

Miami Coral Park Senior High Cheerleading



Tryout Packet 2025-2026

(Please fill out this entire packet and turn it into Coach Amanda on Day 1 of Clinics. **You will not be able to tryout if this packet is not turned in.** Download and keep a copy for your records.
Thank you for your interest to join the Coral Park Cheerleading Team!)

PAGES 5-12 OF THIS PACKET MUST BE TURNED IN TO COACH AMANDA THE FIRST DAY OF YOUR TRYOUT CLINIC

Dear members of Coral Park,

Your child has expressed interest in joining the Coral Park Rams Cheerleading Program. Over the next couple of days, we will be working to enhance each participant's athletic skills while teaching the fundamentals of cheerleading through our try-out process.

Our cheerleading program is a spirit program, and all members will be required to participate in all school activities. We have an action-packed season awaiting us, as we prepare to show our Ram Pride throughout the year along with creating wonderful memories. We hope you are all ready to embark on a successful season with us! We cannot do it without the support of our Ram family!

Please make sure to read all the information in this packet thoroughly. In this packet, you will find information regarding our cheer tryouts, practices, pricing, and upcoming events. It is very important that all members attend all practices and all special events. Extra practices and events will be added to the calendar as the year progresses. If you have any questions, comments or concerns do not hesitate to contact us. All contact information is attached to this packet under contact information.

IMPORTANT: If you ever have a question for the coach, please make sure to approach them after the dismissal of practice never during practice.

Thank you!

Coral Park Cheerleading Team

We are here to build a Spirit Cheerleading team. A School Spirit Cheerleading Team requires a high level of commitment from not only the child but also the parents. We will be building two teams depending on the athlete's experience, skill level, attitude, and ability to increase squad morale.

The first commitment has to do with time and participation. All Cheerleaders who make the team are expected to be at twice a week practice for the entire year as well as participate in pep rallies, cheer at games and attend several school events. Extra practices may also be added when performances are coming up and cheerleaders are expected to make this team a priority and attend. Our practices are set to be on **Mondays and Wednesdays from 3:00-5:00pm (Sometimes Fridays)**. During the summer months, we will be having **MANDATORY** camps on specific days which will be released later in which we will be building their skills. We ask for your full cooperation in attending these camps as this is our only time in the summer that we are able to train the athletes to be ready for their first game and pep rally which usually takes place as soon as school starts. This means the teams must be fully knowledgeable in cheers, sideline dances, stunts and have a pep rally routine choreographed by the time that school starts. If for any reason you have plans that do not allow for your child to make it to camp, you and your child must understand that they will not be able to participate in the first pep rally routine. They will be doing sideline dances at the first pep rally and be with the cheer team. However, they will not actually be choreographed in the routine as they missed hours of training that need to be made up and coaches cannot hold spots for the athletes when choreographing. However, there are many pep rallies in one year so they will be okay to participate in the next ones as long as they are at their practices.

The second commitment has to do with expenses, the cheerleading team does have certain expenses associated with it. Every child receives two sets of practice clothes with a practice bow, a complete uniform, a warm-up jacket, game day jersey, 2 game day bows, Pom Poms, and attends three Cheer Camps: Skill Progression Intense Cheer Camp, Skill Building Football/Pep Rally Camp and Pep Rally/Basketball Camp. If your child makes the team, you are responsible for completing the payment of these expenses even if they quit the team. There are fundraising opportunities available at various times of the year, but it is up to you and your child to become involved and participate in any fundraising opportunity. Our performance season will begin as soon as school starts as we kick off the first week of school with our First Pep Rally. We will then be participating in football/basketball/flag football games, school pep rallies throughout the year, games, New Student Orientation, Open House, and other school events. It is very important to understand that as Coral Park Cheerleaders we represent the school at all times and are there to be the “face” of school spirit as well as help at any school events that may pop up. During this time of the year, if we feel that we need it, we will be scheduling extra practices at the school. We try our best to plan ahead for school events and pep rallies however, the school may ask us to be part of events the week of, and we need to make it work.

