

**ST. PETERSBURG HIGH SCHOOL**  
**FOOTBALL CHEERLEADING TRYOUTS**  
**Incoming Freshman (9<sup>th</sup> grade) & Transfer Students for 2025-26 school year**

**Friday, May 30<sup>th</sup> and June 2<sup>nd</sup> – 8:45 am-10:15 am-tryout practice in gym**

**Thursday, June 3<sup>rd</sup> - TRYOUT 9:00-10:30 SPS GYM**

**Results posted outside of front office Thursday afternoon**

**Monday, June 3<sup>rd</sup> - There will be a MANDATORY meeting for  
all JV squad members for fittings/info in person or virtually. We will also set up a  
MANDATORY parent meeting for all squad members families on a future date. Will let you  
know first day of tryout the confirmed date.**

**\*\*Please note:** You must download and complete your OWN tryout packet from our school website. If you need a hard copy due to printing difficulties, please contact Coach Anderson at [andersonand@pcsb.org](mailto:andersonand@pcsb.org) and I can make arrangements to leave in the front office for pick up.

The following items MUST be completed and turned in *front office or EMAILED in to Coach Anderson* [andersonand@pcsb.org](mailto:andersonand@pcsb.org) by **May 23<sup>rd</sup> no later than 1:45pm:**

- Cheer Application with all signatures/initials needed
- Student Agreement form (part of application)
- Current and Complete Athletic Packet in Athletic Clearance
- Current Physical (Must be on school form. Health form cannot be accepted. Part of the athletic packet.)
- Must have school issued insurance not just private health insurance.

School forms may be obtained from the Pinellas county school website:

**IF ANYTHING IN THE PACKET IS INCOMPLETE OR MISSING,  
YOU WILL NOT BE ALLOWED TO TRY OUT.** It is to your benefit to turn your application in early. This allows me to process the application and inform you if anything is missing.

**Dear Parents and Candidates:**

Thank you for your interest in St. Pete High Cheerleading. Cheering for St. Petersburg High School is a team sport which demands time, energy, effort, and academic excellence. We have compiled this packet of information so that you are aware of what is involved before you make the commitment to cheerleading.

All students are permitted to try out for the 2025-2026 football cheerleading squad considering below:

The following criteria must be met in order to be eligible to try out for Varsity/JV cheerleading at SPHS:

- The student must have a 2.0(unweighted) cumulative GPA. A minimum of a 2.5 must be maintained each nine weeks.
- No more than ONE referral for a minor infraction in the past year (Each discipline issue will be taken into consideration).
- Please note there is ZERO tolerance for fighting, drugs, alcohol, and other major infractions as described by the school board policy (Basically anything that results in suspension or reassignment). If you received even ONE referral for these, you will not be allowed to tryout.

**\*\*\* Discipline will be viewed from January 2024– Present\*\*\***

Please understand that the schedule and responsibility of cheerleading can be very demanding. We will have a MANDATORY Cheerleading Camp that they must attend over the summer, with exceptions made due to COVID 19 or Emergency only. Practice times are TENTATIVELY scheduled for Mondays and Wednesdays during the school year from 2:00 – 3:30. However, please understand practice times may change once the season begins.

Please read everything in this packet carefully and understand the responsibilities involved in cheerleading before you give your son/daughter permission to try out. The progress and performance of the entire squad is hindered when even one cheerleader fails to meet their obligation. We hope this information is helpful to you. We realize cheerleading is hard work and requires a large commitment of time and energy. However, we hope the experiences gained through cheerleading will be worth the investment.

**MANDATORY SUMMER DATES-Must be able to attend to be eligible to tryout:**

**Summer Cheer Practices: July 14, 15, 16, 17, 21, 22 (8-10am)**

**Summer Cheer Camp (Mandatory): July 24- 27 (tentative overnight at USF pending approval)**

Sincerely,

Andrea Anderson (Coach)  
[andersonand@pcsb.org](mailto:andersonand@pcsb.org)

and

Liz Mitchell  
[MITCHELLEL@PCSB.ORG](mailto:MITCHELLEL@PCSB.ORG)

### Cheerleading Tryout Information

Practices: May 30 <sup>th</sup>	8:45-10:15	SPHS GYM
June 2 <sup>nd</sup>	8:45-10:15	SPHS GYM
Tryouts: June 3 <sup>rd</sup>	9:00-10:30	Gym

**\*\*\*Please Note: All practices and tryouts are CLOSED to family and friends!**

#### What to wear to practice:

- T-shirt no tanks-nothing with "SPHS Cheer" on it
- Sports bra
- Tennis shoes
- Hair must be worn in a pony tail, unless it is too short, or unable. If hair is too short or unable for a ponytail, it still must be pulled off the face and shoulders.
- Absolutely NO Jewelry
- No Long/colored Nails
- Failure to show up in proper practice attire will result in being sent home from practice.

