

2019-2020 Pep Squad Registration Packet



Dear Parents and Prospective Pep Squad Members,

Thank you for your interest in Pep Squad! We are very excited about the upcoming season. Being a Pep Squad member is an honor and a special privilege. As a representative of our school, our squad exists to promote wholesome, enthusiastic school spirit, and good sportsmanship. Because of these responsibilities, members of the Pep Squad will be expected to uphold a higher standard of behavior both on and off campus, as well as always striving for academic excellence.

The MBS 3rd-4th grade Pep Squad shows team spirit for the 3rd-4th grade football and basketball teams during their active seasons. We will also perform at half-time during most football and basketball games. The Pep Squad will also perform at school pep rallies. Beginner cheerleading technique will be taught.

As a member of the MBS Pep Squad, many long hours will be required for practice, cheering at sports events, pep rallies, fundraisers, and various other school activities. Please remember that academics come FIRST, and then MBS Pep Squad. Missing practice for other cheer squads, dance, sports, etc. is not acceptable.

Please note there is a **MANDATORY** Informational Meeting on Wednesday, August 14th from 5:00-6:00 PM in Mrs. Richard's room (2A). **At least one parent MUST ATTEND** in order for your daughter to be eligible to participate in Pep Squad.

Attached is a packet of information that needs to be reviewed. Included is a consent form and a medical release form that must be completed. A **current** LHSA physical form must be on file in order to begin practicing. All forms and your Varsity deposit in the form of a **check (made payable to MBS) in the amount of \$25.00 are due by Friday, August 16th. Send in an envelope to school ATTN: Camille DeBenedetto/Pep Squad.**

****** RETURNING PEP SQUAD MEMBERS:** The use of last year's uniform will be discussed at the parent meeting!

Cheers!

Camille DeBenedetto
Middle School Cheerleading & Pep-Squad Coach
camille.deben@gmail.com

April Richard
Pep Squad Moderator
arichard@mbsbr.org

MBS Pep Squad General Information

Academic Requirements and Physicals

Please read the MBS Athletic Handbook, located on the MBS Athletics website. 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 valid and considered current for one calendar year, starting with the date of the actual physical.

Financial Commitment

The financial commitment for Pep Squad is **APPROXIMATELY \$100**. This covers all uniform pieces for the year.

Attire for Game Day, Pep Rallies, and Practices

The Pep Squad will have a **REQUIRED** uniform that consist of a uniform shell & skirt, bloomers, bow, and pom-poms. There will be other items available for purchase that are **OPTIONAL**.

Practices

Practices will be held once a week on **Fridays**. From **August-September**, practices will be from **2:45-5:00** and from **October-April**, practices will be from **2:45-4:30**. Practices will consist of learning cheers, motions, stunts, and jumps. No stunting or tumbling is allowed without the presence of a coach. The first practice will be on **Friday, August 23 from 2:45 pm – 5:00 pm** in St. Ursula.

Parent Information Meeting

There will be an Informational Meeting on **Wednesday, August 14th from 5:00-6:00 PM** in Mrs. Richard's Classroom (2A). **At least one parent MUST ATTEND** in order for your daughter to be eligible to participate in Pep Squad. Mrs. Richard's classroom is highlighted on the map of the school that is attached.

Uniform Fittings

We will have uniform fittings on **Friday, August 16th at 3:00**. I STRONGLY encourage at least one parent to attend. **A Varsity deposit in the amount of \$25.00 is due by Friday, August 16th**. Please send this deposit in the form of a check (**made payable to MBS**) to school **ATTN: Camille DeBenedetto/Pep Squad**.

Registration Packet

This registration packet needs to be read, completed, and turned into the office (**attn. Camille DeBenedetto/Pep Squad**) by **Friday, August 16th**.

2019-2020 Important Dates to Remember

Mandatory Parent Informational Meeting

Wednesday, August 14th

5:00-6:00 PM in Mrs. Richard's room

Registration Packet and Varsity Deposit Due

Friday, August 16th

Bring to school (ATTN: Camille DeBenedetto/Pep Squad)

*** Varsity deposit: \$25.00 check made payable to MBS ***

Pep Squad Constitution Due

Friday, August 16th

Bring to school (ATTN: Camille DeBenedetto/Pep Squad)

Mandatory Uniform Fitting

Friday, August 16th

3:00-till in Mrs. Richard's room

*** Please remember to bring your **COMPLETED** Varsity Checklist ***

Pep Squad Practices Begin

Friday, August 23rd

2:45-5:00 in St. Ursula Hall

Most Blessed Sacrament Pep Squad Consent Form

My daughter has permission to become a member of the MBS Pep Squad. The signatures on this page indicate we have reviewed the information given out at the parent meeting. We understand the policies and regulations and agree to be governed by them.

Name _____ Grade _____

Birth Date _____

Address _____

Parent/Guardian Information:

Parent/Guardian #1:

Name _____

Phone Number _____

Email Address _____

Parent/Guardian #2:

Name _____

Phone Number _____

Email Address _____

STUDENT signature

PARENT/GUARDIAN signature

Medical and Insurance

I will not hold Most Blessed Sacrament or employees liable for any injury, medical bill, or damages resulting from participation in Pep Squad. I hereby certify that I have medical insurance or that I will afford coverage from injuries.

I give the coach or his/her representative my permission to call 911 for my child in the event of any serious injury or emergency during Pep Squad activities if I am not present or able to be reached at the present time.

PARENT/GUARDIAN signature

STUDENT signature

EMERGENCY CONTACT NAME

EMERGENCY CONTACT #

PEP SQUAD MEMBER MEDICAL INFORMATION

Allergies _____

Past Medical History _____

Previous Surgeries _____

Medications (taken on a daily basis) _____

Additional Info Needed by Emergency Personnel _____

