

Lake Brantley High School

Varsity and JV Cheerleading Try out April 23th – 27st, 2018

Freshman Cheerleading Try out June 11th – 14th

****ATTENTION****

ANYONE INTERESTED IN TRYING OUT FOR LBHS VARSITY, JV and FRESHMAN CHEERLEADING THERE WILL BE A TRYOUT INFORMATION MEETING THURSDAY APRIL 19TH AT 7:00PM IN THE COMMUNITY ROOM AT LBHS.

Freshmen Tryouts: week of June 11th – 14th from 10am – 12noon LBHS Main Gym

VARSITY AND JUNIOR VARSITY CHEERLEADING TRYOUT CLINIC WILL BE HELD THE WEEK OF APRIL 23 – 27, 2018 FROM 3:00PM TO 5:00PM, WITH THE TRYOUT ON THE FINAL DAY, FRIDAY, APRIL 27, 2018. CLINIC AND TRYOUT LOCATION WILL BE AT THE BRANTLEY SOUTH GYM (LOCATED AT FOREST CITY ELEMENTARY ACROSS THE STREET FROM LBHS) Cheerleaders are to leave THE BRANTLEY SOUTH PROPERTY as soon as their tryout is over.

TEAMS WILL BE SELECTED AND POSTED BY TRYOUT NUMBER ON THE LAKE BRANTLEY ATHLETIC WEBSITE.

There will be a **MANDATORY** parent/cheerleader meeting after the teams are announced. The meeting for varsity will be held on Tuesday, May 1st at 7pm in the LBHS media center. JV meeting will be held Tuesday, May 1st at 7pm in the LBHS community room. **ALL FEES WILL BE DUE FOR CHEERLEADING UNIFORM RENTAL, PRACTICE UNIFORMS, AND SUMMER CHEER CAMP.**

*****It is the parent and student athlete's responsibility to ensure that student athlete's physical is CURRENT THROUGHOUT THE ENTIRE SEASON and on file in the athletic office.** You must submit proper forms to the LBHS Athletic Office prior to tryouts and have a stamped white card in order to participate. (FORMS ARE AVAILABLE ON LBHS WEBSITE OR LOCATED IN THE FRONT OFFICE LOBBY AT LBHS).

Important Dates and information

Varsity Cheer

- * **New Parent / Cheerleader meeting** Tuesday May 1, 2018 @ 7:00pm LBHS Media Center.
- * **FEES DUE May 1, 2018** Uniform Rental **VARSITY** and **JV** \$150 **FRESHMEN** \$100, **CHEER CAMP FEE:** \$100, **WATER JUG FEE:** \$10, **VARSITY CREW SOCK FEE:** \$35
- * **Mandatory Fundraiser: \$150** (You may do the fundraiser and sell enough to meet the \$150 or you may write a check for the \$150)
- * **Uniform Fitting** May 8th @ 3:00pm Building 1 Guidance Conf. Room
- * **Practice/Camp** T-shirts/shorts, bows, poms, bloomers, Team warm-up and **OPTIONAL** cheer gear will be ordered online at our Varsity shop.
- * **White outdoor cheer shoes** must be secured prior to camp. (Please be sure shoes are in good shape no holes. There will be shoes in our Varsity shop to choose from but can be purchased from other sources).
- * **Separate check of \$10** per parent to register to be an approved driver. (Must have driver's license number at the parent meeting).
- * **Cheer Camp Fee: \$100** Camp will be held **July 16th – 18th**, from 9am to 3pm Bring your own lunch each day. The final day of camp we will have a lock in (team bonding), pick up on the 19th at 8am. Location: Champion Athletic Center 2054 Platinum Road Apopka, FL 32703. All levels of cheer will attend camp.
- * **Future LB Little cheerleader camp:** August 1st and 2nd from 8am to 12pm.
- ** **Varsity practice** will be every **Tuesday 3pm to 4:30pm** and **Thursday from 3pm to 5pm** @ the Brantley South Gym. Practice will continue through the month of December. Added practices may be necessary for pep-rallies and special events.
- ** **A note from your coaches:** Parents and Cheerleaders, Please be aware that the LBHS Cheer program is a **year-long commitment**. The cheer season does not end when the football season ends. **(This means the demerit system will be enforced throughout the season.)** We host many events for the school including football, basketball (boys and girls,) homecoming, Senior Night, WESH 2 share your Christmas, and many other events that are requested of us. These events take place at different times throughout the school year. The Cheerleading program will fundraise throughout the season as well. Fundraising is used to add new uniforms and equipment to our program as needed, as well as funding some of the above mentioned events. Fundraising is also a mandatory part of the program for all cheerleaders. Any and all fundraising ideas, business/personal donations are welcome. Cheerleading is a rewarding program, but can be very demanding at times, especially during the peak season. The following examples are considered to be **UNEXCUSED** absences for missing a mandatory event: too much homework, studying for a test, planned/unplanned vacations, concerts, etc. Cheerleading is a team sport, if one person is absent it affects the entire team.
- ** **BASKETBALL SCHEDULE: TBA (GAMES USUALLY START IN DECEMBER AND RUN THROUGH FEBRUARY. (THERE ARE USUALLY 8 REGULAR GAMES THIS DOES NOT INCLUDE PLAYOFFS) THE CHEERLEADERS WILL BE RESPONSIBLE FOR DEVELOPING THEIR OWN HALF TIME CHEER/DANCE ROUTINE**

