



***PSHS CHEER
INFORMATION PACKET
2015 – 2016***

Within this information packet, you will find the necessary documents needed in order to take part in the tryout process. The student athlete as well as the parent/guardian of the student athlete must review all of the information, agree to and complete/sign on the appropriate pages and submit the appropriate pages from the Information Packet handed out at the Information Meeting on Wednesday May 6th, 2015 to Coach Sawyer or Coach McKinnon on the first day of the Cheer Tryout Clinic on Monday May 18th, 2015 at 4:00 PM.

INCOMPLETE PACKETS OR LATE SUBMISSIONS WILL NOT BE ACCEPTED!!!!

**The student athlete will NOT be allowed to participate in the Cheer tryout clinic
or be allowed to tryout for the team!**

Information Packet Checklist:

_____ Cheer Tryout Application Form 2015-2016

(with PHOTO attached)

_____ **1 Academic Teacher and 1 Coach or P.E. Teacher**
Recommendation Letter *(sealed in an envelope—Must have 2 completed)* [Each candidate needs to attach an envelope to the evaluation forms with their name on the outside and the teacher/coach should return the envelope sealed and signed to you to turn in with your other forms.]

_____ PSHS Cheer Tryout Application Agreement

_____ PSHS CHEER CONTRACT

_____ Most Current Grade Report

(If grade report does not meet the necessary requirements [**2.0 minimum G.P.A.** and only one “**F**” and no “**U**’s”], you may **NOT** tryout. If student athlete becomes ineligible after selected for the squad upon final eligibility check he/she will be removed from squad.)

_____ June and Summer Practice Form

_____ Online Athletic Clearance Completed

(www.palmspringshighschool.org)

_____ Physical Completed by Wednesday May 20th, 2015



Contact Information



Head Coach: Allyson Sawyer
Email: asawyer@psusd.us
Phone: (760) 778-0419
Cell: (951) 505-7391

Assistant Coach: Katie McKinnon
Email: kmckinnon@psusd.us
Phone: (760) 778-0400 ext. 2208
Cell: (949) 413-7130

Activities Director: Tyrus Brown
Email: tbrown@psusd.us
Phone: (760) 778-0490

Athletic Director: Dennis Zink
Email: dzink@psusd.us
Phone: (760) 778-0445

Athletic Secretary: Janet Johnson
Email: jjohnson@psusd.us
Phone: (760) 778-0407

Website: <http://www.pshscheer.weebly.com>

Address: 2401 East Baristo Road
Palm Springs, CA 92262

School Phone: (760) 778-0400

**PSHS CHEER TRYOUT
APPLICATION FORM
2015-2016**



Please attach a close-up photo
HERE

Student Athlete Name: _____

Parents or Guardians Name(S): _____

Home/Cell Phone: _____

Current School: _____

Current Cumulative GPA: _____

Grade Level during the 2015-2016 school year: _____

Stunting – Please check ALL that apply: Never Stunted Before
 Main Base Side Base Flyer Back Spot

Height: _____

Weight: _____

Please list any honors and awards you have received, membership in any clubs/organization, or any leadership positions you have held:

Please select the squad in which you intend to tryout: (you make pick two if applicable)

FRESHMEN (9th grade only) **JV (9th – 11th grade)**

VARSITY (10th – 12th grade)



TRYOUT INFORMATION



1. ALL MEMBERS of the 2015-2016 CHEER TEAM, MUST COMMIT for the ENTIRE SCHOOL YEAR (both the FALL and WINTER season). *The only exception to this rule is if a senior is graduating early.
2. THE CHEER TEAM will **NOT** COMPETE THIS YEAR.
3. INCOMING FRESHMEN **CAN ONLY** be on the FRESHMEN CHEER TEAM unless there is not a big enough team then they will only be considered for the JV CHEER TEAM. INCOMING FRESHMEN are **NOT** allowed to tryout for the VARSITY CHEER TEAM. INCOMING FRESHMEN need to serve ONE YEAR on the FRESHMEN/JV TEAM to learn PSHS traditions, cheers, and routines. SOPHOMORES and JUNIORS can either be on the JV or VARSITY TEAM. SENIORS **CAN ONLY** be on VARSITY.
4. CHEERLEADERS that are currently on the team (2014-2015) have **NO** advantage over candidates who are not. Video submissions are **NOT** permitted for tryouts.
5. CHEER CLINICS and TRYOUTS will take place on the following DATES AND TIMES:

