

Palmetto High School Cheerleading

2019-2020 VARSITY & JV TRYOUT PACKET

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Please read completely and follow all instructions.

Tryout Week Information: Tryout Dates: Monday, April 8, 2019 -Friday, April 12, 2019

April 8, 2019, April 9, 2019 Tryout Clinic Review	All Paperwork MUST be turned BEFORE participating in tryout clinics Athletes should be present for ALL clinic days Numbers Assigned, material taught.	Located in the PHS Gym 5:00-6:30 PM Arrive at 4:30 for Paperwork turn in.
April 10, 2019 Review/Stunt tumble evaluation	All material taught and reviewed. Coaches evaluate tumble and stunt. This will NOT be performed final day.	Located in the PHS Gym 5:00-7:00 PM
April 12, 2019 Final Tryout	Athletes should arrive by 5pm and find their assigned group Judged tryouts will start at 6pm sharp and continue until all groups have been judged.	Located in the PHS Gym 5pm-TBA Tryout results will be posted by 10:30pm via the Palmetto High School Website.

*****TRYOUTS WILL BE CLOSED THIS YEAR*****

ATTIRE:

Tryout Clinics—Athletic shirt and shorts. NO spaghetti straps. Cheer shoes if athlete owns them, otherwise any athletic shoe. Hair pulled back and off shoulders.

NO JEANS OR JEWELRY!

Final Tryout---

- 1- All athletes should wear a plain white shirt and plain black shorts.
- 2- Athletic shoes must be worn
- 3- Hair should be pulled back and off shoulders
- 4- We will provide each athlete with a number, this must be pinned to their outfit in clear view of the judges.

NO JEANS OR JEWELRY!

WHAT TO EXPECT:

Athletes will be judged on

- 1- Cheer and Chant—Motions, enthusiasm, projection, knowledge
- 2- Dance—Motions, knowledge, showmanship, execution
- 3- Jumps—Height, form, technique
- 4- Tumbling (if they are able)**
- 5- Stunting**
- 6- General enthusiasm and spirit as well as conduct and attitude during tryouts.

Final team placement will be calculated using judges score sheets & a combination of a conduct/attitude score given by the coaches throughout tryout. However, the final decision regarding placement will be at the director's discretion. Team placement decisions will be final and non-negotiable.

Forms to be completed:

All forms must be filled out completely and turned in on the

1st night of tryouts; Monday, April 8th.

CANDIDATES MAY NOT BEGIN THE TRYOUT PROCESS UNTIL ALL FORMS ARE TURNED IN. Please turn them in, paper clipped together, in **ORDER** (as listed below).

1. Cheerleading Application with picture of Athlete
2. Cheerleading Financial Agreement Form
3. Medical Release Form
4. FHSAA Pre-participation Evaluation (Medical Sports Physical Form)**
5. Consent & Release from Liability Certificate**
6. Interscholastic Eligibility Residence Affidavit **
7. Mandatory Random Drug-Testing Program Form**
8. A PRINTED copy of your last report card (most current)- MUST HAVE MINIMUM 2.0 GPA

YOU DO NOT NEED TO PAY THE SCHOOL INSURANCE. Members who make the team will be required to purchase school coverage in August.

Forms with () noted afterwards are NOT INCLUDED in this packet and can be attained from going onto the PHS Website & printing them from the Athletics page or from the PHS front desk.**

http://www.edline.net/pages/sdmcpalmettohs/Athletics/Athletics_Department

Click on: Student Athletic PACKET- ALL FORMS

IF YOU MAKE THE TEAM!

Welcome to The Team Meet: This meeting will be held on April 15th at 6pm. It will be **MANDATORY** for cheerleaders **and** their parents. The initial payment will be due at this time, as well as information on fundraisers, practices, paperwork, etc. Cheerleaders will be sized for camp clothes AND receive uniform at this meeting

Children's Parade: Team Members that are incoming 9th and 10th grade will be required for our first community service event on the morning of April 20th.

Palmetto High School Cheerleading Constitution: Upon making the 2019-2020 PHS Cheerleading Squad, each team member (and their parent/ legal guardian) will be required to sign the team constitution, which states all requirements & rules of PHS Cheer members.

School Insurance: Once the 2019-2020 school year starts ALL team members will be required to purchase the insurance policy for the remainder of the season. Personal insurance does not count; you must purchase the school policy.

Practice Schedule:

Remainder of 2019-2020 School Year

Thursdays 4:30pm-7:30pm (starting the week of April 22nd)

Summer practices (until Cheer Camp)

Mondays 9am-11am and Wednesdays 9am-12pm

****additional summer days may added****

2018-2019 School Year

Mondays and Wednesdays 2:45pm-5:00pm

Fundraisers:

ALL TEAM MEMBERS are required to participate in ALL planned fundraisers. Failure to do so will result in **IMMEDIATE** dismissal from the team. These fundraisers are to help families with cost of camp and apparel; they also help the cheerleading fund as a whole. Palmetto Cheerleading runs strictly on raised funds; in order to help our teams progress and have fun it is imperative we fundraise regularly.

