H. B. PLANT HIGH SCHOOL

Cheerleading Information Packet

2016-2017

Follow on twitter at @PlantHighCheer for information as well!
Cheerleading Candidates and Parents/Guardians,

Thank you for your interest in the 2016-2017 Plant High School Cheerleading Squad! I am so excited that you are interested in representing our school as a Plant Panther Cheerleader. I hope you will find this to be a rewarding experience.

This application packet will provide you with information pertaining to tryouts, responsibilities and requirements of members and the time commitments involved with the cheerleading program.

Enclosed you will find a variety of information including permission slips, fees, important dates, and cheerleading policies.

Please read over the ENTIRE packet carefully. Feel free to contact Coach Yergey if you have any questions at louise.yergey@sdhc.k12.fl.us. Return all other necessary forms to the main office by **Monday, June 6th** in a manila envelope.

I look forward to a great year!

Coach Yergey
CHEER PACKET & TRYOUT FORMS CHECKLIST

Prerequisites for Tryouts:
___ A 2.0 GPA (Not applicable to 9th graders)
___ Tryout Information Agreement Signature

All Parts of the Hillsborough County Application for Athletic Participation:
___ EL2 Participation Physical Evaluation (Must be on current physical form! Make sure the doctor has checked the “Cleared without limitations” box, initial signed and dated all required areas”
___ COPY of Birth Certificate for New Students to Plant ONLY (Please no originals-these will not be returned)
___ EL3 Consent and Release from Liability Certificate
___ GA4 Affidavit of Compliance with Policies on Athletic Recruiting & Non-Traditional Student Participation
___ Media Release
___ NCAA Transcript Release Form
___ Agreement to Pay Fines for Unsportsmanlike Conduct
___ Student enrollment History
___ Copy of Athletic Insurance Card (completed online)
___ 2 Current and Different Proofs of Residency (Utility Bill, Proof of Purchase of Home or Current Lease Agreement)
___ Certificate of Completion of the Concussion Safety Course
___ 2 NOTARIZE Medical Release Cards (No Copies)
___ PCA Participation Form

**Plant Students can pick up the student athlete enrollment history form and the Hillsborough County Application for Athletic Participation from the Main Office as of May 15, 2016

Please return these forms to the **Main Office no later than **Monday, June 6th, 2016.
Remember that students will NOT be allowed to participate in tryout practices or tryouts if any of these forms are missing or incomplete. Any questions please contact Coach Yergey at louise.yergey@sdhc.k12.fl.us.
GENERAL TRY-OUT INFORMATION

Tryout Clinic Dates/Location

Paperwork due: Monday, June 6\textsuperscript{th}, 2016

Clinic: June 13\textsuperscript{th}-15\textsuperscript{th} and Tryouts June 16\textsuperscript{th}
- 6/13, Monday- 3:30-5:45, Plant Football Field
- 6/14 Tuesday, 3:30-5:45, Plant Football Field
- 6/15 Wednesday 3:30-5:45, Plant Football Field
- 6/16 TRY-OUT DAY- Starts at 9:00am, Plant Football Field

(Please come at your designated time which you will be assigned the last day of tryouts)

Selection of the cheerleaders will be based on the following:

- A cheer, chant, and dance that will be taught to you during the clinic
- Jumps/Jump sequence (A toe touch, a side herkie, pike, double toe-touch and a front hurdler are required- descriptions and pictures of these jumps can be found on the UCA website.)
- Tumbling- Toe touch to back handspring, back handspring, tuck
- Athleticism and physical fitness
- Conduct- teacher evaluations, discipline referrals
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coach ability

WHAT DO YOU WEAR TO CLINICS/TRYOUTS?

- Come each day in some form of black, gold, or white. Wear cheerleading shoes if you have them, otherwise wear athletic shoes.
- Sports bras and socks must be worn
- No jewelry, or artificial nails
- Hair should be pulled back and off your face & shoulders.

On official try-out day (June 16\textsuperscript{th}), you will need to wear:
- Black athletic shorts
- A solid white round neck t-shirt (tucked into shorts)
- White socks
- Cheer or athletic shoes
- Your hair should be pulled back
• No jewelry (if you wear jewelry, you may not participate in tryouts
• No artificial nails, neutral nail polish permitted

Please do not wear any previous cheerleading or dance attire during tryout week.