Clinics

- **MONDAY MAY 18th from 4:00 pm – 7:00 pm @ PSHS GYM**
- **TUESDAY MAY 19th from 4:00 pm – 5:30 pm @ PSHS GYM**
- **WEDNESDAY MAY 20th from 4:00 pm – 7:30 pm @ PSHS GYM**
 - **May leave to complete physical at 5:30 PM and then return when completed**

Tryouts

- **THURSDAY MAY 21st from 4:00 pm – 8:00 pm @ PSHS GYM**
 - **Please note that tryouts may go longer than this depending on the number of student athletes trying out.**

6. YOU MUST attend **ALL** of the CHEER CLINICS in order to TRYOUT on Thursday May 21st at 4:00 PM.
7. RESULTS of the tryouts for the 2015-2016 CHEER TEAM will be posted on Friday (5/22/15) on Coach Sawyer's classroom door as well as Coach McKinnon's classroom door. Results will also be posted on the CHEER WEBSITE found at <http://www.pshscheer.weebly.com>. New squad members will be listed according to their tryout number.
8. To TRYOUT, the candidate must:
 - A. Have a MINIMUM of **2.0 G.P.A.**, from the FIRST PROGRESS REPORT of the 2nd semester with a minimum of only one **F and NO U's**.
 - B. Turn in ALL FORMS on the INFORMATION PACKET CHECKLIST (Tryout Application Form (*with photo attached*), two letter recommendations (*one from an academic teacher and one from a P.E. teacher or coach*), PSHS Cheer Tryout Application Agreement, PSHS Cheer Contract, and most current grade report), June and Summer Practice Form, Online Athletic Clearance Completed (www.palspringshighschool.org), and a completed physical by tryouts—**May 21st, 2015**.
 - C. Attend all clinic days and tryout.
9. On the FIRST DAY of the cheer clinic (May 18th) you will be assigned a number that you will be **REQUIRED** to wear throughout the clinics and tryouts. In order to TRYOUT, candidates MUST attend the clinic each day (**May 18th through May 20th**) and MUST **BE ON TIME**.
10. Two professional judges will conduct tryouts, as well as Coach Sawyer and Coach McKinnon and scores WILL remain CONFIDENTIAL to everyone EXCEPT the coaches. The judges and coaches will be basing their scores on the candidate's appearance, technique and execution, and showmanship.
11. Cheer candidates will be scored on their APPEARANCE, their DANCE abilities, their INTERVIEW skills, their SIDELINE CHEER abilities, and their JUMPS. Candidates who have TUMBLING skills will receive BONUS points for their skills based on the level of difficulty. Those candidates who DO NOT have tumbling skills can still make the team; tumbling only helps your score if there are areas where you received a lower score.

12. Candidates who choose to tumble for their tryout must execute their skills without a SPOT. Candidates will receive points for both standing tumbling and running tumbling (may perform up to three skills).
13. Coaches will have the FINAL SAY in selecting the TEAMS. Total scores will be determined by a combination of tryout scores, recommendation forms, G.P.A, tumbling ability, stunting position, and willingness to be considered for more than one team.
14. Potential team members are not only evaluated on current skill level and ability, but more importantly how much POTENTIAL the student athlete has in contributing to the cheerleading program.
15. If needed, candidates MUST provide personal medical supplies such as pre-wrap, athletic tape, Band-Aids, and pain medication. These items will not be provided by the PSHS Coaching Staff or school during the clinics and tryouts.
16. The highest score on down will determine squad members until the coaches reach a cut-off point (natural break). The VARSITY cheer goal is 15 to 20 members, the JV cheer goal is 15 to 20 members, and the FRESHMEN cheer goal is 10 to 15 members. There is **NO SET** number that will be filled.

CLINIC ATTIRE:

- Plain T-shirt (no print/logos, belly shirts, or cut shirts)
- Plain Shorts (no print/logos)
- No Show Socks
- Athletic tennis shoes or cheer shoes
- Hair must be pulled neatly away from face in a high pony tail (if hair is short, needs to be worn half up/half down)
- No gum, cell phones, or jewelry allowed (Cell phones should be put on “silent” or turned off and should not be a distraction to the clinic candidate or others. We politely ask that cell phones are not to be brought out during the duration of clinics, including break times.)

TRYOUT ATTIRE:

- Plain WHITE T-Shirt (no print/logos and it **MUST BE TUCKED INTO SHORTS**) [You are jumping, rolling and moving around a lot, and we do not want to "flash" anyone, especially the judges at tryouts.]
- Plain BLACK or RED shorts
- No Show Socks
- Athletic tennis shoes or cheer shoes
- Hair must be slicked back into a high ponytail. No bangs, all hair needs to be pulled back. (If hair is short it needs to worn half up/half down)
- No jewelry
- Makeup should be **PERFORMANCE READY**

Points will be deducted if you do not follow the rules during clinics and tryouts!