Important Dates and information

JV Cheer

- * **New Parent / Cheerleader meeting** May 1st @ 7:00pm LBHS Media Center.
- * **FEES DUE** Uniform Rental **VARSITY** and **JV** \$150 **FRESHMEN** \$100, **CHEER CAMP FEE:** \$90 **WATER JUG FEE:** \$10
- * **Mandatory Fundraiser: \$150** (You may do the fundraiser and sell enough to meet the \$150 or you may write a check for the \$150)
- * **Uniform Fitting:** May 8th @ 3:30pm Building 1 Guidance Conf. Room
- * **Practice/Camp** T-shirts/shorts, bows, poms, bloomers, Team warm-up and **OPTIONAL** cheer gear will be ordered online at our Varsity shop.
- * **White outdoor cheer shoes** must be secured prior to camp. (Please be sure shoes are in good shape no holes. There will be shoes in our Varsity shop to choose from but can be purchased from other sources).
- * **Separate check of \$10** per parent to register to be an approved driver. (Must have driver's license number at the parent meeting).
- * **Cheer Camp Fee: \$100** Camp will be held **July 16th – 18th**. from 9am to 3pm Bring your own lunch each day. The final day of camp we will have a lock in (team bonding), pick up on the 19th at 8am. Location: Champion Athletic Center 2054 Platinum Road Apopka, FL 32703. All levels of cheer will attend camp.
- * **Future LB Little cheerleader camp:** August 1st and 2nd from 8am to 12pm.
- * **JV practice** will be every **Monday 2:45 to 4:30** and **Tuesday from 3:00 to 4:30** in the Brantley south gym. Practice will continue through the month of December. Added practices may be necessary for pep-rallies and special events.
- * **A note from your coaches:** Parents and Cheerleaders, Please be aware that the LBHS Cheer program is a **year-long commitment**. The cheer season does not end when the football season ends. ***(This means the demerit system will be enforced throughout the season.)*** We host many events for the school including football, basketball (boys and girls,) homecoming, Senior Night, WESH 2 share your Christmas, and many other events that are requested of us. These events take place at different times throughout the school year. The Cheerleading program will fundraise throughout the season as well. Fundraising is used to add new uniforms and equipment to our program as needed, as well as funding some of the above mentioned events. Fundraising is also a mandatory part of the program for all cheerleaders. Any and all fundraising ideas, business/personal donations are welcome. Cheerleading is a rewarding program, but can be very demanding at times, especially during the peak season. The following examples are considered to be **UNEXCUSED** absences for missing a mandatory event: too much homework, studying for a test, planned/unplanned vacations, concerts, etc. Cheerleading is a team sport, if one person is absent it affects the entire team.
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Important Dates and information

