

Varsity Cheer  
Tryout & Squad  
Info Packet  
2025-2026



## Varsity Cheerleading Squad Tryout Info 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 varsity cheerleader is both an honor and a privilege. As representatives of our school, our squad exists to promote wholesome, enthusiastic school spirit and good sportsmanship. Because of these responsibilities, all cheerleaders will be expected to uphold a higher standard of behavior both on and off campus, as well as strive 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.

**\*\*THE VARSITY SQUAD IS OPEN TO STUDENTS ENTERING THE 6<sup>TH</sup>-8<sup>TH</sup> GRADES IN THE 2025-2026 SCHOOL YEAR. SQUAD PLACEMENT WILL BE DETERMINED FOLLOWING TRYOUTS.\*\***

### Tryout Details

- Candidates will try out at the end of their 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> grade year for the next school year.
- Tryout material is directed by a 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 3<sup>rd</sup> nine weeks. (2<sup>nd</sup> nine weeks will be reviewed if tryouts fall before the end of the 3<sup>rd</sup> 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 appropriate shorts and SAS t-shirt or athletic shirt.
- 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.
  - Tryout results will be sent out via email that same evening.

Feel free to contact Morgan Bueche at [mbueche@stalphonsusbr.org](mailto:mbueche@stalphonsusbr.org) or Ms. Monsour at [kmonsour@stalphonsusbr.org](mailto:kmonsour@stalphonsusbr.org) with any questions.

Thanks,  
Morgan Bueche  
SAS Cheer Director

## VARSITY SQUAD TIMELINE 2025-2026

<p style="text-align: center;"><u><b>April</b></u></p> <p>Tryout Registration due by <b>April 18<sup>th</sup></b></p> <p>Tryouts – April 28-29 &amp; May 1<sup>st</sup></p>	<p style="text-align: center;"><u><b>May</b></u></p> <p>Varsity uniform - May 6<sup>th</sup> @ 6pm \$95 registration due</p> <p>Uniform payments due <i>TBD</i></p>	<p style="text-align: center;"><u><b>June</b></u></p> <p>Uniform payments due <i>TBD</i></p> <p>Practice - TBD</p>	<p style="text-align: center;"><u><b>July</b></u></p> <p>UCA camp fee due - July 1<sup>st</sup> Practice- TBD</p> <p>UCA Camp (overnight) - July 14<sup>th</sup> - 18<sup>th</sup></p> <p>JR &amp; JV Camp – July 21<sup>st</sup> &amp; 22<sup>nd</sup> at SAS (7<sup>th</sup>, &amp; 8<sup>th</sup> grade cheerleaders only)</p>
<p style="text-align: center;"><u><b>August</b></u></p> <p>Practice <b>After school until 5pm</b></p>	<p style="text-align: center;"><u><b>September</b></u></p> <p>Football games <b>Sunday afternoons</b> begin mid-Sept</p> <p>Practice</p>	<p style="text-align: center;"><u><b>October</b></u></p> <p>Football games <b>Sunday afternoons</b> begin mid-Sept</p> <p>Girls basketball games (<i>non-bball players only</i>)</p> <p>Practice</p>	<p style="text-align: center;"><u><b>November</b></u></p> <p>Practice (<i>Thursday practice week of pep rally</i>)</p> <p>Pep Rally</p>
<p style="text-align: center;"><u><b>December</b></u></p> <p>Practice</p> <p>Boys basketball games start</p>	<p style="text-align: center;"><u><b>January</b></u></p> <p>Practice</p> <p>Boys basketball games</p>	<p style="text-align: center;"><u><b>February</b></u></p> <p>Practice</p> <p>Boys basketball games</p>	<p style="text-align: center;"><u><b>March</b></u></p> <p>Practice (<i>Thursday practice week of pep rally</i>)</p> <p>Pep Rally</p>

## Varsity Squad

### \*\*\*ESTIMATED COSTS\*\*\*

\$95 Registration Fee

#### ITEMS PURCHASED FROM VARSITY SPIRIT:

Bloomers	\$17
Midriff Bodysuit	\$26
Bow	\$12
Backpack	\$32
Poms (1 blue, 1 gold, 1 red)	\$14 each

#### ITEMS PURCHASED FROM BSN SPORTS:

Camp/Practice Outfits	\$125
School approved game day shirt	\$18 ( <i>can be purchased in August</i> )

Shoes \$75

\*cheer shoes can also be purchased from Academy, Dicks Sporting Goods, Amazon, etc.

**RENTAL FEE FOR NEW UNIFORM** \$50

\*\*cheerleaders will receive an info sheet & rental agreement for new uniform after tryouts\*\*

Camp \$50-100 (TBD - after biddy camp fundraiser)

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~ **\$450-500**

### Fee Dates

\$95 Registration Fee due May 6<sup>th</sup>

Camp Fee due JULY 1<sup>st</sup> (paid via FACTS)

Uniform Payments due in May-June

## 2025-2026

### Important Dates to Remember:

**Mandatory Tryout Clinic:** Monday, April 28th (3:45 – 5:00)  
Tuesday, April 29th (3:45 – 5:00)

**Cheerleading Tryouts:** Thursday, May 1<sup>st</sup> (3:45 – 5:30ish)  
*Results will be emailed*

**Practice Clothes and Uniform fitting:** May 6<sup>th</sup> @ 6pm  
\$95 Registration Fee Due

**UCA Camp-** July 14<sup>th</sup> – 18<sup>th</sup> at Southeastern University (**overnight camp**)

**JR & JV Camp:** Monday, July 21<sup>st</sup> & Tuesday, July 22<sup>nd</sup>  
from 8:30am – 4:30pm @ SAS