

Welcome to Peninsula High School Cheer Tryouts! 2024-2025 Season

Tryouts for the 2024-2025 Peninsula Cheer Team will be April 9-11, 2024. Currently enrolled PSD students who are in grades 8-11 are eligible. Tryout practices and tryouts will be held at PHS in the Auxiliary Gym from 5:30-7:30pm on the 9th and 10th and final tryouts will begin at 5:30pm on the 11th. Please complete all the required paperwork before tryouts (this includes the online athletic packet with current physical and online cheer related profile – review tryout checklist).

UPCOMING DATES TO REMEMBER

Before Tryouts:

- Friday (3/5) – [Registration opens in Final Forms](#)
- Friday (4/5) – Final day of registration (must have cheerleader PROFILE and QUESTIONNAIRE completed and be approved to tryout on Final Forms - link to [PROFILE HERE!](#) Link to [QUESTIONNAIRE HERE!](#))
- Check out our [tryout page here!](#)

Tryouts:

- Tuesday (4/9) – Wednesday (4/10) – Tryout Practices @ PHS Aux Gym from 5:30-7:30pm
- Wednesday (4/10) – Varsity “uniform fitting” will take place around tryout practice time. *Everyone will be measured for a uniform but does not mean a guaranteed position on the team*
- Thursday (4/11) – Judged Tryouts @ PHS Aux Gym starts at 5:30pm – until finished

Post Tryout:

- Monday (4/29) - First Team Practice @ PHS 5:00pm – 7:30pm
- Thursday (4/25) - New Team Parent Meeting at 6:00pm @ PHS Library (minimum 1 parent must be present, including returning families)
- Friday (4/26) - New Team bonding 5:00pm-6:30pm (more information will be provided later)

CHEER MISSION STATEMENT

Promote and uphold the integrity, pride, and spirit of the PHS cheer program. Represent PHS and the community to the highest degree during games, performances and events. Create and fulfill a healthy environment that encourages and teaches athletes, students, staff and community superb behavior in or out of uniform. Act as servant leaders who live with integrity and respect while creating lifelong friendships.

ALL YEAR CHEERLEADING (April – March) [Review our team calendar here](#) to gain insight into the time commitment.

Tryouts for either “all year” and “all year competition” cheer will be held in April 2024. All year competition cheerleaders are required to participate in team fundraisers, cheering at both home and away football games, home basketball games (including all post-season play), compete at local and/or national competitions, attend all practices, camps, clinics, and tutoring (if needed). All year members are required for team fundraisers, both home and away football games, home basketball games (including all post-season play), and participate in all practices, camps and clinics.

BEFORE YOU MAKE THE DECISION TO TRYOUT, please carefully consider the following:

Cheerleading involves more time and responsibility than most realize. You need to be willing to commit a minimum of 12 hours a week starting in April and continuing through the end of the winter sports season (March 2025). The demands upon a person’s time and energy are exponential - all cheerleaders must be able to successfully balance schooling, cheerleading, homework, work, and their social lives. Your various commitments

NEED to be taken into consideration before you decide to tryout. The approximate cost for each team member can range anywhere between \$500 and \$2,000 (this range includes costs for camp, clinics, gear, and trips). Please note that fundraising is available, but the student and family are responsible for the final cost.

OBLIGATIONS

The team will cheer at all varsity football games (home and away), home varsity basketball games, all post-season play (traveling may be required), compete at local and/or national competitions and select pep assemblies. The whole team will be required to participate in school spirit activities (i.e. spirit week). We also participate and either help with setup/or teardown of Winterfest; this event is mandatory for all team members. Participation in mandatory fundraisers, camps and clinics are required and attendance is expected. Each cheerleader will be required to complete 50 volunteer hours throughout the season. A spreadsheet will be handled by the coaches in keeping track of athletes' volunteer hours as they are given to them. If a cheerleader does not complete the 50 hours by March 1, 2025 they will not receive a Varsity Letter.

What counts for Volunteer Hours?

