

# PCA Spirit Cheerleading



## Tryout Packet

2022-2023

# Cheerleader Tryout Checklist

\_\_\_ PCA Cheerleader Tryout Form – Please complete online tryout form no later than **Friday, March 18<sup>th</sup>, 2022.**

Forms and packet can be found online at the PCA Website, <https://plano.prestonwoodchristian.org/athletics/spirittryouts> under PCA Spirit Groups Tryout Information.

\_\_\_ Spirit Cheer Discipline Policy- This form is attached to the tryout packet that can be found online. Please read the packet with your cheerleader, sign, and upload to the tryout registration form.

\_\_\_ Spirit Cheerleading Discipline Agreement- This form is attached to the tryout packet that can be found online. Please read the packet with your cheerleader, sign, and upload to the tryout registration form.

\_\_\_ Tryout/Registration Fee- \$30 That will be billed to your myPCA Account

## Mandatory Dates for Spirit Cheerleading

**Tryout Clinic-** March 28<sup>th</sup> – March 31<sup>st</sup>, 2022  
**Tryout Day-** April 1<sup>st</sup>, 2022

**Uniform Fitting-** Upper School Cheer – Tuesday, April 12<sup>th</sup>  
Middle School Cheer – Wednesday April 13<sup>th</sup>

\*\*All cheerleaders must be in attendance for fittings, even returning cheerleaders. A sign-up genius will be available after tryouts to sign up for your time slot.

**Blue/Gold Game (JV and V)-** Tentative Date – 5/17/22  
**Summer Camp-** **Tuesday May 31<sup>st</sup> – Friday June 3<sup>rd</sup>**  
Spirit of Texas Day Camp  
Parent Show off Friday June 3<sup>rd</sup>, 12:00 PM  
**August 1, 2022**  
**ALL Fall Athletes Return-** August 1-5, 2022  
**Chant Camp (All Spirit Cheer)**  
**Little Lions Camp (US Only)** August 1<sup>st</sup> – 3<sup>rd</sup> (8:00 AM - 12:00 PM)  
**Team Pictures** Saturday August 6<sup>th</sup> - 8:00 AM

# Cheerleader Tryout Process

- Step 1** Fill out and turn in your tryout form no later than **Friday, March 18<sup>th</sup>, 2022**
- Spirit Cheer discipline policy due than **Friday, March 18<sup>th</sup>, 2022**
  - Spirit Cheer Agreement due than **Friday, March 18<sup>th</sup>, 2022**

Tryout forms are available **ONLINE** at  
<https://plano.prestonwoodchristian.org/athletics/spirittryouts>

All registrations must be complete by **Friday, March 18<sup>th</sup>, 2022**, for admissions to verify enrollment.

- Step 2** Clinic... March 28<sup>th</sup>, March 29<sup>th</sup>, March 30<sup>th</sup> (Tryout Material Taught)

- Step 3** Mock Tryouts- March 31<sup>st</sup>

\*Middle school cheerleaders will participate in mock tryouts and will **NOT** be participating in the formal tryout day with judges.

\*\* Our middle school teams will not tryout in front of judges, every athlete who tries out for the middle school spirit cheer squad will make the team. \*\*

- Step 4** Tryout Day... Friday, April 1<sup>st</sup>

- Step 5** Tally judges' scores and record all averages (no names on score sheets)

- Step 6** Final ranking and names go on list for approval by administration.  
Official Rosters, including the MS roster, will be sent by e-mail no later than 10:00 p.m. on April 1<sup>st</sup>

- Step 7** All 2022-2023 cheerleaders will need to attend the in-person uniform fitting.  
Upper School – Tuesday April 12<sup>th</sup>  
Middle School – Wednesday April 13<sup>th</sup>  
Times TBD – Sign Up's will be available.

## Expenses

- I. All JV/Varsity cheerleaders will be required to pay a cheer fee of \$900
- II. All 2022-2023 Middle School will be required to pay a cheer fee of \$700
- III. Payment Schedule - This fee will be made in two payments.
  - a. Please see the expense billing document in the tryout section online for the fee payment schedule.
    - i. The fee will include:
      1. cheer camp, supplies for spirit items, custom music and choreography for all pep rallies, and some travel for upper school students.
    - ii. This fee does not include:
      1. Cheerleading uniforms, shoes, accessories, additional items, and practice wear.
  - b. Approximate costs based on last year's uniforms:
    - i. NEW Varsity cheerleader- \$1,800 approx.
      1. Two Uniforms
    - ii. NEW JV cheerleader- \$1,500 approx.
    - iii. New MS cheerleader- \$900 approx.

