

SNOW CANYON CHEER

TRYOUT INFO 2025-26

- Must register for tryouts [HERE](#) by **Friday, March 21.**
- Tryout clinics will be 4/1 7:00-9:00 pm, 4/2 3:00-5:00 pm, and 4/3 3:00-5:00 pm in the Snow Canyon High Main Gym with Final CLOSED Tryouts with judges on 4/4 at 1:00 pm in the SCHS Auxiliary Gym.
- **You will need to learn the tryout dance, and band dance/fight song before the first clinic on 4/1.** This will be posted on the blog under the “Tryout” tab: <http://schscheersquad.blogspot.com/p/tryouts.html> on the evening of March 28, 2025
- We will review the tryout dance and teach the cheer & kick/jump routine at the tryout clinics.
- For Tryouts please wear a black shirt, black shorts, and white tennis shoes. Your hair should be pulled back out of your face. Please do not wear jewelry.
- Please check summer practice dates and camp dates. These are MANDATORY. If you cannot commit to these dates please do not try out. You can find these dates at: <http://schscheersquad.blogspot.com/p/tryouts.html>
- BEFORE tryouts you must get a physical exam from your physician and register on Register My Athlete (www.registermyathlete.com) for the 2025-26 school year (***make sure to choose next school year 2025-26**) to be eligible to try out. The new year will not be available to register for until March so please wait to complete RMA until you see 2025-26 as an option. DO NOT fill out 2024-25.
- For physical forms to take to your own doctor go to: <https://www.uhsaa.org/forms/forma.pdf>. You will need to upload the completed Athletic Pre-Participation Exam And Medical History and Participant & Parental Disclosure and Consent Document to the Register My Athlete account and **turn the hard copy of BOTH in on the first day of tryouts.** Returning cheerleaders do not need a new physical before tryouts if their old one is not expired. Returning cheerleaders WILL need to upload and turn in an updated one before the old physical expires sometime in the Spring. There is a physical clinic at the school in May.
- Please review the SCHS Cheer Constitution so that you are clear on the expectations for the SCHS Cheerleaders and parents before tryouts. You will then submit a digital form (link below and at the end of the SCHS Cheer Constitution) that indicates that you (both parent and athlete) have read it and agree to abide by the guidelines set forth. Parent must also sign that their student has permission to try out.

- Please have the following completed **before 3:00 pm on Tuesday, April 1** (the first clinic). Failure to have completed these steps before the first clinic will impact your eligibility to try out.
 1. Thoroughly read the Snow Canyon Cheer Constitution
 2. Verify you have read and agree to abide by the guidelines set forth by completing [ATHLETE INFO ACKNOWLEDGEMENT FORM](#) for the athlete (must sign in with school google account) and [PARENT INFO ACKNOWLEDGEMENT FORM](#) for the parent.
 3. **TURN IN** Register My Athlete checklist and completed physical form (physical form uploads will need to be approved & won't be shown as complete until later) & a photo of yourself (returning cheerleaders do not need to submit a photo)
- Your teachers will be sent a Teacher Evaluation Form and former coaches will be sent a Coaches Evaluation Form for all cheer candidates via e-mail. These evaluations WILL be factored into your final score.
- SCHS Cheer coaches will verify that you have a 3.0 GPA for Q1, Q2, and Q3 for the current school year. If you do not meet this requirement, you are not eligible to try out.
- Tryouts will be scored by outside judges and current coaches according to these guidelines: [Tryout Scoring](#)
- We will post a list of the individuals who made the team on the Snow Canyon Cheer blog <http://schscheersquad.blogspot.com/> the evening of Friday, April 4. There will be a required meeting that evening for the individuals who are selected for the team. Time and location TBA.

SNOW CANYON HIGH SCHOOL CHEERLEADING CONSTITUTION

1 PURPOSE:

1.1 It shall be the purpose of Snow Canyon High School cheerleaders to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, and to support good relations in the community and between teams and squads during events.

2 ELIGIBILITY:

2.1 A cheerleader candidate must be willing to support all athletic teams assigned throughout the year such as: Football, Basketball, Volleyball, and Wrestling.

2.2 A candidate may be male or female and will be going into 9th, 10th, 11th or 12th grade the following school year.

2.3 Acceptance of a candidate shall be on the basis of ability, the coach's agreement, acceptance of the squad rules, and without prejudice of race, creed, or color.

2.4 A cheerleader must maintain a 3.0 grade point average each quarter to be eligible to cheer at games. It is the responsibility of the cheerleader and parents to monitor grades throughout the quarter.

