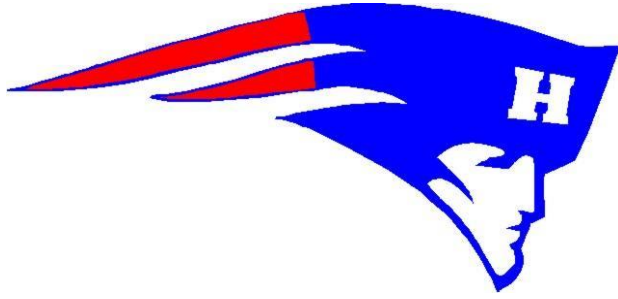


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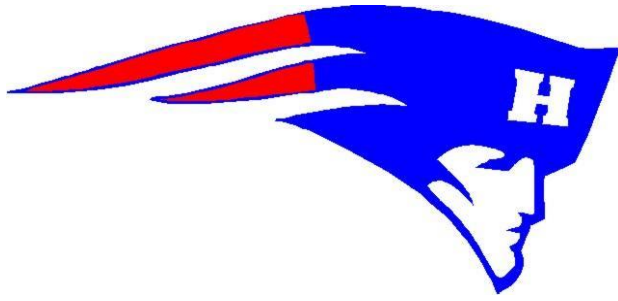
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2023-2024 IMPORTANT DATES

January 30, 2023 5:30 p.m.	Parent Meeting High School Library
February 28 & March 1 & 2, 2023 4:00-6:00 p.m. each day	Tryout Clinic
March 3, 2023 Jr. High – 4:00 p.m. / Varsity – 5:00 p.m.	Tryout with Judges
March 21, 2023	Varsity Uniform Fitting
June 10-13, 2023	UCA Cheer Camp Mississippi State University
September 20, 2023	MAIS Cheer Competition Jackson, MS
December 1, 2023	Final uniform payment due

CHECKLIST

- _____ Submission of Parent Consent & Application for Cheer Tryouts via Google Form
- _____ Payment of \$30 fee turned in to High School office
- _____ Attendance at tryout clinic



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The Heritage Academy cheerleading squads are members of the Heritage Academy Athletic Department.

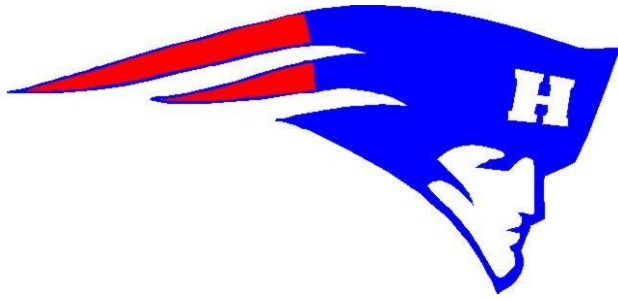
ELIGIBILITY

- There are no grade requirements for a student to try out for cheerleading; however, all students selected as cheerleaders for the upcoming year must be eligible according to MAIS regulations and Heritage Academy regulations (please see the Heritage Academy Student Handbook for details) no later than **two weeks** prior to the first day of summer camp. Any student not meeting the MAIS eligibility requirement within the specified time frame will be removed from the squad.
- Prior to tryouts, all candidates for cheerleader must be fully enrolled at Heritage Academy for the upcoming **school year**.
- All candidates must be current on all financial accounts with Heritage Academy, including enrollment contract obligations and cheer balances from the previous year.
- All candidates must have a copy of a current physical on file with Heritage Academy prior to participation in any tryout clinic or tryouts.
- Candidates for the Junior High squad must be in grades 6-8.
- Candidates for the Varsity squad must be in grades 9-11. However, an 8th grader will be allowed to try out for the Varsity squad only if she is ineligible to try out for the Junior High squad due to a MAIS eligibility rule.
- All candidates for cheerleader must participate in the tryout clinic and tryouts.

