



Dear Parent/Guardian and Student:

Thank you for your interest in becoming a part of the Cheerleading Program at Angeline Academy of Innovation. We are so excited for the 2024/2025 season! In this packet, you will find the following: AAI Athletic Department Rules, AAI Cheer Application and the 2024-25 AAI Cheerleading Contract. *You DO NOT need to turn in a signed contract for tryouts, only the required paperwork & the cheerleading application. Once an athlete makes the team, he/she will be required to bring the signed contract to the first practice following tryouts.*

It is important that you are aware of the high level of commitment that is required and the standard of excellence that is expected from each of the cheerleaders. Before completing, please consider and carefully read over the **ENTIRE** packet.

## **TRYOUT INFORMATION**

Per FHSAA Regulations, you must have and maintain a minimum of a 2.0 GPA in order to be eligible for tryouts and participate in a sport. If you do not have a 2.0 GPA prior to tryouts, you will not participate.

**ALL CHEERLEADERS MUST HAVE ALL ATHLETIC PARTICIPATION FORMS COMPLETED, SUBMITTED AND CLEARED IN ORDER TO BE ELIGIBLE TO TRY OUT.**

How to Complete and Submit Paperwork:

- Print Forms- [24-25 Athletic Participation Packet revised 5.29.24](#)
- Completely fill them out including-
  - Dr Visit for EL2 (Physical)
  - Notary
- Complete NFHS Videos and Print/ Screenshot Certificate for Upload
  - Concussion, Heat Illness, and Sudden Cardiac Arrest
- Visit [Athleticclearance.com](http://Athleticclearance.com)
  - Choose 24-25
  - Angeline Academy of Innovation
  - Upload all paperwork and electronic signatures
- Select All sports the kids may interested in- that way they can be cleared all at once
- Download the Home Campus App for easiest access



If you have issues uploading the forms, please reach out to the Athletic Director, Justin Pellicia for assistance: [jpellicc@pasco.k12.fl.us](mailto:jpellicc@pasco.k12.fl.us)

### **TRYOUT PROCESS:**

Tryouts are CLOSED to the public, there will be no exceptions and no spectators.

- Tryouts will be held in the AAI cafeteria Monday August 26th from 3:00pm-6:00pm AND Tuesday August 27th from 3:00pm – 6:00pm
- Materials to learn will be sent out prior on the school's website page under Athletic-winter sports- Cheerleading Tryout material videos will be posted by Monday August 12th.

Everyone must learn the CHEER, CHANT, DANCE, and JUMP SEQUENCE provided PRIOR TO TRYOUT. WE WILL DO A REFRESH DAY 1 OF TRYOUTS

- Drop Off/Pick Up: Tryouts will be held in the cafeteria area.
- Check In: Upon checking in on August 26th and August 27th, athletes will receive a tryout number (you may not switch numbers with another athlete) and enter the cafeteria.
- Tryout Dress Code: ANY BLACK SHORTS, WHITE SHIRT, WHITE CLOSED TOED ATHLETIC SHOES, AND HAIR PULLED UP. NO JEWELRY!
- Groups will be made by the coaches on day 1. So please do not choose your group prior to tryouts. Groups will present cheer, chant, dance, stunt, jump, and tumbling skills in front of judges on tryout day 2- 8/27/24

### **JUDGING SYSTEM:**

The following system is the basis on which each applicant will be judged.

- Each applicant will be judged using a scoring rubric.
- Applicants will try out in groups of four. This is not to intimidate you, but rather to ensure fairness of the scores and speed up the tryout process.

NOTE: The coaches have the final approval of the selection of the team.

### **ANNOUNCEMENT OF TEAM:**

Results of the team will be posted via INSTAGRAM (@aaicheerleading) OR on AAI Athletic Website under the Competitive Cheerleading Tab. Results will be posted at 9:00 pm on August 27th.



