



New Cheer Parent Meeting

March 5, 2025, 6:30pm, JBHS cafeteria

Football Cheer Tryouts:

March 24 - 27 | 3:30 - 6:30 pm, JBHS Gym

3:30 - 4:30 {Optional Open Gym}

4:30 - 6:30 {Mandatory Tryouts}

- Athletes should wear athletic clothes and tennis shoes with hair pulled UP. No jewelry.
 - Bring a water bottle & snack!

Judged at Tryouts:

- Jumps
- Cheer/Chant motions
- Spirit
- Tumbling
- Stunting
- Voice
- Dance

*This form has been updated as of 2/4/25 and can be printed for tryouts.



**JBHS CHEER
TRYOUTS**



JBHS Cheer Tryout Group

Scan this QR code and join!



Dear Parent/Guardian,

The attached papers will explain the expectations and responsibilities of a Jensen Beach High School cheerleader. Please read the papers thoroughly before signing the permission form. By signing this form you are giving your son/daughter permission to try out for the football cheerleading squad and if he/she becomes a member, the cheerleader and the parent(s) understand the rules, regulations, and commitments for the 2025 - 2026 school year.

On the first day of try-outs or before **March 24**, your son/daughter will need to bring a copy of his/her most **recent report card**, which must show a **2.0 cumulative GPA (unweighted)**, **tryout form**, **current physical**, **signed contract pages**, and **teacher recommendations**. All candidates must attend each day of tryouts. Attendance will be taken each day and missing a day of tryouts may affect your performance on the actual tryout date. We will not hold an additional tryout before or after **March 27**. Candidates will be placed on either JV or Varsity based on a judged tryout score.

A Jensen Beach High Cheerleader must represent the school in a manner that sets a standard for others to follow. Any time your son/daughter's conduct is considered inappropriate, the cheerleader will be notified and demerits distributed accordingly.

Being a Jensen Beach High School cheerleader will be a rewarding experience as well as a tool for learning life skills such as discipline, teamwork, responsibility, and commitment.

We are devoted to creating, teaching, and encouraging a higher standard of athleticism, leadership, and character among JBHS cheerleaders. That said, cheerleading at Jensen Beach will challenge you physically and mentally. You will walk away from this season with lasting memories, confidence, and poise, as well as a feeling of accomplishment.

Cheerfully,

Jaquelyn Carroll

Head Cheer Coach | Jensen Beach High School

Bring to Tryouts:

- Current physical* - Tryout Application (page 1)
- Signed contract pages (pages 11 & 13) - Copy of recent report card
- Teacher recommendations (pages 14 - 15)

Name:		Grade
Cell Phone:		
Birthday (mm/dd/yy):		
Street Address		
Email		
Father	Mother	
Address (if different)	Address (if different)	
Cell Phone	Cell Phone	
Email	Email	

Why do you want to be on the cheerleading squad? (2 to 3 sentences!)

Other sports or activities you're involved in?

If a JBHS athlete, list the expiration date of current physical:

If you cheer for an All - Star cheer team, which team & what are your practice days?

Do you have a job? Is your job willing to work with your schedule if you make the team?

Estimated Cheer Cost Sheet

This is subject to change; it is just to give you an idea of costs associated with cheer.

Item	Estimated Cost
UCA Camp *	\$500
Cheer Practice Shirt*	\$25
Rebel campwear sets (2 shorts, 1 tank, 1 shirt)	\$120
Cheer Polo - JV & V specific (new to team only) *	\$35 (+\$5 to add name) Domty shop
Jacket (New girls only)*	\$50 - Domty team shop
Cheer bows	\$30
Cheer shoes - (Rebel Rise II or Rebel Rogue in white)	\$75 - \$95
Spandex - black (2)* Nike Pro Compression shorts	Purchase on own
Varsity uniform - purchase / rent Rebel reversible uniform *	\$227// \$100
JV uniform - rent *	\$50
Practice skort - white*	\$25 (Amazon link)
Nike ankle socks - white *	Purchase on own
Rebel Dream Backpack	\$125
Extra items available for purchase (hat, pullover, etc)	Domty team shop link
Pom poms *	\$45 (purchase) / \$10 (rent)

* Required items

Fundraisers:

All girls are required to participate in fundraisers and are responsible for earning, at minimum, \$500/cheerleader this season to help cover the costs of team meals/snacks, holiday/parade wear, and senior/end of year gifts.

Girls may fundraiser above the required amount to cover the cost of their items and camp.

