

**Sixth Ward Middle School
Blue Jays
Cheerleader/Mascot Application**



When- March 16, 2024

Time: 9:00 - 11:00

1:00 - 3:00

Where- Sixth Ward Middle School Gym

Fee and Paperwork- \$25 tryout fee and paperwork are due by Friday, March 15, 2024 by 2:00pm (Exact cash or check made payable to SWMS and all forms in an envelope with the candidate's name)

Paperwork and Fee are due:

Friday, March 15, 2024

by 2:00pm

Sixth Ward Middle School Cheerleading/Mascot Application

PLEASE PRINT

Name _____ Current grade _____

Address _____

Parent/Guardian's name _____

Parent/Guardian's contact information

Mother work _____ cell _____

Father work _____ cell _____

Check one

☐ *Cheerleading Candidate*

☐ *Mascot Candidate*

Statement of Agreement

I have read and understand the requirements, responsibilities, and rules governing the Sixth Ward Middle School Cheerleading team. If I am selected as a member of the team, I agree to abide by all the bylaws, and I am willing to accept consequences for my actions. As a member of the team, I am aware that being selected is an honor, so it is my responsibility to participate in all practices, performances, and cheerleading events as designated by the sponsor. In addition, I am aware that cheerleading is a commitment of myself and my family that involves finances and time outside of normal school hours. I understand that it is my responsibility to meet all the expected obligations. In addition, I will be a role model for other students during cheerleading events as well as at school. I also understand that tryout results are final. Lastly, I accept the fact that the coach has the authority to make any decisions and to take disciplinary actions which are necessary regarding the team.

Candidate's signature

I have read the SWMS cheerleading constitution and give my child permission to try out for the team.

Parent/Guardian signature

Tryouts

SWMS cheer and mascot tryouts will be held on March 16, 2024. Attendance is mandatory to be considered a candidate

Saturday, March 16, 2024

8:50 am – Registration

9:00- warm-up & stretches

9:10- techniques & tryout materials

11:00- Leave for Lunch

1:00- Return from Lunch & Review Material

1:15- Mascot Tryouts Begin

1:30- Cheer Tryouts Begin

3:00- Pick up for Tryouts

for the cheer team. We will begin promptly at 9:00 am for cheerleaders and 1:00 pm for mascots.

Tryouts should end by 3:00. Please do not arrive early. Tryout area is closed to all spectators, including parents, friends, and non-involved school personnel.

No cellphone use during the tryout clinic/tryouts. Phones need to be turned off, not silenced.

- The following items must be completely filled out and signed by the parent/guardian, with money enclosed:
 - Cheer Application Sheet
 - LHSAA Medical History Evaluation signed by Physician and up to date
 - Current Report Card
 - \$25.00 tryout fee. No refund. No exceptions. Checks can be made to SWMS.
 - Release of Claims- Witness signature must be completed.
 - Parent or Guardian Consent, Indemnity, and Insurance
- **All forms and money are due in the office at Sixth Ward Middle School by 2:00 pm on Friday, March 15, 2024.**
- **Incomplete or late forms, along with a late registration fee will not be accepted.** This will forfeit the candidate's ability to try out for the team.

SWMS Tryout Regulations

- Dress Code- The candidates are to wear black shorts with a PLAIN white t-shirt and **non-cheer athletic shoes**. No jewelry, nail polish, or gum. Make-up should be kept at a minimum. Hair should be pulled out of the face with white ribbons only. Judges will deduct points for violations.
- **There will be no make up tryouts**, with the exception of returning cheerleaders with an injury preventing a tryout. A doctor's excuse will be necessary for accommodations to be made.
- Only candidates, judges, administrators, and necessary helpers are allowed in the gym for the clinic and tryouts. Absolutely no one else will enter the building with the exception of an emergency situation. Bring all personal care items: knee pads, wrist bracelets, inhalers, etc.
- No phones or recording devices are to be used during tryout sessions. **This will be strictly enforced**. Students may only use their phones to contact parents AFTER THE SESSION HAS ENDED.
- Candidates will be allowed to leave for lunch. Candidates are not allowed on campus or **surrounding grounds**. Doors to the gym will be locked until 1:00.
- Candidates will draw a participant number before tryouts begin. The candidates will audition with their assigned groups. During the judging and tabulation of scores, students are referred to by number only.
- Final Selections will be announced through each candidate's cheer google classroom one hour after all scores are tallied. The decisions of the judges are FINAL.
- Google Classroom- All Candidates will be invited to join the Cheer Google Classroom when registration is submitted. This is for the cheer candidates to receive information throughout the process, as well as notification of the judges selection.
- Actual activities for the "new" Cheerleading Squad will be determined and defined by the cheer sponsor-coach and principal. These activities may begin immediately upon announcement of the new cheerleading squad.

