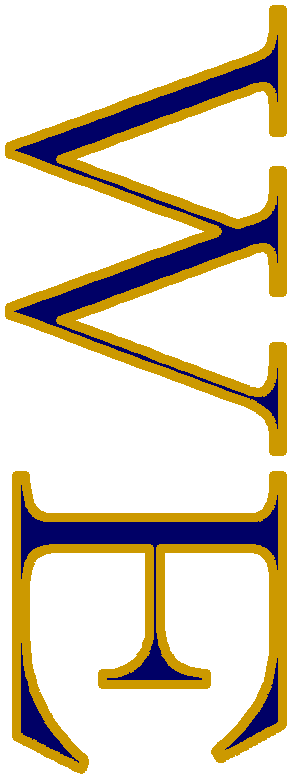
**Notes**

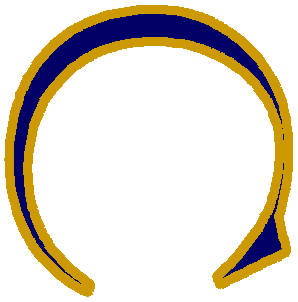
**JAGUAR SIDELINE CHEER**

Dear PSL Student & Family,

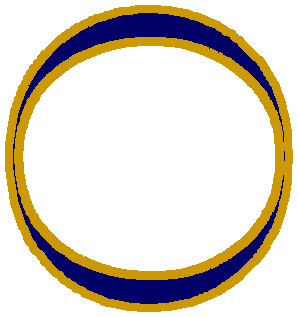


Welcome! If you are new to cheering at PSL, we are so excited that you interested to be a part of the PSL cheer program! If you are returning to PSL cheer, thank you for your continued enthusiasm and support. All of you, together, will hopefully be a part of Port St. Lucie High’s legacy. YOU will be the foundation and building blocks of continued tradition!

Cheerleading has become one of the fastest growing sports in our country. You’ve made a choice to work hard to be a member of this team. Therefore, you choose to be held to high standards and exemplary behavior. Thank you for your commitment!



I am devoted to creating, teaching, and encouraging a higher standard of athleticism, leadership and character within PSL cheerleaders. With that said, cheerleading at PSL will challenge you both physically and mentally. You will walk away from this season with lasting memories, the confidence and poise of the elite, and a feeling of accomplishment!



Welcome to PSL Cheer! Cheers,

Jaquelyn Carroll

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**Jaguar Cheerleader**

**Conduct Code**

**2022 - 2023**

I understand the importance of the cheerleading position that I am trying to hold. I see the value in my assignment as a role model to other students at my school and the importance of representing Port St. Lucie High School. Today, as always, I promise to do my best to uphold the high standards of my cheer -leadership position.

I will conduct myself in a way that promotes a positive image of the school, the community, and me. Acts that reflect negatively include, but are not limited to, academic fraud or cheating, plagiarism, criminal activity, harassment, intimidation, bullying, or any other behavior deemed inappropriate. Such acts may occur during school or non-school activities performed either on - or off-campus.

I completely understand that as a leader at Port St. Lucie High School, I am not allowed to participate in any type of gathering where substances of any kind or criminal activity can use substances, participate in criminal activities at any time while holding this leadership position. This time frame begins at the time of application until the conclusion of the school year. If I act in a way that reflects negatively upon the school, the community, or me, I will be held accountable for my actions.

**PARENT EXPECTATIONS**



**PSL CHEERLEADING STANDARDS**

The PSL cheerleading family consists of coaches, athletes, and their parent/guardian. We want it to be an exciting, positive experience for all members of our family. We ask that parents support and encourage our standards and expectation and provide a positive example for PSL cheerleaders around them.

* Parents are asked to set an example of positive behavior and conduct for all our team members.
* Please keep in mind that coaches are well-trained and equipped. The coaches not only have to make the best athletic decisions for the team, but also must navigate the often-fragile self-esteem issues these young ladies are dealing with. Please help your cheerleader and the coaches by not placing value on specific positions, formations, activities.
* There will be practices that your cheerleader walks away feeling frustrated, discouraged, or with hurt feelings. As the adult she is going to vent to, please help her to process her feelings in a healthy manner and regain perspective.
* A PSL Cheerleader is not allowed to miss practice. Doing so adds a lot of pressure to her teammates and coaching staff. (please schedule personal appointments on our off days)

**You’ve made a choice to work hard to be a member of this team. Therefore, you choose to be held to high standards and exemplary behavior. Thank you for your commitment.**

With the following expectations, your athletic abilities will be challenged and refined. Your character will be exercised and exemplified. And your definition of “team” will be transformed.

