



PMHS CHEERLEADING
BE ELITE



UNDER ARMOUR.



PMHS Cheer Coach

Coach Jessica Turner

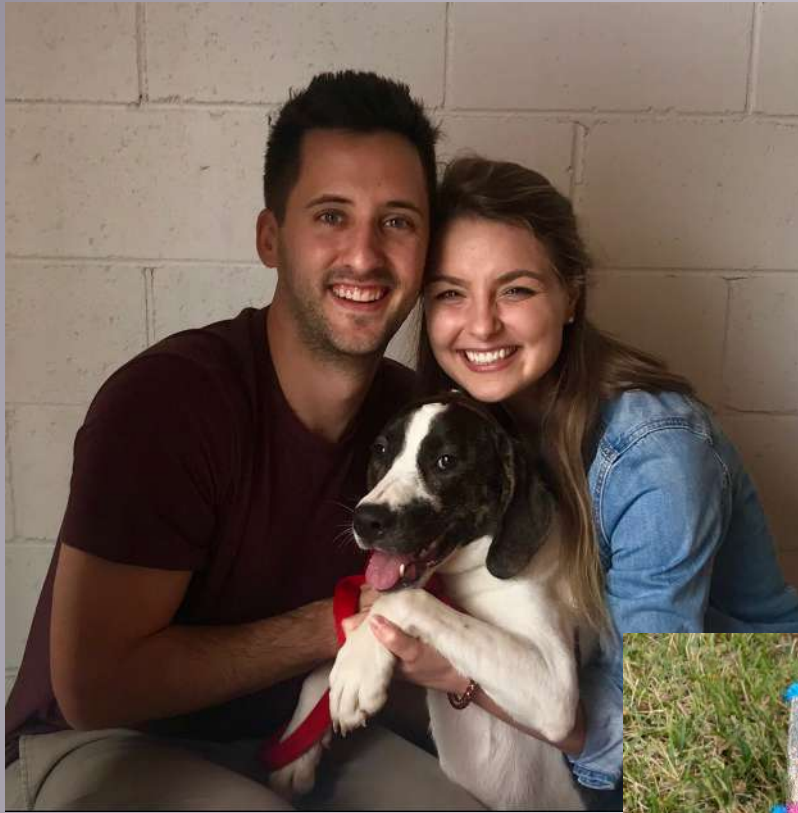
- Cheered OCA High School – 9th-12th
- Cheered College- North Greenville University- 3 years
- Coached Eagles View Academy- Varsity 1 year
- Coached college NGU- 2 years
- Entering 7th season Coaching PMHS – 1 yr JV coach, 3 yrs Varsity assistant and 3rd year as Head Coach
- VPK Teacher Otis Mason Elementary
- Cheer Coach – Otis Mason Elementary
- Married with 2 girls (Bralyn 8, Ansley 7)



PMHS Assistant Coach

Coach Holly Seaver

- Cheered Ocoee High School – 9th-12th
- Verbal Commentary Assistant at Contest of Champions – 6 years
- Entering 1st season at PMHS as Varsity Assistant Sideline and Competition
- English/Composition Adjunct Instructor at UNF – 2 years
- English Teacher at PMHS – entering 2nd year
- Holly and Her Boyfriend Cameron have been together for 5 years
- Their Fur Baby is Florence and she is 1 years old



PMHS JV/Basketball Coach

Coach Julia Johns

- ▣ Cheered 5th-9th grade at a Private School
- ▣ Played Volleyball 10th at Pedro, Cheered 11th-12th at Pedro
- ▣ Weightlifting 3 years at Pedro
- ▣ Ran Track 3 years at Pedro
- ▣ Graduated from FSU with a Social Science Degree
- ▣ 2nd Year ESE Para in St John's County
- ▣ Julia and her boyfriend have been together 8 months
*he is a fire fighter here in SJC
- ▣ Their Fur Baby is their pride and Joy





PEDRO MENENDEZ
CHEER

CODE OF ETHICS

A cheerleader is a representative of Pedro Menendez High School whose purpose is to **promote and uphold school spirit**, as well as to represent PMHS to the highest degree possible **in performance, in competition, and in daily life**. A cheerleader's behavior should exemplify **good moral character, trustworthiness, friendliness, and leadership**. She should be a positive role model for other students, and she should exhibit **responsibility, dependability, and integrity** for herself and others.

- 2015- FHSAA STATE CHAMPIONS
Large 1A Non Tumbling
- 2017- REGIONAL CHAMPS
- 2017- FHSAA State RUNNER UP
Extra Large 1A Non Tumbling
- 2018- FHSAA State Finalist 4th
Place Medium 1A Non Tumbling
- 2019-FHSAA Regional RUNNER UP
- 2019- FHSAA 3rd Place Finalist
Large 1A Non Tumbling



Join Us in a
Tradition of
Excellence





Tuesday : June 17th

Tryouts JV and Varsity

Wednesday: June 18th

Check- In 9:00am

(Section 1 Group)

Begins 9:15am

Ending Time 10:15-10:30

Check- In 10:45

(Section 2 Group)

Begins 11:00am

Ending Time 12-12:30

“Nothing is impossible; the

word itself says,

‘I’m possible!’”

