

Academy of Our Lady

Penguin Cheer Team

To: Students Participating in Penguin Cheerleading Team Tryouts

Thank you for your interest in becoming a part of the Penguin Cheer Team at Academy of Our Lady High School. We at Academy of Our Lady believe this will be an awarding and exciting extra-curriculum activity that will teach teamwork, leadership, dedication, school spirit, sportsmanship, and hard work. Being chosen as a Penguin Cheerleader will be an honor and privilege. As a Penguin cheerleader, you will be in the forefront as a representative of Academy of Our Lady and will be expected to adhere by our school code of conduct, with honor always, both on and off the campus. It is important that you are aware of the high level of commitment that is required and the standard of excellence that is expected from each of the team members. Before completing the registration packet, please consider the following:



Cheerleading requires after school commitments nearly every day of the week all year long as well as in the evenings and on weekends for sporting events, practices, fundraisers, and school events. In the height of the various sport seasons, it is not uncommon to have 2 or more evening sporting events.



Cheerleader will cheer at all HOME volleyball, basketball, flag football games and on some occasions, include soccer, softball, away games, and state play-off games. Along with pep rallies and school performances. Cheering obligations extend into the spring (April). Includes Mardi Gras parades.



Penguin Cheer competition team will compete in cheer competitions starting in November - April. We compete on a local, state, regional and national level. Competition cheerleaders cannot participate in fall, winter sports or spring sports starting in January. Details for the competitions and competition team will be discussion once team is chosen.



Being a cheerleader involves significant financial obligations. Please be aware that this can be costly, however we work extremely hard in finding ways to fundraise and each member will have ample opportunity to raise money for herself. Cheerleader must be in good standing with Academy of Our Lady to be on the cheer team. Once the uniform order is placed you are responsible for payment.



By participating in tryouts, you are presenting yourself as someone who plans to work hard and consistently for the benefit of the team and remain committed for the entire school year.



All cheerleaders are required to attend the mandatory summer NCA camp, all stunt camps or other cheer clinics, competitions, and choreography. A calendar of all cheer activities will be given out after try-outs. Please schedule your summer plans around mandatory camps and clinics.



Please plan doctor appointments, family events, birthday dinners and vacations accordingly.



Cheerleaders must have permission from the cheer coach to participate in another sport.

Tryout Clinic Checklist

Tryout clinic day 1 you must turn in the following:

Cheerleader application

- Cheerleader questionnaire**
- Student/Parent Agreement**
- Progress report (latest report card)**
- 20.00 tryout fee (cash or checks payable to Academy of Our Lady)**

Turn in 1st tryout clinic day.

**Academy of Our Lady
Penguin Cheer
2024-2025
Cheerleader Application**



Please print the following information clearly

Name: _____ Current Grade: _____

Current Academy of Our Lady Student: Yes or No **T-shirt Size:** _____

If NO what school do you presently attend: _____

Cheerleader Information:

Address: _____

Date of Birth: _____

Cheerleader Email:

Cell Number: _____

Parent/Guardian Information

Primary Contact Cell Number: _____

Name: _____

2nd Contact Cell Number: _____

Name: _____

Parent's Email: _____

(primary source of communication)

Additional email address:

Turn in 1st tryout clinic day.

Cheerleader questionnaire

Cheerleader Experience

(If you need additional space please write on the back)

1. Have you cheered before? YES NO When/Where_____
2. What stunting positions have you been in the past?
Circle one or more
Back spot Flyer Front spot Main Base Second Base
3. Can you tumble on a **NON-Spring** floor? YES NO
(Please list the highest skill level below):
4. Are you interested in trying out for the competition team or teams?
YES NO

Do you understand the competition teams will have extra and mandatory practices? YES OR NO

Cheerleader Questionnaire

(If you need additional space please write on the back)

1. Why do you want to cheer for Academy of Our Lady Penguin Cheer Team?
2. As a Penguin Cheerleader, what do you think are the expectations for your behavior daily in and out of the classroom? How can you bring pride and positive recognition to our team and school?
3. Are you interested in playing other sports? If YES, please list the sport or sports?
4. Are you currently involved in any clubs, organizations or team requiring extra practice time?

Turn in 1st tryout clinic day.