2016-2017 PHS CHEERLEADING CONTRACT

MISSION

• Promote and uphold school spirit, unity and pride.
• Represent the school to the highest degree.
• Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
• Promote friendship with each other and with schools with whom we compete, perform and go to camp with.
• Promote the development of lifelong values and skills

CHEERLEADER’S RESPONSIBILITIES

• To follow AACCA School Cheer Safety Rules when stunting
• To promote school spirit
• To cheer at every game, pep-rally, competition and participate in other special events
• To be ready at the specified time prior to the start of a game in the appropriate uniform
• To be at practice on time and dressed appropriately
• To support all decisions of the coaches

PHS CHEER PROGRAM RULES AND REGULATIONS

• Cheerleaders understand that teamwork and the maintenance of discipline is the key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program rules and Regulations is vital to achieve these goals. All members realize that the manner, in which they conduct themselves in or out of uniform, directly reflects on the entire team, squad and school.
• It is recognized that these rules and regulations are necessary to maintain morale, discipline and effective learning. Consistent enforcement of these rules and regulations is also necessary to ensure the safety and general well being of each individual spirit leader. It is a privilege not a right to be on the PHS team and maybe revoked by the school personnel when an individual violates the rules and regulations.

ELIGIBILITY

• All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment and responsibility required and expected. (attached). Students must be in good standing have at least a 2.0 to participate in cheerleading.
CHEERLEADING CONDUCT (ACTIONS & ATTITUDES)

By being part of an athletic team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of PHS. Any actions and attitudes that are detrimental to team morale or unity will NOT be tolerated. Violations will result in suspension or dismissal from the team.

Disrespect to coaches, teachers, or administrators will result in suspension or termination of cheerleading duties. Appropriate behavior is expected both IN and OUT of school, including social media posts.

Cheerleaders are representatives when on campus and they are the ambassadors for Plant High School while away. Cheerleaders represent PHS on and off the field.

1. Maintain and uphold the reputation of the Plant Panthers Cheerleaders through conduct, attitude, and spirit.
2. Be courteous, polite, friendly, and have a smile for everyone.
3. Display good sportsmanship at ALL times.
4. Act responsibly and be tasteful when with boyfriends (No kissing, hanging on each other, or excessive public displays of affection at games or in school etc)
5. Use of drugs, alcohol, or tobacco (including e-cigs, vapor pens, etc) will NOT be tolerated. Removal from the squad will be immediate.
6. No use of foul language at practices, camp, or games
7. Proper appearance is required at all times, with clothing appropriate to the occasion.
8. Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating
9. Cheerleaders must attend all practices, games, competitions and functions

Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action. The coaches reserve the right to bench a cheerleader for disciplinary reasons. A reoccurring negative/uncooperative attitude will result in the benching or dismissal of cheerleader.

ACADEMIC REQUIREMENTS

- Each cheerleader is required to maintain a 2.0 GPA. Grades will be monitored by the head coach. Should there be a failing overall grade in any subject at any time, parents will be notified by the head coach and the cheerleader will be benched from practices and games until that grade is brought above passing.
- Each cheerleader must also be in school for 50% of his/her daily academic classes to participate in any cheerleading activities that day.

ATTENDANCE/ABSENCES
Cheerleading is unlike other sports. We do not substitute members. You being present is very important. Punctual attendance is MANDATORY at all practices and games as well as activities, fundraisers and special events. All tardies and absences (excused or unexcused) will be recorded.

- Illness or other extreme emergencies are the only valid reason for missing practices or games.
  - Illness with a doctor’s note, preplanned Plant High School functions or death in the family will be the ONLY excused absences
- Absences due to work schedules or other sport commitments are NOT excused
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence
- Cheerleaders are required to attend all games, competitions and other functions
  - Two unexcused absences will result in removal from squad
  - The Chart below will dictate the following consequences but could be altered based on coaches discretion

<table>
<thead>
<tr>
<th>1-2 tardies &amp; absences</th>
<th>Extra Conditioning</th>
<th>3-4 tardies &amp; absences</th>
<th>Benched a Quarter</th>
<th>5 tardies &amp; absences</th>
<th>Dress &amp; Sit Out Entire Game</th>
<th>6 tardies &amp; absences</th>
<th>Removal from Squad</th>
</tr>
</thead>
</table>

**Academic/Citizenship/Probation:**
1. Probation is a means in which the Coach determines if a member(s) is not upholding his/her obligations to the cheer program academically. Probation is a period designated in which the member(s) continues to uphold all responsibilities of being a squad member, but may not participate in games or performances.
2. Eligibility will be recalculated after first semester and is at the Coach’s discretion.

