

# MBS Pep Squad

The MBS 3<sup>rd</sup>-5<sup>th</sup> grade pep squads show team spirit for the 3<sup>rd</sup>-5<sup>th</sup> grade football and basketball teams during their active season. The pep squads will perform cheers and half time performances during each football and basketball games. The Pep Squad will also perform at school pep rallies. Beginner dance and cheer technique will be taught.

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](http://mbsbr.org) under Athletics. Physicals are good and considered current for one calendar year, starting with the date of the actual physical.

## **Attire for Game day**

The pep squad's required uniform consists of the pep squad's t-shirt and two matching pom poms available for purchase. The total cost for the t-shirt and poms is \$65 made payable to MBS Athletics.

Optional attire to add to the uniform:

- Maroon shorts
- Plain White hair bow
- White ankle socks
- Cheerleading shoes

\*no makeup or jewelry are allowed for games or practices

## **Game Day**

Pep Squad is to arrive 30 minutes before each game starts.

A water bottle and poms are required for each game along with two spirit sticks.

The pep squad will cheer for every quarter with water breaks throughout the game.

There will be a total of 3-4 scheduled half time performances throughout the football and basketball season.

Pep Squad is required to cheer for all home and away football games.

Pep Squad will perform 2 halftime performances for basketball games.

Game schedule TBA

## **Practices**

The first practice will be Thursday, August 25<sup>th</sup> at 2:50pm – 4pm in St. Ursula. Coach Blair will meet the squad in the gym at 2:50 and walk them to St. Ursula. The girls have the option to change into practice clothes in the bathroom after being walked to St. Ursula.

A water bottle and poms are required for each practice.

All practices will be held once a week on Thursdays. Any pep squad participant who can't make one of the scheduled halftime performance practices will not be able to participate in the scheduled performance but may still cheer for the game. Please let the coach know if your participant will not be able to participate in a scheduled performance.

Practices will consist of learning cheers and dances. Also, learning motions, stunts, and beginner dance technique. Not stunting or tumbling is allowed without the presence of a coach.

Thank you for your support of our MBS Athletics program and for allowing your child to participate in sports at MBS. If you have any questions concerning the upcoming sports season please feel free to contact. We are looking forward to a great fall season!

GO PELICANS!!!

Christine Rabalais

MBS Athletic Director

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Blair Yarborough

Pep- Squad coach

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## Pep-Squad - 2017 Permission Slip

Parents,

You are receiving this sign up letter for your child because she has shown an interest in participating in pep-squad in the Fall of 2017. As long as your child meets the academic eligibility requirements, outlined in the athletic handbook, for the 4th 9 weeks, she will be eligible for pep-squad in the Fall of 2017. 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 tryouts or practices! I'm sorry, but we cannot make any exceptions on this rule. The LHSAA physical form is the only acceptable form. It can be found online at [mbsbr.org](http://mbsbr.org) under Athletics. Physicals are good and considered current for one calendar year, starting with the date of the actual physical.

This permission slip must be returned to the school office in a white envelope **\*\*attention Blair Yarborough\*\*** by Monday, August 21<sup>st</sup>.

I verify that my child, \_\_\_\_\_ has permission to participate on the 2017 Pep Squad and abide by all pep squad regulations.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)