

# Welcome to PLHS Cheer

Coach: Jenna Clauson

Advisor: Kellie Larsen

## The Roles and Responsibilities of a PLHS Cheerleader

1. Promote school spirit within the school and community
2. Represent PLHS with respect and pride
3. Be a positive role model for others
4. Exhibit positive attitudes towards yourself and others
5. Be involved in campus activities

## Course Content and Performance Standards

Cheerleaders will be expected to meet or exceed all *San Diego Unified & PLHS* Physical Education Requirements. For example, all 9<sup>th</sup> grade cheerleaders are required to complete the California State Fitness Test. All cheerleaders will follow the safety guidelines set by ACCAA.

## PLHS Cheer Program Requirements

**Description:** Cheer will be held 7<sup>th</sup> Period daily meeting from 1:19-2:15pm. Practice and conditioning will take place during 7<sup>th</sup> Period; however, additional time after school may be required one week prior to Pep Rallies.

Please remember that to be a PLHS Cheerleader is a privilege available only to those who have tried out and who have made the team. Each of you must have a commitment to one another and the PLHS Cheer Program. These are the minimal requirements:

1. All Cheerleaders must maintain a **minimum Academic GPA of 2.5**; you are expected to do better.
2. All Cheerleaders must maintain a **minimum Citizenship GPA of 3.0**; excellent citizenship and attendance is mandatory in all classes.
  - **If academic/citizenship grades drop below the minimum GPA stated above on a 6 Week Progress Report or at the Fall 2007-08 Semester, Cheerleaders will be benched from the squad until the next Official 6 Week or Semester Grades are issued whichever comes first. If Cheerleaders drop below the minimum GPA for a 2<sup>nd</sup> time in a single school year, the Cheerleader will be immediately removed from 7<sup>th</sup> Period Cheer and will no longer be able to participate in PLHS Cheer for the remainder of the year. NO EXCEPTIONS WILL BE MADE!!!**
3. All Cheerleaders are expected to dress out for 7<sup>th</sup> Period every day by 1:25pm in athletic clothing only which will include:
  4. T-shirt & sports bra
  5. Gym shorts & briefs
  6. Cheer shoes and socks
  7. Hair ties
  - **School clothes, tennis shoes, flip flops et...are not acceptable!!!**
  - **If Cheerleaders are sick or injured, a signed doctor's note will be required in order for the Cheerleader to sit out/ not dress out without grade penalization.**
4. All Cheerleaders are required to attend and/or participate in all athletic games, events, activities and Pep Rallies which include but are not limited to:
  5. All Football Games
  6. All Basketball Games
  7. Water Polo, Volleyball, Tennis, Field Hockey, Wrestling, Soccer, Baseball, Softball, Track, Badminton Games on a rotational basis.
  8. All PLHS Pep Rallies
  - **If minimal requirements are not met, Cheerleaders will be benched and/or permanently removed from PLHS Cheer.**

## 7<sup>th</sup> Period Cheer Grading Policies

Academic Grades will be based on a point system that translates into the following percentages:

1. Game, Activity/Event & Pep Rally Attendance & Participation = 45%
2. 7<sup>th</sup> Period Participation & Dress Out = 45%
3. Additional Assignments & Activities = 10%

A = 100 - 90%; B = 89 - 80%; C = 79 - 70%; D = 69 - 60%; F = 59 - 50%

\*Grades are available via Webgrade which can be emailed and/or printed out for both a parent and student upon request.

Citizenship grades will be based on the *PLHS Citizenship Rubric* which includes appropriate behavior and the following tardy and truancy policies:

2 Tardies = Maximum S  
3 Tardies = Maximum N  
4 Tardies = Maximum U

1<sup>st</sup> Truancy = Maximum U  
1 or More Uncleared Absences = Truancy

\*All PLHS grading policies and procedures are further explained in the 2007-08 PLHS Student Planner.