Sponsors/Banners

Cheerleaders may acquire personal or business sponsors to help pay for their cheer season. Sponsors can buy a banner or select a level to sponsor a set amount of items. Cheerleaders receive part of the sponsorship fee after purchase of marketing items.

Doublegood Popcorn

Girls earn approx. 50% of sale price. Popcorn sales online only - date TBD

Kids Cheer Clinic

[Girls earn approximately \$25/per girl registered. Refer 4 kids to meet your goal!]
Kids attend a practice with cheerleaders to learn dances and cheers. Kids attend the game with girls to cheer on the Falcons! All campers receive a shirt, snack and bow craft.

Kendra Scott

All sales result in 20% of purchase price for cheerleader/team. Sale date TBD. There will be an online sale link as well for a few days surrounding the in-person event.



Jensen Beach High School
Football Cheerleading
2025 Season Handbook

INTRO

Our goal is to teach our athletes the value of commitment, hard work, integrity, leadership, self-confidence, a positive attitude, and a love for the sport.

Please read this handbook to determine if cheer will be a good fit for your athlete and family.

SEASON OUTLINE

SPRING TRAINING: April 7 - May 22, every Tues/Thurs

SPRING GAME: TBD

TEAM BUILDING: July 7 - 11, Summer Session at JBHS
July 14 - 17, UCA Camp at UCF

SEASON: August - December

KIDS CAMP: community kids camp at JBHS, Dates TBD

PRACTICE EXPECTATIONS & ATTENDANCE

- ★ Practices will be on Mondays & Wednesdays
- ★ **Do not ask to leave early.**
- ★ Bring water to every practice.
- ★ Wear assigned practice attire and cheerleading shoes to practice.

All practices are MANDATORY! Cheerleading is one of the only sports that requires every athlete to be used at the same time. Routines include dance choreography, formations, jumps, tumbling, and stunts. Absences greatly affect the overall performance of the entire squad. If your athlete is absent, not only do they fall behind but the entire team's progress is halted.

- The **ONLY** excused absences are unexpected family emergencies, contagious illnesses, or graded school events.

- Our attendance policy goes into effect immediately after you've made the team
- You must provide a note from the teacher regarding any graded school events or a doctor's note to excuse your athlete's absence.
- Birthday dinners, concerts, family visiting from out of town, failure to arrange transportation, or failure to keep track of the practice schedule are NOT excused.
- If an athlete is injured, they must still attend practice and games, however, they will not be required to participate.

COMMUNICATION

Timely communication is required from all athletes directly to a coach (not through a teammate). Please utilize the band app for all communication.

In case of an immediate need or emergency, please call/text your coach.

Head Coach - Jaquelyn Carroll

Cell - 813-679-9726

Email - carrolj1@martinschools.org

JV Coach - TBD

GAMES

- Attendance at all games is mandatory.
- You will be present and on time for all games.
- You will be in complete uniform (skirt, top, socks, spandex, bow, and poms).
- All athletes must be on the track in full uniform in formation 30 minutes before the scheduled start.
- **You may not leave early.**
- You are expected to be back in your area 2 minutes before halftime ends.
- All football game dates/locations are tentative. Varsity has games on Thursday/Friday while JV games are on Wednesday/Thursday.
- Cheerleaders are required to attend away games and in the event of a "regular" game day switch you are still required to attend.
- You will stay in line and pay attention to the game. Do not practice cheers and chants on the sideline, you should know them beforehand.
- Do not goof off on the sidelines. Continuing misconduct will be addressed as necessary.
- We will not stop on the way home from away games. Eat before leaving or bring food on the bus.
- Playoff games are Mandatory even if they fall on or around Thanksgiving.
- JV will cheer at select Varsity games.
- You must be in school for at least ½ a day on the day of a game and practice to be able to cheer.

PARENT EXPECTATIONS

The JBHS cheerleading family consists of coaches, athletes, and their parents/guardians. We want it to be an exciting, positive experience for all members of our family. We ask that parents support and encourage our standards and expectations while providing a positive example for JB cheerleaders around them.

- Parents are asked to set an example of positive behavior and conduct for all our team members.
- Please keep in mind that coaches are well-trained and equipped. The coaches do their best to make the best athletic decisions for the team. Please help the cheerleaders and coaches by not placing value on specific positions, formations, or activities.
- There will be practices where your cheerleader walks away feeling frustrated, discouraged or with hurt feelings. As the adult they will vent to, please help your athlete healthily process their feelings and regain perspective.
- Please help your athlete prioritize cheerleading and learn how to “balance” their other obligations accordingly. Do your best to schedule appointments, vacations, etc. around the set schedule.
- Parents, you are an integral part of our team. We can’t wait to work together with you to make this experience an amazing memory for all involved!

