



Congratulations on trying out for the Xavier Cheer team for the school year of 2019-2020!

This is your tryout packet. Within this packet contains all of the important information that you need to know if you are chosen to become a member of the squad. It is very important that you carefully read **ALL** aspects of the packet and turn in **ALL** items by the deadline dates given. If this packet is not completed and turned in by the deadline dates, then you **WILL NOT** be permitted to tryout!

Tryouts are being held for the following seasons:

Fall: MUST cheer only and not do any other Fall Sport. Will NOT be dismissed to do other sports until Football season is completely over, including postseason play off games.

Winter: May play Fall sport, but will NOT do any other winter sport. Will NOT be dismissed until Basketball Season is over completely, including postseason play off games.

Competition: Athletes may join the competitive team and play other sports as long as there is no conflict between practice times and competitions. Athletes must commit to the team in its entirety, including practices, competitions, and other events. Competition season is from November until end of March (depending on Nationals) with practices starting early September. **Competition Cheer will be a separate athletic program from sideline with additional expenses related to travel and competitions.**

Fall/Winter: May NOT do any Fall/Winter sports and will NOT be dismissed until Basketball Season is over.

Here is what must be turned in by Wednesday, May 1st.

1. Signed back page of the Xavier Cheer Constitution.
2. Release Form
3. Waiver Form
4. Season Form
5. Physical Form
6. Cheerleader Information Sheet

Thank you for your interest in becoming a Saints Cheerleader. If you have any questions, please feel free to contact Ms. Barradas at dbarradas@xavierprep.org.



SEASON FORM

Please circle the season that you will be trying out for. You and your parent/guardian must sign the bottom of this form and hand it in with your tryout packet on Wednesday, May 1st.

- 1. Fall:** MUST cheer only and not do any other Fall Sport. Will NOT be dismissed to do other sports until Football season is completely over.
- 2. Winter:** May play Fall sport, but will NOT do any other winter sport. Will NOT be dismissed until Basketball Season is over completely.
- 3. Competition:** Athletes may join the competitive team and play other sports as long as there is no conflict between practice times and competitions. Athletes must commit to the team in its entirety, including practices, competitions, and other events. Competition season is from November until end of March (depending on Nationals) with practices starting early September. **Competition Cheer will be a separate athletic program from sideline with additional expenses related to travel and competitions.**
- 4. Fall/Winter:** May NOT do any Fall/Winter sports and will NOT be dismissed until Basketball Season is over.

*Student Signature: _____

*Parent/Guardian Signature: _____

Date: _____

Xavier College Preparatory Cheerleading Expectations

- Xavier College Preparatory Cheerleading Squad
 - A. These expectations have been written for the Xavier College Preparatory Cheerleading Squad. The Xavier Cheer coaches and Administration govern the team and holds its members accountable to these written expectations.
 - B. The purpose of the Xavier Cheer Squad is to:
 - i. Create School spirit, pride, and loyalty.
 - ii. Promote interest in school activities and perform at school games and functions.
 - iii. Develop responsibility, teach self-respect, encourage honest effort, strive to the best that you can be, and develop character.
 - iv. Teach teamwork and pride in a quality performance through maintaining high standards.
 - C. There will be a Head Coach and Assistant Coaches
 - i. The coaches will be responsible for the daily running and activities of the Xavier Cheer Squad.
 - ii. The coaches and the Athletic Director will be responsible for administering and enforcing all disciplinary procedures.
 - iii. The Head Coach and the Athletic Director may dismiss any squad member or captain from their position at their discretion.
- Eligibility
 - A. Each member must adhere to the athletic eligibility requirements set forth in the Xavier Student Handbook
 - B. Each member must submit a completed Application Form and Parental Consent/Medical Release Form **BEFORE** they will be permitted to tryout.
 - i. The candidate must sign the form.
 - ii. The form must be signed by the parent/guardian.
 - C. The squad shall consist of a number of qualified candidates to be determined at tryouts.
 - D. There will be two cheerleading squads to be made up of Freshmen, Sophomores, Juniors, and Seniors.
 - i. Coaches reserve the right to form additional squads.
 - E. There will be sideline squads and a possible competitive squad.
 - F. Any member of the sideline squad may try out to be selected by the coaches for the competitive squad.
 - G. There will be Team Captains selected by the coaches
- Attendance
 - A. All students who participate in school activities must adhere to the attendance policies as outlined in the student/parent handbook.
 - i. Students not in full uniform the day of a performance or activity will forfeit that performance or activity.
 - ii. Students that have to forfeit a performance or activity will need to be present in regular street clothes and sit with the coaches.
 - B. To participate in a practice, a student must adhere to attendance policies outlined in the student/parent handbook.
 - i. This must be fully documented with the Dean of Students.
 - ii. If a medical appointment is scheduled during the day it will be excused as long as it is fully documented with the Dean of Students.
 - C. If a member misses ANY practice that is not excused, he/she will have to forfeit the upcoming performance or activity.

