



Freedom Crossing Academy Cheer Parent Information Sheet



Welcome to the 2022-2023 Freedom Crossing Cheer parent meeting!

Cheer Clinic and Tryout Dates

Location: FCA PE Pavilion

Cheer Clinic:

Monday, April 11th 3:00-5:00

Tuesday, April 12th 3:00-5:00

Tryout:

Thursday, April 14th 3:00-4:30

Team Rosters will be posted on our Instagram page @freedomcrossingacademycheer and emailed by 6pm on 4/14.

***If your cheerleader makes the team, you will receive an email asking you to accept the position. Upon accepting the position you understand all rules/regulations/financial agreements set forth by the SJMSAA Cheer Program. In order to complete this step, you must submit your first payment of \$175 by 4/15. Your cheerleader will not be able to participate nor attend any cheer practice/event until this is completed and their name has been added to our roster.**

*** SJMSAA does NOT offer refunds at anytime for our cheer program after a participant has accepted their position on the team.**

What to wear to clinic/tryouts

Athletic wear, no zippers or buttons on shorts or tops, sneakers or cheer shoes, hair in a ponytail
NO jewelry, no long finger nails.

*** On Tryout Day Wear FCA Cheer Tryout T-shirt with Navy shorts ***

Tryout Requirements

You must complete the SJMSAA online registration in order to tryout. Registration is now open. A \$25 nonrefundable fee is required to complete this process.

- Go to sjmsaa.org
- Click "sports" Select "cheer"
- Click "register" Scroll Down to Freedom Crossing Academy and click "Register Now"

Please visit www.sjmsaa.org to print and complete the **sports physical** and **Consent & Release of Liability** form found under **ABOUT** then **Board, Policy & Forms**.

All tryout materials/videos will be posted on our team BAND page.

In order for your child to begin the tryout process on Monday, April 11th We must have all of the following:

- SJMSAA online registration completed
- Sports Physical
- Consent & Release of Liability form

Team Communication

We use the team app BAND for all team communication. Please make sure to join our FCA Tryout BAND group to keep up to date with all important updates regarding the tryout process. Here is the link to join:

<https://band.us/n/a9a067R8404es>

FCA Cheer Commitment

UCA MANDATORY Cheer Camp

June 4th 12pm - 4pm

June 5th 9am - 4pm

Location: Zone All Stars Gym

SJMSAA MANDATORY Cheer Camp

August 6th 8am - 1pm at Infinity All Stars Gym

August 7th 9am - 5pm at Bartram Trail High School

Sideline Practices

- Plan on one practice per week (Tuesdays) at FCA for the duration of the season.
- Summer practices will be Tuesdays from 3-5pm at Plantation Park.

Competition Practices

- Plan on two practices per week (Mondays and Thursdays) at Brandon All Stars Gym
- Summer practices will be twice a week and will focus on skill building and progression. We do understand that families have vacations planned and summer practices will be more flexible with attendance. If you are in town you are expected to be at practice. Mandatory practices begin in August.

Absences

Cheerleading is **unlike** any other sport. We do not have substitute members when needed. We have no room for substitutions in stunts, so you being present every day is very important. One person being absent affects the entire squad. It is important not to inconvenience the 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, family emergency or death of a family member. Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence. You will be allowed 3 absences per season (football/basketball). If you have more than 6 absences you will be removed from the team.

Competition Team Additional Camps and Clinics

July 11-12 Choreography Camp at Infinity All Stars

Here are some of the competitions being considered among others:

Warrior Warm Up November 2022 West Nassau High School

UCA Regionals December 2022 Tampa, FL

Winter Classic December 2022 Infinity All Stars Gym

State Cheer & Dance Championships January 2023 Daytona, FL

Duel in the Den January 2023 Landrum Middle School

UCA Nationals February 2023 Orlando, FL

Uniform fitting will be April 20th at 2pm at FCA

Practice wear payment **\$137 will be due on April 22nd**

Uniform payment: **\$207.90 will be due June 1st**

Fundraising

We would love to have more fundraising opportunities this season. If you would like to volunteer as our fundraising chairperson please let us know as soon as possible. Funds raised go to pay for props, team gifts, and incidentals. We plan to have approximately four fundraisers this year.

Team Parent

Once the team is announced any parent or parents interested in filling the team parent role should contact us immediately. This parent will be in charge of organizing gifts for the team, organizing treats for games, helping with celebrations and things of this nature. This parent may also be asked to relay information to parents from the coach.

Important Dates

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|-------------|---|
| April 11-12 | Tryout Clinic Days at FCA |
| April 14th | Cheer Tryouts at 3pm at FCA |
| April 20th | Uniform Fitting 2pm at FCA |
| May 21st | Spring Football Game at St Augustine High School |
| June 4-5 | MANDATORY UCA Cheer Camp at Zone |
| July 18-19 | MANDATORY Choreography Camp at Infinity (competition team only) |
| August 6-7 | MANDATORY SJMSAA Cheer Camp at Infinity Day 1 Bartram Day 2 |

Football Schedule:

Most games will be on Wednesdays at 5 or 7pm. Football schedule will be released in June.

Social Media

To follow SJMSAA for updates and season information:

Instagram: sjmsaacheer

Facebook: SJMSAA Cheer Nation

To Follow Freedom Crossing Academy for updates & season information:

Instagram: freedomcrossingacademycheer

Facebook: FCA Cheer

Coaches Information

Crystal Sparks

freedomcrossingcheer@gmail.com

Jami Odom

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Cheer Commissioner: Tanya White

cheer@sjmsaa.com