**SMS Cheerleading**

**2018**

**Fundraising:**

Our Cheer program depends on fundraising dollars to finance fill-in uniforms, new uniforms, Festivals and Competitions, Stunt Clinics, fun events throughout the year such as Night Out With Varsity, etc. All girls who make a squad are expected to participate and do their part to support the program. Everyone benefits so everyone should participate.

Fundraising events will be held in the spring and the fall. TBD.

We will also offer a fundraising opportunity this spring for girls who would like to earn money that will go to them personally to offset the cost of their apparel and camp.

**Summer Practices:**

Summer practices will be held Mondays and Wednesdays from 7-9AM beginning May 30th and continuing through the end of June. Practices are held here at South, either in the gym or on the football field. During July, the squads are encouraged to organize practices on their own to learn the cheer packet and review camp material. Everyone is encouraged to attend the summer practices as often as possible in order to prepare for the fall season and work with their squad.

**Practices during the school year:**Practices will be held M-W from 3-4:30. Practices are mandatory, and we ask that you do not make doctor and dental appointments, etc. on those days.

**Cheer Class:**

We have the privilege of having Cheerleading as part of the curriculum, so all squad members must sign up to take the 7th hour Cheer Class. This class meets 7th hour MTWF. This provides the opportunity for the squads to practice with their coaches 60-90 minutes in the AUX gym, which is invaluable. After school practices are held in the main gym lobby, as fall and winter sports have access to the gyms after school. Because this time is SO valuable, and allows us gym space in which to stunt, we ask that you not use this class as a time to schedule doctors’ appointments, etc. This class period is used to work on stunting, teach choreography, and practice routines. When members are absent, squads cannot practice full out and it puts everyone at a disadvantage.

All squad members will be expected to dress out for every class, meaning proper shorts, t-shirt, cheer shoes, hair pulled back, no jewelry, etc. Failure to do so will result in the loss of points.

Cheer class is a PE credit and students will be graded on participation in the class itself, and also on games and other performances.

**Weights:**

Muscle and core strength/conditioning is a key element of proper cheerleading technique, especially for stunting, and cheerleaders are encouraged to enroll in the summer weights program here at South. This is optional, but highly recommended for those who wish to maximize their potential as a cheer squad member. The weights class meets Monday through Thursday mornings. The schedule is not yet finalized but most likely it will be from 9-10AM.

**Cheer Material Checkoff:**

Each squad member is expected to be “performance ready” on all cheer material prior to their first football game, and will go through a checkoff procedure with their coach to determine game readiness. The packet of Chants, Cheers, and Dances will be distributed soon after tryouts. Optional after school spring practices will be offered to current students at South for those who are not involved in a spring sport and want to get a jump on learning material and working toward performance readiness. Middle school members will have opportunities in the summer to work with upper classmen to learn the cheers and chants, and work toward performance readiness. A video of the material will be posted on the Cheer website as well.

Squad members must be checked off on the packet before they can perform at the first football game in the fall. Checkoff procedures will be shared with the squads and they will have the opportunity to sign up for a time slot in early August. If they feel they are ready earlier than that and their coach is available, they can schedule a time prior to August. We encourage Varsity squad returners to be checked off by the end of June.

**Designated Squad Responsibilities/requirements:**

**Freshman:**

1. Cheer at all HOME football and basketball games. (Freshman football team both A and B squads, Sophomore FB team, Freshman A and B Boys basketball, C-Team Girls, may include an occasional Sophomore Boys game)
2. Participate in the OP Parade in September
3. Will have the opportunity to cheer on the track with the Varsity squad at designated Home football games
4. Will perform with JV and Varsity in an all-squads routine at the Fall Sports Assembly
5. Will have the opportunity to perform a routine at halftime of Varsity Girls or Boys Basketball games
6. Will perform sideline dances/Fight song at the beginning of all pep assemblies

**Junior Varsity:**

1. Cheer at all JV HOME and IN-DISTRICT football games and JV Girls and Boys basketball games
2. Participate in the OP Parade in September
3. Will have the opportunity to cheer on the track with the Varsity squad at designated Home football games
4. Will perform with JV and Varsity in an all-squads routine at the Fall Sports Assembly
5. Will have the opportunity to perform a routine at halftime of Varsity Girls or Boys Basketball games
6. Will perform sideline dances/Fight song at the beginning of all pep assemblies

**Varsity:**

Cheer at all Home and Away Varsity Football games, and Home and Away Varsity Girls and Boys Basketball games, including post season games (Regionals and State)

Will participate in the following:

1. OP Parade (September)
2. Brookside Walk to School Day (early October)
3. SM Winter Warm-Up Festival (November)
4. KSHSAA Game Day competition (TBD)
5. Perform routines at all 4 pep assemblies

SMS cheerleaders receive many requests from the school and South community to participate in a volunteer capacity. We cannot fulfill all requests, but we try to make ourselves available as much as possible. Therefore, there will be responsibilities that are not on this list, but are still considered requirements of an SMS cheerleader.

