



SWISS POINT MIDDLE SCHOOL

CHEER



Parent Information for 2022-2023 Season!

*"hands-on your hips,
a smile on your lips,
a spirit in your heart,
now we're ready to start"*

CHEERLEADING IS AN EXPENSIVE SPORT!!!

Registration:

You must complete the SJMSAA registration online in order to tryout. Registration is open until March 31, 2022. A \$25 nonrefundable fee is required to complete the registration process.

- sjmsaa.org
- Click "sports" then select "cheer"
- Scroll down to "register"
- Scroll down to Switzerland Point Middle School – then "register now"

Required forms for tryouts:

Sports Physical *Can be found on SJMSAA.org under "About" then "Board, Policy & Forms"

Consent and Release of Liability *Can be found on SJMSAA.org under "About" then "Board, Policy & Forms"

Signed last page of the Cheerleading Bylaws *Found on SJMSAA.org under "About" then "Board, Policy & Forms"

Copy of most recent Report Card *Athletes are required to hold at least a 2.0 GPA throughout the season.

Teacher/ Coach Recommendations: 1 from a core class teacher and 1 from a current or previous coach, if you do not have a previous Cheer Coach, then 2 from core class teachers. These will be on Facebook and Band; you will give to the teacher or coach and they will email them directly to me – Coach Autumn swisspointcheercoach@gmail.com

**** IF YOUR ATHLETES REGISTRATION FEE IS NOT PAID, AND THE LIABILITY RELEASE FORM AND PHYSICAL ARE NOT BROUGHT TO TRYOUTS THEY WILL NOT BE ABLE TO PARTICIPATE IN TRYOUTS. THIS IS EXTREMELY IMPORTANT! ****

ALL tryout material/ videos will be posted on our BAND page and Facebook page roughly a week before tryouts.

Tryouts:

Location: Bartram Trail High School Gymnasium

Dates and Times:

Friday, April 22, 2022 6PM- 8PM

Saturday, April 23, 2022 9AM- 1PM

*REMEMBER per cheer by laws you should always arrive to a practice, event and game or competition 10 minutes before the scheduled time or the time your Coach has set.

What to wear:

Athletic wear, no zipper or buttons on bottoms or tops

Plain white t-shirt and athletic shorts

Cheer shoes or sneakers, hair in ponytail WITH BOW
ABSOLUTELY NO JEWELRY & NO long fingernails.

What to bring:

Friday- Required forms (Physical, Liability Waiver and Report Card), Water bottle (prefilled), & Motivation w/ a POSITIVE ATTITUDE!

Saturday- Water (it is going to be a long day so make sure you have enough), snacks, & Motivation w/ a POSITIVE ATTITUDE!

How will I know that my cheerleader made the team?

SJMSAA will send an email to the email address you choose when you registered your athlete informing them that they have been selected for the 2022-2023 Swiss Point Cheer Team.

If your cheerleader made the team:

The email send congratulating your athlete will contain a link asking you to accept the position. Upon accepting the position, you understand all rules/regulations/financial agreements set forth by the SJMSAA Cheer Program and your individual school program.

In order to compete this step, you will submit your first payment of \$175 (or pay in full) by MAY 1ST. Your cheerleader will not be able to participate nor attend any cheer practice or event until this is completed and their name has been added to the roster.

If you choose a payment plan \$175 is due by May 1st, July 1st and September 1st.

SJMSAA DOES NOT OFFER REFUNDS AT ANYTIME FOR OUR CHEER PROGRAM AFTER A PARTICIPANT HAS ACCEPTED THEIR POSITION!

** I will be doing things differently this year regarding the competition team. I will practice with the athletes all summer, then competition team will be chosen sometime in July, date still TBD. HOWEVER, it is a SJMSAA rule that if you are required to Cheer sideline in order to be eligible for the competition team.