Communication Policies

The majority of the communication will be done via email. Please make sure to add coralparkcheer@gmail.com as a contact to ensure that you are receiving all of our emails. All communication regarding the cheerleading program should be directed to this email.

Sponsor: Alejandra Fernandez

afernandez42@dadeschools.net

Head Coach: Amanda Fernandez

amandafernandez@dadeschools.net

Contacting Coaches

- For any matters that you would like to discuss with a coach regarding your child including absences, vacations, doctor's notes, and matters of that sort please utilize the email so that everything can be tracked.

Please note: Any matter that a parent would like to discuss with a coach should be handled through emails only. Parents are to email the coach and wait 24-48 hours for a response. If you would like to schedule a call with the coach, please request it via email with the reason and the phone call will be set up. Parents should not be texting or calling coaches to their personal phone numbers unless there is an emergency.

IMPORTANT: If you ever have a question for the coach, please make sure to approach them after the dismissal of practice never during practice for safety reasons.

Clinic & Tryout Information

Day	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Date	5/6	5/7	5/8	5/9
	Clinics Day 1	Clinics Day 2	Tryout Day	Tryout Results Posted
Time (All Grades)	3:45-5:45pm	3:45-5:45	3:45-5:45pm	5:00pm
Location	New Cafe	New Cafe	New Cafe	Instagram

You need to attend Day 1 & 2 of Clinics to be able to Tryout on 5/8.

If you do not attend both days, you will not be able to Tryout.

Attire for Tryouts:

Failure to dress accordingly you will be asked to leave the clinics and/or tryouts.

Clothing: Black t-shirt, Black spandex shorts, Cheer Shoes or Athletic sneakers (No Converse, vans, etc.), Low cut white socks

Hair: High ponytail (Preferably with a bow) ABSOLUTELY no hair on face, no flyaways.

NO JEWELRY OF ANY KIND IS ALLOWED

USE A
BLUE/BLACK
PEN TO
COMPLETE

Miami Coral Park Senior High School Cheerleading Team

PACKET 2024-2025

PARTICIPANT NAME: _____ TRYOUT #: _____

Student ID#: _____ GRADE Level in 25-26: _____ Returning Member: Yes or No (Circle One)

You have taken the first step in becoming a member of the *Miami Coral Park Senior High Cheerleading Team*. As you know, being a cheerleader is time consuming and requires a high degree of dedication from you and your parents/guardians. As a Coral Park cheerleader, you and your parents/guardians will be required to participate in fundraisers, school sponsored functions/events and many hours of practice. Practices will normally take place after school, but the practice schedule will be left up to the coach's discretion. There may be practices and/or events in the evening and on Saturdays.

Please review ALL information contained in this packet with your parents and give careful consideration to the **time** and team obligations before a commitment is made. Being a Coral Park cheerleader is a prestigious honor bestowed only to those with good work ethic, commitment and dedication. Your place on this team must be earned and maintained at all times.

IN ORDER TO TRYOUT/STAY ON THE CHEERLEADING SQUAD YOU MUST MEET AND KEEP ALL THE FOLLOWING CRITERIA:

- You must have a 2.0 grade point average.
 - School attendance follows the 10:20 rule (You can't have reached 10 unexcused absences & 20 tardies)
- If student reaches or passes over the 10:20 rule sponsor/coach/administration has the right to put the cheerleader on probation or remove from them from the team. Once cheerleader has reached the 10:20 rule they will stay on probation until the remainder of the school year.
- Must have a completed physical and cleared from the Athletics Office
 - Must have school insurance paid NO ONE MAY TRYOUT WITHOUT A COMPLETED PHYSICAL AND PROOF (RECEIPT) OF PURCHASED SCHOOL INSURANCE.
 - Summer insurance will be MANDATORY and so will summer practice.
 - Satisfactory completion of this packet
 - Parent/Guardian must sign every page: Commitment from parents and students is mandatory.
 - Application packet is due Day 1 of clinics, you will not be able to participate in the tryout process without this packet completed and turned in.

Attire for Tryouts & Practice until Practice Clothes received:

Failure to dress accordingly you will be asked to leave the clinics/tryouts and practice.