Judging

Each candidate will be judged on the following:

Crowd leading skills – spirit, voice, facial expression, and confidence

Motion technique – arm levels, motion sharpness, motion placement, fist technique

Dance technique – motion sharpness, motion placement, confidence, rhythm

Jumps – height, arm placement, leg placement, pointed toes

Tumbling- back handsprings, tucks, and higher level skills

Lafourche Parish Middle School
Cheerleader/Dance Team Guidelines

The purpose of the **Sixth Ward Middle School Cheer squad** is to create school spirit, pride, and loyalty. A Cheerleader will promote interest in school activities and perform at school athletic events. A member will **develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and develop character**. A cheerleader should develop good relationships with other squad members, other teams, and visiting squads during events.

I. Eligibility

A cheerleader must be a 6th, 7th or 8th grader. An athlete in the 6th, 7th or 8th grade is not eligible to participate in athletics for the next grading period (nine weeks) if he/she fails two (2) core subjects or one (1) core subject and two (2) minor subjects. The core subjects are language, reading, math, science, and social studies. Any 6th or 7th grader who is retained must reestablish his/her academic eligibility. Eligibility for participation in middle school cheerleading will be on the day of issuance of report cards each nine weeks. A student has to have been in school at least 80 days during the preceding semester to remain eligible. A student must be present for at least 176 minutes in order to be eligible to participate in a cheer team activity that day/evening. Members of the squad must pass a physical exam by a licensed physician and parents must sign a completed medical release form. Proof of insurance must be shown and an insurance election form must be signed. These items must be completed before a member can participate in any cheerleader team activities.

II. Attendance

Cheer practice will start after the selection of the new squad and continue throughout the summer. Our first cheer practice is Tuesday, March 19, 3:00 - 4:30 PM. This is also our team fitting. A summer camp is a **MANDATORY function to learn new material, safety, as well as, proper cheer techniques. Practice is mandatory unless the member is sick from school or attending a school function. Absences must be excused by the cheer coach prior to a missed practice or event. An effort should be made to schedule doctor or dentist appointments around cheer/dance practice. Excused absences will be determined by the coach.** Please see the cheer coach to discuss your absence upon returning or prior to missed practice. They must also be present at the practice before a performance, or the member will sit out of the main performance for that game.

III. Transportation

Transportation is provided by the parents to and from practices. Rides must be prompt!! Lateness will result in a member receiving a demerit. Transportation is also required to all home and away games for football and home games only for basketball.

IV. Uniforms

Members of the squad must purchase their own uniform. This will be purchased through Varsity. They will be required to maintain good conditions and cleanliness of the uniform on a weekly basis. Practice/camp wear must also be purchased (examples: bloomers, poms, hair bows, shoes). Please remember these items may be costly! Members must attend performances in full uniform. While in uniform, NO jewelry should be worn. This includes if you get your ears pierced. This is a safety concern and will not be allowed to perform with any jewelry on. If makeup is worn it must be kept simple and natural, and hair should be pulled back with uniform ribbon.

V. Character

Team members should **be leaders within the school and set a good example at all times**. Members should maintain good personal appearance, be courteous and friendly to other team members as well as the student body. Members caught smoking, drinking, and/or using drugs are grounds for dismissal. Also public display of affection (PDA) is not allowed. Members must be respectful to the sponsor, other team members, and the visitors of other teams, as they are a representation of their school. All cheers, chants, and dance moves shall be of a positive and sportsmanlike manner. Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such actions themselves.

VI. Conduct/Consequences

Squad members must remember they represent their school in and out of school. Misbehavior in public will have consequences as in school misbehavior.

Demerits will be given for unacceptable behavior. Demerits may be obtained for the following reasons:

- Unexcused absences an event (Two demerits will be given.)
- Unexcused absence from a cheer practice (One demerit is given)
- Uniform violations for events, practices, or performances
- Wearing uniform for non-squad functions without permission
- Disrespect to sponsor or other members including texting or other social media (Multiple demerits will be given.)
- Habitual late transportation to or from practices or events
- Missing deadlines
- Other serious offenses- office referral

Inappropriate conduct at school requiring a referral will result in the following consequences. While serving the consequence, the member must attend events in uniform but will not participate or perform at the event.