**PRACTICE SCHEDULE AND INFORMATION:**

- The first day of practice will be on Thursday August 29th. Cheer practice will be every Tuesday and Thursday from 3:00-6:00 pm.
  - Schedules will be distributed monthly (Dates and times are subject to change)
  - Transportation to and from practice/competitions is the responsibility of the athlete, parent/guardian (unless a bus is scheduled for pick up and drop off ).Carpooling works wonders!
  - No guests/parents are permitted at practice (unless permission by the coaches is granted).
  - Coaches must be informed in advance if a cheerleader misses practice.
- Excused absences are only an excused absence from school, illness, or a death in the family. Doctor's appointments, other cheer obligations, etc. must be scheduled around our practices and games.
- If the coach feels that excessive absences, even for excused reasons, prevent a cheerleader from performing effectively with the team, the cheerleader may be removed from the team.
  - The coaches can remove a member of the team at any time at the coaches' discretion.
  - Once the teams are selected, if additional team rules are decided then cheerleaders and parents will be made aware of these rules in writing.



## **AAI CHEERLEADING GUIDELINES & CONTRACT 24-25**

### **I. MISSION**

- A. Promote and uphold school spirit, unity, and pride.
- A. Represent the school to the highest degree.
- B. Always set an example of good behavior and sportsmanship (whether in uniform or not).
- C. Promote friendships with each other and with schools with whom we compete and perform with.

### **II. CHEERLEADER'S RESPONSIBILITIES**

- A. To promote school spirit
- B. To cheer at every pep rally & competition
- C. To participate in other special events, as scheduled
- D. To be ready at the specified time prior to the start of an event, in the appropriate uniform
- E. To be at practice on time and ready
- F. To follow the FHSAA School Cheer Safety Rules at practice, competitions, & events
- G. To support all decisions of the coaches

### **III. ACADEMIC REQUIREMENTS**

- A. Grades will be maintained according to state standards throughout the year and will be checked by the coaches periodically. Athletes must maintain a minimum of a 2.0 GPA. The coach may suspend a player if there is a D or F on a progress report check during the season. Once a C grade is achieved the player may be reinstated.
- B. If a parent/guardian is not satisfied with the grades of their student and feel they need to focus on schoolwork, please contact the coach **PRIOR** to initiate a consequence or plan that would affect the squad and their work as a team.

### **IV. APPEARANCE/UNIFORMS**

- A. Appearance must be clean and neat, including hair and makeup for all events. Cheerleaders without proper attire will be given one formal warning. After your 1 warning you will receive a strike.
- B. You must wear a sports bra that is not visible while wearing the uniform.
- C. Coaches discretion is final on uniform fit and cleanliness.



- D. You are responsible for the upkeep of your uniform. Issued uniforms and equipment must be turned in at the conclusion of the season or once you have completed duties with the squad.
- E. Chewing gum is not allowed.
- F. No smoking/vaping or consumption of alcohol will be tolerated. This is cause for immediate removal from the team.
- G. Hair must be kept out of the face and worn all-up during all practices. All hair accessories should be worn in moderation and comply with safety regulations set forth by AACCA and FHSAA.
- H. Acrylic, Dip, Gel, and Natural nails should be an appropriate and SHORT length. For all events color should be appropriate. Nail polish should not include bright colors/neon colors. If an athlete cannot abide by these rules, the athlete will be given one formal warning prior to being asked to sit out of the event.
- I. Excessive talking during games either on the sidelines to teammates or spectators and being late after halftime will not be tolerated. Do not socialize with players or the crowd during a game
- J. NO jewelry of any kind. This includes earrings, belly button piercings and all body jewelry. Coaches will NOT be responsible for holding jewelry.
- K. No visible tattoos
- L. Members are expected to maintain an overall level of fitness that allows them full participation in whatever their team demands which could include conditioning, stunting, tumbling and jumps. Skills need to improve over the year. Cheerleaders whose skill level drops will be taken out of dances, stunts and performances.
- M. Cheerleaders cannot wear or loan AAI gear when attending non-cheerleading activities.
- N. A cheerleader may not show any display of affection while in uniform or at a game.
- O. PRACTICE ATTIRE: Coaches will let you know what practice outfit you should wear for each week. This is mandatory and you are expected to show up in the assigned gear.

