

Palo Verde High School

Varsity and Junior Varsity Cheerleading 2017-2018



Parent Meeting: Cafeteria March 22, 2017 5:30pm

Try-Out Week: GYM Monday-Friday March 27th- 31st 4:30-5:30pm

Try-Out Day: GYM Saturday April 1st 1:00pm

Teams Posted: GYM Saturday Approx. 3:00pm

Packet Due: Tuesday March 27th

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Dear Parents,

Your son/daughter is interested in becoming a member of the PVHS cheerleading squad for the 2017-2018 school year. If selected to be a cheerleader, there are specific responsibilities and obligations which your son/daughter must assume in order to qualify and remain an active member of the team.

After reading the attached constitution and fully understanding the rules and regulations which govern this program please sign. After your child has a complete understanding of his/her responsibilities and obligations have your child sign and return to the advisor at the end of the mandatory parent meeting.

For the approximate cost for cheer please see attached form.

Your son/daughter will give pride and spirit to our school, students, and community through their participation! We are delighted to offer your son/daughter the opportunity to join one of the finest organizations at our school! We look forward to a successful and amazing year! If you have any questions concerning the constitution or a cheerleader's role and responsibilities, please ask at the appropriate times in a respectful manner!

Thank you for your attention and cooperation!!!

Advisor

Coach Tori Hook (760)-285-2200

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PVHS CHEER CONSTITUTION

This constitution has been written and adopted for the PVHS Cheer Squad. The team and its Constitution are governed by Palo Verde Valley High School and Coach Tori Hook.

1. The Purpose of the PVHS Cheer Squad is to:

- A. Create school spirit, pride, and loyalty.
- B. Promote interest in school activities and perform at events.
- C. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and always have a positive attitude and outlook.
- D. Learn team work and have pride in quality performances through maintaining high standards all year long!!! (**ALL SPORTS**)

2. The Advisor was hired by the PVUSD Board of Education upon recommendation of the school principal.

- A. Advisor will be responsible for the daily running and activities of the PVHS cheer team and will be responsible for administering all disciplinary procedures.
- B. Advisor will ONLY be available by email Tori.hook@pvusd.us and Mon- Fri 4:00pm-8:00pm 760-285-2200. Advisor will not be available on weekends unless there is an event/fundraiser in which Advisor will be available during event/fundraiser hours only.

3. Eligibility

- A. Each member must maintain a 2.5 GPA or higher.
- B. Each member must submit a completed constitution with parent and child's signature along with parent consent/medical release form at the parent meeting.

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C. Each member and parent must sign the CIF code of conduct for the new season as well as submit a completed physical by summer camp.

4. Attendance

A. All students who participate in school activities must be in a regular full day attendance the day the activity is scheduled.

B. If a member is ill and misses ANY activity, he/she must be at home or seeking medical appointments. To excuse the absence, the parent must contact the coach via text message/phone call or Team App.

C. If a member misses ANY practice regardless of reason he/she will automatically be replaced by the next available alternate for that particular performance.

D. If a member misses 3 practices that week, or averaging 3 practices a week leading to that performance regardless of reason, they will not be allowed to participate in that performance and will sit out the **first** half of the game.

E. If a member is to sit out for any event regardless of reason, they must attend in uniform at the same time as scheduled.

F. If a member is late to any event, game, or practice, regardless of reason, they will be sat out in equal game time minutes, or asked to make up the time elsewhere. (Making copies, pulling out mats, calling sponsors, arriving early to help set up, etc.)

G. Team Bonding's will be a mandated event for all members. It will be once a month, and expect at least 2 hours of team bonding's to take place.

5. Uniform

A. Each member will be expected to purchase his/her uniforms, camp wear, warm ups, etc.

B. Each member is to wear their full uniform/camp wear assigned by the

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Coach or Captains from head to toe to school, practices, games, and events. If a member does not follow these directions they will be sat out for that practice, game, or event.

C. Each member is to behave appropriately in all cheer/school wear. (No attitude, inappropriate language, fighting, PDA, etc.)

- Physical Fighting- Immediate Dismissal
- PDA- Public Display of Affection
 - NO KISSING
 - NO INAPPROPRIATE GROPING

6. Medical

A. Each member must have a complete physical turned in prior to summer cheer camp.

B. Each member must have a completed medical emergency form turned in with detached papers from the constitution at the parent meeting.

C. If a member is injured an accident report will be filled out by the advisor and turned in to Mrs. Cox after the parent is immediately contacted.

