



2026–2027 SHCS Varsity Cheer Tryout Packet

 **Application and Signed Consent Form Due:**

Tuesday, February 24th by 3:30 PM

Please give the packet, completed application, and signed consent form to:

SHCS Front Office

The packet must be turned in by the above date and time to be eligible to continue with the tryout process.

Eligibility Requirements

To be eligible to try out for cheerleader or mascot, candidates must:

- Meet required passing academic scores
- Have all outstanding fees paid to the school (unless other arrangements have been previously approved by SHCS Administration)
 - Have read and understand the Cheer Constitution & Policies
- Have submitted required application & signed documents including: Cheer Constitution Consent Form, Demerit Policy, and Ranking Policy



2026–27 Sacred Heart Varsity Candidate & Parent Letter

Dear Cheerleading Candidate,

Thank you for your interest in the Sacred Heart Varsity Cheerleading Squad for the 2026–2027 school year! We are excited that you are considering being part of this program.

Being a Sacred Heart cheerleader is both an honor and a responsibility. Cheerleaders represent Sacred Heart Catholic School at all times—on campus, at games, at community events, and on social media. We strive to promote school spirit, demonstrate leadership, and model Christ-like behavior in all that we do.

Cheerleading requires dedication, time management, teamwork, and a positive attitude. Members are expected to attend all practices, games, pep rallies, fundraisers, and special events. Academic performance and conduct must remain a priority throughout the season.

Please review the attached constitution carefully with your parent or guardian. By signing the consent form, you are agreeing to follow all rules and expectations outlined.

We look forward to seeing you at tryouts and wish you the best of luck!

Sincerely,
Cheer Sponsor

Dear Parents/Guardians,

Thank you for allowing your daughter to try out for the Sacred Heart Varsity Cheerleading Squad for the 2026–2027 school year.

Cheerleading is a year-long commitment that requires time, financial responsibility, teamwork, and school spirit. Members are expected to attend all scheduled practices, games, fundraisers, and special events. Please review the attached constitution carefully, as it outlines expectations regarding attendance, conduct, uniforms, grades, discipline, and financial obligations.

Your support is essential to the success of our program. We ask that you help your daughter manage her schedule and uphold the standards set forth in this constitution.

If you have any questions, please contact the cheer sponsor.

We look forward to a positive and successful season!

Sincerely,
Cheer Sponsor



2026–27 Sacred Heart Varsity Cheerleader & Mascot Constitution

Please note: Any student trying out for cheerleader or mascot must fully understand the rules of this constitution. The term “Cheerleading Squad” applies to both the cheerleaders and the mascot; the mascot will follow the same guidelines as the cheerleaders.

Article 1: Purpose

The purpose of the Sacred Heart cheerleading squad is to glorify God by being a positive representative of Sacred Heart School and to promote school spirit by planning pep rallies, other spirited events, and cheering on all Sacred Heart students in their various athletic and academic competitions.

Article 2: Membership

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.” – Philippians 2:3

Section 1: Eligibility

1. Applicants must fulfill all qualifications.
2. Candidates should currently be in the eighth, ninth, tenth, or eleventh grade at the time of tryouts.
3. Candidates must participate during the week of tryouts at the Cheer Clinics and must attend the Parent Meeting with at least one parent.
4. Candidates must always have a passing grade in all but one subject.
5. Candidates must have no major disciplinary infractions for the school year in which they are trying out. No candidate shall have a chronic display of misconduct.
6. Candidates must have no excessive absences beyond the allowed number per class per semester. All candidates must attend school during the week of tryout clinics to be eligible to participate.
(Emergency situations and serious illness will be dealt with accordingly.)
7. An application and permission form must be filled out, signed by the candidate’s parents or guardian, and returned to the director by the date specified.

