

# 2023-2024 St. Edward Cheerleading Rules, Policies, and Responsibilities

## The Purpose

The Cheerleading team at St. Edward is open to ALL 5<sup>th</sup>-8<sup>th</sup> grade girls. **No experience necessary!** The Cheer team exists to represent SES through leadership by promoting school spirit, encouraging, and supporting other school athletes, and setting a positive example among their peers. This is a pivotal age for these girls and parents. Through cheerleading at SES, we aim to help prepare them to believe in themselves and their capabilities more, shifting their focus from their insecurities to how they can help make a difference, which will hopefully help them as they prepare to transition into high school and beyond. To sign your daughter up for cheer, please go to <http://ses.stedward.org/athletics> and click on the link for 5<sup>th</sup>-8<sup>th</sup> grade Cheerleading.

If you want to cheer at SES, you must be able to commit, be willing to work hard and grow. If you have any questions about cheer, please contact [fwebb@stedward.org](mailto:fwebb@stedward.org) or [terihorsley99@gmail.com](mailto:terihorsley99@gmail.com).

We will fit the girls for their uniforms during camp. We will have a fit kit to properly fit the girls in their uniforms and shoes. All interested girls need to be fitted for a uniform. We will place the uniform order in the last week of June, to have everything in time for the season. If a cheerleader is not fitted in June, it may affect the cost of her uniform.

## Expectations

- **Academics**
  - When signing up to play sports the parents acknowledge that all student-athletes must maintain a grade of S or 80% positivity in conduct and a 70 or above in all academic classes.
  - We will do academic checks at the beginning of each season.
- **Camp**
  - ALL cheerleaders are **REQUIRED** to attend Camp during the summer. (June 19-20) We will be attending camp at Premier Athletics in Cool Springs. The camp hours are from 9-12. This camp is hosted by the Father Ryan Cheer Program and is open to all Parochial Schools in the diocese. At camp we will cover proper technique, jumps, chants, tumbling and basic stunting. This camp will be professional cheer coaches. The cost of the camp is built into the cheer fees. More information on camp to follow before the end of the school year.
  - St. Edward is hosting a Jr. Saints Cheer Camp the week of June 5-June 9 from 9 Am – 12 PM. If the girls would like to be junior counselors, they will receive \$25.00 towards their uniform costs. For more information, please contact Feather Webb.
- **Appearance**
  - Uniform must be clean and neat
  - Wear the proper uniform and accessories at games, practices, and events.
  - **NO** jewelry or gum during games or practices
  - Hair must be pulled up during games and practices
  - Nails must be kept short
- **Practices**
  - Our practices will begin the first week of August.

- We will practice 2 times a week until the football games begin. During football season we will practice once a week and cheer at games throughout the area.
- During October and December, we will then practice 1-2 times a week to prepare for basketball season.
- We will continue to practice during basketball season to prepare for the games.
- After basketball season, we will drop practices as needed to prepare for the last pep rally on Field Day.
- **Games**
  - We will cheer at select Nashville Catholic football games and St. Edward basketball games.
  - Be friendly and courteous to all
  - Must arrive on time and ready to cheer 30 minutes before the start of the game.
  - Must not socialize with friends or each other while on the sidelines
  - When not actively cheering, cheerleaders on the sidelines are expected to be paying attention to the game. Acceptable posture is cheer ready (Hands on hips or hands behind your back) There is no leaning on the wall of the gym. Crowd cheers are expected during quarter changes and time outs. Pay attention when these occur and be ready!
  - Bring Poms to all the games. We will use them in every game.
- **Captains**
  - Each girl will get a chance to be Captain.
  - Captains will work with coaches.
  - Captains will call all cheers.
  - Captains set examples for the rest of the squad (attitude, conduct, punctuality, effort and integrity).
- **Pep Rally's**
  - We will perform at 3-4 Pep Rally's during the year.
- **Absences**
  - Attendance is expected at all SES cheer events. It is exceedingly difficult to choreograph a routine without every girl present.
  - Anyone who does not attend school for at least a half-day on the day of the event will not be allowed to perform at said game or event.
- **Consequences**
  - If a cheerleader misses a practice, either excused or unexcused, she might not be able to participate in the quarter/half-time cheer/dance. Practice is to prepare for the next game. This is not punishment. We want everybody to be **safe with stunting** and that requires everyone to be there.

