

Stratford High School

Cheerleading Information

2016-2017

Why Stratford Cheerleading?

- To encourage school spirit and pride in Stratford High School.
- To promote physical and mental development.
- To develop lifelong values and skills.

Stratford Cheer Standards and Regulations

- Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the cheer program rules is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.
- In order to perform at a high level and to avoid injury, proper conditioning is imperative. Cheerleading is a physically demanding sport and all cheerleaders must be able to train and strengthen themselves during daily practices to perform all necessary skills including tumbling and stunting.
- It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well-being of each cheerleader/mascot. Trying out for cheerleader/mascot is voluntary, not mandatory. Being a cheerleader is a privilege, not a right, and may be revoked by the school personnel if any rules and regulations are violated.
- Varsity squad members can include the following grade levels: **current** 9th, 10th, and 11th graders
- Junior Varsity members can include the following grade levels: **current** 9th and 10th graders

Goals

- Cheer at all football, volleyball, and basketball games. Also cheer at any other sport or activity that requests our participation.
- Organize and perform at pep rallies. Attend and/or perform in any assembly or event at Stratford or in the community that requests our participation.
- Compete at national cheer competitions.

Time Commitments

- Cheerleading takes a great deal of time, energy, and effort. For some, it can be very difficult to juggle cheerleading with other activities and school work. Even though you can participate in other extra-curricular activities, cheerleading **MUST** be your number one priority. Performances and practices depend on the entire group being present. Be sure you are ready to make this commitment.
- Cheerleading is a **year round** activity. Cheerleading practices will begin soon after tryouts and will continue until the following year's tryouts in March.
- In the spring semester, we will practice 2-3 times per week after school from 3:15 PM -5:00 PM at Birons Youth Sports Center, 12163 Katy Freeway between Kirkwood and Dairy Ashford.

- During the summer, we will attend a NCA resort camp at Moody Gardens August 1st through the 4th. We will have practices two times per week until school starts as well.
- During the school year we will practice every day until 3:30 PM. Both **JV and VARSITY are DOUBLE blocked for 7th and 8th periods.**
- We will cheer at football and volleyball games in the fall semester.
- We will cheer at girls and boys basketball games in the spring semester.
- Cheerleaders may also cheer at soccer, baseball, and swim meets.
- We also attend other functions or participate in school activities, such as cross country meets, red ribbon week activities, assemblies for our younger feeder schools, Middle School Night, etc.
- Beginning immediately after try outs and continuing throughout the fall, all cheerleaders are required to participate in fundraising responsibilities including such things as soliciting cheer sponsors, car washes, and leading the annual cheer clinic (usually held on a Saturday in September). Stratford Cheer is self-supporting and fundraisers are necessary to purchase equipment and help defray any travelling expenses.
- We may compete or perform at special events in the fall or spring semester.
- **Flexibility is key! Consider this time commitment before you sign up to be a cheerleader.**

Outside Coaching

- As soon as practice begins, we bring in additional coaches from Biron Elite to help with things like choreography and extra spotting on tumbling and stunts.
- In the spring we will go to Biron's twice a week from 3:15 PM – 5:00 PM. Once the new school year starts, we will practice at Biron's every day during 7th and 8th periods and a Biron's coach will be present at least two practices per week.
- The cost for Biron's is \$60/month due on the 1st of each month **beginning April 1**, 2016 and will continue through March 1, 2017. This cost includes the use of the Biron's facility AND extra coaching from Biron's staff members. For September 1st, the payment will be \$120.00 to cover the additional costs from Biron's for insurance and liability. *Each cheerleader will pay Biron's directly.*
- The cheerleaders, as a team or stunt group, will NOT attend any outside coaching without the knowledge and the supervision of their Stratford coaches.

Competition/Performance

We will travel during the month of Jan, Feb, or March 2017.

Expenses

There are many expenses involved in cheerleading. Some costs listed below are approximate and may vary. Although the majority of expenses are listed below, there may be unforeseen costs that arise and the cheerleader will be responsible for paying. If cost is a concern, please contact Brittney Livesay at Brittney.livesay@springbranchisd.com.

Estimate of Expenses

All Squad Members		Additional Girl Expenses		Additional Boy Expense	
Item	Amount	Item	Amount	Item	Amount
Biron's Gym Fees*	780.00	Uniforms	380.00	Uniform	200.00
Fleece Jacket	110.00	Sports Bras	40.00		
Fleece Pullover	75.00	Bows	30.00		
Shoes	90.00				
Megaphone (Varsity only)	60.00				
T-shirts (approx 8-10 shirts)	100.00				
"S" Window Sign (Varsity only)	25.00				
Photography	50.00				
Cheer Ads	50.00				
Cheer Camp	350.00				
Team Dinners (Varsity)	110.00				
Team Dinners (JV)	80.00				
Pep Rally Costumes	50.00				
Big Sis/Lil' Sis Spirit Gifts	120.00				
Cheer Decal	5.00				
Trip/Competition	400.00				
Banquet (guests only x 2 optional)	50.00				
Booster Club Dues (optional)	25.00				
TOTAL VARSITY	\$ 2,450.00	TOTAL	\$ 450.00	TOTAL	\$ 200.00
TOTAL JV	\$ 2,335.00				

*Billed directly from Biron's (\$60/month for 11 months, September is \$120/month for liability and insurance)

Cheerleading is so much fun and will be one of the best things you will ever do but it is physically, emotionally, and mentally demanding. You are under pressure to be your best because you project the image of Stratford both in your uniform and out. We want the best representing us and now the rest is up to you. I am glad that you want to be a part of this very special tradition. We wish you the best of luck!