- Timing at swim meets
- Welcome Wednesday (greeting at the doors in the morning)
- AVID/Leadership events or activities
- Unified Cheer/Club
- Subbing for teammates - 2 hours
- Going to games as a FAN - 1hour
- Babysitting/pet sitting (not your own siblings or pets) for free
- Community Services events done individually or as a team
- Volunteering at a pet shelter
- Helping an elderly neighbor plant flowers, move their garbage, etc.
- Winterfest

Please run any and all ideas through coaches for approval

CHEER REQUIREMENTS

1. Cheer camps and clinics are MANDATORY:
 - UCA Cheer Camp –June 24-27th, 2024 at University of Puget Sound
2. Required Cheer Community Service Events (as of now)
 - Gig Harbor Maritime Parade (Saturday 6/1). Please let Coach know if you are signed up for the SAT or ACT.
3. Required Cheer Team Fundraisers (as of now):
 - Mini Cheer Camp (tentatively Tuesday-Thursday 8/13-15)
 - Winterfest Set up: (Tuesday 11/26)
 - VPO Booster Club will share more on fundraisers and planning. If you would like to be apart of this great parent team please contact Emily DuCharme mleduch@me.com
4. The athletic office must clear all candidates prior to participation (this includes all school fines and physicals).
5. All cheerleaders are required to have a current physical (within the last two years). Once on the team, you will be required to provide a sports physical current through May 1, 2025 before being eligible to participate in team activities.
6. Practice, plus games will be 3-5 days a week, minimum.
7. Cheer covers all regular season and post-season events for football and basketball. (Timing at swim meets maybe be included)
8. Attendance at all practices and events are required.
9. There will be weekend events, competitions, practices, and games.
10. Minimum of 2.0 GPA and passing all classes (no failing grades).

11. All cheerleaders must abide by the Athletic Code of Conduct – this is a round-the-clock 12-month policy. If an infraction occurs immediate suspension or dismissal from the team will ensue.
 - If you attend or want to attend parties that do not support the athletic code, then this is not the team for you.

CHEER FINANCES

- Cheerleading is expensive, time-consuming, and demanding. Students chosen for the team spend approximately; a minimum of \$460 for required uniform items, ≈\$500 to attend camp, \$75 for a stunt clinic if we are able to get one scheduled, a varied cost for other clinics, practice/camp wear, and required school fees.
- *The team will attend mandatory:*
 - UCA Cheer Camp – June 24-27, 2024 at University of Puget Sound
- Camp is non-refundable and the cost of camp is due by May 1, 2024. You can pay with a debit/credit card online via <https://wa-peninsula.intouchreceipting.com/> or submit a check, money order or cashier's check to the PHS bookkeeper. *Make checks payable to PHS, memo line: cheer camp, student's name*
 - Once a team is chosen we will let everyone know the cost of camp at the New Team/Parent Meeting April 25th
- A PHS Sports Boosters donation of \$100 is due May 22, 2024. Your donation is directly credited to the cheerleading team account (which covers various team costs throughout the year, most of it will be helpful for providing meals/snacks to the team), this donation is tax deductible by their 501(c)3 designation (EIN: 91-1818548). If you cannot make the donation by **May 22, 2024** please let Emily DuCharme know and a plan can be put in place.
- Every athlete will need to purchase new cheer shoes for the 2024-2025 season. Here is the link to purchase the team shoe - [NFINITY CHEER SHOE LINK](#)

TRYOUTS

Each potential member will be required to perform 2 cheers, tumbling if they have any, jumps, and a dance routine taught at practice with one or more other members in front of a judging panel which will consist of the coaches. Each member will be judged on voice, sharpness, jumps, tumbling, showmanship, dance technique, and overall performance. We also look to see if athletes are coachable throughout the week.

A grade, discipline, and attendance check will be conducted by the Athletic Office and will be reviewed with the Coach. In addition to the physical requirements, the candidate is responsible for turning in all required paperwork on time, this includes: the online Final Forms registration with an up-to-date physical, signed cheer packet pages, and submitted responses to our tryout questionnaire. If these items are not turned in or completed, the candidate will not be allowed to tryout. Other tryout requirements and information include:

- All candidates must have at least a 2.0 GPA before considering trying out. Please understand if the candidate makes the team they must maintain a 2.0 GPA and passing all classes (no failing grades) throughout the entire season in order to participate at any event.
- Candidates must complete all required paperwork and be cleared (in FamilyID) by Athletics no later than noon on April 5th
- Tryout practices will be at PHS from 5:30pm - 7:30pm. These practices will review basic cheer knowledge (moves, jumps, and kicks), the tryout dance, cheer, chants, and if any tumbling there will be time given to

those who would like to) Practices are mandatory, it is the candidate's responsibility to learn the material that is taught.