PARENTS:

- Parents are **NOT** allowed in the tryout room/gym on tryout day
- Parents may not disrupt or cause distractions during cheer clinics
- Parents may not question or argue results at any time
- Parents may be asked to leave the gym at any time
- Parents will not ask for their child's score or ask outgoing seniors to teach the dance and sideline cheers outside of the clinics or in advance

VIDEO TAPING IS ALLOWED DURING CLINICS OF SENIOR INSTRUCTORS OR COACHES!



TIPS TO PREPARE FOR PSHS CHEER TRYOUTS



- The PSHS coaching staff is looking for well-rounded individuals with outstanding skills to be a part of our program. Good character, the ability to get along well with others, and an outgoing personality are very important. Along with those qualities, the coaches are looking for individuals who are easy to work with, take constructive criticism, and listen to advice to make improvements to their skills – these are highly important attributes.

- Grades and how well you have worked with previous coaches and teachers, and the way the individual interacts with their peers, parent volunteers, and senior instructors during cheer clinics and tryouts will be considered.
- PSHS does not have height or weight requirements for the cheerleaders, but all squad members are expected to stay physically fit and in shape throughout the year.
- Cheerleaders tumble, perform stunts, and dance in addition to leading cheers at PSHS athletic and school events. Candidates should be able to show athleticism through jumps, strong motions, and technical skills such as tumbling and dance. Candidates should be able to show dance experience through strong motions and technical skills.
- There is no skill requirement for trying out; however, cheer candidates are encouraged to have at minimum a toe touch, a right and left hurdler and knowledge of tumbling. Candidates can successfully make the squad and work on a standing backhand spring or round off back hand spring tumbling skills during the year, however, they should know that tumbling scores are based on the level of difficulty during the tryouts and it gives candidates bonus points.
- Candidates may not ask for a “spot” during tryouts during the tumbling portion. All tumbling passes must be executed without a “spot.” A candidate gets three opportunities to demonstrate their tumbling skills at tryouts.

Physicals Can Be Completed At:

Palm Springs High School on MAY 20th, 2015 at 5:30 PM in the MPR

2401 E Baristo Road
 Palm Springs, CA 92262
 (760) 778-0400

\$20.00

J Scott Diquattro, DC

400 S Farrell Dr. Suite B101
 Palm Springs, CA, 92262
 (760) 416-9199

\$30.00

**Cinica Medica Familiar
 Family Medical Clinic**

34131 Date Palm Drive #F2
 Cathedral City, CA 92234
 (760) 770-4600

FREE

PSHS Cheer Tryout Application Agreement

I, _____, submit this application for a position in the PSHS Cheerleading Program. For the 2015 – 2016 season, my academic classification will be a _____.

By submitting this application, I understand and agree to the following:

1. I must maintain a 2.0 GPA and will hereby release my academic transcripts to the Head Coach or Assistant Coach.
2. I understand that I must be in good standing with my high school or middle school and am not on any type of academic or disciplinary probation.
3. I must turn in the following paperwork to the Head Coach or Assistant Coach no later than May 20th, 2015:
 - Cheer/Mascot Tryout Application Form 2015-2016 (with PHOTO attached)
 - 1 Academic Teacher and 1 Coach or P.E. Teacher Recommendation Letter (in sealed envelopes)
 - PSHS Cheer/Mascot Tryout Application Agreement
 - PSHS CHEER CONTRACT
 - Most Current Grade Report
 - June and Summer Practice Form
 - Online Athletic Clearance Completed (www.palmspringshighschool.org)
 - Completed Physical (turned into the PSHS Athletic Office)

I understand that not having all of these will disqualify me from trying out for a team position.

I have no health or physical defects, which would hinder my ability to perform as an PSHS Cheerleader or which might cause performing as an PSHS Cheerleader to be unsafe to my health or the health and well-being of my teammates.

The physical demands of being the PSHS Cheerleader require that I maintain a high level of physical fitness and that I pass a complete physical examination by May 20th, 2015.

If selected and I accept a cheer team position, I understand I will be required to attend all scheduled practices, performances, summer camp, sporting events, pep rallies, team meetings, and other functions or duties designated by the Head or Assistant Coach.

