

# Seneca Valley HS

# Pom Squad Tryouts

## 2019-2020

Principal – Mr. Marc Cohen  
Athletic Director – Mr. Jesse Irvin  
Pom Coach – Ms. Jasmine Jones  
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- **Tryout Clinics: 5:00-7:00pm**
  1. Wednesday, August 14<sup>th</sup>
  2. Thursday, August 15<sup>th</sup>
  3. Friday, August 16<sup>th</sup>

**Final Tryout: Saturday, August 17<sup>th</sup> starting at 11:00 am**

### IN ORDER TO PARTICIPATE IN CLINICS OR TRYOUTS THE FOLLOWING MUST BE TURNED IN AS NOTED BELOW:

1. Paperwork listed below needs to be filled out online by end of July. Check for more info on the SVHS Athletics webpage @ [www.svhsathletics.org](http://www.svhsathletics.org)
  1. Student-Parent Athletic Participation Contract/Parent Permission form
  2. Medical Card Form
3. **Valid MCPS Pre-Participation Physical Evaluation dated before 8/12/19**  
**Character Assessment with copy of report card and Tryout information form with signed parent permission (bring the first day of try-outs)**

Dear Candidate,

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Thank you for your interest in the **2019-2020 Seneca Valley Spirit Tryouts** for Varsity Poms. The purpose of our extra-curricular organization is to promote school spirit and uphold the standards of Seneca Valley High School. As a member of this team, you can show your Screaming Eagles Pride through performances, competitions, and community events.

This can be a truly rewarding experience, but a **TREMENDOUS TIME COMMITMENT** and can be costly. Becoming a pom requires a substantial financial commitment. In order to offset some of these costs, all squad members will be required to participate in fundraising activities; i.e. Car washes, t-shirt sales, and clinics, etc., and any other events deemed necessary for the program. Members of the poms squads will be responsible for (not limited to) the purchase of all poms equipment, shoes, clothes, camps and clinics.

As a member of either squad, your daughter/son will be responsible for maintaining a good academic record. This is monitored on a weekly basis in accordance with SVHS & MPSSAA guidelines. All members are required to follow the rules set forth in this Poms Contract and the Student Handbook

This packet has been prepared to familiarize you with Varsity Poms and to provide information about the tryout procedures. Please read all of the information **CAREFULLY**. You will find the basic qualifications to become a member are not difficult to achieve. Aside from an **academic 2.5 minimum GPA requirement**, you must have pep and enthusiasm, want to be involved, enjoy performing, and be willing to work hard. (Specific guidelines for evaluating the tryout performances are stated later in this packet.)

**NOTE:** One or both parents is required to attend a **parent meeting on Wednesday, August 22nd in the SVHS Auditorium at 6:30PM.** \*subject to change\*

Poms must also attend the "Lead Em Up" event on **Wednesday, August 22nd at 1:00 pm** in the SVHS gymnasium. At the meeting we will go over parent and athlete expectations for the season, poms contract, anticipated schedules, fundraisers.

## Academic Responsibilities

1. Each Pom is required to maintain good grades. Grades will be monitored by their coach. **Eligibility reports are run every week and sent to the coaches.** If during any week a cheerleader is not passing a minimum of **5 classes**, parents will be notified by the coach and the Pom will be benched from practices and games until the athlete is passing 5 classes. **If a Pom appears on the ineligible list three times during any point of the season, they will be removed from the squad.**
2. Each pom must also be in school for at least **5 periods** of his/her daily academic classes to participate in any pom activities that day. If your son/daughter misses a class or a full day of school it is your responsibility to provide a note so it can be marked as excused.