- Proper attire for practice: workout clothes that allow movement along with athletic shoes/sneakers. Please choose a more modest coverage outfit (no: crop tops, only spandex shorts/Nike pros, etc). Refrain from wearing clothing that state cheer, cheerleader, or references a cheer team, etc. – instead choose Peninsula Seahawk colors or other gear. Jewelry is prohibited at the high school level for cheer. Nails must be short in length (no longer than the tips of your fingers); no acrylics, gel is ok; and the shape of the nail must not have sharp edges.
- Be ON time and ready to work, everyday!
 - Early is on time, so be there 15 minutes before start time!
- Judged tryouts will be on Thursday, April 11th at PHS in the AUX Gym starting at 5:30pm – until finished. Candidates must stay for the entire time (unless prearranged and approved by the coaches), as the results of the tryout will be given after the last group performs. **If there is a conflict with the time the candidate MUST notify the Coach no later than April 5th.** Proper attire for the judged tryout is noted below:
 - Candidates are required to perform tryout material: cheer, chants, jumps, kicks, tumbling, and a dance routine.
 - Proper attire for judged tryouts:
 - Blank black t-shirt
 - Dark shorts (cannot just wear Nike pros or briefs; Softe's, track/running shorts, etc. are acceptable)
 - Athletic shoes
 - Hair in a high or low ponytail (all hair behind your ears) – pin/spray down flyaways
 - Game day make-up
 - No jewelry
 - Short length nails (no longer than the tips of your fingers) - no acrylics, gel is ok

WHO WILL BE CHOSEN?

The team will be selected based upon the candidate's coachability, skill level and fit with the program/school values. We are looking for candidates who are strong in the areas of motions, technique, and placement; and who want to be a role model for PHS. Members of this team will live out the Peninsula Proud Way – living with integrity, being kind, engagement in community, and responsibility. The coaches have the final say in all selections made to the cheerleading team.

As you can see this is a serious commitment that will require a great deal of time, responsibility, and dedication from you during the year. As already mentioned, the students' academic schedule, job, vacations, social engagements, clubs, and other outside activities need to be considered before taking on this commitment. If you have any questions or concerns, please contact Coach Rabs by email at hooperr@psd401.net.

Sincerely,
Coach Rabs and Coach Kaleigh
Peninsula Cheer Coaches

PARENTS, a friendly reminder that cheer tryouts are CLOSED to all spectators, to include the FINAL DAY performance. We want to ensure athletes are under no added pressure and the environment of tryouts is one of learning and bringing forth their best selves.

Tryout Paperwork Checklist

Athletic Packet:

- Pre-Participation History and Physical Examination
 - A link is provided on the registration site for the exam form. Once completed, the form can be uploaded with the registration OR delivered to the Athletic Secretary, Angie (Elizabeth) Wehmeier via email <wehmeiere@psd401.net> or in person.

- Additional forms for the school Nurse regarding medical conditions. *This is not required for every student. If you have a reported medical condition, please see the Athletic Secretary for more information.*

Final Forms Online Registration will include:

- Uploading Physical Examination
- Health Insurance Information
- Cheerleading Risk Management Form
- Concussion Information Sheet
- District Attendance Policy
- Eligibility Checklist (student completes)
- Open Gym Use Guidelines
- PSD Activities Code of Conduct
- PSD Athletics Parent Code of Conduct
- Sudden Cardiac Arrest Information Sheet
- Weightlifting Risk Management Form

Cheer Packet:

- Sign (parent and student) pages from the following packet and submit on website **ADD LINK**
 - Application for PHS Cheerleading Tryouts
 - Peninsula High School Cheer Contract
- Then complete "[Cheerleader Profile & Questionnaire](#)" Google Form
 - Upload images of signed packet pages and grades
 - Student thoughtfully answers the questionnaire

To review a candidates pre-tryout approval progress please visit the tryout page on [our website](#).

