

Academy of Our Lady

Penguin Cheer Team

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 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 October - April. We compete on a local, state, regional and national level. 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.



Cheerleaders will NOT be replaced during the school year if they quit or lose their position on the team. 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 parties, dinners and vacations accordingly.



Once camp number is placed you are 100% responsible for total cost of order.

Uniform/Camp Information/Athletic Fee/Physicals

NCA Home Camp

June 12th – 14th (tentative)

Cost: \$240.00

Due: May 26th Payment through Varsity link sent to parents

Uniform Cost

Uniform Rental \$160.00

Includes:

Penguin Cheer Uniform

Poms, Penguin socks, 2 bows and pearl earrings

Due: July 14th Payment through the school's website

3 practice uniforms and 1 tank

Includes:

T-shirt, shorts and tank

Cost: \$130.00 (approx.)

Due: June 1st Payment through the school's website

Warm up

Includes:

Jacket and Pant

Cost: \$175.00 (approx.)

Due: August 1st Payment through Varsity link sent to parents

Cheer shoes

Cost: \$70.00

Due: April 25th Payment through Team leader link sent to parents

Backpack

Cost: \$50.00

Due: June 1st Payment through school's website

You are responsible for the following:

1. Briefs (all black similar to Nike pro)
2. Team lipstick
3. Pink Game T-shirt

Athletic Fee:

Cost: \$85.00

Due September 2nd Payment through school's website

Physical Due:

Due September 2nd

Additional information will be sent out about physicals.

Extra's during the season:

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

Competition Teams will have additional cost.

PHYSICALS

2025-2026 Cheer teams will be required to have physicals on file at school. Physicals will be turned in with Athletic fee on September 2nd. 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.

Cheer fees, athletic fees and physical all must be paid and physicals must be turned in on due dates. Outstandings fees and late physical could result in the cheerleader not participating during the season.

TEAM summer requirements:

Penguin Cheer **Team** will attend LTCA during every Wednesday starting in June 4th through July 30th. We will condition, tumble, motion and jump technique, learn cheers, stunt, and work on our first performance routine for our Welcome Back Assembly the second week of August.

Cost: 60.00 per month

Due: 1st practice of the month

Day of Tryout

ATTIRE

- ◇Appropriate athletic wear for with tennis shoes and socks
- ◇You cannot wear only Nike Pro type shorts or sports bra
- ◇White shirt no spaghetti straps or revealing shirt. White shirt is mandatory for tryout day

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 there will be a mandatory uniform fitting. Date to be announced.

GOOD LUCK TO ALL

Coach Rachael aolcheercoach@gmail.com

Checklist

Prior to April 1st

1. Cheerleader application must be submitted through the google drive.

April 1st Clinic Day 1

Tryout clinic day 1 you must turn in the following:

1. Signed agreement student and parent
2. 20.00 tryout fee
3. Most recent report card

Student/Parent agreement

Turn in on April 1st before clinic starts.

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. What activities are you involved in presently or plan to be involved in next year outside of Academy of Our Lady (ex. Work) _____
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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: _____