

# Lake Brantley High School

## Cheerleading Packet 2022-2023

### Important Dates and Information

**March 23, 2022:** Mandatory Pre-Tryout Parent/Cheerleader Information Meeting @6:00pm (LBHS Media Center)

**April 23, 2022 :** JV/Varsity Tryout Video Released (Self-Guided at home) @12:00pm on LBHS website

**April 25-26, 2022:** JV/Varsity Open Clinic @3:00-5:00pm (Brantley South Gym)

**April 27, 2022:** JV/Varsity Tryouts start @3:00pm (Main Gym at LBHS)

**April 28, 2022:** JV Mandatory Post-Tryout Parent/Cheerleader Meeting @6:00pm (LBHS Media Center)

**May 2, 2022:** JV Practice & Uniform Fitting @3:00-4:30pm (Brantley South Gym)

**May 2, 2022:** Varsity Mandatory Post-Tryout Parent/Cheerleader Meeting @6:00pm (LBHS Media Center)

**May 3, 2022:** Varsity Practice & Senior Uniform Fittings @3:00-4:30pm (Brantley South Gym)

**May 4, 2022:** JV Practice @2:00-4:00pm (Brantley South Gym)

**May 4, 2022:** Remaining Varsity Cheerleader Uniform Fitting @3:00-4:30pm (Room 8-112)

**May 5, 2022:** Varsity Practice @3:00-4:30pm (Brantley South Gym)

**May 9, 2022:** JV Practice @3:00-4:30pm (Brantley South Gym)

**May 11, 2022:** JV Practice @2:00-4:00pm (Brantley South Gym)

**May 13, 2022:** JV/Varsity Blue & White Game @TBD (LBHS)

**May 20, 2022:** Varsity Spring Game @TBD (Seminole High School)

**May 29, 2022:** Freshman Tryout Video Released (Self-guided at home) @12:00pm on LBHS website

**May 31-June 1, 2022:** Freshman Tryout Clinic (LBHS Main Gym)

**June 2, 2022:** Freshman Tryouts (LBHS Main Gym) @9:00am-11:00am

**June 3, 2022:** Freshman Uniform Fittings & Mandatory Post-Tryout Parent/Cheerleader Meeting @1:00pm (Room 8-126)

**June 8-9, 2022:** Gameday & Traditional Competition Team Evaluations @9:00-10:00am (LBHS Main Gym)

**June & July 2022:** Practice Dates for Game Day & Traditional Competition team TBD

**July 17-19, 2022:** Game Day & Traditional Competition Team Camps (The Plaza Resort & Spa, Daytona Beach)

**July 20-22, 2022:** Varsity/JV/Freshman Cheer Camp @9:00-3:00pm (7/20-7/21-7/22 LBHS Main Gym)

**\*\*\*Banner Making Days TBD**

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FRESHMAN COACH

Lynn Moran-Peebles

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## Tryout Requirements

Following the SCPS Cheerleading Handbook, the following requirements will need to be met in order to tryout:

- Academic Clearance through [athleticclearance.com](http://athleticclearance.com)
- At least a 2.0 GPA at the time of tryouts and continuously throughout the season.
- A plain white t-shirt and navy or black shorts are to be worn at the tryout.

## Athletic Clearance

**It is the parent and student athlete's responsibility to ensure that student athlete's physical is CURRENT THROUGHOUT THE ENTIRE SEASON and on file.** You must submit all documentation digitally prior to tryouts in order to participate. Please visit [www.athleticclearance.com](http://www.athleticclearance.com) to create a profile and submit your paperwork. **As of 2022, a one time ECG must be completed for clearance.** This only needs to be completed ONCE during your four years in high school.

### Athletic Clearance Checklist

- Create a profile on [www.athleticclearance.com](http://www.athleticclearance.com)
- Upload current [FHSAA Sports Physical Form](#)
- Upload insurance card information
- Upload parent ID
- Upload student athlete birth certificate
- Upload certificate for [NFHS Concussion in Sports Course](#)
- Upload certificate for [NFHS Heat Illness Prevention Course](#)
- Upload certificate for [NFHS Sudden Cardiac Arrest Course](#)
- Pay \$25 Athletic Participation Contribution ([www.MySchoolBucks.com](http://www.MySchoolBucks.com))
- ONE TIME** [ECG & SCPS Cardiac Clearance Forms](#) (if applicable)

If you have any questions or concerns, please contact the Athletic Department at 407-746-3422 or email:

**Athletic Secretary** Sheryl Crisp [crispsz@scps.k12.fl.us](mailto:crispsz@scps.k12.fl.us)

**Athletic Director** Jerri Kelly [jerri\\_kelly@scps.k12.fl.us](mailto:jerri_kelly@scps.k12.fl.us)

**Assistant Athletic Director** Melissa Dallenbach [dallenmz@scps.k12.fl.us](mailto:dallenmz@scps.k12.fl.us)

**Assistant Athletic Director** Allan Knight [knightal@scps.k12.fl.us](mailto:knightal@scps.k12.fl.us)

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## Fees

### Required Items: Cash or Check made payable to LBHS

- **Cheer Fee:** \$150 (due at parent team meeting)
- **Crew Socks:** \$35 (VARSITY ONLY due at parent team meeting)
- **Bows:** \$20 (includes 2) (due at parent team meeting)
- **Practice Shirts:** \$20 (includes 2) (due at parent meeting)
- **Camp Fee:** \$100 (due at parent team meeting)
- **Fundraising Fee:** \$150 (due 6/27/22)

### Required (unless you have them from last year) (payable to LBHS)

- **Backpack:** \$40 (due at camp)
- **Rain Jacket:** \$40 (due at camp)
- **Water Jug:** \$10 (due at camp)
- **Navy Blue Joggers:** \$20 (due at camp)

**White outdoor cheer shoes** must be secured prior to camp. Please be sure shoes are in good shape with no holes throughout the season.

### Required Items through Varsity.com

#### **Orders must be placed by -TBD**

- **Practice Shorts:** \$70 (3 pairs from the Varsity.com store)
- **Bloomers:** \$60
- **Poms:** \$23 (JV & Freshman) or \$42 (Varsity)

### Gameday and Traditional Competition Team Fees (Payable to LBHS)

- **Competition Fee \$400** (due at parent meeting)
- **Additional:** \$410 if team qualifies for Nationals (due Jan 2023)

#### Optional:

- **Separate check of \$10** per parent to register to be an approved driver (Must bring driver's license, check and application to the front office)
- **Misc. Gear:** There will be optional items in the Varsity.com store for purchase at a later date.
- **Fundraisers:** The Cheerleading program will fundraise throughout the season as well. Fundraising is used to add new uniforms and equipment to our program as needed, as well as funding some of the above-mentioned events. Fundraising is also a mandatory part of the program for all cheerleaders. Any and all fundraising ideas, business/personal donations are welcome.

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## Practice

**Mondays:** Freshman @3:00-4:30pm (Brantley South Gym)

**Tuesdays:** All Teams @3:00-4:30pm (Brantley South Gym)

**Wednesdays:** JV @2:00-4:00pm (Brantley South Gym)

**Thursdays:** Varsity @3:00-4:30pm (Brantley South Gym)

## Basketball Season: TBA

- Games typically start in November and run through February
- We only cheer at home games
- Varsity: Attendance at home playoff games will continue to be mandatory
- Basketball game switching will be left to the discretion of each coach

Parents and Cheerleaders, please be aware that the LBHS Cheer program is a **year-long commitment**. The cheer season does not end when the football season ends.

## Demerits

**A DEMERIT SYSTEM WILL BE ENFORCED THROUGHOUT THE YEAR.**

The following **EXCUSED** absences will be accepted:

- Attending a school sanctioned event that is a grade requirement in a class (Example: band/chorus concert)
- A family emergency with parent contact with coach's discretion
- School absence for the entire day due to illness (notify coach before practice)

## Consequences

**½ Point Deduction Per Occurrence:**

- Being found out of uniform
- Wearing improper practice clothes to practice
- Unexcused tardy/leaving early/unprepared to practice/game

**1 Point Deduction Per Occurrence:**

- Missed practice (1 point per occurrence and sitting out for the first half of the next game)
- Absence from game/mandatory event

**Potential Removal From Team:**

- Social media/Discipline Infraction could result in an immediate dismissal pending coach and administration discretion
- Quitting a team will require a 1 year waiting period to try out again
- GPA dropping below a cumulative 2.0 per the SCPS Cheerleading Handbook guidelines
- Cheerleaders will be benched until an expired Athletic Clearance is current

**EACH YEAR YOU ARE GIVEN 3 POINTS. REACHING ZERO (0) WILL RESULT IN DISMISSAL FROM THE TEAM**

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## Proper Uniform Attire

THE FOLLOWING IS EXPECTED BY EACH CHEERLEADER DURING ANYTIME IN UNIFORM:

- Uniform top and bottom (liner if applicable)
- Bloomers
- Bow
- Natural makeup
- Nude or natural nail polish
- Long nails and/or colored nail polish are only allowed during the week of homecoming and should be removed following the homecoming dance.
- No jewelry except a SINGLE stud earring
- No standard or smart watches
- Poms
- Hair all the way up for games and major mandatory events
- Hair can be half up half down while at school
- Clean white cheer shoes with no holes
- No-show socks (for JV and Freshman)
- Crew socks (for Varsity)
- Any visible tattoos while in uniform must be covered by a bandage
- Hair during football and basketball season must be a natural color (no pink, purple, green, blue, etc.)

## Summer Cheer Camp

- Attendance at cheer camp is **mandatory** for all team members.
- Non-participation in camp will mean you could risk not being part of a stunt group during the season or be dismissed/moved down from the squad.
- Cheer Camp for freshmen, JV and Varsity will take place over the summer. **Our camp will be in late July 20th-22nd from 9:00am-3:00pm at LBHS Main Gym.** The three squads will participate in the camp together.
- Cost of camp is the responsibility of the student athlete.

### **Citizenship**

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- Cheerleaders are expected to hold themselves to high standards in the classroom and in the community.
- Discipline or Saturday School referrals will be handled on an individual basis and/or will be subject to squad dismissal.
- Any suspension from school including both ISS and OSS will be subject to squad dismissal.
- Cheerleaders who do not exhibit strong citizenship skills and do not follow the LBHS student code of conduct on campus, at campus events, in the community or in uniform will be subject to squad dismissal at the coach's discretion.
- Participation in extracurricular activities is a privilege. Cheerleading is essential to the overall positive climate at the school. Therefore, participation as a cheerleader requires a high level of commitment, energy and maturity. **ALL cheerleaders** must abide by the **Seminole County Public Schools' Policy 4.62 on Extracurricular Activities**. High School **Cheerleaders** must also comply with the **Florida High School Athletic Association's (FHSA) eligibility requirements and standards**. **These requirements can be found at [www.fhsaa.org](http://www.fhsaa.org)**.
- Cheerleading program will follow the rules for Social Media as laid out in the LBHS athlete handbook. Social media rules and acknowledgement are attached. (Parents and athletes must read, sign and return to the coach.) Failure to follow the rules may result in squad dismissal.

## Transportation

- Student athletes may drive themselves to home game competitions.
- Student athletes must travel on the team school bus to away/traveling games or with their parents or an approved driver.
- Student athletes not riding a bus back from an away/traveling game will only be released to their parents, unless there is notarized written consent.
- Student athletes not riding a bus back from an away/traveling game will only be released **to another parent** with written consent which must be in the form of a notarized letter submitted to the coach 48 hours prior to travel stating who they can be released to.
- Any parent who transports any cheerleader other than their child must be an approved driver.

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# Guidelines for Athletic Departments

## Social Media and Communication

Athletic participation for Lake Brantley High School is a privilege. In representing our school Athletically, all athletic personnel and coaches, and all student-athletes, are expected to effectively Utilize responsibility with social media, and implement sensible means by which to communicate. In doing so, all above mentioned parties, including any other individuals directly or indirectly Associated with the athletic department of LBHS, will be held accountable according to the Citizenship standards for participation in school sponsored extracurricular activities established by The school board of Seminole County Public Schools. The following are guidelines detailing the Appropriate and acceptable protocol and procedures.

### **For Social Networking Sites, Websites, Blogs, Text Messaging, and Emailing, the following are PROHIBITED:**

- Posting photos, videos, or commentary that is unsportsmanlike, derogatory, or demeaning toward any other individual or entity. (Not limited to but including, opposing schools and players, teammates, and/or coaches)
- Posts that depict or encourage unacceptable violent or illegal activities, and/or that are sexually explicit in nature
- Disclosing information that is sensitive or personal in nature or that is proprietary to the various Athletic Departments or to Seminole County Public Schools
- Use of inappropriate or offensive language, or language that is violent or derogatory

### **Further Guidelines in Maintaining Protocol:**

- All information relayed should remain informative in nature
- Refrain from engaging in conversations that are personal to you, athletes, coaches, and parents
- Maintain professionalism, appropriateness, and suitability in all your messaging and communication
- Maintain updated security settings, as any communication is public record
- Limit access to your personal information
- Be aware of the potential perception all communication could have on you, your athletes, the Athletic Department and School District, and your community
- All information communicated should reflect the values and ethics associated with representing Seminole County Public Schools and the LBHS Athletic Department.

## **Social Media *Helpful Hints* for Student-Athletes**

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember, once posted the information becomes the property of the website.

2. Be aware that potential current and future employers and college admissions offices often access information you place on online to social networking sites. Realize that any

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information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of, and that reflects positively on you, your family, your school, and your community.

3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses and professionals do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember, photos uploaded on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile.

***One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students, and particularly student-athletes, should carefully consider their profile updates and photos, as they will most likely be examined by future college admission officers, coaches, and employers. Ask yourself what "digital footprint" you want to leave.***

**PLEASE RETURN THE BOTTOM PORTION TO YOUR COACH**



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## **LBHS CHEERLEADING & SOCIAL MEDIA CONTRACT**

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**This certifies that I have read the Lake Brantley Cheer Contract in full and agree with policies set in place by Lake Brantley High School.**

By signing this document, I acknowledge that I have read and understand all of the rules and regulations listed herein, and agree to abide by them at all times.

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**Student Athlete Name (Print)**

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**Student Athlete Signature**

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**Date**

By signing this document, I acknowledge that I have read and understand all of the rules and regulations listed herein, and agree to abide by them at all times.

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**Parent/Legal Guardian Name (Print)**

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**Parent/Legal Guardian Signature**

---

**Date**

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