



ARCHBISHOP  
**CHAPELLE**  
HIGH SCHOOL

2023-2024 Cheerleader Tryout Packet and Constitution

**Tryout Information**

**Who:** Open to all 8<sup>th</sup>-12<sup>th</sup> grade students registered at Chapelle for the 2023-2024 school year

**When:** Mandatory Clinic – Monday, April 17, 2023, 5:00-8:00 pm, Chapelle Gym  
Mandatory Tryout – Tuesday, April 18, 2023, 4:30-6:30 pm, Chapelle Gym

**What to wear:** Black athletic shorts, plain, solid, t-shirt or tank, cheer or tennis shoes, sports bra, age appropriate make-up (optional), no jewelry, hair pulled back away from face.

**Coach's contact info:** [klanglois@archbishopchappelle.org](mailto:klanglois@archbishopchappelle.org), [dferrell@archbishopchappelle.org](mailto:dferrell@archbishopchappelle.org)

Dear Students and Parents,

Thank you for your interest in the Archbishop Chapelle High School Cheerleaders. A mandatory tryout clinic will take place in Chapelle's gym on **Monday, April 17, 2023 from 5:00-8:00 pm**. Doors will open at **4:30 pm** for check in and stretching - please check in when you arrive. Only those who attend the clinic will be permitted to try out. Tryouts will be held on **Tuesday, April 18, 2023** in Chapelle's gym and will start at **4:30 pm**. Doors will open at **4:15 pm** for check in and stretching. Again, please check in to receive your number and take your picture. Due to the fluctuating number of girls trying out each year, it is difficult to predict what time the tryout will end. Tryouts are closed to all parents and spectators, only those girls trying out will be permitted inside the gym. If you have a conflict with any of the mandatory tryout dates or times, please contact Coach Kayla at [klanglois@archbishopchappelle.org](mailto:klanglois@archbishopchappelle.org).

Tryouts for the Cheerleaders will be held each year. The number of girls chosen will vary from year to year. **All Cheerleaders must try out each year and membership one year does not guarantee membership the following year.** At the tryout clinic, applicants will be required to learn a cheer, a chant, and a dance. Applicants will also demonstrate flexibility, jumps, tumbling, stunting, and game-day skills. Presentation, knowledge of the routine, cheer skill and technique, tumbling ability, stunting ability, crowd leading, flexibility, voice projection, and performance will all be judging criteria. Criteria will be discussed in detail with the applicants at the clinic. Those selected to be part of the Cheerleaders will be notified after the tryouts via the Chapelle Cheerleaders page on the Archbishop Chapelle website as well as the Chapelle Cheerleading Instagram (chappellecheer). Selections will be based on tryout score and the natural break in scores of applicants. Coaches reserve the right to make final decisions at tryouts. **There are no appeals.**

Please review the tryout requirements listed below.

1. Grade level: All applicants must be registered for grades 8-12 for the 2023-2024 school year.
2. Academics: All applicants must have a 2.0 GPA for each of the first three (3) quarters of the 2022-2023 school year.
3. Discipline: Applicants that currently attend Chapelle may not have more than one suspension for the 2022-2023 school year.
4. Financial: Any applicant who is delinquent on their school tuition, registration, Cheerleader or any Archbishop Chapelle High School financial obligations, OR in poor standing with the Archbishop Chapelle High School Finance Office will NOT be permitted to try out. The Director of Finance must approve all applicants before being allowed to try out. If you have any questions or concerns, please contact the Director of Finance at 504-467-3105 ext. 5104.

Please review the attached Cheerleader Constitution for expectations and continued membership requirements. Students who do not meet academic, disciplinary, and/or financial requirements each quarter may be placed on

probation for the following nine (9) week period. If the member is not able to regain her good standing at the end of the nine (9) week probationary period she may be dismissed from the team.

Please also review the Cheerleader Constitution for a list of the approximate costs and time commitments associated with being a member of the Cheerleaders, so that you may make an informed decision regarding tryouts.