## Appearance

1. Uniforms and warm-ups must be kept neat and clean. Losses of any part of the uniform must be replaced by the cheerleader.
2. Hair will be up in a pulled back whenever practicing.
3. Fingernails must always be kept to a short length. No nail polish is permitted on the day of a competition.
4. Gum chewing is not permitted while at practice or during a game.
5. **NO** jewelry is permitted to be worn during practices, games or performances. This includes earrings, bracelets, rings, necklaces, watches, tongue, eyebrow, nose, or navel piercing. If worn to a game or practice, the cheerleader will be instructed to remove such articles. (MPSSAA and NFHS rules) Repeated offenses will result in consequences.
6. Coaches will decide what the team will be wearing to school on the day or weekend of a game/competition. Everyone is expected to wear the decided outfit. **If a pom chooses not to wear the decided upon uniform, they will receive a strike. Three strikes and the pom will be dismissed from the team.**
7. If you are sitting out due to non-co-curricular reasons, you will sit out in full uniform. (This could be warm-ups, shirt & shorts, and/or uniform; it is up to the coaches' discretion.)
8. You are representing Seneca Valley High School and the coaching staff. You will act and dress respectively when in your uniform. No tummy shirts. No rolling of your skirt at any time. Full warm-ups must be worn to school to meet dress code.

## Expenses

1. If you have any obligations, it must be paid in full in order to tryout.
2. All uniforms from the year before must be returned before you can tryout.
3. All bills must be paid on time & in full before any clothing can be distributed. No items will be ordered unless they are paid for first. If a pom needs to be set up on a payment plan they must sign an agreement with the coach.
4. Poma/parents are responsible for spirit/practice wear, sweat suit, pom shoes, bows and other miscellaneous items needed for the team.

## Attendance

1. In the event of an injury, the pom will still be required to attend all games, practices and functions in full uniform. An injured pom is expected to sit with the coach, not with friends.
2. In the event of a suspension (academic or from the coach), specific duties of the athlete will be worked out with the athlete, coach, and parent. The participate is still required to attend all games, practices and functions in full uniform. The participate will sit with the coach and not with friends.
3. **ALL APPOINTMENTS/JOBS/ANYTHING OUTSIDE OF POMS NEEDS TO BE SCHEDULED AROUND OUR SCHEDULE.**

**4. YOU GET 3 PASSES FOR THE POMS YEAR TO BE USED AT YOUR DISCRETION.**

5. There will be NO overlapping in sports, other co-curricular activities, doctor's office visits, social events or jobs. If these cannot be worked around poms responsibilities then the pom will be required to make a choice. Please discuss all extenuating circumstances with the coach.
6. Practices and games are mandatory and are only excused for illness or family emergencies as discussed with coach. Unexcused absences from practice or games include, but not limited to, concerts, dentist/doctor's appointment, detention and work. Please schedule your activities around your cheerleading commitments. **Being a member of the Seneca Valley Pom squad is your job and a privilege. Being part of the team is optional, the rules are not.**
7. Any personal commitments, such as, vacations, doctor appointments, work, or participation in a club sport during the season are not considered as an excuse for missing practice. Performing at games is the same as competing at a competition. You cannot miss. Excuses such as a family dinner, party, going skiing, or participating with another cheer/dance team will not work. If you miss a game, you will receive a strike and could be removed from the program after 3 strikes.
8. Consequence for an **unexcused absence** will result in a strike.
9. You must **email** coach if your child will not make a practice or game due to illness or family emergency. Do not call school or assume we know if you did not attend school. Calling a captain or other member does not count as an excused absence.
10. Coming late or leaving early from practice or games is unacceptable. Make sure you arrive at least 10 minutes ahead of time so no practice is wasted.
1. Exceptions can be made with approval from coach (i.e. making up quizzes/tests, getting extra help from a teacher when before school or during option period the teacher is not available)

### **Injuries/ Preexisting Conditions**

1. Coaches must be made aware of all injuries occurring outside practice as soon as possible.
2. Please be sure that coaches are aware of any existing medical conditions/ allergies that may affect your child's participation in poms.
3. If an easily treatable injury occurs at practice (i.e. bruises, cuts, contusions) our athletic training staff will treat your child. You will be made aware of this injury as soon as possible.
4. If a serious injury occurs at a game or at practice, parents will be contacted via phone immediately. At this time, we may have already contacted Emergency Medical Services. We will communicate all information regarding the injury to the parent and the parent may come meet us at the high school/ injury location or meet us at the nearest medical facility if necessary.