2.5 **Tryout eligibility:** must have at least a 3.0 GPA for the previous **THREE** consecutive quarters (Q1/Q2/Q3), and then once selected, a 3.0 will be required to maintain eligibility to fully participate as a member of the cheer squad. Academic eligibility for UHSAA competitions is a 2.0 GPA. While the standard of expectation is 3.0, to fully participate as a Snow Canyon Cheerleader, competition eligibility may be at the coaches discretion as long as the 2.0 minimum GPA is met.

2.6 If a cheerleader becomes ineligible at the end of a quarter he or she will not be able to fully participate as a member of the cheer squad for one quarter. If at the end of that quarter, he or she does not meet eligibility requirements the cheerleader may be dismissed from the cheer squad.

3 MEMBERSHIP:

3.1 The Snow Canyon Cheer squad will consist of Junior Varsity and Varsity cheerleaders. Additional members may be admitted and allowed to fill regular squad positions as they reach performing proficiency, vacancies occur, or temporary positions in the event a regular cheerleader is unable to perform her cheerleading duties. Cheerleaders must attend a safety clinic through Utah Risk Management in order to be eligible to practice, perform, or compete.

4 ATTENDANCE REQUIREMENTS:

4.1 **Practice:** All cheerleaders will attend all practices, games, competitions and events as assigned, unless pre-approved by coaches. Cheerleaders will remain as a group/sit together at these events. If cheerleaders are not on the floor cheering, they are expected to stay together in approved cheer apparel and help the cheerleaders on the floor yell cheers. Absence from these events will **ONLY** be due to illness, family

vacations, or **emergencies**. Family vacations must be cleared **one-month prior** for coaches to be able to plan practices and games accordingly (Any mandatory practices - i.e summer and competition season practices Dec-Feb may not be missed at all. Varsity home games may not be missed). If one-month notice is not provided, you may be removed from competition or game-time routines. Demerits will be given which impacts the cheer class grade. Cheerleaders are not allowed to participate in the school blood drive on practice days for safety purposes. Use of cell phones during practice is prohibited, unless approved by a coach. Attendance at school on the day of a game, event, or competition is **MANDATORY** in order to be able to participate. Exceptions may be made in advance only by clearing it through the SCHS Athletic Director.

- 4.2 Summer Camp/Safety Clinic:** All cheerleaders and coaches will attend annual camp as a squad. This is where the girls will be able to learn new material for the upcoming year and work on their skills. Most importantly, this is where the girls will be able to bond as a team. All cheerleaders and coaches are also required to attend a **mandatory** safety clinic, usually held on Saturday in May. **NO** Summer practices may be missed. (including for driver's ed – please plan your sessions around our practice schedule) Girls will get the whole month of July off, please plan Summer vacations accordingly. **If you cannot commit to being at ALL Summer practices, please do not tryout.**
- 4.3 Competitions:** SCHS Cheer is a competitive squad. As a cheerleader at SCHS, you are required to participate in the competitions. There may be, but not limited to, two to four competitions each year.
- 4.4 Social Activities:** All members are required to attend. These activities will be used as a time for the girls to bond together as a team outside of practices and games.
- 4.5 Community Service:** All cheerleaders will participate in community service throughout the year. We believe that this will be a great way to give back to our community, help with team unity, as well as individual character.
- 4.6 Games:** The Snow Canyon Cheerleaders are **required** to support both Men's and Women's Athletic teams here at Snow Canyon such as: Football, Basketball, Volleyball and Wrestling. Cheerleaders must be dressed, with hair up and jewelry off at an event at the time posted on the cheer blog. Cheerleaders must be ready to cheer no later than 2 minutes before halftime ends. Use of cell phones during games is prohibited.
- 4.7** If any other activities or opportunities are chosen by the coaches, the coaches shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.
- 4.8 Other Activities, clubs and sports:** Snow Canyon Cheer is a big commitment and does not leave time to participate in other activities, sports, or clubs. Because of the time commitment you will not be able to participate in sports or clubs or activities that interfere with cheer practices or games that we are assigned to be at without **prior approval of coaches. This approval is required before SC Cheerleaders commit to any other extra-curricular activities.**
- 4.9** Cheerleaders are members of a team that cannot function without **ALL** members present at practices and performances. Cheer must be your first priority.