**Suspension:**
1. Suspension eliminates the member from participation in mandatory functions, such as games, performances, and other events.
2. If a member attends a designated team activity, he/she is not allowed to wear any part of the uniform to school or activities during the time of suspension.

**Dismissal/Resignation:**
1. Dismissal involves a loss of membership from the organization.
2. Resignation shall be defined as “a choice made by the individual member that he/she no longer desires to participate in the organization.
3. All school equipment and uniforms must be returned and all financial obligations must be cleared within one week of dismissal or resignation.
4. Once a member has been dismissed or resigns, he/she loses all privileges of the organization.

**CHEERLEADING UNIFORMS**
- Cheerleading uniforms are property of the school and the responsibility of the cheerleader for the entire season (Football and Competition)
• The cheerleading uniforms are custom made and any alteration will not be allowed
• Uniforms are to be worn only for games, pep rallies, competitions and any other cheerleading function noted by the Head Coach
• Jewelry of any kind is not permitted at practices, games or competitions
• A cheerleader may not show any display of affection while in uniform or at a game
• Cheerleaders can not wear or loan PHS cheerleading uniforms/outfits when attending non-cheerleading activities
• Uniforms are to be returned clean and placed in a clear labeled plastic bag one week after the last competition
• The cheerleader’s name will be reported to the bookkeeper for complete compensation if not returned as outlined above.

*Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled back / up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.

APPEARANCE

• Uniforms must be kept neat, clean and pressed. Losses of any part of the uniform must be replaced by the cheerleader. Only PHS issued uniforms may be worn. This uniform includes hair ribbon, skirt, shell, body liner, briefs, warm ups, socks, shoes and carrying bag.
• Makeup must be natural. Fingernails must always be kept to a short length with no white showing when palms are facing up. No fingernail polish
• Gum chewing is not permitted while at practice or during a game
• NO jewelry is permitted to be worn during practices, games or performances. This includes earrings, bracelets, rings, necklaces, watches, tongue, eyebrow or navel piercing
• No visible tattoos

COACH CONTACT

All official cheerleading decisions and activities will be made by the coaching staff. All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal. Please contact the coach to make an appointment to discuss specific issues. Please only contact the coach with issues regarding CHEERLEADING. Any “girl drama” will not be tolerated and is to be taken care of off of the mat and on a cheerleader’s own time.

Levels of Membership:
• Varsity: Will consist of up to twenty members. Only twenty members may be dressed out at one time during games, competitions, etc. The Coach will decide on which twenty members will participate. At any time a Junior Varsity member may replace a member of the Varsity squad.
• Junior Varsity: May consist of up to fourteen members. Only twelve members may be dressed out at one time during games and other performances. The Coach will decide on which twelve members will participate. At any time a Junior Varsity member may replace a member of the Varsity squad.
Leadership Positions:
Captain(s)/Co-captain(s) must have leadership skills, maintain good organizational skills, demonstrate a strong sense of responsibility, and be willing to set a good example at ALL times.
- Captain(s)/Co-captain(s) will be selected based upon a combination of an interviews and tryouts. Final selection of Captain(s)/Co-captain(s) will be determined by the Head Coach.
- The Captain(s)/Co-captain(s) will be decided and announced by the coach when deemed necessary. A squad may not have Captain(s)/Co-captain(s) if the Head Coach deems it appropriate.
- The coach may remove a Captain/Co-captain from the position if he/she does not uphold the responsibilities of the position. The head coach may, but is not obligated to, replace a Captain/Co-captain if he/she fails to meet the requirements during the course of the year.

Duties of the Captain(s)/Co-captain(s):
1. Meet with the Coach weekly to discuss the development and progress of the team.
2. Maintain a good working relationship with the Coach and other Captain(s)/Co-captain(s).
3. Work with the Coach to decide on performances.
4. Assist with leading practice, which includes planning warm-ups, teaching cheers and routines to the squad, and planning conditioning.
5. Set an example for other team members by maintaining a positive and cooperative attitude, promoting school spirit and squad unity, and by remaining calm and flexible in times of crisis.
6. Represent the organization in any function of the school or community.
7. Responsible for keeping a notebook containing telephone numbers, schedules, rules, etc.
8. Must maintain a passing grade for every 9-week grading period. Failure to maintain a passing grade at the 9-week grading period will result in removal from the Captain/Co-captain position.
9. Any other duties outlined by the coach

SEASON COMMITMENTS

Cheerleaders are required to attend all practices, games, competitions, events and fundraisers.