7. Character

A. Team members should be leaders within the school by setting a good example at all times.

B. Team members should maintain good personal appearance and habits that cannot be criticized.

C. Team members must be courteous, friendly, and respectful to student body, faculty, staff, visitors, and other teams.

D. Parents and team members must remain respectful at all times to fellow parents, team members, and the advisor.

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8. Disciplinary

- A. Disciplinary actions that include but are not limited to dismissal from team, sitting out at practices, games, and events are results of the contract/coaches rules and/or instructions not being followed.
- B. Drinking and drug use in cheer/school wear or at cheer/school functions will result in immediate dismissal of the team with no refunds of any kind.
- C. Posting of inappropriate pictures, slander, or negative behavior on social media sites that are sent to the advisor will be forwarded to the parent. Disciplinary action by the advisor and/or administration will take place if it is cheer/school related. A meeting with the advisor, member and parent will be scheduled immediately after social media/ cyber bullying incident.
- D. Each team member is to take full responsibility for their actions.
- E. STRIKE OUT-

If any of the rules and regulations of this contract are broke there will be a three strike, you are out! If you have three strikes from a continuing rule you will be dismissed. If you miss 3 MANDATORY practices, it will be considered a strike out.

Example: First strike of a rule broken, the member will have a sit down meeting with the advisor. Second strike, the member, the parent and the advisor will have a sit down together. Third strike will be automatic dismissal from team.

9. Captains

- A. Start practices (laying out mats, stretching, warm ups, etc.)
- B. Help the advisor with daily tasks. This includes but is not limited to calling cheers, helping with routines, helping team members who are struggling with

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the routines, keep team on task, and communicate in a respectful manner to your coach and teammates.

C. Help organize fundraisers, help with publicity and advertising.

D. Be an example to your teammates. This means going above and beyond to help your team in every way possible.

E. If the advisor and/or teammates feel as though a captain is not performing these tasks to the best of their ability the captain will have a private conversation with the advisor on what needs to improve and what is expected. The captain will be given a final chance to make the corrections. If the captain does not make an improvement they will no longer have the captain title or captain responsibilities. They will be replaced by the next available candidate selected by the advisor.

10. Summer Cheer Camp

A. Camp dates will be from Monday July 24th to Thursday July 27th .

B. Cost for camp will be approximately \$450 per girl 4 to a room, girls will be put in groups for rooming selected by advisor.

C. Transportation will not be provided to JW Marriott Desert Springs Resort.

D. Details will be provided at an upcoming parent meeting.

11. Fundraising

A. All members are required to participate in all fundraisers which are generated by the team and advisor.

B. There will be specific fundraisers to help offset costs of camp/uniforms

12. Cell phones & Electronic Devices

For ALL games cell phone and electronic devices will be put in a designated area per the Advisor. For any emergencies you are to contact the advisor.

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UNIFORM/ CAMPWEAR/ CAMP COST CONTRACT

Estimated Camp wear/Uniform & Camp Cost for a **NEW CHEERLEADER** is about \$1500.00+

This all includes:

FIRST ORDER NEEDS TO BE PAID BY 5/19/17 OR YOU WILL BE DISMISSED FROM TEAM IMMEDIATELY!

FIRST ORDER

1. 2 pairs of shoes (stunt and performance)
2. 3 camp wear outfits
3. 1 set of Green metallic poms
4. Backpack with their name embroidered
5. Uniform (Shell and Skirt)
6. Jersey
7. Green and Black Spank shorts
8. 1 green, 1 black, 1 yellow cotton shorts
9. 1 Sports Bra
10. Glitter Bow
11. Game Bow

= \$700 to \$800

SECOND ORDER NEEDS TO BE PAID BY 8/4/2017

SECOND ORDER (WINTER ORDER)

1. Warm up pants
2. Uniform Liner
3. Varsity Long Sleeve (ONLY if on Varsity)
4. Pink Glitter Bow
5. Pink Poms
6. "Jackets" Pullover Jacket

= \$200 to \$300

CAMP COST

- \$450 Per Cheerleader- \$100 Deposit must be paid by 4/21/2017, the remaining \$350 is due 6/2/2017

Any returning Cheerleader will only need to pay for NEW CAMP WEAR and anything else that they need to be updated.

There will be fundraisers to help offset the cost for each Cheerleader. I understand becoming a Cheerleader is VERY EXPENSIVE. You have to think of it as "school wear" as well. These Cheerleaders wear these outfit A LOT throughout the year. You can raise your own money if you need more help with funding. We will be doing 2 fundraisers before the money is due (car wash and candles).