8. The candidate must be able to give freely of her time to the Cheer Squad throughout the year—before, during, and after school. SHE MUST NOT HOLD ANY JOBS THAT INTERFERE WITH CHEERLEADING!
 9. The candidate agrees that VACATIONS or other camps will not interfere with camp practices or cheer camp during JUNE and beginning AUGUST 1. OTHERWISE, THIS WILL COST YOU YOUR SPOT ON THE SQUAD TO THE ALTERNATE!
 10. The candidate must be physically capable of extensive training in jumps, tumbling, stunting, dancing, and conditioning.
 11. The candidate and her parents must be fully aware of the expense of the Cheerleading Squad, as explained in the Tryout Packet, and be willing and able to meet all financial obligations promptly.
 12. The candidate and parents must be fully aware of the amount of personal time required to learn all material.
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Section 2: Responsibilities / General Behavior

1. A Sacred Heart Cheerleader always exhibits modesty and good taste in appearance.
 2. A Sacred Heart Cheerleader always displays Christian behavior.
 3. A Sacred Heart Cheerleader is responsible for her own actions.
 4. A Sacred Heart Cheerleader attends places with a reputable character.
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Section 3: Character

I. Expected Characteristics

Members of the Sacred Heart Squad are expected to display the following:

- Must be honest.
- Must display school spirit.
- Must show good sportsmanship.
- Must not drink alcoholic beverages, smoke, use drugs, or participate in any activities that would be degrading to the Cheerleading Squad or Sacred Heart School.
- Must exhibit high moral standards.
- Must be cheer servers—be a leader and a servant.
- Must have a positive, Christ-like attitude.
- Must control temper and language.
- Must not bully or harass others
- Must work hard at practice—do their best at everything.
- Must be responsible for all their own cheer belongings.

II. Other Expectations

- Keep in good physical condition.
 - Treat injuries promptly and fully or cannot participate on squad
 - Maintain good grades, study hard, and use your time wisely.
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Section 4: Practices

4.1 General Practice Guidelines

- Cheerleaders are expected to do everything with a positive, cheerful, and cooperative attitude.
- Cheerleaders are expected to be on time to all practices (preferably ten minutes early).
- Cheerleaders must be dressed in appropriate attire during practice, wear cheerleading shoes, and dress tastefully (e.g., no tummies showing, no words across the rear, no tight or revealing shorts or tops, and no bras showing).
- Cheerleaders are required to inform the coach ahead of time if they are going to be absent or late.
- When a member is absent, it is her responsibility to call a fellow member to learn what was missed and to catch up on new material.
- Homework and tests, apart from final exams, will not be valid excuses for leaving practice early.
- Cheerleaders are expected to attend all practice sessions and give 100%.

4.2 General Practice Schedule

- May: Practices begin to prepare for Summer Camp.
- May thru June: Cheerleaders are expected to attend practice, learn ALL cheers, chants, and dances, and participate in sign painting.
- August 1: Practices resume to prepare for the pep rallies for the upcoming football season.
- During the School Year: General practice times will be either during the athletic period or after school (depending on volleyball game times):

Monday: Plan pep rally and half-time performance

The squad, under the guidance of the head cheerleader, is responsible for making all pep rally plans and notifying teachers of upcoming events.

Tuesday: Finish pep rally preparation

No new pep rally material will be taught after Tuesday's practice!

Wednesday: Field Day

This practice is very important—no one should miss!

Thursday: Final preparations

Failure to properly execute stunts, motions, or timing may result in elimination from the pep rally at the coach's discretion. (If all is accomplished on schedule, this day may serve as a Stunt Day.)

Friday: Pep Rally and Football Game

- Only 1 dance will be used per pep rally, and no dances will be allowed for half-time performances. We are cheerleaders, NOT a drill team!
- Practice times will adhere strictly to this schedule. Any material not mastered in the allotted time will be cut from the pep rally performance.
- All performances and routines are subject to sponsor approval.