***MyPCA will be used to pay for the tryout and annual cheer fee. Uniform payments will be paid by check due at chant camp. No uniforms will be handed out complete payments have been made.***

- IV. Transportation fees may apply to JV/ Varsity cheerleaders as necessary for seasonal and playoff travel. This will be billed accordingly at the end of the football/basketball seasons.
  - a. *Our goal is to fundraise for these events and that no extra monies will be needed.*

## Uniform Fitting

Upper School Cheerleaders - Tuesday April 12<sup>th</sup>

Middle School Cheerleaders - Wednesday April 13<sup>th</sup>

Location: Upper School Classroom - U211

\*\*\*A Facebook Group is Available to Re-sell Uniforms- Look for the group on Facebook! \*\*\*

# PCA Cheerleader Clinic and Tryouts

**March 28<sup>th</sup> – April 1<sup>st</sup>, 2022**

Tryouts are open to all current 6th – 11th grade PCA girls in *good academic standing* who *have re-enrolled* or *have officially been accepted at PCA* for the 2022-2023 school year.

**\*\* Friday, March 18<sup>th</sup>, 2022 – Online Tryout Registration Due with All Signed Paperwork \*\***

***Monday, March 28<sup>th</sup> (Clinic)***

3:30-5:30 PM- Fieldhouse

Chant and Cheer

***Tuesday, March 29<sup>th</sup> (Clinic)***

3:30-5:30 PM- Fieldhouse

Dance

***Wednesday, March 30<sup>th</sup> (Clinic)***

3:00-5:00 PM- Fieldhouse

Review and Draw Numbers for Tryout Groups

***Thursday, March 31<sup>st</sup> (Clinic)***

3:30-5:30 PM- Fieldhouse

*'MS Tryouts' and US Mock-Tryouts*

***Friday, April 1<sup>st</sup> (Tryout Day)***

SLC will be open at 3:30 PM for Warmups

**Tryouts- Field House**

4:30 PM JV and Varsity

**Results will be emailed by 10:00 PM on April 1<sup>st</sup>**

*MS Only- Each girl who completes the full try-out week will make the team, the final roster will be emailed out by 10:00 PM on Friday, April 1<sup>st</sup>, 2022.*

# Tryout Procedure

## ***Location: Field House***

What to wear: Solid white T-shirt tucked in to plain black or navy Nike style shorts

- Hair completely out of face in a ponytail, with a solid plain white bow.
- No jewelry or gum.

Only girls trying out for cheerleader, sponsors, judges, and senior cheerleaders will be allowed in the Field House and SLC.

No parents or friends will be allowed in the FH or SLC. Once each cheerleader has completed the tryout process, she will need to leave the Field House.

There will be mats for tryouts!

Each team will be in groups of three for try-outs. Tryouts begin at 4:30 pm for JV and Varsity.

## ***Tryout Process:***

- 1) Three girls walk out to do a chant... Judges will check their numbers and tell them when to begin. The middle girl will call "Ready!" ...Clap... and then all will do the chant three times.
- 2) The girls will stand and catch their breath as the judge's score. Judges will indicate that it's time and begin the music for the dance.
- 3) The girls will perform three jumps connected, one being a toe touch and spirit afterwards one at a time in tryout number order.
- 4) They will line up at the end of the mat in order and do their tumbling one at a time.
- 5) They will go back to their spots and do the cheer all together.

# SPIRIT CHEERLEADING - DISCIPLINE POLICY

PCA Cheerleaders must commit to continue a tradition of excellence by adhering to the following principles and guidelines. Our goal is to grow spiritually while promoting school spirit and unity. Because the cheerleaders are role models and representatives of PCA, their character should be above reproach. Every cheerleader should have exemplary morals, a positive attitude, high esteem for school faculty and staff, leadership ability, loyalty to other students and, most importantly, she must be a worthy representative of Jesus Christ.

