

***St. John Paul II***



***Cheerleading***  
***2024-2025***

Parents,

I am so excited that you and your child are interested in St. John Paul II Cheerleading for the 2024-2025 season! Our tryouts are open to any student that will be in grades 7-12 at JP II, or one of its partner schools, during the upcoming school year. JP II has a great reputation for having talented cheerleaders and will continue that tradition with the selection of our new team. The tryout clinic will be held March 18<sup>th</sup> – March 21<sup>st</sup> and will conclude with tryouts on March 22<sup>nd</sup> (see page 6 for schedule details). JP II cheerleading tryouts are closed, meaning only candidates and coaches will be permitted - no spectators. **A mandatory parent meeting will be held in the gym at the conclusion of the first day of clinic, March 18<sup>th</sup>, at 6:00pm.**

JP II cheerleading is a huge commitment, not only for the athlete but for parents as well. We hope you will take the time to carefully consider the time and financial obligations that are required to participate. Please be sure to thoroughly read all the information in this packet and ask any questions prior to team selection.

JP II cheerleaders are expected to set a high example of excellence both on and off the field; nothing but the utmost respect to teachers, administrators, parents, and peers will be tolerated. JP II cheerleaders are expected to perform above the minimum academic requirements. Athletes are expected to manage their time and commitments wisely in order to prioritize their education while participating in our program. Please be sure that involvement in the cheer program will not hinder academic performance.

We will jump straight into preparation for the upcoming season following tryouts. Please note the important dates below and mark your calendars. Camp & competition dates are tentative and subject to change. This list is intended to be a general guide as to when important events may occur based on previous year's schedules.

- ★ Parent Meeting/Uniform Fittings: April 2<sup>nd</sup> at 4:30pm
- ★ First practice: April 8<sup>th</sup> at 5pm (JP II MPR)
- \*UCA Camp: June 25<sup>th</sup>- June 28<sup>th</sup>
- \*AHSAA Super Regionals: October 28<sup>th</sup>
- \*UCA Regionals: November 9<sup>th</sup>
- \*AHSAA State Finals: December 7<sup>th</sup>
- \*UCA Nationals: February 9<sup>th</sup>, 2025 - February 12<sup>th</sup>, 2025

\*These are tentative dates and may be adjusted as more information is made available.

Please complete all required forms below and have your child turn them in to me on day 1 of the tryout clinic. Forms must be received before participation is allowed. If you have any questions, please feel free to contact me. Again, we are thrilled that you and your child are interested in our program. Good luck and GO FALCONS!

Sincerely,



Coach Peyton Heflin

cheerleading@jp2falcons.org



# St. John Paul II Catholic High School Cheerleading Constitution



## Philosophy

The cheerleaders will represent St. John Paul II Catholic High School in a positive manner by always displaying conduct that is complementary to JP II. As a part of this organization, a member is in a position of honor and leadership. Members will demonstrate and promote exemplary school spirit and good sportsmanship.

### I. Eligibility

- A. All students trying out for group membership must meet the standards set forth in the Academic Rule for eligibility. These requirements are as follows:
  - At the time of tryouts, a student must be enrolled at the school or one of its feeder schools.
  - All students must abide by the academic eligibility standards set forth in the most recent JP II Student Handbook.
  - If a squad member has below a 70 in any subject on their report card, the member may be benched until the grade(s) have been improved. The time for improvement may vary among members. This will depend on the individual's academic ability to improve their grade.
- B. Students must not have resigned from the team during the season immediately preceding tryouts. By resigning from the team, you forfeit the eligibility to try out for the next season. Coach may allow exemption to this rule at their discretion.

### II. Information for Candidates

- A. Each applicant will be given a copy of the school's cheerleading constitution as well as information pertinent to tryouts, costs, and summer practices. A MANDATORY parent meeting will be held prior to/during tryouts. The student must return a statement of receipt/ application for these documents signed by both the student and the parent/guardian on the first day of the tryout clinic.
- B. All money and forms due are expected to be turned in on time.
- C. All candidates must try out, even if they have been a team member previously.
- D. No former team members may tryout unless all outstanding debts have been paid in full.

### III. Physical Fitness

- A. All candidates trying out MUST have a physical examination by a physician.
- B. The physical form provided by the Alabama High School Athletic Association must be completed, signed by the physician, and uploaded to DragonflyMAX by the first day of practice.
- C. Physicals are good for one year from the date of examination. If an athlete has a current physical on file that has not expired, a new one is not required until the expiration date noted by the physician has been reached.

### IV. Training of Candidates

- A. A minimum of 3 days of training will be provided prior to tryouts.
- B. All training must take place outside of regular school hours. Participants will be responsible for their own transportation before and after school training sessions.

- C. Coaches shall use routines, cheers, chants, etc. not used by the squad at any time during the three years prior to tryouts.
- D. All after-school mandatory training sessions will be closed to spectators.
- E. Attendance at all mandatory training sessions is required unless excused by the coach.
- F. All candidates must participate in mock tryouts.
- G. The student must be in school ALL DAY and may not check in or out on the day tryouts.

#### **V. Judging and Tryout Procedures**

- A. Judges will be secured through the coach.
- B. Judges will use only the official scoring sheet adopted for cheerleading tryouts.
- C. Candidates may be awarded points only for activities performed live during scheduled tryouts or through the virtual method adopted for cheerleading tryouts. Both live and virtual tryouts are scored by official judges. No credit may be awarded for any prior activity.
- D. Selection is based on coordination, spirit, dance, jumps, group cheer, individual cheer, stunts, and tumbling.
- E. Final selections will be announced the same day as tryouts. Rosters will be sent to all email addresses provided on the forms below.
- F. NO individual scores will be posted, announced, discussed, or reviewed with anyone. The decision of the judges and coach is final.

#### **VI. Membership**

- A. Candidates selected for the team will immediately become subject to all provisions and regulations governing the squad. Membership extends until the first day of tryouts the following year unless the member is dismissed from the team prior to that date.
- B. During captain elections team members will vote for their captain(s) based on the candidate's previous behavior and capability as a leader in combination with prepared speeches by candidates the day of elections. Votes will be considered by the coach but will not be the deciding factor in captain selection. Final selection of captains will be made by the coach. Captain(s) must be a junior or senior while co-captain(s) may be in any grade.

#### **VII. Sideline and Competition Teams**

- A. The Varsity program will consist of two teams – a sideline team and a competition team.
- B. All Varsity cheerleaders will participate on the sideline team.
- C. The competition team will be comprised of athletes selected by the coach from the sideline team. The number of athletes selected will be determined after tryouts and will be dependent upon the total number of athletes selected for the Varsity program.
- D. Competition team selection will occur following UCA summer camp.
- E. By returning your signed Consent form and trying out for the JPII Cheerleading Program you are agreeing to participate in whichever team(s) you are selected for.

## VIII. Attendance

- A. Performance eligibility relative to school attendance will be in accordance with current JP11 policy.
- B. All team members are required to attend all events and practices scheduled by the coach.
- C. **Excused absences are defined as: personal illness with a doctor's excuse, death in immediate family, and/or court appearance.**
  - In order for an absence to be considered excused, the coach must be informed as early as possible.
  - Excuses must be submitted at least 24 hours prior to a scheduled absence.
  - Doctor's notes are required for all illness-related absences. Lack of note will result in an unexcused absence.
- A. Excessive absences may result in an athlete being benched or dismissed from the team.
- B. To make up for missed workouts, all absences (both excused and unexcused) will result in conditioning upon the athlete's return to next practice.
- C. Each member must attend all summer camps and practices planned. The time and location of camp will be decided by the coach. Failure to attend will result in possible dismissal from the squad.
- D. If a team member misses more than one practice in the two weeks prior to competition dates they may be benched for competition.
- E. Any squad member may also participate on another competition cheer team, other athletic team, or school organization. However, squad members are expected to equally prioritize their JP11 cheerleading schedule with other obligations. Students must balance their commitments so that they are giving equal time to all teams/organizations.
  - Schedules for other teams/clubs must be submitted prior to the start of the season
- F. All team members must be on time when arriving to practices and events.
- G. All team members are expected to have transportation to and from events arranged PRIOR to events. Lack of transportation is not a valid excuse for absence.

## IX. Conduct/Discipline

- A. While functioning in the capacity of student or team member, the athlete must maintain conduct that is a positive reflection on the school and that is commensurate with the achievement of the goals of the team. Discipline for improper conduct will be in accordance with the JP11 Code of Conduct. In the case of severe or repeated conduct violations, the principal or his designee may suspend or permanently remove the member from the team.
- B. Commission of any class offense as defined by the Code of Conduct can be cause for dismissal from the team. Class offenses that do not result in dismissal can result in a period of suspension from the team. The coach in conjunction with the administration will determine the length of the suspension and the number of demerits assigned.
- C. Serious offenses will result in immediate dismissal from the squad.
- D. Team members will exhibit excellent sportsmanship at all times.
- E. All team members will cooperate with and show respect to their coaches, captains, teachers, peers, and JP11 staff at all times.

- F. Absolutely NO bullying will be tolerated. Athletes will not bully their teammates or other students in any way. Refer to the JPII handbook for bullying policy.
- G. Team members are expected to be honest and truthful at all times.
- H. The following behaviors are prohibited: profanity, eating/drinking during events, public displays of affection in uniform, social media posts that do not reflect JPII cheerleading values and expectations.

#### **X. Appearance/Uniforms**

- A. Design and selection of all uniforms will be made by the coach and the administration.
- B. All practice clothing, game day clothing, spirit wear, warm-ups, and accessories will be purchased by individual members.
- C. All uniform parts will be neat and clean for every performance.
- D. Uniforms will be worn properly at all times.
- E. Uniforms, warm-ups, practice wear, etc. are not to be worn outside of cheerleading events.
- F. No jewelry will be worn at any time during cheerleading events.
- G. Hair must be pulled back in a ponytail and out of the face at all times.
- H. No alterations will be made to school-owned uniforms without the coach's permission.

#### **XI. Transportation**

- A. Transportation will be by approved carriers through the school.
- B. If a team member does not ride by the approved carrier, the student will not be allowed to participate in the activity for which the travel was approved.
- C. All copies of the transportation release forms, insurance policies, and parent letters will be kept on file with the school.

#### **XII. Fundraising**

- A. All team members will participate in all fundraising activities throughout the year. Those who do not participate will not receive the benefits of the fundraiser.
- B. All fundraised money is expected to be turned in on time.
- C. Fundraised money is to be budgeted and used at the coach's discretion.

#### **XIII. Demerits**

- A. Team members who violate team rules/expectations may be subject to demerits (separate from demerits administered by the school).
- B. Once a team member has received 3 demerits, they will be benched until they have been worked off in a manner decided by the coach (running, volunteering, etc.). The team member will have up to 1 week to work off demerits before receiving 1 additional demerit per week.
- C. Accumulation of 6 demerits may warrant dismissal from the squad.
- D. The coach reserves the right to administer demerits as they see fit.
- E. Example actions that could result in demerits and number of demerits given:
  - Late to game/practice: 1 demerit
  - Negative attitude/disrespect: 1-2 demerits
  - Unexcused absence from practice, games, or events: 2 demerits

# Discipline & Attendance

To have a successful cheerleading program it is vital that all athletes & parents understand the importance of attendance. The structure of a cheerleading team is different than that of most other sports in that we don't have backups that we can put in at gametime. Every athlete plays a unique & critical role and when even one person is missing it impacts the entire team. To perform at the level we are capable, regular attendance must be a priority for everyone.

- Athletes are expected to be present at all practices so that the team can perform to the best of its ability.
- If two or more practices are missed the week of an event, the athlete will be benched for that event.
- If practice for an upcoming event (pep rallies, school events, etc.) is missed, the athlete will not perform.
- If an athlete does not arrive at an event in full uniform (including poms and bow), they will sit out until complete uniform is present or for the duration of the event.
- Work is not an excuse for absence. The schedule is given out at the beginning of the season so that work schedules can be planned around cheer commitments.
- **If more than one practice is missed within two weeks of competition dates, athletes may be taken out of the routine and benched for competition.**
- Accumulating 3 tardies to events/practices will be equivalent to 1 unexcused absence.
- If an athlete accumulates three or more unexcused absences, it will be grounds for dismissal from the team.
- Excessive absences and/or tardiness **WILL NOT** be tolerated.

**Your team depends on you. We practice as a team and perform as a team.**

## Tryout Information

### Tryout week:

- Clinic will begin March 18<sup>th</sup> and will conclude with tryouts on March 22<sup>nd</sup>.
- ALL FORMS must be turned in to the coach on the first day of the tryout clinic on March 18<sup>th</sup>.
- You may wear any athletic shirt and shorts for tryout clinic. A white t-shirt free of any logos and black shorts must be worn for tryouts on March 22<sup>nd</sup>. You may wear a bow in your hair, but it must be black, white, or green.
- Hair should be pulled up into ponytail and out of face all week. No jewelry may be worn at any time.

**Team Placement:** Varsity is generally reserved for 10<sup>th</sup> - 12<sup>th</sup> grades & JV for 7<sup>th</sup> - 9<sup>th</sup>. If your child is of JV age, they should assume that is the team they will be selected for. However, team selection is at the coach's discretion and an athlete may be selected from any grade for either team. If you or your child has a concern regarding which team they may be selected for, please let the coach know prior to the start of tryouts.

### Monday, March 18

4:00pm: be in the gym, dressed and ready  
4:05pm: stretch and roll call  
4:15pm: motions & jumps  
4:55pm: water break  
5:00pm: learn dance  
5:35pm: water break  
5:40pm: stunt  
6:00pm: parent meeting

### Tuesday, March 19

4:00pm: be in the gym, dressed and ready  
4:05pm: stretch and roll call  
4:15pm: jumps  
4:30pm: learn cheers  
5:10pm: water break  
5:15pm: stunt  
6:00pm: dismissal

### Wednesday, March 20

4:00pm: be in the gym, dressed and ready  
4:05pm: stretch and roll call  
4:15pm: jumps/tumbling  
4:30pm: stunt/form tryout groups  
5:25pm: water break  
5:30pm: review dance & cheers  
6:00pm: dismissal

### Thursday, March 21

4:00pm: be in the gym, dressed and ready  
4:05pm: stretch and roll call  
4:15pm: warm up jumps, tumbling, & stunts  
4:35pm: review dance and cheers  
4:45pm: assign numbers, explain tryouts  
5:00pm: mock tryouts  
6:00pm: dismissal

### Friday, March 22

4:00pm: stretch, roll call, warm up  
4:30-6:00pm: Tryouts (dismissed after final group completes tryout)

**No** parents or spectators are allowed in gym during clinic or tryouts.

Email with 2024-2025 roster will be sent out to everyone the evening of tryout completion.

**Decisions are FINAL and scores will not be discussed.**



# Estimated Annual Costs

Costs are estimates based on previous years & do not account for fundraised amounts that may be applied.

- ❖ Payments for uniforms & equipment will be divided into two payments paid directly to the vendor. One payment will be due shortly after uniform fittings (April 2<sup>nd</sup>), the other near the start of school (August).
- ❖ Camp fees will be due in 2 installments. Payment #1 (\$100.00) will be due at our parent meeting on April 2<sup>nd</sup>, payment #2 (remaining balance) will be due on May 1<sup>st</sup>.
- ❖ Athletics fee is due by the first football game, paid through DragonflyMAX.
- ❖ We will begin fundraising immediately following tryouts. Funds will be pooled and split evenly amongst those who participate and will be used at the coach’s discretion. The expenses that fundraised money is typically applied to include camp, team equipment, & competition costs. After competition team selection, only funds raised by those on the competition team will be applied towards competition costs.

## **Sideline Team (All Varsity)**

### **RETURNING TEAM MEMBERS:**

Camp/Practice Clothing	\$ 100.00
Weekly Practice at Cheerville Athletics	\$ 70.00/month
UCA Camp	\$ 450.00
Athletic Fee	\$ 300.00

### **NEW TEAM MEMBERS:**

Camp/Practice Clothing	\$ 100.00
Uniforms	\$ 200.00
Bows	\$ 20.00
Shoes	\$ 90.00
Backpack	\$ 55.00
Poms	\$ 50.00
Warm Up (Jacket & Pants)	\$ 180.00
Weekly Practices at Cheerville Athletics	\$ 70.00/month
UCA Camp	\$ 450.00
Athletic Fee	\$ 300.00

## **Competition Team**

Competition Fees (excluding Nationals)	\$ 100.00
Choreography	\$ 145.00

- ❖ Uniform costs are based on new item prices. We encourage you to check with previous team members about purchasing used items.
- ❖ Payments must be made on time or our orders will not arrive in time to be used.
- ❖ **Fundraising:** Will we fundraise as much as possible. Funds raised by the team will go to the cheer account to be used to reduce costs as much as possible.

# **2024-2025 Program Changes**

## **Cheerville Athletics**

119 Jetplex Circle, Madison, AL 35758

- \$70.00/month per athlete
- 2hrs/week
- 2 assigned coaches
- Brand new facility with all new equipment
- Practice time will be at approximately 4:15pm on Tuesdays

## **Sideline Team/Competition Team**

Beginning in the 2024-2025 season, our Varsity program will be split into two teams – one sideline team and one competition team. All Varsity team members will be on the sideline team. A specific number of athletes from the sideline team will be chosen to be on the competition team.

Selection for the competition team will occur the week after we return from UCA camp and will be based on tryout scores, performance between tryouts and camp, dedication to the team, attendance, and overall team needs. The total number of athletes selected is dependent on how many students try out and are chosen for the Varsity program.

By signing & returning the consent form and trying out for JPII Cheer, you are agreeing to participate in whichever team(s) you are selected for. Team assignments are made by the coach and coach only.

## **UCA National High School Cheerleading Championship (NHSCC)**

UCA Nationals is the most prestigious national championship for competitive high school cheerleaders. The competition is held at ESPN's Wide World of Sports in Disney World and spans 4 days (prelims, semi-finals, & finals).

To attend Nationals, you must first win a bid at a UCA regional competition. During the 2023-2024 season, our Varsity team was awarded a bid and we expect to receive another one this season. If we receive a bid, can fundraise sufficiently, & coaches feel it is appropriate, we plan to attend Nationals in 2025.

The cost per athlete for Nationals, not including travel, is approximately \$850.00-\$900.00. This includes lodging at a Disney Resort, food at the resort, transportation from resort to parks, Disney Park Hopper pass (access to all parks), and competition fees.

The only way we will attend Nationals is if we are able to fundraise enough so that the expense is not a burden. We will start fundraising and planning for the trip as soon as the season begins.

We will require chaperones to accompany the team. The number of chaperones needed will depend on team size. Fundraised money will also go towards the cost of attendance for chaperones.

\* The decision to attend Nationals is subject to change. More info to follow regarding cost, fundraising, eligibility, etc.



## JPII Cheerleader/Parent Consent Form

I/We \_\_\_\_\_, parent(s) of \_\_\_\_\_, give permission for our daughter/son to try out for the JPII cheerleading team. We have read the constitution and accept all rules and obligations. We understand that failure to follow these rules and regulations or meet the obligations of the constitution will result in suspension or dismissal from the squad.

I/We understand that the school and coaches/sponsors assume no financial obligations due to the expenses. I/We also understand that beyond exercising diligence and taking all precautionary measure, the High School, the coaches/sponsors, and administration can assume no responsibility for injury to the squad member. In addition, I/we also understand that it is our responsibility to provide transportation for our child to all activities if needed.

If my/our child is selected, I/we will see that she/he attends summer camp, all practices, performances, and participates in all fundraising activities.

I/We will encourage our daughter/son to be a leader that JPII will be proud to have as a representative of the school. I/We will also support the coaches and administration in their decision-making processes.

\_\_\_\_\_  
Signature of parent(s)/guardian

\_\_\_\_\_  
Date

## JPII Cheerleader Consent Form

I, \_\_\_\_\_, have carefully read and considered the JPII cheerleading team Constitution. I agree that I will abide by the rules and regulations contained in this constitution as long as I am a member of the squad. I plan to uphold high moral standards for myself so that I will always be a credit to JPII. I also realize that failure to comply with these rules may mean suspension or dismissal from the squad.

\_\_\_\_\_  
Signature of Candidate

\_\_\_\_\_  
Date



## Contact Information

Participant name: \_\_\_\_\_ Grade (2024-2025): \_\_\_\_\_

### Parent/Guardian Contact Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Email addresses** you would like tryout results sent to (please print clearly):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**By signing below, you verify that the above information is correct and that you understand the process of selection.**

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant signature

\_\_\_\_\_  
Date

### Parent Meeting

Please attend the required parent meeting on Monday, March 18<sup>th</sup> at 6:00pm in the JP II gym. Coach will be present to review the cheerleading Constitution and to answer any questions you may have.