

SIMPSON COUNTY ACADEMY CHEERLEADING HANDBOOK 2024 – 2025



Simpson Academy Cheerleader Tryouts

Thank you for being interested in becoming a member of the cheerleading squad or mascot for Simpson Academy. Tryouts for our cheerleading squad will be on March 8, 2024. A \$30.00 tryout fee is required to cover the cost of the judges, and tryout clinic. This packet includes the cheerleader handbook, cheerleader information form, financial commitment form, and cheerleader selection and guideline form.

A mandatory Parent/Candidate meeting will be held on February 25th at 2:00 in the HS Cafeteria. Due to scheduling, this meeting will be held on Sunday. At this meeting, we will discuss the Simpson Academy Cheerleader Handbook. **Please have all forms, fees, and other necessary documents turned in by March 1, 2024.**

These include:

1. Current physical
2. Cheerleader Information Form
3. Financial Commitment Form
4. Cheerleader Selection and Guideline Form
5. \$30 tryout fee

All students must be pre-registered at Simpson Academy. In addition, all tuition and school fees owed to Simpson Academy must be current through March.

The **mandatory tryout clinic** will be held Tuesday March 5- Wednesday March 6, from 3:15 - 5:00 each day (these days are mandatory). Thursday March 7 from 3:00-4:00 (optional) The tryout clinic will consist of:

1. The tryout material (Entrance, 1 cheer, 1 group chant, 1 group dance, and Fight song)
2. Jumps, cheer technique, and tumbling

No one will be allowed in the gym during the clinic or tryouts.

No videotaping will be allowed during the clinic. Except for when the tryout material is being shown at the beginning of the clinic on Tuesday , March 5.

If you have any questions concerning tryouts or the cheerleading program you may contact:

Brandi Giordano (601)816-8144 or Kara Polk (601)408-4990

bgiordano@simpsonacademy.net or kpolk@simpsonacademy.net

Simpson Academy Cheerleading Handbook

2024 - 2025

The purpose of the cheerleading squad is to promote and uphold school spirit, to develop a sense of good sportsmanship and to better the relationship between our school and the schools with whom we compete. Cheerleaders are representatives of Simpson Academy in and out of uniform. It is the purpose of the individual to contribute to the squad, promote squad unity, and abide by the rules set forth in the Cheer handbook as well as in the SCA School Handbook. The sponsor and the headmaster reserve the right to change, add to, or omit any rule or guideline as deemed necessary.

Membership:

- A. In the spring, one junior high squad and one high school squad will be selected with a minimum of 10 members. They will be chosen at-large with no grade restriction. Sponsors will follow the judges' recommendations. **The judges' decisions are final. The coaches will not change any decisions made by the judges.**
- B. One girl/boy will be selected as mascot.
- C. Cheerleader tryouts will consist of one entrance, one individual cheer, group dance, group chant, and three consecutive jumps by each candidate. High school will perform three jumps of their choice with or without a prep between. Junior high will perform three jumps of their choice with or without a prep between. Mascot candidates will perform a two minute individual routine.
- D. **The captain and co-captain will be determined by the tryout score. Captain and co-captain must be a senior (freshman for Junior High) and a cheerleader during the previous year. Should no eligible candidate be found in the senior or freshman class, the captain and co-captain will be selected from the next grade level. Failure to complete duties as a captain or co-captain will result in demotion from the position. The coach will then fill the position with the next highest score from the selection process. The role of the captain and co-captain is to ASSIST the cheerleader coach. They will have the responsibilities as designated by the coach. The coach, however, is the person of authority.**

Tryout Eligibility:

