

PHS Cheer 2017-2018

Information Packet

STEP 1- ATHLETIC REGISTRATION

Online at: <https://ponderosa.8to18.com/accounts/login>

Register online, and then physicals must be turned into the front office

Must be taken care of by: _____

**Anyone not registered online will not have a number on the first day of tryouts and will not be able to participate until cleared.*

STEP 2-TRYOUT

April 3rd, 4th, & 6th 5-7pm: Mandatory tryout clinic
in the small gym **no tryout clinic Wednesday, April 5th*

Friday April 7th 4-7pm: Formal Tryouts

**cheerleaders will tryout in groups of 2-3*

STEP 3-UNIFORM FITTINGS

April 8th, 9-11am

STEPS 4 thru 1000...

See attached calendar 😊

CONTACT INFORMATION

Cheer Adviser

Justine Jonutz

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530-306-5043

FIND US ON FACEBOOK

Ponderosa Cheer Stunt

Formal Tryout Check List

Be prepared!

- Plain White Shirt
- Dark Shorts (navy, black, dark green etc.)
- Athletic/Cheer Shoes
- Hair Up (pony tail)
- NO Jewelry!
- Trimmed Nails
- Bring Water
- Positive Attitude
- Willingness to Learn

*The Ponderosa Cheer program includes a JV and Varsity sideline cheer team, a competition cheer team that attends JAMZ Nationals in Las Vegas and a Stunt team (the fastest growing women's sport in America). Due to the overlap of seasons, cheerleaders must be on the sideline team to participate on the Comp team. The Stunt team, however, is completely separate.

TENTATIVE CHEER SCHEDULE

A final summer and fall schedule will be distributed to the final roster April 8th at uniform fittings

May 2017

Sunday	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Practice 4:30-7 Fundraiser start	10	11 Practice 5-7 JV & V decisions	12	13
14	15	16 Practice 5-7 JV & V decisions	17	18 Practice 5-7 Fundraiser end	19	20
21	22 Finals Week: Study Hard!	23	24	25	26	27

June 2017

Sunda	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
28	29 Enjoy the 1 st week of summer!	30	31	1	2	3
4	5 Varsity 8-11am JV 5:30-8 pm	6 Varsity 8-11am JV 5:30-8 pm	7 Varsity 8-11am JV 5:30-8 pm	8 Varsity 8-11am JV 5:30-8 pm	9	10
11	12 Varsity 8-11am JV 5:30-8 pm	13 Varsity 8-11am JV 5:30-8 pm	14 Varsity and JV 8-11am	15 Varsity and JV 8-11am	16	17
18	19 UCA Camp: South Lake Tahoe	20 UCA Camp: South Lake Tahoe	21 UCA Camp: South Lake Tahoe	22 UCA Camp: South Lake Tahoe	23	24
25	26 Enjoy Summer This week ☺	27	28	29	30	1

TENTATIVE CHEER SCHEDULE

July 2017						
Sunday	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
2	3 Enjoy the 4 th of July week ☺	4	5	6	7	8
9	10 Varsity and JV 8-11am	11 Varsity and JV 8-11am	12 Varsity and JV 8-11am	13 Comp Tryouts	14	15
16	17 Varsity and JV 8-11am	18 Varsity and JV 8-11am	19 Varsity and JV 8-11am	20 Comp Tryouts	21	22
23	24 Varsity and JV 8-10am PJB 6-8	25 Varsity and JV 8-10am PJB 6-8	26 Varsity and JV 8-10am PJB 6-8	27 Comp Practice PJB 6-8	28	29

August 2017						
Sunday	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
30	31 Enjoy the last week of summer!	1	2	3	4	5
6	7 1 st Day of School Practice 3-5	8 Practice 3-5	9 Practice 3-5	10 Comp Practice 3-5	11	12
13	14 Practice 3-5	15 Practice 3-5	16 Practice 3-5	17 Comp Practice 3-5	18	19
20	21 Practice 3-5	22 Practice 3-5	23 Practice 3-5	24 First Frosh game vs. Lincoln at PHS	25 First JV & V game vs. Lincoln at PHS	26
27	28 Practice 3-5	29 Practice 3-5	30 Practice 3-5	31 Comp Practice 3-5	Stay tuned for more schedule ☺	