All paperwork will be turned in online.

The deadline to submit paperwork and Final Forms registration is April 5th by Noon.

Application for PHS Cheerleading Tryouts

Student's First and Last Name: _____

Current Grade: _____

2024 1st Semester/2nd Trimester GPA: _____

My child has my permission to be a cheerleader at Peninsula High School. I understand that he/she must abide by the rules and regulations set forth by the coaches, Athletic Director, and Administration of PHS. The student must be present for all practices, games, clinics/camps, competitions, and other cheer events. I have read the rules and regulations and understand that the violation of any of these rules may lead to a temporary or permanent suspension/dismissal from the squad. I understand that **all forms and paperwork must be completed by April 5th** or my child will not be allowed to tryout.

I understand that my child will be evaluated by a panel of judges, and we agree to abide by the final decision of the coach and judges.

I understand all the costs involved. I understand that nonrefundable deposits and payments for cheer items are to be paid by the dates set by the coach.

I understand that being a cheerleader at PHS requires a MAJOR TIME COMMITMENT. Cheerleaders are required to cheer at both home and away football games, home basketball games, all post-season play games, compete at local and/or national competitions, attend all practices, camps, clinics, and tutoring (if needed). All squad members are required for "team fundraisers." Cheerleaders should anticipate having 15-20 hours of cheer related activities per week. This time commitment is NOT compatible with work, speech and debate, musical theater, drama, choir, or band. Running Start students must have AM classes.

I have read the rules and requirements established for the cheerleaders and will be supportive and assist in every way to see that they are enforced.

I understand by the very nature of this activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head.

I understand that the minimum GPA requirement for trying out is a 2.0. If selected to the squad I must maintain a 2.0 GPA **and** must be passing all classes at **ALL** times. A failure to maintain a 2.0 **and** passing **ALL** classes will result in an automatic suspension for games and may result in possible removal from the squad. I understand this standard is higher than WIAA's state requirement and agree to adhere to these requirements set forth by the coaching staff.

I understand the conditions stated above and that this tryout does not guarantee a position on the cheer team. My signature below serves as my commitment to honor the team selection process and respect the decisions made by the coaches/selection committee.

Name of Parent/Guardian

Signature of Parent/Guardian

Date

I am interested in being a cheerleader at PeninsulaHigh School. I understand the risks and requirements as stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches, Athletic Director, and the Administration of Peninsula High School. I promise to cooperate and follow the instructions of the cheer coach(es).

Signature of Student

Date

Peninsula High School Cheer Contract

Our Vision - Our coaching staff shares some key philosophies. First and foremost, we view this as a competitive but developmental program, where every player on every team is important to us. We believe the lessons of team sports reach far beyond the walls of the gymnasium, teaching resilience, empowerment, and work ethic. Who you are as a person and the relationships you form while part of our program is essential.

We create a healthy environment that encourages and teaches athletes to learn and develop on and off the field and to motivate athletes to not only be skilled at their sport but also servant leaders who live with integrity and respect in good and bad times.

Our goal as coaches at Peninsula is to create a culture where cheerleaders are respected, wanted and needed. We want to provide motivation and direction for learning all athletic based material and guidance and knowledge in becoming confident leaders.

Cheerleaders are as much of a part of the history and tradition of Peninsula such as Friday night football games and state basketball tournaments. They play a vital role in supporting the school's' athletic teams and boosting overall spirit within Peninsula, which if given the opportunity to be head coach, we plan to keep traditions alive and continue to improve spirit!

We plan to build a team into great athletes and amazing role models and leaders in the community. We will create a cheer culture within the Peninsula culture that is supported, encouraged and respected. We dream of building a team that treats others as they want to be treated, attend games and performances where they feel needed, wanted and appreciated. We would never make an athlete feel unsafe or uncomfortable, but rather welcomes and supported. We would never single out or embarrass an athlete in any event or situation. We will consider every need of every athlete before teaching any lessons.