PRACTICES
- Safety is our first priority. There is absolutely no stunting or tumbling without the coach present.
- Playing time is conducive to attendance at practice. If you are unexcused from a practice, you will sit out the first quarter of the next game (football). The only excused absences are illness and family emergencies. If you are sick and you have been school all day, you must attend practice or it is an unexcused absence. Tutoring, doctor’s appointments, homework etc is not an excused absence.
- In order to participate in team activities at practice or a game, the cheerleader must be in attendance at school that day. (If a cheerleader knows that they are not able to participate, she must notify the coach.)
- Everyone should respect each other and be kind. Always bring a positive attitude with you to practice and games.
Cheerleaders are not to leave practice to talk to someone outside and are not allowed to bring friends to practice.

Practices or portions of any practice may be dedicated to fitness training including running and fitness workouts.

Cheerleaders are expected to dress in assigned clothing at practice. Jewelry of any kind is not permitted at practice or at games. Nails must be cut down so they cannot be seen past the fingertip. No acrylics, gels, fiberglass etc. No loose glitter or excessive amounts of make-up.

While safety is a priority, cheerleaders should expect bumps, bruises, soreness and other occasional minor injuries.

Cheerleaders must stay together on the field/court until a coach dismisses them. Parents, please do not tell your child that it is okay to leave.

GAMES

- Football season runs August-December and practices will be held after school
- Cheerleaders are expected to fulfill their commitments to the team by cheering at home, away, district and playoff games. Make sure you plan and SAT/ACT exams or vacations around scheduled games. **Absences from these games will not be tolerated or excused.**

COMPETITIONS

- The competitive cheer season begins in December and runs through March. Choreography clinics may be schedule for all day Saturday and are mandatory to participate in them team. Practices may be scheduled during Thanksgiving and December break. Cheerleaders MUST fulfill their commitment to the team by competing in ALL schedule competitions and practices.
- Additional evening/weekend practices will be called as necessary during the competition season. Please be advised competition may come with extra costs that will be added throughout the year.
- **PLANT HIGH SCHOOL CHEERLEADING COMES FIRST.** Cheerleaders participating in All Star teams must plan to participate in ALL Plant High School Competitions.
- Cheerleaders will participate in 6 competitions. FHSAA requires teams to compete in 4 regular season competitions and in the FHSAA regional and state competitions.
- Cheerleaders are required to participate in **ALL COMPETITIONS**
  - Any cheerleader who does not participate in all competitions runs the risk of losing their chance to tryout the next school year. Absences will not be tolerated for vacations, Gasparilla events, work etc.

Transportation:
1. Members are required to ride to and from games and other school events in the provided transportation, unless otherwise instructed.
2. Members will abide by all school transportation rules, procedures, and safety guidelines.

SUMMER CHEER CAMP

- **Pre-Camp Conditioning Dates**
  - Tentative Conditioning Dates: July 20th-23rd, 12:00-2:30pm, July 27th-30th 3:30-5:30, July 6th-7th 3:30-5:30
UCA SUMMER CAMP - University of Central Florida, July 9th-12th, 2016

- UCA Camp is held at the University of Central Florida. The $365 camp payment is to strictly cover the cost of registration, food, lodging for squad members and the expertise instruction from the UCA camp staffers. **Camp is Mandatory for all cheerleaders to attend.**

FINANCES – CHEERLEADING PROGRAM FINANCES

We realize that cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fundraising (Panther Bowl) and taking care of what we have. Cheerleaders may be responsible for costs associated with travel, games, supplies etc. Fundraising is mandatory. Cheerleading Shoes, Socks, Briefs, Hair bows, camp outfits, and bags are all at the expense of the cheerleader. Plant HS will work with students to help pay for costs that a cheerleader cannot fulfill. Please contact Coach Yergey individually and we will work with any family to accommodate these costs.

Application for Plant High School Cheerleading Tryouts
Statement of Permission and Agreement: 2016-2017

If you make the cheerleading squad, realize you are making a commitment to Plant High School, your coaches, your teammates and yourself for the COMPLETE season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities.