- Practices continue 3 days a week with 1 football game a week for 10 weeks.
- The only break comes during finals week and 2 weeks of Winter Break
- Then, during basketball season, practices are 2-3 days a week with about 1 basketball game per week.
- The cheer 'season' you will be trying out for does not end until the end of February 2018!

PHS Cheer Team Expectations

Purpose: Participation in athletics is a privilege, not a right. Dedication, desire, discipline, and good citizenship are essential personal characteristics, which are necessary for an athlete to successfully participate on any team. The coaching staff is committed to hold each cheerleader accountable to the advanced standards and expectations in order to foster an environment that develops and enhances the cheerleading program.

Cheerleading is very unique type of team sport. It is difficult to bench a single girl without negatively affecting the entire team. It is important for cheerleaders to be their best selves for themselves and for their teammates.

EXPECTATIONS:

1. **Academics:** School is your number one priority. Please be aware that failure to maintain a 2.0 GPA will result in removal from the team. Grade checks are performed by the school at the end of every quarter and semester. Team members with GPAs under a 2.0 are removed from the team, no exceptions. It is completely out of my hands.
2. **Injuries:** If injured, you will still attend all practices and games to lend support to your team unless you are physically unable to do so.
3. **Behavior/Language:** As a representative of our school, you should be on your best behavior and always act appropriately. **Social Media=Make good choices!!!**
4. **Practices:** Practices are mandatory. Cheerleaders must arrive to practice on time, wearing proper shoes and clothing. Hair needs to be out of the eyes and in a secured ponytail if shoulder length or longer. No jewelry. Missing practice, even for valid reasons, may still lead to being removed from a position in a stunt or routine due to not physically being available to practice. Practice is not the time for horseplay, but is the time to be focused on the team. You are expected to pay attention when one of your coaches is speaking and to be coachable in every part of practice. If circumstances arise and you cannot attend a practice, a coach must be notified by personal contact, preferably a text by a parent at least 2 hours prior to practice.
5. **Games:** All games are mandatory. Team members may be required to show up 45-90 minutes prior to game time, depending on the week. Team members will show up to the game in full uniform with hair pulled back and ready to go. Nail color is permitted, but nails must be athletic length (no longer than the length of your finger). No fake nails whatsoever (trust me this is in your best interest!) *You must attend the majority of the school day to be able to participate in the game. The front office runs a list every game day and notifies me of who is unable to participate that evening.*

*Excessive absences or any conduct not conducive to a representative of our school will be reported to the Athletic Director. A meeting may result that can lead to removal from the team. **Just be good!**

***Cheer is a big commitment make sure you are up for it!**

PHS Cheerleading Cost Estimate

VARSITY SPIRIT CO.	New	Returner
<i>Shell, Skirt, Unifit</i>	\$312	
Shoes (if needed)	\$56	
<i>Warm up outfit</i>	\$168	\$168
*Briefs (if needed)	\$15	
UCA CAMP	\$380	\$380
Harvey's South Lake Tahoe		
CHEERLEADING SOURCE		
Backpack (new design, still optional)	\$49	
Hooded Sweatshirt (optional)	\$23	
<i>Pom set (if needed)</i>	\$36	
3 Camp Outfits	\$70	\$70
<i>Bows</i>	\$15	\$15
Possible Total:	\$1,124	\$633
Your Total:		

Payment Due Dates:

April 8th: \$500

May 9th: \$250 or remaining balance

June 5th: remaining balance (will differ slightly between cheerleaders)

There is a little flexibility with due dates if you want to base it off pay days or what not. Just discuss with me if this is needed.