I understand I am agreeing to a FULL YEAR commitment (2015-2016).

Being a PSHS Cheerleader is a major personal commitment of my non-academic time and cannot be placed secondary to any other non-academic activity. I understand that, with the exception of academics, my commitment to the PSHS Cheer Program takes FIRST priority over all other activities (clubs, organizations, work, etc.). Furthermore, I understand that last minute appearances/events may arise in which the cheerleaders must be present.

The PSHS Cheerleaders play an important role in representing the school and its athletic program. As such, I will always know that I am an official representative of Palm Springs High School, its students, faculty, staff, alumni, and cheer program. I will always conduct myself in a manner to uphold that character, tradition, integrity, and spirit of Palm Springs High School.

I agree to follow all safety guidelines deemed necessary by the Head and Assistant Coach and AACCA.

I understand that I must maintain an email account and check it DAILY.

I understand and accept that failure to meet any of the requirements listed above will result in my disqualification from consideration for a PSHS cheer team position.

I accept and understand that the decisions of the judges/coaches will be final.

Candidate Signature: _____

Date: _____

Parent Signature (Witness): _____

Date: _____

Trying Out For: Varsity JV Freshmen

Candidate Number: _____

Scores are based on a 10 point scale (10 being the best and 1 being the lowest)

APPEARANCE

Candidate is wearing a Plain WHITE t-shirt (no print/logos on front and is tucked into their shorts) BLACK or RED shorts (no print/logos on shorts); no show socks; clean shoes (no athletic shoes); hair is slicked back into a high ponytail; candidate is wearing appropriate makeup.

DANCE

Candidate executes the routine flawlessly with no mistakes. Candidate was in sync with the music and stayed on time with the counts while choreographing. Candidate smiled throughout the entire routine. Candidate has sharp motions and impeccable technique. Candidate maintained eye contact with audience.

INTERVIEW

Candidate answers the question with clarity and succinctness. Candidate smiled and maintained eye contact when answering the judge's question. Candidate projected his/her voice loud enough for all of the judges to hear his/her response.

SIDELINE CHEER

Candidate executes the cheer flawlessly with no mistakes. Candidate was loud and kept the cheer at the correct tempo throughout the entire cheer (did not speed up the cheer). Candidate smiled throughout the entire cheer and engaged the audience. Candidate has sharp motions and impeccable technique. Candidate maintained eye contact with audience. The cheer should highlight their school spirit, sharpness as well as their crowd involvement skills and spirit.

JUMPS

Candidate successfully executes a toe touch and is in sync with the counts. Candidate successfully executes a right hurdler and is in sync with the counts. Candidate successfully executes a left hurdler and is in sync with the counts. Candidate successfully executes either a double toe touch or a pike and is in sync with the counts. All jumps should highlight the quality of technique.

TUMBLING (optional)

Score is based on level of difficulty. Standing tumbling (front or back walkover, standing back handspring, standing back tuck, jump to tuck jumps to handspring and/or handspring tuck, standing twisting skills including full handspring full, etc.). Running tumbling (round-off back handspring, round-off back handspring layout, round-off back handspring full).

Appearance, dance, interview, sideline cheer, jumps, tumbling TOTAL: _____
Tumbling TOTAL: _____ ALL TOTALS TOGETHER FOR GRAND TOTAL: _____

Comments:

Recommend Candidate for the following TEAM placement:

Varsity JV Freshmen



JUNE and SUMMER PRACTICES

(All practices are subject to change at ANY TIME!)



JUNE PRACTICES:

Attendance is mandatory (unless you have cleared it by Coach Sawyer or Coach McKinnon for a school event).

Monday JUNE 1 st	4:00-6:00 PM	@ PSHS
Wednesday JUNE 3 rd	4:00-6:00 PM	@ PSHS
Monday JUNE 8 th	4:00-6:00 PM	@ PSHS
Wednesday JUNE 10 th	4:00-6:00 PM	@ PSHS
Tuesday JUNE 16 th	4:00-6:00 PM	@ PSHS
Wednesday JUNE 17 th	4:00-6:00 PM	@ PSHS
Thursday JUNE 18 th	4:00-6:00 PM	@ PSHS

The following are MANDATORY CAMP DATES:

Monday JUNE 22 nd	10 AM – 9 PM	@ CBU
Tuesday JUNE 23 rd	9 AM – 9 PM	@ CBU
Wednesday JUNE 24 th	8 AM – 4 PM	@ CBU

➤ YOU HAVE THE MONTH OF JULY OFF!!!

