



Pasco High School

Preparing All Students for Challenging Opportunities

Dear Prospective Cheerleaders and Parents,

The 2015-2016 Cheerleading season is quickly approaching! As an official sport, our primary goal is to promote school spirit, pride and unity, as well as provide support for the athletic department. Just as the school's vision is to be one of the best in the nation, we continue our journey to be one of the best squads first, in the district, then the region, state and *who knows*, maybe even nation! All long journeys must start with a FIRST step! If it is cheering our Pirates to victory on the sidelines or preparing and performing our routines at local and regional competitions, we will strive to give our best!

In mirroring the Pasco High mission, towards achieving our goal, we want to apply the Three "R's" of Success:

- Have **RESPECT** for people and their property.
- Do the **RIGHT** thing at all times.
- Take personal **RESPONSIBILITY** for our actions.

This letter is being written to emphasize the importance of the **commitment, discipline** and **expectations** that come along with being a cheerleader at Pasco High. After football season, our priority shifts to competing with squads within the city, district and region. So understand the time and cost commitment that comes along with this.

Being a Cheerleader at Pasco High will require your time, talent and money. Participating in the sport of cheerleading can be expensive. We will do what we can to defray the costs, but everyone should participate in our fundraisers that's part of the commitment factor.

Please read the cheerleading rules of conduct and performance regarding expectations for cheerleaders and parents. If you feel that you can abide by these rules and be an asset to our team, then WE WELCOME YOU to tryout!

YOUR CHILD MUST HAVE A COMPLETED ATHLETIC APPLICATION PACKET TO TRYOUT!

Cheerleading can be one of the most rewarding experiences of your life. It teaches you to balance your time, work with a team, be a leader, discipline yourself, learn and perfect new skills, and be an ambassador for your school. These are admirable traits, and if you are willing to commit, we want to extend the opportunity to try out for our cheerleading squad!

With Pirate Pride!



Cheerleading Coaching Staff and Administration at PHS



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CHEERLEADING RULES OF CONDUCT

Immediate Removal:

- Being involved in a fight during a school activity
- Use of alcoholic beverages or drugs at school
- Or school sponsored event
- Being arrested for any reason
- Suspension (multiple times or for any of the above)
- Insubordination to coaches or captains
- Any participation in gossip/drama

Unexcused Absences:

- Absences from a ballgame, pep rally, or other
- Cheerleading activity including practices that are
- Not pre-arranged with the coach in writing 24 hours in advance
- Consequence: benching for part or all of the game,

Removal from squad (3 unexcused)

Late/ Tardy:

- Tardiness to a game and a half- time is unacceptable.
- Unexcused tardy to practice will have consequences;
- Unless prearranged and accompanied with teacher note
- 3 tardy = 1 unexcused

Safety/Appearance:

- Clean cut appearance at all times!
- Hair must be pulled away from the face for all cheerleading activities including all practices
- Hair coloring must be uniform
- No visible tattoos!
- All fingernails must be trimmed to a safe length, which means nail should not be seen over fingertip and absolutely no polish.
- Jewelry: Is prohibited at all times, including piercings of any kind.
- No Gum
- Cell phone use will not be tolerated during practice! They must be out of sight.

Practice/Game Behavior/Conduct:

- NO PHONES!!!
- Do not yell or make rude gestures to the opposing team or fans.
- Be a lady/gentlemen at all times.
- Set the standard for all of your peers.
- Absolutely no moving or talking during the National Anthem that would be disrespectful to your country (when ROTC is presenting the flags before the game, always face that flag)
- You must always keep a positive facial image. Any negative expressions due to frustration or anger may result in sitting out during the game.



