



The Saint Francis Spirit Squad

The Saint Francis Spirit Squad is a group of enthusiastic, talented students who perform a **combination of cheerleading and jazz/hip hop dancing**, traditionally known as a Song/Pom team. (The team does not stunt or participate in competitions.) This is a first semester activity only; it runs from the beginning of August through mid-December. Tryouts for all genders and grade levels, including incoming freshmen, are held in the spring for the upcoming school year. Team requirements include attending a 3-day summer camp, practicing 3-4 days per week after school, and performing at school rallies and football games. Other performance opportunities such as parades may also be scheduled throughout the season.

READ ALL OF THE FOLLOWING MATERIAL CAREFULLY BEFORE SUBMITTING AN APPLICATION

Tentative Schedule & Financial Commitment

Please consider prior commitments carefully to determine if you will be able to fulfill the following obligations for the 2021 Spirit Squad:

- **Uniforms**
 - **Mandatory** virtual fitting Tuesday May 25 from 3:30-6:30. A \$100 deposit is required from each team member, (make checks payable to Saint Francis High School). The remaining balance will be billed to Smart Tuition over the summer.
Uniform distribution Thursday, July 29
 - Cost for new team members: approximately \$700
 - Cost for returning team members: approximately \$350
- **Summer camp**
 - **Friday July 30-Saturday August 1** at the Hyatt Regency Santa Clara (hosted by the United Spirit Association)
 - Cost: approximately \$400, billed to Smart Tuition over the summer
- **Practices**
 - Weekdays Tuesday, Wednesday, Thursday 2:45-5 pm (August through December)
 - Home game days 2:30-3 pm (run through on field)
 - **Practice schedule is tentative, days and times might fluctuate**
- **Football games:** Friday evenings August through December (regular season + playoffs)
- **Rallies:** one or two in the fall during the school day (dates TBA)
- **Saint Francis Open House:** Sunday October 17, 8 am – 1 pm
- **Los Altos Festival of Lights Parade:** Sunday November 28, 4-8 pm
- The Spirit Squad may be invited to participate in other special events, such as parades and school functions, throughout the season. This could require an additional time commitment.

If you are selected for the team and have a prior commitment which conflicts with any Spirit Squad activity (practice, game, Open House, etc.), YOU MUST NOTIFY THE COACH IN WRITING BY

JULY 29. Conflicts that are not disclosed in advance will not be excused and may result in disqualification from the team.

SFHS Spirit Squad Contract

STUDENTS AND PARENTS, PLEASE READ THIS CAREFULLY!

As a member of the 2021 Spirit Squad, you agree to the following:

General Conduct

- As a highly visible representative of Saint Francis High School, always conduct yourself as a Holy Cross person on and off the field, on and off campus, in person and online.
- Maintain an impeccable disciplinary record and a GPA of 2.0 or higher
- Give 110% effort at all times and in every aspect of the team (cheering, dancing, practicing, etc.)
- Arrive prepared (shoes, poms, proper attire, etc.) and on time
- Minimal talking during practices and games
- No gum or noticeable jewelry during practices and games
- Stay focused and positive ☺
- If any member of the team ever has a problem/issue/concern, contact the captains or the coach ASAP (before/after practice, on an off day, by email, by phone). Do not hesitate!

Practices

- **Attendance is mandatory! Do not schedule appointments or other activities during practice time. Missing practice may result in being benched from games and rallies.**
- Wear appropriate athletic attire and cheer shoes. No spaghetti straps, spandex shorts, revealing tops, street shoes, Toms, Uggs, or flip-flops.
- **NO FOOD OR DRINKS IN THE DANCE STUDIO!** Water in a sealable container is the only exception.
- Come snacked, stretched, and ready to practice **PROMPTLY** at the designated times.
- Any member late to practice or unprepared (no shoes, poms, etc.) will hold the **TEAM** responsible for a running laps **AFTER** practice.

Football Games

- Our meeting time is usually an hour before game time. The parking lots on campus fill up quickly, so plan accordingly to be at the team meeting location on time. Anyone who is late will hold the **TEAM** responsible for running laps **AFTER** the next practice.
- During the game your attention should be on the game itself, not on socializing.
- Halftime is **NOT** just for socializing. After your performance, drink some water, have a snack, and use the restroom. Halftime is your only break during the game, so use it wisely. If you are late returning after halftime, the **TEAM** will run laps **AFTER** the next practice. Pay attention to the clock! You must be back in your cheer line when the 3rd quarter begins.

Choreography

- In addition to using material learned at cheer camp, veteran members of the team (anyone with one or more years of Spirit Squad experience) will choreograph routines throughout the season.
- Respect the choreographers. Let them teach and make all final decisions regarding questions that arise. Pay attention and stay quiet so that everyone can learn.
- Choreographers:

- o In order to ensure that all material adheres to Holy Cross expectations, **routines and songs must be cleared with the coach at least one week before instruction begins.**
- o Come prepared to teach routines on the designated dates, including music, formations, and knowledge of counts (choreography schedule to be determined in August).

The Spirit Squad Tryout Process

- Tryouts for the 2021 Spirit Squad will take place on May 17 (3-6) and May 19 (1-6).
- Students interested in trying out for the Spirit Squad must complete [this electronic application](#) by May 13.
- Please arrive 20 minutes before tryouts to check in. Check in will be held at the prayer garden.
- A choreographed dance routine and a choreographed cheer(s) will be taught on the first day of tryouts. You will also be required to perform skills such as toe touch, a double turn, splits and kicks. Tumbling is optional but encouraged!

If you have any questions, please contact the Varsity/JV Spirit Squad coach Danielle Barringer (Dbensi@hotmail.com).