Freshman Cheer

* **FEES DUE** at 1st parent meeting June 18th 8am to 10am Uniform rental: **FRESHMEN \$100, WHITE UNIFORM LINER (approx.) : \$65** **CHEER CAMP FEE: \$100**

WATER JUG FEE: \$10

* **Mandatory Fundraiser: \$150** (You may do the fundraiser and sell enough to meet the \$150 or you may write a check for the \$150)

* **Red and navy** compression shorts (cheer bloomers) must be secured before the first day of school. White no show socks for anytime uniform is worn.

* **Practice/Camp** T-shirts/shorts, bows, poms, bloomers, Team warm-up and **OPTIONAL** cheer gear will be ordered online.

* **White outdoor cheer shoes** must be secured prior to **CAMP**. (Please be sure shoes are in good shape no holes. There will be shoes in our Varsity shop to choose from but can be purchased from other sources).

* **Separate check of \$10** per parent to register to be an approved driver. (Must have driver's license number at the parent meeting).

* **Cheer Camp Fee: \$100** Camp will be held **July 16th – 18th**. from 9am to 3pm Bring your own lunch each day. The final day of camp we will have a lock in (team bonding), pick up on the 19th at 8am. Location: Champion Athletic Center 2054 Platinum Road Apopka, FL 32703. All levels of cheer will attend camp.

* **Future LB Little cheerleader camp:** August 1st and 2nd from 8am to 12pm.

** **Freshmen practice** will be every **Tuesday from 3pm to 4:30pm** and **Wednesday from 2:30pm to 4:30pm** in Brantley south gym. Practice will continue through the month of December. Added practices may be necessary for pep-rallies and special events.

** **A note from your coaches:** Parents and Cheerleaders, Please be aware that the LBHS Cheer program is a **year-long commitment**. The cheer season does not end when the football season ends. **(This means the demerit system will be enforced throughout the season.)** We host many events for the school including football, basketball (boys and girls,) homecoming, Senior Night, WESH 2 share your Christmas, and many other events that are requested of us. These events take place at different times throughout the school year. The Cheerleading program will fundraise throughout the season as well. Fundraising is used to add new uniforms and equipment to our program as needed, as well as funding some of the above mentioned events. Fundraising is also a mandatory part of the program for all cheerleaders. Any and all fundraising ideas, business/personal donations are welcome. Cheerleading is a rewarding program, but can be very demanding at times, especially during the peak season. The following examples are considered to be **UNEXCUSED** absences for missing a mandatory event: too much homework, studying for a test, planned/unplanned vacations, concerts, etc. Cheerleading is a team sport, if one person is absent it affects the entire team.

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Fall 2018

LAKE BRANTLEY PATRIOT FOOTBALL



VARSITY

Day	Date	Opponent	Location	Time
Friday	Aug 17	Wekiva (Kick-off Classic)	HOME	7:00
Friday	Aug 24	Hagerty (c)	HOME	7:00
Friday	Aug 31	Bishop Moore	Away	7:30
Friday	Sept 7	Winter Haven	Away	7:30
Friday	Sept 14	Lake Mary * (c)	Away	7:00
Friday	Sept 21	O.C. University* (Homecoming)	HOME	7:00
Friday	Sept 28	Seminole*(c)	Away	7:00
Friday	Oct 5	BYE		
Thursday	Oct 11	Lyman *(c)(Senior Night)	HOME	7:00
Friday	Oct 19	Oviedo*	Away	7:00
Friday	Oct 26	Winter Springs*	HOME	7:00
Friday	Nov 2	Osceola	HOME	7:00

