

## Welcome to Preston HS Cheerleading Try-Outs 2022-2023

This is an outline of the rules for cheerleading and what is expected of you, if you want to be on the team.

- You must be at all practices on time and prepared
- (shorts, t-shirt & sneakers –NO short shorts or tank tops permitted).
- You must be available for all practices- practice 3 days per week (2 weekday afternoon/evenings & on Sunday mornings from 9-12 Cheer Practice times vary to the season **Fall Season** Sept-end of Oct Sunday 9-12, Tuesday 7-9 & Thursday 7-9 **Winter Season** Nov-March Sunday, Tuesday 5-7, & Thursday 7-9 .
- The Nationals cheerleading team (**Varsity**) will compete in Orlando Florida in Feb 2022 – all Nationals team cheerleaders have to raise \$1800 to cover their portion of the trip. They are expected to raise these funds through sponsorships from friends, family & businesses. Attendance is mandatory at Nationals.
- Funds must be raised thru sponsors for Nationals (\$1800 ) minimum of \$450 is due by the 30th of each month Sept - Dec
- If you have to miss a practice you must call me to notify me of your absence (no exceptions).
- Excessive lateness and lack of team spirit will result in immediate removal from your position and/or the team.
- All cell phones MUST be on SILENT at every practice and are NOT permitted to be used during practice. If your parent needs to reach you, they may call my cell phone or call the school office.
- All annual physical exams are expected to be kept up to date. If your medical expires, you will not be permitted to participate in any team activities and can result in removal of team if your absence disrupts the team routine.
- **All vacation dates must be planned around the practice schedule.** Every teammate is very important, without you at practice your stunt group cannot go up.
- 3 or more absences will result in loss of position and possible removal from the team.
- Poor attitude towards teammates and/or coaches will **not be tolerated** and will result in probation, loss of position and/or immediate removal from the team.
- Schoolwork & keeping your grades up is MANDATORY to be a cheerleader – I check your grades regularly so please let me know if you are struggling in a class so that I can switch the practice schedule around & you can go for extra help. School policy states two or more failures in any quarter results in a student's suspension from a sport and/or activity: see Co-Curricular Activities Section in the Student Handbook: pg.19.
- Sports Fee for all athletes is \$125 and mandatory Lotto fundraiser is \$140 is added to your tuition account and deducted automatically when due.

To help offset the expense of cheerleading we will have team fundraisers

**Cheerleader & parent volunteering/participation/support at all of our events is MANDATORY for all cheerleading families.**

Cheerleading is a very aggressive sport and is very rewarding – the key to a successful team is not only team spirit but also the support from family & friends. Parents, family & friends are highly encouraged to be at all competitions – the cheerleaders are expected to smile & having YOU sitting on those bleachers helps give your daughter something to really smile about.

We cannot succeed without your continuous support!!

Thank you in advance for your understanding regarding the cheerleading rules.

**Please sign and return to tryouts tomorrow.**

*Lori Finelli*

Preston High School Head Cheerleading Coach

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Cheerleader's Name Printed

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Parent/Guardian Name Printed

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Cheerleader's Signature

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Parent/Guardian Signature

Name: \_\_\_\_\_

**\*\* Indicates it is a mandatory item/expense for ALL Cheerleaders**

**Mandatory Items**

**\*\*Sneakers** Will be sized by rep **\*\* \$ 90.00** \_\_\_\_\_

**\*\* Uniform Top (Everyone)** Will be sized by co. rep. **\*\* \$175.00** \_\_\_\_\_

School Warm Up Suit \$75.00

**\*\*Varsity** Cheer Choreography Camp \$ 295 (non-refundable)

Friday 9/23 & Saturday 9/12

All fees will be added to tuition account and automatically deducted.

# PHS Varsity Team Rules

## **Very Important facts about being on the Varsity Team:**

**Attached sheet must be filled out, signed & returned tomorrow at tryouts to be considered for this team.**

Please read all of these rules & please make sure all rules are understood.

Being on the Varsity team can be quite costly as many MANDATORY rules are in place for this team to succeed. These rules go for all girls that would like to be considered for this team & they cannot be adjusted at any time, team work makes the dream work.

