something off or see her for any reason, you are expected to do so.

**ATHLETE'S INITIALS:**

**PARENT'S INITIALS:**

While participation in all-star competitive teams is allowed in addition to SJA cheer, I understand that SJA cheer comes first. I promise to provide any additional cheer calendars to prevent conflicts but understand that if conflicts arise, SJA cheer is my priority.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

Profanity at school, during practices, games, events or within the community does not represent SJA Cheerleading. Remember you are an ambassador for our school; please conduct yourself in a manner that represents our school in a positive light.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

I understand that competing at high-level competitions is an earned privilege, not a right.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

I understand that holding the position of a cheerleader demands priority, commitment and dedication.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

I understand that competing may require additionally called mandatory practices.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

No cheerleader is irreplaceable. The coaches, moderator and administration will do what is best for the team as a whole at all times.

**ATHLETE'S INITIALS:** \_\_\_\_\_

**PARENT'S INITIALS:** \_\_\_\_\_

**IF YOU INITIALED THE ABOVE STATEMENTS TRUTHFULLY, FULLY UNDERSTAND THE RULES AND REGULATIONS AND AGREE TO ABIDE BY THEM, PLEASE SIGN BELOW.**

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**(Student Signature)**

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**(Parent Signature)**



## **Annual Events**

<b>April 2022</b>	<b>May 2022</b>	<b>June 2022</b>	<b>July 2022</b>	<b>August 2022</b>	<b>September 2022</b>
<ul style="list-style-type: none"> <li>✓ Tryouts</li> <li>✓ Uniform fitting</li> </ul>	<ul style="list-style-type: none"> <li>✓ Practices leading to camp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Practices leading to camp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Practices leading to camp</li> <li>✓ <b>Skills Camp July 23-24</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ Practice resumes</li> <li>✓ <b>Choreography August 20-21</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ Volleyball games</li> <li>✓ St. Jude Fun Run</li> </ul>

<b>October 2022</b>	<b>November 2022</b>	<b>December 2022</b>	<b>January 2023</b>	<b>February 2023</b>	<b>March 2023</b>
<ul style="list-style-type: none"> <li>✓ Volleyball games</li> <li>✓ Volleyball PINK OUT Game</li> <li>✓ 1<sup>st</sup> Pep Rally</li> <li>✓ Open House</li> <li>✓ Sticker Stampede</li> </ul>	<ul style="list-style-type: none"> <li>✓ Volleyball State Playoffs in Lafayette</li> <li>✓ Regional Competition</li> </ul>	<ul style="list-style-type: none"> <li>✓ Basketball season begins</li> <li>✓ Basketball PINK OUT Game</li> <li>✓ Magnolia Cheer Competition</li> </ul>	<ul style="list-style-type: none"> <li>✓ Basketball season continues</li> <li>✓ SJA Show-off</li> <li>✓ V!ROC Showcase</li> <li>✓ LiveOak Showcase</li> </ul>	<ul style="list-style-type: none"> <li>✓ National Competition in Disney World</li> </ul>	<ul style="list-style-type: none"> <li>✓ Challenge Day Pep Rally</li> </ul>

## **CONFLICT DECLARATION**

**Please list any conflicts you foresee below (mission trips, vacations, summer jobs, camp, etc.) that could interfere with any May, June or July practice, skills camp or choreography. List all that you are aware of (give exact dates). Last-minute, unplanned trips are not excused and will result in disciplinary action.**

**Just a reminder that November/December is peak competition season! Any vacations during Thanksgiving or Christmas break must be finalized by June 1 (and coaches/moderator notified) so we can plan around conflicts and have full-team practices.  
Anything planned after this date will be unexcused.**

I have a conflict with \_\_\_\_\_ on \_\_\_\_\_.

Explanation/Comments about conflict:

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## **Financial Responsibilities**

**All prices are approximate and subject to change.** Other fees may arise during the year (sweatshirts, t-shirts, Disney trip, posters, competition fees, etc.)

<b>June 2022</b>	<b>July 2022</b>	<b>Sometime in the Fall</b>	<b>August 2022</b>
✓ Uniform + Camp Wear: TBD but approximately \$850-1000  Body-liner for red SJA uniform, competition uniform, 3 practice uniforms, shoes, cheer bookbag, cheer jacket, white bow, red bow, 3 poms (1 red, 1 white, 1 pink)	✓ Skills camp fee, TBD but approximately \$325	✓ Choreography, \$150 ✓ Regional Competition Fee, \$40 ✓ Magnolia Competition Fee, \$40 ✓ National Competition Fee, \$100 deposit ✓ V!ROC Showcase fee, \$TBD ✓ Flight, \$50 deposit	✓ SJA Cheer Sweatshirt \$40 ✓ SJA Athletic Fee, \$50 ✓ Coaches' Fees, \$TBD

<b>October 2022</b>	<b>November 2022</b>	<b>December 2022</b>	<b>January 2023</b>	<b>February 2023</b>
	✓ National Competition 1 <sup>st</sup> Balance	✓ National Competition, \$1,500 (including flight, hotel cost and competition fee)	✓ National's t-shirt: \$25	✓ <b>NATIONALS</b> ✓ End-of-year banquet, \$TBD

\*Girls who were on the squad previously do not have to purchase items they received last year.