## Membership

### I. Requirements

- a. Spirit Cheerleading is restricted to 7<sup>th</sup> – 12<sup>th</sup> grade students.
- b. Students must be enrolled for the 2022-2023 school year at Prestonwood Christian Academy.
- c. To be eligible for membership, a student must commit to supporting all PCA athletic teams and the promotion of school spirit throughout the student body of Prestonwood Christian Academy.
- d. All members are expected to be in good physical shape and be able to participate in the warm-up and conditioning exercises.
- e. Prior to return to campus on August 1<sup>st</sup>, every cheerleader must be up to date on medical records and physicals through the magnus and/or rank one system. Information for this can be found on myPCA.
- f. If a cheerleader has been asked to leave the squad or resigns, **from either COMP or SPIRIT**, she may not try out again without meeting with the Cheerleading Director.

### II. Eligibility

- a. Each cheerleader must maintain a 70 average in each individual class. Grades are priority; therefore, participating in cheerleading and maintaining grades is required. Must pass each quarter, not just semester.
- b. Adequate preparation for tests and projects should not interfere with cheerleading activities.
- c. Academic ineligible cheerleaders will not participate in pep rallies or games for the period of their ineligibility, in accordance with the PCA student handbook.

### III. Commitment

- a. **Upper School Spirit cheerleading is a two-season sport. By trying out for spirit cheerleading the athlete agrees to full participation in both football and basketball seasons.**
  - i. Dual Sports
    1. No spirit cheerleader may play volleyball.
    2. Grades 7-12 spirit cheerleaders may play basketball.

3. All spirit cheerleaders that are in a PCA winter sport have the option of **not** cheering for the basketball season unless they are in a captain or other leadership role.
  4. *Winter Sports include basketball, soccer, swimming, and comp.*
  5. Comp Cheerleaders will fulfill the full commitment to Spirit Cheerleading for football season *and will sign up to cheer for two basketball games during the month of January.* After the comp season is over, they will resume cheering at all assigned basketball games.
- b. Middle School Spirit Cheerleading is a one season sport that will have practices through the middle school fall sports season. This commitment will include all of football season, the fall pep rally, and the winter pep rally.**
- i. A few practices may be necessary during basketball season to be prepared for the Winter Pep Rally.
    1. These would be held on Wednesdays after school.
- c. All members 7<sup>th</sup> – 12<sup>th</sup> grade must attend summer camp.**
- i. Camp will be held at Spirit of Texas May 31<sup>st</sup> - June 3<sup>rd</sup>, 2022.
  - ii. This camp will be a day camp, approximately 9:00 AM- 4:00 PM.
  - iii. THERE ARE NO EXCEPTIONS...YOU MUST ATTEND CAMP.
- d. All cheerleaders 7-12<sup>th</sup> Grade must be in town by August 1<sup>st</sup>, 2022**
- i. August 1-6<sup>th</sup>, 2022- Chant Camp
    1. JUST LIKE THE FOOTBALL AND VOLLEYBALL TEAMS. WE WILL REVIEW CAMP MATERIAL, CHANTS, PAINT SIGNS, PLAN PEP RALLIES, AND BOND AS A TEAM.
    2. August 7<sup>th</sup> - All Groups, Team Pictures
  - ii. THERE ARE NO EXCEPTIONS...YOU MUST ATTEND CHANT CAMP.

### **Absence/Attendance**

- I. **Absence-** If a cheerleader is to be absent, they must inform the sponsors of this **BEFORE** practice by texting or emailing the squad's sponsor.
  - a. If the absence is not made aware of before practice, the member will receive demerits.
  - b. A cheerleader must attend at least four core classes to be allowed to cheer on that day.
  - c. Excused absences are as follows, and *reasonable advance notification* must be provided by a parent:
    - i. Personal illness
    - ii. Death of relative or close friend
    - iii. Approved school function
  - d. Cheerleaders must be at all games at the assigned arrival time unless otherwise instructed by the sponsor.
    - i. Failure to responsibly notify the sponsor will result in demerits.



- e. *Varsity – During football season there is one bye week. This will be the week you can make plans for college visits, etc. Otherwise, cheerleaders are expected to attend EVERY football game.*
  - i. *(Playoff schedule the week of Thanksgiving is the exception)*
  
- II. **Illness-** If a cheerleader who is ill and misses ANY practice or activity, must be at HOME or seeking medical treatment.
  - a. If a cheerleader gets sick at school and goes home, she is excused from practice.
  - b. If a cheerleader is sick and is at school, they must attend practice.
  - c. They may sit out, if necessary, but still need to attend practices or activities.
  - d. A doctor's note will be accepted to miss a practice due to illness.
  - e. Missing practice for doctor appointments does not excuse you from being replaced in performance or event.
  