We wish that for every athlete for them to walk away from practice, school, game or performance feeling and knowing that they tried their hardest with joy in their hearts and confidence in themselves and the team. We hope that with all of the above expectations and goals of my athletes, parents and as a coach that we can be an effective coach that treats her team and those around her with respect, compassion, effective time management and constant communication.

No one is guaranteed the right to perform - As coaches, we will have to make hard decisions about positions (dances, cheers, stunting, etc). Please trust that we will always have the team's best interest in mind – the team that your daughter is a valuable part of. Our decisions to achieve a certain goal will be decided by many different factors that will sometimes remain unclear to you. Again, please understand we always have the best interest of our team in mind.

While the coaching staff loves our players and genuinely wants to see each of them succeed, the coaches have a duty and obligation to make critical team decisions. The coach's duty is sometimes at odds with players or parents who have a duty and obligation to their own child first. This is natural and the coaches recognize this, but will not make team decisions for individual happiness.

Most importantly, every player on our team plays an important role. Regardless of their role, they are a valued and essential part of our program. Please support your child by knowing our team goals and how your player fits into achieving them.

Being part of this program should be considered a long-term commitment to the growth and development in this sport. We appreciate the patience and flexibility!

Coaches will not discuss playing time with parents. We have an open door policy with players where they will always know their role on the team, and what they need to do to change that role. Players may always speak to us about their cheer experience, but that does not mean it will change the game time outcome.

By participating in any sport, all student athletes at Peninsula High School agree to read and abide by the [Athletic Code of Conduct](#).

Commitment to the team - Practices will be weekdays and vary on times due to facility use. It is expected all players attend all games and practices the ENTIRE season. There may be occasional Saturday practices IF we compete, but we will not practice or play on Sundays.

Athletes are required to attend every practice and cheer at every game unless they are sick, in quarantine, or have a family emergency. Schedule your appointments, vacations, and activities around the cheer schedule. Coaches rely on every cheerleader at practice, and we take our practice times seriously. If an athlete must miss practice for any of the reasons above, it is the CHEERLEADERS RESPONSIBILITY to communicate with the coach at least **TWO** hours before practice begins. Missing practice(s) may result in sitting out of games, and athletes may be removed from the program if it is an issue.

Practices/games will not be excused without prior approval. The Coach has the right to give consequences for late arrival, excused, and unexcused absences to practices/games or events and the coach will decide those consequences. **All absences must be honestly communicated by the cheerleader at least 2 hours prior to the practice/game/event.** Absences will only be marked as excused for illness (contagious, fever, vomit, diarrhea, etc.), mandatory school activities, or family emergencies only. Cheerleaders should exercise good time management skills and set priorities to balance their academics and time commitment to cheer – it can be done.

There will be events or practices over summer, we pick up heavily in August. There are mandatory camps and clinics during summer break. There may be events or practices over Thanksgiving and Christmas break and other holidays; the coaching staff will be sensitive and try to accommodate where and when necessary. I will not change my practice schedule for any outside activities. You must be totally committed to this team. Remember work and social activities/plans are not an excuse to miss practice.

Grades - You must maintain a 2.0 GPA, passing all classes, and have satisfactory conduct in all classes. If a student falls below this requirement they will be benched until the grade(s) are raised. The student can participate in practices but not in games, assemblies or athletic events. If a failing grade is not raised within one month's time the student will be removed from the team.

Attendance Policy– Students must be in attendance at school for *three or more classes* on the day of practice or performance unless they have a note verifying the absence was due to an appointment that is excused within the athletic attendance policy. The student must participate in all courses and classroom activities. Exceptions may be made with the coach and administration.

During games, team members are to remain in the designated “cheer area” including times when a team member may be sitting out. The halftime break will be utilized to greet opposing cheer teams and then can be used to take care of personal needs – team members need to be back in formation with 2 minutes remaining on the time clock, if you are late we will run laps. The cheer team is responsible for cleanup/storage of team cheer gear after each game, all team members are expected to help with this task and will be dismissed after it is completed. While performing, team members are to display positive sportsmanship and lead the crowd in the same positive direction; this is the leader part of cheerleader. Excess socializing while cheering (to each other or

the crowd) will not be accepted – pay more attention to the game and listen for calls from leaders or Coach(es). Lastly, team members should perform stunts or tumbling that have been approved by the Coach(es) and have the appropriate number of spotters.