AUGUST PRACTICES:

Tuesday AUGUST 4 th	4:00-6:00 PM	@ PSHS
Wednesday AUGUST 5 th	4:00-6:00 PM	@ PSHS
Thursday AUGUST 6 th	4:00-6:00 PM	@ PSHS

I / We understand and AGREE to ALL of the above terms. (Keep a copy for your records)

Student Athlete Signature: _____

Student Athlete Name (Print): _____ Date: _____

Parent/Guardian Signature: _____

Parent/Guardian Name (Print): _____ Date: _____

PSHS CHEER 2015-2016

Recommendation form – to be completed by a Coach or a P.E. Teacher

Candidate's Name: _____

Person filling out form: _____

Verification phone #: _____

I know this athlete through: _____

Strongly Agree	Agree	Strongly Disagree
1. Positive attitude	5.....4.....3.....2.....1.....0	
2. 100% effort	5.....4.....3.....2.....1.....0	
3. Perfect on time attendance	5.....4.....3.....2.....1.....0	
4. Respectful	5.....4.....3.....2.....1.....0	
5. Honest	5.....4.....3.....2.....1.....0	
6. Follows directions	5.....4.....3.....2.....1.....0	
7. Dependable	5.....4.....3.....2.....1.....0	
8. Easy going	5.....4.....3.....2.....1.....0	
9. Responsible	5.....4.....3.....2.....1.....0	
10. Coachable	5.....4.....3.....2.....1.....0	

COMMENTS:

Signature: _____

PSHS CHEER 2015-2016

Recommendation form – to be completed by an Academic Teacher

Candidate's Name: _____

Person filling out form: _____

Verification phone #: _____

I know this athlete through: _____

Strongly Agree	Agree	Strongly Disagree
1. Positive attitude	5.....4.....3.....2.....1.....0	
2. 100% effort	5.....4.....3.....2.....1.....0	
3. Perfect on time attendance	5.....4.....3.....2.....1.....0	
4. Respectful	5.....4.....3.....2.....1.....0	
5. Honest	5.....4.....3.....2.....1.....0	
6. Follows directions	5.....4.....3.....2.....1.....0	
7. Dependable	5.....4.....3.....2.....1.....0	
8. Easy going	5.....4.....3.....2.....1.....0	
9. Responsible	5.....4.....3.....2.....1.....0	
10. Coachable	5.....4.....3.....2.....1.....0	

COMMENTS:

Signature: _____

PALM SPRINGS HIGH SCHOOL CHEER CONTRACT

PSHS CHEER/MASCOT PROGRAM VISION IS:

- To provide opportunities for participation in a wide variety of activities during every sport
- To be an integral, well-coordinated part of the secondary school curriculum
- To assist participants in the development of athletic and leadership skills
- To develop effective time management strategies
- To develop socially through cooperation, competition, and appropriate standards of behavior

PSHS CHEER PROGRAM MISSION IS TO:

- Promote and uphold school spirit, unity, and pride
- Represent the school to the highest degree and serve as student role models by displaying
 - Academic good standing
 - Outstanding citizenship (good behavior)
 - Sportsmanship
 - Quality leadership by being a positive example at all school activities while representing Palm Springs High School
- Promote the development of lifelong values and skills
- Encourage and lead positive crowd participation

EDUCATIONAL VALUE TO PALM SPRINGS HIGH SCHOOL:

Membership on a cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the CHEER squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

GOALS:

- Cheer and perform at:
 - All football games
 - All basketball games
 - Other sporting events as time allows
 - Rallies and other school activities and community affairs as scheduled

- Our purpose is to provide leadership and school spirit for all athletics at PSHS. At times, the squad will be split to cover overlapping events. AS A SQUAD MEMBER IT IS YOUR RESPONSIBILITY TO TREAT EVERY EVENT AS EQUAL IN IMPORTANCE.
- Participate in and support Homecoming Week
- Perform community service under the umbrella of Palm Springs High School Cheer Squad
- Assist in team fundraisers

PSHS CHEER CODE OF ETHICS:

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry, or economic capability
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play
- Abide by all school, district, and league rules
- Show courtesy to all visiting teams, competitors, hosts, and officials
- Respect the integrity and judgment of all sports and competition officials

PSHS CHEER PROGRAM STANDARDS:

Cheerleaders understand that teamwork and the maintenance of discipline is 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 Standards is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well-being of each individual spirit leader. Participation in Cheerleading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the school personnel and coaches when a cheerleader violates the rules and regulations.

Being a PSHS athlete is a huge responsibility and commitment.

