

# Cheer Information

## 2022-2023

## Tryouts:

WHEN: June 6th-8th (Monday-Wednesday)

TIME: 3pm-5pm

LOCATION: Ninth Grade Center Gym

21 Lakeview Drive Sanford, FL 32773

Go to [Athletic Clearance](#)

All paperwork must be submitted ONLINE and athlete must be CLEARED by June 1st. You can upload documentation starting May 16th!

## Athletic Physicals and ECG

All students are required to have a sports physical completed on the EL2 form and an ECG.

Students are required to complete the following three courses on NFHS:

1. Concussion in Sports
2. Heat Related Illness
3. Sudden Cardiac Arrest

# TEAMS

## **SIDELINE (Football and Basketball):**

Freshmen (9th)--- Freshman or Varsity

Sophomores and Juniors (10th-11th)--- Junior  
Varsity or Varsity

Seniors (12th)--- Varsity Only

# CHEER CAMP

DATES: July 18th-19th (Monday-Tuesday)

TIME: 9am-4pm

LOCATION: Ninth Grade Center Gym

# SUMMER PRACTICES

**July 11th-14th (8:30am-11:30am)**

**July 20th-21st (8:30am- 10:30am)**

**July 25nd-28th (8:30am-10:30am)**

FRESHMEN/JV: Mondays-Wednesdays

VARSAITY- Tuesdays-Thursdays

# COSTS

The cost for ALL sideline participants is \$400.

This cost includes: backpack, sports bra, shorts, tights, two shirts, jacket, sweatshirt, joggers, socks, bow(s), poms, summer camp, uniform rental fee, and miscellaneous items.

Cheer Money is DUE July 11th (the first day of practice). This ensures that all items are received in a timely manner (before football season begins).

# CHEER CONTRACT

All cheerleaders and parents **MUST** read and sign the Cheer Contract.

Important Details:

1. Demerit System- **THREE** Strikes and you are removed from the team.
  - a. It's a privilege to be a cheerleader, not your right. You must follow the school and program rules.
2. No Jewelry can be worn at practices, games, or events.
  - a. Includes ears, bellybutton, nose, etc.
  - b. All piercings must be taken out. Keep this in mind before any **NEW** piercings.
3. No fake nails! This is a safety issue to everyone.
4. Hair must meet length requirements during all practices and games.

QUESTIONS?

EMAIL Coach Perry at [melissa\\_perry@scps.k12.fl.us](mailto:melissa_perry@scps.k12.fl.us)

CHEER APPLICATION are available at the following link  
<https://tinyurl.com/CheerApp22>

[SHS Cheer Packet 2022-2023.docx](#)