

Sutter Cheerleading

2017-2018



Coach- Ms. Tindell-Paddock
Coach- Keira Moreno
Room 109, 395-5370 x403109
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**Cheerleading is a wonderful opportunity
to be a role model on campus and to promote school spirit.**

Parent Meeting- There will be a parent meeting on Wednesday October 4th at 2:30. Each student on the squad will need a parent or parent representative there. A representative could be a grandparent, aunt or uncle, or close family friend but ***every student will need an adult there***. Please contact Ms. Tindell ***before*** the parent meeting if this is an issue. **During the parent meeting uniforms will need to be paid for.** You will also sign up for our Shutterfly page that has our calendar and sign up for remind.com which is the main form of communication.

Cost: The total cost will be around \$280. (The exact amount will be available at the beginning of the school year) ***The money will be due on or before the parent meeting and will need to be paid in cash or with a money order.*** Cash is required so that uniforms can be ordered that day. Accepting checks adds three to four weeks to our ordering time. This will include their uniform, warm-ups, shoes, bag, practice attire and a sweatshirt. Unfortunately the school does not have the funds to cover the cost of uniforms. ***If a uniform is purchased and your child is dismissed from the squad for attendance, grades or behavior the school will not reimburse you for the uniform and your child will keep everything.***

Clinic: Clinic is where the girls will learn what they need for tryouts. The clinic is also part of their tryout. Clinic will run 2:45-3:45 Monday –Wednesday from Monday September 11th through Tuesday September 26th. Please wear running shoes and something you can work out in. Longer hair must be tied back. ***You must have a physical on file with the office to participate in clinic.*** (Or to try out for any sport at Sutter)

Behavior: Disrespectful behavior will NOT be tolerated. This includes, but is not limited to, being tardy, talking back, or being off task during practice time. All school rules need to be followed as well.

Your child will be representing Sutter Middle School and I expect them to act accordingly. If this is unclear in any way please feel free to contact me.

Tryouts: Tryouts will take place Wednesday September 27th at 2:45. You will need to attend clinic in order to try out. (If you are on the volleyball team the coaches will work out your schedule so that you are able to try out)

Grades: Your child is required to maintain at least a 2.0 to be on the cheerleading squad according to district policy. To perform they must have a D or above in all classes, at all times. *If any grade drops below a D your child will be unable to attend cheerleading activities.* Students will need to create a plan to bring up their grade signed by the student, teacher, and parent. Those forms are available from Ms. Tindell. Once this grade is cleared by their teacher they will be able to resume cheerleading activities immediately.

Practice: Practice will be from 2:45-3:45 Mon-Wednesday in the girl's gym and will start October 2nd. Your child is required to attend all practices unless prior arrangement has been made with me. (Remind or an email is the best way to notify me but you can also call the attendance office if they are absent.) They must be on time to all practices. If an attendance problem develops your child will be asked to sit out of games and could be dismissed from the squad.

Uniform Fittings- We will fit uniforms October 2nd and 3rd. If your child makes the squad *I would love / need parent help with the fittings.*

Game Days: Games start at 3:15 and the girls need to be in the locker room right after school. Uniforms will be worn on game days or other cheer event days only. On those days the girls should be wearing only cheer gear. Additionally, uniforms and warm-ups are to be worn by the girls and **only the girls**. Uniforms must be clean and not wrinkled. No jewelry may be worn to games. While in uniform behavior expectations are heightened. Once again disrespectful behavior will NOT be tolerated and all school rules need to be followed.

Transportation: Games are over AROUND 5:30. They must stay until the end of the game. Parents need to be in the parking lot at 5:30 or inside the gym.

Christmas Parade: This year we will be participating in the Christmas Parade in downtown Sacramento. More details will follow, but we do know the parade is in the morning so arrival time will be somewhere around 8:30.

Awards Night: Our awards night will be scheduled for Feb 24th 2018 at 5pm at Pizza Bell in Elk Grove.

Please deliver your contract BEFORE CLINIC OR YOUR FIRST DAY OF CLINIC to Ms. Tindell-Paddock during an appropriate time.

PLEASE ATTACH YOUR PHYSICAL, AGREEMENT FOR TEAM PARTICIPATION AND CONSUSSION AND HEAD INJURY INFORMATION SHEET

Cheerleading Contract

I have read the cheerleading packet and reviewed all the expectations, cost information and parent meeting requirements. I understand that my child must adhere to all school rules, class rules, and cheerleading rules. I understand that they must maintain Ds or above in all of their classes to perform. I understand that I am responsible for the cost of the uniform and if my child is dismissed from the team after tryouts I will *not* be reimbursed for the uniform but the students will be able to keep everything that was paid for. I understand that my child may be dismissed from the squad at the coach's discretion.

Student (print) _____

Student (signature) _____

Student Cell Phone Number _____

Parent (print) _____

Parent (signature) _____

Phone Number _____ Cell Phone Number _____

