



Head Coach

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Mission and Purpose

The mission of the MBSH cheerleaders is to build school spirit and promote the formation of community throughout Miami Beach Senior High. Through the accomplishment of this mission, our cheerleaders will become strong athletes, bold leaders, and positive contributors to our community.

Eligibility Requirements

In order to tryout, a candidate must meet all of the following eligibility requirements:

1. Enrolled at MBSH for the 2019-2020 school year
2. Have a 2.5 cumulative GPA
3. Complete and turn in the full application to Coach Kayla.

Clinic and Evaluation Information

Evaluations for this squad will be held on **Friday, May 24 at 2:30 p.m.** However, a candidate *must* attend all of the following pre-tryout clinics (May 20-23), which will give them the necessary material, and time to prepare.

On **Friday, May 24**, candidates should arrive at the dance room at **2:30 PM** wearing wearing black fitted shorts or leggings, black fitted top, hair pulled back out of your face (*preferably with a bow*), athletic sneakers or cheer shoes, NO jewelry, and with the *completed packet (failure to bring complete packet will automatically result in ineligibility to be considered for the 2019-2020 season)* ready to stretch and warm up then tryouts will take place at **3:00 PM** sharp. Evaluations and clinics will be closed to parents and the public.

- Monday, May 20, 2:30-4:30 PM
- Tuesday, May 21, 2:30-4:30 PM
- Wednesday, May 22, 2:30-4:30 PM
- Thursday, May 23, 2:30-4:30 PM

MBSH Cheerleading
Cheerleader Application 2019-2020

Name _____

Age _____ D.O.B _____ Grade 2019-2020 _____

GPA _____ (ATTACH PRINT OUT OF CURRENT PORTAL)

Student Cell Phone _____

Student Email _____

Parent Name _____

Parent Cell Phone _____

Parent Email _____

Personal Information

1. Why do you want to be a cheerleader for our school?

2. What qualities do you possess that make you a good fit for the role of a cheerleader?

3. Do you have any cheerleading, dance, or gymnastics experience?

If so,

- Where?

- For how long?

- What position(s)?

Selection Process

The members of the cheerleading squad will be chosen on the basis of the following:

1. Squad size, *limited* up to 16-20 cheerleaders
2. Judges will score on the following material performed during the tryout:
 - a. Spirit
 - b. Presentation
 - c. Jumps
 - d. Cheer
 - e. Dance
 - f. Tumbling (highly recommended, but not required)

Scores will be an average of all three judges' scores. Squad size will be determined by the largest break in scores within the specified range. Callbacks may be required to make this determination more clear.

Results of the tryout will be posted on the school website in the Cheerleading section on Saturday, May 25 by 2:00 PM.

Practices and Responsibilities

Practice Schedule, Fitting Date, and Camp

Sizing Date	TBA
Camp 1	June 3-6, 2:30 PM- 5:30 PM June 7, 9 AM-12 PM
Camp 2	June 10-14 9 AM- 12 PM
Camp 3	July 29-August 16 9 AM- 12 PM
Practice Schedule (August-April)	Monday and Wednesday 2:30-5:30 plus extra Performance Week Practices

*With extra Performance Week Practices, a 30 min break will be added in between practice or before to get a bite in or do homework. So please make sure to pack extra snacks and water.

All cheerleaders are expected to attend all practices unless excused at least a day in advance *by the coach*. Additionally, only approved practice uniforms will be allowed at practice unless otherwise noted.

Practice Uniform:

Monday- Black Beach Shirt, black fitted shorts or leggings, cheer shoes Wednesday- Red Beach Shirt, black fitted shorts or leggings, cheer shoes

Excused absences must be pre-approved by the coach and include the following:

- Family emergency
- Tutoring
- Official college visit
- Doctor appointments
- Mandatory field trips or activities for a class grade

**You must communicate directly with the coach*

- *Cell phones will be placed in a box before practice begins to ensure we are practicing effectively and we are all focused. If parents should have any questions or concerns they will have the coach's phone number, and/or you may call from the coach's phone.*

Physical and Insurance

If you are chosen to be a part of the MBSH Cheerleading Team you *must* have a physical done and buy insurance through the school. *Physical packet can be found on the Cheerleading page under *Forms*.

- *Physicals* can be done at your pediatricians office or at Moyal Wellness Center for a discounted price. Physical Packet must be completed in its entirety and be notarized by a public notary.

[Moyal Wellness Center](#)

[1741 Alton Road](#)

[Miami Beach, FL 33139](#)

*There will also be a free physical opportunity at Beach High during the summer. We will let you know about the day and time at a later date.

*Mr. Leslie (Office) and Ms. Guido (Principal's Secretary) are public notaries and can notarize your physicals with parents signatures and a photocopy of your parents ID.

- *School Insurance (\$21)* must be purchased through Coach Botto in the Athletic office before participating in any practice. You must submit your completed physical packet to purchase insurance.

Games

In the fall, football games typically occur on Friday evenings. Expect to cheer at 8-10 of these throughout the season. In the winter, basketball games typically occur on Tuesday and Thursday evenings. Expect to cheer at 12-16 games.

Pep rallies and other school related activities

Additionally, there will be pep rallies in which the cheerleaders will perform. For these pep rallies, additional practices may be called. There will also be opportunities for service projects and social activities that will require participation, but you will be notified of these events well in advance in order to make proper arrangements.

Competition Season

The High School Cheerleading Season begins around November and runs until April. During competition season we will be having a second set of evaluations to be on the competition team, as needed. We are planning on going to 3-4 competitions this year. 1 local, 1 out of county (Davie, Broward, West Palm, etc.) and 1 in Orlando. More information will be given closer to season.

Fundraisers

In order to offset some costs for the program or to purchase new items for safety or spirit, we will hold various fundraisers that are TBD (to be determined)

Discipline and Expectations

MBSH cheerleaders are expected to be examples in conduct, athleticism, and leadership. Additionally, they are expected to be faithful in attendance and participation to their required activities and maintain the skills performed at tryouts throughout the year.

Failure to uphold these expectations will result in infractions for which there will be consequences. Minor infractions will be worked off weekly. Major infractions will have more serious consequences detailed below.

General Rules

1. Be respectful. To yourself, your team mates, parents, school.
2. Have a positive and encouraging attitude
3. Give 100% effort with anything
4. Arrive to events (competitions, practices, pep rallies, etc.) on time.
Early is on time, on time is late, and late is unacceptable.
5. Abide by all MDCPS Rules and Regulations.
6. Participate in all functions as required by coach or school.
7. Additional cheerleading consequences may apply to cheerleaders if rules are broken and punishment is handed down from the administration.
8. Cheerleaders are also expected to maintain a 2.5 GPA each semester in order to participate in cheerleading activities in part or in full.

Minor Infractions

Infraction	Minutes of conditioning
Unexcused absence from practice	10
Unexcused absence from a game	20
Tardiness to game or practice	10
Improper uniform for practice or game	10
Unapproved cell phone use	20

Major Infractions

Five (5) major infractions will result in suspension from the squad and a conference with coach and captains in order to determine your position on the squad.

Infraction	Consequence
Accruing 3 minor infractions	Sit out 1/2 game

Safety Information

Safety is of utmost importance when performing cheerleading skills, and in practices, pep rallies, and at games, it will be treated as such.

Specific Safety Guidelines

1. No tumbling or stunting skills are to be done until the coach arrives.
2. Coaches and teammates will spot all new stunts.
3. Coaches reserve the right at any time to change out flyers or bases.
4. All bases are to make their flyer's safety their priority.
5. Every cheerleader is expected to give 100% to a stunt regardless of their position.
6. Spotting requires hands in the air at all times fully prepared to catch while facing the flyer.
7. Stunt groups are created at the discretion of the coach but will be formed by taking into account size, height, and skill of all cheerleaders.
8. Coaches may hold a group accountable for dropping a stunt or performing a stunt unsafely, including extra conditioning or "grounding" a group for a time.

Parent Commitments

All parents are expected to give support, encouragement and accountability to your cheerleader as they work out their commitment to our team and the standards expressed in this handbook. Be supportive and constructive toward the school, the cheerleading squad, and its leaders by practicing life-promoting attitudes and action, and by avoiding criticism and complaining. Parents are also expected to be open in communication with the Cheer Coaches, bringing concerns to them first. If necessary, further concern can then be addressed with the Athletic Director, then the administration if necessary.

Additionally, they should be committed to follow through with the appropriate steps of registration, uniforms, camps and competitions, as well as parent involvement and volunteering for fundraisers, social activities, or school events. They must also be willing to provide transportation to and from home and away games (as carpools) and practices if needed.

Furthermore, parents should strive to be an example in sportsmanship and support within the school community—uplifting athletes on all sides and holding themselves and their own athletes to the highest standards.

Lastly, you and your child will also be responsible for annual costs associated with the cheerleading program. Estimated costs have been provided to you with this packet prior to tryouts for you to review. There are fundraising opportunities available at various times of the year but it is up to you and your child to be involved and participate in these fundraisers.

Also, note if your child quits the team, there will be no refunds

If your child is accepted to the team they will be required to follow the rules and regulations of the MBSH Cheerleading Handbook. Please be sure to review this packet thoroughly and sign where needed, and contact Coach Kayla for any questions or clarification.

Acknowledgement Page

I, _____, parent of _____, understand that if my child is selected, I recognize the coaching staff and school sponsor as professionals as highly qualified to determine what is best for the team. I further agree that my child and I will not:

- Interrupt any practice or performance
- Sideline Coach
- Question a coach's decision, unless in a scheduled private meeting.
- Speak negatively to or about any cheerleader
- Participate in any team gossip, including on social media.

I fully understand that if my child or I do any of the above, my child will be dismissed from the team.

I, _____, parent of _____, have read completely through this packet and the expectations and support my child's decision to participate in trying out for the 2019-2020 MBSH Cheerleading Team.

I am aware and agree to the terms set for tryouts that my child's placement on this team will be determined by their tryout scores; if they were on the team last year, their placement will also depend on how well they represented the school and team.

I am fully aware of all the obligations required of my child and of me, as a parent of an MBSH Cheerleader.

I also agree to support my child through the time commitment, financial obligations, Infraction System, General Rules, and safety guidelines.

I agree to uphold the commitments set forth for parents to be examples, participants, and helpers for their cheerleading team.

Parent Signature: _____

Date: _____

Student Signature: _____

Date: _____

MBSH Tentative Annual Budget

<i>Item</i>	<i>Cost</i>	<i>Due Date</i>
Monthly Cheerleading Fee	\$25.00	FIRST WEEK OF THE MONTH <i>(schedule below)</i>
Athletic Insurance	\$21	May 27-31
Practice Shirts	\$15.00	July 5
Practice Bows	\$6.00	July 5
Game Bow	\$12.00	July 5
Physical	FREE AT SCHOOL	N/A
Uniform	\$200.00 - \$250.00	May-August
Shoes	ON YOUR OWN	May-August
Socks	ON YOUR OWN	May-August
Shorts	ON YOUR OWN	May-August
Warm ups	\$90	August-October
Backpacks	\$30	August- October
Music	\$40 (3 payments of \$13)	1- August 2-September 3-October
Competition Bow	\$10	November
Hoodies	TBA	November
Hotel	TBA	December- April
Travel	TBA	December- April
Competition Fees	TBA	December- April
End of the Year Banquet	\$50	April

- June 3-7, 2019
- July 1-5, 2019
- August 5-9, 2019
- September 2-6, 2019
- October 7-11, 2019
- November 4-8, 2019
- December 2-6, 2019

- January 6-10, 2020
- February 3-7, 2020
- March 2-6, 2020
- April 6-10, 2020