

## Menendez Cheerleading Guidelines

### Academics

1. A cheerleader's first responsibility is to his/her academic program. The educational process should not be compromised by participating in cheerleading. Each team member is required to maintain a 2.0 GPA. If the participant's GPA drops below a 2.0 GPA they will be dismissed from the squad and may not try out for the next season until their GPA is brought up. Each progress report and report card will be looked at by the cheer coaches as they are issued. Cheerleaders will be required to attend tutoring per the Athletic Department's rules if any class grade is under a C.

### Attendance and Punctuality and Attitude

2. All athletes must be present **at all activities** unless they have an excused absence from school, a doctor's note, or there is a death or sudden illness in the immediate family. If one of the above occurs, it is the responsibility of the athlete to **get in touch with the coach personally**. Failure to do so will result in demerits. These are the only excused reasons from an activity. If an athlete is to miss an event they are to notify the coach personally at least twenty four hours in advance.
3. Tardiness to practice, games, and events creates an inconvenience for those who were present on time. Therefore, all athletes must arrive to practice, games, and events at the scheduled time. Failure to do so will result in demerits.
4. A cheerleading squad must work in harmony as a group. **Show maturity by learning to settle differences by discussion and compromise, rather than using harsh words.** If you have a problem that cannot be resolved peacefully, the coach has the final word. Disrespect to the coaches or teammates will not be tolerated in any form including on online social networks such as Facebook, Instagram, Snap Chat, and Twitter. If you are asked to leave a practice for disrespect it will count as an unexcused absence even if there are only a few minutes left of practice.
5. If you resign or are dismissed from the team for any reason during the season, you will not be able to try out for the following year and all money is nonrefundable.
6. **You will not be allowed to participate in any other activities (school or non school related) that will interfere with the cheerleading practices, games or events. Missed practices or events due to other activities will not be excused. This includes other sports teams, jobs, clubs or any other activity that is other than illness or death in the family.**
7. At home, away games, camp, fundraisers, events or any other situation where the cheerleader is representing Menendez, the athlete will conduct herself accordingly. Good sportsmanship is essential and mandated.
8. The cheerleader will go to away games with the coach. They may however ride home with **their own parent/ guardian**. If a sudden illness in the immediate family occurs or an emergency should occur, the cheerleader must go with the parent only, and the coach's permission must be given. A parent may be required to sign a release of responsibility form at that time.

**Uniform and Equipment**

- 9. Athletes must arrive for games in full uniform which is to include, correct shoes, issued hair accessories, poms, and issued bloomers. If you show up without the proper uniform and/or accessories you may not be allowed to participate in the game or activity.
- 10. No jewelry is to be worn to any practices or performances.
- 11. No tattoos/ piercings may be visible when in uniform.
- 12. No public display of affection while in uniform or while representing PMHS.
- 13. No vulgar or degrading language or actions while in uniform.

I have read and agree to all the terms in the Rules and Regulations Form.

Cheer Candidate's Printed Name\_\_\_\_\_

Cheer candidate signature\_\_\_\_\_

Parent's Printed Name\_\_\_\_\_

Parent's signature\_\_\_\_\_

Date\_\_\_\_\_

Cheerleading Candidates,

Below is the information that you will need to know regarding tryouts for the 2017-2018 Menendez Cheerleading Squads. Please read the following information carefully. If you have any questions pertaining to tryouts, please ask.

- Candidates must have a minimum of a 2.0 GPA and be a current student at PMHS OR registered to begin PMHS in the Fall of 2017.
- Candidates must have a current physical (not expiring before the start of clinics)
- A mandatory parent meeting for both JV and Varsity will be held on Thursday March 2, 2017 in the Band Room at 6:00pm.
- Varsity Participants: All forms listed below must be turned in to Coach Kiara by Thursday March 6 at 12:00p.m. in order to participate in the stunt and tryout clinics.
- JV Participants: All forms listed below must be turned in to Coach Kiara by Monday March 20 at 12pm.