- D. An absence from practice or performance must be documented by the parent/guardian in writing and given to the coaches.
- E. All doctor appointments, other activities that the student is involved in, and/or jobs should be scheduled so they do not interfere with Xavier Cheer Squad activities and performances. Emergencies would be the only exception.
- F. All squad members will attend all performances and activities in their entirety.
- G. ALL Varsity members will be required to cheer at ALL Football games, home and away. This also includes postseason football games should our football team make it to CIF playoffs. The athletic department will provide transportation.
 - i. Varsity members must travel together to away games. NO EXCEPTIONS.
- H. Work is not considered an excuse for missing any activity or performance.

- Uniform

- A. Each member will be expected to come to practice in appropriate attire set forth by the coaching staff. Squad members that fail to adhere to these guidelines will sit out and may be pulled from performances or placement of performances.
- B. Each member will be expected to buy and pay for their performance uniform and will be the property of the student. Expected uniform costs and gear are as follows, and are subject to change:

1. Uniform: \$250
2. Team Gear: \$200
3. Camp: \$400
4. Backpack: \$45
5. Poms: \$20
6. Bows: \$30
7. Shoes: \$100

TOTAL: \$ 1,050.00

- ii. Uniform money paid in full will be required at the scheduled uniform fitting.
 - iii. A complete uniform list will be given at the first official cheer meeting after tryouts.
- C. Each member will be required to maintain good condition and cleanliness of his/her uniform on a weekly basis.
- D. Each member will purchase footgear of the same brand and style, and accessories such as makeup, bloomers, ribbons, etc.

- Medical

- A. Each member must have a complete physical exam before tryouts. This physical must be on file in the athletic office.
- B. A member must also have a completed medical emergency form on file with the Coach.
 - i. The coach must have these forms in her possession at all times.

- Character

- A. Squad members are expected to be leaders within the school and set a good example at all times.
- B. Squad members are expected to follow the Xavier Code of Conduct at all times. Failure to adhere to the policies set forth in the Xavier Student Handbook may result in dismissal from the program.
- C. A squad member is expected to be courteous and friendly to all other team members as well as the student body.
- D. A squad member is expected to be courteous and friendly to other teams and visitors.

- TEAM EXPECTATIONS

- A. Coaches will document all infractions. Failure to adhere to the expectations of the program will result in the following:
 - i. Coach/Player Meeting detailing the expectations members of the Xavier Cheer Program