**Teams Announced
Via Pedro Cheer
Website by 5pm
June 18th**

~Audrey Hepburn



CDC GUIDELINES

Every Athlete must Follow
Guidelines for Tryouts

1. Bring a Mask
2. Bring your Own Water Bottle with Name on it
3. If you have small Hand Sanitizer bring with you (will also be provided)
4. 30 People or Less during Each Practice and Tryout Assigned Time
5. Must stay 6 feet apart, and on the cheer mat area your assigned.

HOW WILL I BE JUDGED AT TRYOUTS?

- GPA
- JUMPS (Double TOE TOUCH, PIKE, AND HURDLER)
- INDIVIDUAL CHANT (motion technique, knowledge of material and voice projection)
- CHANT #2 (Program Cheer – We are Pedro)
- SPIRIT
- DANCE (knowledge of material, sharpness and rhythm)
- SIDELINE DANCE (knowledge of material, motions, energy and rhythm)
- SIDELINE DANCE (Sweet Caroline)
- STUNTING (varsity only- Based on Experience this Season)

▪What will We Learn?

Chant - Video posted

Dance/Sideline – Videos posted

Jumps- Videos posted

****REMEMBER WHAT YOU LEARN AND HOW YOU LOOK AT TRYOUTS WILL BE WHAT IS EXPECTED OF YOU DURING THE YEAR****



*******Note VARSITY:** Like a football coach who only needs a certain number of quarterbacks, a cheerleading coach only needs a certain number of flyers, bases, and back spots. Besides skill, squad placement will be dependent upon what position you are capable of filling on the squad and squad need.

YOU WILL NEED THE FOLLOWING...

PRIOR TO TRYOUTS

- ▣ **Current Physical- entered in Athletic Clearance**
- ▣ **Google Form Filled out**
- ▣ **Cheerleading Contract signed by Parent and Athlete - Google Form submitted**
- ▣ **Parent Covenant signed - Google Form submitted**

DURING TRYOUTS

JUNE 17TH-18TH

- ▣ **Tryout Apparel June 18th**
 - **White Sneakers or cheer shoes**
 - **Hair up and out of the face, in a pony tail**
 - **black cheer shorts**
 - **a plain Royal Blue T-shirt**
 - **Appropriate under garments**
 - **Mask for Stunting**

Google Forms can be found on Website to Fill out and Submit



Varsity Sideline Football



JV Sideline Football



**Basketball Cheer
Tryouts will take place
October 2020
Cost and Meeting in the Fall**



Competition Cheer
Tryouts October 12th 2020
Cost and Meeting in the Fall

Athletic Clearance

- ▣ Florida – Menendez
High School
- ▣ Physical Uploaded
- ▣ Enter Fall 2020-2021
Sideline Cheerleading

KEY DATES TO SAVE

Summer Practices

- June 17th , 18th Tryouts TBA
- June 22nd, 23rd, 24th 9-12pm

- July 6th – Payment drop off
- 27th – 9-11am
- 28th 9-11am

- Week of August 3rd-7th TBA

• Summer Camps

• Varsity / JV

- July 8th, 9th, 10th UCA home Camp
- TBA (tentatively with SAHS at SAHS)



Regular Season Practices are Mandatory

Junior Varsity- 3pm-5pm Wednesdays

Varsity- 4-6pm Mondays (stunt days- JV Welcome)

3pm- 5pm Wednesdays

Tardiness or unexcused absences from practices will result in demerits.

For each absence, you will be required to fill out an Absentee Form beforehand or if you are sick afterward with attached doctors note.

Commitment is Vital!

Be there and be on time.





Money...That Touchy Subject



Cost to Cheer for PMHS

▣ VARSITY PORTAL

(paid by CC, directly to account online)

NEW JV or Varsity: \$250-350.00 (1st time cheering)

JV or Varsity Returner: \$180-\$220

June 24th MIDNIGHT DEADLINE to pay



Menendez High School



This illustration is intended as a representative image. Actual color, size, placement, etc. will vary

Menendez High School



Varsity
New Blue



1



2

New Uniforms – We buy at a PROGRAM not by GIRLS!

In-Season Funds to Help Cost

1. Sponsors

Sponsor Break Down:

50% goes to Cheer from New Sponsors

Cheer will give each girl 70% of that and keep 30% for the program

2. Paying with CC, Cash, Ck

Example: \$500 package

Cheer receives \$250

Cheerleader gets: \$175

Cheer Program gets: \$75

**AT THIS TIME WE DO NOT HAVE
INFORMATION ON SPONORSHIPS DUE TO
COVID- 19**

▣ PMHS Fees and Payments Varsity

(paid by CC, cash, check or sponsors)

July 6th - **\$220** (UCA Home Camp- 3 days)

July 27th - **\$150** (Instructional UF Stunt Day,
Bows, and Uniform Rental Fee)

August 10th - **\$50** (Pay to Play)

August 24th - **\$250** (UA attire)

Under Armour Items





Coach Jess

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