- Black t-shirt
- Black spandex shorts
- Cheer Shoes or Athletic sneakers (No Converse, vans, etc.)
- Low cut white socks
- Hair: High ponytail (Preferably with a bow) ABSOLUTELY no hair on face, no flyaways
- NO JEWELRY OF ANY KIND IS ALLOWED
- Coral Park High School is NOT responsible for any missing items. Please secure all your items.

If you feel you are committed to uphold the rigorous requirements of a Coral Park cheerleader and will be proud to represent your school, we welcome you to the Coral Park Cheerleading Team to be a possible RAMS cheerleader.

Parent Signature & Date

Student Signature & Date

Cheerleader Application 2025-2026

TRYOUT #: _____

Student's Name: _____

Student ID#: _____

Grade (25-26 School Year): _____

GPA: _____

Student's Phone Number: _____

Returning Member: Yes or No (Circle One)

Insert your picture here

Personal Information:

Do you play any sports, participate in clubs, work after school, and/or engage in any other after-school activities? If yes, please explain, how you see yourself balancing these responsibilities and cheerleading?

If you have a job or you get a job, do you understand that a job cannot interfere with any aspect of cheerleading (practice, games and field trips)? Please explain.

Miami Coral Park Cheerleading Emergency Contact Information

Student Name: _____ Grade: _____
Last First

Student Address: _____ Zip code: _____

Student Phone Number _____ Student Date of Birth: _____

Student Email Address: _____

Parent/Guardian Information

Name: _____ Relationship: _____

Phone Number _____ Email: _____

Name: _____ Relationship: _____

Phone Number _____ Email: _____

In case of an emergency, please contact the following family members:

1. Name: _____ Relationship: _____

Phone Number _____ Email: _____

2. Name: _____ Relationship: _____

Phone Number _____ Email: _____

LIST ANY MEDICAL CONDITIONS THAT MAY RESTRICT YOU FROM PARTICIPATING IN ANY PHYSICAL ACTIVITIES: _____

LIST ANY MEDICATIONS YOUR ARE CURRENTLY TAKING: _____

PARENT SIGNATURE & DATE

STUDENT SIGNATURE & DATE

CORAL PARK SENIOR HIGH SCHOOL CHEERLEADERS RULES, REGULATIONS AND RESPONSIBILITIES

A Coral Park Cheerleader represents Coral Park Senior High and is expected to uphold only the highest standards of character and conduct. Everything you do as a cheerleader reflects on the entire squad. For this reason, cheerleaders must always set a good example and be careful to act in a courteous and respectful manner at all times. Cheerleaders are expected to be conscious of the fact that they are constantly on display, representing Coral Park even when they are not wearing their uniform.