- **Must meet minimum practice days before the student is able to participate in any game.**
 - Fall sports season (starts in August) = 10 consecutive days
 - Attending mini cheer camp and 80% of summer practices are mandatory to perform during our first games.
 - Winter sports season (starts in mid-November) = 5 consecutive days

Flexibility and understanding - In a perfect world, everyone on the team would get to do anything they wish to. But that isn't how it works. An athlete may really want to fly when we stunt but with the dynamics of the team we may already have enough flyers. As an athlete, our expectations are that you are flexible and willing to try and trust anything the coach asks of you. If poor attitudes are consistent or disruptive to the team you may be dismissed from the team.

Cheerleading is a very competitive cut sport, where every season every player must prove themselves in our program. Each athlete may compete for a position no matter what team they previously played on or what program they were involved in during the off season. Your summer contributions, past team, or club status does not define your placement for Peninsula Cheer. This also aligns with character and if you are asked to be any sort of leader.

Positional Decisions - Skill levels at specific positions will be considered throughout the summer and as some know throughout the year injuries or sickness happens where we may ask a cheerleader to try something she may have never done before. We hope to have trained athletes in specific spots by the end of summer if not sooner. We may ask our athletes to play and train in other positions as well. We want our athletes to feel as successful as possible, but coaches make the final positional decisions that will better our teams and not just the individual. We consider every position and may spend full practices in specific positions to figure it out. It is vital to the success of the team.

Underclassmen - We might have a freshman who feels they are a more skilled player than a senior, but as coaches we are looking at more than just skill. If that freshman is not strong enough to start or heavily contribute cheering at games both mentally and physically, we will place where we feel is best. Patience and growth are an asset in every great program. We believe that being a go-to player and good role models are better than sitting on the bench or playing on a higher-level team. Programs build and train leaders that way. We try to look at long-term growth, as we believe there's value to a talented young athlete being a valuable athlete at game time (cheer time), and the one their teammates look to. With that said, there could be a talented young freshman that challenges our returners, and they may win that spot!

Returners - Competition is imperative to building a successful program and it must be understood that ALL roster spots are to be earned each year. Mental and physical growth should occur from season to season, making the stakes higher and higher every year of high school. Returning players will be evaluated with past performance time in mind.

Expectations - All players must have clean movable athletic clothing until our practice wear is ordered, athletic shoes (until cheer shoes are in), and a personal water bottle. We will often have practice out on the track/field as well.

Uniform – Uniforms are to be cleaned often. Any alteration to the uniform or cheer attire must be approved by the Coach ahead of time to ensure that it meets school attire standards. All cheer members must have the same uniform look. There are to be no visible bra straps at any time. Fingernails must be sports length (NFHS rule) with no full nail color – tip colors are ok (program preference). Hair must be neat, high or low, and out of the face (following WIAA & NFHS rules). Cheerleaders **will not** loan out any piece of their uniform. Cheerleaders must wear their uniform or team designated outfit, including appearance to school and on game/event days. Any gear issued to the cheerleader by their Coach is property of PHS and must be returned upon request; failure to return items will result in a fine against the student's school account.

Cheerleaders - Once an athlete is part of a school program, the Code of Conduct will follow them throughout their entire high school year and not just the season. All reports of a violation will be taken seriously and investigated. The coach and Athletic Director will follow the Athletic and Activities Code of Conduct for the Peninsula School District, and will determine the consequences for a player if there has been a violation.

All players are REQUIRED to abide by all of the rules of the athletic code. These rules include but are not limited to ACADEMICS, ATTENDANCE, DRINKING AND DRUG USE. Behaving in a way that is less than respectful, and by making choices that put our team at risk like partying or skipping school will not be tolerated where players risk removal from the team.

PHS also has a zero tolerance policy on BULLYING. If any player is caught initiating, participating in, or continuing any forms of bullying, whether it be in person or via social media, it will be investigated and serious consequences can occur, up to and including removal from the team. This includes but is not limited to, messaging or posting false information or negative statements about our school, program, teammates, or players from other schools.