- Cheerleaders are expected at many games, events, and other school related activities that require a large time commitment.
- Cheerleaders must be available during off school times, after school events, and over vacation periods.
- Practices may be held over the summer, various school holidays, and during winter and spring break.
- Games, activities, practices, and events will be many consecutive days during the week and on the weekends during the school year and over holiday periods and summer vacation.
- All flights and vacations must be approved by the Head or Assistant Coach before flights and travel arrangements are made.

ELIGIBILITY:

- Understand and agree to all requirements set out in this contract.
- For each grading period, members must be passing in all classes with a **2.0 GPA** or better. **No U's, or F's.** Falling below a 2.0 will result in a 6-week suspension from the team; failing to have a 2.0 GPA a second time will lead to dismissal from the squad. A suspended squad member may not dress for the given period of time and may not represent the school at any rally or game.
- Members must maintain good citizenship marks, attendance, class performance and teacher recommendations during their time on the squad and for tryouts.
- All members must have a physical and signed contract on file with the athletic department before practices begin.
- All members must sign and abide by the athletic code of PSHS.
- Cheerleading must take priority over all other extra-curricular activities (including jobs) for the entire time of commitment. Cheerleaders should think seriously about participating in any other sports or school activities during the Fall, Winter, and Spring seasons. This is because many of these activities occur simultaneously with events that cheerleading cover. The team should take priority. Students who feel they have a special circumstance should speak to the Head or Assistant Coach **PRIOR** to the start of the cheer clinics.
- All practices, camp, and games are mandatory.
- All members are expected to take part in/attend fundraisers. They do **NOT** have to sell/ buy anything.
- If you were a member of the squad during the previous season and you chose to quit, you will be ineligible to participate during the next season. Also, any discipline or lack of participation during the previous season will be taken into consideration at tryouts and for future leadership positions on the squad.

CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp, etc.
- Excessive public displays of affection are not allowed in uniform, at games, or in school setting (hand holding is okay).
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- By being part of the spirit squad, 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 a representative of PSHS.
- Members **AND PARENTS** must cooperate with all faculty members, squad members, game officials, and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating. (Skipping class and cheating will result in **WHOLE TEAM** conditioning based on the actions of **ONE TEAM MEMBER.**)

- Each case of discipline will be judged individually. The head and assistant coach, with the assistance of the administration if deemed necessary, has *the final decision in any disciplinary situation*.
- 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.

ABSENCES

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- Absences must be excused prior to practice/game by the Head or Assistant Coach only.
- You must have a note from a doctor if you had an appointment or a call or note from you or your parent if you are sick. Calls must be received 30 minutes prior to the start time or the absence will be considered **unexcused**. Failures to notify your coaches will result in an *automatic notice of probation* for not calling and will result in a *suspension from a game*.
- Missing a scheduled practice the day before a game or rally may result in the individual not performing/cheering at the game or rally.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.

PRACTICES

- Practices are all mandatory.
- If, for ANY reason, you will be missing a practice, game, etc... you must call the HEAD COACH or ASSISTANT COACH at least 30 minutes prior to the start of practice. Text messages are NOT acceptable. Email messages are NOT acceptable. Passing the info along through a teammate is NOT acceptable. Failures to notify your coaches will result in an *automatic unexcused absence*.
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing. Hair needs to be out of their eyes and in a secured ponytail.
- Chewing gum or eating during practices is prohibited
- No jewelry; it must be taken out.
- All taping or visits to the trainer must be done prior to start time.
- NO SITTING. You will not be allowed to sit during practice unless directed by your coaches or your captains. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, tumbling, new cheers, etc.
- Make a habit of bringing a notebook and/or calendar and pen to practice. You may need to write down important times and dates.
- If you do not attend at least 3 classes the day of practice, you cannot attend practice. The coaches need to be notified by either you or your parent. Call must be received 30 minutes prior to the

start time or the absence will be considered *unexcused*. Failures to notify your coach will result in *game suspension*.

- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- Missing the last practice before a game, performance, competition may result in eligibility to participate.
- Safety is our first priority. No excessive horse-playing. Never stunt without the coaches present.
- If you are ill or injured, you need to report to the practice/game, and you may be sent home if it is determined by a coach that you are too ill to stay and watch.
- If an emergency arises (death in the family, etc.), then these situations will be dealt with by the head or assistant coach on a case by case basis.
- If you arrive late to a game or practice, you and your team will be punished at the coach's discretion.
- If the tardiness and/or absences continue, you will be disciplined at the coach's discretion, including (but not limited to) suspension or removal from the team.
- If there is a special circumstance, this must be discussed with the Head or Assistant Coach prior to absence or tardiness.
- Do not bring valuables to practice or leave them in your car. PSHS is not responsible for lost or stolen items.
- No foul language/cursing at any time. No obscene/inappropriate gestures.
- Behavior at practice must be respectful and cooperative to all coaches, guest choreographers, and teammates at all times.
- Do not bring outside emotional baggage to any event and/or practice.