**NO EXCEPTIONS!!**

#### What to wear to tryouts:

- Plain white t-shirt
- Sports bra
- Black or navy shorts
- Tennis shoes

**\*\*Be Gameday ready!**

#### Additional practice information:

You will learn 1 cheer, 1 chant, 1 band dance, 2 jumps (one must be a toe touch) during the practice days. Tumbling is not required, but it is included in the overall scoring process. Tumbling additional points are as follows:

Round off back handspring= 2 pts

Round off tuck= 3 pts

Standing Back Handspring= 3 pts

Round off back handspring tuck= 4 pts

Standing tuck, layout, full or more= 4 pts

#### Other areas of evaluation:

- Voice
- Facial expressions
- Attitude
- Showmanship
- Practice Points
- Strength and flexibility
- **Stunting- \*will discuss at tryouts**

#### Required Forms:

- Health (**current** physical)
- Participation
- School Insurance (this may be purchased online) **\*I need hard copy proof of this**
- Application (**notarized**)

**\*\*\*All forms must be filled out completely and correctly and turned into the Cheerleading application folder located in the front office or Emailed to Coach Anderson at [andersonand@pcsb.org](mailto:andersonand@pcsb.org) by May 23<sup>rd</sup> @ 1:45 pm. If emailed please make sure it is all SCANNED in together in one file and not individual pictures\*\*\***

**Please note: Any packets missing information or not turned in on time, will make the student ineligible to tryout.**

**CHEERLEADING APPLICATION: Student Information**

Student Name: \_\_\_\_\_

Student Cell Phone: \_\_\_\_\_

Student Email Address:  
\_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mother's (Guardian) Name: \_\_\_\_\_

Mom's Cell Phone: \_\_\_\_\_

Mother's Email: \_\_\_\_\_

Father's (Guardian) Name: \_\_\_\_\_

Dad's Cell Phone: \_\_\_\_\_

Father's Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Did you participate in another sport or extracurricular activity this school year? If so, what activity/sport?

\_\_\_\_\_

Why do you want to be a cheerleader for St. Pete High School?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have experience with stunting? \_\_\_\_\_

If so, what position? \_\_\_\_\_

**APPLICATION FOR CHEERLEADING TRYOUTS**

My child, \_\_\_\_\_, has my permission to be a cheerleader at St. Petersburg High School. I understand that he/she must abide by the rules and regulations set forth by the advisor and principal of St. Petersburg High addressed in the Cheerleaders' Constitution.

I understand that all attached forms must be completed by **May 23<sup>rd</sup> at 1:45** . All forms must be filled out completely and correctly and must be turned in as listed previously. I understand that if anything is missing, including a notary, your son/daughter will be ineligible to try out. I understand that my child must attend all practices and tryout sessions May 30<sup>th</sup> -June 2<sup>nd</sup> or he/she may not be considered for a cheerleading position, exceptions only made for COVID 19 and emergency. ***I understand that qualified judges or coaches will evaluate my child, and we agree to abide by the decision of the judges.***

I am aware that it is my responsibility to communicate about financial assistance if needed throughout season, as I understand that payment schedules are available, and also need-based scholarships are available upon request. Fundraising is also available for most cheer team obligations.

I am aware that cheerleading requires a sacrificial commitment of time. I will call the coaches when my child will be absent from a cheerleading activity to inquire if it will be excused. **I will schedule all doctors' appointments, lessons, elective surgeries, and family vacations so that they will not conflict with cheerleading activities.**

I understand that my child must maintain a **2.0 cumulative unweighted GPA (2.5 GPA per nine weeks)** and receive no more than one for **minor** discipline referral per year. If for any reason my child is dismissed from, or quits the squad, he/she will be ineligible from participating in the cheerleader program for one year.

I understand that by the very nature of the activity, cheerleading and gymnastics carry risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated.

I have read and fully understand all the material included in this packet of information.

\_\_\_\_\_  
Parent or Guardian Signature

Date \_\_\_\_\_

\_\_\_\_\_  
Student Signature

Date \_\_\_\_\_

\_\_\_\_\_  
Notary Signature  
(NOTARY SEAL)

Date \_\_\_\_\_

## Cheerleading Application: Student Agreement

I, \_\_\_\_\_, have read and understand the SPHS Cheerleader's Code of Conduct. I have addressed any questions or concerns to my coaches and I am committed to abide by the rules stated in the Code of Conduct.

\_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_ Date \_\_\_\_\_  
Student Signature

This packet must be turned in by May 23<sup>rd</sup> at 1:45 pm in the front office or by email to [andersonand@pcsb.org](mailto:andersonand@pcsb.org)

### **Please initial the following (parent and student):**

\_\_\_\_ \_\_\_\_ Any missing paperwork will make student ineligible for cheer

\_\_\_\_ \_\_\_\_ We are aware that it is our responsibility to communicate financial needs and any hardships by June 19<sup>th</sup> to the coaches.

\_\_\_\_ \_\_\_\_ I am aware of the time commitment for cheer

\_\_\_\_ \_\_\_\_ We will schedule all appointments around cheer if on squad

\_\_\_\_ \_\_\_\_ We will schedule all vacations/college visits around cheer if on squad

\_\_\_\_ \_\_\_\_ We understand that our child must have a 2.0 cumulative GPA and maintain a 2.5 each nine weeks

\_\_\_\_ \_\_\_\_ If for any reason they quit or are removed from cheer, they will be ineligible to cheer at SPHS for ONE FULL CALENDAR YEAR

\_\_\_\_ \_\_\_\_ If my child is suspended from school for any reason, they will be removed from squad