Student/Parent agreement

Please initial each one

1. I understand that this team is held at a high standard and all members are held accountable for their behavior in and outside of school? _____
 2. I understand that it is the coach's responsibility to make decisions based on the team and not an individual? _____
 3. I understand that this team's main responsibility is to support Academy of Our Lady. _____
 4. I understand you must attend all assigned games, camps, clinics, and practices. _____
 5. I understand if you miss a practice the coach will decide if you will participate in the event. _____
 6. I understand every cheerleader will not be a captain, co-captain, officer or on the competition team or teams _____
 7. I understand that competing is an earned privilege, not a right. _____
 8. I understand that competing will require additional mandatory practices. _____
 9. I understand that cheer is a year-round commitment, and you may not participate on other athletic teams unless it is approved by the cheer coach in advance. _____
 10. I understand that you are required to participate in all cheer activities. _____
 11. I understand the importance of cheer safety (jewelry, hair, nails, horse playing). _____
 12. I understand you can be dismissed from the team for not following Academy of Our Lady, Penguin Cheer, and safety guidelines. _____
 13. I understand that holding the position of a Penguin Cheerleader demands priority, commitment, and dedication. _____
 14. I understand competition teams cannot participate in fall, winter sports or spring sports starting in January. _____
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Student Agreement:

I _____ am interested in being an Academy of Our Lady Penguin Cheerleader. If selected, I promise to abide by the Academy of Our Lady Handbook and the guidelines and regulations set forth by the Penguin Cheer coaches. I promise to cooperate and follow the instructions of the cheerleading coach. I agree to participate in all required activities if selected as a member of Academy of Our Lady Penguin Cheer Team.

Student

Signature: _____ Date: _____

Parent Agreement:

My Child, _____ has my permission to tryout to be a cheerleader. I understand that all forms attached, must be completed by assigned date or my child will not be allowed to tryout. I understand that my daughter will be evaluated by judges, and we agree to abide by the decision of the judges. I understand that all leadership positions will be appointed by Coach Rachael and we agree to abide by her decision. I understand that, if selected my daughter will have to abide by all rules and regulations set forth by Coach Rachael and Academy of Our Lady handbook and remain in good standing with the school. A result of any violation may lead to a temporary or permanent suspension from the Penguin Cheer team. I understand all cost, as stated by the cheer coach are my responsibly and I must meet all payment deadlines set by the coach.

Parent

Signature: _____ Date: _____

Uniform Information

Uniform Cost:

New cheerleaders approximately 800.00

3 practice uniforms and Tank (t-shirts and shorts)

Warm up / Fleece Top

1 – set of poms

1 pair of cheer shoes

Adidas tennis shoes

Backpack

Shell

Skirt

Sleeves

Long Sleeve Uniform top

Uniform Bows

You are responsible for the following:

1. Briefs (all black similar to Nike pro)
2. WHITE Crew Socks

Returning Cheerleaders: Approximately \$300.00

3 practice uniforms and tank (t-shirts and shorts)

Long sleeve Uniform Top

Adidas Tennis shoes

Uniform bows

1-set of poms

Once the uniform order has been placed you are responsible for payment in full.

Uniform Payments:

All uniforms will be paid through a link set up by the cheer coach.

Mandatory uniform fitting TBA (April)

Extra's during the season:

Team lipstick, Pink Game t-shirt, Fun day items for camp, Senior Gifts, and athletic fee.

Competition Team will have additional cost.

Mandatory Cheer Camp

June 13th – 15th

Cost \$230.00 Due May 20th

Payment link will be sent to parents.

PHYSICALS

2024-2025 Cheer teams will be required to have physicals on file at school. Physicals will be turned in with Athletic fee in August on a designated date not before or after. If your physical is not paid or your Athletic fee you will not be allowed to participate in any cheer activity until both have been turned in.

Day of Tryout

ATTIRE

- *Solid white shirt. NO spaghetti straps or revealing shirt will be allowed.
- *You cannot wear only Nike Pro type shorts or sports bra.
- *Hair in a ponytail with ribbon or bow.
- *Tennis shoes or Cheer shoes.
- *No jewelry.

TRYOUT

Tryout Clinic / Tryout – Teach and review all try-out material. All prospective team members will learn a cheer and chant, short dance and proper technique for motions and toe touch plus optional jumps.

We will conduct a mock try-out to demonstrate the proper way to enter, stand, and perform. Each candidate will receive a tryout number that should be displayed in an area that the judge or judges can see.

There will be 2 or 3 judges, 2 or 3 score tabulators and coaches present during try-outs. The coaches will meet with the judges before the tryout begins to discuss the criteria and to look for potential. We will instruct them not to count off for nervousness. Each candidate will perform toe-touch, optional jump and try-out material in groups of 2 or 3. The order of the try-out material is up to the judges. Tryouts are closed to the public.

Team Selection-After team has been selected a mandatory parent & cheerleader meeting will be held. Day & Time TBA

GOOD LUCK TO ALL

Coach Rachael aolcheercoach@gmail.com