

Lake Mary High School Sideline Cheerleading Tryout Packet 2020-2021



Informational Parent Meeting:

Tuesday, March 24th at 7:00 pm in Cafe'

JV and Varsity Tryouts:

Tuesday, April 14th from 2:45-4:30 pm (Clinic)

Wednesday, April 15th from 2:45-4:30 pm (Clinic)

Thursday, April 16th at 2:45 pm (Tryouts)

*Located in the LMHS Field House

Freshman Tryouts:

Wednesday, May 27th from 3-5 PM (Clinic)

Thursday, May 28th from 9:00-12:00 pm (Clinic/Mock
Tryouts)

Friday, May 29th at 9:00 am (Tryouts)

*Located in the LMHS Field House

***A SCPS physical form MUST be entirely completed prior to Clinic/Tryouts or they will not be permitted to participate.**

LMHS Cheer Program Expectations

A. Purpose

The purpose of this organization is to promote and uphold school spirit, to develop good sportsmanship, to support athletic programs, and to develop better relationships in the community, as well as between schools. The organizational goal is to work together with the administration, faculty, athletic teams, each and every cheerleading squad member, and all other school organizations.

B. Eligibility

1. Must be enrolled at Lake Mary High School
2. Must have a 2.0 Grade Point Average
3. Must have a current Physical
4. Must have a signed Cheer Commitment
5. Any cheerleader who previously quit or was kicked off of a squad will not be permitted to try out the following year.

C. Attendance and Requirements

Varsity will cheer for the Varsity football team and compete in 6-8 competitions. JV will cheer for JV Football and Varsity Basketball. Freshman will cheer for Freshman Football and JV Basketball. Freshman have the opportunity to make the Varsity team as well. The cheer season goes from April through February. Everyone is required to complete the entire season to receive awards, Varsity Letter, and/or attend the banquet. A Senior may "opt out" of the competition season but will be required to cheer for Varsity basketball in order to complete the season.

1. Varsity

Spring

- Spring practices for Varsity will be Monday's at Fuel from 2:45-4:45 PM and Wednesday's at Legendary from 1:45-3:45PM for the weeks of 4/20, 4/27, 5/4, 5/11. The week of 5/18 we will do Monday and Thursday.
- Chocolate Fundraiser: April & May
- Lake Mary 5K: Saturday, May 9 @ 7:30AM
- Red/Grey Game: Friday, May 15 @ 6:00 PM
- Drive A Thon: Friday, May 15 @ 3:00 PM; BBQ at 5:30 PM
- Spring Game: Friday, May 22 @ 6:00PM

Summer

- Summer Practices for Varsity will be Tuesday's from 10AM-12PM at Fuel, Wednesdays from 1PM-3PM at Legendary, and Thursdays from 10:00AM - 12:30PM in the field house. See Section J6 about vacations.
- Team Pictures will be the week of June 1st
- Stunt Camp will be June 2 and 3 from 9AM-3PM.

- Varsity Competition Choreography will be July 10 and 11.
- Summer Camp for all teams (Mandatory): August 3rd and 4th at the Plaza Resort in Daytona. All teams required to stay the night at the Plaza Resort Daytona. Parents are responsible for transportation to and from the camp. Students are not permitted to drive themselves.

Fall

- Varsity will practice during the school year on Mondays and Wednesdays for 2 hours during the Football season but may increase to 3-4 days per week during the competition season.

2. Junior Varsity

Spring

- Spring practices for JV will be Monday's at Fuel from 2:45-4:45PM and Wednesdays at Legendary from 1:45-3:45PM for the weeks of 4/20, 4/27, 5/4, 5/11. The week of 5/18 we will do Monday and Thursday.
- Chocolate Fundraiser: April & May
- Mandatory JV Parent Meeting: April 21
- Lake Mary 5K: Saturday, May 9 @ 7:30AM
- Red/Grey Game: Friday, May 15 @ 6:00 PM
- Drive A Thon: Friday, May 15 @ 3:00 PM; BBQ at 5:30 PM
- Team Pictures will be the week of June 1st

Summer

- Stunt Camp-June 2 and 3 from 9AM-3PM.
- Summer Practices: Varsity will be Tuesday's from 10AM-12PM at Fuel, Wednesdays from 1-3PM at Legendary, and Thursdays from 10:00AM -12:30PM in the field house. Freshman, JV, and Game Day practice will be Tuesdays from 10AM-12:15PM in the field house, Wednesdays from 10AM-12PM at Legendary, and Thursdays from 10AM-12PM at Fuel. See Section J6 about vacations.
- Summer Camp for all teams (Mandatory): August 3rd and 4th at the Plaza Resort in Daytona. All teams required to stay the night at the Plaza Resort Daytona. Parents are responsible for transportation to and from the camp. Students are not permitted to drive themselves.

