



# Jesuit Cheerleading

**2020 – 2021**

[www.RangersCheerleading.com](http://www.RangersCheerleading.com)

## Coaching Staff:

Laura Gambrel: Program Head Coach of JV and Varsity

[lgambrel@jesuitcp.org](mailto:lgambrel@jesuitcp.org)

Kendra Sawyer: JV Head Coach and Assistant Varsity

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Scott Gambrel: JV and Varsity Assistant Coach

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## What to expect as a Jesuit cheerleader:

Attending all tryout clinics and the tryout day in its entirety. **April 14<sup>th</sup>-17<sup>th</sup>**

Practicing five days per week during summer- see dates page

Attending pre-camp practices – see dates page

Attending NCA camp in its entirety **July 29<sup>th</sup>-August 1<sup>st</sup>**

Performing at all Jesuit football and home basketball games in the regular season.

Performing at all playoff games as specified by the Coaching Staff.

Performing at other Jesuit and Ursuline events throughout the season as specified by the Coaching Staff.

Performing during or before halftimes during football and basketball season.

Performing during Ranger Day.

Attending all fundraising, social, and community events as specified by the staff.

## Parents we need you too:

Parent involvement is highly encourage. Opportunities and responsibilities are listed in the handbook.



## Important dates to know:

| Event                              | Date   | Time(s)  |
|------------------------------------|--|--|
| <i>Spring Practices</i>            | Every M/W from April 20 <sup>th</sup> – May 13 <sup>th</sup> , 2020<br><br>Exception: UA finals week   | <u>Varsity</u> 4:30pm – 5:30pm<br><br><u>J.V.</u> 5:30pm – 6:30pm<br><br>All squad 4:30-6:30pm                 |
| <i>Summer Practices</i>            | Every day starting Monday, June 1 <sup>st</sup> – June 12 <sup>th</sup>  | Monday and Wednesday:<br>7-8:30am<br><br>All Squad   |
| <i>Camp Practices</i>              | Team pictures – August 3 <sup>rd</sup><br><br>July 27 <sup>th</sup> and 28 <sup>th</sup><br><br>Camp: July 29 <sup>th</sup> -Aug 1 <sup>st</sup> | 8-10:30am<br><br>9am-3pm   |
| <i>Football Season Practices</i>   | Every M/W starting August 17 <sup>th</sup> through playoffs<br><br>Exception: weeks leading up to Ranger Day:<br>Unity practices MTWTH           | <u>Squad:</u><br><br>Varsity: 4:30-5:30pm<br><br>JV: 5:30-6:30pm<br><br><u>Unity:</u><br><br>Unity 4:30-6:30pm |
| <i>Basketball Season Practices</i> | First practice will be Monday, Jan 4 <sup>th</sup>   | M and some W: Unity practices<br><br>4:30-7pm  |

It is at the discretion of the Coaching Staff to make changes to the practice schedule

## Absence Information

**Summer Absences:** Cheerleading is a team sport. In order to execute routines, we need the whole team to be at each practice, especially before camp. **Please schedule all family vacations, volunteer opportunities, mission trips, etc. around cheer practice.**

Please inform the coaches by May 1<sup>st</sup> if there is a conflict with the summer practices for approval.

**Summer absences:** Athletes are allowed 1 summer absence with coach approval. Unexcused absences will result in consequences; may vary and are at the discretion of the head coach.

**Regular Season Absences:** In accordance with the Ursuline Academy absence policy, Cheerleaders will not be allowed to miss more than a total of 5 events, including practices, games, clinics, community events, and fundraisers throughout the season.



If a cheerleader is absent from a game, he or she will be benched for half of the next game.

If a cheerleader is absent from the practice where game day material is being executed, he or she will not perform.

If a cheerleader is absent from a game for unexcused reasons, he or she will be benched for half of the following game.

## **School and Team Representation**

All Jesuit cheerleaders are expected to act with good moral character in accordance with the guidelines and standards of both Jesuit and Ursuline. Please see the Jesuit and Ursuline handbooks.