**Varsity Only Stunt Clinics will be held:  
Monday 3/6, Tuesday 3/7, and Thursday 3/9 from 4pm- 5:30pm in the PMHS Gym**

**JV & Varsity Tryout Clinics will be held:  
Monday 3/20 12pm- 3pm and Tuesday 3/21 4pm- 6pm in the PMHS Gym**

**JV & Varsity Tryouts will be held: (PAC)  
Wednesday 3/22 3pm-6pm (official tryouts will begin at 4pm)**

**Spectator Fee: \$2: ages 3- 10      \$5: 11 and up**

Unless you are playing on a school sports team (Softball, Track, Tennis, Lacrosse, etc) **You must attend all clinics to tryout for Varsity.** The clinics are closed to spectators, but the tryouts are open to the public.

All perspective cheerleaders must attend a full day of school on the day of tryouts.

Tryout attire: Solid White Shirt, Black shorts, white socks, white tennis shoes. Hair should be neat and up out of your face. You may want to wear a bow.

### **ITEMS TO TURN IN BEFORE TRYOUTS**

- Current physical signed by doctor or qualified medical personnel
- Copy of Current Report Card
- Rules and Regulations Sheet signed by Cheer Candidate & Parent/Guardian
- Teacher Evaluation Form
- Parent Covenant
- Fundraising Agreement

**Previous PMHS cheerleaders must have uniforms returned and last season's balance paid in full in order to participate in tryouts**

## 2017- 2018 PMHS CHEER DEMERIT SYSTEM

### LEVEL 1 (1 Demerit):

- Any conduct/ discipline action resulting in verbal or written warning by a Teacher/Dean/Administration
- Coming to practice without knowledge of material (1<sup>st</sup> offense)
- Failure to participate in team fundraising activities and/or community service activity (working parking lots, parades, etc)
- Blocking Coaches or Captains from Social Media Sites (1<sup>st</sup> Offense)
- 3 unexcused tardies to practice, game or event

### LEVEL 2 (2 Demerits):

- Any school offense resulting in ISS (Dress code, Cell phone, Excessive tardies, etc)
- Failure to reach the required fundraising goal set for each cheerleader in the program (1<sup>st</sup> offense) for team fundraisers done individual (BBQ Tickets/ 31 Raffle)
- Blocking Coaches or Captains from Social Media Sites (2<sup>nd</sup> Offense)

### LEVEL 3 (3 Demerits):

- Coming to practice without knowledge of material (2<sup>nd</sup> offense)
- Any Social Media Post/Text that is a negative representation of yourself, school, and/or your cheer program (TBD by coaches)
- Missed practice or game without 1 month prior notice (illness of self with doctor's note/ family emergencies will be excused)
- Any school offense resulting in a 1 day suspension
- Failure to reach the required fundraising goal set for each cheerleader in the program (2<sup>nd</sup> offense)

### LEVEL 4 (5 Demerits):

- Coming to practice without knowledge of material (3<sup>rd</sup> offense)
- Any social media post/pictures/video/email/verification of underage drinking or tobacco use (vape, cigar, dip, etc) or party where underage drinking has taken place (These demerits will be in addition to any consequences set forth by PMHS Administration)

**3 Demerits= Sit out 1 game/ performance. Cheerleader must attend game/ performance in assigned attire (uniform/ warm up) & sit with coaches the entire game.**

**5 Demerits = Phone conference with parent/guardian, coaches, and cheerleader. Cheerleader to sit out of the next 2 games/ performances. Cheerleader must attend games/ performances in assigned attire (uniform/ warm up) & sit with coaches the entire game.**

**7 Demerits= Meeting with parent/guardian, coaches, and cheerleader. Cheerleader to sit out of the next 2 games/ performances. Cheerleader must attend game/ performance in assigned attire (uniform/ warm up) & sit with coaches the entire game.**

**10 Demerits = Dismissal from the PMHS cheer program for the remainder of the season**

**\*\*Any Cheerleader removed from the squad due to demerits will not be permitted to try out for the squad for the next season.**

PLEASE READ THE FOLLOWING STATEMENTS BELOW. SIGN OFF THAT YOU FULLY UNDERSTAND EACH STATEMENT AND CONSEQUENCE OF EACH.

