**MBS Pep Squad**

The MBS 3rd -5th grade pep squad shows team spirit for the 3rd-5th grade football and basketball teams during their active seasons. The pep squad will perform cheers and half-time performances during football and basketball games. The Pep Squad will also perform at school pep rallies. Beginner dance and cheer technique will be taught.

Each participant on the pep squad must abide by the academic eligibility requirements, outlined in the athletic handbook. Every participant **must have a current physical**, signed by a physician, on file with the Athletic Office before they will be allowed to attend any practices! The LHSAA physical form is the only acceptable form. It can be found online at mbsbr.org under Athletics. Physicals are good and considered current for one calendar year, starting with the date of the actual physical. The pep squad registration packet may be found online at mbsbr.org, click athletics, school athletics, spring sports and then cheer. Please download the registration packet and return it to the school office, with the registration fee, by **Friday, August 17, 2018.** There will be a mandatory parent meeting on Monday, August 20th at 5pm in St. Ursula. At least one parent must attend in order for your daughter to participate in pep squad.

**Attire for Game day**

The pep squad’s required uniform consists of the pep squad’s t-shirt and two matching pom poms available for purchase. A t-shirt and pom order form will be handed out at practice.

Optional attire to add to the uniform:

Maroon shorts

Plain White hair bow

White ankle socks

Cheerleading shoes

\*no makeup or jewelry are allowed for games or practices

**Game Day**

Pep Squad is to arrive 30 minutes before each game starts.

A water bottle and poms are required for each game along with two spirit sticks.

The pep squad will cheer for every quarter with water breaks throughout the game.

There will be a total of 3-4 scheduled half time performances throughout the football and basketball season.

Pep Squad is required to cheer for all home and away football games.

Pep Squad will perform 2 halftime performances for basketball games.

Game schedule TBA

**Practices**

The first practice will be Thursday, August 23 at 2:50pm – 4:30pm in St. Ursula. Coach Blair will meet the squad in the gym at 2:50 and walk them to St. Ursula. The girls have the option to change into practice clothes in the bathroom after being walked to St. Ursula.

A water bottle and poms are required for each practice.

All practices will be held once a week on Thursdays. Any pep squad participant who can’t make one of the scheduled halftime performance practices will not be able to participate in the scheduled performance but may still cheer for the game. Please let the coach know if your participant will not be able to participate in a scheduled performance.

Practices will consist of learning cheers and dances. Also, learning motions, stunts, and beginner dance technique. Not stunting or tumbling is allowed without the presence of a coach.

Thank you for your support of our MBS Athletics program and for allowing your child to participate in sports at MBS. If you have any questions concerning the upcoming sports season, please feel free to contact. We are looking forward to a great fall season!

GO PELICANS!!!

Christine Rabalais

MBS Athletic Director

Office: 225-751-9479

 Email: chrabalais@mbsbr.org

Blair Yarborough

Pep- Squad coach

blairyarbor@yahoo.com