Section 5: Games / Performances

1. All squad members must be on time and fully prepared for all games, practices, and other activities. The coach will set designated arrival times; members should verify details, especially for away games and special events.
2. All cheerleaders must assist with pre-game setup, post-game breakdown, and pep rally setup/breakdown.
 - Freshmen are responsible for ensuring signs and/or poles are loaded on the bus before departure.
 - The Mascot is responsible for the care of the "TIGER."
 - All members should clean up after themselves during bus rides.
3. Cheerleaders must be dressed appropriately for all games. For away games, the squad may travel in comfortable school colors and matching attire as designated by the captains. The mascot will follow these guidelines as well. Make-up, hair, and snacks should be ready for warm-up 30 minutes before the game begins!
4. During games, cheerleaders are to remain in their designated line-up and conduct themselves professionally.
The designated line-up is not optional; leaders will enforce this rule.
5. Every cheerleader must give 100% at every game; the performance of the entire squad is affected if even one member does not do her part.
6. Cheerleaders must notify the coach in advance if they will be absent or late to a game or performance.
NO EXCEPTIONS. If the bus must wait for a cheerleader or if she misses the bus, she will not be allowed to cheer for the first half of the game.

7. Each cheerleader is required to bring her own water bottle and bag to every event.
8. All members must travel to & from the event with the squad.
Members must get granted permission to ride home with their parents or an approved adult (with prior written parental permission signed by a parent, coach, and principal and presented to the bus chaperone).
9. Members may not leave the premises from the start to the end of the game without express permission from the coach.
10. Cheerleaders must pay attention to the game and refrain from excessive socializing.
11. No gum, candy, or food is allowed during games, practices, competitions, or pep rallies.
Cheerleaders should eat before the game.
12. Cheerleaders should not stretch or practice in front of the crowd.
13. Cheerleaders should never attempt a move they have not perfected in practice.
14. Cheerleaders must attend school for at least 4 class periods on the day of a performance.
15. Missing any two days during the week of a pep rally or game will result in being disallowed from cheering at that event.
16. Cheerleaders are required to attend games in uniform, whether or not they are cheering.

Note: If there are three or more cheerleaders who do not play basketball, they are expected to attend all home games and lead fans in cheering on both girls' and boys' basketball teams. They will sit in a designated section in the stands in their cheer uniforms as designated by the coaches.

Section 6: Appearance

1. Hair should be up for all practices & events; no fake nails except for Homecoming & Prom
 2. Jewelry of any kind is not permitted during practices, games, pep rallies, or performances.
 3. Cheerleaders must wear the appropriate attire, which includes the correct shoes, socks, hair ribbon, and bloomers.
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Section 7: Fundraisers

1. All team members are required to participate in all fundraising activities. Failure to participate will result in not receiving any of the funds collected to offset their cheer bill.

Article 3: Attendance

Section 1: Criteria

1. Excused Absences

An absence from cheerleading activities is unexcused except under the following circumstances:

- **Personal Accident:** If injured, a cheerleader must still attend games and practices to support the squad even if she cannot cheer.
- **Personal Illness:** If too sick to attend school, she is too sick to cheer.
- **Special School Activities:** With permission from the director (24-hour notice required).
- **Funeral or Death:** In the family or a close acquaintance.
- **Weddings:** In the immediate family.

2. Unexcused Absences

Any absence not meeting the above criteria will result in missing that week's pep rally or game. The cheerleader will be required to attend both activities in uniform but will remain in the stands with the coach.

Unexcused absences include:

- Work
- Social gatherings
- Trips and vacations during a pre-scheduled practice
- Failure to inform the coach in advance
- Unexcused absences in any classes (resulting in missing that week's pep rally)
- All doctor and dental appointments (these should be scheduled outside cheerleading activities)

Unexcused absences will result in not performing at the pep rally or game!

Article 4: Uniform

Section 1: Uniform Regulations

1. Uniforms must be clean and in good condition.
 2. Uniforms may only be worn for official games, performances, and functions.
 3. If a uniform becomes too small, the cheerleader is required to purchase a new one.
 4. Mascots will wear attire designated by the coach at all events.
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Article 5: Grade System and Lettering

Section 1: Report Cards

1. Each squad member will receive a report card for the first and second quarters of the year. The sponsors will fairly award a numerical grade to each member.

Section 2: Lettering

1. To “Letter” in cheerleading, squad members must follow all expectations and complete the entire cheerleading season (unless express permission is given by the coach).
 2. Cheerleaders who quit will not be eligible to try out for the following year. These stipulations include the mascot!
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Article 6: Discipline

Cheerleaders and the Mascot must adhere to the athletic code of conduct as outlined in the Sacred Heart Handbook. The coach holds the authority to bench any member who fails to meet the guidelines in this constitution. Benched members will still attend all practices and performances in cheer uniform and sit in the stands with the coach. Additionally, please refer to document regarding demerit system for cheer disciplinary policy.

SHCS Cheer Constitution Consent Form

Please sign and return; this form must be included in your packet for eligibility.

I, as a cheer candidate for the 2026–2027 Sacred Heart Cheer Squad, have read and fully understand the declarations stated in the Sacred Heart Cheer Constitution. I understand the time commitment and financial obligation involved. I will participate to the fullest of my ability and obey the rules outlined in the constitution.

Candidate Signature: _____ **Date:** _____

I, as the parent/guardian of _____, have read and fully understand the declarations stated in the 2026–2027 Sacred Heart Cheer Constitution. I understand my child's time commitment and financial obligation and give my permission for my child to try out for cheerleading.

Parent Signature: _____ **Date:** _____

Please ensure your child has a 2025–26 physical on file with the school. If not, a physical must be turned in by the first cheer workshop.

- Yes
- No, my child does not, but will by the first workshop



Cheer Demerit & Accountability Policy

Purpose

The purpose of the demerit system is to promote responsibility, accountability, teamwork, and professionalism within the Sacred Heart cheer program. As representatives of Sacred Heart Catholic School, cheerleaders are expected to uphold high standards in attendance, academics, appearance, sportsmanship, leadership, teamwork, and Christ-like behavior.

Demerits are corrective in nature and are intended to maintain team standards and fairness across the program.

Demerit Point System

Demerits accumulate throughout the cheer year, which starts and ends at the tryout period each year.

- **Minor Demerit = 1 Point**
 - **Major Demerit = 3 Points**
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Minor Demerits (1 Point Each)

- Late to practice (not dressed and ready at start time)
 - Unexcused absence from practice
 - Missing required gear (bows, poms, correct uniform pieces)
 - Incomplete hair or improper game-day appearance
 - Minor dress code violation
 - Phone use during practice without permission
 - Not knowing cheers, chants, or routines when expected
 - Poor attitude or lack of effort
 - Disrespect towards coaches, captains or peers
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Major Demerits (3 Points Each)

- Tardy to a game or event
 - Leaving practice early without approval
 - Unsportsmanlike conduct
 - Public negative or inappropriate social media posts
 - Skipping required team events
 - Repeated minor offenses (3 minor demerits in a short period may convert to 1 major demerit)
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Severe Infractions (Immediate Review)

The following may result in immediate suspension or removal from the squad depending on severity:

- Academic ineligibility
 - School suspension
 - Bullying or harassment
 - Insubordination toward coaches
 - Major behavior offenses determined by school administration or coaches
 - Use of substances including alcohol, drugs, or vaping
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Demerit Consequences

The coach reserves the right to adjust consequences based on circumstances, intent, and pattern of behavior.

- **3 Points** → Verbal warning & parent notification
 - **5 Points** → Sit out half of game, required to attend and sit with sponsor.
 - **10 Points** → Sit out pep rally and full game, required to attend and sit with sponsor.
 - **15 Points** → Meeting with Coach and Parent (Possible suspension or removal from squad at the discretion of cheer coach. Cheer coach reserves the right to include school administration in meeting.)
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Coach Discretion Clause

The coach reserves the right to make decisions in the best interest of the team, prioritizing safety, unity, and program integrity.

Acknowledgment of Cheer Demerit Policy

I understand and agree to follow the Sacred Heart High School Cheer Demerit Policy.

Cheerleader Name: _____

Candidate Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Acknowledgment of Cheer Demerit Policy

I understand and agree to follow the Sacred Heart High School Cheer Demerit Policy.