My child, ________________________________, has my permission to be a cheerleader at Plant High School. I understand that she must abide by the rules and regulations set forth by the coaches and FHSAA. I have read the cheerleading packet 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 to Coach Yergey no later than, Monday, June 6th or my child will not be allowed to tryout. I understand that my child must attend all tryout practice sessions and tryouts, or my child will not be considered for a position on the Plant High School Cheerleading squad.

I understand that coaches will be unbiased when evaluating my daughter and I agree to abide by the decision of the coaches. I further understand that no scores or explanations will be issued before, during or after tryouts.

I give permission for a member of the Plant High School coaching staff to review my child’s grades to confirm eligibility.

I understand the costs involved as stated in the cheerleading packet. Furthermore, I realize that if any of the uniforms to my child becomes lost, we are responsible for the costs to replace it.

I understand that the very nature of the activity, cheerleading and gymnastics, carry a risk of physical injury. The risk of injury includes minor injuries such as pulled muscles, dislocation and broken bones as well as major injuries which can include paralysis or death.

______________________________  __________________
Parent Signature Date

I am interested in being a cheerleader for Plant High School. I understand the risks stated above. I have read and understand the rules for cheerleading. If chosen, I promise to abide by the rules and regulations set forth by the coach, Athletics Director and APA of Plant High School. I promise to cooperate and follow the instructions of the cheerleading coach. I understand that if chosen to join the cheerleading squad, I will attend all games, practices and competitions and any additional functions required as a cheerleader In addition, I realize that if I voluntarily quit the Plant High School Program, I will not be allowed to try out for one calendar year. I also understand that if I am asked to leave a squad, the possibility of trying out the following year is solely based on the coach’s decision.

______________________________  __________________
Student Signature Date

Cheerleader Information Sheet
Please complete the following information. Please write LEGIBLY.

Student Name: _______________________________________

Student ID #: _________________________________________

2016-2017 Grade Level: _________________________________

Student Cell Phone: ________________________________

Student Email Address: ______________________________

Birthday:____________________________________________

Parent/Guardian Name:_______________________________

Parent/Guardian Cell Phone: __________________________

Parent/Guardian Email Address:________________________

T-Shirt Size: _________________________________________

Skirt or Shorts Size:__________________________________

Shoe Size:___________________________________________

Allergies/HealthProblems:____________________________

Were you involved in any behavior infractions (ISS or OSS) during the 2015-2016 school year? If yes, please explain on a separate sheet of paper.

Please answer the following questions pertaining to Plant High School Cheerleading. If you need additional space, feel free to attach extra paper.
Please be very truthful and put thought into your answers.

List any qualifications (dance, tumbling, previous cheer teams or all-star cheer teams):

____________________________________________________________________________________
____________________________________________________________________________________

Stunting: Circle all skills and positions you can consistently perform and demonstrate for each stunt.
F=Flyer B=Base BS=Back Spot

| No experience | F | B | BS |
| Prep          | F | B | BS |
| Extension     | F | B | BS |
| Single Leg Stunt | F | B | BS |

Other: ____________________________________________________________

Please rank the following stunt positions in the order you prefer to try out for 1 being the position you most want to do and 3 being the position you would least like to do.

Flyer ________ Back Spot ________ Base ________

Which team would you like to be considered for?  Varsity  Jr. Varsity  Either

Would you like to be considered for captain of Varsity or Jr. Varsity?  Yes  No
If yes explain why:

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

List other commitments (i.e all-star cheer, debate, other sports, theatre, clubs etc)

____________________________________________________________________________________
____________________________________________________________________________________

1. What is the purpose of the PHS Cheer team?

2. Why do you want to be an PHS Cheerleader?
3. How would a past coach/teacher/employer/mentor describe your work ethic?

4. What does Team Commitment mean to you?

5. What is your preferred position (base/back spot/flyer)? If you couldn’t have that specific stunting position, would you try another position? Which position?

6. The Plant High School Cheerleading program requires a significant time commitment. How do you plan on balancing academics, practices, games and your personal/social life?

7. What makes you an ideal candidate to represent the Plant High School Cheerleading program?

8. What is your individual goal for this year on the PHS Cheer Team?

Athlete’s Signature: _______________________________ Date: ________________

Parent’s Signature: _______________________________ Date: ________________