COSTS

There are appreciable costs that go along with being a cheerleader; all candidates and their parents should familiarize themselves with the estimated expenditures, which will include, but may not be limited to:

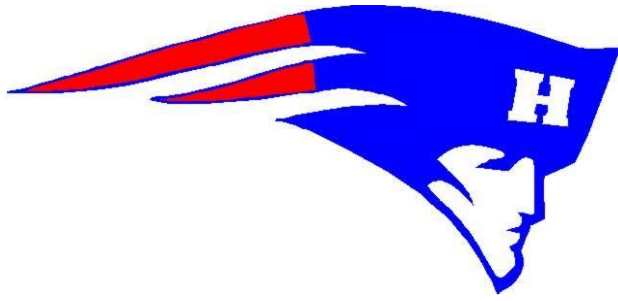
- Uniform and camp wear– approximately \$1,250 for new cheerleaders and \$750 for returning cheerleaders
- Summer camp – approximately \$400
- Athletic fee – \$250
- Incidental expenses – approximately \$100
- Coaches fee – approximately \$55 per month for March-May and August-October



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RESPONSIBILITIES

- All cheerleaders must adhere to the Extra-Curricular/Athletic Eligibility requirements as set forth in the Heritage Academy Student Handbook and Athletic Handbook.
- All cheerleaders are expected to cheer at all football games (home and away) and all girls' and boys' home basketball games (regular and playoff games); participate in all school pep rallies; represent Heritage Academy in community service events, parades, and other school- and non-school related functions; compete at the MAIS spirit competition; participate in all sessions of summer camp; and attend all mandatory practices, including all practices leading up to camp, **two weeks** prior to school starting, and as necessary throughout the school year.
- Cheerleaders are also expected to attend all summer practices for which they do not have a legitimate conflict.
- Cheerleaders are expected to report to events and practices on time.
- Cheerleaders must cooperate at all times with all faculty members, squad members, game officials, and coaches.
- If a conflict arises between Heritage Academy cheer and another school-sponsored activity, the Cheer Sponsor will work with the other coach/sponsor to minimize any disruptions and to determine which activity the cheerleader will attend.
- If a conflict arises between Heritage Academy cheer and a non-school related activity, Heritage Academy cheer is expected to take precedence.
- If an emergency arises, the cheerleader is expected to notify the Cheer Sponsor as soon as possible.
- **Fulfilling these responsibilities is expected at all times. Any cheerleader who fails to do so may be suspended by the athletic director, at the recommendation of the Cheer Sponsor after consultation with the Athletic Director. Repeated failure to fulfill the responsibilities of a Heritage Academy cheerleader may result in removal from the squad and/or the student being deemed ineligible to try out for the squad in future years, at the recommendation of the Cheer Sponsor after consultation with Heritage Administration.**



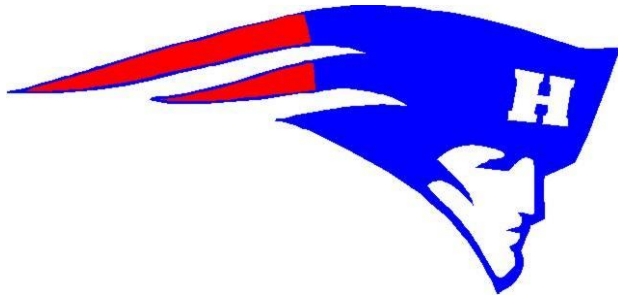
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DISCIPLINE

- Heritage Academy's cheer squads will no longer be using the demerit system. Cheerleaders are considered school leaders and are expected to demonstrate satisfactory conduct and to hold Heritage Academy in high regard at all times.
- Good sportsmanship is required at all times.
- Respect must be shown for all other Heritage Academy squads/groups, the Cheer Sponsor, other members of the cheer squad, and Heritage Academy Administration.
- Cheerleaders are expected to fulfill all of their Responsibilities, as noted above, and the failure to do so may result in appropriate discipline.
- No cheerleader should act silly or boisterous at any time when in uniform representing Heritage Academy. No public display of affection while in uniform will be tolerated.
- No jewelry can be worn while practicing or cheering at games.
- The use of cell phones during cheer events is not allowed unless given permission by the Cheer Sponsor.
- Cheerleaders must accept the responsibility of setting an example for proper deportment during the invocation and playing of the National Anthem. During the invocation, the cheerleaders will stand quietly at attention with heads bowed. At the playing of the National Anthem, the cheerleaders will place their right hands over their hearts and face the flag, standing at attention until the end of the anthem.
- Unsatisfactory conduct, including but not limited to the unlawful use of alcohol or other controlled substances and/or the use of social media to degrade a Cheer Sponsor and/or other members of a squad, may result in suspension or dismissal from the squad.
- Each case of discipline will be judged individually. The Cheer Sponsor, with the assistance of the Heritage Academy Administration if deemed necessary, has the final decision in any disciplinary situation.

