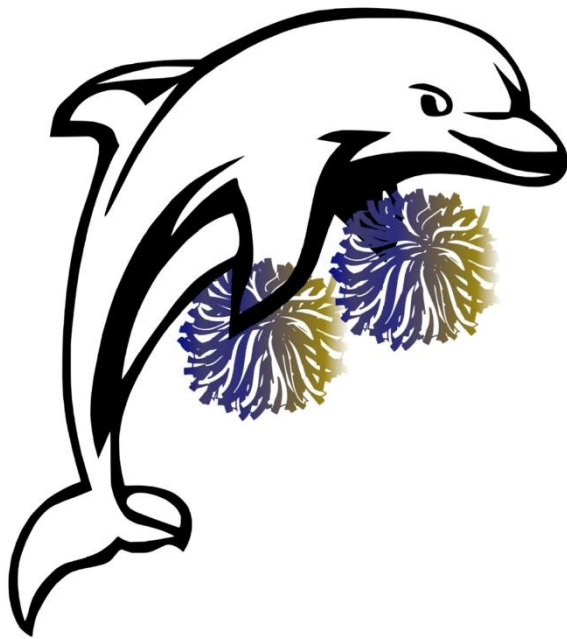


# GULF BREEZE HIGH SCHOOL

## *Dolphin Cheerleading*



*Program Guide*  
**2021-2022**

Dear Parent or Guardian,

We are glad that your child is interested in becoming a Gulf Breeze High School Cheerleader. So that you are aware of all that is involved, we ask that you carefully read this letter and the rest of the information provided in the following program guide. Please consider every aspect before deciding if cheerleading is a suitable activity for your child.

Operation of the cheerleading program is very expensive per calendar year. We do request and appreciate a donation or contribution to the program. These monies will be used to pay for your child's uniform, equipment, camp, banquet, awards, senior gifts, and many more. We encourage each family to participate in our fundraising activities throughout the year as well to help off-set our programs operation expenses.

Parents and cheerleaders alike must understand that cheerleading is a **year-round commitment**. Practices start immediately after the squads are chosen. A cheerleader is expected to commit the entire year. We practice through the spring, summer, fall, and winter. All practices are mandatory.

Again, we ask that you carefully read the material in this packet, especially the pages regarding guidelines and expectations. We believe that cheerleaders should represent Gulf Breeze High School morally, ethically, athletically, and academically. It is imperative that prospective cheerleaders and their parents understand what is expected.

Cheerleading is a wonderful opportunity for your child to learn about leadership, school spirit, and responsibility. We welcome your child's participation at the clinic if he or she is ready to be a leader, work hard, and show Dolphin Pride! Good Luck.

Sincerely,

*Jeanne Ladner*

Ms. Jeanne Ladner  
**Varsity/Head Coach**

Mrs. Lindsay Hanna  
**Junior Varsity Coach**

Mrs. Anna Leigh Michaud  
**Freshman Coach**

**Gulf Breeze High School  
Cheer Coaches**

## Tryouts

### I. Qualifications and Standards:

#### *All candidates...*

1. Must be presently enrolled in Gulf Breeze High School as a Junior, Sophomore, Freshman, or as an 8<sup>th</sup> grader enrolled or must provide proof of intent to register to attend Gulf Breeze High School.
2. Must have a **current physical**, complete an **Athletic Clearance Account**, and be cleared through the Athletic Department before tryouts begin.
3. Must have physical notarized and upload a copy of insurance card for Athletic Clearance Account. **If applicant does not have insurance, they are to purchase insurance through the school.**
4. Must be in good standing with the school and previous year's cheer squad (**if applicable**).
5. Must abide by Florida High School Athletic Association (FHSAA) eligibility policy and maintain a minimum 2.0 GPA (**cumulative**) and passing all 6 classes to participate in clinic and tryouts.
6. Parents and candidates must be willing to meet all rules, regulations, and financial responsibilities as stated when the program guide is signed. Signed program guide must be turned in **by April 21<sup>st</sup>** with tryout packet.
7. During tryouts, participants will perform a the fight song, dance, cheer, chant, and jumps that will be taught at tryout clinic.
8. ANY tumbling skill a candidate would like to perform during tryouts must first be demonstrated to one of the coaches for approval during tryout clinic.