* District game

(c) Conference game

JUNIOR VARSITY

Day	Date	Opponent	Location	Time
Thursday	Aug 23	Oviedo	HOME	7:30
Thursday	Aug 30	Lake Howell	HOME	7:30
Thursday	Sept 6	Lyman	Away	7:30
Thursday	Sept 13	Winter Springs	Away	7:30
Thursday	Sept 20	Seminole	HOME	7:30
Thursday	Sept 27	Hagerty	Away	7:30
Thursday	Oct 4	Lake Mary	HOME	7:30
Wednesday	Oct 10	Lyman	Away	7:30

FRESHMAN

Day	Date	Opponent	Location	Time
Thursday	Aug 23	Oviedo	HOME	5:30
Thursday	Aug 30	Lake Howell	HOME	5:30
Thursday	Sept 6	Lyman	Away	5:30
Thursday	Sept 13	Winter Springs	Away	5:30
Thursday	Sept 20	Seminole	HOME	5:30
Thursday	Sept 27	Hagerty	Away	5:30
Thursday	Oct 4	Lake Mary	HOME	5:30
Wednesday	Oct 10	Lyman	Away	5:30

Head Coach: David Delfiaccio
Athletic Director: Jerri Kelly

Principal: Dr. Trent Daniel

revised 2/27/18

Lake Brantley High School Cheerleading

Welcome to Lake Brantley Cheerleading, we pride ourselves on raising school spirit and being supportive of our teams as sideline cheerleaders. Please review the guidelines/contract for participation in the program.

1. Practices

- Practices are set by each team's coach and run from August through late December. There is a possibility we will need to have January practices depending on pep rallies and events.
- A missed practice during the week will result in sitting out for the first half of the next game. Cheerleaders will attend the game and sit on the sideline and be utilized by the coach for the purpose of selling programs or as needed at their discretion.
- Being late to practice without coach's approval will result in missing the first quarter of the next game, being on time means dressed in practice uniform and ready to go at start time. Walking in as practice is starting will count as a late arrival.
- Anyone who is **late or misses practice more than 3 times will be subject to squad dismissal** per coach's discretion.
- Practice attire is required and includes: cheer shirt, athletic shorts, socks, cheer shoes, and hair in a ponytail by 3pm. If a student athlete does not have appropriate practice attire they will sit out for the practice and it will count as a missed practice and will miss half of the next game.
- If you are sick and miss the entire school day you are not required to attend practice but must email your coach by 8am.
- If you are sick and come to school you are required to come to practice to watch.
- Missed practices may result in being replaced by another team member for stunting purposes.

2. Games

- Game time arrivals are set by the coach and will vary depending on the game situation
- An **unexcused missed game will result in not lettering at the varsity level.**
- An **unexcused missed game will result in not earning your pin at the freshman and JV level.**
- If a student has excused absences from school then they are excused from that evening's game.
- Weddings, college visits, and funerals will require documentation presented in order to be excused
- **Planned vacations will not be excused.**
- **Work conflicts will not be excused.**
- Any cheerleader who accumulates **three unexcused absences between practices and/or games will be subject to squad dismissal** at the coach's discretion.
- At the varsity level plan to be in a playoff situation. Attendance will continue to be mandatory.
- Basketball game switching will not be allowed, the schedule is given far in advance and plans need to be made to attend.
- Late arrival to a game will result in sitting out the first quarter.
- More than **two late arrivals, (meaning not in full uniform by the designated time), will be subject to squad dismissal** at the coach's discretion.
- Uniform pieces, including bloomers, bow, shoes, poms, and game day jacket must be adhered to as scheduled by each coach. The wrong uniform piece will result in sitting out the game or until the correct piece arrives.
- Cheerleaders will be responsible for their own poms, any cheerleader who does not have her poms with her at a game, pep rally, or scheduled event will sit out until they arrive.
- Hair and Make up for game day is to be natural in appearance and any time a cheerleader is in uniform.
- Game time arrival means ready to go, hair up, uniform in place by time designated by each team's coach.

