PASCO HIGH SCHOOL CHEERLEADING

TRYOUTS 2017-2018

**Cheer packets are available at front desk in the PHS Main Office**.

**Pre Tryout Meeting**: Monday, May 15, 2017 in the PHS Cafeteria.

\*\*Cheerleading is a sport and we fall under all FHSAA guidelines. Physicals for tryouts must have taken place less then one year prior to June 20, 2017.

**Tryouts:**  June 5th, June 6th, and June 7th 2017 from 5:00 p.m. to 8:00 p.m. in the **PHS Gym**.

There will be an hour break after the last person has tried out. Results will be posted on gym door after that hour break.

**Fittings**: June 8, 2017 @ 9:00 a.m. at the locker room next to the stadium.

**Teams**

**One JV Squad**

**One Varsity Squad**

**Summer Camp**

There is an overnight summer camp on July 30 – August 1, 2017 at UCF Camp cost is $350 total.

**COMPETITION DATES**

Competitions are in December and January. Please refer to the calendar. You must be able to attend all competitions.

**All Pasco High School Cheerleaders are required to have current paperwork turned into the coaching staff prior to the Tryout Sessions. Paperwork consists of the Tryout Application Top Form, Tryout Application, Pledge, Contact Information, Cheerleading Rules, Athletic Participation form, General Information, Consent and Release for Concussion and Heat Illness, Physical (must be current), and copy of birth certificate.**

**2017-2018 Contact Information Pasco Cheerleading Tryouts**

My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has my permission to be a cheerleader at Pasco High School. I understand that he/she must abide by the rules and regulations set forth by the coaches and Pasco County Schools. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that all forms attached must be completed and turned in prior to Tryouts.

* I understand that the coaches will evaluate my son/daughter and we agree to abide by their decisions.
* I give my permission for a member of the Pasco High School Coaching Staff to review my child’s grades to confirm eligibility of at least a 2.0 GPA.
* I understand that there will be media coverage of Cheerleading events whether it is video or pictures.
* I understand the costs involved as stated in the packet and that fundraisers will be available to aid in payments. Furthermore, I realize that if any uniforms issued to my child becomes lost or damaged, we are responsible for the cost to replace it.
* I understand FHSAA and Pasco County Schools require an up to date Physical and other mandated forms that are included in the Tryout Packet.

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Parent Signature and Date Student Signature and Date

I am interested in being a cheerleader for PHS. If selected, I promise to abide by the rules and regulations set forth by the coaches and Pasco County Schools.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature

**CHEERLEADER NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CHEERLEADER EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CHEERLEADER CELL #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENTS' NAMES:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**PARENT CELL #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENT EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2017-2018 Pasco Cheerleading Rules**

1. All Cheerleading related events are mandatory when scheduled by the coach. ONLY the coach can add or make changes in the schedule. Changes may occur at anytime. The coaches will TRY to give a 2-week notice.
2. A schedule will be issued in advance for practices and events. Practices may be added if the coach feels that it is necessary for the team.
3. If you participate in any other PHS sport or out of school activity, cheerleading is your first priority. You are not permitted to miss practices or games for the other sport unless prior arrangements have been made with the coach.
4. Appointments, errands and club meetings are not an excuse to miss or for being late to practice. Only special exceptions will be made (i.e. severe illness or death in family).
5. Cheerleaders are expected to attend at least 4 classes the day of practices, pep rally, or games. Anyone who misses school will not be permitted to participate. You must check out of school if you are leaving campus, EVERY TIME! Coaches must be notified beforehand if the cheerleader will be absent.
6. Any cheerleader with an unexcused absence from practice forfeits the right to cheer at the next scheduled game.
7. Any cheerleader who is benched for a game for any reason must attend the game and sit with the coach. They may not wear their uniform during that time.
8. Failure to attend a mandatory event will result in a benching. Two benchings will result in a dismissal from the team. **Unless otherwise noted, all events are considered mandatory.**
9. Any cheerleader arriving late to a game will sit out that amount of time. Time goes by the game clock.
10. Any cheerleader arriving later than 2 minutes prior to the conclusion of the halftime will sit out that amount of time. Again, time goes by the game clock.
11. When there is a scheduled uniform to a game, practice or event, the cheerleader must be in full uniform. Full uniform is no jewelry, squad shoes, squad socks, uniform (game or practice) with hair up with designated colored ribbon and/or bloomers. Changes will be made due to weather only. If not in proper uniform, you will be sent home.
12. Anytime in uniform you are always a lady or gentleman! No foul language, disrespect or inappropriate public display of affection. Public displays of affection are NEVER considered appropriate, especially in uniform, at games or in school. People are always watching student athletes.
13. Cheerleaders are required to replace all lost Pasco High School uniforms and property. This is not the responsibility of the program.
14. All practices are subject to silent practices. This will assure total focus on the tasks to be accomplished. All practices are closed to family and friends – this is done to ensure the focus of the teams during practices.
15. If injured, a note will be required from a doctor. You are still required to attend practices/events and will need to provide a release in writing from the doctor in order to resume cheering.
16. Cheerleaders will be monitored on all social media sites. Any inappropriate posts, pictures or retweets can result in being removed from the team.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature Parent Signature**