GAMES and PRACTICES

- Cheerleaders are to arrive at the time instructed and in the appropriate uniform (or practice wear) that was instructed by the Cheer Sponsor.
- The Cheer Sponsor may specify the way in which the cheerleader's hair is to be worn for a game, pep rally, or competition.
- For safety reasons, no long nails or jewelry may be worn.
- Cheerleaders will actively participate during the duration of the entire game.



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- After halftime or in between games, cheerleaders will report back to sidelines/stands when instructed by the Cheer Sponsor.
 - For students to be eligible for participation in summer activities, the student's tuition for the previous school year must be paid in full with a zero balance by May 1st .

COMPETITION

Participation in the MAIS Cheer Competition is mandatory for all cheerleaders on both squads. This competition is usually held in September.

TRANSPORTATION

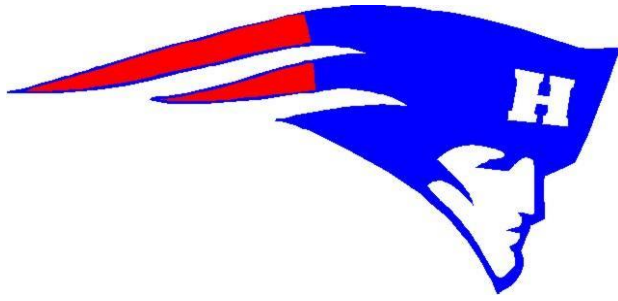
Cheerleaders are not allowed to drive to away games or competitions. They must ride in either school transportation or authorized transportation, as communicated by the Cheer Sponsor.

UNIFORMS/APPEARANCE

- Uniforms must be worn when required. Outfits dictated for specific functions (like pep rallies, games, etc.) must be approved by the Cheer Sponsor and Athletic Director.
- Cheerleaders must keep up with all uniforms and shoes. This includes any camp wear, jackets, shirts, etc. that were bought to match as a squad. Anything purchased can be used as "team wear" at sporting events and functions that the cheerleaders appear at together.
- If a cheerleader damages a uniform in any way, it is her responsibility to replace or repair the item.
- Any alterations to any cheer uniforms must be approved by the Cheer Sponsor.
- All uniforms, shoes, and practice wear are the financial responsibility of the cheerleader.

DISMISSAL/SEPARATION FROM SQUAD

- Any student who is selected to the cheer squad and subsequently quits or is dismissed from the squad will not be eligible to try out for cheer again for one calendar year.
- Any student who quits or is dismissed from the squad forfeits any awards/recognition for that year, such as Senior night, awards banquet, etc.



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SELECTION OF CAPTAIN & CO-CAPTAIN

- There will be a Captain and Co-Captain for each squad. Those positions will be elected by the entire squad.
- Only members who have served for the two full years prior on the respective Heritage Academy squad are eligible for the positions.
- The Captain and Co-Captain are expected to work closely with the Cheer Sponsor throughout the year and to display positive and uplifting attitudes at all times.
- Each cheerleader who is eligible is considered a nominee unless she specifically indicates to the Cheer Sponsor that she has no desire to be the Captain or Co-Captain.
- Should the Captain or Co-Captain become inactive at any time, a permanent replacement shall be selected by a vote of the squad.

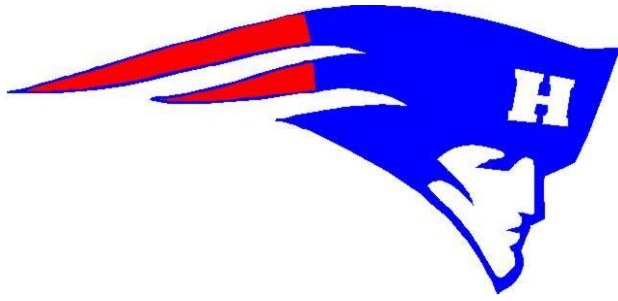
TRYOUTS

Tryout Requirement and Eligibility

- All students who desire to be a member of the Heritage Academy cheerleading squad must try out. The only exception is for a student who has an emergent medical condition, verified in writing by a medical doctor, in which case the Athletic Director, with the input of the Cheer Sponsor, has the sole discretion to host a special try out for the student.
- To be eligible to try out, candidates must attend the tryout clinics in their entirety.

Tryout Clinic

- A UCA Staff member or other like personnel will teach the tryout material. The tryout dance, chant, and cheer will be taught at a clinic held on the days leading up to the tryouts.
- The tryout clinic is closed to all guests; no parents or friends are allowed in the gym during any portion of the clinic.
- In order to participate in the clinic and tryouts, all candidates must be in school *all day* of each day of the clinic and tryouts, unless otherwise approved in advance by the Head of School and Cheer Sponsor.
- At the end of each day of the tryout clinic, the UCA Staff member or like personnel will run through the try-out material once and allow for recording.

