

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 demands after-school commitments almost every day throughout the year, including evenings and weekends for practices, sporting events, fundraisers, and school functions. During peak sports seasons, it's common to have two or more evening events in a week.



Cheerleaders cheer at all home volleyball and basketball games, select soccer and softball games, some away and state play-off games, as well as pep rallies, school events, Christmas, Mardi Gras and St. Patrick parades and spring activities through April.

The Penguin Cheer competition team will participate in cheerleading competitions from October through April. The team will compete at local, state, regional, and national levels. Further details regarding the competitions and the competition team will be provided once the selection process is complete.



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.



Cheerleaders must also maintain good standing financially, academically, attendance and discipline with Academy of Our Lady to participate.



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.



Once NCA camp numbers are submitted, or uniform orders have been placed you are 100% responsible for payment in full.



Plan doctor appointments, family parties, dinners and vacations accordingly. On the following dates we strongly recommend the following dates to re-open. July 20th – July 24th. Team pictures or choreography for the competition team's week of July 27th. August 3rd and 4th Game Day choreography.

Uniform/Camp Information/Athletic Fee/Physicals

NCA Home Camp

June 11th – 13th

Cost: \$251.00

Due: May 26th

Uniform Cost Uniform

Rental \$170.00

Includes:

Penguin Cheer Uniform

Poms, 2 bows, pack of crew socks and pearl earrings

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

Practice Uniforms

3 practice uniforms and 1 tank

T-shirt, shorts and tank

Cost: \$160.00

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

Warm up

Jacket and Pant

Cost: \$140.00 (approx.)

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

Cheer shoes (returning cheerleader with very worn cheer shoes will have to replace)

Cost: \$85.00

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

Backpack

Cost: \$60.00

Due: June 1st Payment through school's website

You are responsible for the following:

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

Athletic Fee: Cost:

\$85.00

Due September 2nd Payment through an assigned link

Physicals:

Due: June 1st

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

Physicals are required for all 2025-2026 Cheer team and must be on file at the school by June 1st. Students without a physical on file will not be permitted to take part in any cheer activities until it is submitted.

All cheer fees, athletic fees, and physicals must be submitted and paid by their respective deadlines. Any outstanding fees or late physicals may prevent the cheerleader from participating during the season.

TEAM summer requirements:

The Penguin Cheer **Team** will participate in LTCA every Wednesday from May 6th to July 29th. Activities will include conditioning, tumbling, practicing motions and jump techniques, learning cheers, stunting, and preparing our first performance routine for the Welcome Back Assembly during the second week of August.

Cost: 60.00 per month

Due: 1st practice of the month

Day of Tryout

-  Wear athletic clothing, tennis shoes, and socks
-  Nike Pro shorts or sports bras alone are not allowed
-  A white shirt (not spaghetti straps or revealing) is required on tryout day

Tryout Clinic / Tryout – All tryout material will be taught and reviewed.

Prospective team members will learn a cheer, a chant, a short dance, and correct motion and toe touch technique, along with optional jumps.

A mock tryout will be conducted to demonstrate the appropriate procedures for entering, standing, and performing. Each participant will be assigned a tryout number, which must be prominently displayed in a location visible to the judge or judges.

Try-outs are closed to the public. There will be 2 or 3 judges, 2 or 3 score tabulators, and coaches present. Coaches meet with judges before tryouts to discuss criteria and identify potential; judges are instructed not to penalize candidates for nervousness. Each candidate performs a toe-touch, an optional jump, and try-out material in groups of 2 or 3, with judges determining the order.

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 March 26th

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

March 26th Clinic Day 1

Tryout clinic day 1 you must turn in the following:

1. A signed agreement from both the student and their parent
2. \$20.00 tryout fee
3. The most recent report card

Student/Parent agreement

Turn in on March 26th before clinic starts.

Please initial each one

I understand that this team is held to high standards, and all members are accountable for their behavior both inside and outside of school. ___

I understand that it is the coach's responsibility to make decisions based on what is best for the team rather than any individual. ___

I understand that supporting Academy of Our Lady is the main responsibility of this team. ___

I understand I must attend all assigned games, camps, clinics, and practices. ___

I understand that if I miss a practice or practices, the coach will determine whether I may participate in the event. ___

I understand that not every cheerleader will be a captain, co-captain, officer, or part of the competition team or teams. ___

I understand that competing is a privilege that must be earned, not a right. ___

I understand that competing requires additional mandatory practices. ___

I understand that cheerleading is a year-round commitment, and participation in other sport teams is only allowed with prior approval from the cheer coach. ___

If the cheer coach permits me to join other sports teams, I will prioritize cheerleading and not miss cheer events or practices for another sport. ___

I understand that work is not an excuse to miss practice, event or other activities. ___

I understand that I am required to participate in all cheer activities. ___

I understand the importance of safety in cheer (regarding jewelry, hair, nails, and horseplay). ___

I understand that I can be dismissed from the team for not following the guidelines of Academy of Our Lady, Penguin Cheer, and safety protocols. ___

I understand that being a Penguin Cheerleader demands priority, commitment, and dedication. ___

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, _____, is permitted to participate in cheerleader tryouts. I acknowledge that all required forms must be submitted by the designated deadline; otherwise, my child will not be eligible to try out. I understand that my daughter will be evaluated by appointed judges, and we agree to accept their decisions. Furthermore, all leadership positions will be determined by Coach Rachael, and we agree to respect her selections. If chosen for the team, my daughter will adhere to all rules and regulations established by Coach Rachael and outlined in the Academy of Our Lady handbook, maintaining satisfactory standing within the school. Any breach of these guidelines may result in temporary or permanent removal from the Penguin Cheer team. I recognize that all costs specified by the coach are my responsibility, and I will ensure that all payment deadlines set by the coach are met.

Parent Signature: _____ Date: _____