GAMES:

- All games are mandatory.
- Members are required to arrive at least 1 hour before the game (Fall), 30 min before (Winter).
- All taping or visits to the trainer must be done prior to the required arrival time.
- All cheer members must know all the cheers and routines for the game. Sitting out is unacceptable.
- Members are required to dress in full uniform.
- Hair must be pulled back away from the face and secured in a ponytail; no bangs—they must be pulled back.
- No jewelry or nail color. Nails need to be athletic length.
- No chewing gum or eating during games.
- Socializing with friends while the game is in progress is NOT allowed.
- If you do not attend at least 3 classes the day of the game/competition/performance, you cannot attend event. The coaches need to be notified by either you or your parent. Call must be received a minimum of 30 minutes prior to start time or the absence will be considered *unexcused*. Failures

to notify your coach will result in an automatic notice of probation for not calling and will result in suspension from games.

- During game suspensions, the squad member will sit in uniform with the coaches for the entire game and help where needed. The squad member will not talk to friends, play around, or text.

UNIFORMS/APPEARANCE:

- Uniforms need to be cleaned. Your uniform needs to be cared for and needs to look crisp and clean at all times.
- Team athletic shoes must be clean.
- All cheer and mascot members must have the same uniform look.
- Do not use profanity, or misbehave in any of your cheerleader apparel (uniform, T-shirts, jackets, warm-ups, etc.) or while representing PSHS at any event.
- You may not wear your cheerleader uniform off-campus to any event, parade, etc., without the permission of your coaches. You may wear it to go eat or run errands with parents after games, practice, and school.
- Fingernails must be sports length. Your nail length (real or acrylic) should be no longer than your finger tip. Nail polish, if worn, must be clear, natural colors or a French manicure is allowed.
- Hair must be in a secured in a slicked back ponytail; bangs must be pulled back as well.
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days. Failure to do this will result in not cheering at the game.
- Proper and appropriate attire is always required at practice, games, and events.
- All cheerleaders must adhere to the school's Dress Code policy.
- When traveling, matching attire is required and determined by the Head and Assistant Coach.
- No other jackets or sweatshirts are permitted during games, events, and performances.
- Bra straps are required to be hidden under all uniform clothing. Sports bras are required. Failure to meet this requirement will result in dress code violations, and loss of uniform.
- Matching team hair styles will be designated by the head or assistant coach for all games and performances.
- Hair must be neat, out of your face, and within the team guidelines and of natural color.
- Absolutely NO JEWELRY is to be worn during practice, camp, games, events, or anytime in uniform. A Band- Aid or tape is NOT acceptable.
- No visible tattoos are permitted while in uniform or representing yourself on campus as a PSHS Cheerleader. Tattoo coverage make- up is required. Band- Aid coverage is NOT acceptable.
- An athlete will be responsible for maintaining his/her health, and taking care of his/her body and maintaining an appropriate image.
- Cheerleaders will take their nutrition seriously and eat healthy in order to fuel their bodies and perform at a high level.

PERFORMANCES AND CHEER LINES:

Placement for performances and cheer lines will be based on participation, years, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

FINANCIAL RESPONSIBILITIES:

The following is an estimated DONATION cost for the 2015 – 2016 season. Fundraising is extremely encouraged. Please speak to Coach Sawyer or Coach McKinnon if there are any financial concerns.

- UNIFORM TOTAL (SHELL, BODYLINER, SKIRT) \$ 200
- SPIRIT CAMP WEAR (3 TOPS, 3 BOTTOMS) \$ 125
- SUMMER CAMP TUITION \$ 350
- WARM UP JACKETS AND PANT \$ 91
- SHOES \$ 49
- BOWS (1 PRACTICE BOW, 1 PERFORMANCE BOW) \$ 13 (Freshman/JV) \$26 (Varsity)
- POMS \$ 18 (Freshman/JV) \$34 (Varsity)
- BACKPACK WITH NAME (OPTIONAL) \$ 25

ATTENDANCE POLICY:

The following is the attendance policy for the 2015 – 2016 season.