- ♥ A Coral Park cheerleader must obey all school rules, always follow the school dress code, and promote school spirit.
- ♥ A Coral Park cheerleader must have nails kept short to prevent accidents.
- ♥ A Coral Park cheerleader must participate in ALL activities undertaken by the squad. These activities include, but are not limited to fundraising, tumbling, practices, cheer camp, games, local and away performances. All activities will be up to the sponsor's own discretion.
- ♥ A Coral Park cheerleader **may not be a member of any other team sport or dance team, due to the rigorous schedule.** Any employment must not interfere with any cheerleading event. If you need to miss practice, games, or event due to work, you **WILL BE DISMISSED.**
- ♥ A Coral Park cheerleader must make practices, games, competitions, and all other cheer associated events a **priority.**
- ♥ A Coral Park cheerleader must always exhibit independent and responsible behavior. You must complete any required paperwork on time, be kept abreast of all upcoming events and take responsibility for YOUR sport.
- ♥ A Coral Park cheerleader must be in school at least half a day in order to participate in any event that day including practice.
- ♥ A Coral Park cheerleader must arrive on time to school which is before 7:20am. If there is an event where the cheerleader is in uniform and they arrive late and receive a tardy pass, you cannot cheer with the squad at that event.
- ♥ If you are absent from school the day of the event, you cannot cheer with the team. **ATTENDANCE IS VERY IMPORTANT AND CLOSELY MONITORED.**
- ♥ A Coral Park cheerleader must obey the 10:20 school attendance rule (You can't have reached 10 unexcused absences & 20 tardies). IF student reaches or passes over the 10:20 rule sponsor/coach/administration has the right to put the cheerleader on probation or remove from them from the team. Once cheerleader has reached the 10:20 rule they will stay on probation until the remainder of the school year.
- ♥ A Coral Park cheerleader must always follow instructions and respect the sponsors, coaches, faculty, and members of the cheerleading squad. Behavior problems, gossip, and lying affecting the team or any of our squad members will NOT be tolerated. This includes talk that disrespects the team and/or team member.
- ♥ Coral Park cheerleaders are not permitted to be members of any fan/groups or make comments on any form of social media (Facebook, Twitter, Snap chat, Instagram, etc.) that is derogatory to any student or staff member. This type of negative behavior will NOT be tolerated. If in doubt, don't post.
- ♥ Have access and check "whatsapp" regularly. This is our main means of communication.
- ♥ A Coral Park cheerleader must always remain classy and humble.
- ♥ A Coral Park cheerleader must not show any form of affection while in uniform. No public display of affection.
- ♥ A Coral Park cheerleader must notify the **SPONSOR/COACH** of any excused absence or late arrival.
- ♥ The cheer sponsors and/or Coral Park administration have the right to suspend or remove any cheerleader from the squad at his/her own discretion.
- ♥ The Coral Park cheerleader must be able to execute all cheers and performance with perfection. In the event that a cheerleader is not performing up to expectations, the sponsors may suspend or remove the cheerleader at their own discretion.
- ♥ A Coral Park cheerleader may only miss 1 football game per season and 1 basketball game per season. Missing more than one game will result in immediate dismissal from squad.
- ♥ A Coral Park cheerleader may NOT miss any pep rally practice. If they do, they will not be able to perform in the pep rally with the team.

Parent Signature & Date:

Participant Signature & Date

CORAL PARK SENIOR HIGH SCHOOL CHEERLEADERS RULES, REGULATIONS AND RESPONSIBILITIES CONTINUED

- ♥ ***If you are injured, you must still attend practices and events.*** You will be required to sit with the coach and lend support to our team.
- ♥ If you are physically injured, a doctor's note is required in order for you to return to practice.
- ♥ The sponsors will take any disciplinary action for misconduct of cheerleaders.
- ♥ If you are absent from practice, you must submit a note from your doctor.
- ♥ All members of the squad that are not performance ready will be removed from the routine until the sponsors feel that they are performance ready.
- ♥ Cheerleading is a year-round commitment.
- ♥ On performance days cheerleaders are expected to practice during lunch.
- ♥ If you have previously quit or have been removed from the Coral Park cheerleading squad, you are not eligible to tryout again.
- ♥ You must attend all cheer monthly meetings.
- ♥ In order to earn a cord for graduation you must cheer for 2 years.

Reasons for suspension/probation from the squad:

When a cheerleader is placed on probation or suspension, they are required to attend all practices and events. However, cheerleaders on probation/suspension will not be permitted to participate in any cheer related functions and events. If you are on probation or suspension, you are NOT permitted to wear your uniform. The sponsors will determine the length of probation/suspension.

- ♥ In order to monitor improvement while on probation, cheerleaders will be required to turn in a weekly progress report if the suspension is for grades. It is the cheerleader's responsibility to submit the report to the sponsors at the end of each day. Failure to do so will result in dismissal from the squad.
- ♥ A lack of improvement in grades, conduct, effort of falling below a 2.0 GPA during probationary period will result in immediate dismissal from the squad.
- ♥ Failure to follow 10:20 school attendance rule (You can't reach 10 unexcused absences & 20 tardies). If student reaches or passes over the 10:20 rule sponsor/coach/administration has the right to put the cheerleader on probation or remove from them from the team. Once cheerleader has reached the 10:20 rule they will stay on probation until the remainder of the school year.
- ♥ Cheerleaders will only be allowed ONE probationary period per school year. If issues continue to arise OR do not improve within the two-week probationary period, the cheerleader will be immediately dismissed from the team and will be unable to tryout again.