<https://www.jesuitcp.org/file/onboarding-files/Employee-Handbook-2017-2018.pdf>

<http://www.ursulinedallas.org/the-ursuline-experience/student-handbook>

## **Communication:**

- All communication must be done via email and groupme
  - If the cheerleader composes the email: they must include 1 parent and all coaches. See first page for email address.
  - The head coach must be copied on all communication
  - Group me: include all coaches

## **Uniform prices: (estimated prices)**

- Returning Varsity: \$400                      New Varsity: \$700                      Camp fee: \$450
- Returning JV: \$400                              New JV: \$ 1,200                      Camp/spirit wear: Varies

## **Paperwork:**

Pre-tryout paperwork includes the following and is must be completed prior to clinic by **March 23<sup>th</sup>**

- Tryout Application: includes a questionnaire and permission slip- Available Feb 24<sup>th</sup> and closes **March 23<sup>rd</sup>**.
- **UIL Forms** (*on Jesuit website; turned into Jesuit front desk*) – place in a manila envelope with your child's name on it and Att. Cheer- Due by **April 6<sup>th</sup>**
  - [http://jesuitrangers.org/sports/2014/12/17/GEN\\_1217141226.aspx](http://jesuitrangers.org/sports/2014/12/17/GEN_1217141226.aspx)
  - **Only complete the following:** physical, Concussion acknowledgement, sudden cardiac arrest, and rules/acknowledgment.
- **UA Paperwork** (*females only; turned into UA Athletic Department*) – Due **April 1<sup>st</sup> for current students and April 6<sup>th</sup> for freshman/transfers**
  - Magnus: [Contact Amanda McVicker with any and all Magnus questions: AMcVicker@ursulinedallas.org](mailto:AMcVicker@ursulinedallas.org)
  - <https://www.ursulinedallas.org/the-ursuline-experience/athletics/athletics-forms>
- **Include with your Jesuit UIL paperwork:** Proof of Commitment to Jesuit/UA (*new students only*)



## Tryout Information

2020-2021

*The tryout clinic and tryouts are **closed** to the public*

There will be two squads for the 2020-2021 season. JV will consist of freshman and sophomores; Varsity will consist of Juniors and Seniors. Males will be trying out for positions on the Varsity team ONLY. Scores will not be released for any reason.

|                     |                               |
|---------------------|-------------------------------|
| Tryout Clinic Week: | Tuesday-Thursday, April 14-16 |
| Time                | 4:30-7pm                      |
| Tryout Day:         | Friday, April 17              |
| Time                | 5-8pm                         |

Please see the [www.rangerscheerleading.com](http://www.rangerscheerleading.com) for announcements about tryouts.

- All candidates must be able to attend Tryout Clinic Week and Tryout Day in its entirety; a video tryout may be submitted with special consideration and approval by the Head Coach.
- All candidates will be given a tryout number to ensure the privacy of their names and scores during the tryout process.
- During the three days of the tryout clinic, the Coaching Staff will work on stunting techniques with the candidates to determine what position(s) each candidate is best suited for (*i.e. flyer, base, or back spot*).
- On the day of tryouts, the candidates will perform the cheer, dance they learned throughout the tryout week, in pairs. Individually, they will perform 3 whipped jumps, their most advanced standing tumbling, and running tumbling pass.
- Jumps: must be whipped and 1 must be a toe touch.
- There will be limited spotting available during Tryout Clinic Week. If you do not feel comfortable throwing standing tumbling or tumbling pass without a spotter, please DO NOT feel the need to throw it.
- **Seniors:** tryout week is a great opportunity for the coaching staff to see your leadership skills. The scores from tryouts will be a factor in the captain selection process.
- **Clinic Attire:** No oversized shirts, strappy tanks, or shorts with buttons. Candidates trying out for the position of flyer MUST WEAR BRIEFS under their shorts. Other candidates must wear briefs if the shorts do not have a lining.
- Hair must be pulled back in a high, clean ponytail.
- No jewelry or excessive make-up will be allowed; a “fun” bow is encouraged.
- All candidates are required to wear navy or dark-colored shorts, a plain white t-shirt or tank, white no-show socks, and cheer/tennis shoes on the FINAL DAY of tryouts.