TARDIES

- Tardy is considered (1-15 minutes into practice, required time)
- After arriving 15 minutes late to practice and/or event, it will be considered an *unexcused absence* whether the cheerleader shows up or not.
- Being tardy results in extra conditioning. The entire team will be punished. **YOU ARE ONLY AS STRONG AS YOUR WEAKEST LINK.** The team must learn to be accountable for one another. The cheer program is a team effort.

UNEXCUSED ABSENCES

- Absences from any cheer event (practice, camp, event, etc.) for any reason other than illness or a family emergency will be considered *unexcused*.
- 1st unexcused absence = WARNING
- 2nd unexcused absence = 1st GAME SUSPENSION
- 3rd unexcused absence = 2nd GAME SUSPENSION, WILL NOT PERFORM AT NEXT RALLY AND FINAL WARNING!!!!
- 4th unexcused absence = REMOVAL FROM PROGRAM, MAY NOT BE ELIGIBLE TO TRYOUT AGAIN FOR THE FOLLOWING YEAR, WILL NOT LETTER.
- **DO NOT SCHEDULE APPOINTMENTS/UNLESS EMERGENCY ARISES (DOCTOR, DENTIST, ORTHODONTIST, DRIVING TESTS, ETC.) DURING PRACTICE TIMES AS THEY WILL BE CONSIDERED AN UNEXCUSED ABSENCE.**

DISCIPLINE POLICY:

The following violations will be grounds for immediate dismissal from the cheer team.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances, non RX.
- Stealing or breaking the law
- Fighting (physical altercations with another team member or student)

The following policy has been developed as a tool to promote teamwork, equity, self-discipline and responsibility.

- DISRESPECT for any team member or coaching staff at any time warrants dismissal. There will be NO talking back or rude comments.
- If you are suspended (permanently or temporarily), or dismissed from PSHS, you may be dismissed from PSHS CHEER.

Disciplinary action may result from the following:

- a. Tardiness
- b. Wearing jewelry (ALL JEWELRY IS INCLUDED NO EXCEPTIONS!!!!!!)
- c. Not wearing correct full uniform including shoes and bow
- d. Lying to a coach
- e. Talking to fans or other cheerleaders excessively during games
- f. Display of unsportsmanlike conduct by Member or Parent
- g. Uncooperative attitude
- h. Eating on floor/field (during games or practices)
- i. Absent from games, practices or other PSHS Cheerleading functions
- j. Cell phones turned on at any PSHS sponsored event (practice, games, community service, etc.) You may get permission from your coach, if communication is needed.

PEP LETTERING POLICY:

- Have no unexcused absences
- Participate in all squad fundraising activities
- Remain academically eligible throughout the season
- Perform at all assigned games and rallies
- Be a member of the varsity squad

Any justifiable variation from this policy would be at the discretion of the coach.

IF A CHEERLEADER GETS REMOVED FROM THE SQUAD, THE HEAD OR ASSISTANT COACH HAS THE RIGHT TO MOVE GUYS/GIRLS UP/OR HOLD OPEN TRYOUTS DURING THE SEASON AT ANY TIME.

PARENTS:

- Parents are NOT permitted to gossip about the program, coach, Booster Club, or team members while at PSHS or any school event.
- Parents may not disrupt or cause distractions, during any event or practice.
- Parents may not question or argue tryout results.
- Parents may be asked to leave an event at any time, if they are not being positive and supportive.
- The success of our program is intrinsically tied to the involvement of our parents and family. There is a variety of opportunities for parents to volunteer.
- PSHS cheer hosts an open door policy. The PSHS coaching staff is open to questions and/or concerns that any athlete may have.
- All issues should be dealt with at the coaching staff level.
- If an issue needs to be discussed at a higher level, the coach will notify the appropriate administration.
- Parents will follow the correct chain of command with any questions, concerns, or complaints:
 - 1st Head or Assistant Coach,
 - 2nd Athletic Director
 - 3rd School Administration
 - 4th District Rep.

SOCIAL MEDIA:

- Cheerleaders should be cautious when posting pictures or videos online. Everything that gets put online is a reflection of you, the team, and the school. As a member of the cheer team, you represent the school through your actions both online and off.
- Cheerleaders who post inappropriate images may be dismissed from the team.
- Cheer leaders who bully or harass individuals online or in person may be dismissed from the team.

Please note: The PSHS cheer coaching staff reserves the right to make additions or changes to the team policies and guidelines at any time.

(Keep this for your records. Sign and return the contract page below.)