CELL PHONES will not be used during practice times or during games unless requested by the coaches. Players are expected to give their attention to their team during this time. There is absolutely no cell phone use in locker rooms.

1. I will always consider myself a STUDENT-athlete. I will commit to my studies and will prioritize my education. I will work to exceed the minimum standards of the Athletic Code of Conduct.
2. I will attend every practice and every event unless I am sick, in quarantine, or have a family emergency. I will schedule my appointments around cheer, and I am committed to this program. I realize there are consequences of missing practice and events.
3. I will represent myself and this program to the best of my abilities both on and off the court. This covers language, attitude and effort in the classroom, sportsmanship and work ethic, extracurricular choices, and everything in between. I will work to be the best me at all times.
4. I will dedicate myself to being a servant leader; cheerleader, school, at home, in the community, etc. I will look for opportunities to give to the school and community, as they have and will continue to support me and the program I am a part of.
5. I will believe in myself and believe in my future. I understand that my coaches believe in me and my potential. I will bring a positive mindset that I CAN and WE WILL every day no matter what my role in the program looks like.
6. I will remain positive, encouraging, and supportive of my teammates. I understand that the most powerful tool we have been given to use when a teammate is dealing with adversity is encouragement. I commit to

lifting each other up at all times and see the good in every one of my teammates. I will believe in my teammates and trust in one another in all circumstances. I will work together and will accept each other and our differences both on and off the court! I will commit to never speaking negatively about a teammate.

7. I am proud to be a Peninsula Seahawk. I will take pride in my program, my team, my school, and the Peninsula community.
8. I understand that I will be held to a higher standard because I wear the Peninsula Cheer gear. My teachers will expect more from me. My administrators will look to me as an example, to contribute to a positive school environment, and to lead my peers with my actions. My peers will expect me to be focused and follow the school and team rules. I understand my coaches expect to hear only positive words about me around the school and community. I understand I have eyes on me EVERYWHERE.
9. I will take care of my body by eating properly, hydrating, warming up, stretching and getting as much sleep as possible. I will sign up for strength training and fitness classes during the season and in the off-season, even if it is before school, to stay in shape and keep my body strong and as healthy as I can.
10. If I am injured, I will do everything I can to heal which means following my doctors, trainers, and coaches orders. I will bring a doctor's note to the school nurse. I will report any new injuries to my coaches first, and then go to the training room and/or nurse. I will visit our trainer before we start practice. I understand that full attendance is required even if athletes are injured and cannot participate.
11. I understand that my coaches have an open door policy, and will discuss my role with me anytime throughout the season. I will not text my coaches about difficulties or struggles, but will meet with them face-to-face to discuss. I also understand that speaking with my coaches may not change the outcome, but coaches will do everything possible to help me understand their decision making without discussing other players in the process.
12. I understand that these rules may change and additions may follow as the season progresses.

Parents Code of Conduct - We are a program dedicated to providing our student athletes with the best high school cheer experience possible. Simply put, we are in this for the kids. At the high school level, it is important to understand that cheer is an extension of the classroom and it is imperative that we as coaches and parents/guardians are conducting ourselves in a manner that would be acceptable within the school walls. With this in mind, we ask all parents/guardians read through and acknowledge their understanding of the following expectations:

1. As a parent, the most powerful tool you have to support your athlete is encouragement. Commit to being positive and encouraging to all players on both sides of the court, and not just your child, when attending any cheer/sports activity.
2. Get involved! This is a cheer family and we all play a part in making this a great experience for our children. Our program relies on parent volunteers to make every home match a successful event. You can also be part of the Cheer VPO, as we need parents to fund raise, organize special events like senior night, bonding activities, and team meals. We are all busy parents, but the stronger the parent VPO, the more successful the program. It is an expensive sport with expensive equipment, so funding is critical.