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RULES OF PERFORMANCE

1. Every cheerleader serves at the discretion of the Coaching Staff, Athletic Director, and Administration. If in the judgment of the Coaching Staff, Athletic Director, and Administration the best interest of the squad is not being served, an individual may be removed from the squad, although no rules have been violated, the cheerleader will be warned and counseled one time about the problem/situation. If correction does not occur within a reasonable time period determined by the coach, removal from the squad will result and uniforms turned in immediately.
2. According to state rules, a cheerleader may not participate in an activity or game if he/she has been absent more than ½ day from school the day of the activity or game, and he/she should not be at that event. Practice is included in this rule.
3. A cheerleader must meet state athletic eligibility requirements. Beginning with Cheerleader selections in 1987, cheerleaders must meet the same eligibility requirements as other athletes. A cheerleader must have been in attendance for at least 85% of the previous semester in order to participate. Grades will be checked at each progress report and end of nine weeks by the coaches and athletic director they must pass 75% of his/her classes (3 out of 4) to be eligible and maintain no lower than a 2.5 G.P.A. Grades come first. If tutoring is needed in the afternoons, you must stay for tutoring, there were several instances last year where students told teachers that they could not miss practice. Remember if you have failing grades then you can't cheer. If you have cheered at PHS before all monies and uniforms must be turned in before you are eligible to try out.
4. Any cheerleader that quits/removed from the squad may not try out for the next year without approval from the head coach prior to tryouts (will be handled on a case by case bases).
5. Many students need to work at a job and cannot be a cheerleader for that reason. A cheerleader will not be excused from any cheerleading function because he/she has to be at work. You will need to adjust your work schedule to accommodate your cheer responsibilities (this will be handled on a case by case bases, will be able to work something out).
6. The cheerleader uniform is placed in the care of the cheerleader. Should the uniform be lost or damaged, the cheerleader will be held responsible. The cheerleader will pay for the repair or replacement of the uniform. The cheerleader must be in correct uniform in order to participate in any cheerleading function such as games and practices. Cheerleaders ONLY, will wear the uniform, wind suit, or team apparel. Allowing a Non- cheerleader to wear any cheerleading apparel will result in a discipline consequence (remove from team).
7. Transportation will be provided to most athletic activities away from school. Each cheerleader must travel with the squad, unless prior approval given. If the cheerleader's parents intend on attending the event, they may ride home with them ONLY after the parents have spoken and written a note to the coach and Administration and approval has been given from both.



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RULES OF PERFORMANCE

8. If a member does not fulfill team obligations they may be excluded from games, competitions, performances or be removed from the squad.

9. All cheerleaders need to attend the scheduled summer/mini camps.

10. As coaches, we ask that if there is ANY questions, comments, concerns, please feel free at any time to ask either Coach Adarius or Coach Lisa. We strive to have great communication with our athletes as well as with parents. If there is an issue that needs to be addressed, we ask that the parent and cheerleader please contact either Adarius or Lisa first either by email, phone, text, or in person after practice. The issue will be addressed with care and concern in a timely manner. If issue cannot be resolved, we will then schedule a meeting with the athletic director. Please note that our administration is always there for your child but we ask that the sequence mentioned above be followed. The Chain of Command: 1. Contact Coach of that team → 2. Contact Head Coach/ Program Coordinator Adarius → 3. Coach Adarius will meet with Administration → 4. Parent and Administration and Coach meeting

11. Cheerleaders must be available Monday – Friday during each season. Competitions will require more practice time. Each squad will practice during the summer. Please be advised that All-star practices and their competitions cannot interfere with practices and games if you are chosen to be on a PHS cheer team. Please take into consideration the time required to be a cheerleader at PHS before over extending yourself in extracurricular activities. As parents and teachers ourselves we understand how hard it is to change times and dates at last minute, however, there are times that schedules change at last minute due to unforeseen events. We ask that parents do their best to accommodate these instances. If there is ever an issue of getting your cheerleader to where they need to be at a certain place or time, please let us, as coaches, know ahead of time so we are aware and can possibly make other arrangements to help you out. Missing one cheerleader from a performance, game, practice, or event can hurt our team as a whole. We do not have a team with extra cheerleaders to fill in spots. Every girl/guy is VERY important.

Note: A calendar of events will be provided upon making a squad. This Schedule will be subject to revisions at the discretion of the coach.