### **Conduct**

1. Whether at home or away games, SVHS poms must display proper conduct before, during, and after all games. Each pom is expected to maintain good moral behavior, show cordial courtesy to visiting teams, spectators and each other. Squads must be respectful of visiting poms and of the game officials. SVHS Poms are important representatives of our school and are very visible to everyone!
2. Obscene language or gestures will not be tolerated
3. Public displays of affection are not allowed in school or at school activities. This includes but is not limited to hugging, kissing, hanging, tackling, sitting on laps, hanging on backs, massaging, or back rub. This is not limited to games and practices-whenver you are wearing Seneca Valley attire or at a Seneca Valley HS sponsored event.

4. Disrespect to any member of the poms staff will result in immediate dismissal from the squad, practice, season or game at the discretion of the cheerleading staff. Inappropriate behavior and defiance will *NOT* be tolerated.

### **Constructive Criticism-**

1. Poms must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole.
2. Negative attitudes towards suggestions from coaches and teammates are not appropriate.

### **Attitude-**

1. In order to achieve maximum success as a squad, each individual must demonstrate a good work ethic and be willing to work for the good of the squad. Respect for other squad members and the coaching staff is imperative.
1. The same is asked of parents towards other kids on the team and the coaching staff.
2. Negative behavior may result in suspension from participation in one or more games or dismissal from the squad.
1. Parent participation is appreciated. Decisions about coaching and program management are solely the responsibility of the coaching staff. We ask that the parents support and adhere to the decisions made by the coaching staff. If you have a concern please contact the head coach.
2. Each participant will sign and adhere to the SVHS Poms Expectations & Regulations.

### **Dropping Out During Season**

1. If a pom quits at any time or is dismissed from a squad during the season, the cheerleader is still responsible for all debts to the squad.
1. The athlete will not be allowed to try-out the following year.
2. *The coach has the authority to suspend or remove a member at any time during the season.*

### **Games**

1. **Home Games-** Teams must be at the school at their designated time before the game to warm up and practice.
2. **Away Games-** Teams will meet at the gym entrance and must have everything ready to go 30 minutes before the meeting time.
1. **Post Season Games-** Teams must be aware that they are expected to cheer during any regional, sectional or state events as well as school pep rallies, or assemblies.

### **Transportation for Away Games**

1. ALL POMS must ride the bus provided by the school district **to and from** games and competitions.
2. If a pom misses the bus, she must have a parent drive her to the game, and she will sit out for that game.
3. **Under no circumstances is any pom to drive herself to any away game.**
4. Parents must meet the bus upon its arrival at the high school.

### **Practice**

1. A calendar will be given to each cheerleader by the coach, which will list the practices, game times and bus times. **A coach may call extra practices at any time. Poms are expected to attend all practices.**
2. Each cheerleader is to be on time. Poms must wear designed practice outfit to with cheer shoes Hair must be tied back, no gum and ALL jewelry removed.
3. Attention must be given to the coaches at all times during practice.

4. Cell phones are not to be used during a practice or a game. If a cheerleader needs to make an emergency call, they should ask a coaches permission before doing so. Parents are encouraged to contact the coach during practice times.
5. Study Hall will occur on Friday for an hour. Grades should be turned in to the coach at the beginning of the study hall. A pom must complete some form/type of academic work during study hall.

**Safety Rules**

1. A coach must be present to supervise during all activities. Coaches must approve all new stunts. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of our athletes.
2. SVHS Poms will be required to participate in warm up, conditioning and weight training activities to maintain strength and flexibility and prevent injury.

Agreement to follow the above rules of the cheer program.

X \_\_\_\_\_  
Print (parent)

X \_\_\_\_\_  
Signature (parent)

X \_\_\_\_\_  
Print (student)

X \_\_\_\_\_  
Signature (student)

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