

Jensen Beach High School



Basketball Cheerleaders

Dear Parent/Guardian,

The attached papers will explain the expectations and responsibilities of a Jensen Beach High School cheerleader. Please read the papers thoroughly before signing the permission form. By signing this form you are giving your son/daughter permission to try out for the basketball cheerleading squad and if he/she becomes a member, the cheerleader and the parent(s) understand the rules, regulations, and commitments for the 2019-2020 school year.

On the first day of try-outs **October 28th**, your son/daughter will need to **bring the required permission slips and athletic physical forms signed by you and your child.**

A Jensen Beach High Cheerleader must represent the school in a manner that sets a standard for others to follow. Anytime your son/daughter's conduct is considered inappropriate, the cheerleader will be notified as well as the parents.

Being a Jensen Beach High School cheerleader will be a rewarding experience as well as a tool for learning life skills such as discipline, teamwork, responsibility, and commitment.

Good Luck!

Nicole Lavelle
Basketball Cheer Coach
Jensen Beach High School

Cheerleaders

Tryouts will be held **October 28th & 29th from 3:00-4:30pm, in the courtyard near the cafeteria.** The actual try-out will be on **October 29th** beginning at 3:30 pm in **JBHS Cafeteria.** There will only be one squad, everyone will tryout for Varsity. The roster will be posted on the JBHS basketball cheerleading website by **5pm on Friday 11/1.**

Everyone trying-out will be required to do the following:

1. An individual cheer. (You will be taught on day one)
2. A toe touch.

Grades & Attendance

- Candidates must have at least a 2.0 GPA and in good standing with attendance.

You must return the following on or before the first day of try-outs October 28th

1. Cheerleading tryout packet (**8 pages total/pages.2-9**) initialed or signed by both you and your parent/guardian
2. **(Athletic Physical)Authorization for permission form (Form #20) & Completed physical...can obtain in the athletic office or off the JBHS website by clicking “activities”, then “athletics”, “form,” and finally “Athletic Packet 2018-2019” IT MUST BE STAMPED, DATED, AND SIGNED BY A DOCTOR. NO ONE WILL BE PERMITTED TO TRYOUT IF THE ATHLETIC PACKET ISN’T FILLED OUT CORRECTLY!**

What will be expected of a Jensen Beach High Cheerleader?

We believe in making commitments and trying to learn from and live by those commitments. Listed below are three major commitments and minor commitments that, as a cheerleader, you must make.

1. You will be present and on time to all practices and events.
 2. Participate in all fundraising events.
 3. You will be present and on time to all games. Only exception will be illness, with some form of **notification from a parent/guardian** and or **doctors note.**
- All varsity cheerleaders will be back to school an hour before each home game, please pay attention to season schedule.

As a cheerleader you must understand the importance of the above three statements. It is extremely difficult to practice and learn new and old material if someone is not present. All cheers, and routines are learned and performed with all cheerleaders and when someone is absent from a game, all cheers must be changed at the last minute. You will be told in advance about dates and times of practices and games. Therefore it is your responsibility to arrange dentist, doctor, hair appointments, etc. on non-practice/non-game days & cheerleading events.

DO NOT SCHEDULE YOURSELF TO WORK, GO TO THE DOCTOR OR ANY OTHER APPOINTMENT ON ANY PRACTICE/GAME DAY OR CHEERLEADING EVENT.

X _____
Parent/Guardian Initials

X _____
Cheerleader Initials

OTHER OBLIGATIONS & COMMITMENTS

- 1. You will purchase your own shoes, bloomers, pom poms, bag, and warm-ups.
- 2. You are required to participate in fundraisers, examples listed below. Because we do not receive a budget from the athletic department, we must raise all of our money. We must pay for our own transportation, uniforms, etc. Fundraisers will include but not be limited to the following:
 - Yankee Candle Fundraiser: November 5th – November 12th
 - Yankee Candle Forms and monies will be due – **November 12th**
 - Yankee Candle sales goal per cheerleader \$125.00 (order form or online sales)

Estimation of individual expenses for each cheerleader: Clothing expense will be due **Nov. 14th**

