

St. Joseph School Cheerleading

Dear Parents,

It's time for the 2018-2019 SJS Cheerleading tryouts! In this letter, I hope to tell you about what is involved in cheerleading and the commitment needed on both your part and your daughter's part.

Cheerleading, like any other sport, requires a commitment, both in time and effort. Practices will begin on Tuesday, September 25, and continue through May. Practice is held on Tuesdays from 3:15-5:00PM. **A mandatory parent meeting will be held on September 25 at 4:30 pm.** It is very important that all the girls attend all of the practices and are ready to participate and give their coach their complete attention. **If more than two practices are missed due to obligations other than illness, your child will be asked to leave the team.** If your child comes to school, she is required to attend practice. Additionally, cheerleaders will not be permitted to leave practice early to attend practice for another team. Early dismissal from practice will count as an unexcused absence from practice. These rules will be strictly enforced during the season.

Practices for tryouts will be held on Wednesday, September 19, 2018-Thursday, September 20, 2018 from 3:15-4:30 pm. Friday's tryout will be held until 12:30 pm. Permission slips must be turned in on or before Tuesday, September 18, or participation will not be allowed. For the try-out, each girl will be given a number and will learn a cheer, a dance and various jumps. On Friday, September 1, the girls will wear PE T-shirts and shorts and will be judged on the cheer, dance, and jumps. After 4PM on the last day of try-outs (Friday) each girl will visit the school website to see the listing of all the numbers that have been selected for the squads.

Attached along with the permission form is *SJS Cheerleading Information and Expectations* and I encourage you to please read this with your daughter before allowing her to try out and make a commitment to the team. Also attached are a list of approximate expenses and a rubric showing how heavily the girls will be judged in each aspect of the tryout.

GOOD LUCK TO EVERYONE!
CHEERS!

Miss Denny

St. Joseph School Cheerleading

SJS Cheerleading Information and Expectations

Attitude

The SJS Cheerleaders are coached by Miss Denny. If your child ever has a problem with a teammate, please contact Miss Denny or encourage your child to come do so.

Practices

Practices will start on Tuesday, September 25, 2018 and take place most Tuesday afternoons from 3:15 to 5:00 PM through May. If a cheerleader is not picked up from practice by 5:10, she will be signed into the SJS Extended Day program. Team members are expected to attend all practices for the entire duration of practice. If a cheerleader leaves practice early, she will be counted absent. If she misses more than two practices for reasons other than illness, she will be asked to leave the team.

Games

Games will begin in November (usually around Thanksgiving) and continue until the end of February. The SJS Cheerleaders usually cheer at 3-4 games a month. These games take place all over the Diocese of Arlington. When creating the schedule, we do our best to accommodate for the simultaneous basketball games as well as the travelling distance. The location of most, if not all games, will be at Saint Joseph School.

Game attendance by all cheerleaders is encouraged. If your child will be missing a game due to vacation or other circumstances, we need to be notified a week in advance so we can practice and arrange half time cheers accordingly. If a cheerleader does not practice the half time cheer at the practice on the Tuesday prior to the game, she may not participate in the halftime cheer.

Games are overseen by Miss Denny, an assistant coach, or a game parent chaperone. Cheerleaders will check-in and out with us or the game chaperone and parents should contact us immediately if a cheerleader cannot make it to a game at the last minute due to illness or unforeseen schedule changes.

Attire

The girls are expected to be ready to practice on Tuesday afternoons. All team members are required to wear cheerleading shoes, cheer (Soffee) shorts, and SJS Cheerleading t-shirt with hair up and jewelry out. Anyone who does not have her practice clothes will be asked to sit out of practice. Don't forget to send a healthy snack for Tuesdays too!

Uniforms will be issued before games begin and are expected to be returned when the season ends. Each cheerleader will be responsible for replacing any damaged parts of her own uniform.

Events

The SJS Cheerleaders will perform at the Herndon Homecoming Parade, CYO basketball games, SJS Coach's Game, and a Diocesan Cheerleading Exhibition. If your child is unable to participate in anything due to schedule conflicts, it is helpful to let us know as

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soon as possible. When we have information about any of the above events, we will pass it on to the parents.

Approximate Expenses

Activity Fee	\$55
Black Bodysuit	\$23
Green Briefs	\$9
T-Shirt	\$10
Shoes	\$45
Socks	\$3

*It will not be necessary for returning members to buy *all* new items. Also, items may be passed from previous members to new members.

Category	Points Possible
Jumps	
Height	5
Flexibility	5
Technique	10
TOTAL	20
Dance	
Motion Placement/Correctness	10
Sharpness	5
Facials	10
Rhythm	5
Confidence	10
TOTAL	40
Cheer	
Motion Placement/Correctness	10
Sharpness	5
Voice Projection	5
Facials	5
Crowd Interaction	5
Confidence	10
TOTAL	40
TOTAL	100

Please sign and detach the bottom portion of this page

I have read the attached letter, including *SJS Cheerleading Information and Expectations*, and I give my daughter permission to tryout out for SJS cheerleading. I understand the expense and commitment involved. I also understand that all decisions are final.

Child's Name

Teacher/Class

St. Joseph School Cheerleading

Print Parent Name

Parent Signature and Date

This form must be turned into Miss Denny by 9AM on Tuesday, September 18, 2018.