### Cheer Behavior Expectations

1. Cheerleaders will attend 7<sup>th</sup> period on time daily
2. Cheerleaders will be dressed out by 1:25 every day
3. Cheerleaders will not have visible/use cell phones, ipods et...during 7<sup>th</sup> period, games, pep rallies et...
4. Cheerleaders will be on task at all times
5. Cheerleaders will be respectful to all persons, belongings, and beliefs
6. Cheerleaders will obey instructions the first time they are given
7. Cheerleaders will be honest
8. Cheerleaders will not use profanity
9. Cheerleaders will obey all school rules
10. Cheerleaders will be dismissed by the Cheer Coach/Advisor not the bell

**\*Please remember that as a PLHS Cheerleader, you are an ambassador for the school and the entire PLHS Community. If through your behavior/actions (whether on or off campus) you jeopardize or damage the reputation of the PLHS Cheer Program/PLHS Community, you will be dismissed from the PLHS Cheer Squad.**

### Additional Guidelines for PLHS Cheerleaders

1. PLHS Cheer functions like a family. We all need to take responsibility for helping one another. Cheerleaders may be asked to help motivate one another or participate in fund-raisers or community events. These tasks should be undertaken cheerfully and enthusiastically.
2. Cheerleading is a team sport. Due to the nature of the routines and stunts, practice is not functional when people are missing. Grades are also determined by participation, so missing 7th Period/practice for whatever reason will affect your grade. **Grades must be earned; there are no automatic "A" grades.**
3. It is difficult to maintain eligibility, be a Cheerleader and have a job. If you begin working, your work schedule **must not** interfere with participation in an event, game, or practice. Work is not an acceptable excuse for missing a game or practice. Also, appointments should be made after practice.
4. Cheer is your primary responsibility. If you would like to try out for another sport, practices **must not** interfere with any cheer related activity. A spring sport is usually the only one where there is limited conflict.
5. All Cheerleaders should help clean and straighten up the dance room by throwing away all trash, putting away paints and paper, rolling up mats and closing all windows and doors before leaving for the day.

6. In the event that the Cheer Coach and/or Cheer Advisor are absent, Cheerleaders are expected to follow all guidelines.
- **Failure to adhere to PLHS Cheer Program Guidelines and Requirements, 7<sup>th</sup> Period Guidelines, Behavior Expectations, and School & Athletic Policies and Procedures may result in being dismissed from the Cheer Program.**
- **While some parents require their daughter to pay for their own cheer expenses, it is ultimately the parents' responsibility to cover the expenses. If you are dismissed from the squad for any reason or choose to be dropped, you will forfeit any funds held on account and/or be expected to remit for all outstanding debts. You will also forfeit awards, privileges, and the right to wear any part of the uniform.**

### **Cheer Parent/Advisor/Coach/Cheerleader Communication**

**Kellie Larsen's** preparation time and conference period is from 8:30-9:30 and I am also available before school upon request and advance notice. I teach an 8th Period AVID Senior Seminar class and thus **will not** be available for after school meetings. Please feel free to phone the school or email me with any questions or concerns you may have.

**Jenna Clauson** may be contacted via email and text or by cell when absolutely necessary. Due to my school schedule, I will only be available for conferences/meetings on Wednesdays & Fridays from 8:30-9:30 or by appointment upon request and advanced notice.

**Mrs. Kellie Larsen**  
**Cheer Advisor**  
**Room 857/858**  
**619-223-3121 X 4857**  
[klarsen@sandi.net](mailto:klarsen@sandi.net)

**Ms. Jenna Clauson**  
**Cheer Coach**  
**Dance Room**  
**619-318-9582**  
[jennalayne@sbcglobal.net](mailto:jennalayne@sbcglobal.net)

## PLHS Cheerleader & Parent Signature Page

We have read and understand the PLHS Cheer Program Course Syllabus/Cheer Contract and agree to support the efforts of this student in meeting the Cheer Program Requirements outlined above.

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

Cell #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Signed: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
(Cheerleader)

Cheer Parent/Guardian Name(s): \_\_\_\_\_

Telephone #(s): \_\_\_\_\_

Email Address: \_\_\_\_\_

Signed: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
(Parent/Guardian)