



Recruiting Cheerleaders For the 2024-2025 Football & Basketball Seasons

Home of the 2044 PIAA Varsity Spirit Champions

**This is a FULL YEAR COMMITMENT
*ONE TRY-OUT ONLY***

LMS, JV, Varsity & Competition Squad

Attention Cheer Candidates and Parents:

Penn Hills Students; the time has come to join this dynamic group. We need energetic Guys & Gals to help us RAISE the school spirit.

- Squad placement will be based on judges' scores, experience, and coaches' assessment
- Middle School- 7th & 8th grade
- JV- 9th and 10th grade
- Varsity Spirit- 11th & 12th grade
- Competition SQUAD 9th -12th grade **STUNTING & TUMBLING REQUIRED! (You can also cheer JV or varsity)**
- **Coach Assessment includes:** academic eligibility, work ethic, attitude, prior knowledge, commitment, attendance, teamwork and how well you get along with others.

Tryout Clinics & Tryouts

Parents Information Meeting April 8th 6:00 PM

All Activities are held in the High School Aux Gym

With exception of the parents meeting all sessions are closed to the public.

Cheerleading Clinics:

April 8th, 9th, and 10th and 11th 6:00- 8:30 PM

Cheer tryouts:

Saturday April, 13th Doors open at 8:00 AM 9:00 AM Judging

Squad Selection

- Try out Scores (including jumps, motions, technique, dance, and tumbling)
- Squad Needs (Bases, Flyers, Back Spots)
- Past History (Academic performance, Attitude, Attendance and Financial Obligations)
- The judges scores and the evaluation of the head coach will determine the squads
- Coach Assessment
- **All Decisions are final**

Permission Slips and Grades:

- **You must have a year to date GPA of 2.0 (1st, 2nd, and 3rd reports combined) to try out and must remain academically eligible during the season.**

TRY-OUT Requirements:

1. Each candidate must complete the online permission slip.
2. During the pre-tryout clinic each candidate must wear:
 - a. Gym shorts, SPORTS BRA, and a T-shirt or tank top (no halter-tops, bare midriffs, etc.)
 - b. Socks and tennis shoes with support must be worn (no flat canvas style tennis shoes, CROCS or UGG Slippers.)
 - c. No gum.
 - d. No jewelry, this includes body jewelry, apple watches, etc.
 - e. **All hair must be neatly pulled into a ponytail or bun. Extensions & locs must be pulled up. Natural hair styles are ok as long as it is pulled up.**
 - f. Fingernails that are a reasonable length and not painted or "done" clear polish or a basic french manicure is acceptable.
3. Each candidate must wear the following for the **Saturday Try-out session**:
 - a. BLACK racer back T-shirt, BLACK sleeveless T-shirt or BLACK tank top, sports bra and black shorts. And b-f from section 2 above.
 - b. Veterans are not permitted to wear any garments that will identify them as a former PH cheerleader.
4. If chosen for the squad:
 - a. Cheerleaders must be willing to give their full attention to cheerleading and their schoolwork.
 - b. Cheerleading includes football and basketball season. At the varsity level the cheer season can extend into late march due to Playoffs, your full commitment is **REQUIRED**.
 - c. At the varsity level there is a community service commitment additional details will be provided but includes events such as: The Shyne Awards, Community Day and events with the Penn Hills Rotary.
 - d. Each cheerleader will be expected to maintain grades as any athlete in the Penn Hills School District.
 - e. Each cheerleader will be required to abide by all rules and regulations of conduct established in the Cheerleading handbook.
 - f. **If suspended during the week of clinics/tryouts you cannot try out.**
 - g. **If you have missed more than 20 days of school in the third semester – you cannot try out.**

Estimated Financial Obligations

	LMS	JV	VARSITY	JV & COMP	Varsity & Comp	Comp Only
BOOSTER FEES	150.00	150.00	150.00	200.00	200.00	150.00
KICK PANTIES	22.00	22.00	22.00	22.00	22.00	22.00
CHEER SHOES	65.00	65.00	65.00	65.00	65.00	65.00
WINDSUIT	85.00	165.00	165.00	165.00	165.00	160.00
CHEER BOW	25.00	25.00	25.00	25.00	25.00	25.00
BREAST CANCER BOW AND SOCKS	20.00	20.00	20.00	20.00	20.00	0
TEAM SOCKS	TBD	20.00	20.00	30.00	30.00	10.00
CHEER CAMP	TBD	175.00	200.00	TBD	200.0	200.00
RED JERSEY	0	0	55.00	0	0	0
UNIFORMS *			Fundraiser	Fundraiser	Fundraiser	Fundraiser
MEGAPHONE	TBD	60.00	60.00	0	60.00	0
SENIOR PACKAGE	0	0	75.00	0	75.00	0
TEAM PHOTO SHOOT	TBD	TBD	20	0	20.00	20.00

Fundraisers

- **There will be (TWO) general fund fundraiser TBD, PARTICIPATION REQUIRED**
- Each Squad will plan group Tag Days
- Each squad will have a Rita's Day

The Varsity squad and Competition Squad will have additional fundraising requirements at Acurisure Stadium

- Each Cheerleader over 16 **MUST** work 4 events @ ACURISURE STADIUM for the Varsity General Fund. This fund will pay for Fill In uniforms (4 Different uniforms and different size requirements every year), team dinner, and other needs that come up during the season. You choose the four events.

June 1(Sat) Kenny Chesney Sun Goes Down 2024 Tour

Aug 31 (Sat) Kent State Vs Pitt

Sep 14 (Sat) WVU Vs Pitt

Sep 21 (Sat) Youngstown State Vs Pitt

Oct 12 (Sat) California Vs Pitt

Oct 24 (Thu) Syracuse Vs Pitt

Other event will be added if needed (Pitt and Steeler Games)

Practice & Summer Schedule

LMS Practices will start: The week of April 29th, 2024

JV Practices will start: The week of May 5th, 2024

Varsity & Comp. practices will start: The week of April 22, 2024

Summer Events on the Schedule

Penn Hills Memorial Day Parade (All Squads)

Monroeville 4th of July Parade (All Squads)

Shyne Awards August 4th (Varsity Only)

National Night Out (Tentative August 20th, All Squads)

Educational Series (JV and Varsity)

New this year an educational series of seminars that will facilitate meaningful conversations, to connect the community and culture. Enhancing these conversations involves: Building trust from the start Taking joint responsibility for fruitful discussion and interactions. Topics will include:

- Etiquette and Manners 101*
- Managing Peer Relationships*
- Social Media and Cyberbullying*
- Self Care, Self Awareness, and Self Esteem*
- Present & Future Vision Boards*
- Positive Language & Behavior*
- Leadership*
- Transferable Skills (Cheerleading and Beyond)*
- Decision Making Strategies*
- Peanut Butter and Jelly (Team building, listening and following directions)*

Additional Information forthcoming but each cheerleader will be required to attend 5 of the sessions.

Click the [Here to Register](#)



Looking Forward to a Great Year!
Coach Lisa, Coach Monique, and Coach London