

PBS Middle School Cheer

2020-2021

Tryout Information

JUNIOR HIGH

- Thursday, April 2 (3:30pm-5:30pm) – Middle School Choir Room, Clinic (learn Cheer and Dance, review order of tryouts) Clinic is closed to spectators.
- Friday, April 3 (3:30pm) – Middle school Choir Room, TRYOUTS (tryouts are closed to spectators)

Tryout Attire: plain white/light colored top (No writing) with BLACK shorts, ALL hair in ponytail with ribbon, cheer/tennis shoes, natural makeup, and NO jewelry of any kind.

*****The 2020-2021 Team will be announced via EMAIL THE NIGHT of Tryouts**

THANK YOU FOR YOUR INTEREST IN CHEER! LOOKING FORWARD TO A GREAT YEAR!

TRYOUT CHECKLIST:

- **Officially** enrolled or re-enrolled with ALL fees paid for 2020-2021
- **Signed** Tryout info packet:
 - >Cheerleader Info Sheet
 - >Parent/Cheerleader Contract
- Copy of Insurance card
- \$50 Non-refundable tryout fee
- *****IF SELECTED AS A SPIRIT TEAM, YOUR FIRST PAYMENT OF \$500 WILL BE PUT ON YOUR FACTS ACCOUNT ON MONDAY, APRIL 6.**

Parkview Baptist School Cheerleading Rules and Guidelines

Conduct

To become a member of the PBS cheerleading team, one must be a current/future registered student with the school, in 5th-8th grade, be in good academic/disciplinary standing, and attend the cheer clinic (day 1) and tryout the following day (day 2).

1. By accepting the privilege and honor of being a member of the Parkview Baptist cheerleading squad, a team member accepts the fact that her actions are more prominent than those persons not associated with such an activity.
 - a. Because of this prominence, and because members represent Parkview Baptist School, exemplary behavior of a Christian young lady is mandatory at all times. This citizenship policy is applied all year, there is NO off time.
 - b. Displays of affection are never considered appropriate, especially in uniform (practice or field), at games or in school
2. All rules and regulations imposed on any Parkview Baptist School student will be imposed on cheerleading squad members. Members are responsible for knowing the handbook.
3. Member must display proper behavior in class, includes no skipping, cheating or tardiness. Punishments will vary from demerits, suspensions, or dismissal depending on severity of offense.
4. Sponsor/Coaches MUST be notified of any absence 24 hours prior to the event (unless emergency) and must be notified in writing or by phone. Please schedule all appointments outside of practice times. The only excused absences are: sickness (doctor's note needed), death in family, make-up test, church and other extenuating circumstances. A birthday, social event/party, family dinner, or obligations to any other cheer team is not an excused absence.
5. Any negative attitude or behavior by a squad member will be immediately addressed by the sponsor or coach. The sponsor has the authority at any time to have a squad member benched or IMMEDIATELY DISMISSED for any behavior unacceptable or damaging to the squad. This includes bullying of anyone, especially another member of the team.
6. Inappropriate usage of social media (Facebook, Twitter, Instagram, SnapChat, etc.) WILL NOT be tolerated. No "sharing, reposting, liking, tweeting or re-tweeting" of lewd conduct, profanity, or racial slurs are not allowed.

Any violation of these rules or conduct will result in one or more of the following consequences, administered at the discretion of the cheerleading coach/sponsor and/or spirit coordinator: verbal warning/demerits, temporary suspension from performance, or dismissal from the team. Anyone dismissed from the team for ANY reason, WILL NOT be allowed to tryout the following year. This includes quitting the team, as well.

Accountability

Girls will be held accountable for any violations on an individual basis with the coach/sponsor. This is middle school and we are understanding to an extent. If any violations are continuous, there will be consequences.

-unexcused absence from activity, or practice

- misconduct (disrespect or talking back towards coach/sponsor, disrespect for fellow teammate)
- unexcused tardy to activity, game, performance, or practice
- failure to wear the correct uniform to practice or game, including team lipstick
- failure to return to the field/court on time after halftime
- chewing gum
- wearing jewelry
- missing uniform items (including poms, shoes, etc)
- hair not appropriately worn
- phone use while at practice, unless permission received from coach or sponsor

Severity of offenses or repeated offenses may dictate harsher action. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the spirit coordinator, with assistance from administration, if deemed necessary.

*If a cheerleader earns excessive demerits, this will be dealt with between the sponsor/coach and the cheerleader.

Captain Guidelines

To be considered a captain or leader of this cheer team, one must demonstrate a Christ-like attitude and set an example not only for the team, but also the student body. She must be respectful to all, encouraging, dependable, punctual, and a liaison between the coach/team. She must also have a love for the sport of cheerleading -- motivating everyone to achieve the goals at hand. To be a leader, requires hard work and dedication to adequately inspire the team to be not only good cheerleaders, but good people as well.

