**CHEER & STUNT WELCOME PACKET**

**2024-25 Basketball SEASON**

Dear Parent/Guardian and Student:

Thank you for your interest in becoming a part of the Cheerleading Program at Pinellas Park High School. In this packet, you will find the PPHS Cheerleading Contract.

It is important that you are aware of the high level of commitment that is required and the standard of excellence that is expected from each of the cheerleaders. Before completing this packet, please consider the following:

**CHEERLEADING IS A COMMITMENT** and requires mandatory after school practices and attendance at events, both during and after school.

**CHEERLEADING IS A FINANCIAL OBLIGATION** and requires costs for various items such as uniforms, attire, spirit gear, and photoshoots. You will be given an estimated cost at the bottom of this packet.

**CHEERLEADING IS A PRIVILEGE** and requires a high standard in academic, behavior and social interactions. Cheerleaders are students first and athletes second and these three areas will be monitored throughout the season. This high standard of behavior also includes how cheerleaders portray themselves on social media.

Please read over the ENTIRE packet carefully.

**Team Culture:**

A team culture that encourages:

* Collaboration
* Accountability
* Support
* Passion & Kindness

Why we’re here:

* For THEM; their future & their cheer experience
* For our experience: years of being on the mat, field, and court
* For our love of cheer and performing

What We Need from Parents/ Guardians:

* Support your kiddos & us coaches
* Trust
* Volunteers throughout the season

What We Need from Cheerleaders:

* Good Attitude (be willing to learn!)
* Willing & Able to Stunt (it’s OK if you are inexperienced!)
* Accountability

**Plans/ Schedule:**

* **Parent Meeting:** November 4th (Payment & Sizing) **Mandatory**
* **First day of practice:** November 6th 6pm-8pm
* **Practices:** will be held Mondays and Wednesday 6pm-8pm
* **Christmas Parade:** Saturday, December 14th, 2024 (attendance is mandatory even if you are not on the basketball cheer team!)
* **Fundraisers:** (examples from the past: tag days, car washes, selling candy bars and Krispy Kreme doughnuts at school)
* **Games:** We will be attending home games that are Monday, Wednesday and Fridays
* **Photoshoot:** December 4TH 4:30PM

**ALL CHEERLEADERS MUST HAVE ALL ATHLETIC PARTICIPATION FORMS COMPLETED AND SUBMITTED IN ORDER TO BE ELIGIBLE TO TRY OUT. Directions and direct links to access these forms can be found on the school’s website underneath “ATHLETICS” and then under “ATHLETIC PARTICIPATION FORMS.”**

**TRYOUT PROCESS:**

• Tryouts will be held in the PPHS gymnasium October 21st AND October 22nd from 6pm-8pm to learn the material. (Must be in proper athletic clothes and sport shoes)

• Tryouts are CLOSED to parents and friends.

• Check In: Upon checking in on October 24th, athletes will receive a tryout number and go to the auditorium. Must be on time at 6pm.

Tryout Dress Code: (BLACK SHORTS, WHITE SHIRT, CLOSED TOED ATHLETIC SHOES

AND HAIR PULLED UP)

• Groups will present a cheer, chant, dance, and tumbling skills (not required) in front of judges on tryout day.

**Rules & Expectations:**

We will be using a demerit system to help apply the rules to everyone in a fair way. The demerit system is a point system that tracks and defines “unacceptable” behavior. The points act as penalties for behavior that won’t be tolerated. Doing one of the following will result in however many points listed. The goal for this system is to create rules and boundaries that apply towards everyone so that there is less conflict and tension throughout the team.

 3 points= sit out 1/4 of a game

10 points= removal from team

  **Demerit System**

|  |  |
| --- | --- |
| # Of Points  | Actions that will receive points:   |
| 1  | Wearing jewelry at practices and games. Showing bra straps at games. Unnecessary talking and movements at games.  |
| 1  | Showing up unprepared for practice. * Not having Pom’s
* Not wearing practice clothes and shoes at the time that practice begins

You will be sent home if you are unprepared or causing issues at practice. You will only be allowed to be sent home **2 times** before removal from the squad.  |
| 1  | Being late without notifying the coaches. We have a very limited amount of time for practice so we need to start as soon as we can.   |
| 1  | Not having a parent- signed note given to the coaches before leaving for an away game, when not riding the bus home from an away game.  |
| 1  | Being disrespectful towards one another.  * Having attitudes, back talk, silent treatment, rude sarcasm, interrupting one another, profanity, and having phones out at practice and at games.
 |
| 3  | Not showing up to games or practices without notifying the coaches. We understand that there are emergencies, but please notify us. We also understand that people get sick, but please notify us.  \*\*Cheerleaders are only permitted to miss **3 practices** before removal from team.  |
| 3-6  | A staff member at school informs us of any misbehavior or disruptions.  |
| 10  | Publication of any vulgar or inappropriate content. Including but not limited to profanity and slurs.    |
| 10  | Receiving referrals at school, or from coaches. Fighting in or outside of school.   |

\*\*Nails are not permitted to be past your fingertips (safety during stunting), and nails may only have nude nail polish or French- tip style. NO ACRYLICS.

\*\*Disruptive parents are also a means for dismissal from the squad.

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

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

**Payments:**

|  |
| --- |
| Basketball Cheer Package  |
| Nike shoes  | $80  |
| Rental (Uniform, long sleeve, Pom Pom) | $50 |
| Backpack   | $46 |
| Photoshoot  | $35 |
| Shirt | $25 |
| Bow | $20 |
| Bloomers | $10 |
| Total (Due Monday, November 4th)  | = $266 |

  **Returning Cheerleaders from FB season 2024**

|  |  |
| --- | --- |
| Rental Fee (Uniform, long sleeve, Pom’s) | $50 |
| Photoshoot | $35 |
| Shirt | $25  |
| Bow | $20  |
| Bloomers | $10 |
| Total (Due Monday, November 4th)  | = $140 |

\*\* Other:

* Seniors will have extra costs incurred during the year for senior items. (Example: senior banner)
* You are required to purchase your own WHITE, razorback sports bra. You will NOT perform if you’re not wearing a white, razorback sports bra.