IMMEDIATE DISMISSAL FROM THE SQUAD FOR THE FOLLOWING REASONS:

- ♥ Failure to meet the requirements of the academic/conduct/performance probation or falling below a 2.0 GPA.
- ♥ Stealing or fighting
- ♥ S.C.S.I. or outdoor suspension
- ♥ Disorderly conduct
- ♥ Smoking or use of controlled substance
- ♥ **Receiving more than two detentions**
- ♥ Failure to follow instructions or disrespect of the sponsor, coach or any member of the team
- ♥ Behavioral problems, gossiping or lying affecting the morale of the team
- ♥ **Any other inappropriate behavior as determined by the sponsor or school administration**
- ♥ **Violation of attached "social media" contract will result in immediate removal from squad**

CHEERLEADERS WILL RECEIVE DEMERITS FOR THE FOLLOWING:

Three Strike Rule to Receive 1 Demerit Three demerits=Two-week suspension Six demerits=Dismissal from Squad

- ✓ Unexcused (without prior notification to sponsor) absence from fundraising activity
- ✓ Unexcused (without prior notification to sponsor) absence from school activity/event
- ✓ Unexcused (without prior notification to sponsor) absence from practice
- ✓ Unexcused (without prior notification to sponsor)) tardy from any practice and/or event
- ✓ Using profanity
- ✓ Failure to wear proper uniform at any time. Uniform must be clean. Shoes must be bright white. Bow must be worn.
- ✓ Violation of the social media contract
- ✓ Use of cellular phones during practice and/or events.
- ✓ You must report any demerits, detentions and any disciplinary/academic problems at school or practice to the sponsors. Failure to do so, may result in immediate dismissal from the squad.

Parent Signature & Date

Participant Signature & Date

MIAMI CORAL PARK SENIOR HIGH PARENT RULES, REGULATIONS AND RESPONSIBILITIES

All cheer parents must...

- Purchase mandatory school insurance
- Complete all required paperwork
- Complete all required forms (field trip, liability waivers) on time
- Submit any payments on time
- Be aware that if your child is removed from the team by the school sponsor or chooses to resign from the team, there will be NO refunds for any payments made.
- Purchase all attire and accessories necessary
- Be responsible to provide transportation for driving to and picking up your child from all events and activities
- **BE ON TIME TO PICK UP YOUR CHILD FROM ALL GAMES AND EVENTS.**

I, _____ (parent/guardian name) verify that my child, _____ (participant name) is physically fit and can participate in all cheerleading activities; releases Miami Coral Park Senior High from liability during all cheerleading events; and has my permission to participate in Miami Coral Park Senior High Cheerleading activities for the 2025-2026 cheerleading season. I am fully aware of all the obligations required of my child and of me as a parent of a Rams cheerleader.

I, _____, parent of _____, understand that if my child is selected, I recognize the coaching staff and school sponsor as professionals, highly qualified to determine what is best for the team. If at any point, I have irreconcilable differences with the coach and/or sponsor, I will voluntarily remove my child from the team. I further agree that my child and I will not interrupt any practice, sideline coach, question a coach's decision unless in a scheduled private meeting, speak negatively to or about any cheerleader, or participate in any team gossip, including on social media. I fully understand that if my child or I do any of the above, my child will be dismissed from the cheerleading team.

I HAVE READ AND UNDERSTAND THE ABOVE POLICIES FOR PARTICIPATION ON THE CORAL PARK CHEERLEADING SQUAD, AND I ACCEPT THEM AS GOVERNING MY PARTICIPATION. MY CHILD AND I REALIZE THAT BEING A MEMBER OF THIS SQUAD REQUIRES A HUGE COMMITMENT, DEDICATION AND TIME.

Parent Signature & Date

Participant Signature & Date

Miami Coral Park Senior High Cheerleading

CHEERLEADER SOCIAL MEDIA CONTRACT & EXPECTATIONS

Miami Coral Park cheerleaders are representatives of the school and community. At all times Rams cheerleaders must exercise good judgment in their use of social media websites, and to conduct these activities in a *responsible* and *respectful* manner. (Examples of social media websites include, but are not limited to Instagram, Snapchat, Twitter, Facebook and Tik Tok.)