MANDATORY--Ad Sales-40% of sales go directly to cheerleader, Flapjack Fundraiser, Spirit Nights, Jr. Cheer Camp

OPTIONAL-- Sheet sales—100% of sales go directly to cheerleader

Cheer Camp: ALL TEAM MEMBERS will attend a **MANDATORY** Cheer Camp this summer. Failure to go to camp for **ANY** reason by any team member will result in dismissal from the team. Cheer camp is scheduled July 22nd-July 25th at University of South Florida in Tampa, Florida.

<p>DO NOT TRY OUT FOR THE TEAM IF YOU CAN NOT BE AT CAMP OR THE WEEK BEFORE CAMP!!! NO EXCEPTIONS.</p>

Time Commitment-

Cheerleading is a LONG season. It is important parents and athlete understand this. Cheerleaders are expected to attend

- All home and away football games. Varsity cheers on Friday night and Junior Varsity cheers on Wednesday or Thursday night, mostly home games, depending on the season, in county away games may be added.
- Summer practices and Camp
- In the event of make-up games scheduled on Saturday mornings, cheerleaders will be expected to attend.
- All pep rallies and school spirit events
- Any community event. We will be participating in at least two community events this year
- Basketball games (we will work out schedule but it will be 1-2 games a week)

Competition

This year our Varsity AND Junior Varsity will be competitive. They will both compete at UCA Regionals, a high school based competition and the Manatee County Fair. Varsity will also compete in the FHSSA state series.

- There will only be **TWENTY** accepted on the Varsity competition squad regardless how big the sideline squad is. Any members not selected for the Varsity Competition squad will be able to choose to compete with JV if desired.
- Cheerleaders are NOT required to compete but must indicate that would not like to compete in the tryout packet so we can plan accordingly. THIS WILL NOT EFFECT SIDELINE TEAM PLACEMENT
- Competition team selections will happen in October.
- Competition members will be responsible for paying an additional \$100 in October. We will schedule a fundraiser for COMPETITION team members to help with this. Any previous fundraised money can be used toward this as well

***If you have any questions pertaining to tryouts or the PHS
Cheerleading year, contact: Varsity Head Coach- Rachel
Mayle, at rachelm806@gmail.com***

PHS VARSITY AND JUNIOR VARSITY CHEERLEADING APPLICATION

Students Name: _____ Birth Date: _____

Age: _____ Grade (next year): _____ Graduation Year: _____ GPA: _____

Address: _____

City: _____ Zip Code: _____

Home Phone: _____ Students Cell: _____

Parent/Guardian Name: _____

Parents Cell: _____ Parents Wk Phone: _____

Students Email: _____

Parents Email: _____

Any Previous Cheer Experience:

*****11th and 12th grade only***: Will you accept a position on a JV team? Yes / No**

Please note, if you select "No" and your scores do not qualify for the Varsity level, you WILL NOT be offered a spot on the JV team**

Would you like to be a part of the competitive cheer teams? Yes / No

There are a limited amount of positions on each team. Athletes will be placed on the team that best matches their skills, ability and attitude at time of tryouts. Current members are not guaranteed their spots.

As the parent/ legal guardian of the above named student, I give my permission for him/ her to tryout for the Palmetto High School Cheerleading, under the direction of Coach Rachel Mayle and Ashlee Dillon.

Your signature on this form indicates you have read and understand the rules and requirements of the Cheerleading team tryout process, and agree to support them.

Parent/ Legal Guardian Signature Date

As a potential Palmetto High School Cheerleader, I have read, understand and agree to follow the rules and requirements should I make the team.

Cheerleading Candidate

Date

Returning Cheerleading Cost

Camp, meals, transportation	\$440
Camp Clothes package—3 outfits	\$150
Jacket	\$40
Backpack	\$40
3 Bows	\$15
Sports Bra	\$15
Pink Socks and Bow	\$10
School Insurance	\$50
TOTAL COST	\$760
----Program Contribution	-\$100
Parent/Athlete Cost	\$660

New Cheerleading Cost

Camp, meals, transportation	\$440
Camp Clothes package-3 outfits	\$150
Jacket	\$40
Backpack	\$40
3 Bows	\$15
Sports Bra	\$15
Pink Socks and Bow	\$10
Poms	\$20
Rain Jacket	\$40
Shoes	\$50
School Insurance	\$50
TOTAL COST	\$870
----Program Contribution	-\$100
Parent/Athlete Cost	\$770

MEDICAL RELEASE FORM

Cheerleaders Full Name: _____

Parent/ Legal Guardians Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I hereby give my consent for the above named student to represent Palmetto High School in an extra curricular activity as a Cheerleader. I also give my consent for him/ her to accompany the Cheerleading Team (as a member) to other schools and activities.

I give my consent and authorize Palmetto High School, or its representatives, to obtain medical attention (through a physician of its choice) for the above named student, in the event he/ she is injured or ill while in the course of school activities.

Neither Palmetto High School, its Coaches; Rachel Mayle or Ashlee Dillon, or the Manatee County School Board of Education and its employees will be held liable for any claims due to injury received by the above named student while he/ she is participating in the Cheerleading Program at Palmetto High School.

Parent/ Legal Guardian Signature Date

Parent/ Legal Guardian Name (please print) Date