Fall

- JV will practice together on Tuesdays and Wednesday for 2 hours during Football season and Tuesdays and Thursday during the Basketball seasons. Days may need to be adjusted if it lands on a game day.

Game Day

- Game Day Tryouts - Before Choreography
- Game Day choreography-September 18 and 19
- Game Day Practices may be increased to 3-4 days per week during competition season

3. Freshman

Summer

- First Mandatory Freshman Practice: Sunday, May 31 2-4PM in the Field House
- Mandatory Freshman Parent Meeting: Sunday, May 31 4PM in the Field House
- Team Pictures will be the week of June 1st
- Stunt Camp-June 2 and 3 from 9PM-3PM.

- Practice will be Tuesdays from 10AM-12:15PM in the field house, Wednesdays from 10AM-12PM at Legendary, and Thursdays from 10AM-12PM at Fuel. See Section J6 about vacations.
- Summer Camp for all teams (Mandatory): August 3rd and 4th at the Plaza Resort in Daytona. All teams required to stay the night at the Plaza Resort Daytona. Parents are responsible for transportation to and from the camp. Students are not permitted to drive themselves.

Fall

- Freshman will practice on Tuesdays and Fridays for 2 hours during Football season and Tuesdays and Thursday during the Basketball seasons. Days may need to be adjusted if it lands on a game day.

Game Day

- Game Day Tryouts - Before Choreography
- Game Day choreography-September 18 and 19
- Game Day Practices may be increased to 3-4 days per week during competition season

4. Community Service Events

- Any Community Service Events that come up throughout the season will be mandatory. This includes a 5K in May.
- Parents may be required to work one concession stand duty at a Varsity Football Game during the season.

5. Communication

Coaches communicate with their team through Groupme. It is the cheerleaders responsibility to download the app and continually check it throughout the day. If for any reason your cheerleader does not have access to the Groupme app it is still their responsibility to stay informed. The communication in the Groupme app must be pertinent cheer information. There will also be a Parents version of the Groupme to keep them informed as well. Please let coaches know all parents phone numbers who should have access to GroupMe.

D. Use and Care of Uniforms

1. The cheerleader is responsible for purchasing all practice or camp clothes, socks, shoes, hair ribbons, bags, bloomers, and uniform rentals.
2. Poms are part of the cheerleader's uniform. Cheerleaders must bring their poms to all games/pep rallies, and practices.
3. Cheerleaders are responsible for lost, stolen or damaged uniforms, poms, and bows.

E. Conduct and Responsibility

NO TOLERANCE POLICY!

1. A cheerleader shall cooperate with the captains, the coaches, the game officials, any adult who is in authority of you, and other squad members. This would include teachers, team parents, and guest coaches. If at any time the coach deems the cheerleader as being disrespectful, he/she may be dismissed from the squad.
2. A cheerleader should be spirited at all times. If a cheerleader is not presenting a good attitude and cheering for the team, he/she will be benched immediately.
3. A cheerleader shall NOT chew gum or eat candy while in uniform.
4. Cheerleaders are to be in full uniform at all times, AT NO TIME can 'pieces' of the uniform be worn, AT NO TIME can skirts be unzipped or shells worn with shorts, sweat

pants or flip flops. A cheerleader must wear cheerleading shoes and a hair bow whenever in uniform. This would include walking into and out of a competition and while watching other teams at games. A cheerleader should be well groomed at all times.

5. A cheerleader shall NOT wear ANY jewelry, including electric watches while in uniform. No jewelry is permitted at practices. Do not get any new piercings during the cheer season that you will not be able to take out during practices and games. If you have an existing piercing such as a cartilage piercing, nose, daith, belly etc. you will be required to purchase a plastic stud for practices but are not allowed to wear them for any form of competition. The only jewelry allowed is Religious and medical. These must be taped down with athletic tape.