Items	Prices
Cheer T-shirt	\$15.00
Shoes	\$70.00 (approximate)
Bloomers	\$8.00
Poms	\$36.00
Bag	\$30.00
Hoodie/Jacket	\$50.00 (estimate)
Total	\$209.00

Additional charges may arise throughout the season for transportation, choreography, etc...*

X _____
Parent/Guardian Initials

X _____
Cheerleader Initials

What will be expected of you before, during, and after games:

- You will be present and on time for all games.
- Varsity – will be outside the gym ready to prepare for home games at **6:00pm boy games** and **5:30 for girl games**. Away games I will inform you of the time we will be meeting.
- You must be in complete uniform. (Skirt, top, shoes, socks, bloomers and poms) Always bring your crop top just in case.
- You will be expected to be back in your area **2 minutes** before half-time ends.
- You will be picked up by a parent **PROMPTLY** at the end of games and practices. Cheerleader will call parents at the beginning of 4th period to notify the end of game is near. Please arrive **ON-TIME** to pick-up your cheerleaders.

Additional Rules:

- ❖ You must presently have & maintain a 2.0 cumulative, unweighted GPA.
- ❖ Parents must provide transportation to and from school from home and away games.
- ❖ You will NOT use alcohol, drugs, tobacco, or profanity.
- ❖ If you are seen by either a coach or teacher smoking or found in possession of cigarettes, you will immediately be removed from the squad. This goes for on and off campus.
- ❖ You will be a cheerleader from final try-outs until final try-outs the following year, unless you are removed from the squad.
- ❖ You are not to let anyone wear your cheerleading uniform or other cheerleading attire (i.e...sweatshirts, shorts, skirts, etc.)
- ❖ You will not show any PDA at school or during any other cheerleading event. **THIS IS A SCHOOL RULE.**
- ❖ Hair is to be worn up securely. Everyone will look the same.
- ❖ Acrylic nails will not be permitted. Finger nails will not be permitted to be any longer than the tips of the fingers. When looking at your hand from the palm side, you should not be able to see the nail.
- ❖ ONLY wear you're cheerleading shoes with your uniform, no other shoes will be allowed.
- ❖ Do not practice cheers and chants on the side line; you should know them before hand.
- ❖ Do NOT goof off on the side lines.
- ❖ Plan to attend all play-off games at the end of the season in February.
- ❖ You will be required to wear your cheer t-shirt to school on certain game days. You may wear school colors for spirit days. You are a cheerleader and are a role model for the student body.

RULES CONTINUED

- Stunting will be based on the ability of the squad and only be done in the presence of the coach and will be done in the proper progression both individually as well as a squad. I will make all decisions on who will stunt with who and when.
- **DO NOT** chew gum in uniform. (games, practices and events)
- **DO NOT** wear jewelry to practices or games. The coach is not responsible for holding these items. It is a hazard while stunting and a tragedy when lost. This includes belly button rings, tongue rings, etc.
- **Activity attendance policy** will be implemented for basketball cheer season.

Cheerleaders are responsible for all items issued to them. Uniforms CANNOT be altered without approval from the coach. Damaged or lost items must be paid for by the cheerleader.

The Purpose of a cheerleader will be:

1. To promote and uphold school spirit.
2. To promote and uphold the ideals of true sportsmanship and youth leadership.
3. To promote better relationships between our schools and schools with whom we compete.
4. To promote team, school and community involvement.

The Philosophy of cheerleading will be:

1. The major responsibility of cheerleading is to create and encourage team, community and school spirit.
2. Cheerleading is a means to learn responsibility, good conduct, and acceptable behavior.
3. Cheerleading will provide happy and rewarding experiences.
4. Cheerleaders will be JBHS's "Goodwill Ambassadors" to other schools and to our community.

INJURIES:

If you are not able to practice or perform in a game due to an injury or illness, you must bring a note from your doctor or a notarized note from your parent explaining your injury or illness and giving you permission to participate before you are allowed to rejoin any activities.