If you have any questions or concerns please feel free to contact Brittney Livesay at

Brittney.Livesay@springbranchisd.com

TRYOUTS

Applications:

- Turn in all applications **to Mrs. Livesay (room 347)** by 3:15 PM on Wednesday, March 2nd.
- I will give all of the forms to your grade level principal who will complete the cheerleader candidate checklist (a sample is attached to your packet) to determine your eligibility to tryout. **You will be contacted by your principal before tryouts ONLY if you are NOT eligible to tryout.**

Clinic: (Closed to the Public)

- March 7th and 8th will be the clinic where candidates learn a cheer and dance. The clinic will be from 3:15 PM -4:50 PM in the Middle Gym. Wear a PLAIN white t-shirt, athletic shorts, and cheer shoes or other sneakers.
- March 9th is Mock Tryouts from 3:30 PM-5:30(ish) PM in the Middle Gym. Wear a PLAIN white t-shirt, athletic shorts, and cheer shoes or other sneakers. Hair should be pulled back in a ponytail or up and completely out of your face. Wear a white or other solid-colored bow.

- March 10th is tryouts. Change clothes and warm up from 3:00 PM - 3:30 PM and tryouts will start promptly at 3:30 PM. Order of tryouts: mascot candidates, then boys for cheer, then girls for cheer. You may leave when your tryout is finished.

What to Wear to Judging on March 10th:

Girls: Candidates must wear a WHITE athletic shirt, BLACK athletic shorts or spans, and cheer shoes or athletic sneakers. Your hair must be in a ponytail or UP and out of your face completely. Wear a white or other solid-colored bow. Absolutely NO JEWELRY OR NAIL POLISH of any kind. Wear tasteful makeup (this is not a competitive event).

Boys: You must wear a WHITE athletic shirt and BLACK athletic short with cheer shoes or athletic sneakers. Absolutely NO JEWELRY of any kind, this includes watches. Also, please shave before tryouts and look neat (this might mean a haircut).

Returning Cheerleaders – You may NOT wear ANY clothing relating to Stratford Cheer. This includes bows.

Tryout Process:

- On March 8th, each candidate will draw a number to determine the tryout order and dance groupings.
- Candidates will be screened individually for each category except for dance (girls) and/or the stunt (boys).
- The order of the try out includes:
 - Enter by spiriting in
 - Running tumbling
 - Spirit
 - Jump Sequence (toe touch, pike, and hurdler)
 - Spirit
 - Cheer (performed individually)
 - Spirit
 - Wait until all 3 girls in your dance group have completed the individual portion of their tryout
 - Dance (in groups of 3)
 - Spirit
 - NOTE: any standing tumbling skills should be demonstrated during your spiriting sequence(s)

Judging and Scoring: (100% judges)

- See attached score sheet for skills and scoring.
- There will be four judges and all scores will be averaged together.
- Scores and ranking of scores are absolutely confidential known only by the judges, the sponsors, and administrators and will not be released to anyone.
- The Varsity and Junior Varsity squads will be determined by the natural break.

Results:

The results will be posted on Friday, March 11th at 3:15 PM in the cheerleading section of the SHS website.

<https://ssh.springbranchisd.com/Athletics/Cheerleaders>

Checklist of Forms to Turn into Mrs. Livesay (room 347) by 3:15 PM on Wednesday, March 2nd in order to tryout. No Late Applications will be accepted!!!

- _____ Application and Signature Page
- _____ SBISD Athletic Paperwork (including an up-to-date physical)
- _____ Copy of Insurance Card (front and back)
- _____ Tryout Fee of \$20 to pay for judges fees and other try out expenses. Payment may be made by cash or check payable to "Stratford Cheer Booster Club."

Important Dates

Day	Time	Event/Location
March 21 st	3:05 – 4 PM	Team meeting in Room 347
March 22 nd	3:15 – 5 PM	Practice in Middle Gym
March 23 rd	3:00 – 5:30 PM	Uniform Fitting
March 28 th	6:30 – 7:30 PM	Parent Meeting in Cafeteria
March 28 th , 30 th , & 31 st	3:15 – 5:00 PM	Practice in Gym
April 1 st	3:00 – 4 PM	Spring Pep Rally
April 4 th through May 23 rd Every Monday & Wednesday	3:15 – 5 PM	Practice at Biron's
April 5 th	3:15 – 5 PM	Practice in Middle Gym
April 8 th	6:30 PM – 7:30 PM	Perform in Spartanaire Spring Show
April 11-14 th	TBA	Big Sis Little Sis Week
April 14 th	3 -6pm	Cheer Social
April 21 st	3-5 PM	Varsity only Practice in Gym
April 25 th	6-8 PM	Middle School Night (varsity only)
May 5 th	6:30 PM – 8 PM	Varsity Dessert Party
May 10 th	6:30 PM – 8 PM	JV Fiesta Party
May 16 th or May 23 rd	After school	Pictures
May 24 th	TBD	Spring Game and Team Dinner JV and Varsity
Aug 1 st – 4 th	ALL DAY	Cheer camp over night at Moody Gardens