6. Any excessive horse play, like not remaining in designated position, or talking with friends in the crowd, will result in the cheerleader being benched for the remainder of the game.

7. A cheerleader will not smoke, use electronic devices like a juul, drink alcohol, use drugs, or any other substances considered harmful at any time. Immediate dismissal from the squad could result.

8. Public Displays of Affection are prohibited while in uniform.

9. Foul language is not allowed. When you speak you are representing Lake Mary High School.

10. As a representative of our community and school, all social media of a cheerleader is to be positive, respectful to her/himself, respectful to their community, and respectful to their coach and team. See Social Media attachment.

11. You are here first and foremost to be a LMHS student. It is extremely important that you maintain good grades and good study habits. All grades will be checked at progress report time and at report card time.

12. It is the cheerleaders responsibility to contact their coach in a timely and fully informed manner as soon as they know they will be late, missing, or absent for any reason. A private message to your head coach is the only approved method of communicating in these instances. This does not absolve you from receiving appropriate I.E.'s.

F. Appearance

1. Uniforms: Uniforms and shoes will be kept clean at all times.

2. Every Cheerleader will be in uniform: from a cheerleader's hair to shoes. Everyone will be matching and in uniform at all times (when requested).

3. Jewelry: See E5.

4. Make up: Wear light, moderate make up. ANY uniform returned with make-up stains will be professionally cleaned at the cheerleader's expense. In an effort to keep uniformity, specific makeup may need to be purchased by individual cheerleaders.

5. Hair styles: All hair styles must be neat and hair must be out of your face. Please maintain moderate hair color and style. While you are in uniform, you must wear a team bow. Hair may not be worn loose while in uniform. It will be coaches discretion as to how to wear your hair, in uniform, during school. Hair must ALWAYS BE WORN WITH A BOW, be in a ponytail/half up for games/Coach's choice, secured, and hair sprayed and pulled back with no fly-a-ways and/or wispies. Everyone, with the exception of male cheerleaders, will have the same hair in any uniform AT ALL TIMES- or they may not be permitted to attend the event.

6. Nails: Nails should be kept short and clean with nude, clear or fresh polish only. This is for practices, games, and/or competitions.

7. Image: A cheerleader must be well kept at all times while representing LMHS cheer. Present yourself in a positive, respectable manner AT ALL TIMES.

8. Tattoos: Tattoos must be covered up at all times while representing the cheer program. This may include the individual purchasing the proper makeup to fully cover it.

G. Approximate Expenses

1. Estimated costs for 2020-2021 Sideline Football Team and Basketball Cheer Team: \$400. This fee covers the following:

- Uniform Rental
- Camp/Hotel/Dinner
- Shoes
- Practice Clothes, bows, poms, sweatshirt
- Backpack (Freshman)
- Miscellaneous needs

2. In addition to this fee, cheerleaders are expected to run in the 5k hosted by the LMHS Athletic Department. The fee for participation is \$20.

3. Optional Items that may be purchased and are highly encouraged: Warm-up Jacket and Rain Jacket.

4. Varsity Competition Team and Game Day Competition Team Fees are an additional \$400. This fee covers the following:

- Camp
- Choreography
- Music
- Signs/Megaphones/Flags
- Bus/ Transportation
- Clothing and Accessories
- Miscellaneous needs

5. Additional funds may be needed if a team receives a bid to UCA Nationals. Fundraising will be available in order to offset these costs. More information will be available once a bid is received.

6. Coaches highly encourage families to pay through myschoolbucks.com and to have a Venmo account for little items like fundraisers.

H. Fundraisers

1. There will be opportunities to fundraise for individual accounts, such as the Drive-A-Thon, Chocolate Sale, and the sale of football program advertisements.

2. Fundraising money will be used to cover expenses such as uniform replacement, signs, music, t-shirts, team bonding activities, end of the season banquet, Senior Night, Homecoming, and other spirit activities.