The highlighted/italicized rows are what is necessary for the season. All other things are optional. If money is going to be a real concern just talk to me about it. We have several uniforms that can be loaned out this season or purchased for a discounted price. Camp is also optional if it is a cost concern....however, if it is a cost concern but your cheerleader is willing to work for it please see me and we can work something out and find a way for them to raise the money.

INDIVIDUAL FUNDRAISING (available upon request):

- Jamba Juice/Pizza Factory cards**
- Leadership roles at team fundraising**

TEAM FUNDRAISING :

- Cookie Dough Fundraiser (begins May 9th)**
- Online Donation Fundraiser (Dates TBD)**
- Water Sales at Graduation (May 26th)**
- Car Wash (Tentatively set for June 17th)**

Items purchased with fundraising money: class color bows, travel to camp, breast cancer awareness accessories, team building activities. banquet. bus to kings game etc.



Name: _____

PHS Cheerleading Questionnaire

Bring to the first day of Tryouts

1. Please include any cheerleading experience you have (Jr. Bruins, Comp Cheer, etc.), OR let us know if you have never cheered before (which is okay).
 - a. If you have cheered before please include stunting positions that you have tried and which one you feel you are best at
 - b. Include any other cheerleading skills that you have
2. Why do you want to be a member of the PHS Cheerleading team and why do you think you'll be a good addition to the team?
3. Explain, in your own words what you think is the most important part of being a cheerleader?
4. *RETURNERS ONLY: To make this year more successful, what are some things that you (you personally, not the program) could do differently from last year?
5. Is there anything else you want the coaches to be aware of...

[PLEASE PRINT]

EL DORADO UNION HIGH SCHOOL DISTRICT
Sports Participation Health Record
— This form must be completed every academic year —

NAME, AGE, SEX (CIRCLE) M F, GRADUATION YEAR, ADDRESS, CITY, ZIP, PHONE

- Baseball, Cheerleading, Football, Lacrosse, Soccer, Swimming/Diving, Track, Water Polo, Basketball, Cross-country, Golf, Skiing/Snowboarding, Softball, Tennis, Volleyball, Wrestling

PART A HEALTH HISTORY

Table with 2 columns: Yes, No. Rows 1-12 with various health questions and checkboxes.

*A swim seizure form is required for swim activities

I, hereby, state the answers on form are correct to the best of my knowledge. I have also read and agree to the contents of the athletic handbook.

X Signature of Student Athlete

Date

I agree with the health history and give my permission for an examination. I have also read and agree to the contents of the athletic handbook.

X Signature of Parent / Guardian

Date

PART B PHYSICAL EXAMINATION RECORD (TO BE COMPLETED BY A LICENSED MEDICAL DOCTOR)

Height (inches) _____ Blood Pressure _____ / _____ Vision (Right) _____

Weight (pounds) _____ Pulse _____ Vision (Left) _____

CORE EXAMINATION	NORMAL	ABNORMAL FINDINGS	INITIALS
a. Eyes			
b. Ears, Nose, Throat			
c. Mouth, Teeth			
d. Neck			
e. Cardiovascular			
f. Chest, Lungs			
g. Abdomen			
h. Skin			
i. Genitalia, Hernia			

ORTHOPEDIC EXAMINATION	NORMAL	ABNORMAL FINDINGS	INITIALS
a. Neck			
b. Spine			
c. Shoulders			
d. Arms, Elbows			
e. Forearms, Wrists, Hands			
f. Hips			
g. Knees, Legs			
h. Ankles, Feet			
i. Flexibility			
j. Neuromuscular			

Abnormalities found in the health history and/or physical examination that needs assessment:

RECOMMENDATIONS: Approved for full participation Needs to have the above abnormalities cleared before participation.

Disqualified or limited in the following sports:

X _____
Licensed Medical Doctor's Signature

Date: _____

Licensed Medical Doctor's Printed Name

Licensed Medical Doctor's Address