### **All Varsity Cheerleaders MUST be committed to their team!!!!**

All cheerleaders that are given a position on the Preston Varsity team must be allowed to participate to compete at Nationals in Orlando Florida.

### **All Varsity cheerleaders MUST check their email daily and notify their parents of updates.**

All Varsity cheerleaders are expected to be at **every** practice & if an additional practice is added all Varsity cheerleaders are expected to be there, (all cheerleaders are asked in advance before an extra practice is set).

The schedule for UCA Nationals is as follows: Friday 2/10/23 thru Sunday 2/12/23 Competition & Sunday Night there will be a celebration held in the park for the cheerleaders and the park is closed to the general public. We will be leaving on Thursday 2/9/23 & be returning on Sunday evening 2/12/23. Parents are welcome to join us at this amazing event. Parents that join us down there will not be permitted to go to their daughters room at any time and their daughter must stay with the team at all times while at Nationals.

**Parents you are on vacation and you must respect the team & coaches while we are training and your presence down there is for support only.**

Please take this opportunity to go to the website [www.uca.com](http://www.uca.com) & go to the link HS Nationals to see everything that is expected at Nationals and it will also help to answer any questions you may have. We will be doing fundraising and this is done so that the expense of Nationals is not on you as the parent. Each cheerleader will be expected to solicit potential sponsors for her trip & should start immediately. If your daughter does not raise enough funds for Nationals the family will have to make up the difference by December 1<sup>st</sup>. (copy of the form will be distributed at a later date).

The cost for -4- days/nights at The World of Sports Hotel & airfare is estimated at \$ 1,700.00 per cheerleader 1 meal is included, in addition to the 1 meal voucher, there is a team dinner on Thursday 2/9/23.

**All funds solicited & deposited on your daughters' behalf are considered donations to Preston HS to help fund this mandatory trip for the Varsity Cheerleading team. If for any reason your daughter is not permitted to go after fundraising, please be aware that all donations are non-refundable.**

**Your daughter is expected to keep her grades above a D – if your daughters' grades are not academically acceptable Preston High School officials have the right to not permit your daughter to miss days from school for this trip & not grant her permission to attend this event. All funds submitted towards this trip are non refundable.**

***Please do not allow your daughter to be placed on the Varsity team if you feel that your daughter holding a position on the Varsity Nationals Team will be too much of a financial hardship or too time consuming for your daughter.***

***The rules for the Varsity team are mandatory & cannot be changed or altered at any time under any circumstances.***

# This signed page must be returned tomorrow 8/24/22

I \_\_\_\_\_ parent of \_\_\_\_\_

(we) have read the rules for the Varsity Nationals team and understand what is expected and required to be placed on the Varsity Nationals team. It is understood that the rules outlined are to be followed & cannot be changed or altered at any time. Failure to follow the rules can/will result in loss of position on the team and/or removal from team. I understand that all funds collected towards Nationals are **non-refundable** if for any reason my daughter is not able to attend the trip all funds submitted on my daughters behalf are non-refundable donations to the Preston Varsity Cheerleaders for their team trip to Orlando Florida in February. All cheerleaders are expected to get sponsors for their trip to Nationals. It is also understood that all Preston Cheerleaders must follow the behavior & grades guidelines outlined in the Preston Handbook. It is understood that Preston administration, along with the Athletic Director and Head Cheer Coach have the right to remove a student from the team at any time if the guidelines are not being followed.

Parents must also understand that if they accompany the team down to Nationals they are to have no interaction with their daughter or the team. The team agenda will be sent to all parents but the cheerleaders cannot be distracted. The cheerleaders are on a school trip, the parents are on vacation. We love having our parents with us down at Nationals, but parents must understand that the girls need to focus & bond.

1. My daughter has permission to try out and train for the 2022-2023 Varsity Nationals team.

Circle One      YES                      NO

2. My daughter has permission to be placed on the Varsity Nationals team as a participant or alternate.

Circle One      YES                      NO

\_\_\_\_\_  
Parents Name (printed)

\_\_\_\_\_  
Cheerleaders Name (printed)

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Cheerleaders Signature