3. Planned Fundraisers – We will have a couple major fundraiser this season. Everyone will be required to participate in Team Fundraisers. If you do not wish to participate in team fundraisers, there will be a “buyout” amount. Date and times are TBA. This does not include the 5K.

4. Participation in the Lake Mary 5K is mandatory for JV and Varsity Cheerleaders. This will take place at LMHS on Saturday, May 9th at 7:30 am and costs \$20. Please sign up online or in the Athletics Office ASAP.

5. Cheerleaders are required to attend and participate in all fundraisers. Our main fundraisers are the Drive-a-Thon and Chocolate Sale in the spring, Team Car Wash per Team in the summer, Parent Night Out and Cork & Olive Night in the fall.

*We will be participating in additional mandatory fundraisers which will be announced at a later date.

I. Injury

If at any time you are injured during practice or at a game, please notify the coach immediately. Cheerleading can be a dangerous sport. Please be advised without proper technique and serious attitudes, injuries may occur. Cheerleaders are not to practice without a coach present, and should not work on new skills at practice without a coach's permission.

J. Practices/Games/Events

1. All are mandatory.
2. If one is missed, then a cheerleader will be benched at the next activity.
3. If you are late or absent due to making up a test, you **MUST** have a written note from the teacher stating today was the **ONLY** day allowed to make up test.
4. Appointments, work, vacations, and religious events are **NOT** an excuse to miss practice, games, or special events. Please see E12.
5. A doctor's note must be presented if an absence is due to an illness or appointment.
6. **SUMMER VACATIONS:** As soon as you receive your summer vacation schedule you are required to inform your Coach in writing immediately so she may plan accordingly. Summer practices are mandatory unless a pre-planned vacation is discussed and approved by your coach. Last minute vacations may not be excused. Camps and choreography dates can not be missed.

K. Discipline

Every cheerleader and their parents have signed a contract stating they are aware of the cheerleading rules and regulations. Please understand any infractions to the rules and regulations of the LMHS Cheerleading Program will be subject to disciplinary measures. Understand that any major contract violations will result in immediate dismissal from the squad.

L. Documentation and Future Tryouts

Ineligibilities (see Section S) will be documented throughout the season. If you are removed from the LMHS cheerleading team or quit, you will not be permitted to try out the following season or attend the end of the year banquet.

M. Attitude

Cheerleading is fun but also involves hard work. However, the only way to keep it fun is by having a positive attitude. Please maintain a positive attitude throughout the entire season.

O. Respect

Disrespect of any kind to your teammates, parents, teachers, coaches, or other students will not be tolerated. Disrespect will result in immediate benching at that event or activity. Disrespect includes, but is not limited to, arguing with teammates, coaches, and teachers, bad attitude, dirty looks, gossip, eye rolling or raising your voice. If at any time the coach feels you are being disrespectful, you may be dismissed from the squad immediately. Everyone is here to have fun, let that be the #1 goal!!!

P. Captains

The Captain and/or the Co-Captain are elected by the team members after writing a short essay outlining their ideas and qualifications and presenting it to their teammates and coach. Cheerleaders will then vote to elect the two (or three) captains. The coach will make the final decision.

Q. Problems and Concerns

Most concerns deal with communication. If a problem or concern arises please contact:
Varsity Coach: Paige Black (black3030@aol.com)
JV Coach: Rosanne Miele (giabelladom1@gmail.com)
Freshman Coach: Kaitlyn Grullon (grullokz@scps.k12.fl.us)

R. Varsity Letter

Varsity Cheerleaders earning more than 10 ineligibilities (see Section S) per season will not earn a Varsity letter. They will be dismissed from the squad and will not be permitted to attend the end of the season banquet.

S. Placement on a Team

Prior to tryouts, athletes must indicate which teams they want to try out for. Seniors, Juniors, and Sophomores may try out for JV and Varsity. Freshman may try out for Freshman and Varsity. There are situations in which a cheerleader will be added to a team after tryouts. In the event of this situation, filling the position is the decision of the coach. She may choose not to fill the position or use the score sheets to determine the person with the next highest score.

APPROXIMATE squad numbers will be determined based on the point break from tryout score sheets. Tryouts are conducted by outside judges, and not by LMHS cheer coaches.

