



## **2023-2024 SBA Middle School Cheerleading Guidelines**

1. Cheerleading tryouts will be held March 20th, 21st, and 23rd this year. Try-outs will be closed to all people except for candidates, judges, coaches, and administrators. We choose highly qualified judges. Please understand that the decision of the coaches and judges are final.
2. In order to try-out, each girl must meet the eligibility requirements laid out in the SBA Athletic Handbook, and they must maintain a satisfactory disciplinary record. The Parent/candidate signature on guidelines and teacher recommendations are the required forms that must be turned in prior to try outs.
3. Please keep in mind before trying out, that cheerleading is an expensive sport. It is also a year around sport so we will make every effort possible to be reasonable about our selections in our uniforms and other things we might need.
- 4. Like every other athlete in school, the cheerleader will be expected to attend all events, games, tournaments and practices. The only allowable excuses will be illness or a family emergency. Habitual absences will result in the removal from the squad. Tardies to practices will have to be approved by a coach. We want to practice good time management and keep a healthy balanced life style.**
5. Each cheerleader will be responsible for arranging her own transportation to events.

6. If a cheerleader is absent from school (other than school service) she will not be permitted to cheer at a game OR practice that day.

7. Each cheerleader is expected to be in proper uniform at all events. Proper uniform includes the assigned shell, skirt, shoes, socks, pony tail with hair bow, bloomers, and pom-poms. For safety reasons, fingernails should be cut short, and no color nail polish. No body glitter may be worn with the uniform.

8. No Gum or jewelry will be allowed at games or practices, this is for the safety of the cheerleaders. In addition, it is a violation of state and federal guidelines and the school could be fined.

**9. No food or drink will be allowed during the games except during half-time.**

10. The cheerleaders must arrive at all games at least 20 minutes prior to start time. The cheerleader will return to her position after half time no later than 2 min before basketball game starts.

11. We would prefer cheerleaders NOT practice as a group unless under direct supervision of a coach or appointed supervisor. This is for the protection of the girls as well as the parents.

12. We want our cheerleaders to demonstrate excellent sportsmanship towards our opponents, parents, official, coach, or any other administration during any SBA game or event. Violation could result in dismissal from the squad.

13. Remember that each SBA cheerleader is a leader and a role model for other students, and a representative of the school. We want them to project a clean, healthy, and wholesome image, and all her words and actions should be glorifying to God!

\* We are going to have a great year with lots of fun, laughter, and hard work. We cannot wait to watch what God does this season.

**Please detach this portion ONLY and return to the coach prior to try-outs.**

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I agree that I have read and accept all of the above stated rules and guidelines for Silverdale Baptist Academy Middle School Cheerleading.

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Cheerleading Candidate

Date

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Parent/Guardian

Date