- A. Must be currently attending SCA at the time of cheer sign up and be pre-registered for the next school year. One parent must attend the mandatory cheer meeting.
- B. The candidate must meet SCA academic requirements outlined in the official SCA Handbook under the heading “Extra-Curricular Activities”.
- C. The candidate must be in good financial standing with the school and have no outstanding debts for tuition or other expenses.
- D. The candidate must pass and submit a written record or physical examination given by a medical doctor within the last calendar year of tryout date.
 - 1. Sports physicals taken previously the same year will be accepted as long as no injury has occurred since the physical exam was performed.
 - 2. If injury has occurred since the last examination, the candidate must get another physical and provide a written record of examination with the physician’s approval to participate in cheerleading activities.
- E. Candidates must pay a \$30.00 tryout fee.
- F. Candidates must sign and submit the candidate commitment/agreement forms.
- G. Parents/legal guardians must sign and submit consent/agreement forms.
- H. The candidate must attend the tryout clinic scheduled the week before tryouts. This is MANDATORY!!
- I. Candidates must fulfill all requirements by the due dates in order to participate. This includes payments and paperwork.
- J. Candidates must attend summer practices and summer camp.
- K. Any cheerleader who quits or is removed from school for reasons NOT associated with physical or medical disabilities will not be eligible to try out the following year.

Each Cheerleader Must:

- A. Attend a summer camp, which will be selected by the coach. Must attend MAIS Cheer Competition(Varsity cheerleaders).
- B. Demonstrate a cheerleading personality at all times and at all sporting events.
- C. Attend designated pep rallies and games in uniform and sit with the coach when benched from a game and/or pep rally.
- D. Follow squad rules always.

Camp:

1. Cheerleaders will be respectful to coaches and staff members of the selected camp.
2. Cheerleaders will follow the rules of camp and the guidelines set by the coach.
3. At no time, other than initial move in day, will gentlemen be allowed on the dorm floor. This is a UCA rule.
4. Cheerleaders will go to the cafeteria as a group and will not go to the dorm room without the sponsor. You will not be left alone at any time. **This is a liability.**
5. Cheerleaders are representing Simpson Academy while at camp and will conduct themselves as such.
6. If, at any time, you are misrepresenting SCA, or breaking the rules of camp, your parents will be called and you will be asked to leave.
7. Conduct unbecoming of a cheerleader is grounds for removal from the squad.

Tryout attire:

Varsity Candidates are required to wear the following attire:

- Blue t-shirt (tucked in)
- Black Nike shorts
- Solid white socks
- White athletic shoes
- Red ribbon

Junior Varsity candidates are required to wear the following attire:

- Red t-shirt(tucked in)
- Black Nike shorts
- Solid white socks
- White athletic shoes
- Blue ribbon

Candidates are required to abide by the following:

- Hair pulled back away from the face in a ponytail. It should be secured tightly with the correct color ribbon.

- Fingernails, including artificial ones, must be at a length at which nails are not visible from the palm side of the hand. **Clear nail polish only.**
- Make-up should be in good taste.
- NO jewelry of any kind. This includes piercings (healed or not).
- Tattoos (temporary or permanent) should not be visible.
- No body glitter, hair glitter, or makeup glitter, or nail polish.

Failure to abide by these requirements will result in the candidate not being able to try-out for SCA cheerleader.

*****Results will be posted on twitter @scacougarsports and @nick_sca**

Accounts:

Payments on expenses will be paid per the following payment schedule:

- | | |
|-----------------------------------------------------|---------------------------|
| 1. First meeting following tryouts(March 18, 2024) | Camp Due: \$455 |
| 2. Due April 22, 2024 | Half of varsity bill |
| 3. Due May 15, 2024 | Remaining varsity balance |

- Failure to pay money when due will result in suspension from the squad until all expenses have been paid.
- As of May 15, 2024, any cheerleader with an outstanding balance on her account will be ineligible to practice or participate in any cheerleading activities until the balance on the account is paid.
- If your account is not paid by May 15, your child will not be allowed to participate in the first night of camp. They are still required to attend practices and can participate in all other aspects of camp.

It is important that you are committed to SCA cheerleading and your squad. You will have certain responsibilities that begin the day you are selected and will not end until the next year's tryouts.

It is your responsibility to schedule vacations, appointments, summer school, jobs, or other recreational events around your cheerleading schedule. Do not expect cheer events and practices to be scheduled around you.

If you feel you cannot work within the confines of this commitment, please do not try out for cheerleader. You will not be happy with the situation.

Make sure this is what you want. We are going to be a great squad and everyone must be serious about the time it takes and your responsibility to Simpson Academy.

Remember being a cheerleader requires a lot of hard work, time, and dedication. You will be a representative of Simpson Academy and our athletic department.

