

# Middle School Cheer 2026-2027

Deadline to sign up is Friday, February 27th

## Practices

- **Spring-** 4:00-5:00pm Mondays on March 30th, April 12th, April 27, and May 11th.
- **Summer-** one refresher practice before camp on Monday, July 13 from 9-11 am
- **Camp 9-11am July 20-24**
- We will not practice regularly during the school year next year, so please make these practices a priority. Routines will all be filmed and sent so that girls can practice on their own as well. They are expected to know all routines **before** coming to camp. **Camp attendance is required.**

## Uniforms

- **Uniform fitting date is Monday, March 2nd at 4:00 in the art room. All girls must be there and must have a parent to sign off on their uniform measurements.**
- Uniforms are purchased by you and yours to keep
  - Athletic fee for the school is \$275, uniforms will run about \$200.
- Please follow wash instructions! Typically they are cold wash and hang up to dry
- The girls are always expected to uphold Epiphany's standards and values, but especially so when wearing the uniform and representing our school at games, events, and on social media.
- Girls are expected to be in **full uniform** and ready to go when showing up to an event or game. This includes having their uniform on, white shoes, white socks, bracelets/jewelry removed, and bow in the hair.

## Events/Games

- We will cheer at a mix of football, soccer, volleyball, and basketball games throughout the year.
- **Attendance:**
  - All 8th grade nights for all sports are mandatory. We will only be cheering at 8th grade night for soccer and volleyball.

- **In addition to 8th grade** night for football and basketball, girls need to attend 2 additional games (so they need to attend 3 total basketball and 3 total football games). The more the better, this is a minimum!
- We will appear at some other school events as greeters and such. These do not have a required attendance.

## Stunting/Tumbling

- No tumbling experience is required! Typically with school cheer, tumbling is not taught or practiced but if your daughter has any skills that she is bringing to the table they can be incorporated. We have a few girls who are already in tumbling so we can always connect you if you need a referral for a good cheer gym!
- Stunting is something that we will work up to, but not a guarantee that all the girls will get to participate as it depends on their ability to follow directions, strength, reaction time, etc. Safety is always top priority. If you would not like your daughter to be allowed to attempt to stunt, let us know!

## Leadership/Behavior Expectations

- As in the name, we are leaders, and students participating in cheer are expected to hold themselves to a high standard of behavior and be an example for the school in the values of faith, knowledge, compassion, and character, and be in compliance with the school's student athlete grade policy.
- Girls should be kind and friendly to all of their classmates, on time for their classes, practices, and games, in compliance with school dress code and handbook, respectful to all teachers, Epiphany staff, parents, and adults, etc.
- I am automatically notified of any write ups at school through the electronic discipline system. We will deal with any behavior issues/write ups on a case by case basis. The girls are expected to act like leaders at school, and they may have to sit out of a game or games if they receive a write up or detention.

We are always here if you have any questions, and thank you for your time!

Mrs. Deane [bdeane@epiphanycatholic.school](mailto:bdeane@epiphanycatholic.school)

Mrs. Broussard [kbroussard@epiphanycatholic.school](mailto:kbroussard@epiphanycatholic.school)

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Cheer Behavior/Leadership Expectations

I acknowledge that by joining cheer I am expected to uphold a high standard of discipline, leadership, and kindness in my school community. As such, I will consistently demonstrate the values of faith, knowledge, compassion, and character.

Printed Student Name

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Parent Signature

Date

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Student Signature

Date

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