PLS 2026-27 CHEER INFORMATION:



Eligible Student: PLS girls in 3rd and 4th grade are eligible to join the PLS Cheer Team!

Head Coach: Our head cheer coach is Mrs. Lynda Straling.

Fee: The fee for cheer is **$70 per cheerleader**. You will be **billed with your February tuition**. Please **do not send money** with this permission slip.

Uniform: All cheerleaders will receive a white long-sleeved cheer shirt, socks, and a bow that will be ordered by PLS once the roster is complete. Shirts, socks, and bows are included in the sports fee and are yours to keep after the cheer season has ended. Cheerleaders will also be issued a cheer uniform (shell & skirt) and pom poms for use during the cheer season. The school-owned items (shell, skirt, pompoms), while being used by your child, is your responsibility. If your child's school-owned items are lost or ruined, you will be asked to replace them. The cost of replacing a single uniform is $150. If your child ruins any other cheer items it is also your responsibility to replace those items (cheer sign boards, etc.).

Parents will need to provide clean all-white tennis shoes with laces (no slip-ons; no high-tops; no color other than white may be visible) and **black cartwheel shorts** (shorts must be shorter than uniform skirts). All the above items, including the shoes and cartwheel shorts, **will be kept at school between games and regularly laundered by the PLS coaching staff.**

Commitment: While our stunts and routines may be 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 to be successful and safe. Since the safety of our girls is our top priority, **all cheerleaders are expected to attend all practices & 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.

Once basketball games begin, typically in January, **cheer practices and games may be scheduled on any weekday, Monday through Friday.** While cheer activities will not take place every weekday, **cheerleaders should expect to participate approximately two to three days per week.**

Cheerleaders are also expected to participate in the Jr. Eagle Classic (JEC), an annual cheer & basketball tournament held at Evergreen Lutheran High School. This year's JEC will take place **Thursday–Saturday, March 11–13.** Cheerleaders are expected to participate in all JEC-related activities, including the PLS Pep Rally, additionally scheduled competition practices, competitions, and all basketball games played by PLS during the JEC. The JEC concludes our cheer season.

2026 Practices (Before Games Begin): Until basketball games begin in January, practices will be held on Tuesdays and Thursdays, from 3:30–5:00PM, in the Ark (gym) foyer. Due to space restrictions, cheer practices are considered **closed practices**, with **no guardian or sibling spectators** requested. Our first practice will be **Tuesday, November 10.**

2027 Practice / Games (After Games Begin): After basketball games begin in January, cheer practices and games may be scheduled on any weekday, Monday through Friday. Cheerleaders should expect to participate in cheer two to three days per week.

Game-Day Notes:

- With the exception of the JEC, the PLS Cheer Team cheers for PLS A & B-Team Basketball **games played at PLS only.**
- On game days, cheerleaders will also be asked to wear their hair in a **high ponytail to school.** (If hair is too short, it should be worn in a half-ponytail.)
- Cheerleaders should not drink or eat anything except water and pretzels while in their cheer uniform. Pretzels will be provided to cheerleaders* between games by the coach {*cheerleaders only; sorry, no siblings, etc.}. Please **do NOT offer them food or drinks while in uniform**.
- During games, **cheerleaders* sit together as a team** {*cheerleaders only; sorry, no siblings, etc.}.
- After each game, cheerleaders will be asked to **wait until all uniform items are collected from every cheerleader** (not just their own shoes, bows, uniform clothing, etc. – **all cheer items from the entire team**). Once all items have been accounted for by the coach, each cheerleader* will receive a small treat and then be **released to parents in the bathroom hallway of the Ark (gym)** building {*cheerleaders only; sorry, no siblings, etc.}.
- On game days, cheerleaders are typically on campus **until approximately 6:30pm.**

Schedule: A tentative game schedule will be available once all basketball games have been confirmed by all participating schools. Please note that the schedule is subject to change. As with all PLS sports, the most current information about our sports program can be found in the weekly PLS Communicator and in the PLS Google Calendar.

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

Athletic Code of Conduct:
Student athletes are expected to:

- Participate in practice without being a distraction to coaches or teammates.
- Understand and abide by all rules and regulations.
- Respect the integrity and judgment of officials and coaches.
- Always conduct themselves as ladies.
- Use appropriate language and refrain from crude or abusive speech 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.
- Understand that participation in athletics is a privilege and should be valued.
- Players not abiding by this code may be denied playing time or removed from the team without a refund of any fees paid.

The following permission slip, along with a concussion form, must be turned into the school office before a cheerleader may participate in cheer.

If you have any questions about our cheer program, please contact Mrs. Straling at school@parklandlutheran.org.

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

Waiver of Liability/Hold Harmless: Parents/guardians assume all risks and responsibilities associated with allowing their child to participate in this activity as outlined in this letter. Parkland Lutheran School will not be held responsible for any illness or injury that may occur to your child while at school.

_____ has my permission to participate in the PLS 2026-2027 Cheer Season.
(Please print student's first & last name as it will be added to the sleeves of the cheer shirt.)

Please choose a shirt size for your cheerleader only:
Youth: M L XL
Adult: S M L XL

I agree to pay the $70 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 $150. _____ **(Parent's Initials)**

_____ **(Parent's Printed Name)**

_____ **(Parent's Signature)**