## V. ATTENDANCE

- A. ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If an athlete misses any class, without PRIOR permission, they are ineligible to practice or compete that day. Attendance is MANDATORY at all practices, events, and competitions, as we do not substitute members when performing. Your team is counting on you. All absences, both excused and unexcused, and tardies will be recorded.
- B. If a member/alternate misses ANY practice, he/she will receive demerits.
  - 1. All doctor appointments, etc. should be scheduled so they do not interfere with team activities.



2. Homework/studying is not an excused absence!

3. Excessive absences may result in probation and/or dismissal from the team.

- C. ALWAYS contact the coach at least 24 hours prior to not attending an event OR needing to leave an event early. THIS INCLUDES PRACTICE.
- D. Attendance at a game or practice without appropriate shoes or uniform will be considered an absence, as you will not be able to perform.
- E. Reach out to your coach right away regarding any absences.
- F. All members and alternates must attend every activity, every practice and performance in its entirety. Homework or their job is not considered an excuse for missing any activity.
- G. If a member is injured OR has an illness, the Coach may request a written letter of permission from a physician before the member can return to practice.
- H. School detention, etc. will not be considered an excuse for missing any team practice or scheduled activity.
- I. All members and alternates are expected to be on time to all activities, practices and performances. "On Time" meaning the member is fully equipped to start practice (dressed, shoes on, hair up, jewelry out, stretched out)
- J. Tardies to practice will be reprimanded at the discretion of the coaches. This includes demerits.
- K. Tardies to a performance will be reprimanded at the discretion of the coaches. This may include demerits.
- L. Leaving practice early will be treated in the same way as a tardy! No one should leave practice early due to homework, studying, a job, or practice for another sports team.
- M. Excessive tardies may result in being benched from performances and/or removal from the active member squad. A parent explanation will not be considered as an excuse for being tardy.

## **VI. NO DISCRIMINATION POLICY**

- A. AAI and The District School Board of Pasco County has ZERO TOLERANCE for discrimination of any kind. If there are any infractions with the Non-Discrimination Policy, then as a AAI student, administration will deal with the consequences set in place per the Non-Discrimination Policy. However, as an athlete, coaches will deal with the consequences of this action, which is complete dismissal from The AAI Cheer Team/Program.

## **VII. Character**

- A. Team members WILL BE leaders within the school and always set a good example.



- B. Team members WILL BE above reproach maintaining good personal appearance and habits that cannot be criticized.
  - 1. Each member must abide by those standards set by the AAI Student Handbook.
- C. All members MUST BE courteous and friendly to all other team members, student body, other teams and visitors, all Coaches, any Assistants and Administration.
- D. Members will refrain from gossiping about other members of the squad, Coaches, and any assistant Coaches.
  - 1. This may include, but is not limited to, name calling, spreading rumors about other teammates, talking negatively about other teammates, the coaches, and/or assistant coaches such as sending negative text messages to other teammates or making negative comments about other teammates on ANY Social Media site.
  - 2. Social media postings should be appropriate.
  - 3. Members found participating in any of the actions listed above will be handled on a case-by-case basis, which may result in dismissal from the team.
  - 4. Members must approach the coaches if there is an issue that needs to be addressed.
  - 5. Any inappropriate/illegal behavior and or photos is grounds for dismissal from the team.
- E. Excessive school-imposed discipline will result in probation and/or dismissal from the team

### **VIII. CONSTRUCTIVE CRITICISM**

- A. Cheerleaders and captains must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole. Negative attitudes towards suggestions from coaches will not be tolerated.