1st offense: Suspension from the next event

2nd offense: Suspension from the remainder of the sporting season

3rd offense: Dismissal from the squad

While serving the consequence, the member must attend events in uniform, but will not be allowed to participate or perform at the event.

If a school referral results in an out of school suspension or PASS, the member will be dismissed from the squad.

When a member fails to abide by the rules, the entire squad suffers. Members should represent their school with pride. Being a member of the Sixth Ward Middle School cheer squad should give you pride and spirit for our school, students, and community through your participation. We are delighted to have you participate and look forward to a successful and great year. Please contact your sponsor if you have any questions concerning a member's role and responsibility as a cheerleader.

SWMS CHEERLEADING CONSTITUTION

Purpose:

It shall be the purpose to promote and uphold school spirit, develop a sense of personal and social responsibility, and create a sense of sportsmanship among team members and other students.

Requirements for Member:

1. Upon selection to the team, each member is required to abide by the following responsibilities. This will involve both the student and parents, so both parties must be in agreement to accept the responsibilities of a Sixth Ward Middle School cheerleader.
2. Membership begins at selection and ends at the next year's tryout. This commitment includes, but is not limited to, all meetings, practices, performances, camp, competitions and cheer related activities; therefore, attendance is mandatory for all cheer events, practices, and activities including fundraisers.
3. After-school practices and summer practices are **mandatory**, along with attendance at cheer camp. If there are outside activities that interfere with these events, please take that into consideration before trying out. Again, **PRACTICES ARE MANDATORY**. In the event a cheerleader must miss due to illness or school-related event, prior notification must be given to the coach in writing. Doctor excuses are necessary. Vacations are not excused absences.
4. Practices will be held during the week in April and May after school. Friday afternoon practices occur weekly. Weekend practices may also occur on occasion. We will also have practices off campus to work on stunting. In addition, we will have June and July practices. This is a commitment. Please ensure that you are able to make all of these dates prior to committing to the team. Each practice missed is a demerit. Vacations are not excused.
5. If a cheerleader is involved in another school sponsored sport, practice times will be split. I do my very best to ensure that the girls are supporting our school by participating in any and all school related events, even if Friday afternoon practices are necessary. **Outside sports cannot interfere with cheer. Accommodations will not be made.** All coaches at SWMS work together to ensure that the girls can participate in all sports. We will practice on Friday afternoon or Sunday afternoon if another sport interferes with cheer.
6. Each Cheerleader is personally responsible for expenses. Once fees are turned in by a cheerleader, no refunds will be given. Some outside expenses may occur during the school year. You must be in agreement to pay such expenses and provide payment by the deadline.
7. Each cheerleader will be required to participate in all fundraisers. (Dances and Concessions only)
8. Returning members will be required to tryout at the end of the school year. *(A cheerleader is considered a member from the date of tryouts to the end of the next school year, governed by this constitution.)*
9. Expenses for summer camp are the responsibility of the cheerleader.
10. A cheerleader must be willing to participate in all aspects of cheerleading including workouts, cheers, dances, jumps, stunts, etc. If a cheerleader refuses to participate, he/she will be benched for the next performance.
11. Cheer uniforms (including practice uniforms) must be worn properly and when assigned. This may include additional pieces for pep rallies. Failure to comply will result in a demerit and being benched for a performance.
12. It is required to participate in each and every component of cheer listed in #10. If you are physically unable to do so, please consider this prior to tryouts. Accommodations will not be made.

Attendance:

1. Members are required to attend all practices. Practices will be held regularly. A written excuse, signed from the parent is required **prior** to all missed practices. **IF ANY PRACTICE IS MISSED, THE CHEERLEADER WILL NOT PERFORM AT THE NEXT SCHEDULED EVENT.**
 2. Attendance at all pep rallies, practices, fundraisers, parades, and all football games and home basketball games are **MANDATORY**. If a cheerleader fails to report for a performance without prior excused notification to the coach, he or she will receive demerits and will sit out for the next performance.
 3. Members are responsible for transportation to and from practices and games. Parents please be prompt when picking up your children. **Demerits will be issued for late arrivals and late pick ups .**
 4. Attendance to summer camp is mandatory. This is an overnight camp in Hammond on the Southeastern State University campus on June 17-20. Transportation will not be provided. More information about times will be given.
 5. Attendance at school the day of an event is **MANDATORY**. If the event is during the weekend, attendance at school is mandatory the Friday before.
 6. Any cheerleading function that is given throughout the year is **MANDATORY**.
- **It is your responsibility to let the sponsor know if you cannot attend a practice or function! If no notification is given, action (demerits) will be taken!**

