

St. Alphonsus
Varsity Cheer Tryout
Packet
2022-2023



Cheerleader Tryout Packet

Dear Parents and Prospective Cheerleaders:

Thank you for showing interest in our cheerleading squad at SAS. We are very excited about next year and look forward to a successful season. Being a cheerleader is an honor and special privilege. As representatives of our school, our squad exists to promote wholesome, enthusiastic school spirit, and good sportsmanship. Because of these responsibilities, members of the cheerleading squad will be expected to uphold a higher standard of behavior both on and off campus, as well as always striving for academic excellence.

If selected as a cheerleader, many long hours will be required for practice, cheering at football and basketball games, fundraisers, and various other school activities. Please remember academics come FIRST, then cheerleading *for St. Alphonsus School*. Missing multiple practices and/or games for other cheer squads, dance, sports, etc. will result in demerits and affect in the cheerleader's role on the squad. If a student is currently a member of or intends to join a competition squad whose practices and/or competition dates conflict with the SAS schedule the student should reconsider signing up for the SAS squad.

All information that you need will be included in this packet. This cheer packet includes tryout details, important dates, and a tryout registration form.

Tryout Details

- Candidates will try out at the end of their 4th, 5th, 6th, and 7th grade year for the next school year.
- 5th graders trying out will either be placed on the Varsity or JV squad depending on their scores.
- Tryouts are directed by the coach. No person of the SAS school staff or administration will score the candidates on their try-out performance. If any SAS faculty or staff is present during tryouts, they may be there to assist in calculating the judges' scores and escorting the candidates to and from each location.
- Tryout eligibility for the SAS cheerleading team is as follows:
 1. **Must be a registered student at SAS and have all financial responsibilities met.**
 2. Must have a 2.0 for the 3rd nine weeks. (2nd nine weeks will be reviewed if tryouts fall before the end of the 3rd nine weeks)
 3. Have mandatory permission slip forms turned in on time as stated.
 4. Attend all days of the mandatory tryout clinic to learn routines unless otherwise excused by the team coach.
- Previous team members **do have** to tryout each year.
- Candidates will wear shorts and shirts.
- Candidates will perform some or all of the following for the judges:
 1. Individual cheer taught at clinic

2. Group dance taught at clinic
 3. Group Chant taught at clinic
 4. Jumps
 5. Tumbling (worth bonus points)
- Candidates will be judged on the following:
 1. Communication skills (voice, facial expression, confidence, enthusiasm, crowd appeal, etc.)
 2. Motion technique (arm level, sharp motions, correct fists, etc.)
 3. Dance technique (sharp motions, keeps beat, expression, etc.)
 4. Jumps
 5. Tumbling (worth bonus points)
 6. Teacher evaluations will also be included in scoring
 - There is no set number of members on the team. Cuts are determined by a break in the total scores. There will be only one Varsity Team. There may not be any cuts if the students' scores fall within points of one another.
 - Tryouts results will be sent out via email. Team members will be listed by tryout number.

Feel free to Contact Mrs. Stokes at knappspeyton@yahoo.com or Morgan Bueche at mbueche@stalphonsusbr.org with any questions.