- ii. Coach/Athletic Director/Player Meeting detailing consequence of further infractions of team expectations
 - iii. Dismissal from the team
- B. Documented Expectations may include:
 - i. Tardiness at any squad activity. This includes practices, performances, games, or functions.
 - ii. Chewing gum at practice.
 - iii. A bad or unacceptable uniform inspection.
 - iv. Disrespect toward Coaches, other squad members, or student body. This includes poor attitudes.
 - v. Inappropriate practice, work out wear, or uniform.
 - 1. This would include any piece of the uniform, midriff showing shirts, shorts or skirts that are too short, or other inappropriate clothing.
 - 2. This would also include inappropriate hair for performances and school activities.
 - vi. Forgotten poms, accessories, and/or uniforms.
 - vii. Inappropriate performance makeup.
 - viii. Unexcused absence from practice or any scheduled performance or activity.
 - ix. Use of inappropriate language in practice, uniform, or while at any performance, activity, or school function.
 - x. Gossiping at practice, in uniform, or while at any performance, activity, or school function.
 - xi. Lack of minimal GPA being met. (For each progress report period.)
 - xii. Suspension from school, including other disciplinary action.
- C. Suspension means not performing at any activity or practicing but required to be at practice sitting with the coaches. Team members will not be allowed to attend performances as detailed in the Xavier Student Handbook.
- D. Any JUG or school-imposed discipline will be frowned upon by the squad.
 - i. JUG, etc., will not be considered an excuse for missing any squad practice, performance, or scheduled activity.
- Squad Captains
 - A. Captains, will be chosen by the coaches based on performance, attitude, attendance, and willingness to lead by example.
 - i. All squad members are expected to show respect to the captains.
 - ii. All captains are expected to show respect to all squad members.
 - B. Captains will be seen as the leaders of the squads.
 - i. Captains will lead stretches and strength during practices.
 - ii. Captains will lead by example.**
 - iii. Captains will have constant communication with the coaches.
 - iv. Captains will be held responsible for extra work that may be needed for performances or other squad involved activities.
 - v. Captains may be dismissed of their position by the coaches at any time.

Xavier College Preparatory Cheerleading Expectations

Please read, sign, and date. Both Cheerleader and Parent need to read the expectations of the program; sign, and return this page to Ms. Barradas

Needs to be turned in by May 1st, 2019. If this page is NOT submitted to Ms. Barradas you will NOT be allowed to tryout!

- I have read and understand the terms set forth by the Xavier College Preparatory Cheer Expectations.
- My parent/guardian has read and understands the terms set forth by the Xavier College Preparatory Cheer Expectations.
- By the submitting the following signatures, my parent/guardian and I agree to adhere to expectations set forth by the Xavier Cheer program.

*Student Signature: _____

Parent/Guardian Signature: _____

Date: _____

Important Cheer Dates:

Uniform Fittings:

Mandatory for ALL cheerleaders that make the squad! **MUST** have your **FULL PAYMENT** for your uniform with you OR you **WON'T** be **FITTED** and you will be **REMOVED** from the squad at that time:

JV and VARSITY: May 10th 1:00 pm

Meet in the Student Commons

\$100.00 Deposit is required for camp the day of your fitting. The check for camp must be made out to Xavier. If you don't have this deposit, you will **NOT** be allowed to go to camp and may be removed from the squad at this time. Remainder of camp money will be due **6/10/2019**: TOTAL CAMP COST: \$400.00. This is an approximate cost. Final Camp cost will be given out **at the MANDATORY parent meeting on May 10th, 2019 at 1pm in the Student Commons.**

Cheer Camp:

Mandatory for ALL cheerleaders that make the squad:

Saturday, July 27 , 2019 – Tuesday, July 30, 2019

JW Marriott Palm Desert, CA

Mandatory Practices:

JV AND VARSITY: June: 18th, 19th, and 20th 2:30pm-4pm @Xavier Gym

Competition TEAM ONLY MANDATORY CHOREOGRAPHY CAMP: TBD

***Completed Physical or completed waiver must be on record in the athletic office before tryouts on May 1st, 2019. Waiver will be provided at tryouts.**

**Xavier College Preparatory High School
Cheerleading Parent Letter**

Dear Parents,

_____ is interested in becoming a member of the Xavier College Preparatory High School Cheerleading squad for the 2019-2020 school year. If _____ is chosen to be a cheerleader, there are specific responsibilities and obligations, which your son/daughter must assume in order to qualify and remain part of the squad.

After reading the attached constitution and fully understanding the rules and regulations which govern this program, and after your child has a complete understanding of their responsibilities, please sign and have your child sign the last page of the constitution, the release form and waiver form and please return to Ms. Barradas by Wednesday, May 1st, 2019.