### II. Tryout Attire:

#### *All candidates are to wear the following for tryouts...*

1. Must wear a white t-shirt with **NO** graphics, navy shorts, hair in neat ponytail, and athletic shoes with white socks.
2. **NO** jewelry.
3. **NO** tank tops or midribs shone.
4. **NO** chewing gum!

### III. Important Dates:

- April 21<sup>st</sup>:** Cheer tryout packet is **due** to Coach Ladner by 3:30pm in Rm 945 or Administration Office.  
**April 23<sup>rd</sup>:** Physical and Athletic Clearance Account (online) are **due** in GBHS Athletic Department  
**April 27<sup>th</sup>-29<sup>th</sup>:** Cheer Clinic in GBHS Gymnasium from **3:45 p.m.-5:45 p.m.**  
**May 1<sup>st</sup>:** Tryouts in GBHS Gym...
  - Sophomore, Junior, and Senior tryouts begin @ **9:00am**
  - Freshman tryouts begin @ **11:00am**
  - Mascot tryouts begin @ **12:30pm**

**June 28<sup>th</sup>-30<sup>th</sup>:** UCA Cheer Camp for all three squads at Gulf Breeze High School for a home camp experience.

### IV. Organization of teams

1. Varsity
  - a. Grades 10<sup>th</sup>-12<sup>th</sup>
2. Junior Varsity
  - a. Grades 9<sup>th</sup>-11<sup>th</sup>
3. Freshman
  - a. 9<sup>th</sup> Grade only

### V. Judging:

1. Tryouts are judged by an impartial panel of cheer, dance, and tumbling experts.
2. Squad size is determined by the coach and based on the skill and talent of the candidates.
3. Parents and candidates must understand the decision of the judges is final.

## Gulf Breeze Community High School Cheerleading Guidelines

Our purpose is to promote school spirit, pride, and a sense of loyalty to Gulf Breeze High School (GBHS) and the community. We encourage good sportsmanship by bringing positive recognition to our school through all athletic and community events and building stronger relationships between schools.

### I. Team:

#### A. Responsibilities:

1. All squads are responsible for cheering at their respected football games, basketball games, pep rallies, other athletic teams and school recognized events, community service events, attending summer conditioning/practices, and summer camp.
2. In addition, Freshman and Junior Varsity squads will cheer at the Varsity Homecoming game.
3. Junior Varsity will also cheer with Varsity at the "Dolphin for a Day" event.
4. All squads are encouraged to participate in any fundraising activities that may arise during the year.

***\* Additional activities and events may be added throughout the year.***

***\*\*A monthly calendar will be provided listing each practice and event for the upcoming month. (There may be additions and/or changes to the calendar.)***

#### B. Captains

1. Captain position(s) for all three squads will be voted on by the team members. The coach will have final say in who becomes captain(s), after taking the votes into consideration.

### II. General Rules and Expectations:

1. Cheerleaders must be aware of the responsibilities required and the commitment he/she is making to the Gulf Breeze Cheer Program.
2. Cheerleaders must adhere to all state regulations, FHSAA Guidelines, Santa Rosa County School District/GBHS Code of Conduct, and GBHS cheerleading program guide.
3. It is an honor to be selected as a cheerleader to represent GBHS. This representation should be taken seriously. Cheerleaders should pay close attention to their conduct in and out of uniform.
4. Cheerleaders will be expected to show respect, cooperate, and help their coaches, captains, and teammates at all times.
5. Cheerleaders must remember they are always representatives of their school; this includes anything texted or images posted on various social media outlets.
6. Careful attention should be made so they are not engaging in illegal, derogatory, harassing, or misleading information about themselves, other students, teachers, coaches or their school.
7. Cheerleaders are expected to promote good sportsmanship at all practices, games, and events.
8. Cheerleaders are expected to be well groomed while in uniform and representing GBHS.
9. Each cheerleader is responsible for the care and maintenance of all uniform pieces and/or practice attire. Missing uniform pieces are the responsibility of the cheerleader to replace.
10. Cheerleaders are expected to be on time, wear the correct uniform and display a positive attitude at ALL practices, games, and events.