Thanks,
Peyton Stokes and Morgan Bueche
Varsity Cheer Coach

Morgan Spencer
Athletic Director

VARSITY CHEER TIMELINE 2022-2023

<p style="text-align: center;"><u>MARCH</u></p> <p>REGISTRATION BEGINS – MARCH 14TH</p> <p>PARENT MEETING – MARCH 22ND AT 5 P.M.</p>	<p style="text-align: center;"><u>APRIL</u></p> <p>TRYOUTS- APRIL 4TH, 5TH AND 7TH</p> <p>FITTING- APRIL 12TH (\$95 REG DUE)</p>	<p style="text-align: center;"><u>MAY</u></p> <p>VARSITY CHEER CLOTHES PAYMENT DUE – MAY 1ST</p> <p>PRACTICE- TBD</p>	<p style="text-align: center;"><u>JUNE</u></p> <p>UCA CAMP FEE DUES - JUNE 1ST</p> <p>PRACTICE- TBD</p>
<p style="text-align: center;"><u>JULY</u></p> <p>PRACTICE- TBD</p> <p>UCA CAMP- JULY 11TH – 13TH AT MOST BLESSED SACRAMENT</p> <p>JV CAMP – JULY 14TH AND 15TH AT ST. ALPHONSUS (6TH, 7TH, & 8TH GRADE CHEERLEADERS ONLY)</p>	<p style="text-align: center;"><u>AUGUST</u></p> <p>PRACTICE BEGINS MID- AUGUST- MONDAYS, OTHER DAYS TBD</p>	<p style="text-align: center;"><u>SEPTEMBER</u></p> <p>SUNDAY FOOTBALL GAMES BEGIN- USUALLY AFTER 1:30PM</p> <p>GIRLS BASKETBALL GAMES BEGIN</p> <p>PRACTICE- MONDAYS</p>	<p style="text-align: center;"><u>OCTOBER</u></p> <p>SUNDAY FOOTBALL GAMES BEGIN- USUALLY AFTER 1:30PM</p> <p>BASKETBALL GAMES</p> <p>PRACTICE- MONDAYS</p>
<p style="text-align: center;"><u>NOVEMBER</u></p> <p>PRACTICE - MONDAYS</p> <p>PEP RALLY- USUALLY THE SECOND WEEK IN NOV.</p>	<p style="text-align: center;"><u>DECEMBER</u></p> <p>PRACTICES- TBD</p>	<p style="text-align: center;"><u>JANUARY</u></p> <p>PRACTICE - MONDAYS</p> <p>BOYS BASKETBALL GAMES START</p>	<p style="text-align: center;"><u>FEBRUARY</u></p> <p>PRACTICE - MONDAYS</p> <p>BOYS BASKETBALL GAMES</p> <p>PEP RALLY- MARCH</p>

Varsity Cheer

*****ESTIMATED COST*****

\$95 Registration Fee – Due after tryouts *Registration will be billed through FACTS.

*******Estimated cost for each girl*******

Camp wear/practice clothes	\$150 (order through Varsity Spirit) *Parents pay Varsity
Shoes	\$60 (ordered through Varsity Spirit or purchase any white cheer shoe)
UCA Camp	\$209 *** School pays Varsity/UCA and parents will be Billed through FACTS
	\$419

Optional items/new girls- All items ordered through Varsity Spirit except sweatshirt

Bloomers	\$16
Bow	\$10
Cheer bag	\$57
Cheer sweatshirt	\$20 (ordered through cross threads in the fall)
Bodyliner	\$20
Uniform	\$134
Poms (1 Blue, 1 Gold, 1 Red)	\$13 each

Used uniforms can be purchased at half price from a former cheerleader!

** Payments for cheer gear will be paid in Full to Varsity Spirit Fashions by May 1, 2022. Camp payment must be paid in full by June 1st.

Fee Dates

\$95 Registration Fee Due April 12th

Varsity Balance Due May 1st - (Online Payment - \$150-\$500 depending on what you order and if your daughter is a first year cheerleader.) *****Parents pay Varsity, no money comes to the school for clothes.

\$209 Camp Fee is Due to school on or before June 1st.

*****Parents will be billed through FACTS for the camp fee.**

2022-2023
Important Dates to Remember:

Parent Meeting: March 22nd at 5:00 p.m.

Mandatory Tryout Clinic: Monday, April 4th (3:45 – 5:30)
Tuesday, April 5th (3:45 – 5:00)

Cheerleading Tryouts: Thursday, April 7th (3:45 – 6:00ish)
Results will be emailed. Coach will determine time the day of tryouts.

Practice Clothes and Uniform fitting: April 12th after school
\$95 Registration Fee Due

UCA Camp- July 11th-13th at Most Blessed Sacrament

Practice Begins: Practice will begin after tryouts, but will work around volleyball. (Days of the week TBD.) When planning for next school year, cheer practice is held every Monday after school, as well as, some Tuesdays and Thursdays prior to pep rally. If your child has another non-school activity on these days, they may need to reconsider trying out for the SAS squad.