Please make your child hustle! ***NO REFUNDS***

I AGREE TO PAY BY THE ABOVE DATES, IF NOT I UNDERSTAND MY CHILD WILL BE DISSMISSED

PARENT SIGNATURE: _____

DATE: _____

STUDENT SIGNATURE: _____

DATE: _____

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CANDIDATES WILL BE SCORED ON THE FOLLOWING

ATTENDANCE- 5 POINTS PER DAY (MON-FRIDAY) = 25 total

APPEARANCE- 5 POINTS = 20 total

TOE TOUCH- 10 POINTS = 40 total

ALMA MATTER- 5 POINTS EACH

Coordination, Voice, Timing, Spirit =80 total

SHORT CHEER- 5 POINTS EACH

Coordination, Voice, Timing, Spirit = 80 total

DANCE- 5 POINTS EACH

Coordination, Sharpness, Timing, Spirit = 80 total

*4 Judges (75 Points Per Judge) + 25 Attendance Possible Points= 325 total

This will be a CLOSED TRYOUT

(No Audience except for Senior Cheerleaders and Judges)

PLEASE NOTE TRY OUTS MAY RUN LATER THAN SCHEDULED.

WE WILL STAY UNTIL WE SCORE EVERY CANDIDATE.

FIRST YEAR CHEER MUST TRYOUT JV ONLY.

Captains will be chosen by Teams and Coach at our first week of summer practice

Hair must be up and away from face all practices. Please wear Gym attire & tennis shoes (please stay with the school dress code) all week. Please take all piercings out and jewelry off before you get to practice. Make sure to bring a water bottle with you... you will need it.

MOST IMPORTANTLY DO NOT BE LATE!!!!

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PERSONAL INFORMATION

Name_____Phone Number_____

Home Address_____Zip_____

Current GPA_____Grade Level Next Year_____DOB_____

Parent/Guardian_____

Parent/Guardian Phone Number_____

MEDICAL INFORMATION

Doctor_____Phone Number_____

Dentist_____Phone Number_____

Insurance Company_____Policy Number_____

Allergies_____

Current Medications_____

Current Injuries_____

Please check the team below that you would like to try out for. If you do not make Varsity and would like to be on JV please check both.

FIRST YEAR CHEER MUST TRYOUT JV ONLY.

Trying out for:

Varsity_____JV_____

PLEASE DETACH THIS FORM AND RETURN TO THE ADVISOR AT THE PARENT MEETING!!!

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Candidates

I have read, fully understand, and accept all of the responsibilities and consequences listed in this constitution. By signing this, I acknowledge that if I violate the constitution I will be penalized. I understand that cheerleading is a demanding sport and I am expected to work to my full potential. If I have a problem I will bring it directly to the coach. I understand that I am expected by the coach and my teammates to be at cheer camp, all practices, all games, and all events including fundraisers. I understand that I must maintain a 2.5 GPA to participate. I understand that as a PVHS Cheerleader I am a role model in my community and I will hold myself to that standard. I will respect my Coach, my Captains, and my Teammates. I promise to work with my teammates to achieve a common goal, abide by the rules and instructions given by the advisor, and to always give 110% of my ability.

PRINT NAME _____

STUDENT SIGNATURE _____

Parent/Guardian

I have read, fully understand and accept all of the responsibilities and consequences my son/daughter will have as a PVHS Cheerleader. I know if my son/daughter violates the constitution he or she will be penalized. I understand that the PVHS Cheer Coach has been trained and conditioned to coach cheerleading and I will respect and support all of her decisions. I understand that cheerleading is a demanding sport and my son/daughter is expected to work to their full potential. I understand that my son/daughter is expected by the coach and teammates to be at cheer camp, all practices, all games, and all events including fundraisers. I understand that if I have any issues, suggestions, or concerns I will bring them to the PVHS Cheer Coach before any other person, parent, or authority. I pledge to always keep a respectful manner and tone to other parents, team members, and the advisor.

PRINT NAME _____

PARENT SIGNATURE _____

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PVHS Cheer Tryouts

Schedule of Events

- Mandatory Parent Meeting on
Wednesday March 22, 2017
- Packets will be available in HS office
March 22, 2017
and also available at Parent Meeting!
- Tryouts are
Monday March 27th to Friday March 31st
4:30-5:30pm in High School Gym.
- Tryout DAY is Saturday April 1st @ 1:00PM