12. Cheerleaders will arrive to games in full uniform including shoes. (No dressing at the game or wearing flip flops there will be consequences) Wind Suits will be carried to all games in case of inclement weather. Other seasonal specific rules will be discussed and put into place by the coach at the start of the season.

13 If you are injured during a school activity and have been excused from participating in your cheerleading duties by a doctor or school trainer, you must attend

games/activities, and you must sit with your cheerleading team (not in the student section). You may also travel with the team while injured, upon approval by your doctor and/or school trainer.



RULES OF PERFORMANCE

14. Gossip and / or negative comments about other cheerleaders, coaching staff, and / or parents on the team is strictly unacceptable. We only want positivity from our cheerleaders and our parents and coaches. This will only hinder our team in a way that is not healthy. We are a cheer family and intend to grow in a great way all throughout the whole season. If this is found out that anyone is starting or feeding into this they will be removed from the team immediately.

CHEERLEADER ACCESSORIES

The following items are required to purchase if your son/daughter is chosen for the JV or Varsity teams. ***These items will cost approximately \$430 Girls/ \$380 Guys.*** Please be advised that this is an estimate. Items may be deleted from this list. All returning cheerleaders will already have some item listed. Next page has item break down of coast and you will see that Camp is where most of your money is going \$450/\$350

Please note camp fees are **SEPARATE.

Female Cheerleaders

1 Warm-Up Suit
3 Pair Shorts
3 Practice Shirts
1 Pair Cheer Shoes
1 Gym Bag
1 Pair bloomers
Camp(s)
1 Cheer Bows
Athletic/Participation Fee

Male Cheerleaders Varsity

3 Pair Shorts
3 Shirts
1 Pair Cheer Shoes
1 Gym Bag
Camp(s)
Athletic/Participation Fee

Summer Camp (August 1st-6th) \$450

***In order to participate in camp, you MUST NOT have ANY unexcused absences from summer practices!**



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<u>QTY</u>	<u>CHEER ITEM</u>	<u>COST</u>	<u>TOTAL</u>
	THIS IS JUST AN ESTIMATE AT THIS TIME		
1	Varsity Brand Warm Up (same as last year)		\$130
1	Varsity Brand Cheerleader II shoes		\$60
1	Practice / Camp Clothes		\$180
1	Camp		\$450/\$350
1	Athletic/Participation		\$60
	Guys Break Down		
1	Varsity Brand Warm Up (jacket Only)		\$80
1	Cheer Shoes		\$60
1	Practice /Camp Clothes		\$180
1	Camp		\$450
	Athletic/Participation		\$60
	TOTAL	Varsity Returner/New	\$300/\$430
		Junior Varsity Returner/New	\$300/\$430
		Guys	\$380
		Varsity Camp JV/Varsity Returner/New	JV \$750/\$880 \$650/\$780
		Camp Guys	\$830

PHS
Cheerleading
Parent Release Form

Name: _____

Grade: _____

I, the under signed, have read and fully understand the rules and regulations which will govern my son/daughter if he/she is chosen to represent Pasco High School as a cheerleader. I further understand that this is an extra-curricular activity and that attendance at all practices, games, special functions, and minicamp is a requirement of the selected cheerleader. Participation is a privilege that is earned.

**It is strongly recommended not to withhold cheerleading as a discipline tool to
punish my child!**

IT IS A TEAM SPORT AND THE TEAM SUFFERS WHEN ONE CHILD IS ABSENT!

I hereby give my consent to my son/daughter, _____ to try out for cheerleading at Pasco High School and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that, if chosen, my son/daughter will be required to pay for some cheerleader incidentals.

Parent Signature: _____

Address: _____

Email: _____

All phone #s _____

If I am elected as a cheerleader at Pasco High School, I shall fulfill all of the requirements to the best of my ability as set forth in the Cheerleader Policies. I have read these policies and understand that if I fail to maintain these rules, I will be removed from the team.

Candidate's Signature: _____

Parent/Guardian Signature: _____

Email: _____

Cell #: _____