



SOUTHEAST HIGH SCHOOL CHEERLEADING TRYOUT PACKET

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: tryout information with a list of important dates, an information sheet, and the cheerleading code of conduct. You will also need to complete and turn in a **Physical Form, Insurance Verification Form, and Proof of Eligibility**. Please read and understand all the enclosed information before tryouts.

Cheerleading Tryout Dates:

- Cheer Clinics will be held on Tuesday, September 1st and Wednesday, September 2nd from 3:00 – 5:00pm. Tryout material will be taught during this time.
- Official tryouts will take place on Wednesday, September 3rd at 3:30pm

The following **MUST BE** turned in **BEFORE** you can participate in clinics or tryouts:

- Sports Physical Examination Form
- Consent Form
- Completed Information Sheet
- Cheerleading Rules of Conduct
- \$50 Insurance must be paid

Selection of the cheerleaders will be based on the following:

- A cheer, chant and dance that will be taught to you during the clinic.
- Jumps
- Athleticism and physical fitness
- Scholastic achievement and eligibility
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability

What do you wear to tryouts?

- During clinic days please wear comfortable, length appropriate shorts and a colorful shirt. Sports bras must be worn. No basketball shorts or pajamas. No denim shorts, jewelry, or artificial nails. Your hair should also be off your shoulders.
- **On official try-out day**, you will need to **wear dark colored shorts (black or navy blue)** and a **solid white-shirt**. Your hair should be off your shoulders, and no jewelry should be worn or artificial nails.
- Please do not wear any previous cheerleading or dance attire during tryout week.

For those who make the squad:

Mandatory Meeting for all cheerleaders and their parents:

Tuesday, September 8th at 5:00pm.

First payment is due \$150.00

Practices will begin on Monday, September 7th.

Again, all paperwork must be in by September 1st. You can either drop the paperwork off or mail it to Southeast High School located at 1200 37th Ave. E. Bradenton, FL 34208

We look forward to seeing you at tryouts. If you have any questions, please contact Tish Jones at sehscheer2016@gmail.com

SEHS CHEERLEADING FEES

The following fee schedule must be adhered to if your son/daughter is chosen for the SEHS Cheer Program. This fee covers uniforms, school insurance, mask, shoes, warmups, bows, socks, breast cancer attire and practice wear etc.

Cheer fee payment schedule

Payment Schedule #1 - 9/8/2020 - \$150

Payment Schedule #2 - 9/29/2020 - \$150

******IF YOUR CHILD FEE ARE NOT UP TO DATE BY SEPTEMBER 29TH HE/SHE WILL BE DISMISSED FROM THE TEAM.**

Fundraising Items (Mandatory Participation):

- Krispy Kreme Donuts Sale
- Seminoles Wrist Band Sale
- Afterschool Snacks
- Car Wash
- Spirit Ribbon Sales

Team Building Activities: Note that activities are not covered in cheer fees. TBD-COVID UPDATE

- Painting with a Twist
- Cheer Night out (restaurant)
- Bowling
- Family Beach Day
- The Florida Classics (November \$100 per cheerleader)
- Practice Team Building Game Day
- Celebrate Birthdays (Monthly)
- Kickball Tournament???

CHEERLEADING RULES OF CONDUCT

Can Constitute Immediate Removal:

- Being involved in a fight during a school activity (meeting required)
- Use of alcoholic beverages or drugs at school or school sponsored event
- Academic issues
- Being arrested for any reason
- Convicted of a crime
- Constant discipline issues in school or practice
- Suspension (multiple times or for above)
- Pregnancy
- Insubordination to coaches or captains / leadership team

Consequences:

Benched one or more games (Must dress out)

- Unexcused Absences: Absences from a ballgame, pep rally, or other cheerleading activity including practices that are not pre-arranged with the coach
- Late/ Tardy Tardiness to a game and a half- time is unacceptable. Unexcused tardy to practice will have consequences (unless prearranged and accompanied with note)

Safety:

- Hair: Must be pulled away from the face for all cheerleading activities including all practices
- All fingernails must be trimmed to a safe length (which means nail should not be seen over fingertip and absolutely no polish)
- Jewelry: Is prohibited at all times including practices and games, including piercings of any kind.

Game Behavior/Conduct:

- Do not yell at the officials during, before, or after a game.
- Do not yell or make rude gestures to the opposing team or fans.
- Be a lady/gentlemen at all times.
- Set the standard for all of your peers.
- Absolutely no moving or talking during the National Anthem.

Rules of Performance

- Every cheerleader serves at the discretion of the coach. If in the judgment of the coach the best interest of the squad is not being served, an individual may be removed from the squad, although no rules have been violated, the cheerleader will be warned and counseled one time about the problem/situation. If correction does not occur within a reasonable time period determined by the coach, removal from the squad will immediately.
- If a you are assigned ISS you will not be able to cheer for half a game during the week of the ISS.
- If you are assigned OSS you will not be able to cheer for the entire game during the week of OSS
- According to state rules, a cheerleader may not participate in an activity or game if he/she has been absent more than ½ day from school the day of the activity or game, and he/she should not be at that event. Practice is included in this rule.

- A cheerleader must meet state athletic eligibility requirements. Cheerleaders must meet the same eligibility requirements as other athletes. Grades come first. **Remember if you have failing grades then you can't cheer.**
- Any cheerleader that quits the squad may not try out for the next year without approval from the head coach prior to try outs.
- Many students need to work at a job and cannot be a cheerleader for that reason. A cheerleader will not be excused from any cheerleading function because he/she has to be at work.
- The cheerleader must be in correct uniform in order to participate in any cheerleading function such as games and practices. Cheerleaders ONLY will wear the uniform, wind suit, or team apparel allowing a NON cheerleader to wear any cheerleading apparel will result in a discipline.
- Transportation will be provided to all out of county athletic activities away from school. Each cheerleader must travel with the squad. If the cheerleader's parents intend on attending the event, they may ride home with them ONLY after the parents have spoken to the coach and **SIGNED OUT. YOUR PARENT MUST SUBMIT IN WRITING THAT HE/SHE WILL PICK YOU UP.**
- If a member does not fulfill team obligations they may be excluded from, games, competitions, or be removed from the squad.
- All cheerleaders need to attend the summer camp and practices. Fundraisers will be arranged to help defray cost for additional items needed throughout the year. We expect each cheerleader to participate.
- Cheerleaders must be available Monday – Friday and a few Saturdays during each season. Competitions will require more practice time. The team will practice during the summer. **Note: A calendar of events will be provided upon making a squad. This schedule will be subject to revisions at the discretion of the coaches.**
- Cheerleaders will arrive to games in full uniform including shoes. (No dressing at the game or wearing flip flops there will be consequences)

I, _____, declare that I have read all expectations of this Southeast High School
 (print cheerleader's name)
 Cheerleading Squad and agree to all terms.

 Cheerleader's Signature

 Date

I, _____, parent of above cheerleader, declare that I have read all expectations of this
 (print parent's name)
 Southeast High School Cheerleading Squad and agree to all terms.

 Parent's Signature

 Date

Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name:	Student ID #:
Current Grade Level:	Previous School you attended:
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/ Medications (Please describe in detail):
--

Were you involved in any behavior infractions (ISS or OSS) during the 2019-2020 school year? If yes, please explain on a separate sheet of paper.