***\*Uniforms and any GBHS cheer gear are NOT to be loaned out or borrowed by any non-team members. You may NOT wear your uniform off-campus, to any event, parades, competitions, etc. without the permission of your coach.***

### III. Games, Pep Rallies, School Events:

1. **NO** cell phone use.
2. **NO** chewing gum!
3. **ABSOLUTLEY NO JEWELRY** may be worn during practice or at games.
4. Fingernails must be kept short as per National Federation rules. Only neutral color polish will be allowed.
5. Attendance from each member is extremely important to the preparedness, performance, success and confidence of our team and its members.
  - a. Cheerleader must be at practices/games/events the entire length of time. Being late or leaving early may result in the cheerleader not being able to participate in the upcoming game, pep rally, or other event.
  - b. Missing a practice or game may result in the cheerleader not being able to participate in the upcoming game, pep rally, or other event.
  - c. Cheerleader **MUST** inform their coach if they will be late, leaving early, or missing any practices/games/events. It is important to inform the coach as early as possible, so she has time to make any adjustments needed.
6. Cheerleader must be present for at least ½ of the school day (**complete 3 classes**) to participate in practice, game, pep rally or event that day. (**Cheerleader must notify coach before checking out of school early on practice and event days.**)

7. Medical, college visits, and other personal appointments should be scheduled on days without cheer events.
8. Injuries and/or some illnesses do not excuse you from **attending** practices, games, or events.
9. If you are well enough to be at school, you are well enough to attend all cheer events. (**Attending is sitting and watching, not participating.**)
10. All stunting and tumbling **MUST** be supervised by a coach at all cheer events.
11. Cheerleaders must follow all directions and expectations during cheer events from the coaches and captains that may not be listed above.
12. During **Away Games**, cheerleaders will meet at school at a designated meeting time and accompany the squad as a team on the bus to/from all away games/events.

***\*These are guidelines, which may not cover all situations. The coaches reserve the right to handle individual cases as they arise.***

#### **IV. Absences**

##### **1. Excused absences include but are not limited to:**

- A death in the family
- Illness (that keeps you home from school) (**A doctor's note will be required.**)
- Hospitalization
- School-related function (Honor Society, SGA event, etc.)

##### **2. Unexcused absences include but are not limited to:**

- Vacation/family trip/reunion
- Job/work
- Doctor Appointment
- College Visits

*Cheerleaders themselves must inform their coach if they will be absent (whether excused or not) from practices, games, or events as soon as the cheerleader is aware of this absence.*

***\*\*Failure to abide by these rules will result in disciplinary action outlined by each coach.***

#### **V. Injuries:**

1. If cheerleader becomes injured during practice or game, they must report to our trainer, **Katie Racine**. Katie works for the Andrews Institute. She will assess cheerleader and put a plan in place for him/her.

***\*If cheerleader goes to the doctor for an injury, they cannot resume practice or games without a written doctor's note!***

Athletic Trainer: **Katie Racine** 571.330.2367 [katie.racine@theandrewsinstitute.com](mailto:katie.racine@theandrewsinstitute.com)

#### **VI. Academic Probation:**

1. Grades will be checked quarterly.
2. If a cheerleader falls below the required 2.0 GPA, he/she will be put on Academic Probation for a minimum of two weeks and/or until the grade has been raised to a "C" or higher.
3. Cheerleader will...
  - be benched for two weeks for each D on your report card including suspension from the next two games, pep rallies, or performances.
  - be benched for four weeks for each F on your report card including suspension from the next four games, pep rallies, or performances.
4. If put on Academic Probation, cheerleader will...
  - attend ALL practices and do their homework at practice.
  - be required to sit at ALL games with the team and the coach in their uniform.
  - need to update the coach with a weekly grade report.
5. If the cheerleader's grades are not brought up by the end of the semester, this will result in immediate dismissal.

#### **VII. Removal from squad:**

**A cheerleader may be removed for any of the following reasons:**

1. Not having the required grade point average of a 2.0 and passing all 6 classes.
2. Drinking, smoking, or participating in any illegal activity.
3. Being suspended from school.
4. Having had excessive discipline within the cheer program and/or GBHS.

#### **VIII. Dismissal or Resignation from the Squad:**

1. Coach must receive a written resignation from the cheerleader.
2. If a cheerleader has been dismissed or has resigned from the squad, any uniforms or equipment that belongs to the cheer organization must be returned promptly to the coach and they may no longer wear any clothing that promotes the GBHS cheerleading organization.
3. If you do choose to leave the cheer squad, we ask that you be respectful of the team and its position within the school and the community.
4. Any cheerleader who resigns or is dismissed will NOT be eligible to try out for a cheer squad the following year.
5. Any cheerleader who resigns will NOT be eligible to try out for another GBHS sport until one full academic year has passed, per Gulf Breeze High School Athletics' "No Quit" policy.

***\*The coaches reserve the right to move team members between the three teams as they see fit.***

**\*\* Please Note:** The coach reserves the right to add or modify this program guide as need arises to ensure the continued success of the Gulf Breeze High School Cheerleading Program.

**The articles in this program guide shall govern the members of each GBHS cheer squad. Each cheerleader and their parents are responsible for knowing the contents and returning a signed acknowledgement of such. Please contact one of the coaches with any concerns or clarification of the rules and guidelines.**

## Cheerleading Tryout Application Form 2021-2022

During the tryout and screening process, strenuous physical activity necessitates a physical release form from a doctor. **The Athletic Clearance Account** information can be obtained from the **GBHS Athletic Department Office** and on the [www.gulfbreezeathletics.com](http://www.gulfbreezeathletics.com) website under the "Forms Tab". You will need to create your own account and get **cleared before the first day of try-out clinics**. **Please attach a copy of your last report card to this application.**

**Applications, eligibility forms, and other forms are due April 21<sup>st</sup> and medical forms are due April 23<sup>rd</sup>.**

See Ms. Ewens (**Administration Office**) or Coach Ladner (**room 945**) for any questions

Cheerleader's Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Age: \_\_\_\_\_ Circle **current** grade: 8<sup>th</sup> Freshman Sophomore Junior

Current Unweighted Cumulative GPA: \_\_\_\_\_

Circle the position for which you have previous experience. **Base Back Spot Flyer None**

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Cell Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_ Is texting an option? \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**

Home Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

### **Parent/Guardian:**

Name: \_\_\_\_\_ Relationship to Cheerleader: \_\_\_\_\_

Work Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_ Cell Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

### **Emergency Contact:**

Name: \_\_\_\_\_ Relationship to Cheerleader: \_\_\_\_\_

Work Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_ Cell Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

Are you planning on participating in All-Star **or** Competitive cheer outside of GBHS? \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**

If so, which program and what team would you be on? \_\_\_\_\_

Are you interested in participating on GBHS' competitive cheer squad? \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**

### **Application Checklist:**

- ☐ Athletic Clearance Account
- ☐ Parental Permission Sheet
- ☐ Physical Form
- ☐ Report Card

- ☐ Student Agreement Sheet
- ☐ Tryout Application

**STUDENT AGREEMENT OF  
CHEERLEADING TRYOUT RULES & GUIDELINES 2020-2021**

With the understanding that the coaches' decisions are final, I \_\_\_\_\_, have read the cheerleading tryout guidelines and will abide by the rules, expectations, and consequences as stated. I understand and accept that failure to abide by these guidelines may result in dismissal from the clinic and tryouts. I am aware of the responsibilities required to be a Gulf Breeze High School Cheerleader.

I am aware that if I were to make any of the three squads, I will commit to cheering at ALL events, as well as, participate in community events, and fundraising activities.

Signature of Applicant: \_\_\_\_\_

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

Signature of Parent/Guardian: \_\_\_\_\_

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

**STUDENT AGREEMENT OF  
CHEERLEADING RULES & GUIDELINES 2020-2021**

I \_\_\_\_\_, have carefully read the Gulf Breeze High School Cheerleading Program Guide and that failure to comply with these rules and guidelines will warrant discipline as outlined.

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

**PHYSICAL ELIGIBILITY**

I \_\_\_\_\_, understand the physical requirements necessary to participate in cheerleading.

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

**PARENTAL PERMISSION FORM**

I/We \_\_\_\_\_, the parents/guardians of \_\_\_\_\_ have read the Gulf Breeze High School Cheerleading Program Guide and give our permission for our child to tryout and participate in the GBHS cheerleading program for the 2020-2021 school year.

I/We \_\_\_\_\_, agree to the rules and regulations outlined in the program guide, and agree to do everything in our power to hold our child to these expectations and standards.

I/We \_\_\_\_\_, acknowledge that we are responsible for transportation to and from practices and events.

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)