3. Once permitted, attend as many games and team activities as possible. They may not always say it, but having you present and engaged in the crowd is important to your players. That "mom-dad-watch-me-watch-me-watch-me-kid" is still there. The mirror neurons are still firing, and they want to see you smile at them.
4. The Peninsula Seahawks Cheer team will set the standard for conduct both on and off the mat. Parents will follow and respect that high standard for how we treat one another, the game, players, opponents, referees, and our community. Peninsula High School Cheer is held to a higher standard everywhere we go. Parents will not yell or negatively speak from the stands at players, referees, line-judges, or others in the stands. Easily stated, clap and cheer for everyone.
5. If a player has an issue, as a parent you will encourage your athlete to speak with her coach about it first. Coaches will NOT speak with a parent about playing time or player concern prior to that player/coach conversation. A great life lesson is learning to speak your mind in a respectful way when you have an issue. Following this standard will allow for growth in each of these young athletes.
6. If the player/parent issue is not resolved, parents will discuss the issue respectfully with the coach away from the court. Parents speaking with the coach may not change the outcome or coaches decisions. Complaining to one another in the stands or to the players themselves is unhealthy and causes stress on the listener and the athletes. The coaching staff will always make decisions with the team and the players' best interests in mind.
7. Any and all conversations regarding issues will NOT take place immediately before, during or after games. The conversation can take place after a 24-hour cool down period has passed. In addition, the conversation will not take place in the presence of any other parents or players and will be conducted in a respectful manner. We are open to communication, but we want it done after thought has been put into the situation, avoiding a heat of the moment, relationship hurting scenario.
8. Players are expected to be on time. As parents, the expectation is for you to support your athlete in being on time when your assistance is needed. A great rule: arriving on time is late, and 15-minutes early is on-time. If the gym opens at 2:30 for set up, make it a challenge to be the first to arrive, and be waiting at the door to get in.
9. Just as we've asked your kids to do, we ask that parents will buy into the idea and help demonstrate to the players that our program's success will be defined by the amount of effort we put in day in and day out, what kind of attitude we bring to the court and classroom, and how we encourage one another to be our best.
10. Lastly, on the car ride home the best words to give your athlete, "I had a good time. That was so fun to watch!" Critical words of their or others performances are counterproductive to building successful players and a positive team culture. Let the critical dissection of the match come from the coaches and players at practice time.

Drug Policy – You must comply with the PSD & PHS Athletic Code of Conduct, this is a round-the-clock 12-month policy. If an infraction occurs immediate suspension or dismissal from the team will ensue.

Social Networking Sites & Communication –

1. Do not post any pictures, comments or captions on social networking sites/apps or websites that could be construed as inappropriate or demeaning.
 - a. The first time a picture/comment is found, the cheerleader will receive a warning from the Coach.
 - b. The second time a picture/comment is found the Coach will talk to the cheerleader's parent(s) in a meeting and bring a copy of the inappropriate material.
2. If cyber bullying occurs - school consequences may result in addition to team consequences.
3. Please remember that your profiles are not only a representation of yourself, but also of your entire team and school. Please be responsible and display a high level of integrity and self-respect.
4. Team members will not disrespect or devalue other team members or the coaching staff.
5. If an infraction occurs immediate suspension or dismissal from the team will ensue

Deposits made for cheer items are non-refundable. If a member is removed or chooses to quit the squad, they are still responsible for payments of cheer items ordered.

Cheerleaders will need an e-mail address and access to the BAND app. Checking these resources regularly is required.

Thank you for reading this lengthy contract and thank you for the support in the upcoming season. As experienced coaches, we try to prepare our players and parents for the highs and lows of the upcoming season as best we can.

ACKNOWLEDGEMENT

I have read and understand the Peninsula High School Cheerleading Contract. I agree to follow these rules, policies, and financial commitments. I agree to cooperate fully with the other members of the cheerleading team, the Coach(es), and families involved.

Name of Parent/Guardian

Signature of Parent/Guardian

Date

Name of Student Athlete

Signature of Student Athlete

Date

If you have any questions about the team, how to get involved, our calendar, or anything PHS Cheer please use our [Cheer Website](#). If you can't find the answers there, contact any of the people below.

We appreciate and value your support, and GO SEAHAWKS!

Rabecca Hooper - Head Coach - hooperr@psd401.net

Kaleigh Baker - Asst Coach - bakerk@psd401.net