

PINE FOREST HIGH SCHOOL CHEERLEADING TRYOUTS



July 23RD 8:00am-12:00pm

July 24th 8:00am-12:00pm

July 25th 8:00am-UNTIL

(July 25th - you will receive a call/text from your athlete when tryouts are completed)

****THIS APPLICATION IS DUE MONDAY JULY 23RD AT THE START OF TRYOUTS****

Name: _____ Grade: _____

Address: _____

Applicants Cell Phone Number: _____

Applicants Email Address: _____

Mother/ Guardians Name & Phone Number: _____

Mothers Email Address: _____

Father/ Guardians Name & Phone Number: _____

Fathers Email Address: _____

Health Insurance Company: _____ Policy Number: _____

Family Doctor: _____ Phone Number: _____

Medical Issues: _____

Medications: _____

Comments: _____

Applicants Signature: _____ Date: _____

Parent/ Guardians Signature: _____ Date: _____

****Please initial by the following:**

_____ Ticket of Participation from Mr. Norton (Athletic Director)

_____ Athlete and Parent completed forms on www.Arbriterathlete.com

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Tryout Schedule

Monday: Crazy Sock Day- feel free to wear fun socks!!

Tuesday: Crayola Day- dress from head to toe in one color!!

Wednesday: All must wear a plain white t-shirt, black shorts and no-show ankle socks. Feel free to come "Game Day" ready. Hair, makeup and bow acceptable.

Estimated Costs for Cheerleaders:

New Varsity- \$325.00

Returning Varsity- \$265.00

New Junior Varsity- \$315.00

Returning Junior Varsity- \$255.00

****PRICES SUBJECT TO CHANGE DUE TO SHIPPING, TAXES, AND/OR PERSONALIZATION OF ITEMS****

****MONEY WILL BE DUE NO LATER THAN WEDNESDAY AUGUST 1ST BY THE END OF PRACTICE (12PM).**

YOU MAY PAY BY CASH, CHECK OR MONEY ORDER. **

Parent Meeting: Monday July 30th from 6:00pm-8:00pm in the Media Center.

Philosophy

The cheerleading program at Pine Forest High School will provide its participants with many opportunities involving leadership, teamwork, spirit, and enthusiasm. The purpose of our program is to:

1. Promote and uphold school spirit and enthusiasm of spectators at athletic events.
2. Develop a sense of good sportsmanship through competition.
3. Promote Pine Forest High School by being involved in the community.

Role of a Cheerleader

- Cheerleaders by title are role-models.
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times
- Provide leadership
- Promote unification of the crowd's involvement during athletic events
- Improve life skills in the areas of: Leadership, Emotional Maturity, Self-Confidence, Moral and Ethical Values, Decision Making Skills, Cooperation, Spirit of Competition, Character, Self-Discipline, and Self-Control
- Balance academic requirements and demands with extra-curricular and personal activities
- Has an understanding of their cheering environment. It is very important to know the sports that you are cheering for.
- **Grades** will be checked periodically at the coach's discretion in conjunction with progress reports and report cards. Grades must be kept at a "C" average with no "F's". PFHS Cheerleader conduct will be enforced by a **Merit and Demerit System**.

Attendance Policy

- Cheerleading is a time-intensive sport with practice during spring, summer, and fall. Schedules will be given in advance and ALL cheerleaders are expected to attend scheduled meetings, practices, and events.

Safety

- Jewelry is not to be worn at any cheerleading event or practice. (This includes all piercings. Before getting a piercing, remember that new piercings are vulnerable during stunting even without jewelry in them.)
- Nails are to be kept natural and at an appropriate length because long fingernails and artificial nails can become a safety hazard. (Only clear polish is to be worn on nails.)
- NFHS Spirit Rules will be enforced at all times (see <http://www.nfhs.org>)

Communication

- PFHS coaching staff may communicate with athletes electronically (i.e. text messages, Facebook, Instagram, twitter, and email), any information regarding practices, games, and scheduled events that pertain to cheerleading and/or PF athletics. PFHS coaching staff may also text or call athletes directly to investigate illness, tardies and/or absences from school and/or practices and games.
- Text messages have become the most widely acceptable means of communication; however they can be extremely disruptive to the school/work day. Text messaging during school/work hours should be

kept to a minimum and only used to communicate emergency/urgent situations. Coaches may use text messaging to inform athletes of last minute changes or cancelations of events.

****Parents/Guardians: if you do NOT give permission for coaching staff to contact your athlete directly through the above means of communication please provide the coaching staff with a written statement indicating this request.****