**... like a Jaguar Cheerleader**



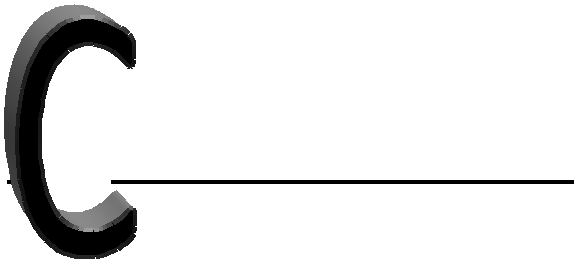
ATHLETICISM

* Be elite...all the time! Give your very best at every practice. This is how you and your team will achieve your very best. Giving less than limits you and your team and will only result in frustration, team division, and harder coaching!
* Take personal pride in your sport. Work hard to achieve your goals. It will not be handed to you - those who work for their goals will be fulfilled in their accomplishments!
* Be personally dedicated to work on growth outside of practice!
* Maintain good physical fitness. PSL Cheerleaders will be asked to do cardio and core-strengthening exercises on a regular basis (abdominal work, push-ups, running, etc.). Cheerleaders must be able to perform their entire routine with energy & vigor!
* Get your rest. Being tired doesn’t lead to successful or safe practice.
* Maintain healthy eating habits. Your body needs quality food and hydration to perform the tasks PSL cheerleading requires.

HARACTER

**COMMUNICATION EXPECTATIONS**

* Be courteous, friendly and respectful to others



* Be honest and truthful regardless of the consequences.
* Have a positive CAN DO attitude. Your coaches will push you to reach your potential - join their efforts!
* Be an active listener and accept constructive criticism.
* Have good time management skills to balance personal time, family time, schoolwork, and cheer.

**The following behaviors are not acceptable for Jaguar Cheerleaders and may be grounds for immediate dismissal from the squad:**

* Insubordination or disrespect of any kind, including outburst, lack of participation or effort, talking back, eye rolling, etc. This extends school-wide (not just at practice or events).
* Failing classes
* Inappropriate social media, language, pictures, posts, etc.
* Gossip (regardless of the subject)
* Negative/bad attitude
* Uniform neglect or violation
* Not prepared for practice (practice attire, hair pulled back, nails, etc.)
* Laziness
* Instigating, encouraging, or engaging in any physical violence or verbal altercations
* Use of vulgar or profane language
* Excessive public displays of affection
* Inappropriate behavior in school

**Violations will be handled at the discretion of the coaching staff using the demerit system.**

**More than 15 demerits result in dismissal from PSL Cheerleading.**

EAMWORK

* Be supportive of your teammates’ successes and cheer for others.
* Be reliable. Unlike other sports, there are not people sitting on the bench or subs who can effectively fill-in for you. Jaguars have to step out in faith to trust each other—to trust that their teammate is going to be at practice, give full effort and care about the squad’s goals.
* Contribute positively to the working environment for your teammates, whining, complaining and laziness cheapen the sport, limit you from reaching your potential and hinder your team from reaching its goals.

Timely communication is required from all athletes; communication concerning absences, injuries, and illness must come from directly from the athlete. This policy is in place to increase communication abilities and responsibility of our growing athletes.