### **IX. SOCIAL MEDIA**

- A. For the safety of all AAI Cheerleaders, there will be no posting of pictures in uniform unless it is from an event or competition. No lewd pictures allowed. Absolutely no vaping, smoking, drugs, or alcohol. No posting of rumors, threats or insults will be tolerated on any social media platform. You should remember that nothing is private on the internet no matter what kind of protection you think is on a website. All cheerleaders will be required to be followed on Twitter/Instagram, etc. if they have an account. Anyone blocking the coaches from social media or found in violation will be removed from the team. Any use of second accounts will not be tolerated. Once found, you will be removed. Violation of any of the social media rules is grounds for immediate dismissal from the team.



## **X. PARENT INVOLVEMENT**

- A. Practices and tryouts are closed to parents unless otherwise specified.
- B. During activities, practices and performance parents will refrain from approaching their child, coaches and/or any other member on the team until the team has been released by the coach.
- C. Parents will refrain from gossiping about other members of the squad, coaches, and any assistant coaches.
- D. Parents must approach the coaches if there is an issue that needs to be addressed.
- E. Parents are responsible for dropping/off and picking up their child on time for all activities, practices, and performances.

## **XI. FINANCIAL RESPONSIBILITIES**

- A. When you commit to the team you commit to all fees. Payment of fees on time is essential. Though the uniforms are owned by Angeline Academy of Innovation and are provided to each cheerleader, individual members are responsible for some items and expenses. IF THE UNIFORM ISSUED TO A CHEERLEADERS BECOMES LOST OR DAMAGED, THE CHEERLEADER IS RESPONSIBLE FOR THE COST TO REPLACE IT.

## **XII. FUNDRAISING**

- A. Coaches will have the final say in all fundraising activities and events. The monies the cheerleaders earn in fundraising goes to both individual accounts and the general fund - so the more they do, the less the cost to the parents. As coaches, we are willing to help set up fundraising, suggest ideas, and get school approval but, a parent volunteer is needed to head up fundraising

## **XIII. CONDITIONING**

- A. Part of being an athlete is being able to have the proper endurance and stamina needed to perform at your best. With that being said, all cheerleaders are viewed as athletes and therefore, will have conditioning days. These include indoor/outdoor conditioning, which will take place after practices and on all designated conditioning days.
- B. Coaches will abide by NFHS Heat Acclimatization Guidelines/Regulations when conditioning outside.
- C. Athletes will be informed of designated conditioning days at least 24 hours prior to.

## **XIV. CAPTAINS**





- A. At least one (1) captain will be chosen, with the coach having the final decision. Captains will be held to a higher standard and will have greater responsibilities. Responsibilities include but are not limited to: getting the team started for practice with warm ups, helping coaches with equipment.. Captains will be named on a date deemed reasonable by the coach.

## **XV. BENCHING, DEMERITS, AND MERITS LIST**

- A. In order to be benched, an athlete must break a rule set in place by The AAI Cheerleading Program.
- B. Reasons an athlete would be benched or given a strike includes but are not limited to:
1. Missing 50% or more of practice.
  2. Being disrespectful to coaches/teammates.
  3. Social Media Behavior.
  4. Classroom/School Behavior.
  5. GPA
  6. Not abiding by Official Rules set in place per The AAI 24-25 Cheerleading Contract.
- Two STRIKES = Suspension from event
  - Three STRIKES = Removal from team
  - Out of School Suspension (OSS) = Cannot practice the day(s) on OSS, and
  - Suspension from two events, possible removal from team.
  - Second Out of School Suspension= Removal from team
  - Arrested= Removal from team

C. You represent yourself, your family, your school, and the coaching staff. Any misconduct on the field or court (yellow card, red card, technical foul, or official's complaint) will result in:

1. First Offense = Coach's choice (run sprints, lines, equipment duty, etc.) ■ If severe, can be suspended or removed from the team.
2. Second Offense= Suspension from one game
3. Third Offense= Removal from team

## **XVI. TRYOUTS**

- A. If a member quits or is removed from the team for any reason, it is at the discretion of the coaches and/or administration to allow a member back on to the active team the following season.
- B. Cheerleaders must be committed to cheerleading during our season. If involved in outside activities, please be sure cheer participation will be first.