Cheerleader Responsibilities:

1. Cheerleaders will respect and follow all rules in the SCA Cheerleader handbook.
2. Cheerleaders should be cooperative with the sponsor and fellow squad members.
3. Disrespectful behavior shown to the sponsor will not be tolerated. Disciplinary action will be taken if this occurs.
4. SCA Cheerleaders should represent SCA in a positive, appropriate manner at camp, games, and all other activities.
5. SCA Cheerleaders must attend all cheerleading activities scheduled by the school and the sponsor. This includes practices, camps, pep-rallies, games (of any sport), meetings, and all other activities scheduled by the sponsor.
6. Cheerleaders are expected to be on time and are responsible for transportation to practices, camps, games, meetings, and all other activities. **If you do not drive, then it is the responsibility of your parents to make sure you are on time to the activities required.**
7. Cheerleaders are required to wear appropriate clothing to practices, camps, games, meetings, and other activities. This means no stomach showing, no shirts with the arms cut out, no shirts with inappropriate wording, and no loose-fitting shirts. Top girls will wear fitted shirts. All cheerleaders will wear cheer shoes to practice. When camp clothes arrive, we will be wearing camp clothing to practice at all times.
8. Unsportsmanlike conduct and disrespect toward fellow squad members will not be tolerated. Disciplinary action will occur. You are a team and must work as a team. Do not talk about another cheerleader at any time! If you have issues with other members of the squad, we will discuss it privately. If it involves the squad, then we will discuss it as a squad, respectfully and maturely.
9. Public displays of affection are deemed inappropriate.

10. Cheerleaders should use appropriate language and positive language throughout all practices, games, camps, and all activities.
11. Cheerleaders will cheer at all football games, designated basketball games, and any other activities designated by the sponsor.
12. Halftime is the time for restroom needs, expressing concerns to the coach and taking care of other needed business. You should be back on the field ready to cheer at the **beginning** of the 3rd quarter.
13. Cheerleaders will display good sportsmanship at all times.
14. Cheerleaders will set good examples in the classroom, on school grounds, and at all school functions.
15. Cheerleaders will lead the crowd in cheers and get the crowd excited about the game.
16. Cheerleaders and the mascot will not make derogatory comments to or about each other at any time.
17. Cheerleaders will stand at the post assigned to them by the coach and will rotate position at the coach's direction throughout the game.
18. No Cell Phone usage during practices or athletic events. Failure to abide by this rule will result in cell phones being turned in to the coach until the athletic event is over.
19. Follow the Student Code of Conduct and the Demerit system.

Attendance:

1. **Cheerleading squad members are to contact the cheer coach if practice will be missed or if she must leave school.**
2. **School attendance is required for participation. No more than one class absence is allowed in order to participate in the day's activities.**
3. Attendance at summer practice is mandatory unless excused by the coach prior to practice or for extenuating circumstances.
4. If a squad member misses a practice before a pep rally, the member will not be allowed to participate in the pep rally for that week. It is very important to attend every practice because if someone misses, it affects the entire squad. Exceptions will be made if there are conflicting SCA activities or serious illnesses. You must let the sponsor know when you are sick or have an SCA activity conflict with practice. You must obtain a doctor's excuse and you must know ALL the material for the pep rally.

The following are possible reasons for removal from the Squad.

- A. Smoking, drinking, using illegal drugs, or inappropriate post on social media (bullying, talking about another cheerleader, posting inappropriate picture of someone or of yourself).
- B. Breaking any severe rules in the SCA Student Handbook.
- C. Excessive unexcused absences/tardies/leaving practice will be reviewed by the principal and coach.
- D. Fighting
- E. After fair warning, any continued problem, poor attitude or behavior, which is not of good representation for the cheerleading squad, may result in removal.

Before the removal of a squad member, the principal and the coach will review the situation. Parents and the cheerleader will be informed of the necessary disciplinary action.

Automatic Benching:

A cheerleader will be benched for one pep rally or one game for failing to dress appropriately on the day of a pep rally or game. This includes during school hours. Appropriate dress includes bloomers, hair in a ponytail, ribbon, pom poms, shoes, socks, and coach approved uniform for the pep rally or game.