- **Varsity- Freshman, Sophomores, Juniors, and Seniors**
- **JV Teams- Sophomores, Juniors, and Seniors**
- **Freshman Team- Freshman Only**

*At the conclusion of Football season, the coaches may choose to add members to Varsity to benefit the competition team. Both Freshman and JV members will be eligible if this situation occurs. They will be entirely the coaches' decision.

*Any student who is a member of the LMHS band halftime show (Band, Color guard, Marionettes) will not be able to cheer on the Freshman or JV Teams.

T. Ineligibilities

The LMHS Cheerleading Program will utilize an IE system in order to make sure each cheerleader is performing, participating, and cheering to the best of her ability. Infractions and IE's are up to the coach's discretion.

IE	Infraction
½	Incorrect practice outfit but can still participate
1	Not dressed out at practice so that you can't participate fully
½	Late to practice – under 5 minutes (If due to making up a test MUST have a written note from teacher stating today was the ONLY day allowed to make up test to not earn an IE)
1	Late to practice – over 5 minutes (If due to making up a test MUST have a written note from teacher stating today was the ONLY day allowed to make up test to not earn an IE)
2	Late to game or event
2	Missing practice (Appointments, work, vacations, and religious events are not excused absences)
4	Missing game or event (Appointments, work, vacations, and religious events are not excused absences)
1	Not dressing properly for a game or event (uniform, hair, socks, shoes, bow, etc.)
1	Wearing jewelry while in uniform (you will be warned ONLY once to remove)
1	Missing poms, megaphones, sweatshirts, etc. for games and events
2	Phone or any type of headphones out at practice or games
2+	Disrespect to coaches or others in authority

IE	Consequences
1	Must sit out 1 quarter of game away from coaches and teammates without phone and NO talking allowed. Must be fully dressed in uniform.
2	Must sit out ½ of game away from coaches and teammates without phone and NO talking allowed. Must be fully dressed in uniform.
3	Must sit out ¾ of game away from coaches and teammates without phone and NO talking allowed. Must be fully dressed in uniform.

4	Must sit out the entire game away from coaches and teammates without phone and NO talking allowed. Must be fully dressed in uniform.
Every week will start over, but IE's add up. After 10 IE you will be removed from the team.	

Being part of any LMHS Cheer Squad requires you to adhere to the Citizenship Standards for Participation in the Student Handbook, which requires certain disciplinary actions for On Campus and Off Campus Violations. Along with those disciplinary actions you will also receive Demerits for your grade. Please see the chart below for specific information.

On Campus Violations

Level of Infraction	Consequences
Level 1- In School Suspension	May sit 1 to 10 games
Level 2 – Out of School Suspension	Sit 10% of Events to all Events (minimum of 2)
Level 3 – Return to Zoned School Under the Conditions of a Waiver and District Behavior Contract	Sit 50% of Events to all Events for 1 Calendar Year
Level 4 or Level 5	Alternative Placement or Expulsion

Off Campus Violations

Level of Infraction	Consequences
Level 1- False Representation or Tobacco Product Use	May sit 2 to 10 games
Level 2 – Drug/Alcohol Violation	Sit 20% of Events to all Events
Level 3 – Arrest by Law Enforcement for misdemeanor or delinquent act	Sit 0 Events to all Events Pending School Administrative Review
Level 4 – Arrest by Law Enforcement for Campus Felony	Sit 50% of Events to all Events for Duration of Student's Enrollment in SCPS
Level 5 – Formal Charges Filed with Committing an off Campus Felony, Misdemeanor, or a Delinquent Act	All Events for 1 Calendar Year to All Events for the Duration of the Student's Enrollment in SCPS

TRYOUT PROCEDURE

***Physicals:** Completed physicals must be turned into prior to tryouts. Physicals must be completed on the FHSAA physical form which can be found at all schools. Forms from a doctor's office will not be accepted. Please make sure every page, including the white insurance card, is completely filled out. Students will not be permitted to attend clinic or tryout without a valid physical. **Physical night is April 14 from 6-8PM at LMHS Gym for \$20.** If you are getting the school physical, you may participate the day of April 14th but will not be able to participate again until physical form is completed.

**Physicals are due on the FIRST day of the clinic!
(Do NOT turn them into the athletics office.)**

***Tryout Information Packet:** Sign and turn in the following forms from this cheer packet on the first day of clinic:

Please do not turn these into the Athletics Office.