X _____
Parent/Guardian Initials

X _____
Cheerleader Initials

DEMERIT SYSTEM 2019-2020

- Missing 3 (unexcused absences) practices will result in removal from the squad. Including due to suspensions.
- Missing 2 (unexcused absences) games will result in removal from the squad – including suspensions.
- Being suspended for 3 games will result in removal from the squad.
- Being late to 3 practices will result in being suspended 1 game. Required to attend game in uniform during suspension and sit out with coach.
- Missing 1 (unexcused absence) practice will result in being suspended for next game. Required to attend game in uniform during suspension and sit out with coach.
- Earning 3 demerits will result in being suspended for 1 game. Required to attend game in uniform during suspension and sit out with coach.
- Failure to be in complete uniform (shoes, bloomers, crop top, skirt, top, poms, and ribbon) at any cheer event will result in 1 demerit. (You will receive one warning before the demerit is issued)
- Wearing jewelry or acrylic nails to practices or games will result in 1 demerit. (You will receive one warning before the demerit is issued)
- Failure to meet deadlines will result in 1 demerit. (You will receive one warning before the demerit is issued)

ALSO:

- **SUSPENSION FROM SCHOOL, FOR ANY REASON, WILL RESULT IN REMOVAL FROM THE SQUAD. (This includes dress code)**
- **MISCONDUCT OR INAPPROPRIATE BEHAVIOR – ESPECIALLY IN UNIFORM – WILL RESULT IN DISCIPLINARY ACTION, WHICH COULD INCLUDE REMOVAL FROM THE SQUAD.**
- **CONTINUOUS INAPPROPRIATE BEHAVIOR WILL RESULT IN REMOVAL FROM THE SQUAD.**

Rules may be amended at the discretion of the coach.

X _____
Parent/Guardian Initials

X _____
Cheerleader Initials

JENSEN BEACH HIGH SCHOOL CHEERLEADING 2019 – 2020 DEMERIT SYSTEM

I, _____, UNDERSTAND FULLY THE DEMERIT SYSTEM USED BY THE COACHES OF THE CHEERLEADING SQUADS AND THAT AN ACCUMULATION OF **DEMERITS/SUSPENSIONS, ETC** WILL REMOVE ME FROM THE SQUAD FOR THE REST OF THE SEASON AND I WILL NOT BE PERMITTED TO TRYOUT THE FOLLOWING YEAR.

Cheerleader Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____

Application for Cheerleading Tryouts

MY CHILD, _____, HAS MY PERMISSION TO BE A CHEERLEADER AT JENSEN BEACH HIGH SCHOOL. I UNDERSTAND THAT HE/SHE MUST ABIDE BY THE RULES AND REGULATIONS SET FORTH BY THE FHSAA, NCA, UCA, COA, THE ATHLETIC DIRECTOR AND THE COACH. THEY ARE REQUIRED TO BE AT ALL PRACTICES, GAMES, AND CHEERLEADING EVENTS. I HAVE READ THE RULES AND REGULATIONS AND UNDERSTAND THAT THE VIOLATION OF ANY OF THESE MAY LEAD TO REMOVAL FROM THE SQUAD. I UNDERSTAND THAT ALL FORMS ATTACHED MUST BE COMPLETED AND TURNED IN ON THE FIRST DAY OF TRYOUTS. I UNDERSTAND THAT MY CHILD MUST ATTEND ALL DAYS OF THE TRYOUT SESSION OR HE/SHE WILL NOT BE CONSIDERED FOR A CHEERLEADING POSITION.

I UNDERSTAND THAT MY SON/DAUGHTER WILL BE EVALUATED BY QUALIFIED JUDGES AND AGREE TO ABIDE BY THE DECISION OF THE JUDGES.

I UNDERSTAND ALL COSTS INVOLVED AS STATED IN THE RULES.

I UNDERSTAND BY THE VERY NATURE OF THE SPORT, CHEERLEADING AND GYMNASTICS CARRY A RISK OF INJURY. NO MATTER HOW CAREFUL THE PARTICIPANT AND COACH ARE, HOW MANY SPOTTERS ARE USED, OR WHAT SURFACE IS USED, THE RISK CANNOT BE ELIMINATED. I UNDERSTAND THESE RISKS AND WILL NOT HOLD JENSEN BEACH HIGH SCHOOL OR ITS PERSONNEL RESPONSIBLE IN THE CASE OF AN ACCIDENT OR INJURY AT ANY TIME.