FEES:

- \$525 SJMSAA FEE (covers SJMSAA 2-day camp, \$100 towards UCA 2-day home camp, \$50 coach stipend, athletes' insurance, \$20 banquet allotment, county fees and game field fees)
*Your \$25 tryout fee is included in the \$525 Fee. You will see when you accept your athletes position you will owe the remaining \$500.
- \$115 additional fee for UCA 2-day home camp (& WHITE sideline bow) – Due May 3rd @ Parent Meeting
- \$35 annual registration fee for Brandon Allstars
- \$70 monthly fee for Brandon – 2 days a week for practice
- \$25 Competition Bow – Due TBD

EXPENSES:

- Annual Sports Physical
- Varsity Spirit Fashion: \$800 +Tax for Competition, \$653+ Tax for Sideline only. Uniform (additional shell for competition only), bloomers, practice wear, cheer shoes, cheer jacket, cheer jersey, pom poms, and cheer bag.
 - First Payment is due May 4th - \$331.59
 - Second Payment is due June 15th - \$320.70
 - Third Payment \$148.70 due after competition team is selected
- Choreography and Music: Approx. \$3,000 per year (Fundraise or split amongst athletes selected for the competition team)
- Competition and Travel Expenses
- Monthly Gym Fees
- UCA Camp
- Sister Gifts (Will explain in more detail)

Team Communication:

We will use the team app BAND and Facebook for all team communication. Please make sure you join our Swiss Point Cheer 2022- 2023 BAND group and our Swiss Point Cheer Facebook Group to stay up to date with all important information during the tryout process and then throughout the season!

Commitments:

- Varsity Fitting: May 3rd – 5:30PM (Athletes need to wear a bathing suit or a sports bra and Nike pro shorts)
- UCA 2-Day Home Camp: June 4th & June 5th @ Zone
- SJMSAA Mandatory Cheer Camp:
August 6th at Infinity Allstars – 8AM- 1PM
August 7th at Bartram Trail High School – 9AM – 5PM
- Practices – 2 hours 2 days a week at Brandon Allstars – Tuesdays and Thursdays 5:30-7:30
- Football Games – Usually Wednesdays (some Thursdays this year) Game start times are between 5-7. Schedule will be released in June! There are approximately 8 games. The season starts mid-August and runs through end of October beginning of November depending on playoffs.
- Competitions if your cheerleader is selected for the competition team.
- Choreography Camp TBD (Sometime in August)

ABSENCES:

Cheerleading is UNLIKE any other sport. We do not always have substitute members when needed. Substitutions in stunts is HARD to do, so you being present every day is extremely important. One person being absent affects the entire squad. It is important to not to inconvenience the already limited practice time of the entire squad by being absent. Absences will be excused in the event of personal illness with a doctor's note, a school function (please notify your coach ASAP), family emergency or death of a family member.

UNIFORMS: Provided by Varsity

Payments will be made through Varsity. These will be 2 separate payments with the overall cost being anywhere between \$650 and \$800. (If your athlete has cheered previously than your payment will be lower)

Uniform fitting will be May 3rd at 5:00PM - address will be given after team selections are made. We will have a parent meeting immediately following the fitting.

FUNDRAISING & SPONSORSHIPS:

- We will start fundraising in June. This is a team fundraiser, and everyone is required by SJMSAA to participate. More information will be provided at the parent meeting after the uniform fitting.

* I am looking for a parent volunteer to appoint our fundraising chairperson so if you are interested, please let me know ASAP!

We will also be asking for Sponsorships 2 times through the season. Once at the beginning of the year and then again towards competition time – This will be discussed in more detail after team selections are made so that we can discuss, and you parents can give your opinions and ideas!

WISHES** - I would like to raise funds to purchase a new run through banner for football games \$1,600-\$2,000, new pink poms for October AND possibly a couple mats to practice outside at the school!