- III. **Injury-** Any cheerleader who is unable to perform due to medical issues must provide a doctor's note **with** a time frame for recovery.
  - a. If the cheerleader is injured, she is still required to dress out at school, practices, events and games.

## **Practices**

### **I. Practice Procedures**

- a. All practices are mandatory, including summer practices.
- b. Practices may include any of the following: conditioning, preparation for games and events, sign painting, stunting, tumbling, decorating the school, chants, and anything the sponsor feels is necessary for that day.
  - i. Cheerleaders should always be fully prepared for every practice.
  - ii. Any conditioning done as a part of practice will be additional to working off demerits.
- c. A link for summer vacations out of town dates will be sent out prior to camp. We try to keep track of summer schedules so we know how many girls may be missing a practice as well as for group accountability.
- d. A cheerleader must attend at least four core classes to be allowed to cheer on that day.
  - i. If a cheerleader is going to be late or unable to attend, the sponsor must be given proper documentation from parents or medical doctor.
- e. The squad sponsor will conduct the practice.
- f. Proper practice attire is to be worn during practice. This includes modest shorts and shirts, no jewelry, hair pulled back and out of face.
- g. All cheerleaders are to be on time to practice.
  - i. A cheerleader is not on time if she is not properly dressed or if she has on jewelry.
  - ii. The wrapping of ankles or other preparatory activities must be completed prior to the start of practice.

- h. Tutorials and make-up tests must be done before school or at a time other than cheer time.
  - i. ***Missing practice for this will result in an unexcused absence, which will lead to disciplinary action.***
- i. Cheerleaders will not perform or practice any stunts without a sponsor present and supervising.
  - i. Stunts, cheers, chants or dances that have not been practiced, or that a sponsor feels is not ready, will not be performed at games.
  - ii. The sponsor will make all decisions in regard to stunting groups.
- j. MS will practice on Mondays 2:30-3:30 and Wednesdays 2:00-3:00 during the school year.
- k. JV and Varsity will practice during the first period, on B Day (5<sup>th</sup> Period)
  - i. Practices will begin at 7:30 AM on Wednesday's and Thursday's due to shortened class schedules.
    - 1. Field practices for JV/V may take place prior to the 7:30 time frame if needed.
  - ii. School policy will be kept regarding absences and tardiness.
- l. Spring and Summer Practices
  - i. All cheerleaders will practice on Wednesdays in April/May after tryouts from 2:30-3:30 PM in the SLC.
  - ii. Summer Practices will begin after camp and will be held weekly throughout the summer.
    - 1. Middle School- Wednesdays, 12:00- 1:30 PM
    - 2. JV and Varsity- Mondays, 12:00- 1:30 PM
  - iii. All summer practices are mandatory unless it is listed on the out-of-town form.
    - 1. Out of town forms are to be turned in prior to the beginning of camp.

## **Performances**

### **I. Conduct**

- a. Cheerleaders will conduct themselves appropriately at all times, as they are representative of the school.
- b. With the honor of cheerleading comes the responsibility of maintaining integrity in attitude, actions, and appearance.
  - i. All of these things must remain above reproach (i.e. no drinking, drug use, PDA, or other such behaviors). This is in accordance with the PCA Handbook.
- c. All cheerleaders will attend every activity the group is involved in, even if the sponsor has benched them.
  - i. Cheerleaders not cheering will sit in uniform with the sponsor. Cheerleaders are not to visit with family or friends in the stands during a performance.
- d. Cheerleaders are not to break formation or talk socially during the game.
- e. If a cheerleader needs to leave the track or court, she must first get permission from the sponsor.

- f. Cheerleaders are not to adjust their hair, uniform, or make-up while in front of a crowd.
- g. Cheerleaders who are not stunting or tumbling will stand in formation.
- h. Cheerleaders will not challenge a sponsor's decision during a game/performance but will comply immediately.
  - i. The captains will decide on chants and cheers.
- i. No unsportsmanlike conduct of any kind will be tolerated.