**PHS CHEERLEADING GUIDELINES and CONTRACT 2017-2018**

These cheerleading guidelines are provided to inform students of the expectations of participating in the cheerleading program at Pasco High School (PHS). The guidelines are designed to comply with the PHS Athletic Department policies, the Florida High School Athletic Association (FHSAA) and the American Association of Cheerleading Coaches and Advisors (AACCA) safety regulations. Persons selected for the PHS cheerleading squads must be in agreement with these guidelines and must adhere to them during their time on the squad.

The purpose of the PHS Cheerleader is to compete in competitions, promote school spirit by supporting teams during athletic competitions, to lead the crowd in cheering for the teams and to provide entertainment to crowds during events, pep rallies, parades and breaks in athletic competitions. Cheerleaders will maintain a professional appearance and attitude at all times. You are the “face of Pasco High School”!

**FOR TRYOUTS:**

Cheerleaders need to come dressed in shorts (no jeans), t-shirts (no spaghetti straps), socks, tennis shoes, and hair up in a ponytail (with a bow if possible). You must attend every day. There will be a stunt, cheer and jump evaluation on all days during tryouts.

♦ Regardless of grade year, tryout scores will reflect what team you are best suited for. Incoming freshmen may cheer for Varsity if the tryout scores reflect Varsity level and the final decision is at the discretion of the Coaches.

♦ All Cheerleaders are expected to be educated in the sport that they are cheering for and be somewhat knowledgeable about the game. Written tests may be given by coaches.

**TIME COMMITMENT**

Both Junior Varsity and Varsity team members will be attending summer camp, summer practices in addition to football games, basketball games and competitions. CHEERLEADING IS A LONG SEASON! Students best suited for this team should be able to handle stress well, keep on top of school work and maintain consistent attendance to practice. You must be respectful to all teammates. Members who fail to do so may be dismissed from the team. The practice and competition schedule will be handed out when available. If you have a conflict, you need to let us know ASAP. We will hand out the schedules as soon as possible.

**PAPERWORK**

All PHS Cheerleaders are required to have current paperwork turned into the coaching staff prior to the Tryouts. Paperwork consists of the Athletic Participation form, Consent and Release, copy of birth certificate; Tryout Application Form, Physical (must be current) and other FHSAA mandated forms. Forms will be available at the meeting on May 21, 2016.

If a physical should expire during the season, the cheerleader will be benched until the coaching staff has an updated physical. Prior injuries and any health issue must be disclosed to the coaching staff. Failure to do so will result in removal from the team.

**ACADEMIC RESPONSIBILITIES**

Cheerleaders are student athletes. Students first, athletes second! To be eligible to cheer on any squad, you must maintain the PHS GPA of 2.0. Regular grade checks will occur. If at any time, a cheerleader is failing a class, you will have two (2) weeks to raise that grade to passing. If you are unable to do so in that time, you will be suspended or dismissed from the team. Anytime a cheerleader is under a 2.0 GPA they will be placed on immediate probation and not allowed to cheer at any games or competitions and may be replaced on the team.