- I understand that I am expected to attend every practice, game and scheduled event set forth by the PMHS Cheer coaching staff.
- I understand that I am required to be in FULL uniform for games/performances or I will be required to sit out with my coaches for the entire game.
- I understand that BOTH individual and team fundraising activities are important to the program. I understand that I am required to participate in ALL PMHS Cheer fundraising activities. Failure to participate or not reach the set cheerleader's individual goal, will result in demerits.
- I understand that knowledge of material and skills are of the utmost importance to the PMHS Cheer program. I understand that if I am not "game/ performance ready" in the opinion of my coaches, I may be sat out of a game, pep rally, performance, or competition. I will also receive demerits.
- I understand that my commitment to PMHS Cheerleading is a commitment to be a model citizen at Menendez. Any teacher referrals, ISS, negative/offensive social media posts, bullying, or other offenses that shed a negative light on the program will result in demerits.
- I understand that accumulating **10 demerits** will result in dismissal from the program. (Please see the PMHS Cheer demerit system for a breakdown of offenses/ levels).
- Any infraction at school that involves the Dean's Office and is a Level 3 offense or higher will result in dismissal from the squad.
- I understand that if I am dismissed from the squad, any monies paid into or fundraised for the Menendez cheer account will not be returned.
- I understand that payments not made on the monthly due dates will result in a hold on all cheer equipment & attire until the payment is received. (Payments made directly to VARSITY BRANDS must be paid by the portal due date. Items not paid for will not be ordered).

Competition Only:

- I understand that as a Competition Cheerleader, I am required to participate in Tuesday & Thursday morning practices from 7-8am during the entire cheer season along with regular practices OR Tuesday and Thursday morning practices during the Fall and weightlifting team workouts in the Winter.
- I understand that once I am a part of the GWL team at Menendez, I must continue to be a part of the team if I want to continue cheering.
- If I am dismissed from the WL or Cheer Squad at any time during the cheer season, I will not be able to try out for the squad the following year.

Myself, and my parent/ guardian have read and understand the guidelines of the PMHS Cheer Demerit System and PMHS Cheer Parent Covenant.

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Cheerleader

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Date

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Parent/Guardian

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Date

## 2017- 2018 Menendez Cost Sheet

### Varsity Spirit Fashions Items (Paid via CC directly to VSF)

Duffle Bag Bag: \$68

Jr. Varsity Rain Jacket: \$25

Varsity Rain Jacket: \$80

Universal Cheer Bra: \$20

Poms: \$45

Warm Up: \$188

Black Body Liner: \$25

Gold Misty Bloomer: \$21

Aztec Bloomers: \$32

Edge Cheer Shoe: \$85

New JV Cheerleader: \$510

JV Returner: \$175

New Varsity Cheerleader: \$565

Varsity Returner: \$230

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### PMHS Custom Cheer Apparel & Camps

#### (Paid by Check/ M.O./ Cash to PMHS Cheer)

3 Custom Bows: \$50 (extra bows are \$20 each)

3 Practice/ Spirit Tees: \$30

Uniform Rental Fee: \$50

1- 3hr UCA Stunt Clinic: \$10

3- 3hr UF Cheer Clinics: \$30

Force 3 Day Cheer Camp: \$100

Total: \$270

Competition Choreography & Music:

Total: \$100

5/3: Payment 1: (Varsity Brands Paid Via Portal)

varies per girl

5/31: Payment 2: (Camp Tees, Clinics, Camp)

\$270

7/26: Payment 3: (Choreography: Competition Only)

\$100

\*\*Cheerleaders may help to offset costs by selling Sign Sponsors through the PMHS Athletic Booster Club. This information will be given to squad members as soon as soon as it is available.

**Pedro Menendez High School Cheerleading Teacher Evaluation Form**

It is very important that the young ladies chosen to represent Menendez High School as  
Cheerleaders demonstrate great character.

Please circle the number that you feel BEST describes the student listed above (5 being the  
highest score)

Candidate Name: \_\_\_\_\_

School: \_\_\_\_\_

Punctuality	Cooperativeness	Attitude	Follows <b>ALL</b> school rules	Motivation in class	Teacher's Printed Name/ Signature
5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	

In my opinion, this student would be a good representative of Pedro Menendez High School  
throughout the community.

YES

NO

Please send this slip to me via county mail, by giving it to the student, OR replying via email.

[kiara.williams@stjohns.k12.fl.us](mailto:kiara.williams@stjohns.k12.fl.us)

**If you have any other comments/ concerns about this cheerleading candidate, please email**

**me:** [kiara.williams@stjohns.k12.fl.us](mailto:kiara.williams@stjohns.k12.fl.us)

\*\*Cheerleader candidate is to make enough copies for each of their teachers to fill out\*\*