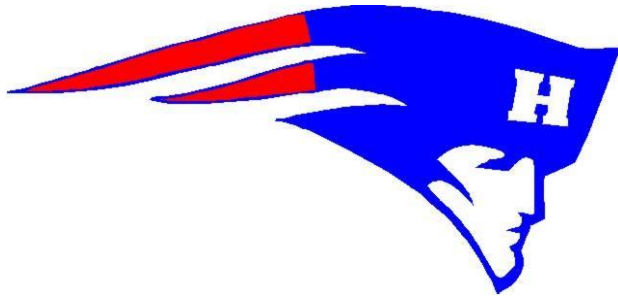


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- Students trying out for cheerleader may not be coached by the individual teaching the tryout material outside of clinic hours, or anyone with knowledge of the tryout routine. A violation of this policy shall result in the loss of the privilege to try out.

Tryout Procedure

- A panel of UCA or other qualified independent cheerleader judges will judge tryouts. No judges can be used that have worked with or trained a candidate prior to tryouts.
- For tryouts, students are to wear appropriate length black shorts or tennis-style skirts, a white tank or short-sleeve shirt, and athletic/cheer shoes.
- Tryouts are closed to all guests; no parents or friends are allowed in the gym during any portion of the tryout time, including during preparation time.
- No video equipment is allowed during tryouts.
- The Cheer Sponsor may be present at tryouts to assist with music and other aspects of the tryout but will not observe the actual tryout activity. The Cheer Sponsor will not handle or view any scoring sheets until the final list of selected cheerleaders has been formulated.
- The Athletic Director or Principal or his/her designee will be in the gym at all times during the tryouts.
- Those trying out for the Junior High cheer squad will check in at _____ in the lobby of the High School gym. Those trying out for the High School cheer squad will check in at _____ in the lobby of the High School gym.
- As each student checks in, the Cheer Sponsors will take up their phones and will pass them out after the last person has finished try-outs and any call backs have been completed.
- We will draw numbers for the try-out order as soon as everyone has checked in.
- Tryout numbers must be worn on the right side of the student's shorts during tryouts.
- Students will be put into groups of three or four by their try-out numbers.
- Try-out groups will line up outside the gym door. Students will be sent individually into the gym to do their "Run In." After they perform their "Run In," the individual will do their tumbling and perform two different jumps and then the cheer in front of the judges. If an individual feels as though they have messed up on their tumbling or jumps, they may ask the judges to let them repeat themselves. Once the individual completes the tumbling, jumps, and cheer, they will exit the gym.
- After each individual of the try-out group has performed their "Run In," tumbling, jumps, and cheer alone in the gym with the judges, the try-out group will enter the gym and perform the chant as a group in front of the judges. Once the chant has been completed,



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school personnel will start the music for the group to perform the try-out dance. Once the group is done, they will exit the gym together.

- Once one try-out group has completed their try-out, the coaches will send in the next try-out group. This process will repeat until every student has completed their try-out.
- Once try-outs are complete, coaches will ensure that there are no call backs needed and then return cell phones and dismiss the students.
- The announcement of the cheer squads will be posted on the Heritage Academy website as quickly as possible on the night of tryouts.

Tryout Scoring

- Tryouts will be judged using the approved scoring sheet.
- Tryouts will be judged by three judges.
- There is a maximum of 100 points that can be earned from each judge.
- Each student will have three score sheets (one from each judge). The three scores will then be added together, and the tabulated score for each student will be the total of the three judges' scores.
- There is no set number for either squad. The students who have the top eighteen scores will make the squad. After the first eighteen spots have been filled, Heritage Academy administration will review the next four highest scores to determine if any of those students' scores are within ten points of the eighteenth highest score. Any student scoring within ten points of the eighteenth highest score will be added to the squad; any student not scoring within ten points of the eighteenth highest score will not be added to the squad. Under no circumstances shall the squad exceed twenty-two members. Thus, if, after conducting the review above, there is a tie that would require the squad to have more than twenty-two members, those members whose scores were tied will not be added to the squad.
- Parents whose child did not make the cheer squad may review their child's score sheet by scheduling a convenient time with the Athletic Director. No such meeting may be scheduled within 48 hours of tryouts, and under no circumstances will they receive information about another cheerleader's score or ranking.
- Any changes to the scoresheet after January 1, 2023, shall be made before August 1st each year.