

Sutter Cheerleading

2018-2019



Coach- Ms. Tindell-Paddock
Coach- Keira Moreno
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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 3rd at 2:45. 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 app and our shutterfly page.

Cost: The total cost will be around \$330. (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, cheer shoes, boots for game days at school, 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 purchased.***

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 10th through Tuesday September 25th. Please wear running shoes and something you can work out in. No jeans. 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)

Tryouts: Tryouts will take place Wednesday September 26th 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) Once you have tried out you are free to leave. The list of who made the squad will be posted that evening on the Sutter website.

Uniform Fittings- We will fit uniforms October 1st and 2nd. If your child makes the squad *I would love/need parent help with the fittings. Female (sorry dads) parent volunteers are needed in order to get this done in two days. The girls will be trying everything on, you just need to help keep the clothes organized and write down the girls sizes.*

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.

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.

Practice: Practice will be from 2:45-3:45 Mon-Wednesday in the girl's gym and will start October 1st. Your child is required to attend all practices unless prior arrangement has been made with me. (The app 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.

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. It will most likely be scheduled on Saturday the 8th but the date has not been posted yet.

Awards Night: Our awards night will be scheduled for Friday Feb 22th 2018 at 5pm at Sutter Middle School.

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

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 _____

The following must be turned in to participate in clinic and tryout for the squad:

____ SPORTS PHYSICAL

____ AGREEMENT FOR TEAM PARTICIPATION

____ CONSUSSION AND HEAD INJURY INFORMATION SHEET

Please attach the above forms to this contract and bring them on the first day of clinic or turn them in to Ms. Brown before the start of clinic.

Returning girls interested in helping at clinic and being considered for captain need to have their paperwork to Ms. Tindell by September 5th.