

# **SJCS Cheerleading 2018-2019**

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The Cheerleading program at St. James Cathedral School had been dormant for many years until six years ago when we started it back up again with full force! Now, in our seventh year, we are building a solid program where girls at St. James can learn basic cheerleading skills, teamwork, confidence in front of audiences, and of course fun and fellowship! We are hoping to keep our program running strong as the cheerleading programs in the surrounding high schools are extremely competitive, thereby giving our girls the chance of making these squads in the future. As of now, our program gets no funding from the school and all of the coaches are volunteers. We will continue to need help with both time and funding every year!

Here is some basic information:

1. Registration cost is \$100.
2. A refundable uniform deposit of \$50 will be held to ensure we get them back in nice shape.
3. Bloomers, bows, and socks will be yours to keep. They may wear their white school tennis shoes.
4. We typically divide the girls into squads based on age/grade. We will determine this when we see the total that sign up.
5. We really need someone to help if there are any volunteers!
6. Practices are after school in the gym on Fridays 3:30 to 4:00-4:15pm.
7. We cheer for Girl's Basketball in the fall (August through October) and Boy's Basketball in the spring (January through April).
8. During the week, we only cheer at home games (ie those in our gym). Game times are between 4 and 7pm and games last one hour.
9. Saturday games are between 8am and 2pm and we may travel to other schools for these.
10. We ask that you arrive 20 minutes before the game time.

11. A parent or guardian must be present the entire game - NO drop offs!
12. We also participate in other school activities throughout the year (for example - book fairs, Orlando Magic Game or Solar Bears Game, Box Top Game, etc.).
13. Girls must maintain a "C" average to participate and bad or unladylike behavior will not be tolerated!
14. Girls may only sign up in the fall (NO spring registration).
15. **MIDDLE SCHOOL AGE GROUP:**

In the past we have not had enough girls sign up in 6<sup>th</sup>-8<sup>th</sup> grade. Therefore, we will determine if we have a squad based on interest. If there is little interest, middle school girls may help volunteer as mentors/assistant coaches for the elementary school age cheerleaders. There would be no fee. They can also continue to practice, do some conditioning, and help with overall school spirit!

**No Online Registration this year, either fill out one found at the front desk early or you may fill it out at the Registration Meeting listed below!**

**\*\*\*REGISTRATION MEETING will be Friday August 24th in the gym 3:15-4:15pm\*\*\***

**We will distribute uniforms and go over any additional information. Please have your daughter present to insure proper fitting and check books or cash ready! (\$100 registration and \$50 uniform deposit)**

If you have any additional questions or concerns, or cannot make the registration meeting, please email [lwprather@hotmail.com](mailto:lwprather@hotmail.com) or call Lauren at 407-301-2806.

Cheerleaders Rock! Go Panthers!!