FINANCIAL OBLIGATIONS

- All athletes are responsible for fundraising \$500
- Double Good popcorn takes a percentage of sales; cheerleaders earn 50% of sales.
- Kendra Scott fundraiser – Date TBD
- Banners are valued at \$250. New sponsors pay \$300, returning \$250*
- Kid camp registration is valued at \$50
- Business Sponsorship packages
- Cheerleaders may also obtain sponsors who help pay their fees directly.
- Checks need to be made out to Jensen Beach High School. Memo: JBHS Cheer w/name of cheerleader. Cash is acceptable as well.
- Cheer items will not be distributed until cost balance is zeroed out.
- Camp balance must be paid or fundraised for by **May 23**.
- The remaining balance must be paid by **June 30**.

DEMERIT SYSTEM

We do not want to give out demerits; they are earned when athletes are not following the expectations outlined and agreed to in the attached document. Three (3) benchings will result in the athlete being removed from the team.

FALCON CHEERLEADING CONSTITUTION

Article I

Conduct and Appearance

Section 1. All members shall have the required matching and clean uniform, bow/hairstyle, makeup and shoes for ALL performances. (3 demerits)

Section 2. All cheerleaders are expected to follow the rules listed below:

- A.** No gum chewing, candy, or food while practicing or cheering. (2 demerits)
- B.** Inappropriate social media use that portrays the cheerleader or the squad unpleasantly or inappropriately. (7 demerits)
- C.** No jewelry of any kind while at practice or in uniform-only medical and religious medals may be taped securely against the skin. (2 demerits)
- D.** Fingernails must not be “visible beyond the end of the fingers.” (2 demerits)
- E.** Hair must be worn up at practices and performances unless noted by a coach. (2 demerits)
- F.** Proper conduct is expected at practices and games (no gossiping to fans, failure to be in place, failure to show spirit, cell phones, etc.) (5 demerits)

Section 3. Discipline is to be handled between the cheerleader and the coach, the parents, the athletic director, and the school administrators.

Article II

Academic Eligibility

Each cheerleader must maintain academic eligibility.

- A.** Cheerleaders who earn less than a "C" average in any class will be on probation until the next quarterly progress reports are presented. If grades are not brought up by the next progress report, they will be dismissed from the team.

B. Cheerleaders will be expected to bring their GPA average to 2.0. If not, the cheerleader will be put on probation until grades are pulled again. If grades are not brought up by the next progress report, they will remain benched and prohibited from participating in all games or performances. Cheerleader may be dismissed from the squad at the discretion of the coach.

Article III

Practices and Performances

Section 1. All members shall attend EVERY practice, game, fundraiser, and function, except in case of emergency or illness. (3 demerits)

Section 2. Emergency & illness are verifiable by a note from a parent or a doctor's excuse only and you must notify the coach **before** you miss.

Section 3. All cheerleaders will be at practice, dressed and ready to begin work at the designated time. (3 demerits)

Section 4. All cheerleaders will stand at attention during the game unless you're cheering. No talking! (3 demerits)

Section 5. All cheerleaders must be picked up promptly from practice and games. (No more than 30 minutes late) (5 demerits)

Section 6. If ever another school organization (i.e. student council, band, etc.) has a schedule conflict with your cheerleading schedule, see the coach. **Cheerleading is your priority!**

Section 7. Absence from school ($\frac{1}{2}$ day minimum required) on game day prohibits you from cheering at the game. **You must attend the game, dressed in uniform even if you aren't cheering.**

Section 8. There will be no practices held without the presence of the coach.

Section 9. Practices will begin promptly at 3:30 and will last 2 hours.

Section 10. Absence from the last practice before game day will prohibit you from stunting at the game.

Section 11. Leaving before dismissal is not allowed. You are part of a team and your team needs to have you present for all of practice and all the games. Under

special circumstances, (i.e. illness) if a cheerleader must leave the squad during practice or at a game, it is necessary to ask the coach. (3 demerits)

Article IV

Captain(s)

Section 1. The captain(s) will be chosen by the coach.

Section 2. The captain(s) are responsible for the actions of their squad. Squad members will respect the actions of the captain or face discipline as previously outlined.

Section 3. The captain(s) will begin practice by checking for proper attire, jewelry, fingernails, etc., and leading the squad in stretching and warming up.

Section 4. Appropriate conduct and good sportsmanship must always prevail. Captains must not display partiality toward members of the squad.