**In order for a member to be allowed to perform, travel or compete they must meet the following financial obligations:**

- **All tuition payments must be up-to-date**
- **All team payments must be up-to-date**
- **All Work Study hours must be up-to-date**

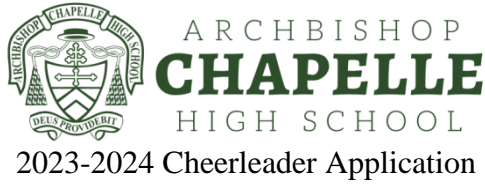
So that the above requirements can be verified please include the following documents when submitting your Cheerleader application:

- Cheerleader Application
- A copy of your report card with all three (3) quarter grades and current GPA listed
- Constitution Signature Page

If your daughter has your permission to try out for the Cheerleaders, please have her complete the attached application with all signatures. **All applications are due to the Archbishop Chapelle High School Front Office by 4:00 pm on Tuesday, April 11th 2023.**

Sincerely,  
Kayla Langlois & Danielle Ferrell

Chapelle Cheerleader Coaches  
[klanglois@archbishopchapelle.org](mailto:klanglois@archbishopchapelle.org)  
[dferrrell@archbishopchapelle.org](mailto:dferrrell@archbishopchapelle.org)



Please attach a recent photo of you (like a school photo) so that we can recognize your face and name at tryouts. \*Does not need to be a professional photo.

Applicant Name: \_\_\_\_\_

Grade level for 2023-2024: \_\_\_\_\_

Address: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Cell: \_\_\_\_\_

Applicant Cell: \_\_\_\_\_ Current School: \_\_\_\_\_

Medical Insurance Provider: \_\_\_\_\_ Policy No: \_\_\_\_\_

Group No: \_\_\_\_\_ ID No: \_\_\_\_\_

Dance/cheer experience: \_\_\_\_\_

Why do you want to be a member of this team?: \_\_\_\_\_

Student Application Agreement: I have read the attached letter and understand the financial and time commitment involved with membership of the Archbishop Chapelle High School Cheerleaders. I accept the membership responsibilities set forth in the constitution should I be selected.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2023  
.....

**Parent(s)**

To ensure your daughter's safety, please list any medical concern that could affect her tryout:

I have read the attached letter and understand the financial and time commitment involved with membership of the Archbishop Chapelle High School Cheerleaders. I give my daughter permission to participate in tryouts and accept the financial and membership responsibilities set forth in the constitution should she be selected.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2022  
.....

**For Chapelle Administration to Complete**

**GPA:** \_\_\_\_\_ **Discipline:** \_\_\_\_\_ **Finance:** \_\_\_\_\_

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## 2023-2024 Cheerleader Important Dates & Information

**Mandatory Informational Meeting for Cheerleaders & Parents:** Monday, May 2, 2023 in the Cafeteria @ 5:30 pm

**Uniform Fitting:** Monday, May 2, 2023 3:30PM

*\*At least one parent must attend the uniform fitting for a new cheerleader\**

Returning members 3:30 pm

New members 4:00 pm

**Mandatory Cheer Camps:** NCA Camp, July 11-14, 2023, at Hilton Riverside New Orleans

LA Spirit Camp, July 24-28, 2023 at LA Spirit \*TENTATIVE\*

**If you are unable to attend BOTH of these camps, you cannot be a member of this team.**

### **Summer Practices:**

June: 5th, 7th, 12th, 14th, 19th, 21st, 26th, and 28th -- time & location TBD

July: 10th, 12th, 17th, 19th, 24th, and 26th -- time & location TBD

Additional practices may be added at a further date. An official calendar will be posted in May for all practice dates and times.

Times are subject to change and locations will be posted on BAND. Summer practices are MANDATORY, unless approved by a coach. If you have any problems please email [klanglois@archbishopchapelle.org](mailto:klanglois@archbishopchapelle.org).

**Competition:** This year we will travel to compete at the NCA High School Cheerleading Nationals in Dallas, Texas. In addition to NCA we will also compete in one or two other competitions closer to New Orleans. Dates and schedules will be announced as soon as they are confirmed.

**School Year Practices:** After school at LA Spirit gym or Chapelle. Practice days vary based on gym availability. Practice schedules will be posted on the BAND App.

Be prepared to practice during the Thanksgiving break and Christmas break for Nationals. Schedules will be announced as soon as they are confirmed.

**Mardi Gras:** We march in Mardi Gras parades in both Jefferson and Orleans. Date and times to be announced as soon as they are confirmed.

**All practices and performances are mandatory.** For more information please refer to the Cheerleader Constitution. Additional dates, events, practices, and performances may be added throughout the year.



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2023-2024 Anticipated expenses for a First Year Cheerleader

- Practice & Performance Uniforms \$1550
- Camp Registration \$500
- Outside Gym Fees \$70 per month + one time \$50 registration fee
- Competition/choreography fee \$350.00
- Optional Item: Sweatshirt \$130

2023-2024 Anticipated expenses for a returning member

- Practice & Performance Uniforms \$700  
*\*Uniform replacement may be required if any uniform piece does not fit properly or is in poor condition, this decision will be at the coach's discretion.*
- Camp Registration \$500
- Outside Gym Fees \$70 per month + one time \$50 registration fee
- Competition/choreography fee \$350.00

*All costs are approximate and subject to change. All members are given the opportunity to fundraise to help defray their balance.*

*\*\*Prices above reflect last year's pricing. Please expect a minimum of a 10% increase on pricing\*\**

*“When a student becomes a Chapelle Cheerleader, she voluntarily submits herself to standards of behavior and ethical conduct beyond those required of ordinary students at Archbishop Chapelle High School.”*

## I. ORGANIZATION

- A. The purpose of the Chapelle Cheerleaders is to:
  - 1. Create an atmosphere of school spirit, pride and loyalty.
  - 2. Represent ACHS to the highest degree.
  - 3. Perform at all home volleyball and basketball games, away games as deemed necessary by the school, pep-rallies, and other events. In addition, cheerleaders will be asked to attend 1 of every sport event offered at Chapelle.
  - 4. Promote a positive and supporting attitude toward all school sports, clubs, and activities.
  - 5. Foster a learning environment in which cheerleading skills are enhanced and improved, and teamwork is emphasized.
  - 6. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and develop character.
  - 7. Teach teamwork and pride in a quality performance through maintaining high standards.
- B. The Coach will be responsible for the daily running and activities of the Chapelle Cheerleaders.
- C. The Coach will be responsible for administering all disciplinary procedures.
- D. The Coach may place certain restrictions on team members in the event of disciplinary, health, or safety concerns.

## II. ELIGIBILITY

- A. All applicants must be registered for grades 8-12 for the 2023-2024 school year.
- B. Applicant Academic Requirements:
  - 1. All applicants must have a 2.0 GPA for each of the first three (3) quarters of the 2022-2023 school year.
- C. Membership Academic Requirements:
  - 1. In addition to the LHSAA minimum requirements, each member must maintain a 2.0 grade point average and/or have no failing grades at each 9-week progress report period, or quarter.
  - 2. **The student is required to present or email a copy of her report card to the coach within five days of receiving it from Chapelle.**
  - 3. Any member who falls below the minimum grade requirement at each quarter will be placed on academic probation until the following quarter’s progress report.
  - 4. If after the academic probation period she does not meet the academic requirements, she will be placed on suspension for the remainder of the quarter where she will not be permitted to participate in any team activities, events, or performances.
  - 5. If after the suspension and at the end of the quarter she does not meet the academic requirements she may be dismissed from the team.
  - 6. A current member of the team who is on probation or suspension may try-out for next year’s team and will not be allowed to try out again the following year.
- D. Applicant Discipline Requirements: Applicants that currently attend Chapelle may not have more than one school suspension for the 2022-2023 school year.
- E. Membership Discipline Requirements:
  - 1. Each member may not have more than one school suspension during the current school year.

2. Any member who receives a school suspension for any reason will be placed on probation with the team.
  3. If a member receives a second school suspension, in the same school year as the first school suspension, she will be dismissed from the team.
  4. A current member of the team who is on probation due to school suspension may try-out for next year's team. If she is selected as a member and receives a second school suspension before the end of the school year, she will be asked to leave the team.
- F. Financial Requirements for applicants and members: Any applicant or member who is delinquent on their school tuition, registration, Cheerleader or any Archbishop Chapelle High School organization financial obligations, OR in poor standing with the Archbishop Chapelle High School Finance Office will NOT be permitted to try out. The Director of Finance must approve all applicants before being allowed to try out. If you have any questions or concerns, please contact the Director of Finance at 504-467-3105 ext. 104.
1. **In order for a member to be allowed to perform, travel or compete they must be up-to-date with tuition payments. This will be monitored monthly.**
  2. **In order for a member to be allowed to perform, travel or compete they must be up-to-date with team payments. This will be monitored monthly.**
  3. **In order for a member to be allowed to perform, travel or compete they must be up-to-date with work study hours. This will be monitored monthly.**
  4. **Fundraising programs will be offered to all members that wish to defray the expenses they incur throughout the year.**
  5. **There will also be a team fundraiser to defray the cost of competition travel and additional expenses incurred from choreography fees and registrations.**
- G. The academic and disciplinary requirements will be monitored for all members quarterly from the final quarter of the current academic year and through the first three-quarters of the following year.

### III. ATTENDANCE/SCHEDULE

- A. All cheerleaders who participate in performances and/or practice must meet the minimum school attendance requirements, as set forth in the Student Handbook, the day the activity is scheduled.
- B. **If a member misses ANY practice, for any reason, she may be removed from the following performance.**
- C. All cheerleaders are required to attend every cheer related event including but not limited to practices, games, pep rallies, and performances.
- D. All members must let Coach Kayla or Coach Danielle know if they are going to miss a practice, 48 hours before missed practice. Communication with Coach Kayla or Coach Danielle does not excuse an absence and you will still receive an attendance mark, however, failure to communicate with a coach prior to missing practice or the day of practice will constitute 2 attendance marks.
- E. **Attendance marks**
  1. A missed practice will result in one attendance mark regardless of the reason.
  2. Work is considered an absence and will result in one attendance mark.
  3. Three attendance marks will result in being placed on probation in addition to possible removal from any performance.
  4. Six attendance marks will result in a parent meeting and possible removal from the team.
  5. All cheerleaders that are late to a practice will receive a half of an attendance mark.
- F. All routine doctor, dentist, and orthodontic appointments, etc. should be scheduled so they do not interfere with team activities, including practices. These appointments will not constitute an excused absence from activities.
- G. All members must attend each activity in its entirety.
- H. Work is not considered an excuse for missing any activity.



- I. Chapelle disciplinary consequences, such as detention, are not considered an excuse for missing any activity.
- J. If a member misses a practice, **it is her responsibility to learn anything she may have missed.**
- K. Summer responsibilities include:
  - 1. Summer Camp
    - a. All members are required to attend 2 summer camps **without exception.**
    - b. Members will be responsible for individual camp costs.
    - c. Absence from camp may result in immediate removal from the team.
    - d. **Vacations must be scheduled around camp dates.**
  - 2. All cheerleaders must attend practices, events, performances, and activities scheduled in the summer, before and after camp. Calendars are given out in advance so that summer vacations/trips can be planned accordingly.
- L. All team members will compete in the game day division, however, making the mat for the performance routine will be based on attendance, ability, attitude, and overall performance. Coaches have the final say.

#### IV. CHARACTER

- A. Team members should be leaders within the school and set a good example at all times, both at school and outside of school.
- B. Team members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
  - 1. Smoking, drinking and/or drug use are grounds for suspension or dismissal by the advisor/coach.
  - 2. Each member must abide by those standards set by Archbishop Chapelle High School, which are found in the Student Handbook. The Student Handbook is available on RenWeb.
- C. Cheerleaders should display an appropriate behavior and positive attitude at all times toward their coach, captains, teammates, teachers, faculty/staff, and administrators. Depending on the severity, and at the coach's discretion, members who display a poor attitude or act inappropriately may be subject to disciplinary action, including probation or dismissal from the team.
- D. Cheerleaders should display an appropriate behavior and positive attitude at all times on social media. Depending on the severity, and at the coach's discretion, members who display a poor attitude or act inappropriately may be subject to disciplinary action, including probation or dismissal from the team.

#### V. CONDUCT

- A. Members must show respect to their coaches, their teammates, their officers, the director, parents and fans, at all times.
- B. Always return compliments by saying thank you. Other comments are to be ignored. This includes Social Media of any kind.
- C. All members must display a positive attitude at practices and performances.
- D. When walking off after any performance, **NO ONE** should make any negative comments. (athletes or parents)
- E. All grievances must be handled directly with the coaches. director and/or officers.
- F. Personal grievances must never conflict with team interests (leave it at the door).
- G. All Cheerleaders routines are not to be taught to anyone that is not a Cheerleader.
- H. Any information appearing in any kind of newspaper must go through Chapelle.
- I. Cheerleaders are expected to attend all practices, performances, and team events, to arrive on time in the **CORRECT** attire/uniform, follow all of the coach's instructions, and participate to their fullest ability at all times. Failure to meet these expectations may result in the cheerleader's removal from the practice, performance, or event or probation.
- J. Cheerleaders must be willing to be flexible with positions and spots during the season. She must know that the team comes before the individual. Must be willing to be coachable!

## VI. DISCIPLINE

- A. Because all situations may not be foreseen, dismissal from the team will be dealt with in a manner decided by the coach, with assistance from the administration if deemed necessary. Some actions may warrant dismissal from the team and include but are not limited to:
  - 1. Excessive absences for practices or performances
    - a. 6 attendance marks warrants dismissal from the team
    - b. 3 attendance marks warrants being placed on probation
  - 2. Excessive tardiness
  - 3. Extreme disrespect to anyone
  - 4. Actions that do not reflect appropriately on ACHS or the Cheerleaders.
  - 5. Repeatedly not having rides home at the appropriate times.
  - 6. Use of, or association with, alcohol or prohibited/illegal substances.
  - 7. Absence from summer camp.
  - 8. Inappropriate or unbecoming behavior which reflects negatively on the school or team.
  - 9. Disciplinary occurrences deemed serious by the Chapelle administration or advisor/coach.

## VII. COMMUNICATION

- A. All members and parents will abide by the following chain of command with communication:
  - 1. First - team member(s) communicate with the coach.
  - 2. Second - Parents and members communicate/meet with coaches.
    - a. When a parent would like to meet with a coach he or she needs to email for an appointment. Appointments will be scheduled no sooner than 24 hours after request is received.
    - b. Any concern a parent has will be addressed with the student as well.
    - c. All problems should be brought to the coaches first before bringing to administration, if necessary we will follow up with the Dean of Students and other administrators.
  - 3. Third - Communicate/meet with the Dean of Students.
  - 4. Fourth - Communicate/meet with Archbishop Chapelle High School Administration.  
***This chain of command is very important; it is impossible for coaches to address concerns that are not brought to the coaches directly. Violations of this chain of command are highly discouraged.***
- B. The coaches should first be contacted by email.
  - 1. Kayla Langlois can be reached at [klanglois@archbishopchapelle.org](mailto:klanglois@archbishopchapelle.org)
  - 2. [Danielle Ferrell](mailto:dferrell@archbishopchapelle.org) can be reached at [dferrell@archbishopchapelle.org](mailto:dferrell@archbishopchapelle.org)
- C. Under no circumstances should a parent discuss any issues or concerns with any cheerleader other than his or her own child, unless permission has been granted by that cheerleader's parent(s). This behavior is considered highly inappropriate and will not be tolerated.
- D. All members of the Archbishop Chapelle High School community are expected to act in a civil and courteous manner towards one another. An environment of mutual respect must prevail for parents, teachers, coaches and student-athletes to effectively work together. Inappropriate or derogatory emails or comments on social networking sites destroy morale, reflect poorly on the school, and negatively impact our student-athletes. Thus, we expect all members of the Archbishop Chapelle family to interact with another in a manner that reflects good sportsmanship and our Christian values.
- E. Rude, discourteous, or inappropriate communication from student-athletes and/or parents via email, text message, or any other form of communication will not be tolerated. Said communication may result in the removal of the student-athlete from the team. This includes BandApp and Groupme. Please see Student handbook for parent responsibility of social media.

## VIII. COSTS

- A. Cheerleaders will be responsible for all costs associated with being a member of the team.
- B. Costs may include, but are not limited to: Uniforms, Camp, Competitions, Gym Fees
- C. Payments toward balance:
  - 1. Payments toward individual balances can be made all at once or on a monthly basis.

2. For monthly payments, original balances will be divided into six (6) equal parts.
  3. Payments must be received by the first of each month starting in May. **All uniform balances must be paid in full no later than August 1<sup>st</sup>.**
  4. All fees must be paid through the tuition portal.
- D. Financial concerns should be brought directly to the coach.
- E. Cheerleaders who have not met all financial obligations may be prohibited from competing and/or performing.
- F. Fund Raising
1. All members are required to participate in team fundraising.
  2. Individual fundraising opportunities will be made available throughout the year to defray individual fees. At least 50% of fees may be covered by fundraising opportunities. Individual fundraising is not mandatory, but encouraged.
  3. Fundraisers must be approved by the advisor/coach and Chapelle administration prior to their start.

#### IX. LETTERING

- A. Each cheerleader must be a member of the team for two (2) full years to earn a letter. Cheerleaders who leave the team before the end of their second year banquet or last performance, for any reason, will not be eligible to earn a letter.

#### X. MEDICAL

- A. **Each member must have a complete physical exam before or at check-in day.**
- B. A copy of the school medical form can be obtained from the Archbishop Chapelle Dean of Students.
- C. Any cheerleader placed on restriction must submit, in writing, release of that restriction before being allowed to participate again.
- D. The coach may prohibit a cheerleader from practicing or performing if the coach is concerned about the health and/or safety of the cheerleader.
- E. Members who are unable to perform for medical reasons must attend in full uniform unless specifically excused by the coach.
- F. **Any accidents or injuries that occur during a team event, practice, or performance must be immediately reported to the coach and an accident report must be completed in the front office.**

#### XI. UNIFORM

- A. Uniforms are not to be worn anywhere except to performances, fundraisers, or any other Chapelle Cheerleader event.
- B. Uniforms are not to be worn by anyone except a member of the Chapelle Cheerleaders.
- C. Each member will be expected to purchase all practice & performance uniforms.
- D. Each member will be required to maintain good condition and cleanliness of her uniform.
- E. Each member will be responsible for footwear and accessories such as makeup, bloomers, ribbons, warm-ups, chipmunk tattoos etc. These accessories are considered to be part of the uniform.
- F. If any piece of the uniform should be misplaced, damaged, or no longer fits as intended, it must be replaced before the member is allowed to perform. It will be replaced at your expense.
- G. Your Cheerleader uniform is a representation of Archbishop Chapelle High School and the Cheerleading Team and should never be worn by you or anyone else as a joke. If you lend your uniform to anyone for any reason other than for official Cheerleader use, you may be placed on probation.
- H. Practice Uniforms will be worn to all practices.
- I. Anytime a cheerleader is wearing any part of the Chapelle Cheerleader uniform, whether at a performance or practice, the cheerleader must appear presentable. This includes clean, age appropriate make-up, presentable hair pulled back away from face, no jewelry, appropriate length nails, clean, neutral colored nails (white tips are acceptable), no visible tattoos, and must maintain an overall hygienic appearance.



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HIGH SCHOOL

### 2023-2024 Cheerleader Constitution Agreement Form

By signing below I acknowledge that I have received, read, and fully understand the regulations, policies, and procedures set forth in the Constitution. I agree that I am accountable to abide by the regulations, policies, and procedures and understand that by signing below I accept all consequences associated with violations of this Constitution. I have considered the time and financial commitments involved in being a member of this team and agree to fulfill my commitments to the team completely.

\_\_\_\_\_  
Cheerleader Name

\_\_\_\_\_  
Cheerleader Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

By signing below I give my permission to have my daughter's picture appear on the school website and social media sites.

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date