**The purpose of the AAI Cheerleader is to promote school spirit by supporting teams during athletic competitions, to lead the crowd in cheering for the teams and to provide entertainment to crowds during events, pep rallies, parades, and breaks in athletic competitions. Cheerleaders will maintain a professional appearance and attitude at all times. You are the “Face of Angelie Academy of Innovation!”**

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**Student Signature**

**Date Parent Signature**

**Date**



## AAI CHEERLEADING APPLICATION

<b>Athlete's Name:</b>		<b>Student Number:</b>	
<b>Birthdate:</b>		<b>Current Grade Level 24-25 School Year:</b>	
<b>Athlete Cell:</b>		<b>Athlete Email:</b>	<input type="checkbox"/> Male <input type="checkbox"/> Female
<b>Home Address:</b>			<b>City:</b> <b>Zip:</b>
<b>Mother's Name:</b>			<b>Cell:</b>
<b>Father's Name:</b>			<b>Cell:</b>
<b>Other Guardian:</b>			<b>Cell:</b>
<b>Parent's Email:</b>			
<b>Medical Conditions/Allergies:</b>			
<b>What clubs or other sports do you plan to join for the 2024/2025 school year?</b>			
<b>Why do you believe you should be selected as an AAI Cheerleader?</b>			
<b>Were you involved in any behavior infractions (ISS, OSS, Detention, Referrals, Behavior Contracts, No Contact Agreements, etc) for the 2023/2024 school year? If yes, please explain.</b>			



**Are you planning to Cheer/Dance with another organization during the 2024/2025 School Year? If yes, what organization?**

**Personal Skill Information**

**Please list any Cheer, Dance or Gymnastic Experience Below:**

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

**STUNTING EXPERIENCE**

**What stunting position are you most proficient at: (you may check multiple boxes)**

Flyer Main Base Instep (Side Base) Back Spot

**Please check the stunting skills that you can perform proficiently.**

Prep       Extension       Prep Level Lib/Stretch/Arabesque       Extended lib/stretch/arabesque

Full to Prep     Full Up to Extension       Full up to extended one leg       Full around

Switch up to     Half up switch up       Full up switch up       High to high tick tock

extended lib/stretch

Basket Toss       Other: \_\_\_\_\_

**TUMBLING EXPERIENCE**

**What tumbling skills are you most proficient at: (you may check multiple boxes)**

Cartwheel       Round-Off       Standing Back Handspring       Round-Off Back Handspring

Round-Off Back Handspring Tuck       Standing Back Tuck       Round-Off Back Tuck

Round-Off Back Handspring Layout       Standing Full       Round-Off Back Handspring Full

Other: \_\_\_\_\_



### **Tryout Agreement**

I have read the guidelines for the Angeline Academy of Innovation Cheerleading Tryouts and have discussed its implications with my student athlete. I consent to having my student tryout for the Cheerleading Team and to meet all tryout requirements. I have reviewed my student's academic performance and understand the enormous time and financial commitment required to be a member of the Cheerleading Program. I believe that my student will be able to participate in Cheer and still successfully achieve the expected GPA. My student has no health restrictions that would be aggravated or make him/her unable to participate in all cheerleading activities, including but not limited to lifting, basing, flying, tumbling, jumping, running, and conditioning.

### **Tryout Results Agreement**

I understand and accept the tryout process and its requirements for the AAI Cheer Team. I have discussed the tryout process and its implications with my student and have prepared my student for all team placement decisions. We accept that all decisions of placement and acceptance on the AAI Cheer Team are final.

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Parent/Guardian Signature

Date

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Parent/Guardian Full Name - PRINTED

Date

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Athlete Signature

Date



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Athlete Full Name - PRINTED

Date