A cheerleader will be benched for a pep rally or game for not fulfilling her responsibilities set forth in the handbook.

A cheerleader who is benched for a pep rally or game must attend the function in uniform and sit with the coach or they will be suspended for another pep rally and a game.

Inappropriate Behaviors and Consequences

Members of the squad at Simpson Academy should uphold the image of a leader. It is an honor to be a member of the SCA Cheerleading Squad.

Cheerleaders will receive consequences for rules/expectations/behaviors that are not followed. The following are listed inappropriate behaviors that will result in punishment/consequences. This list is NOT complete.

Inappropriate behaviors(not all inclusive)

- Talking to or criticizing referees or players
- Failure to take off jewelry, chewing gum or candy, or pull hair back
- fingernails that are longer than the end of your finger, any polish other than clear(**CLEAR ONLY**)
- Unexcused tardiness (5 minutes or more)
- Leaving an event for any reason (game, fundraising event, public appearances, etc.)
- Talking to friends, eating or sitting during a practice, pep rally or game
- Unexcused absence from practice or event
- Failure to notify coach of absence before practice or event.
- Late returning from half time or break.
- Rudeness directed toward another squad member or another individual
- Talking, laughing or interrupting coach/captain when instructing
- Use of cell phone, make-up, etc. during practice or event
- Failure to bring equipment (pom poms, etc.)
- Unexcused absence from practice or event
- Failure to dress in proper uniform at an event (Socks, bow, shoes, bloomer, etc.)
- Laughing or talking during stunts
- Referral and/or Detention after school
- Poor conduct at any time (poor attitude, laziness, excessive talking, and unexcused absences)
- Leaving the game, pep rally or practice without permission or being dismissed

Consequences could include:

- conditioning - jumps, run, etc
- benched for a pep rally, game or partial game/pep rally(must sit with coach, no cell phone)

Repeated violations will result in a conference between coach, parent and cheerleader and possibly Athletic Director or Headmaster.

2024-2025 Cheerleader Information and Rules

These may be added to accordingly

A practice schedule will be given to you. Remember- do not schedule vacations before camp. There will be a two-week mandatory practice schedule prior to camp. NO EXCUSES. Remember – you want to be a cheerleader and will need to make practices. No more than two practices can be missed between now and camp.

It will be your responsibility to start stretching before practice. The Captain will tell you that it is time to begin. After that, it is your responsibility to be ready to begin practice. This includes already stretching, being in appropriate practice clothes and shoes, and hair pulled back in a ponytail.

If you come to practice late or leave early, not only will you receive the appropriate demerit(s), but you are also responsible for any missed material. You are to learn this on your own outside of practice! If you come in late, then stretch before you join the squad in practice. Do not interrupt.

Pep Rally

You should know **ALL** of the material for the pep rally by Wednesday (if you are Junior High) /Thursday (if you are High School), or you will not perform in the pep rally. This is regardless of whether you were absent. We will be learning dances and new material all year and you must know what is being done in the pep rally. Remember – if you miss practice before your team's pep rally, you will not be allowed to be in the pep rally (extenuating circumstances do apply).

Game

You will cheer for all four quarters of football and basketball games that you are scheduled to attend. You are to be at football games 1 hour early. After the half-time performance, quickly take care of business (which may include getting your parents to get you a drink) and be back at the beginning of the 3rd quarter. Do not bring food onto the field when you are supposed to be cheering. The football team does not bring snacks back to the field. You are to be at basketball games 15 minutes early. When the clock starts, you start cheering.

Do not have cell phones out at the games. This will result in having to turn in your phones before the games begin. Girls that play basketball, you need to be cheering by the end of the first quarter.

Once you are in a line up, do not huddle up and talk. We will rotate the line up each half. Make sure you are in a coach appointed uniform and have proper attire on including correct bloomers, ribbons, and pom poms.

Competition:

SCA's Cheerleading squad WILL participate in the MAIS Cheer Competition.

We will hire appropriate instructors to help with our performance. **This will be a fee for each cheerleader.** More information on this will be sent out at a later date.

