

St. Benedict's Episcopal School 4th and 5th Grade Fall Pep Squad 24-25

Information At A Glance

Registration:	May 15th-August 1st
Who can participate?	4th-5th Grade girls and boys
Practices Times:	4th Grade - Monday's from 3:30-4:45pm @ the Hive 5th Grade - Thursday's from 3:30-4:45pm @ South Campus
Season:	Mid August- End of October
Practices/Games:	Each team will practice once a week. 4th Grade will be developmental for the season with a chance to perform at pep rallies. 5th Grade will have the opportunity to perform at Volleyball games and pep rallies for the Fall season.
Fees:	\$255 - This includes coaching, equipment, and end of season party, and a practice shirt. \$20 - Accessories - Pom poms and bows \$50 - Uniform
<i>*All teams are contingent on the amount of interest, coaches, and facilities.</i>	

Team Expectations:

1. All team members will need to have a completed medical form from a physician. This form will only need to be completed once a school year. A copy of the form can be found here: [Medical Evaluation Form](#). Please hand in the hard copy to the Athletic Department by **August 1st**.
2. Parents and/or guardians must provide transportation to games and pick up from practices.
3. Each player must have a signed handbook turned in to the Athletic Department.
4. All interested players should be ready to learn and be interested in learning Pep Squad routines with their classmates.
5. There will not be any tryouts or evaluations to be a part of the team. All skill levels are welcome.

Team Fees:

The fees will include coaching, equipment, a practice shirt, and an end-of-season party. In addition, players will need to purchase a uniform and accessories package.

Team Practices/Games:

The 4th grade team will practice on Mondays immediately following school until 4:45 pm at the Hive. 5th grade team practices will take place on Thursdays immediately following school until 4:45 pm at the South Campus. 4th grade will work on their skill to perform at pep rallies at

the school. 5th grade will also have the opportunity to perform at pep rallies in addition to home volleyball games.

Attendance Expectations:

Players are expected to attend all practices and games unless sick or injured. Players and/or parents must communicate with the Head Coach. **If you know in advance that your child will be missing a game, they must notify their coach at least a week prior to the game.**

*****Weather***** Due to the safety of our athletes and coaches, when it rains, the temperature is under 35 degrees with the wind chill, or there are thunderstorms, we will cancel practice.

Transportation:

Parents are responsible for picking up from practices and to and from games.

Clothing and Equipment:

1. Athletic shoes
2. Water bottle
3. Comfortable athletic wear

Registration:

Registration Opens May 15th

Registration Closes August 1st

Academic and Behavior Expectations:

Student-athletes competing on the St. Benedict's Pep Squad are students first and then athletes. Academics remain the utmost priority; should grades become an issue, a meeting will be held between coaches, teachers, and student-athletes to decide on appropriate actions. Balancing schoolwork and athletics will ultimately be a great life skill to learn for each student-athlete.

Students are always representing St. Benedict's at practice and games. Behavior during games and practices should be the same as when in school. We ask that athletes respect themselves and others, remain focused, always do their best, and follow the rules we establish as a team.

Safety during our team training must always be the top priority. Student-athletes must remain focused and safety-conscious. If behavior becomes an issue, dismissal from the team may be the final consequence of inappropriate behavior.

Remember, students represent themselves and our school on and off the field and should be honorable and kind to others!

Team Communication

Our primary form of communication will be through the GameChanger App. You can also expect occasional emails for important updates.

I look forward to partnering with you and working with our student-athletes this season. If you need additional information, please email stbsathletics@stbs.org.