It is impermissible for a Miami Coral Park cheerleader to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use), inappropriate language, or items that could be interpreted as demeaning or provocative. This includes, but not limited to, when wearing any RAMS and/or Miami Coral Park Senior High School uniform.

It is **not** permissible to comment on injuries, any decision made by the coach, or team matters that could reasonably be expected to be confidential to team members.

Miami Coral Park cheerleading program will not tolerate disrespectful comments and behavior online, such as:

- ✓ Derogatory language or remarks that may harm teammates, coaches, teachers, other student athletes, or school representatives of Miami Coral Park Senior High or any other schools.
- ✓ Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, underage drinking, selling/possessing/using controlled substances, or any other inappropriate behavior (including the use of profanity).
- ✓ Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- ✓ Never involve yourself with alcohol or any other controlled substance. Posting pictures, retweeting or “liking” a post where this behavior is going on also indicates your approval and will be cause for dismissal.

Miami Coral Park cheerleaders are required to follow all respective social media website rules.

Best Practices and Reminders

Think twice before you post. If you wouldn't want your coach, parents, or future employer to see your post, don't post it. Once it's posted, it is permanent.

Be respectful and positive. Never post anything negative about a coach or fellow team member.

Remember, many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.

The internet is permanent. Even if you delete something, it's still out there somewhere. Be in the right state of mind when you make a post. The public will see your social media websites. Potential employers often use these social media websites to screen candidates. Use the privacy/security settings made available on these sites.

Posting any information, photos, or content—on or off school campus—that includes sexual material, inappropriate behavior (such as drug or alcohol use), offensive language, or anything deemed demeaning or provocative while wearing a RAMS Cheerleading uniform or a Miami Coral Park Senior High School uniform will result in demerits.

Violation of the Miami Coral Park Cheerleader Social Media Policy will result in disciplinary action – including temporary or permanent suspension from the team – as determined by coach, principal, and/or activities director.

Cheerleaders will receive Demerits: Social Media Demerit Will Be a Three Strike Rule

Receive 1st Demerit=Two-week suspension

Receive 2nd Demerit=Four-week suspension

Receive 3rd Demerit = Dismissal from Squad

Keep in mind that every post has a different consequence.

As representatives of our school and programs you are held to a higher standard.

Represent your campus with pride and class!!

By signing this **social media contract**, you are stating that you will follow the rules indicated above and you understand that disciplinary actions may be imposed for failure to comply with those rules. Immediate, temporary or permanent removal from the team is a possible outcome of breaking this contract and is up to the discretion of the sponsor/coach, administrator, and/or activities director.

Student Name (Please Print)

Student Signature

Parent Name (Please print)

Parent Signature

(FOR COACH'S USE ONLY)

Coral Park Cheerleading Packet Check-Off List

PARTICIPANT NAME: _____ **TRYOUT #:** _____

Student ID#: _____ **GRADE Level in 25-26:** _____ **Returning Member: Yes or No (Circle One)**

- Page 5 - MEETING ALL THE FOLLOWING CRITERIA
- Page 6 – CHEERLEADER APPLICATION 2023-2024
- Page 7 - EMERGENCY CONTACT INFORMATION
- Page 8 - RULES, REGULATIONS AND RESPONSIBILITIES
- Page 9 - RULES, REGULATIONS AND RESPONSIBILITIES CONTINUED
- Page 10- PARENT RULES, REGULATIONS AND RESPONSIBILITIES
- Page 11- CHEERLEADER SOCIAL MEDIA EXPECTATIONS
- Page 12 - CHEERLEADER SOCIAL MEDIA EXPECTATIONS CONTINUED

PAGES 5-12 OF THIS PACKET MUST BE TURNED IN TO COACH AMANDA THE FIRST DAY OF YOUR

TRYOUT CLINIC.

For Tryout Check In

- Completed packet with all REQUIRED pages signed.
- GPA above 2.0
- Cleared by Athletics (____ Physical Turned In) (____ Paid Insurance)
- In correct tryout attire ____
- Attended (____ Day 1 Clinic) (____ Tryout Day)