TEAM PARENTS:

Once team selections are made, I would love to have at least 2 preferably 3 parents interested in filling a team parent role. If this is something, you are interested in please contact me and let me know ASAP! These roles will include but are not limited to; organizing gifts for the team, treats for camps and games, collecting money and communicating with me for any ideas for wants and needs for team, and all celebrations as well as, communicating information from Coaches to

Parents! The fundraising chairperson will work with the team moms and me. We will make an awesome team to ensure an AWESOME and beneficial season for Raiders Cheer!

SOCIAL MEDIA:

Follow SJMSAA for updates and season information:

Instagram: sjmsaacheer

Facebook: Saint John's Middle School Athletic Association and SJMSAA Cheer Nation

Follow Swiss Point Cheer for updates and season information:

Instagram: swiss_point_cheer

Facebook: Swiss Point Cheer

Tik Tok: swisspointcheer

We have VERY STRICT social media rules that we will get in to more after team selections have been made but, if your cheerleader has any personal social media, they are required to follow the teams page and allow the teams page to follow them!

Demerit System will be touched on during the Parent Meeting on May 3rd. We will follow our demerit system through out the entire season, so please make sure you discuss this with your athletes in depth!

COMPETITION INFORMATION:

October – Diamond Classic Competition in Orange Park

November – Warrior Warm Up at West Nassau High School

December – UCA Regionals in Tampa

December 30 – Infinity Winter Classic at Infinity Allstars Jax Beach

January – State Competition in Daytona

January – Duel in the Den at Landrum Middle School

February 10 – 12 – NHSCC Nationals at Wide World of Sports Orlando (If we receive a bid at Regionals)

** All Competitions and dates are subject to change; dates will be provided once finalized.

- Competition fees per athlete vary between \$15 and \$150 **with the exception of Nationals.**

IMPORTATION DATES AND EVENTS:

- Practices will begin in May at Brandon – days and times will be announced soon
Mandatory practices will begin in May (I don't have a set date yet) ... Tuesdays and Thursdays 5:30-7:30PM
- Varsity Fitting & Parent Meeting – May 3rd at 5:30 PM
- SJMSAA Football Jamboree – May 21st at St. Augustine High School time TBD
- UCA Home Camp at Zone – June 4th 12-6PM and 5th 9AM-4PM (Bring Lunch for Sunday)
- SJMSAA Camp – August 6th 8AM-1PM (Infinity Allstars) & August 7th 9AM-5PM (BTHS)
- Competition Team selections – July... Date TBD
- Choreography Camp (Competition Team) – TBD (Sometime in August)
- Bartram Football Game – Cheer with BTHS at a home game
- Beachside Football Game – Cheer with BHS at a home game (This is not set in stone)
- Summer Practices- We know people will be taking vacations, etc. Please email be a list of all of the dates that you will be out of town.

Demerit System:

- 1 demerit- out of proper uniform including practices, games or events (includes set hairstyle with bow); arriving late to practice, games or events (1 minute to 15 minutes)
 - 2 demerits- not being prepared or not bringing all required material to practice, games, or events; school dress code violation; arriving late to practice, games or events (16 to 30 minutes)
 - 3 demerits- failure to contact Coach prior to practice, games or events regarding an absences
 - 4 demerits- using foul language, disrespect, arguing or causing drama amongst team members/ talking about another team member both in person or via text/ social media
 - 5 demerits- a warning notification sent to the Coach by any School Administrator
 - 10 demerits- any social media, pictures or texting that is deemed bullying or illegal: a school behavioral referral/ suspension
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- UPON 5 demerits – game/ event suspension (must still attend in full uniform and sit with the Coaches)
 - UPON 10 demerits – permanent suspension from remainder of school year

NOTE: Coach can give demerits not on the list above on a situation-by-situation basis!

Coaches Information:

Coach Autumn Dehner

swisspointcheercoach@gmail.com

904-955-3991

Coach Devin Goss

239-281-3216

SJMSAA Cheer Commissioner

Tanya White

simsaacheer@gmail.com