## **II. Appearance**

- a. Cheerleaders will always follow the school dress code.
- b. Cleanliness in appearance (clean uniform and hair in neat ponytail with bow) is expected of all cheerleaders.
  - i. Uniforms must be pressed at all times.
- c. Cheerleaders will not change into or out of any part of their uniform in view of the public.
- d. Cheerleaders will dress alike at all performances. This includes, but is not limited to, shell, shirt/pants, hair, bow etc.
- e. Cheerleaders are to be appropriately dressed in and out of school.
- f. Cheerleaders are not to wear pieces of their cheerleading uniform with other articles of clothing (i.e. a t-shirt with cheer skirt). If clothes are changed, the cheerleader is to completely take off her uniform.
- g. If any cheerleader wears non-issued items with their uniform, they will receive disciplinary action.
- h. Any dress code violations at school will be handled by administration and will be handled as outlined in the PCA Student Handbook.

## **Pep Rallies**

- I. Cheerleaders will perform as a group at pep rallies.
- II. Non-cheerleaders will not be allowed to participate unless approval is received from the sponsor.
- III. The sponsor will organize the pep rallies with the squad and SGA.
- IV. When not involved in other assigned activities, cheerleaders are to remain in chant lines, and pay attention to what is going on.
- V. Cheerleaders are to cheer, smile, and stay engaged during the entire pep rally.
- VI. Cheerleaders are required to clean up after the pep rallies and are not allowed to leave until the sponsor has dismissed them.

## **Football Season**

- I. Sponsors will determine chant line formations.
- II. All cheerleaders will participate in pre-game set up and post-game clean up.
- III. Cheerleaders are to be aware of the game at all times.
- IV. Cheerleaders will watch the POM squad or any other halftime performance from both schools.

- V. After half time performances are over, cheerleaders may use the restroom, rest or get water. They must be back before half time is over and cannot leave the game for any reason.
- VI. Cheerleaders arrive at the time designated by the sponsor prior to the start of the game.

### **Basketball Season (only JV/Varsity)**

- I. **The commitment of a being a PCA Spirit Cheerleader is to be maintained throughout basketball season, apart from those in dual sports as stated in the commitment section above.**
- II. Cheerleaders will cheer at all *boys and girls* home games and select local away games. Games are usually played Tuesday's and Friday's.
- III. Cheerleaders are to arrive at the time designated by the sponsor prior to the start of the game.
- IV. Cheerleaders are responsible for keeping their area clean, which includes post-game cleanup of any kind.

### **Signs and Banners**

- I. Every cheerleader will be responsible for making signs during the summer.
- II. Signs must be outlined and presentable or they will not be accepted.
- III. There will be paint days during the summer and any added days that are needed that will be mandatory.
- IV. There will be times the signs are needed in a hurry, and whoever is asked to paint them must do so.

### **Fundraisers**

- I. All cheerleaders will be required to participate in team fundraisers.
  - a. Fundraisers include:
    - i. Little Lions Camp (JV/V – August 1-3<sup>rd</sup>)
    - ii. Lion's Den Gold Card Sales

If at any time the sponsors, director or administration sees the need to alter any part of this code of conduct for the good of the organization, they may do so without prior notice.

The sponsor or administration will deal with special situations should any arise that are not specifically addressed in this code of conduct. Failure to comply with any of the above will result in disciplinary action according to the spirit cheerleading discipline policy.

## **Sponsor Information**

JV and Varsity Co-Sponsors- Please contact Alex Bellamy and Melody Gravett for any questions or concerns.

Alex Bellamy- [abellamy@prestonwoodchristian.org](mailto:abellamy@prestonwoodchristian.org)  
Melody Gravett- [mgravett@prestonwoodchristian.org](mailto:mgravett@prestonwoodchristian.org)

Middle School Sponsor- We are in the process of hiring a new Middle School Sponsor.

At this point in time, please direct all middle school cheer questions to Alex Bellamy.  
Alex Bellamy- [abellamy@prestonwoodchristian.org](mailto:abellamy@prestonwoodchristian.org)

For any questions about cheerleading and our program please first contact the squad's sponsor. Then, if needed contact Krista Godbee, Director of Cheerleading, before communicating with Chris Cunningham or any other administrator.