## **COACH PAYMENT**

Coach payment for the 2022-2023 season will be per month for a total of seven months. Cost to be determined. It will be paid with your SJA fees at the beginning of the year. Official payment date to be determined.

**I have read and understand the financial responsibilities set forth for SJA Cheerleading 2022-2023.**

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**(Student Signature)**

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**(Parent Signature)**

## **TIME COMMITMENT**

Tentative schedule for summer and school year practices:

**May:** Anticipate practices after school at SJA. The purpose of these practices will be to start looking at stunt groups, prepare for camp and get to know one another.

**Summer:** Anticipate practices throughout the summer. Practices will be scheduled at least two weeks in advance. Anticipate mandatory practices beginning in the month of July. **Skills camp will be July 23-24. Competition choreography will take place August 20-21.**

**School Year:** We have a full set of hard mats, so we will be having practice at SJA after school 3-5 days a week. Additional practices will be added as necessary, especially during competition months. Days and times are yet to be determined.

**I have read and understand the time commitment required for SJA Cheerleading 2022-2023.**

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**(Student Signature)**

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**(Parent Signature)**

## **Cheerleading Skills Checklist**

*To be completed by the cheerleader. Please note that no skills listed below are required to try out.*

**Cheerleader's Name:**

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**Previous SCHOOL Cheerleading Experience (# of years AND school name):**

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**Previous COMPETITIVE Cheerleading Experience (# of years AND organization):**

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

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

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**Why do you feel you would be a good addition to the St. Joseph's Cheerleading Program?**

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

\_\_\_\_ Top-girl \_\_\_\_ Main base \_\_\_\_ Secondary base \_\_\_\_ Backspot

**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:**

\_\_\_\_ Standing Back Handspring

\_\_\_\_ Standing Back Tuck

\_\_\_\_ Round off Back Handspring

\_\_\_\_ Round off Series BHS

\_\_\_\_ Running Round off Tuck

\_\_\_\_ Round off BHS Tuck

\_\_\_\_ Layout

\_\_\_\_ Full

\_\_\_\_ Standing 2 to Full

\_\_\_\_ Cartwheel Full

\_\_\_\_ Other. LIST: \_\_\_\_\_

**Basing Experience? Please list specific skills you have mastered.**

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**Flying Experience? Please list specific skills you have mastered.**

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**Anything else you want us to know?**

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## **PARENT/CHEERLEADER CONSENT FORM**

My daughter, \_\_\_\_\_, has my permission to try out for a position on the St. Joseph's Academy 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.

I understand that all forms attached must be completed by Friday, March 25, 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 that the tryout process involves stunting within close quarters of other cheerleaders. If my daughter is presenting with any COVID-19 symptoms, I understand that she cannot attend tryouts that day. I will contact Lauren Sommer in the event that this happens. **PARENT'S INITIALS:** \_\_\_\_\_

I understand by the very nature of the activity that cheerleading and gymnastics 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. Joseph's Academy and its officers, directors, employees, agents, affiliates, members, successors and assigns (collectively, "Releasees") 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. Joseph's Academy cheerleading team, whether arising out of the negligence of St. Joseph's Academy or any Releasees or otherwise. I covenant not to make or bring any such claim against St. Joseph's Academy or any other Releasees, and forever release and discharge St. Joseph's Academy and all other Releasees from liability under such claims. I hereby agree to absolve, exonerate, defend, indemnify and hold harmless Releasees from liability for any harm or injury or any property damage associated with or resulting from my child's participation in the cheerleading tryout or as a member of the St. Joseph's Academy cheerleading team.

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

I am interested in being a cheerleader at St. Joseph's Academy. If selected, I have read and agree to abide by the rules and regulations set forth by the moderators and administration of St. Joseph's Academy. I have read and understand all of the requirements and costs involved in becoming an SJA cheerleader. I have looked over the tentative calendar and am aware of practice dates and competition dates. I also agree to attend all home volleyball and basketball games that I am assigned to, along with any other team events, and will provide my own transportation to all events for cheerleading. I promise to cooperate and follow the instructions of the cheerleading coach. I promise to show respect to fellow teammates, the coach, the moderators and administration at all times.

**STUDENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_