

stratford high school

Cheer Program Overview

As an SHS cheerleader, mascot, or manager you are expected to:

- Encourage and demonstrate school spirit and pride throughout the entire school year.
- Serve as a role model and leader in and outside of the classroom.
- Represent our school with the upmost integrity by displaying strong sportsmanship and kindness.

Standards and Regulations:

- As a cheerleader, you must follow the rules in the SBISD cheer constitution, NFHS handbook, USA Cheer safety and risk management, UIL spirit regulations, and the SBISD/SHS athletic handbook.
- Cheerleading is a physically demanding sport and all cheerleaders must commit to safely train and strengthen their skills during practice to ensure we are safely improving and learning.
- Being a cheerleader is a privilege, not a right, and may be revoked by school personnel if any rules and regulations are violated. Refer to the SBISD Cheerleading Constitution for a full outline of rules.

Time Commitment:

Cheerleading takes a great deal of time, energy, and effort. We encourage our cheerleaders to participate in other various extra-curricular activities and leadership roles, but cheerleading **MUST** remain a priority. Performances and practices depend on the entire group being present. Cheer is a **YEAR-ROUND** activity.

- Practices begin after tryouts and will continue until the following year's tryouts in March.
- Throughout the year, we will have various fundraising activities that will be mandatory.
- In the summer we attend NCA cheer camp and we will have additional competition choreography.
- During the school year, cheerleaders will be enrolled in cheer class 1st and/or 2nd period:
 - **To be a cheerleader, you MUST be enrolled in the cheer class scheduled for your squad**
 - Varsity cheerleaders are double blocked
 - JV cheerleaders are single blocked
- We cheer at football and volleyball games as well as pep rallies during the Fall.
- We cheer at girls/boys basketball games as well as attend other sporting events during the Spring.
- We will compete in game-day cheer competitions in the Fall and/or Spring.
- We attend other functions and participate in school activities such as send-offs, red ribbon week, assemblies for our younger feeder schools, middle school night, etc. throughout the **entire** year.

Outside Coaching and Choreography:

Staff from Biron's Elite Cheerleading will attend practice (March- May and August-January) to assist our program in skill advancement, choreography, pep rally/game-day techniques, and choreography.

Expenses:

We have many fundraising opportunities to help cover some of the costs of being a cheerleader/mascot. Some expenses are approximate and may vary. *There may be unforeseen costs that arise that cheerleaders and mascots will be responsible for paying.* If cost is a concern, please contact Coach Jones or Coach Chelala.

Cost specifics will be further discussed in the mandatory tryout parent/guardian meetings

Game-day Competitions:

We will have the opportunity to compete in UIL and/or NCA cheerleading competitions in the Fall and/or Spring.

Cheer Camp:

We attend NCA cheer camp each year to learn new skills and material, compete for awards, and complete safety certifications required to be a cheerleader or mascot.

- NCA cheer camp is **MANDATORY**
- NCA cheer camp will be 6/6-6/9 in Houston, TX

Please review all of the above information as well as the tryout application and SBISD cheerleading constitution to determine if our cheerleading/mascot program is the right choice for you. We wish you the best of luck!