Director of Cheerleading, Krista Godbee- [PCACOMPHEER@gmail.com](mailto:PCACOMPHEER@gmail.com)

*Following this chain of command will help our program to flow efficiently.*

## SPIRIT CHEERLEADER CODE OF CONDUCT

### ***Immediate Conditioning- Equal to 1 Demerit***

Incorrect attire at practice (No cheer shoes, No PCA cheer practice wear)	1
Jewelry	1
Incorrect Shoes	1
Chewing gum at practice	1
Hair not up properly	1
Talking and lack of participation at practice	1
Use of cell phone during practice	1
Tardy- No excuses for tardiness	1
Anything the sponsor deems worthy of conditioning	1

### ***Conditioning Required at Next Practice- Equal to 2 Demerits***

Tardy- Late to game/event	2
Not wearing a neutral colored sports bra to game or event	2
Use of cell phones during a game or event	2
Talking and lack of participation at games	2
Incorrect attire (bow, jacket, tights, shoes, socks, bra) at a game- ***Also asked to sit out***	2
Chewing gum at a game	2
Lack of discipline during the game (Not participating, talking on sidelines, disrespect towards sponsor,	2
Lack of School Spirit (Not participating in dress -up days, not painting signs, decorating hallways, or anything a sponsor deems worthy as lack of school spirit.)	2
Anything the sponsor deems worthy of 2 demerits	2

### ***Conditioning Required at Next Practice- Equal to 5 Demerits***

*Unexcused absences from practice, games or events (Details below)	5
Cursing and/or Inappropriate language	5
Disrespect to sponsors, peers, or other authority	5
Insubordination (rebellious behavior)	5
Arguing	5
Anything the sponsor deems worthy of 5 demerits	5

### ***Parents Notification and Student is Referred Administrators***

Involvement in alcohol or drugs (Including smoking)	<b>Referral</b>
Any inappropriate social media posts	<b>Referral</b>
Any extreme behavior problems (Sponsors discretion)	<b>Referral</b>
Failure to work off demerits in a timely manner and has acquired 15 or more. (Lack of motivation and participation.)	<b>Referral</b>

\*Failure to inform sponsors with **at least 5 days' notice** to the any event the cheerleader cannot attend including games, fundraisers, etc. will result in an UNEXCUSED absence.

***\*\*\*Requests for excused absences MUST be made in writing from the parent.\*\*\****

Demerits **CAN and WILL** be worked off EVERY week, even if this means extra time out of the student's schedule.

Merits can be earned by cheering extra games, attending events, painting signs when needed, and extra activities approved by sponsor. Extra-earned merits can be used to take the place of a demerit.

Demerit Consequences Include- Completion of an exercise is equal to 1 demerit being worked off.

40 Toe Touches  
1 Mile timed Running  
40 Burpees  
10 Towel Pushes

Parents can monitor their child's demerits by using the app ***ClassDojo***, more information on this app will be given to the girls at the first practice.

***If a cheerleader quits or is dismissed from the squad, she will not be eligible to participate in any other sport until cheerleading season is over and will not be able to try out for any cheer teams. She will also not be eligible to participate in the Athletic Banquet and will not receive her PE credit for the sport.***

## **Absence/ Sick/ Injury Policy**

All members must attend each practice, performance and activity in its entirety.

In case of:

Absence- If a cheerleader is to be absent, they must inform the sponsors of this **BEFORE** practice by texting the squad's sponsor.

- If the absence is not made aware of before practice, the member will receive demerits.
- If a cheerleader is at school for more than 4 core class periods, she is required to attend practice or a game.

Illness- If a cheerleader who is ill and misses ANY practice or activity, must be at HOME or seeking medical treatment.

- If a cheerleader gets sick at school and goes home, she is excused from practice.
- If a cheerleader is sick and is at school, they must attend practice.
  - o They may sit out if necessary, but still need to attend
- A doctor's note will be accepted to miss a practice due to illness.
  - o Missing practice for doctor appointments does not excuse you from being replaced in performance or event.

Injury- Any cheerleader who is unable to perform due to medical issues must provide a doctor's note with a time frame for recovery.

- If the cheerleader is injured, she is still required to dress out at school, practices, events and games.

**Work/Babysitting is never an excuse for missing ANY practice, activity or performance.**

## **Expense Projection 2021- 2022**

Not yet updated to show numbers for 2022-2023

The cost of all items is approximate and all items in **BOLD** are required.