X _____
PARENT/GUARDIAN SIGNATURE **DATE**

I AM INTERESTED IN BEING A FOOTBALL CHEERLEADER AT JENSEN BEACH HIGH SCHOOL. I UNDERSTAND THAT THIS IS A VERY LONG SPORT AND REQUIRES A YEAR COMMITMENT. I UNDERSTAND THE RISKS STATED ABOVE. IF ELECTED, I PROMISE TO ABIDE BY THE RULES AND REGULATIONS SET FORTH BY THE COACH, ATHLETIC DIRECTOR, FHSAA, NCA, UCA, AND COA. I PROMISE TO COOPERATE AND FOLLOW THE INSTRUCTIONS OF THE COACH.

X _____
CHEERLEADER SIGNATURE **DATE**

2019– 2020 Cheerleading Permission Form

WE HAVE STATED ON THE PREVIOUS PAGES, OUR BELIEFS, PURPOSE AND PHILOSOPHY OF CHEERLEADING. WE STRONGLY BELIEVE THAT CHEERLEADING SHOULD BE MORE THAN JUST PHYSICAL SKILLS. WE FEEL THAT THERE ARE MANY OTHER FACTORS THAT MUST COME INTO ACCOUNT, WHEN ONE IS A CHEERLEADER. A CHEERLEADER AND THEIR PARENTS MUST MAKE A COMMITMENT TO ASSUME CERTAIN RESPONSIBILITIES AND OBLIGATIONS IN ORDER FOR A CHEERLEADING CANDIDATE TO QUALIFY AND REMAIN A MEMBER OF THE CHEERLEADING SQUAD. WE WILL MAKE A COMMITMENT TO YOU THAT WE WILL DO OUR BEST TO MAKE SURE THAT YOUR DAUGHTER/SON HAS A GOOD YEAR ALL AROUND AS A CHEERLEADER. IN TURN WE ALSO ASK THAT YOU MAKE THE FOLLOWING COMMITMENTS AS STATED BELOW.

Nicole Lavelle
Varsity Coach

I AM WILLING TO MAKE THE COMMITMENT AND ASSUME ALL THE RESPONSIBILITIES AND OBLIGATIONS AS STATED ON THE PRECEEDING PAGES AND ANY OTHER RESPONSIBILITIES AND OBLIGATIONS AS DEEMED NECESSARY FOR THE GOOD OF THE SCHOOL AND CHEERLEADING SQUAD.

X _____
Cheerleader’s Signature **Date**

I HAVE READ THE RESPONSIBILITIES, OBLIGATIONS AND REQUIREMENTS SET FORTH IN THE PRECEEDING PAGES. I WILL, SO FAR AS I AM ABLE, ASSIST IN EVERY WAY TO SEE THAT THESE RESPONSIBILITIES AND OBLIGATIONS ARE CARRIED OUT. I WILL, WHENEVER A QUESTION ARISES, CONTACT THE COACH FOR CLARIFICATION AND/OR ASSISTANCE.

AS A PARENT, I WILL ATTEND PARENT MEETINGS AND/OR BE IN COMMUNICATION WITH THE COACH IN ORDER TO BE AWARE OF WHAT IS HAPPENING. I UNDERSTAND THE RESPONSIBILITIES TO THE ENTIRE GROUP IN WHICH MY DAUGHTER/SON HAS OBLIGATED THEMSELF, THIS INCLUDES ATTENDANCE TO GAMES, PRACTICES AND SCHEDULED CHEER EVENTS. THEREFORE, I AGREE NOT TO USE CHEERLEADING AS A FORM OF PUNISHMENT, AND UNDERSTAND THAT ANY DAUGHTER/SON WHO IS NOT ALLOWED TO CHEER AT A GAME FOR PARENTAL DISCIPLINE WILL RECEIVE THE ALLOTTED DEMERITS FOR MISSING THAT SPECIFIC EVENT (EXAMPLES; PRACTICE, GAME, CHEER EVENT).

X _____
Parent Signature **Date**