Practices

1. Practice for the 2020-2021 school year will begin Monday, April 27th from 3:30-5:00
2. Practice Schedule (Jr. High)
 - Monday: PBS 3:30pm-5:00pm
 - Wednesday: PBS 3:30pm-5:00pm
3. Any extra practices will be scheduled in a timely fashion to ensure everyone's attendance.
4. Attendance is MANDATORY at all scheduled practices unless prevented by illness, injury or other reason approved by the Coach. It is MANDATORY a parent contact the coach/sponsor prior to a missed practice. If no contact is received, it will be an automatic unexcused absence.
5. All cheerleaders are expected to come with a good attitude and ready to practice. Any cheerleader who misbehaves or disrupts practices may be asked to leave and/or may not be permitted to cheer and/or perform at the next game.
6. Be ready at all practices, wearing proper shoes and clothes, and with hair tied back. All food and drinks should be put away until after practice.
7. Arrive on time.
8. Please turn off your cell phones before practice begins.
9. No gum or jewelry (rings, all ear piercings, bracelets, watches, necklaces).
10. All practices are closed to parents and friends. Our time is limited and we would like to accomplish the tasks at hand with as few interruptions and distractions as possible.
11. Parents must be PROMPT in picking up their child from practice. No child will be left unattended. **We will wait 5 minutes after practice, any longer, and your child will be sent to Eagle Academy or After School care.** This is for your child's safety.

Games

1. Attendance is MANDATORY at all scheduled games unless prevented by illness, injury or other reason approved by the Coach. It is MANDATORY a cheerleader contact the coach prior to the game for ANY ABSENCE. ****NEW**** If no contact is received by the coach, it will be an automatic unexcused absence. If a cheerleader has ANY unexcused absence, they will sit out at the next game.
2. All cheerleaders are expected to arrive at the time specified by coaches.
3. All cheerleaders are expected to wear their complete uniform to all games, unless otherwise instructed by their coach.
4. No Food or Gum is to be eaten during the game. During half-time the cheerleaders will be allowed to eat a snack on the sidelines. Once the 2nd half begins, the entire squad is expected to continue their performance.
5. Unless approved by the Coach, the cheerleaders will remain in their designated area during the entire game (this includes trips to the bathroom).
6. There will be absolutely NO VISITING with friends or family during games.
7. All cheerleaders are expected to cooperate with their teammates and/or coaches during all games. Unsportsmanlike conduct will not be tolerated.

Uniforms

A complete game day uniform consists of a top, skirt, appropriate sports bra, bloomers (boy shorts), white socks, red/blue/white poms, cheer shoes, hair ribbon, rain jacket, and long sleeve (when needed), appropriate makeup with team lipstick.

1. The appropriate practice clothes/game uniform should be worn when attending practice or a game/performance. Each practice day will have a designated practice outfit.
2. All practice clothes, game uniforms, and cheer shoes should be kept clean and in a safe place. Do not lose any part of your uniform. It is very difficult to replace an item in the middle of the school year.
- 3. As a member of the team, YOU are responsible for wearing the appropriate uniform to practice or to games, NOT YOUR PARENTS. Failure to do so will result in a demerit.**
4. No jewelry OF ANY KIND will be worn when cheering at games or competition. Failure to comply with this rule will result in a demerit for each item of jewelry worn. This is to ensure each cheerleader's safety when partaking in the sport.

Cheer Camp

1. This year, we will be participating in a home camp at PBS June 5th and 6th. More details to follow.
2. Attendance is MANDATORY. Cheer camp is a great opportunity and learning experience to prepare the team for the upcoming year. This is a time for us to grow, learn and perfect new skills, and compete as a team. In order to achieve this, it is imperative that each member be in attendance
3. More details will be released at a later date regarding camp.

Competition

1. This year competition is up in the air. It depends on interest and timing. We will discuss this and decide. Competition will not be a mandatory event.

Participation in other sports and activities

1. We understand that as the talented athletes you are, you may excel in other sports/extracurricular activities, however, we do require time and effort, just as any other sport, to achieve the goals we have set for the team.
2. Participating in other sports (track and field, soccer, etc.) is not prohibited, but we do ask that we take precedence over other practices. In years past, we have been flexible and worked with other coaches to see the child succeed in both sports.
4. Please notify the coach/sponsor of any other extra-curricular activities (competitive dance, school sports, etc.) that you may be involved in to make the necessary adjustments as needed.

Athletic Packet

1. You must have a current athletic packet on file with the Middle School Athletic Director at the start of the 2020-2021 season.

****** Junior High Expenses***

1. All members will be expected to pay \$500 upon making the team. This initial fee will begin to cover some of the costs of camp, uniforms, or coaches' fee.
2. The total Camp Cost is \$250.
3. Uniform costs are as follows: Approximately \$800.00
4. A coaches' fee of \$200 will be collected for the year.

PBS Cheerleading Contract 2020-2021

I, _____, declare that I have read all expectations of this Parkview Baptist School Cheerleading Squad and agree to all terms.

I, _____, parent of above cheerleader, declare that I have read all expectations of this Parkview Baptist School Cheerleading Squad and agree to all terms.

Cheerleader's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

PBS CHEERLEADER INFORMATION SHEET

Cheerleader's Name: _____

Grade for 2020-2021: _____

Cell phone: _____ text? Yes or No

Cheerleader's email: _____

Birthdate: _____

T-Shirt size: _____

Initials: _____

Sweatshirt size: _____

Parent/Guardian's Name: _____

Cell phone: _____ Text? Yes or No

Parent/Guardian's email: _____

(This is where tryout e-mail will be sent.)

Emergency contact (non-relative)

Name: _____

Cell phone: _____

Relation: _____