

DEADLINE TO EMAIL COMPLETED* PACKET AND DOCUMENTS TO COACH DAHMS

IS MAY 29TH, 2020

pacomita@volusia.k12.fl.us (questions may also be sent here)

Candidate Checklist

Candidate Name: _____

Current Grade 2020-2021 _____

Alpha Code: _____

____ Email PICTURE ATTACHED*

____ Cheerleading .pdf completed and emailed

____ Florida Sports Physical (completed and signed by a Physician) **

____ Athletic Clearance account (completed online) www.seabreezehigh.org click on “New Normal”, once new page opens scroll down to Athletic Registration. Click on “Attached Documents” and “Action Plan” for information and directions.

*Send your photo as an attachment named using your formal first and last name. Your picture should be a headshot or school picture. Please make sure that no other people are shown in the picture. Please no full body pictures.

**Ensure Florida Sports Physical Form is signed and dated by the Physician before emailing the scanned/uploaded (as an attachment) or faxed copy. Email: pacomita@volusia.k12.fl.us or Fax 386-258-4686 A current FL Sports Physical on file at the school may be used if it does not expire before March 31st, 2021.

Seabreeze High School Information Sheet Update

The information given below will be entered into our school-wide FOCUS system.

Home Address:

City/State/Zip:

Cheerleader Email:

Cheerleader Phone:

Parent Email:

Parent Phone:

T-Shirt size (check one): S___ M___ L___ XL___

Short Size (check one): S___ M___ L___ XL___

Shoe Size: _____

Please check all that apply:

Please indicate which position you would best fill:

_____ Main Base _____ Side Base _____ Back Spot _____ Flyer

Tumbling skills (ONLY check the skills that you have Mastered WITHOUT a spot:

_____ Cartwheel

_____ Roundoff

_____ Front Walkover

_____ Front Handspring

_____ Standing Back Handspring

_____ Roundoff Back Handspring

_____ Standing Tuck

_____ Series Back Handspring (multiple)

_____ Back Handspring Tuck

_____ Roundoff Back Handspring Tuck

_____ Jump to Back Handspring

_____ Roundoff Back Handspring Layout

_____ Jump to Tuck

_____ Roundoff Back Handspring Full

_____ Other Advanced Tumbling

Calendar Information

Try outs, summer conditioning, summer practice, camps, and other dates for cheerleading are not currently available due to COVID 19. Tentative dates will be released as more VCS district information becomes available. Try outs will be mandatory for participation in the 2020-21 school year. Tryout guidelines and information will be available once VCS district timelines are established.

Handbook & Contract

Seabreeze High School Cheerleading Rules and Expectations

You have expressed a desire to try out for the Seabreeze cheerleading squad. In order for things to run smoothly, I feel that you need to be informed of exactly what this responsibility entails. As a squad member, you can develop leadership abilities as well as the personal satisfaction in serving Seabreeze High School and our community. However, being a member of cheerleading does require an extreme amount of time, sacrifice, and financial commitment. Cheerleaders may have some obligations/events/fundraisers to attend on weekends. Being a member is fun, but mostly it requires dedication and hard work. It is because of this time commitment and sacrifice that YOU truly understand what this program entails and what our emphasis will be for the upcoming seasons.

Seabreeze High School Varsity and Junior Varsity squad members will be held to a high standard of conduct. Accordingly, the rules and regulations to follow must be reviewed by both the cheerleader and a parent/guardian. All rules and expectation adhere to the policies and disciplinary codes of SHS.

The objective of the Seabreeze Cheerleading Squad is to effectively execute school spirit that supports athletic teams and positively promotes SHS. Cheerleaders will serve as leaders for SHS and will promote sportsmanship.

Outlined on the last page, the demerit list may include additional demerits for special incidents that arise. In addition, please note accumulating five or more demerits can constitute suspension and/or removal from the squad.

NO BULLYING OF ANY KIND WILL BE ALLOWED. DEMERITS OR REMOVAL FROM TEAM WILL BE THE SOLE RIGHT OF THE COACH AND ADMINISTRATION. NO EXCEPTIONS.

Handbook & Contract

Informational Dates and Policies

Varsity and Junior Varsity Squads will practice on the same days and times to make it easier on the students and coaches.

Days/Times are TBA

A printed schedule will be given at the beginning of the school year. JV games are usually on Thursday at 6pm and Varsity usually on Friday at 7pm (schedule/days subject to change). You must be on the field 30 minutes before games.

Basketball schedule will be given out when available each squad will rotate home games. It is an expectation that you will participate on a rotating basis.

Attendance Policy

SHS cheer is a structured program where success relies on **athletes and parents** adhering to our policies. We realize many athletes are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We practice 2-3 days during the week. We expect top priority and 100% commitment to attending every practice. Due to our policies we are able to keep extra practices to a minimum because our practice times are productive and mandatory.

GAME DAY: Attendance is required in order to cheer at the game, if for any reason you have an unexcused absence you will still be required to come to the game in uniform but may sit out. You must contact Mrs. Dahms first thing that day to discuss the absence.

Absence Policy

Once we enter the month of August the ONLY excused absences are: an excused absence that your parent or guardian called the school about the same day, a school function that is mandatory for a grade, or an absence with a doctor's note. We follow the attendance policy of VCS District. All unexcused absences will be reviewed by Mrs. Dahms and could result in demerits, being moved to an alternate position, pulled from a performance or removal from the squad if continued at the discretion of Mrs. Dahms.