3. Citizenship

- Cheerleaders are expected to hold themselves to high standards in the classroom and in the community.
- Discipline referrals will be handled on an individual basis and/or will be subject to squad dismissal.
- Saturday School referrals will result in missing the entire next game and/or will be subject to squad dismissal.
- Any suspension from school including both ISS and OSS will be subject to squad dismissal.
- Cheerleaders who do not exhibit strong citizenship skills and do not follow the LBHS student code of conduct on campus, at campus events, in the community or in uniform will be subject to squad dismissal at the coach's discretion.
- Cheerleading program will follow rules laid out by the FHSAA for eligibility. Therefore a cheerleader must have a minimum cumulative GPA of a 2.0 for semester 1 and semester 2 to participate for the year. Cheerleaders must have cumulative GPA of a 2.0 in order to tryout.
- Cheerleading program will follow the rules for Social Media as laid out the LBHS athlete handbook. Social media rules and acknowledgement are attached. (Parent and athlete must read, sign and return to coach.) Failure to follow the rules may result in squad dismissal.

4. Moving up or down a squad

- Moving up will be reflective of open positions on the succeeding team.
- Cheerleaders at the varsity level could be moved down as an alternate to squad dismissal. Coach's discretion will be utilized.

5. Team events

- Absences at a mandatory team event will count as the same as an absence from a game.

6. Communication

- Each cheerleader will need to have an active email address and/or the ability to text.
- Email/texts are expected to be checked daily, especially on game and practice days.
- Cheerleaders are expected to use email/text as the main form of communication during the school day unless there is an emergency situation.
- Cheerleaders must register for apps utilized by coaches that aide in communication.

7. Transportation

- Student athletes may drive themselves to home game competitions.
- Student athletes must travel on the team school bus to away/traveling games or with their parent or an approved driver.
- Student athletes not riding a bus back from an away/traveling game will only be released to their parent, unless there is notarized written consent.
- Student athletes not riding a bus back from an away/traveling game will only be released **to another parent** with written consent which must be in the form of a notarized letter submitted to the coach 48 hours prior to travel stating who they can be released to.
- Any parent who transports any cheerleader other than their child must be an approved driver. (Form attached and required by all cheerleader parent/guardian).

8. Uniforms

- There is a \$150 uniform rental fee for varsity, and JV. \$100 uniform fee for freshman cheer, that is due after tryouts and must be paid prior to receiving uniform(s). Uniforms will be distributed on a first come first served basis.
- This charge takes care of any needed alterations, mending and cleaning at the end of the season.
- This money also allows for pieces to be ordered to ensure correct sizes for everyone on the squad.
- This money will be used to purchase new equipment as needed, as well.

9. Fundraising/cost of program

- All fundraiser monies are due on the indicated due date. Each fundraiser will be turned into the fundraiser coordinator or respective coach.
- Girls may also participate in fundraising event opportunities which will include spirit nights, car washes etc. to meet the requirement.
- \$150 for Varsity and JV.
- \$100 for Freshman.
- Mandatory practice attire/bows/bloomers/team jacket/shoes/poms/team bag/accessories will be paid for by each student athlete.
- Camp cost will be paid by each athlete.

10. Summer Cheer Camp

- Attendance at cheer camp is **mandatory** for all team members.
- **Non participation in camp will mean you could risk not being part of a stunt group during the season or be dismissed/moved down from the squad.**
- Cheer Camp for freshmen, JV and Varsity will take place over the summer. Our camp will be held at. The three squads will participate in the camp together.
- Cost of camp is the responsibility of the student athlete.

COACH CONTACT INFORMATION

Varsity – Barbie Haper

Barbara_haper@scps.k12.fl.us

407-746-3497

Building 1 office

Junior Varsity- Lynn Moran

moranld@scps.k12.fl.us

Freshman – Andrea Lesko

Andrea_lesko@scps.k12.fl.us

Competitive

Lynn Moran

Andrea Lesko

LBHS Cheerleading Contact Information

Cheerleader Name:

Name	Cell	Home
Cheerleader Email:		
Parent/Guardian Name: Parent/Guardian Email:		
Parent/Guardian Name: Parent/Guardian Email:		
Emergency Contact:		

Please answer the following questions:

Interested in being a banner dad? (Varsity Only)	Yes	No
Interested in taking a lead role as team mom?	Yes	No
Available during the school day to help?	Yes	No
Parents Willing to host/co-host a home game team dinner?	Yes	No

***please note** all parents will be responsible for at least one snack duty during football season.

LBHS CHEER GUIDELINES/CONTRACT

ACKNOWLEDGEMENT

Parent Signature

Cheerleader Signature

Date Signed

This certifies that I have read the Lake Brantley Cheer Contract in full and agree with policies set in place by Lake Brantley High School.