The approximate cost for each student is \$1,050.00, which includes uniforms, shoes, camp, accessories, choreography, and competition fees. Cost is subject to change.

Being a member of the Xavier College Preparatory High School Cheerleading squad has many rewards and is a valuable experience students will remember for a lifetime. Additionally, your son/daughter will give pride and spirit to our school, students, and community through their participation!

We are delighted to offer your son/daughter the opportunity to join one of the finest organizations at our school and we look forward to a successful and great year! If you have any questions concerning the constitution or cheerleader roles and responsibilities, please email us.

Thank you for your cooperation!
Denise Barradas
Head Cheerleading Coach

Email: dbarradas@xavierprep.org

***THIS PAGE IS FOR INFORMATION ONLY* It does NOT need to be
returned!**

Xavier College Preparatory High School Cheerleading Release Form

Applicant Release:

I, (applicant name) _____, have read all rules and regulations that govern the Xavier College Preparatory High School Cheerleading Squad. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2019-2020 school year.

Signature of applicant: _____

Date: _____

Parental Release:

I, the undersigned, have read and fully understand the rules and regulations, which will govern my son/daughter if he/she is chosen to represent Xavier College Preparatory High School as a cheerleader. I further understand that this is a co-curricular activity and that attendance at all practices, games, special functions, and summer camp is a requirement of each cheerleader.

I hereby give consent to my son/daughter, _____, to try out for cheerleader at Xavier College Preparatory High School and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that if chosen, my son/daughter will be required to pay for cheerleading camp, all required uniforms, choreography and competition fees, these costs could add up to around **\$1,000.00** for the entire year. Further, we understand that school and/or personal insurance must be paid for or on file in the office to cover our son/daughter, in case it is needed. We give our permission for our child to receive medical attention in the event that we cannot be present or reached for any reason.

Signature of Parent/Legal Guardian: _____

Date: _____

***THIS PAGE MUST BE RETURNED**

Xavier College Preparatory High School
Cheerleading Waiver/Release Form

As the parent or legal guardian of _____,
Name of Son / Daughter

I agree to the following terms for participation with the Xavier College Preparatory High School Cheerleading Program:

1. I grant permission for my son/daughter to participate in Xavier College Preparatory High School Cheerleading clinics / practice sessions / games / competitions / camps. I realize that cheerleading is an activity where physical illness or physical injury (minimal, serious, or catastrophic) can occur; therefore, any medical / accidental expenses or liability that possibly results from an illness or injury to my son/daughter during the Xavier College Preparatory High School Cheerleading clinics / practice sessions / games / competitions / camps will be my responsibility. I further acknowledge and understand that my son/daughter is assuming the risk of such physical illness or injury by his/her participation, and I further release Xavier College Preparatory High School and its representatives from any claims for personal illness or injury that my son/daughter may sustain during participation in this activity. My son/daughter is properly covered for any accident by the following insurance:

Insurance Provider / Policy Number

2. Xavier College Preparatory High School, its officers, regents, employees, and agents assume no responsibility for supervision of students outside of clinics / practice sessions / games / competitions / camps.

3. I hereby authorize the cheerleading coach, athletic trainer, or any other supervising adult to obtain medical treatment for my son/daughter for such an illness or injury during the activity.

My son/daughter and I have read and understood the above Xavier College Preparatory High School Cheerleading Waiver and Release Form.

Cheerleader Signature / Date

Parent/Guardian Signature / Date

***THIS PAGE MUST BE RETURNED**

Cheerleader Information Sheet

Cheerleader _____

Cheerleader Phone Number _____

Cheerleader Address _____

Cheerleader Email _____

Cheerleader's Current School _____ Current Grade _____

Parent Name _____ Phone _____

Parent Email _____

Additional Contact (optional) _____

Cheerleader allergies/injuries/medications

Any additional information

Cheerleader Information Sheet

Cheerleading Experience _____

My greatest strengths are _____

I would most like to improve _____

My goals for the team this year are _____

I can raise team morale and spirit by _____

Please briefly tell us why you want to cheer for Xavier and what you feel you will bring to team
