



2022-2023 Cheerleading Season

Dear Parents and Prospective Cheerleaders,

Thank you for your interest in the SJMSAA Cheerleading Program. Mark your Calendars as the Cheerleading clinic and tryout will be hosted at each school shortly. Being chosen as an SJMSAA cheerleader should be seen as both an honor and a commitment. Squad membership is a privilege and will focus on excellence in academics, leadership and character in game day performances.

Academics should be a priority for all SJMSAA cheerleaders. A successful cheerleader should be to balance schoolwork, a busy cheerleading schedule and personal responsibilities. Squad members must maintain a 2.0 GPA. However, many of our cheerleaders exceed this minimum requirement. Being a student-athlete is rewarding.

Leadership and positive character traits are also important qualities that each candidate must possess. The SJMSAA board expects cheerleaders to set a positive example for behavior and character not only at school but in the community as well. Whether in a uniform or not, a SJMSAA cheerleader must exhibit respect, trustworthiness, fairness and good sportsmanship to all those around him or her. In school, respect includes arriving to class on time and being prepared with materials and assignments.

Commitment will be key to a candidate's success as a SJMSAA cheerleader. Cheerleaders will be expected to attend all scheduled games, practices and team activities.

Thank you again for your interest in SJMSAA cheerleading and good luck!

Cheers,
SJMSAA CHEER COMMISSIONER

Tanya White

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Cheerleading By-laws

A cheerleader is a representative of SJMSAA, whose purpose is to promote and uphold school spirit, as well as to represent SJMSAA to the high degree possible in performance, competition, and in daily life. A cheerleader's behavior should exemplify good moral character, trustworthiness, friendliness and leadership. She/he should be a positive role model for other students, and she or he should exhibit responsibility, dependability and integrity for herself/himself and others.

Membership

Cheerleading for SJMSAA is from April to March 15th. Cheerleading should take priority over ALL other extracurricular activities during the cheerleading season. If you participate in a sport other than cheerleading, you must notify a coach prior to tryouts to establish whether a conflict will arise during the cheerleading season. Failure to do so can be grounds for dismissal from the squad with no refunds.

Cheerleaders must follow all rules and regulations set forth by the St. Johns County School Board and SJMSAA and the cheerleading coach. Inappropriate behavior on or off campus, photos, any social media or texting with any SJMSAA attire on will be grounds for dismissal from the squad with no refunds.

Being selected as a cheerleader one year no way guarantees placement on the squad the following year.

The squad will be selected solely by the cheerleading coaches' discretion.

If a member quits the team during the time of tryouts to competition season, it will be up to the coaches' discretion if the athlete will be allowed to tryout out for the following year.

Responsibilities

All members will be required to attend ALL practices, ALL games, ALL competitions and ALL cheer activities

The coach will have the right to determine if a member will participate in an event according to her participation and effort during the week of a game, event competition or performance.

Every member must always maintain a 2.0 GPA. Grades will be checked with each interim and report card period.

Members will be required to pay for association fees, practice wear, camp fee, uniform and cheer accessories that each coach feels necessary. In addition, some schools do not have the privilege of practicing on campus after school. With, a gym

fee may be required to host practices. It's also up to the coach to require girls to be enrolled in a tumbling/cheer class at a local gym. It is up to the coach to decide whether the team will compete during our season. Competition fees, choreography/music fees, coaches travel, and athletes travel fees may apply.

Practice days and times will be determined by the coach at the beginning of the season. The coach will make every effort to be consistent with the practice schedule. Please be aware that practices are added as needed throughout the season, but especially if the coach decided to compete. Sideline cheerleaders and competition team is separate. It us up to the coaches if your team competes. Your Coach will set these guidelines out at the beginning of the season. The coach will decide if the athlete has a position on the competition team or is an alternate. All alternates are expected to attend the practices that the coach requires. If you accept your position on the competition team you are required to compete at all competitions.

Cheerleaders are expected to perform at practice as they would at a game or competition.