- 2020-2021 LMHS Sideline Cheerleading Commitment
- Student Contact Information
- Uniform Rental Agreement Form
- Social Media Policy

*****RISING FRESHMAN must also bring a copy of their 8th grade transcripts showing they have at least a 2.0GPA*****

***What to wear each day:**

- Black athletic shorts
- *Plain* white T-shirt

- Hair up with no flyaways (bows are always acceptable in the cheer world)
- No jewelry
- Athletic shoes

***Please check the LMHS website ramnationathletics.com for tryout results! Only numbers, not names, will be posted. Results will be posted by Friday at 3PM.**

2020-2021

LMHS Sideline Cheerleading Commitment

I, _____,

(Print Cheerleader's Name)

have read and understand fully the *Lake Mary High School Cheerleading Expectations Packet*. **I pledge to stay drug and alcohol free, to follow the Student Code of Conduct, to maintain my grades, to be dedicated to my team, to have a positive attitude and to be an ambassador for Lake Mary High School.**

In addition, I understand this is a tryout and each candidate will be scored by the outside judges. Cheerleaders will be chosen solely based on their scores. **All decisions are final** and coaches may be contacted only on Monday **after** tryouts for feedback on your score sheets.

Cheerleader's Signature: _____ Date:

Parent's Signature: _____ Date:

PLEASE RETURN THIS FORM TO COACH BLACK, COACH MIELE, OR COACH
GRULLON

Student Contact Information

Student Name

Current Grade Level _____ **Rising Grade Level**

Date of Birth _____ **Student Age**

Student Cell Phone

Student Email Address

Student Home Address

Mother's Name

Mother's Cell Phone

Mother's Email Address

Father's Name

Father's Cell Phone

Father's Email Address

Emergency Contact

(Other than a parent)

Emergency Phone

I am interested in the following:

Seniors Only

- Varsity Sideline Football and Basketball Only

Sophomores, Juniors, and Seniors

- Varsity Sideline Football and Competition Team Only
- JV Sideline (Football & Basketball) and Game Day Only
- JV Sideline Football and Basketball Only
- Any team I make

Freshman Only

- Varsity sideline Football and Competition team
- Freshman sideline (Football & Basketball) and Game Day only
- Freshman sideline Football and Basketball
- Any team I make

PLEASE RETURN THIS FORM TO COACH BLACK, COACH MIELE, OR COACH GRULLON

LMHS Cheerleading Medical Release Form

Student's Name: (PLEASE PRINT)

I certify that _____ is physically capable and able to fulfill requirements needed to perform as a cheerleader. I understand that this legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any squad related activity when either parent can not be reached. If there is any physical or medical reason why he/she

should not participate fully, the school requires a doctor's release. Furthermore, the school and/or coach is not liable for any injury incurred during cheerleading.

Parent Signature _____ Date _____

Parent Phone # (H) _____ (W) _____

Parent Email: _____

Medical Treatment Permission Form

In the event of an emergency occurring while my son/daughter is participating in a cheerleading practice, performance, trip, or fund-raising activity, I grant permission to the school and its employees to take whatever action is necessary. In the event I can not be reached, I hereby authorize the school and/or its employees to give my son/daughter, _____, permission to receive medical treatment.

Person To Be Notified Other Than Parent:

Name: _____ Phone # _____

Family Doctor: _____ Phone # _____

Allergies _____

If you do not grant permission for your son/daughter to be treated in case of an emergency, what procedure should be followed?

Insurance Company Name:

Policy #:

I DO NOT have Medical Insurance.

PLEASE RETURN THIS FORM TO COACH BLACK, COACH MIELE, OR COACH GRULLON

LMHS Cheerleading Uniform Rental Agreement

The uniform you are issued is the property of Lake Mary High School and its cheer program. Each cheerleader issued a uniform is responsible for properly handling and caring for it throughout the duration of the rental period. All cheerleaders must abide by the following terms and conditions while issued a uniform:

1. You are responsible for any stains, tears, or other damages to the uniform while in your care.
2. You are to keep the uniform clean and in its issued condition. Follow the washing instructions you have been provided with.
3. Uniforms are to be worn for designated cheerleading activities/events ONLY! Do not wear your uniform unless a coach has given you permission to do so. Wearing it for senior pictures is ok.
4. Any individual misusing or abusing, including not properly cleaning, their uniform will lose the privilege to wear it.
5. All uniforms must be cleaned prior to returning to the coach at the end of the season. Uniforms are to be returned clean and completely dried in a gallon baggie with your name on the outside of the bag.
6. Any damages and/or unapproved alterations are subject to a fine. Any uniform not returned by the due date will be subject to a replacement fee of up to **\$400.00**.