Cheerleader Name: _____

Candidate Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____



SHCS Cheer Ranking Policy

Below is the standard ranking policy for Sacred Heart Varsity Cheer:

- **Rookie:** Any squad member who has cheered less than one full year on the SHS High School squad.
- **Veteran:** Any squad member who has cheered at least one full year on the SHS High School squad.
- **Co-Captain:** The squad member with the second greatest number of years on the SHS squad.
- **Captain:** The squad member with the greatest number of years on the SHS squad.

If more than one girl has the same number of years of experience on the SHS squad, votes will be cast by the members of the SHS Varsity squad. All members with the same years of experience will participate in the vote, and the member receiving the highest vote will be awarded the position.

Note: The cheer coach reserves the right to amend or change the ranking and captain policy at any time based on the specific needs of the squad or any unforeseen circumstances.

Candidate Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____



2026–27 Sacred Heart Varsity Cheer & Mascot Application

Applicant Name: _____

Grade (2026–2027): _____

Parent/Guardian Name(s): _____

Parent Phone Number(s): _____

Parent Email Address(es): _____

Please answer the following:

Why do you want to be a Sacred Heart cheerleader?

What qualities do you possess that would benefit the squad?

List any previous cheerleading, dance, gymnastics, sports or related experience:

Do you have any injuries that will prevent you from jumping, stunting or tumbling from March 2026 tryouts through March 2027 tryouts? If yes, please explain in detail.

Are there any other priorities that you have that will prevent you from cheer participation (i.e. practices, pep rallies, fundraisers, football and basketball games, camps, etc.) If yes, please explain in detail.

How much time are you willing to spend to have the very best cheerleading squad?

Do you feel that you can abide by ALL of the rules and expectations set forth in the Sacred Heart Student Handbook and Cheer Constitution, as well as, adjust to ALL proposed changes outlined in the mandatory cheer meeting?

Please list all prior scholastic, athletic or other personal achievements of which you are proud of:

Are you willing to put in the effort to help the squad fundraise? If so, what type of fundraisers are you interested in doing?

If selected for the squad, which stunting position do you believe best fits your strengths and abilities?

How can you use cheerleading as a way to glorify God both on and off the field/court?

What positive suggestions do you have that may improve the cheer squad?

Candidate Signature: _____

Date: _____

Parent Signature: _____

Date: _____



2026-27 SHCS CHEER TRYOUTS



Upcoming Dates & Important Information!

Sacred Heart High School Cheer Tryouts is open to all girls entering Grades 9-12


Thurs, Feb 19 (6pm)	Cheer Tryout Meeting @HS Library	Candidate and at least one parent is required to attend meeting in order to participate in tryouts.
Mon, Feb 23 (3:30pm)	Cheer Tryout Sign Up & Application Deadline	Deadline to sign up & submit tryout application in the SHCS Front Office. <i>(Prospective students can sign up by contacting the Cheer Sponsor or SHCS Front Office at 940-759-2511.)</i>
Mon-Wed, Mar 2-4 (4-5:30pm)	Cheer Tryout Clinics @SHCS Gym	Candidates learn one tryout cheer and chant at our mandatory clinics. Candidates must come dressed and ready to begin clinics at 4pm sharp.
Thurs, Mar 5 (8am)	Cheer Tryouts @SHCS Gym	Cheer Tryouts begin at 8am with 2-3 qualified regional judges hired to conduct tryouts. Tryouts are private and closed to the public.
Wed, Mar 18 (5:30pm)	Cheer Fittings @HS Library	All cheerleaders and at least one parent are required to attend fittings. <i>(\$350 deposit due.)</i>

Cheer Contact Information:

JH & HS Cheer Sponsor
Shannon Hartman
940-759-2500 (Ext 7)
shannonhartman@shmuenster.com



SACRED HEART CATHOLIC SCHOOL

 **SHCS Gym & Library**
 153 E. 6th Street
 Muenster, TX 76252

 **SHCS Front Office**
 940.759.2511

 **SHCS Website**
 shmuenster.com