**Coach ’s Contact Information:**

**Jaquelyn Carroll**

**Cell Phone: 813 – 679 - 9726**

**Email: jaquelyn.carroll@stlucieschools.org**

**ATTENDANCE EXPECTAIONS**



**SOCIAL MEDIA/ONLINE IMAGE**



* PSL Cheerleading is a team sport. Without everyone present, the team cannot accomplish its goals. Practice is **MANDATORY** and absences should be avoided whenever possible. Any absence or tardiness results in the entire squad being inconvenienced, and others sacrificed time becomes ineffective and unrewarding . Please consider the other members of your team when coordinating your schedule.
* The coaches work hard to respect and accommodate families, school, etc. when setting a practice schedule. Once a schedule is set, we expect the same level of respect and consideration for the teams’ time. When considering missing a practice, please keep your teammates and the progress of the team in mind.
* School is a top priority for every athlete. However, procrastinated schoolwork is not an excuse to miss practice. Plan ahead!
* An athlete is not allowed to miss practice for any reason. Doing so adds a lot of pressure to your teammates and coaching staff. (please

schedule personal things on our off days)

* Be ready to begin practice at the schedule time. Ready is defined as: proper attire on, bladder empty, jewelry off, shoes on, hair up and out of face, etc.
* All members are expected to take part in fund-raisers, community service projects, socials, etc.

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When you become a PSL Cheerleader, you become a representation of our program, your teammates, and the sport of cheerleading - even on the Internet & Social Media! It is important that if you have Snapchat, Instagram, etc. you recognize that there are certain expectations in terms of acceptable material:

* No photos representing alcohol, tobacco or drugs or wearing excessively revealing clothing.
* No content that consists of sexual, aggressive, or immature behavior.
* No foul, vulgar, profane, offensive or obscene language is permitted. This includes comments posted by others on your site.
* No wearing a partial uniform (top w/spandex, sports bra w/skirt) in any Tik Tok videos or social media posts.

**YOU are LEADERS.**

**YOU represent this program & your coaches.**

**People look up to you and it is very important that you create a positive image for yourself and our program.**

**Lead by example...all the time...everywhere**

**PRACTICE EXPECTATIONS**

PSL Cheerleaders are expected to know the material once it has been taught. This means practicing on your own to know your parts (especially if you were absent). Practice time will be spent learning new material, improving areas of weakness, and mastering the routine.

* Be prepared: correct practice attire, hair pulled back and out of your face, jewelry off, nails cut short, water bottle filled, bladder empty, etc. **before** practice begins. We don’t have time to wait for you!
* **Cell phones are not allowed when you are with the team.** If you have down time (bus ride, 1/2 time etc., you should be interacting with EACH OTHER not your cell phone!)

**PRACTICE SCHEDULE**

**FINANCIAL COMMITMENT**



* Summers – 9am to 12pm Sundays



* Season – 2 to 4 pm Monday/Wednesday



**GAMES**

**FALL SPORTS:**

Friday Night Lights!

JV Football (6:30 pm kick off (usually)- home & away games)- Thursdays

Varsity Football (7pm kick off (usually) - home & away games Fridays

**WINTER SPORTS**

* Basketball games run from Dec. to Feb
  + JV usually begins at 5:30pm
  + Varsity usually begins at 7pm



**TRANSPORTATION**

**GAMES:**

**Home Games:** Self transportation.

**Away Games**- Transportation Provided



**OTHER TIME COMMITMENTS**

Cheer camp, fundraisers, team bonding activities, socials,

community service projects.

**For all costs, please see price sheet!**

Checks need to be made out to Port St Lucie High School. Memo: PSLHS Cheer w/name of cheerleader. School Pay link will be distributed ASAP to pay online. Cash is acceptable as well.

* **A $100 deposit is required before June 1st.** Cheer items will not be distributed until cost balance is zeroed out.
* The remaining balance must be paid by **July 12, 2022.**

**\*\*If it isn’t paid in full, your cheerleader will be removed from the squad! No exceptions!\*\***

**UNIFORM**



Wearing a PSL cheerleading uniform is an honor. Your uniform, which includes: skirt, shell, jacket, shoes, bows, bag, etc., should be kept clean and neat! It is a disgrace to not take pride in our uniform appearance. Anytime that we are in uniform we are “performing”. It is not acceptable to be “out of uniform”. For example: it is not acceptable to have your bra showing, to wear slippers, flip flops, sweats or a sweatshirt, etc. with your uniform! Take pride in your uniform and the unity of your team.

* Uniforms are to be worn at each performance and to school on designated game days—unless otherwise determined by the coaches
* Members shall ONLY wear their uniform to official events, designated game days or otherwise decided by the coaches.
* It is NEVER ok to loan your uniform out to friends. YOU earned the right to wear that uniform - treat it as the honor it is.