Please keep the top portion for your records and return this signed bottom portion to Coach Black ,Coach Miele, or Coach Grullon.

I have read and understand the above terms and conditions for my LMHS CHEERLEADING uniform, and I agree to abide by this Uniform Rental Agreement. I understand if I violate these terms, I am financially responsible for any damages or loss caused.

Cheerleader Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Uniform Issued on: _____ Uniform Returned on: _____

PLEASE RETURN THIS FORM TO COACH BLACK ,COACH MIELE, OR COACH GRULLON

Lake Mary High School Cheer Social Media Policy

Facebook, Twitter, Instagram, Snapchat, TikTok, etc.

First and foremost, students are encouraged to always exercise the utmost caution when participating in any form of social media or online communications, both within the Lake Mary community and beyond. Students who participate in online interactions must remember that their posts reflect on the entire Lake Mary High School community.

Cheerleaders are expected to abide by the following:

- Students may not use social media sites to publish disparaging or harassing remarks about Lake Mary community members, fellow teammates, the coaching staff, faculty, staff, school administrators and athletic or academic contest rivals.
- Students who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly upon the school.
- Communication involving participants should be appropriate, productive, and transparent
- Be aware of what is posted. Questionable content needs to be removed immediately (team matters, compromising photos, inappropriate behavior)
- Double check before you post anything, it will never be truly erased
- Be a blessed person and promote positivity online
- No fake/ angry accounts

Failure to abide by this Policy, will result in removal from the team. All athletes and their legal guardian are required to sign below acknowledging they have read, agree to follow, and understand the policy.

Athlete Name: _____

Signature: _____ Date: _____

Parent/Guardian Name: _____

Signature: _____ Date: _____

PLEASE RETURN THIS FORM TO COACH BLACK, COACH MIELE, OR COACH GRULLON



2020 VARSITY FOOTBALL SCHEDULE

6:00pm	Friday	8/7/2020	RED/GRAY GAME
7:00pm	Friday	8/14/2020	KOC- New Smyrna
7:00pm	Friday	8/21/2020	@Lyman
7:00pm	Friday	8/28/2020	@Sanford
		9/4/2020	open
7:00pm	Friday	9/11/2020	Lake Brantley (Rivalry Game)
7:00pm	Friday	9/18/2020	Oak Ridge
7:00pm	Friday	9/25/2020	West Orange
7:00pm	Friday	10/2/2020	Oviedo (Homecoming)
7:00pm	Friday	10/9/2020	@Evans
7:00pm	Friday	10/16/2020	@Ocoee
7:00pm	Friday	10/23/2020	Apopka
7:00pm	Friday	10/30/2020	Deltona (Senior Night)

2020 JV FOOTBALL SCHEDULE

7pm	Thursday	8/20/2020	Sanford
7pm	Thursday	8/27/2020	Winter Springs
7pm	Thursday	9/3/2020	@Lake Howell
7pm	Thursday	9/10/2020	Lyman
7pm	Thursday	9/17/2020	@ Oviedo
7pm	Thursday	9/24/2020	@Hagerty
7pm	Thursday	10/1/2020	@ Lake Brantley

2020 FRESHMAN FOOTBALL SCHEDULE

5:30 PM	Thursday	8/20/2020	Sanford
5:30 PM	Thursday	8/27/2020	Winter Springs
5:30 PM	Thursday	9/3/2020	@Lake Howell
5:30 PM	Thursday	9/10/2020	Lyman
5:30 PM	Thursday	9/17/2020	@ Oviedo
5:30 PM	Thursday	9/24/2020	@Hagerty
5:30 PM	Thursday	10/1/2020	@ Lake Brantley