

St. John Paul II



Cheerleading

Tryouts

2022-2023

Parents,

I am so excited that you and your child are interested in JPII Falcons cheerleading for the 2022-2023 season! Our school has a great reputation for having talented cheerleaders and we will continue that tradition with the selection of our new team on Friday, March 25th. The tryout clinic will be held March 21st – March 24th in the gym at JPII with final tryouts on March 25th (see page 8 for times and schedule details). JPII cheerleading tryouts are closed, meaning candidates and coaches only will be permitted, no spectators. **A mandatory parent meeting will be held at the end of the first day of clinic, March 21st, in the gym at JPII at 5:00pm.**

JPII 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.

JPII 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 accepted. Academically our cheerleaders have a minimum standard they must meet, but I expect them to always do their best in the classroom to exceed that. Please be sure that involvement in the cheer program will not hinder academic performance. Team members are expected to prioritize school work and cheerleading commitments and manage their time responsibly.

Following tryouts we will jump straight in to preparation for the upcoming season. Please note these important dates and mark your calendars:

March 29th: Uniform fittings at 5pm at JPII

May 31st – June 3rd: UCA Camp at The University of Alabama

October 31st: Tentative date for AHSAA Super Regionals competition

December 5th: Tentative date for AHSAA State competition

Please complete all required forms below and have your child turn them in to me on day 1 of tryouts. If you have any questions or concerns please feel free to contact me. Again, we are thrilled that you and your child are interested in our JPII cheerleading program. Good luck and GO FALCONS!

Sincerely,



Coach Peyton Heflin

Philosophy

The cheerleaders will represent JPII High School in a positive manner by always displaying conduct that is complementary to JPII. 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

All students trying out for group membership must meet the standards set forth in the Academic Rule for eligibility. These requirements are as follows:

- a) At the time of tryouts, a student must be enrolled at the school or one of its feeder schools.
- b) All students must abide by the academic eligibility standards set forth in the most recent JPII Student Handbook.
- c) 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.

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 tryouts. The student must return a statement of receipt/application for these documents signed by both the student and the parent/guardian on or before the first day of the tryout clinic.
- B. All money and forms due are expected to be turned in on time.
- C. A minimum number of candidates to be selected will be announced on or before the first day of the tryout clinic.
- D. All candidates must try out, even if he/she has been a team member the previously.
- E. 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 turned in to the coach or office 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, they do not have to have a new one until the expiration date noted by the physician.

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, and participants will be responsible for their own transportation before and following 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 and scored by official judges during scheduled tryouts. No credit may be awarded for any prior activity.
- D. Selection will be 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 cheer 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.
- B. During captain elections team members will vote for their captain(s) based on the candidates 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. 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. Attendance

- A. Performance eligibility relative to school attendance will be in accordance with current JPII policy.
- B. **All squad 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.**
 - Excuses must be submitted at least 24 hours prior to missed event/practice when possible
- D. 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.
- E. If a squad member misses more than one practice in the two weeks prior to competition dates they may be taken out of the routine and benched for competition.
- F. Any squad member may also participate on another competition cheer team, other athletic team, or school organization. However, team members are expected to equally prioritize their JPII cheer commitments with other obligations. Members may not consistently miss cheer because of other commitments, there must be a balance.
- G. All squad members must be on time when arriving to practices and events.
- H. All squad members are expected to have transportation to and from events arranged PRIOR to events. Lack of transportation is not a valid excuse to miss.

VIII. Conduct/Discipline

- A. While functioning in the capacity of student or squad member, the squad member must maintain conduct that is a positive reflection on the school and that is commensurate with the achievement of the goals of the squad. Discipline for improper conduct will be in accordance with the JPII 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 squad.
- B. Commission of any class offense as defined by the Code of Conduct can be cause for dismissal from the squad. 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. Squad members will exhibit excellent sportsmanship at all times.
- E. All squad members will cooperate with and show respect to their coaches, captains, teachers, peers, and JPII staff at all times.
- F. Absolutely NO bullying will be tolerated. Team members will not bully their teammates or other students in any way. Refer to the JPII handbook for bullying policy.
- G. Squad members are expected to be honest and truthful at all times.
- H. The following behaviors are prohibited:
 - Use of profanity
 - Eating and drinking during practices, games, or performances
 - Public displays of affection while in uniform

IX. 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 and games.
- F. No jewelry will be worn at any time during cheerleading events and games.
- G. Hair must be pulled back in a ponytail and out of the face at all times.
- H. No alterations will be made to uniforms without the coach's permission.

X. Transportation

- A. Transportation will be by approved carriers through the school.
- B. If a squad 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.

XI. Fundraising

- A. All squad members will be expected to participate 100% 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.