Safety Guidelines:

1. Absolutely NO unsafe tumbling will be permitted at any time.
2. Appropriate shoes must be worn at all times.
3. Appropriate attire must be worn at all times during practice and performance.
4. No one other than trained members of the squad, trained individuals and coaching staff will be allowed to stunt with the Simpson Academy Cheerleading Squad.
5. No stunting, building, or tumbling is allowed without direct supervision of the Cheerleading Coach. Violation of this rule will result in dismissal from the squad of all parties involved.

Financial Obligation

Parents/legal guardians of SCA cheerleaders must meet the financial obligations.

The following is an **ESTIMATED** breakdown of the expected expenses:

Cheerleader camp	\$455.00
Camp Attire	200.00
Uniforms (new or used)	1000.00
Shoes	90.00
Pom-Poms	25.00
Incidentals	<u>200.00</u>
Total	\$1970.00

Parents will be required to sign a form before tryouts stating that they will assume all cheerleading expenses should their child be selected.

In addition to the above expenses, cheerleaders will be required to attend stunting/tumbling classes. This additional expense will be the responsibility of each cheerleader and parent.

There may be unexpected expenses throughout the year with different activities; parents will be responsible for those that occur.

**** Football games are MANDATORY! There will be no excuses for missing a Football game unless serious illness, or any other unavoidable circumstance approved prior by the Cheer coach****

**** All Cheerleaders must cheer at all scheduled basketball games during the regular season with 1 excused absence allowed. Basketball Tournaments and Playoff Games are MANDATORY!****

**** Any negative publicity or behavior expressed on Social Media platforms towards the Cheerleading Team, Coaches, or Simpson Academy will result in an automatic dismissal from the Cheerleading Team****

****Please follow the Chain of Command:**

- **Contact the Cheer Coach to discuss a problem.**
- **If you are not satisfied, contact the Athletic Director to set up a meeting.**
- **If you are still not satisfied, contact the Headmaster for a resolution.**

Simpson County Academy Cheerleader Handbook
2024-2025

****This is a release of Legal Rights –Read and Understand BEFORE signing****

_____ (Child's name) has permission to travel to and from
SCA events by driving her own car, or riding in the vehicle with another person.

I am fully aware of the risks and hazards connected with traveling, and I hereby voluntarily
assume full responsibility for any risks involved in traveling to school events.

Signature of Participant

Signature of Parent Date

Financial Agreement

I _____, understand the financial responsibility involved in my daughter being a cheerleader at Simpson County Academy. I take full responsibility for this financial obligation and will follow the payment guidelines set forth in the SCA Cheerleader Handbook.

Parent signature_____ Date

Cheerleader Selection and Guideline Form

I, the undersigned, have read and fully understand the rules and regulations, which govern my child if she is chosen to represent Simpson Academy as a cheerleader. I further understand that this is an extra-curricular activity, and that attendance to all practices, games, special functions, and summer camp is a requirement of the selected cheerleaders.

I hereby give consent for my child, _____, to try-out for cheerleader at Simpson County Academy and recognize her responsibilities as a leader of her school.

Parent (Guardian's) Signature: _____ **Date:** _____

I have read all the rules and regulations that govern the Simpson Academy Cheerleaders. As a representative for my school, I understand and agree to abide by these rules if selected as a cheerleader for the 2024-2025 school- year.

Student Signature: _____ **Date:** _____

In the spring, one junior high squad and one high school squad will be selected with a minimum of 10 members. They will be chosen at-large with no grade restriction. Sponsors will follow the judges' recommendations. **The judges' decisions are final. The school administration or coaches will not change any decisions made by the judges. The school administration or coaches will not discuss the results with student nor parent after tryouts have taken place.**

By the signing below, I acknowledge and understand the above statement.

Parent Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____

Cheerleader Information Sheet

Participants name: _____ Grade _____

Participants Phone# _____ Email: _____

Parents name: _____ Home # _____

Parents email: _____ Cell # _____

Emergency contact: _____ Relationship _____

Emergency contact phone# _____

Doctor and phone # _____

Allergies _____ If yes please explain. _____

Medications _____ If yes please explain. _____

Any conditions or injuries that we need to be made aware of ? _____