If a parent/guardian is not satisfied with the grades of their student and feel they need to focus on schoolwork, please contact the coach PRIOR to initiating a consequence or plan that would affect the squad and their work as a team.

**CLASSROOM ATTENDANCE**

Attendance of all classes is required in order to practice and participate in games. Exceptions are doctors' appointments or family emergencies. Cheerleaders must attend 50% of class day in order to participate in practice or games. If a cheerleader is too sick for school, they are too sick for practice. School policy states you are ineligible if you have more than 5 unexcused absences in a calendar month in any class period or 10 unexcused absences in 90 days in any class period. In case of emergency or illness, the parent or cheerleader must contact the coach by phone on the day of the emergency or illness BEFORE the scheduled practice, meeting, game or performance. If not notified prior to the event, the absence will remain unexcused. Three (3) unexcused absences from practices, meetings, games or performance will result in being removed from the team.

**MOST COMMUNICATION IS DONE VIA EMAIL. YOU MUST PROVIDE AN EMAIL ADDRESS.**

**ATTITUDE EXPECTATIONS**

Attitude is Everything! A positive team-oriented attitude is required at all times. Input is always welcome but the coach has the final decision. This includes good sportsmanship, refraining from the use of profanity and responding to the coach in a positive, non-aggressive manner.

1. Each squad member will treat coaches, captains, teammates, game officials, teachers and other athletic staff with respect at all times. This attitude will also extend to members of this and other cheerleading squads.

2. Members are expected to behave appropriately during games and appearances, refraining from booing, heckling or other negative behavior towards anyone. Members are also expected to focus on the game.

3. Talking during games either on the sidelines to teammates or spectators and being late after halftime will not be tolerated and will lead to benching of the cheerleader.

4. Do not socialize with players or the crowd during a game and do not bring your friends to any event.

5. NO cell phone use during practices, events or games. You are to turn them off during these times.

6. Members will be given a verbal warning at the time of their first offense and may be dismissed from the squad for any subsequent offenses. Coaches' discretion will be final regarding any inappropriate behavior or attitude.

**CONSTRUCTIVE CRITICISM**

Cheerleaders and captains must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole. Negative attitudes towards suggestions from coaches will not be tolerated.

**APPEARANCE & UNIFORM**

1. Appearance must be clean and neat, including hair and makeup for all events including practices. Cheerleaders without proper attire (including appropriate shoes and hair pulled back) will sit out.

2. You must wear a racerback bra with the uniform. Only colors permitted are beige, white, or black. Any bra showing or any other color will not be accepted.

3. Coaches’ discretion is final on uniform fit and cleanliness.

4. You are responsible for the upkeep of your uniform. Issued uniforms and equipment must be turned in at the conclusion of the season or once you have completed duties with the squad.

5. Chewing gum is not allowed.

6. No smoking or consumption of alcohol will be tolerated.

7. Hair must be kept out of the face and worn all-up during all practices and games. All hair accessories should be worn in moderation and comply with safety regulations set forth by AACCA and FHSAA.

8. No long nails, acrylic or natural shall be worn. If scratches occur at practices or games, coaches reserve the right to require nails to be trimmed immediately. If the nails are not trimmed immediately, no participation will be allowed.

9. NO jewelry of any kind. This includes earrings, belly button piercings and all body jewelry. Coaches will NOT be responsible for holding jewelry.

10. Coaches reserve the right to limit the use of glitter or other items due to allergies on the team.

11. Members are expected to maintain an overall level of fitness that allows them full participation in whatever their team demands which could include conditioning, stunting, tumbling and jumps. Skills need to improve over the year. Cheerleaders whose skill level drops will be taken out of dances, stunts and performances.

**ATTENDANCE**

1. Members are required to attend all practices, games and performances set by the coaches. This includes Homecoming, pep rallies and potential post season tournaments.

2. Tardiness at practice, games and performances will not be tolerated. Members must arrive at events dressed, taped and ready to warm up with the team by the set time determined by the coaches. Arrive 15 minutes early to avoid being late.