Cheerleaders must consistently perform at or above the level exhibited at tryouts. Failure to do so will be grounds for dismissal from the squad with no refunds. Example: if a cheerleader performed a standing back tuck at tryouts, she or he must consistently demonstrate that skill throughout the season.

Cheer Camp is MANDATORY - Camp date is August 6th and 7th Your coach will give details for times and locations! 2022 Wild & Spirited! These camp fees are included in your registration fees

There may be other clinics and camps that are required by the coach.

Uniforms

Uniforms will be purchased by the cheerleader. In addition, all cheer accessories will be purchased by cheerleader (bow, briefs, poms, rain jackets, bag, shoes). We do our best to be frugal and help with fundraising opportunities as much as you want to head them up and organize them. However, cheerleading is an expensive sport.

Rules of Uniform

Full cheer uniform consists of shell top, skirt, briefs, socks, cheer shoes and bow. Uniforms cannot be altered without the coach's approval.

Neither uniforms nor any practice wear are to be worn unless told to do so by your coach.

Neither uniforms nor any practice wear may be worn by or loaned to a non-team member.

Fingernails should be short with no fingernail polish worn while in uniform. Absolutely **NO** jewelry at any time should be worn with practice wear or cheer uniform.

When arriving to events, practices or games, cheerleaders should be fully dressed before getting out of car.

No other apparel should be worn with uniform unless you are told to do so by coach (example: pants underneath your skirt, or jacket/sweatshirt over your uniform.)

Some cheer accessories maybe provided by the coach. If so, these are to be returned within one week of the season ending. If a cheerleader quits or is dismissed from the squad, they need to be returned immediately. Cheerleaders are responsible for replacing items that are lost or damaged.

Attendance

1. All practices, games and events are mandatory.
2. There are **NO EXCUSED** absences. If a cheerleader misses practices within 1 week of a performance, she/he will be benched for that upcoming performance. It is up to the coach to determine if she/he can participate on the sidelines. If a cheerleader misses practice the week of a game, event or performance she/ he will be benched and still required to attend in full uniform and sit by the coach.
3. All cheerleaders are required to attend practice unless she or he has an illness that is deemed contagious by a physician. Alert a coach of any illness prior to practice. If a cheerleader is ill, but not contagious, she/ he will be required to attend practice and will be permitted to sit on the side or sidelines.
4. If a physician has restricted a cheerleader's participation due to an injury, a doctor's clearance must be presented before the cheerleader will be allowed to resume cheerleading activities.
5. It is the cheerleaders' responsibility to notify the coach as soon as she/he knows they will not be in attendance to practices, games or events.
6. Demerits will be given for not contacting the coach in advance for missing practices, games or events.
7. Demerits will be given for excessive absences.
8. Excessive absences can result in removal from the squad with no refunds given. Commitment is vital to the success of a squad when one member is not present, it affects his or her entire stunt groups ability to practice and the team's ability to practice. This is not fair to the entire team and will not be tolerated.
9. If a member is absent, it is the member's responsibility to contact the coach or a teammate to learn what is missed. Failure to do so can result in demerits.

Performances at Practices, games or events

1. Upon arrival you should be dressed in **FULL** uniform before exiting your car.

2. Cheerleaders who appear to be improperly dressed or unprepared for practice, game or events she/he may be required to sit out. Sitting out will that the member will not participate during the event but will sit next to the coach.
3. Parents are responsible for transportation to and from ALL practices, games or events.
4. Cheerleaders are expected to arrive 10 minutes early to practice (in appropriate practice attire, prepared to begin).
5. Cheerleaders are expected to arrive at least 30 minutes early for games or events unless specified by the coach.
6. Excessive tardiness will not be tolerated can result in demerits or removal from the team with no refunds given.
7. Cheerleaders may not leave practice, games/sidelines or events without permission of the coach.
8. Specified spirit wear will be worn to school on game days. Failure to wear the assigned items when instructed will be considered defiance and will result in demerits.
9. Horseplay, excessive talking or laughing during practice, game or event will not be tolerated. We want you to enjoy cheering, but you must remember your purpose as a sideline cheerleader is to lead the crowd. In addition, excessive play or talking while stunting, formation on the sidelines or practice or events is grounds for removal and even dismissal from the team.