5 FINANCIAL RESPONSIBILITIES:

- 5.1 Fundraisers/Sponsors:** As a squad we will be doing fundraisers as well as looking for local sponsors to help raise money for uniforms, camps, transportation, and other events throughout the year. However, if not enough money is raised there will be out of pocket expenses to cover cost.
- 5.2 Annual Camp/Clinics:** The cheerleader is responsible for the cost of attending.
- 5.3 No Refunds:** If at any time during the cheer year you decide to quit or are dismissed from the team, you are responsible to pay all your expenses and will not be refunded for anything you have paid for.
- 5.4 Transportation:** The squad coaches will be responsible for arranging transportation outside of the St. George city limits. However, parents will be needed to drive to the many activities throughout the year. Parents need to go through an approval process to drive students.
- 5.5** As a support team for the school, cheerleaders are required to bear all costs associated with cheerleading. Those costs are approximately \$1625 (returning members may pay less). There will also be Booster club dues to be determined. . The cost for Nationals (Optional) is included in those dues \$600-\$1300 (depending upon nationals location). The cost will be split up in monthly payments until it is paid in full. Payments begin in April. Please check the blog calendar for due dates and be sure to stay current on payments. The Cheer Booster club is run solely by the Cheer parents and must adhere to bylaws set forth by the Booster club board. There will be a booster club meeting after tryouts where specifics are discussed. Cheerleaders may recruit sponsorships to cover the costs of cheer fees and dues. These sponsorships will be run through the Cheer Booster club.

6 TRYOUTS:

- 6.1** Tryouts will consist of performing designated skills in front of a group of judges and coaches.
- 6.2** Tryouts will be held each year prior to the end of the school year, but may change at other times at the discretion of the coaches.
- 6.3** The format of the tryouts will be decided by the coaches, and will be held in a fair and open manner conducive to allowing each candidate to show her best abilities and potential. Scores will not be made available after tryouts. Coaches will make the final decision.

7 SELECTION OF CO-CAPTAINS AND OTHER OFFICERS:

- 7.1** The Snow Canyon cheerleading squad will have leadership positions as voted upon by squad members and coaches.

8 DUTIES AND RESPONSIBILITIES OF COACHES:

The coaches are responsible for:

- 8.1** Ensuring that squad members are safe, as the top priority at all times, that first aid is available, and emergency contact list is kept up to date and present at all times.
- 8.2** Organizing and arranging practice schedule, equipment, practice facilities, choreography, music, fundraising, travel and events.
- 8.3** To create a positive environment for each member.

8.4 To make final decisions that will be in the best interest of the squad as a whole.

9 DUTIES OF CAPTAIN/CO-CAPTAIN/DANCE CAPTAINS:

9.1 The captains will set an example to the rest of the squad by following the rules and regulations of the Snow Canyon Cheerleaders. The Captains will set an example by doing more than her share.

9.2 Be at practice early and start practice on time.

9.3 Assist in setting cheers and sidelines to be used at games and events.

9.4 Co-ordinate and/or delegate all cheerleading assignments.

9.5 Be responsible for welcoming visiting squads and setting a good example of friendliness and respect to other cheerleaders.

9.6 Keep the crowd cheering and your cheerleaders in proper formation during games

9.7 In the event the Captain is unable to perform her duties, the Co-captain or assigned Group Leader will do so.

9.8 Other leadership positions will have duties as assigned by coaches.

10 PRACTICE SCHEDULE:

10.1 Practice schedule will be set up by the coaches. Cheerleaders must enroll in the Cheer class held 4th or 8th period and plan to stay after school.

10.2 All cheerleaders are required to attend all practice sessions unless **valid** reasons are notified to the coaches one month prior. Work is not a valid reason. (Illness, and family emergencies are excused with notice to the coaches as soon as possible). The practice schedule is on the cheer blog for several months in advance. Please schedule appointments and work so that they do not interfere with practice. It is a significant challenge to have one squad member missing as it takes out the entire stunt group and they cannot progress.

11 UNIFORMS & PRACTICE ATTIRE:

11.1 Uniforms will be purchased and **must be paid for in full before** the cheerleader receives it.

11.2 Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a Snow Canyon cheerleading squad member.

11.3 Assigned practice attire must be worn to the correct practices. Cheerleaders will have one free pass. Any other uniform infraction will result in a demerit(s) given.

11.2 Cheerleaders must always travel in approved cheer apparel only. They must also remain in approved cheer apparel during games.

12 APPEARANCE:

12.1 For safety reasons, jewelry or watches will not be worn with uniform or at practice. This is including but not limited to hard barrettes, bracelets, necklaces, earrings, anklets, watches, rings, etc.

12.2 Uniforms must be kept spotless at all times.

12.3 Makeup should be natural and not excessive.

12.4 All hairstyles must be neat and secured up out of the face, not needing attention (combing etc.) while performing.

- 12.5 Cheerleaders should look professional at all times, especially when in uniform.
- 12.6 Cheerleaders will be required to wear assigned team attire when traveling.