Cheerleader Name _____

Group Number: _____ (office use only)

Please bring this page on the first day of the cheer clinic, we will use this page to make sure your packet and physical forms are filled out to completion.

All of these items must be handed in and approved by a coach in order to participate in cheer clinic. Anyone who is missing items on Monday can watch but will not be allowed to participate until all items are turned in.

Item	Check off (for office use only)
Official White card with stamp from athletic office *must have sports physical to receive stamp, forms are available in Athletic Office*	Physical Exp Date:
LBHS Cheer Contract Signature sheet	
LBHS Social Media Acknowledgement	
LBHS Cheerleader Contact Information Page	
Cheer Camp Medical Waiver Form (Due at new parent meeting if selected for varsity, JV or freshmen cheer squad)	
Approved Driver Form (\$10 fee due at new parent meeting if selected for varsity, JV or freshmen squad)	

Guidelines for Athletic Departments Social Media and Communication

Athletic participation for Lake Brantley High School is a privilege. In representing our school Athletically, all athletic personnel and coaches, and all student-athletes, are expected to effectively Utilize responsibility with social media, and implement sensible means by which to communicate. In doing so, all above mentioned parties, including any other individuals directly or indirectly Associated with the athletic department of LBHS, will be held accountable according to the Citizenship standards for participation in school sponsored extra-curricular activities established by The school board of Seminole County Public Schools. The following are guidelines detailing the Appropriate and acceptable protocol and procedures.

For Social Networking Sites, Websites, Blogs, Text Messaging, and Emailing, the following are PROHIBITED:

- Posting photos, videos, or commentary that is unsportsmanlike, derogatory, or demeaning toward any other individual or entity. (Not limited to but including, opposing schools and players, teammates, and/or coaches)
- Posts that depict or encourage unacceptable violent or illegal activities, and/or that are sexually explicit in nature
- Disclosing information that is sensitive or personal in nature or that is proprietary to the various Athletic Departments or to Seminole County Public Schools
- Use of inappropriate or offensive language, or language that is violent or derogatory

Further Guidelines in Maintaining Protocol:

- All information relayed should remain informative in nature
- Refrain from engaging in conversations that are personal to you, athletes, coaches, and parents
- Maintain professionalism, appropriateness, and suitability in all your messaging and communication
- Maintain updated security settings, as any communication is public record
- Limit access to your personal information
- Be aware of the potential perception all communication could have on you, your athletes, the Athletic Department and School District, and your community
- All information communicated should reflect the values and ethics associated with representing Seminole County Public Schools and the LBHS Athletic Department.

**Guidelines for Lake Brantley Athletic Department
Social Media and Communication**

Social Media *Helpful Hints* for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember, once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online to social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of, and that reflects positively on you, your family, your school, and your community.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses and professionals do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember, photos uploaded on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students, and particularly student-athletes, should carefully consider their profile updates and photos, as they will most likely be examined by future college admission officers, coaches, and employers.

Ask yourself what "digital footprint" you want to leave.

Athlete/Parent Social Media Contract 2017-18

By signing this document, I acknowledge that I have read and understand all of the rules and regulations listed herein, and agree to abide by them at all times.

Student Athlete Name (Print)

Student Athlete Signature

Date

By signing this document, I acknowledge that I have read and understand all of the rules and regulations listed herein, and agree to abide by them at all times.

Parent/Legal Guardian Name (Print)

Parent/Legal Guardian Signature

Date

This contract signature page is to be turned into your Coach upon completion.