3. Members must be ready and in position for pre-game activities. They may not leave the game early without prior written approval. You must present a written note from the parent/guardian at least 24 hours prior to the event.

4. Injured members must attend all events unless directed by a medical professional and will not be allowed to participate until released by a medical professional in writing submitted to the coaching staff.

5. All team members will remain together at all times during a practice, event or game.

6. Class requirements that cannot be fulfilled at another time must be communicated to the coach and you must bring a note from the teacher which will count as excused.

7. ALWAYS contact the coach PRIOR to not attending an event.

**TRANSPORTATION**

Due to budget cuts, we may or may not have transportation to away games/events. If no transportation is provided, we will work together in order to carpool. You will still be required to attend all away games/events on the schedule. We will have release forms in order to assist us in transportation should a cheerleader not have a ride. Parents are encouraged to assist us and will be required to follow all Pasco County Schools' transportation regulations.

**SAFETY**

1. Every effort will be made by coaches and cheerleaders to reduce injury risk at all events. All members will follow coaches' instructions regarding safety practices in accordance with AACCA and FHSAA guidelines.

2. Practices will take place on appropriate surfaces and under the supervision of an AACCA certified coach.

3. Individual cheerleaders will not organize separate practices for stunting or tumbling outside of those scheduled by the coach. Private tumbling practices with a certified coach are permitted as long as they do not conflict with PHS practices.

4. The coaches' discretion will be final regarding individual or squad readiness to perform a particular stunt or program outside of practice. In general, a stunt must be performed successfully 9 times out of 10 in practice to be performance-ready.

5. Each member will be required to sign an informed consent statement listing an emergency contact person as well as providing authorization for emergency treatment.

6. PHS Cheerleaders will be required to participate in warm up, conditioning and other activities to maintain strength, flexibility and to prevent injury.

7. A complete list of the AACCA Safety Guidelines is available at www.aacca.org.

**FACEBOOK/SOCIAL MEDIA**

For the safety of all PHS Cheerleaders, there will be no posting of pictures in uniform unless it is from an event or game. No lewd pictures allowed. No posting of rumors, threats or insults will be tolerated on any social media. You should remember that nothing is private on the internet no matter what kind of protection you think is on a website. All cheerleaders will be required to be followed on Twitter/Instagram, etc. if they have an account. Anyone blocking the coaches from social media or found in violation will be removed from the team.

**FINANCIAL RESPONSIBILITIES**

When you commit to the team you commit to all fees. Payment of fees on time is essential. Though the uniforms are owned by Pasco High School and are provided to each cheerleader, individual members are responsible for some items and expenses. IF THE UNIFORM ISSUED TO A CHEERLEADERS BECOMES LOST OR DAMAGED, THE CHEERLEADER IS RESPONSIBLE FOR THE COST TO REPLACE IT.

Throughout the year the squads will participate in fundraising activities in order to cover competition fees and expenses for the team. **Each member is expected to participate in all fundraising activities.**

**FUNDRAISING**

Coaches will have the final say in all fundraising activities and events. The monies the cheerleaders earn in fundraising goes to both individual accounts and the general fund - so the more they do, the less the cost to the parents. As coaches, we are willing to help set up fundraising, suggest ideas and get school approval but a parent volunteer is needed to head up fundraising.

**CAPTAINS**

At least two (2) captains will be chosen by their respective squads with the coach having the final decision. Captains will be held to a higher standard and will have greater responsibilities. Responsibilities include but are not limited to: getting the team started for practice with warm ups, helping coaches with equipment and call their own games.

**COACH'S DISCRETION**

All PHS Cheerleading Rules will be interpreted and carried out by the PHS Cheer Coaches and athletic staff under the guidance of the PHS Athletic Director and PHS Administration. Interpretation of these rules is at the strict discretion of the PHS Cheer Coaching Staff.

**COACHES CONTACT INFORMATION**

Lisa Booker at [jvcheerphs@gmail.com](mailto:jvcheerphs@gmail.com)

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