13 CONDUCT:

- 13.2 Members are required to be courteous, polite, friendly, and most importantly respectful towards all teammates, other squads and teams, and community members. Cheerleaders must refrain from using profane or demeaning language at all times.
- 13.3 Interactions on social media must be positive, uplifting, and respectful. Social media posts including but not limited to the use of profanity, drugs, alcohol, sexual conduct, bullying, or which shines a negative light on a student or the organization can result in immediate suspension and/or removal from the team.
- 13.4 All cheers and chants shall be of a positive and sportsmanlike manner.
- 13.5 Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves. Cheerleaders will lead the crowd.

14 FUNDRAISING ACTIVITIES:

- 14.1 All cheerleaders are required to participate in all fundraising projects each year. The money raised will be used to fund additional expenses during the year such as extra equipment or travel expenses. Donations to, and fund raising for, Snow Canyon cheer team funds or charity projects may be conducted as agreed by the squad and coaches.
- 14.2 All fundraisers must be approved by the coaches and follow the SCHS and WCSD guidelines.

15 DISCIPLINARY ACTION:

- 15.1 It shall be squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends.
- 15.2 A cheerleader may be suspended from games/events for the following reasons: Unexcused absence, excessive absence or tardiness, failure to cooperate with coaches or other members of the squad, 6 or more demerits, using a cell phone during a game or practice, if grade point average falls below 3.0, or failure to abide by squad rules and regulations. If suspended from a game/event, squad member is still required to attend all practices. She will still attend all games in uniform and sit in the stands and support her teammates. After a cheerleader is suspended for two or more games he or she will be reviewed for dismissal of the SC Cheer Squad.
- 15.3 All Squad members are required to attend ALL classes on the day of a game or event, unless excused for a valid reason by a parent prior to missing. Failure to do so will result in a suspension of the game/event that day.
- 15.4 A cheerleader may be dismissed from the squad for the following reasons: Excessive and irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs), any illegal activity, Insubordination with a coach, Uncooperative attitude or behavior that demeans the cheer squad, Truancies or excessive unexcused absences and tardies, if

your GPA is below a 3.0 at the end of a quarter and do not have it made up after the week allowed.

15.5 Coaches reserve the right to dismiss any girl not becoming of a SCHS Cheerleader. Cheerleaders who engage in any illegal activity, legally charged or not, WILL BE DISMISSED WITHOUT WARNING. THE CHEER CONSTITUTION IS THE WARNING.

16 Grievance:

16.1 If a cheerleader has an issue with another cheerleader or a coach, her first line of resolution is directly with the coach. Coaches will make themselves available to resolve any concerns a cheerleader has. If a parent has a concern, coaches will meet individually with the parent and/or cheerleader. Most issues can be resolved through open and honest communication. If after meeting with a coach the issue is not resolved satisfactorily, only then should a meeting be arranged with school administration. Group meetings with several parents are often unproductive and inflammatory and therefore will not be considered. The cheer coaches and advisors have the very best interests of the team in mind, in addition to the best interests of each individual cheerleader. Parental support of the coaching staff is imperative for the team to succeed. Parents should be positive with their daughter regarding all coaches and the other squad members.

17 Cheer Class:

17.1 The Snow Canyon cheer squad will have a class hour and it will be one of the following, 4A or 8B. All cheerleaders are required to be enrolled in this class. Grades in this class will be determined on attendance, participation, and attitude and will be based on number of demerits received throughout the quarter. There will also be conditioning or other homework outside of class required and it will be graded. Demerits may be made up to improve cheer class grade. Total demerits cannot exceed 6 or cheerleader will be reviewed for dismissal, regardless of whether demerits are made up.

| Snow Canyon Cheer Demerit Policy | |
|---|----------------------|
| Infraction | # of Demerits |
| Incorrect Uniform (including gum, clothing, shoes, hair, and wearing jewelry) | 1 |
| Excessive talking in practice | 1 |
| Failure to attend to cheer responsibilities while practicing, performing, or cheering at a game | 2 |
| Being late | 1 |
| More than 10 minutes late | 2 |
| Use of inappropriate language in uniform | 4 |
| Bad Attitude/Disrespect re | 4 |
| Unexcused Absence from practice, performance, team activity, school on game day, or game (this includes not giving proper advance notice) | 4 |
| <p align="center">Demerits WILL impact cheer class grade. Demerits start over at the beginning of each new quarter.</p> | |

Please click [here](#) if you are an ATHLETE that you have read and understand the cheer constitution. Please click [here](#) if you are a PARENT to sign the acknowledgement that you have read and understand the cheer constitution and the parent permission to participate in cheer tryouts. Both must be completed before the first tryout clinic begins. Please also remember to bring physical form and register my athlete checklist to turn in BEFORE the first tryout clinic begins, Tuesday, April 1 at 3:00 pm.

TRYOUT INFORMATION & CHEER CONSTITUTION
2025-26