Appearance

1. Cheerleader must be always neat and clean. The uniform and shoes must be cleaned regularly.
2. Hair is to be always worn up out of your face with your practice or performance bow, unless directed otherwise.
3. Jewelry is prohibited and is not to be worn at any practice, game or event.
4. Chewing gum is prohibited and is not allowed at any practice, game or event.
5. Eyes and lips must be worn at games or events unless directed otherwise.

Parental Commitment

1. Parents are responsible for the monetary obligation that will be clearly outlined by each school's cheerleading coach at the beginning of the season.
2. Parents are asked to volunteer to assist in making candy bags, team meals, transportation, head and work fundraisers and providing drinks at games.
3. Parents are responsible for proper and timely transportation to and from all events.
4. Parents are required to provide all appropriate funds and paperwork by announced deadline.
5. Parents must attend ALL meetings asked of the coach.
6. Parents understand that cheerleading is a big commitment and have read and know the mandatory dates and will have their child in attendance for her/him

- to participate in this cheer season. Failure to do so can result in your cheerleader be dismissed from the team.
7. I understand, there are NO refunds at any time.
 8. Parents must always show full support for the coach. We understand there may be disagreements on decisions that can or will be made. The coach's decisions are not based on your cheerleader rather than they are based on the whole team.
 9. If you have questions or concerns, you are to contact your coach first.
 10. Any parents that are involved in or begin gossiping amongst other parents, cheerleaders or teams is grounds for an immediate dismissal for your cheerleader. We have ZERO tolerance for gossiping parents or cheerleaders.
 11. I understand that the demerit system is in place. My cheerleader cannot work off demerits. Once my cheerleader reaches 10 demerits she will be dismissed from the team with no refunds.
 12. Parents are responsible for making sure the coach is contacted in advance when your cheerleader will be missing practice
 13. I understand that there are NO EXCUSED ABSCENCES and my daughter will be benched for the upcoming performance if she were to miss practice the week prior to.
 14. I understand that my cheerleader will be benched if she/he misses practice the week of a game or performance, but still required to have she/he in attendance, dressed out sitting by the coach.
 15. I understand that there is a maximum of 3 days from the time the acceptance email is sent to accept my cheerleaders position on the team and submit payment for my child to participate in SJMSAA Cheer.
 16. I understand Summer Cheer Camp is MANDATORY.
 17. I understand if my athlete quits the team during the time of tryouts to competition season, it will be up to the coaches' discretion if the athlete will be allowed to tryout out for the following year.
 18. I understand it's up to the coaches if our team will compete. The guidelines will be presented at the beginning of the season and it will be a part of the cheer season and my athlete must complete it to be in good standing unless approved by coach.

There is a Chain of Command for communication:

Parent/Athlete

Coach

Cheer Commissioner

SJMSAA Athletic Director

SJMSAA Board Member

SJMSAA President

Below is the SJMSAA Cheerleading Demerit System that is implemented with all SJMSAA Cheer Teams.

Demerit System

Out of uniform including practices, games or events,	1
Not being prepared for practice, games or events (example: getting out of car not fully dressed)	2
Not bringing all material asked to practice games or events	2
Arriving late to practice, games or events	3
Using any foul language, disrespect, laziness, arguing or starting drama amongst team members, talking about another team member,	4
Failure to contact coach prior to practice, games or event	5
Any social media, pictures, texting that is deemed in appropriate	5-10 depending on content

Once cheerleader reaches 5 demerits, she/he will be benched for upcoming game or event.

Once cheerleader reaches 10 demerits, she/he will be dismissed from the team with no refunds

Cheerleader does not have the opportunity to work off demerits. Once she is benched for her first 5 demerits, those demerits stay for the remainder of the year.

Print and Return this page to your Coach before Tryouts.

I understand the rules and guidelines for my commitment for the 2022-2023 SJMSAA Cheerleading Season.

Team Name _____

Athletes Signature _____

Print Name _____ **Date** _____

Parent Signature _____

Print Name _____ **Date** _____



SJMSAA