All other absences and any other non-related school activities are unexcused. Since school activities are planned well in advance, please communicate to Mrs. Dahms any mandatory events as soon as you learn of them since absences must be approved by Coach Dahms to be excused.

MISSING A GAME OR PRACTICE BECAUSE OF HOMEWORK IS NOT PERMISSIBLE OR EXCUSED

Team Practice Policy

If you aren't feeling well, but attended school, you are still required to attend practice, but you may be allowed to sit out.

There is to be no jewelry worn at practice, which includes all earrings, belly button rings, bracelets, and necklaces. This is not simply for appearance sake, but for the safety of the one wearing the jewelry and for those either flying or basing who might be injured as a result. **All cell phones must be turned off during practice times, no exceptions.** There is to be no gum at practices. There are to be no excessively long fingernails or sculptured nails. Practice clothing must be worn (athletic shorts or pants, t-shirt or tank top that covers the mid drift, sports bra, cheer/athletic shoes). Half shirts or short shorts are not permitted. Anyone late to practice or dressed incorrectly will condition after practice. If repeated it will result in demerits. All practices are CLOSED TO PARENTS AND SIBLINGS/FRIENDS.

Miscellaneous Information

Squad members can be moved to an alternate position if they do not maintain the skill requirements. We believe in perfection before progression. We will not allow cheerleaders to learn advanced skills before perfecting the basics. Proper technique is everything and only perfected skills will be choreographed in a SHS cheer routine. Absolutely no unsupervised tumbling or stunting is to be done at any time. If at any time a coach thinks a cheerleader is unfit to perform their duties properly and safely, the coach can remove them from the activity with no questions asked.

Demerits

Demerits/Consequences can result in any of the following:

- **Conditioning after practice**
- **Attend practice, but sit out**
- **Attend game in cheer gear, but sit out first half of game**
- **Attend game in cheer gear, but sit out whole game**
- **Suspension from pep rallies**
- **Suspended for X amount of days which may include games**
- **Removal from the squad**

Seabreeze High School Cheerleading Financial Commitment

Cheerleading involves a financial commitment on part of the parents.

Total Amount Due:

\$ 387.00 Total Uniform Package*

\$ 308.00 Total Uniform Package** (without shoes, see below for approved shoe options)

Timelines for payment, if not paid in full:

\$200.00 deposit due at Mandatory Team/Uniform Fitting Meeting TBA

*\$130.00 due/**\$58.00: by end of September

*\$57.00 due/**\$50.00: by end of October

* Total Uniform Pack includes: Powerfit Uniform, compression shorts, socks, bow, personalized backpack, poms, shoes.

** Package without shoe cost: If your shoes from last year are approved by the coaching staff (must be clean and white) you may choose the package without shoes. Cost \$308.

Payment can be made on the webstore: seabreezehighschool.org

There will be multiple opportunities to fundraise throughout the upcoming season.

Fundraisers may provide: jackets, shirts, sport signs, flags, buses to away games, game day spirit items for the football players, banquet, etc.

I have read and understand the financial commitment for SHS Cheerleading in the 2020-2021 school year and will meet the financial responsibilities of cheerleading. I realize that if my cheerleader is dismissed from a squad for any reason or quits a squad at any point after being selected for a squad that no refunds will be made.

Handbook & Contract

SEABREEZE CHEERLEADING SOCIAL MEDIA POLICY & GUIDELINES

Cheering for Seabreeze High School is a privilege. As leaders you have the responsibility to represent your team, your school, and yourselves in a positive manner at all times.

Instagram, Facebook, Twitter, Snapchat and another social media sites have increased in popularity and are used by the majority of students here at SHS in one form or another.

Inappropriate material found by third parties affects the perception of the cheerleader and the school. Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, and comments showing the personal use of alcohol, drugs and tobacco etc, no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature
- Pictures, videos and comments that condone drug-related activity
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity
- No posts should depict or encourage unacceptable violent or illegal activities (examples: hazing, bullying, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use)

If a cheerleader's profile or online content is found to be inappropriate in accordance with the above behaviors, he/she will be subject to school disciplinary policies and removal from the squad as deemed appropriate.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

*Set your security settings so that only your friends can view your profile

*You should not post your email, home address, local address, telephone number, or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.

*Be aware of who you add as a friend to your site, many people are looking to take advantage of student-athletes or to seek connection with student-athletes

*Consider how the above behaviors can be reflected in all social media applications

If you are ever in doubt if your online public material is appropriate, consider whether it upholds and positively reflects your own values and ethics as well as the school. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or the school.

A Note to the Parents

As a parent of a former Seabreeze High School and college athlete I was a member and leader of committees and boards. I love nothing more than for my parents to be involved, but there are protocols for involvement of parents mandated by the school system.

If you would like to “suggest” something for a fundraiser, something special for the girls, water and snack at games, anything along those lines, I am always open to discussion. My email is pacomita@volusia.k12.fl.us and I will get back to you asap, usually 24 to 48 hours. It is important to those who are suggesting things for the team to understand I would need your ideas well in advance and that all decisions on adding anything that may be suggested will reviewed before implementation. All “suggestions” must come to me, only to keep confusion to a minimum. I hope you understand not all suggestions can or will be approved. I am excited for a new season and looking forward to a fun year!

Thank you for taking time to be involved in your child’s passion!

Cheers!

Coach Dahms