XII. Demerits

- A. Squad 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 5 demerits, they will be benched until they have worked them off in a manner decided by the coach (running, volunteering, etc.). The team member will have up to 2 weeks to work off demerits before receiving 1 additional demerit per week.
- C. Accumulation of 8 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 or 2 demerits depending on severity
 - Unexcused absence from practice, games, or events- 2 demerits

Discipline

- If two or more practices are missed without an excuse the week of an event the cheerleader will be benched for the event.
- Work is not an excuse for missed practices and games. The schedule is given out at the beginning of the season meaning work schedules should be worked around cheer commitments.
- We CANNOT have people missing practice in the weeks leading up to competition. If you miss more than one practice in the two weeks prior to competing you may be taken out of the routine and benched for competition.
- If three or more practices are missed without an excuse it will be grounds for dismissal from the team.
- If practice for an upcoming pep rally or event is missed and unexcused, the cheerleader will not perform.
- If a cheerleader does not come to game or event in full uniform (including poms and bow), they will sit out until complete uniform is present or the duration of the game.
- I understand emergencies come up, but I need all team members to be present at all practices to make sure we perform each week to the best of our ability.
- Excessive absences **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 21st and will conclude with tryouts on March 25th.
- ALL FORMS must be turned in to the coach on the first day of the tryout clinic on March 21st.
- You may wear any t-shirt and shorts for tryout clinic. A white shirt free of any logos, blackshorts, and black ribbon in hair must be worn for tryouts on March 25th.
- Hair should be pulled up into ponytail during clinic and tryouts and no jewelry may be worn at any time.

Team Placement: Varsity is generally reserved for 10th, 11th, and 12th grades and JV is for lower grades. If your child is of JV, age they should assume that is the team they will be selected for. However, this is not absolute, and the coach may select from any grade for either team. If you or your child has a concern with which team they may be selected for please let the coach know prior to the start of tryouts.

Monday, March 21

3:30pm: be in the gym, dressed and ready
3:35pm: stretch and roll call
3:45pm: motions & jumps
4:15pm: water break
4:20pm: learn dance
5pm: parent meeting

Tuesday, March 22

3:30pm: be in the gym, dressed and ready
3:35pm: stretch and roll call
3:45pm: jumps
4:00pm: review dance
4:15pm: learn cheers
4:45pm: water break
4:50pm: stunt
5:30pm: dismissal

Wednesday, March 23

3:30pm: be in the gym, dressed and ready
3:35pm: stretch and roll call
3:45pm: jumps/tumbling
4:00pm: stunt/form tryout groups
4:55pm: water break
5:00pm: review dance & cheers
5:30pm: dismissal

Thursday, March 24

3:30pm: be in the gym, dressed and ready
3:35: stretch and roll call
3:45: warm up jumps, tumbling, & stunts
4:05pm: review dance and cheers
4:15pm: assign numbers, explain tryouts
4:30pm: mock tryouts
5:30pm: dismissal

Friday, March 25

3:30pm: stretch, roll call, warm up
4:00-5:00pm: Tryouts (dismissed after final group completes tryout)

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

Email with 2022-2023 roster will be sent out to everyone within 3 hours of tryout completion.

Decisions are FINAL and scores will not be discussed.

Estimated cost:

* Payments for uniforms/equipment will be divided into two payments paid directly to vendor.

* Prices are estimates based on previous year costs and do not account for fundraised amounts that may be used towards fees.

Returning team members:

UCA camp	\$ 400.00
Camp/Practice clothing	\$ TBD
Bows	\$ 40.00
Competition fees	\$ 150.00

New members:

UCA camp	\$ 400.00
Camp/Practice clothing	\$ TBD
Uniforms	\$ 350.00
Bows	\$ 40.00
Shoes	\$ 85.00
Backpack	\$ 50.00
Poms	\$ 30.00
Warm up	\$ 170.00
Competition fees	\$ 150.00
Weekly practice at ICON	\$ 58.00/month
Athletic fee	\$ 400.00

- Uniform costs are based on new item prices. You can also check with previous team members about purchasing used items.
- Payments MUST be made on time.
- Fundraising: We participate in several FBC fundraisers during the year. Funds go to cheer account to be used to help reduce costs as much as possible.



JPII Cheerleader/Parent Consent Form

I/We _____, parent(s) of _____, give permission for our daughter/son to try out for the JPII cheer 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 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 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 (2022-2023): _____

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. _____

*A test email will be sent out during the week of tryouts to verify email or to make any necessary changes. Please respond and confirm receipt.

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 parent meeting on Monday, March 21 at 5:00pm in the gym at JPII. Coach will be present to review the cheerleading Constitution and answer any questions you may have.