Conduct:

1. The behavior of a squad member must be a credit to the school. Any teacher that reports a member of the squad is disrespectful, demonstrates poor attitude, or humiliates other students will result in a probationary period to be determined by the coach or administration and demerits will be distributed.
2. Smoking, drugs, theft, fighting, instigating a fight, at any time will result in IMMEDIATE dismissal from the squad.
3. First time ISS (Full Day) for behavior - cheerleader receives a suspension from practice that day and a one game suspension.
4. Any member of the squad with an out of school suspension, or two in school suspensions will be dismissed from the squad. This includes PASS.
5. Remember, you are representing Sixth Ward Middle School.

Demerits:

(1-3) no consequence (4) sit out next performance (5) off the team

Miscellaneous:

1. When a member quits or is dismissed from the squad, no money or merchandise will be refunded or returned.
2. If a member is causing problems, the sponsor has the right to issue demerits, or bench that student for an appropriate amount of time.
3. No member will be allowed to leave practice or function until dismissed.
4. The sponsor will make all decisions concerning the squad. Any member making decisions without permission will be issued demerits.
5. Members, under no circumstances are to wear any part of any uniform to any function without permission from the coach.
6. All members must comply with the demerit system.

****ANY MEMBER WHO FAILS TO COMPLY WITH THE RULES AND REGULATIONS AS STATED IN THIS CONSTITUTION WILL BE DISMISSED FROM THE SQUAD****

Fees for cheerleaders selected for the team:

Item	Cost	Due Date
Cheer Camp (Overnight)	Deposit: \$100 Balance \$370.00	April 14, 2024 May 1, 2024
Varsity Cheer Uniforms/Additional Items	\$550.00 (Only Mandatory Items) \$800.00 (Includes all items)	March 25, 2024

Additional Items include, cheer uniforms, practice and camp clothing, raincoat, poms, water bottles, shoes, ribbons, socks, pullover, and cheer backpack.

Optional Items include the cheer backpack, raincoat and cheer pullover.

Tax and Shipping is not included in the above prices.

Uniforms

Cheerleader performance uniforms (shell and skirt) will be purchased from Varsity and altered by each cheerleader.

2024 - 2025 Varsity cheer uniforms, pullover, and backpack will remain the same. All new cheerleaders will purchase mandatory items and have them personalized **directly from Varsity**. Items are purchased directly from the Varsity website.

Practice gear is purchased from both the Varsity website, as well as a local company that does our cheerleading gear.

Important Dates

Camp Dates- Universal Cheerleading Association June 17 - 20 at Southeastern State University in Hammond

Cheer Fitting- First Cheer Practice is set for Tuesday, March 19 at 3:00 until 4:30. Our UCA representative will be here to get the girls fitted for all gear. Only 5th grade parents will participate in this event. SWMS girls will stay after school. Feeder schools can report at the elementary school dismissal.

Practices will be held in March, April, and May, after school (evenings), in the summer, and again in August immediately after school. These days will be given upon making the team.

RELEASE OF CLAIMS
(Child Participation)

On this 16th day of March 2024, I, _____, acknowledge that my child participate in the following activity.

“SWMS Cheerleader Tryouts”

in furtherance of the (the “activity”)

at “Sixth Ward Middle School”, owned by the Lafourche Parish School Board.

I hereby release the Lafourche Parish School Board (“Releasee”) and hold Releasee harmless from any liability as a result of any injury or harm to my child as a result of my child’s participation in this activity. I acknowledge that I am not an employee of the Releasee and additionally release any claims which I may possess.

I acknowledge and assume all risks associated with my participation in the activity as the student’s Legal Guardian and I acknowledge that the possibility of injury to my child does exist as a result of my participation considering the nature and scope of the activity.

Finally, I acknowledge that, like the other student’s participating in the Activity, are not employees, agents or representatives of the Releasee and any injury or accident which my child may cause shall not be imputed to the Releasee and any injury to my child caused by a fellow student shall not be imputed to the Releasee under any theory of law.

I acknowledge that I am at least 18 years of age, have read the above, and fully and freely sign this Release.

Child’s Legal Guardian (Print) Date

Child’s Legal Guardian (Signature) Date

Child’s Name (Print) Date

Witness Date