PMS 2019-2020 Cheerleading Tryouts

Tryout Requirements:

* **All paperwork must be turned in to Mrs. Napoli (room 1-209) by May 24, 2019.**
* Athletic participation packet
* **Free physical day is May 18 at Pasco High School IRC Building from 9am-11am- this is best to get paperwork completed and checked**
* CONCUSSION, SUDDEN CARDIAC ARREST, AND HEAT ILLNESS VIDEOS MUST BE COMPLETED AND CERTIFICATES PRINTED OUT
* **Notarized** FHSAA Participation form (in the athletic packet)
* 2.0 minimum GPA to tryout
* Cheerleaders that are selected must maintain a 2.0 GPA and good attendance
* Positive attitude

Tryout Dates: Thursday 5/30 and Friday 5/31 from 2-4pm

* **Practice/Tryouts** Thursday 5/30/19 from 2-4pm. On Tuesday, wear any color combo of red, white, and black. Hair in a ponytail. Returning cheerleaders may not wear any PMS cheer clothing.
* **Practice/Tryout** Friday 5/31/19 from 2-4pm
* Tryouts- Athletes will be evaluated on both practice/tryout days by the coach/coaches. This will include myself and possibly former cheerleaders who cheered at the high school and the all-star competitive level. I/we will choose the team. There will not be a panel of judges for a formal tryout, however, athletes will be asked to perform individually throughout the two-day tryout process.

 On final day of tryouts- must wear: tennis shoes, black or red shorts, plain white T-shirt, hair in a LOW ponytail; bows are okay to wear, **no jewelry. *No jewelry will be worn throughout the entire season at any time. There will not be any exceptions for new piercings, etc.***

* **Material being evaluated:** cheer, chant, motions, time it takes to learn choreography, jumps (will be taught at practice); enthusiasm/spirit
* **No cameras** allowed at tryouts
* **No parents** allowed at tryouts

Evaluation:

* Cheerleader selections will be based on athlete’s performance during the two practice/tryout days. The top candidates will be chosen after validating student behavior records, attendance, teacher recommendations, and the current GPA status.
* Athletes will be evaluated on the following criteria:

Criteria:

**Appearance**

Proper uniform

Tidiness

Overall Spirit

Facial Expressions (smile)

**Jump: Toe touch**

Toe Touch Appearance

Height

Form

**Jump: Front hurdler- right or left leg**

\*\* note this is different from the herkie and will be demonstrated at practice if unfamiliar

Front hurdler appearance

Height

Form

**Cheer**

Enthusiasm

Sharpness of motions

Voice

Coordination

**Choreography**

How quickly athletes can learn the cheer/chant

Expectations for cheerleaders who make the squad:

* Cheer season starts in August, the first week of school, and goes through February with a short break during the holiday months. All cheerleaders are expected to be at all football and home basketball games through the end of the season, as well as satisfactory attendance at practices. I understand life happens, and exceptions will be made on a case by case basis. I must be notified in writing (via email or Remind) of any issues your cheerleader may have with being at a game or practice. Please keep this in mind when making your decision to tryout. Excessive absences during the current season is grounds for dismissal from the team and will be taken into consideration during tryouts the following season. If cheerleaders are 8th graders, their attendance will be reported to the high school coach so she may take that in to consideration if she wishes to do so.
* You may participate in other sports and extracurricular activities as long as you still come to half of the practices for the week. This will need to be cleared with the myself and the coach of the other team
* Cheer practices, games, and events are STILL mandatory.
* PMS cheerleaders are expected to be positive role models on and off campus. This includes Facebook, Twitter, Snapchat, Instagram, and other social media outlets. Inappropriate sharing may include but it not limited to language, references to drugs, alcohol, tobacco, suggestive poses, clothing, or cyber bullying. What constitutes appropriate behavior will be decided by the coach, athletic director, and principal. In the event of such an issue, the student may be suspended from participating immediately, written a referral, or dismissed from the squad. See the athletic policy included in the participation forms packet, as well.
* Please be reminded of the cheerleading rules of conduct and performance regarding expectations for cheerleaders. Suspension from school, excessive tardiness to class, lunch detentions, ISS, OSS, missing practices and games, and any violation of the rules of Pasco Middle School can result in dismissal from being a Pasco Middle School Cheerleader.
* Cheerleading can be a rewarding experience and teaches many life skills. It teaches you to balance your time, work with a team, discipline yourself, learn new skills, perfect your skills and be an ambassador for your school and community. Please be advised that cheerleading requires a tremendous time commitment, especially at the beginning of the school year. Please review the following information carefully!

Financial Responsibilities:

If you make the squad your athletic participation fee will be due by the first Friday of the first week of school. This fee is approximately $50. Other costs will be in the range of approximately $150- $190, which will include your uniform, shoes, Pink gear for October, game day shirts for school, etc. The uniform fitting will be early in the summer (exact date will be given during tryouts) to ensure they are delivered before orientation. The uniform fee will be due the day of the fitting. There will also be some optional items available for purchase online.

Practices and Games:

* A practice and game schedule will be given to cheerleaders at the beginning of each sports season.
* We cheer for all football games. Cheerleaders will be expected to be at the games by 5:45
* We cheer for girls and boys basketball HOME games
* Pep rallies
* Practices at the beginning of the season will be Tuesday and Thursday 2:00-3:30 (time and days may be adjusted according to needs of the squad at the beginning of the season when most learning is taking place) When football starts, practice will only be on Thursday, as games will be on Tuesdays.

Transportation:

* All cheerleaders must have prompt transportation home, to and from practices and games **(This also includes tryout week)**
* There is NO bus transportation to and from games
* PMS cheerleaders must go home on game days after school (even home games) unless practice is scheduled that day.
* If transportation problems persist, then the cheerleader in question may be dismissed from the squad.

\*\* Join the Facebook cheer page- Pasco Middle School Cheer. Results will be posted on the FB page. Remember, results are contingent on eligibility once final grades are posted!

**Good luck and see you May 30th!!**

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You must complete the following information and bring to the first day of tryouts. This confirms you agree with and have read the entire packet including all rules, requirements, tryout evaluation and criteria, and expectations. You may want make a copy/take a picture of all info before cutting the page! ☺

**Participant Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Participant Contact Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (optional)**

**Participant Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (optional)**

**Parent Name (print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Contact Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_I understand the participation fee is due the first week of school.**

**\_\_\_\_\_\_\_\_ I understand the uniform/gear fee is due the day of the fitting.**

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**