## Financial Responsibility

- ***We believe that every student deserves the right to participate in sports. To be considered for reduced or no cost, please choose Every Saint Plays on the FACTS form.***
  - Due to the expense of cheerleading. We would like to put together a fundraising event during the summer. The fundraiser will reduce the cost of the Season/uniform fees. In the past we have hosted a pancake breakfast, sold sonic cards or the Krispy Kreme donut. We are open to ideas. We would like to have a parent to help with leading the fundraiser. If you are interested in taking the lead, please contact Feather Webb at [fwebb@stedward.org](mailto:fwebb@stedward.org) or [terihorsley@gmail.com](mailto:terihorsley@gmail.com)
  - **New Cheerleaders**
    - Uniform costs: For a new Cheerleader, the cost for the uniform is: \$245.00
      - Body Liner/Crop
      - Bow
      - Brief
      - Socks
      - Shoes (Cheer shoes are needed. You may buy another pair, but you must have them in time for camp.)
      - Poms
      - Jacket
      - Practice (t-shirt and white bow)
      - Shell and Skirt rental fee (These will need to be returned to SES at the end of the year. If you would like to buy these items, it would be an additional cost of \$105.00)
      - **Optional Backpack is \$60.00 (this would be ordered with the uniform)**
      - **Optional Raincoat is \$14.00 (this would be ordered with the uniform)**
  - **Returning Cheerleaders**
    - Uniform costs: We are changing to a uniform that has a skirt that will fit the girls better. For a returning cheerleader, the cost is \$98.00.
      - Body Liner/ Crop (Changing to an all-white body liner, the girls complained about the seams in the arms.)
      - Shell and Skirt rental fee (These will need to be returned to SES at the end of the year. If you would like to buy these items, it would be an additional cost of \$65.00)
      - Socks
      - Practice (t-shirt and white bow.)
      - **Any item from the above list that needs to be replaced. See Pricing Guide.**
  - **Season Fees**
    - Cost for the fall \$100.00 (you can choose your month for FACTS payment Aug, September or October)
      - Camp
      - team bonding activities
      - Signs
    - Cost for the Winter Season \$50.00 (you choose the month for your FACTS payment December, January or February)
      - Music for half-time show(s)
      - Diocese fee
      - Face tattoos/ Supplies

**A La Cart Price List for Extra Items (Order form will be at Fitting)**

Body Liner (Crop)	\$25.00
Shell	Rental: \$30.00 Purchase: \$75.00
Skirt	Rental: \$20.00 Purchase: \$35.00
Brief	\$10.00
Socks	\$3.00
Bow	\$12.00
Poms	\$25.00
Jacket	\$55.00
Practice Tank/Bow	\$20.00
Shoes (Cheer shoes are required but you may buy your own)	\$47.00
Backpack ***Not Required***	\$60.00
Clear Raincoat ***Not Required***	\$18.00
Pleated Practice Skirt ***Not Required**** (Athletic Skort for practice, athlete can wear black shorts)	\$42.00

**Cheerleading FACTS Billing: This form needs to be filled out and returned during camp. If you plan to order item(s) from the a la carte list, please choose on the back of this form what your athlete needs.**

Student: (please print) \_\_\_\_\_

Please charge my FACTS account for the following:

- Every Saint Plays (If you can commit to any amount, please list it below)

\$ \_\_\_\_\_

- New Cheerleader Uniform Fees
  - 1 Payment in July \$245.00
  - 2 equal payments in July and August \$122.50
  - 3 equal payments in July, August and September \$81.67
  
- Returning Cheerleader fees
  - 1 payment July \$ 98.00
  - 2 equal payments in July and August \$49.00
  
- Additional Uniform item(s) \$ \_\_\_\_\_ (See Attached Sheet)
  - 1 payment in July
  - 2 equal payments in July and August
  - 3 equal payments in July, August and September

Parent Name: (please print) \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Body Liner (Crop)	\$25.00
Shell	Rental: \$30.00 Purchase: \$75.00
Skirt	Rental: \$20.00 Purchase: \$35.00
Brief	\$10.00
Socks	\$3.00
Bow	\$12.00
Poms	\$25.00
Jacket	\$55.00
Practice Tank/Bow	\$20.00
Shoes (Cheer shoes are required but you may buy your own)	\$47.00
Backpack ***Not Required***	\$60.00
Clear Raincoat ***Not Required***	\$18.00
Pleated Practice Skirt ***Not Required**** (Athletic Skort for practice, athlete can where black shorts)	\$42.00

**2023-2024 St. Edward School Cheerleader Information Form:  
FOR THE GIRLS DUE by Camp in June**

Name:

Phone number:

Grade (you will be in the fall): 5, 6, 7, or 8

**Experience:** Beside each skill below, list:

**Yes or No and give specific experience** – (i.e., how long you have taken, where you take, describe your confidence, need a spot, etc.)

If you do not have any experience in anything listed below, **that is OK ☺!** Please list none beside each skill. **DO NOT LEAVE IT BLANK!**

Dance:

Cheer:

Tumbling:

Forward roll:

Cartwheel:

Roundoff: (left or right)

Aerial:

Handspring: (front/back/both)

Tuck:

Jumps: (T jump, toe touch, side hurdler, front hurdler, pike)

Now, tell us about where you see yourself as a SES cheerleader:

Position – flyer/base/back spot/front spot –

## **PERSONAL BIOGRAPHY:**

Please tell us why you want to be a SES Cheerleader and a little about you and attach a photo to your informational sheet/bio form.