### ***Middle School –***

***Approx. \$300 for New Cheerleader***

<b>All Squad Blue Uniform- Both Pieces</b>	<b>\$120</b>
<b>Motion Flex Midriff-</b>	<b>\$40</b>
<b>Boy Cut Brief</b>	<b>\$20</b>
<b>Leggings</b>	<b>\$35</b>
Polymicro Zip-Front Jacket- *Optional MS	\$130
<b>4 Practice T- Shirts/ Camp Wear - Outside Vendor</b>	<b>\$80</b>

### ***Junior Varsity-***

***Approx. \$750 for NEW Cheerleader***

<b>All Squad Blue Uniform- Both Pieces</b>	<b>\$120</b>
<b>Polymicro Joggers- JV/ Varsity</b>	<b>\$60</b>
<b>Polymicro Zip-Front Jacket- JV/Varsity</b>	<b>\$130</b>
<b>Motion Flex Midriff- JV/Varsity</b>	<b>\$40</b>
<b>White Polymicro V-Neck Sweatshirt</b>	<b>\$96</b>



<b>Boy Cut Brief-</b>	<b>\$20</b>
<b>Leggings</b>	<b>\$35</b>
<b>Pom Poms-</b>	<b>\$46</b>
Game Day Backpack and Name Tag	\$74
Fleece Headband	\$22
<b>Rain Jacket JV/V <i>Outside Vendor</i></b>	<b>\$60</b>
<b>4 Practice T- Shirts/ Camp Wear - <i>Outside Vendor</i></b>	<b>\$80</b>

***Varsity-***

***Approx. \$1,000 for NEW Cheerleader***

<b>All Squad Blue Uniform- Both Pieces</b>	<b>\$120</b>
<b>Varsity White Uniform- Varsity Only</b>	<b>\$230</b>
<b>Polymicro Joggers- JV/ Varsity</b>	<b>\$60</b>
<b>Polymicro Zip-Front Jacket- JV/Varsity</b>	<b>\$130</b>
<b>Motion Flex Midriff- JV/Varsity</b>	<b>\$40</b>
<b>White Uniform Bow- Varsity Only</b>	<b>\$20</b>
<b>White Polymicro V-Neck Sweatshirt</b>	<b>\$96</b>
<b>Megaphone</b>	<b>\$41</b>
<b>Boy Cut Brief- ALL</b>	<b>\$20</b>
<b>Leggings- ALL</b>	<b>\$35</b>
<b>Pom Poms- ALL</b>	<b>\$46</b>
Game Day Backpack and Name Tag	\$74
Fleece Headband	\$22
<b>Rain Jacket JV/V <i>Outside Vendor</i></b>	<b>\$60</b>
<b>4 Practice T- Shirts/ Camp Wear - <i>Outside Vendor</i></b>	<b>\$80</b>

## **SPIRIT CHEERLEADING DISCIPLINE POLICY**

**Due by March 18, 2022 – Submit Via Tryout Registration Form**

Parents and daughters need to read the Cheerleading Code of Conduct and tryout packets together. Expectations regarding the cheerleading program at PCA are very important and all must be aware that failure to uphold the stated rules can possibly lead to removal from the squad. Our goals for the cheer program are for PCA cheerleaders to honor Christ always and lead the students of PCA in a positive, godly manner.

**I have read and commit to adhere to the conditions stated in the PCA Spirit Cheer Discipline Policy.**

Cheerleader Name (Printed): \_\_\_\_\_

Cheerleader Name (Signature): \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

# SPIRIT CHEERLEADING AGREEMENT

**Due by March 18, 2022 – Submit Via Tryout Registration Form**

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

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

Squad: \_\_\_\_\_

Parent and cheerleader, please initial by each line:

\_\_\_\_ / \_\_\_\_ I have read and understand the discipline policy as outlined in this packet.

\_\_\_\_ / \_\_\_\_ I have read and understand the costs associated with PCA Spirit Cheer.

\_\_\_\_ / \_\_\_\_ I understand that PCA Spirit Cheerleading is an organized program. Athletes are expected to attend all games and events as a team. Although I (parent and daughter) might choose to be involved in a variety of activities, ***the sponsor cannot make exceptions based on my schedule.***

\_\_\_\_ / \_\_\_\_ I understand that I am a representative of PCA that my character should be above reproach.

\_\_\_\_ / \_\_\_\_ I commit to have exemplary morals, a positive attitude, high esteem for school faculty and staff, leadership ability, loyalty to other students and to be a worthy representative of Jesus Christ.

\_\_\_\_ / \_\_\_\_ I understand that I will be held accountable to my team, the commitment I am making by signing this document, and to respect the principles outlined in this packet.

Cheerleader Signature: \_\_\_\_\_

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