



JUPITER CHRISTIAN SCHOOL EAGLES CHEERLEADING TRYOUT PACKET

2016-2017 VARSITY FOOTBALL CHEERLEADING SEASON

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: tryout information, an information sheet, statement of permission and agreement, and the 2016-2017 Rules for Cheerleading. You will also need to complete and turn in to the athletic office a **Sports Physical Form** to be eligible for tryouts. These forms can be found on the JCS website or in the main school office. Please read and understand all the enclosed information before tryouts.

Cheerleading Tryouts Fall 2016 will be held Tuesday August 9th 4:00pm – 6:00pm in the JCS Gym

Eligibility:

To be eligible in the fall of 2016 for cheerleading, a student must have:

Achieved a 2.0 grade point average for the previous semester

The following MUST BE turned in BEFORE you can participate in tryouts

- Sports Physical (complete packet)
- Completed Information Sheet
- Statement of Permission and Agreement
- One Page Essay - Why you want to be a JCS cheerleader and what strengths you would bring to the team other than skills or your love of cheerleading.

Selection of the cheerleaders will be based on the following:

- A cheer and a chant.
- Jumps (A minimum toe touch, a side herkie, and a front hurdler are required- descriptions and pictures of these jumps can be found on the UCA website.
- Athleticism and physical fitness
- Scholastic achievement and eligibility
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability
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What do you wear to tryouts?

- You will need to wear dark colored shorts (black or navy blue) and a solid white t-shirt no tank tops. Your hair should be pulled back or off your shoulders, and no jewelry should be worn or artificial nails.

Estimated Costs

We realize that cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. There are, however, certain items that cannot be passed down from squad to squad and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through Varsity, the leading cheer apparel company, and the cheerleader will be responsible for paying for them. While we can't give you an exact amount I can give you an estimate that should be fairly close.

Uniform	School Supplied
Shoes	\$60
Undergarments	\$40
Warm-ups	School Supplied
Bags	\$40
Bows	\$20
Game Day Shirt	\$30

I look forward to seeing you at tryouts. If you have any questions, please contact Coach Devine at ddevine@jupiterchristian.org.

Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name:	
Current Grade Level:	
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Were you involved in any behavior infractions, during the 2015 - 2016 school year?

If yes, please explain on a separate sheet of paper.

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Jupiter Christian School, your coaches, your teammates, and yourself for the **complete football season (including post season)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of JCS, you must **maintain proper behavior** at all times. You must follow the cheerleading guidelines. Students who break the rules will be disciplined. By making this commitment to the Jupiter Christian School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment.

Student Agreement

I, _____, have read and understand the 2016-2017 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2016-2017 RULES FOR CHEERLEADING and the 2016-2017 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided.

Parent Signature

Date

2016-2017 Rules for Cheerleading

Purpose

The objective of the Jupiter Christian School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for JCS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for JCS and most importantly to Glorify God through word and actions on and off the sidelines.

Squad Members and Practices

- Members will be chosen at a formal tryout session.
- The Varsity Football squad will cheer at Varsity football games, including post season and pep rally events.
- If a member of a squad is removed from a position, the coach will determine a replacement.
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Practices and Games

- Cheerleaders will have practices each week. A tentative schedule will be given out at the beginning of the season. All practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are **usually** held on Fridays for Varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.
- Occasionally, games may be held on other days of the week (especially during inclement weather when games must be pushed to the next night).

Attendance Requirements

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!** If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call Coach Devine at (561) 379-7856, to notify the coach of any excused absences. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for Jupiter Christian School Athletes, students must be present half the school day to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS.

Grades

- A minimum of 2.0 GPA (no D's or F's) must be maintained throughout the cheering season.
- Because cheerleaders are students first and athletes second, weekly progress reports will be checked so the coach can monitor academic progress.

Uniforms

- Uniforms are issued by the school and are property of the JCS Athletic Department. If for at any reason a cheerleader quits or is dismissed, he/she is expected to return all uniforms/equipment within five days of the termination.
- Washing instructions will be provided when uniforms are distributed. At the end of season, uniforms are to be turned in cleaned.
- All altered uniforms must be restored to their original size before being turned in at the end of the cheering season.
- The cheerleader will replace damaged or lost uniforms.

Fund Raising

- Every cheerleader will be expected to support all fundraising events that support the team.

Transportation

- If a parent is going to pick up their cheerleader at an away game, the coach must speak to the parent at the game. If the coach is unaware of a change in transportation, a cheerleader could get left behind because the coach assumes the parent will be there and will not account for her on the bus ride back. The coach cannot go searching through the parking lot for parents. They must come and see the coach before you leave with them. If the parents do not speak to the coach, you are expected to ride the bus back to JCS.
- Your parent is the only one you are allowed to leave a game with, not friends.
- Cheering is not allowed on the bus. It distracts the driver, coaches, and other team members.

Expected Behavior

- All Jupiter Christian School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing JCS, cheerleaders must not:
 - ⊗ Drink alcoholic beverages
 - ⊗ Use controlled substances
 - ⊗ Use tobacco products
 - ⊗ Show unsportsmanlike conduct
 - ⊗ Use profanity
- Show displays of affection
- Be academically dishonest
- Cheerleaders must wear the designated uniform to school on the day of a game. (No exceptions we are a team)
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders cannot wear or loan JCS cheerleading uniforms/outfits when attending non-cheerleading activities.
- The coaching staff will make all official cheerleading decisions and activities. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and can be grounds for dismissal.

****Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry. Your nails must be trimmed short, and no acrylic nails or tips will be worn for safety.***

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Coach - Director of Athletic Operations

✓ **The “Matthew 18” Principle**

“If your brother sins against you go and show him his fault, just between the two of you. If he listens to you, you have won your brother over, if he will not listen, take one or two others along so that every matter may be established by the testimony of two or three witnesses.” Matthew 18:15-16

If you have a problem with something a particular coach does or says to your child, please go directly to that coach and with an attitude of appeal, seek to understand from their perspective what actually was said or what occurred. Often times it is a misunderstanding of some sort that can be quickly clarified and resolved. If the answer you receive is not satisfactory, or you feel that the coach was unresponsive to you, then contact the Athletic Director and the issue will be handled with the parents, Athletic Director, and coach.



JCS Cheerleading
2016-2017
Essay

Write a one page essay on why you want to be a JCS cheerleader and what strengths you would bring to the team other than skills or your love of cheerleading.