Section 5. Captains can be removed at any time by the coach for acting in a manner not befitting a leader of the squad.

Article V

Situations Not Specified

The cheerleading coach recognizes that every infraction or incident that might take place cannot always be accounted for. Therefore, the coach reserves the right to deal with problems not specified as situations may arise, and the consequences will be according to the severity of the infraction or problem

Demerits

The number of demerits issued for each infraction is listed beside the rules. Accumulation of demerits will result in the following:

10 demerits = benched 1 game/event

15 demerits = benched 1 game/event

20 demerits = benched 1 game/event

3 benchings = dismissal from the team

Keep the above rules/constitution pages for your records.

TURN THIS PAGE INTO COACH.

I have read all the rules and obligations of the cheerleading organization. I agree to abide by these rules.

Cheerleader name _____ *Date* _____

Cheerleader signature _____ *Date* _____

I, the parent of the above-named student, have read the constitution of the cheerleaders and understand I have a vital role in helping my child follow through with each of the articles of the constitution. I agree to help uphold the constitution.

*Parent
signature* _____ *Date* _____

*Parent
signature* _____ *Date* _____

Behavior Contract

Expectations

1. I will come to every practice prepared to cheer.
2. During practices and games, I will concentrate and focus on the activities as instructed.
3. I will adhere to the practice schedule and seek permission before leaving for unscheduled breaks.
4. I will only engage in school-appropriate conversation.
5. I will always put forth my best effort!
6. I will maintain a minimum of a C average in all academics.
7. I understand I am a role model for my peers and will act accordingly.
8. I will do my best to follow all JBHS procedures

Consequences

1. Verbal warning
2. Official warning/Demerits
3. Conference with Parent/Demerits
4. Detention results in 1 demerit per day
5. School Suspension---Team Dismissal
6. Three Benchings---Team Dismissal

We acknowledge and understand the behavioral expectations and procedures of the JBHS Cheerleading Team. We have received a copy of the team expectations and discipline policies and accept this challenge. We understand Cheerleaders are role models in our community and agree to act accordingly. We further understand that severe discipline infractions or lack of academic progress may result in immediate dismissal from this team.

Keep the above behavior contract.

TURN THIS PAGE INTO COACH.

Cheerleader Name _____

Cheerleader Signature _____

Parent Signature _____

Coach Signature _____

Jensen Beach High School Cheer Recommendation Form

Candidate: Please have each teacher complete this Teacher Evaluation. These forms must be completed by **2 core teachers per your current class schedule.**

NAME: _____ GRADE : _____

TEACHER NAME : _____ SUBJECT: _____

The above-named student is trying out for JBHS cheer. Please fill out this form accurately and honestly, as they will be calculated into their final scores. These are confidential, and the student will not see your response. Please return the evaluations to Mrs. Carroll (201) via mailroom or to her room by Monday, March 18, 2024.. **PLEASE DO NOT SEND THE FORM WITH THE CANDIDATE.** Forms may also be emailed (carrolj1@martinschools.org) at your convenience.

Please rank the candidate from 1 - 5, 5 being the highest.

DEPENDABILITY	1	2	3	4	5
LEADERSHIP	1	2	3	4	5
ATTITUDE	1	2	3	4	5
COOPERATION	1	2	3	4	5
COURTESY	1	2	3	4	5
CHARACTER	1	2	3	4	5
RESPECTFUL TO ADULTS	1	2	3	4	5
RESPECTFUL OF PEERS	1	2	3	4	5
WORKS WELL WITH OTHERS	1	2	3	4	5

Teacher Signature: _____ Date: _____

Additional Comments:

Jensen Beach High School Cheer Recommendation Form

Candidate: Please have each teacher complete this Teacher Evaluation. These forms must be completed by **2 core teachers per your current class schedule**.

NAME: _____ GRADE : _____

TEACHER NAME : _____ SUBJECT: _____

The above-named student is trying out for JBHS cheer. Please fill out this form accurately and honestly, as they will be calculated into their final scores. These are confidential, and the student will not see your response. Please return the evaluations to Mrs. Carroll (201) via mailroom or to her room by Monday, March 18, 2024.. **PLEASE DO NOT SEND THE FORM WITH THE CANDIDATE**. Forms may also be emailed (carrolj1@martinschools.org) at your convenience.

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RESPECTFUL TO ADULTS	1	2	3	4	5
RESPECTFUL OF PEERS	1	2	3	4	5
WORKS WELL WITH OTHERS	1	2	3	4	5

Teacher Signature: _____ Date: _____

Additional Comments: