

PLS 2023-24 CHEER INFORMATION:

General Information: All girls in 3rd through 6th grade are invited to participate. The season will run from mid-November through mid-March.

Practices: Practices are held in the foyer of the PLS gym on Mondays and Wednesday from 3:30 to 5:00. There will be no practice on game days. The first practice will be on Monday, November 13. **The deadline to sign-up is Wednesday, November 15.**

Schedules: A tentative schedule will be available once all basketball games are confirmed by participating schools. Please note that the schedule is subject to change. As with all PLS sports, the most current information regarding our sports program can be found in the weekly PLS Communicator.

Uniform: All cheerleaders will receive a white long-sleeved dry-fit cheer shirt, socks, and a bow that will be ordered once the roster is complete. Shirts, socks, & bows are included in the sports fee and yours to keep after the cheer season has ended. Cheerleaders will also be loaned a cheer uniform (shell & skirt). In addition, **parents will need to provide clean ALL-WHITE tennis shoes (no high-tops; no color other than white may be visible on the shoes) and black cartwheel shorts (shorts must be shorter than the uniform skirt).** All the above items, including the shoes and cartwheel shorts, will be kept at school between games and regularly laundered by coaches when needed. Cheerleaders will also be asked to wear their hair in a high ponytail on game days. (If hair is too short to be worn in a high ponytail, it should be worn in a "half" high ponytail.)

All school-owned uniforms, while worn by your child, are your responsibility. If your child's uniform is lost or ruined, you will be asked to replace it. The cost of replacing one uniform is \$120.00.

Fee: Each player will be charged a \$45 sports fee. You will be billed with your February tuition payment.

Academic Eligibility: Students become ineligible for games and practices if they do not meet academic eligibility (see handbook). **Players not academically eligible by lunch time on practice and game days will not be able to participate and will phone home so that parents can pick them up at the end of the school day.**

Commitment: While our stunts and routines are somewhat simple due to the age and skill level of our girls, they still require a great deal of time to master. They also depend on all members of the squad being present, in order for them to be successful and safe. Since the safety of our girls is our main priority, it is important for all cheerleaders to attend all scheduled practices and games. If your daughter is unable to attend a practice or game due to illness or special occasion, please notify the coach as soon as possible so that other arrangements can be made.

Athletic Code of Conduct:

Student athletes are expected to:

- Understand and abide by the rules and regulations of the sport.
- Respect the integrity and judgment of the officials and coaches.
- Always conduct themselves as ladies or gentlemen.
- Use appropriate language and refrain from crude or abusive language in dealing with opponents, officials, spectators, or classmates.
- Accept victory with grace and defeat with dignity, while exercising good sportsmanship.
- Set an example of good character in word and deed, both on and off the playing field.
- Understand that participation in athletics is a privilege and should be valued.



The following permission slip, along with a concussion form, must be handed into the school office before a cheerleader may participate in any games or practices. If you have any questions about our cheer program, please feel free to contact Mrs. Straling at school@parklandlutheran.org.

*****Cut & return*****

Waiver of Liability/Hold Harmless: Parents/guardians assume any and all risks and responsibilities for allowing their child to participate in this activity as outlined in this letter. Parkland Lutheran School is not responsible for any sickness your child (or any family members) may incur while at school.

_____ has my permission to participate in the PLS 2023-2024 Cheer Season.
(Please print student's first & last name as it will be added to the back of the cheer shirt.)

I agree to pay the \$45 sports fee when billed (February). _____ **(Parent's Initials)**

I understand that it is important for my child to attend all scheduled practices and games. _____ **(Parent's Initials)**

I understand that to participate, my child is expected to maintain academic eligibility and uphold the athletic code of conduct. _____ **(Parent's Initials)**

I understand that I am responsible for my child's uniform and that the replacement cost is \$120.00. _____ **(Parent's Initials)**

Please choose a shirt size:				
Youth:	M	L	XL	
Adult:	S	M	L	XL

(Parent's Printed Name)

(Parent's Signature)