



PBMS Cheerleading

2025-2026 SEASON

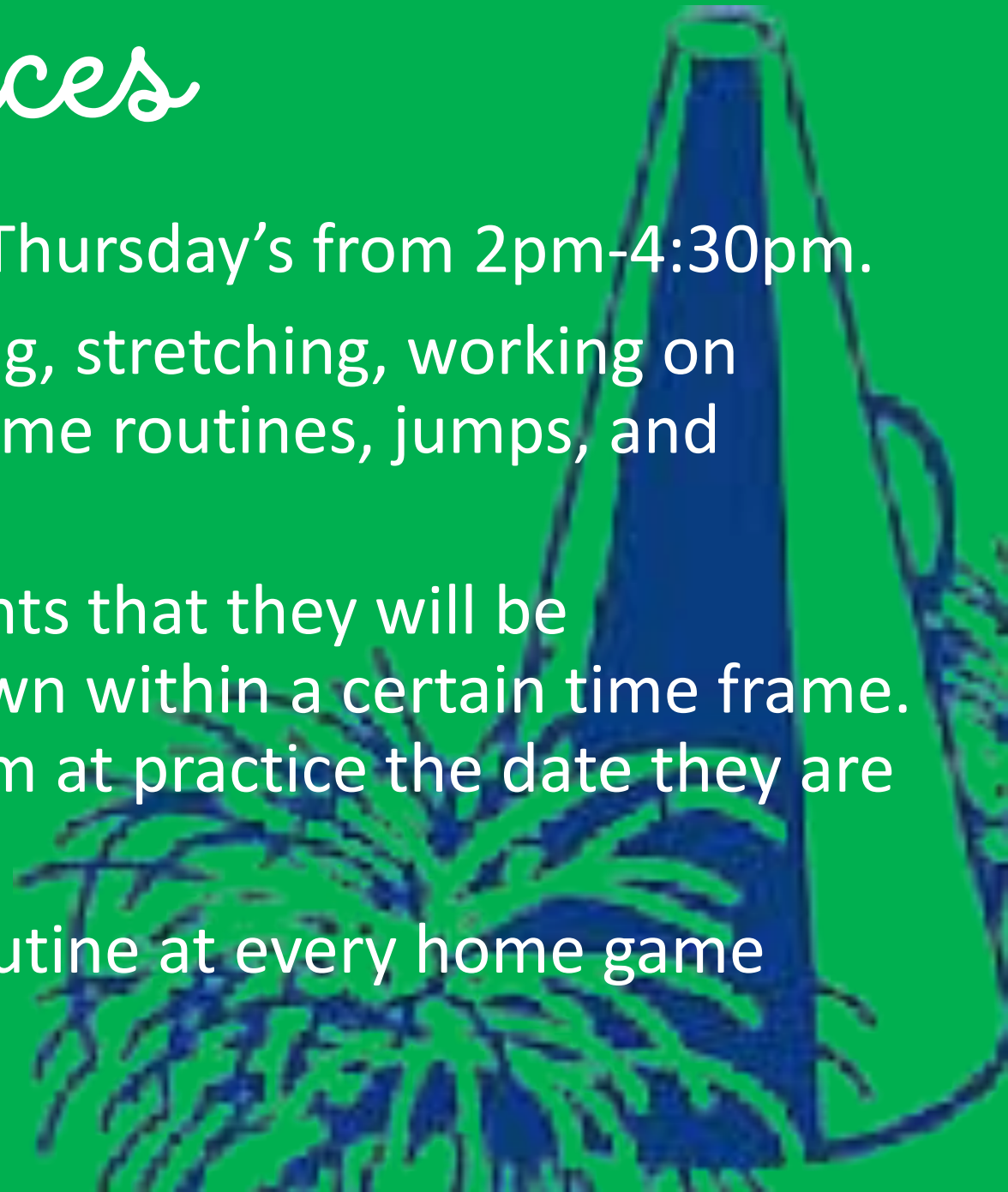


Season Information

- We will cheer for all girls & boys basketball home games.
- Our game season will run from January – March.
- If we make it to playoffs, we will cheer at the playoff game(s) in mid March if they are HOME games.
- Girls will need to stay at PBMS after school to practice and get ready for the game.
- Girls that make the team will need to commit to ALL PRACTICES AND ALL GAMES or they will receive demerits.

Practices

- We will practice on Tuesday's and Thursday's from 2pm-4:30pm.
- Practices will consist of conditioning, stretching, working on cheers, chants, pom dances, half-time routines, jumps, and stunts.
- Cheerleaders will have cheers/chants that they will be responsible for learning on their own within a certain time frame. We will then work on cleaning them at practice the date they are due.
- We will perform a new halftime routine at every home game (performing it twice a night).





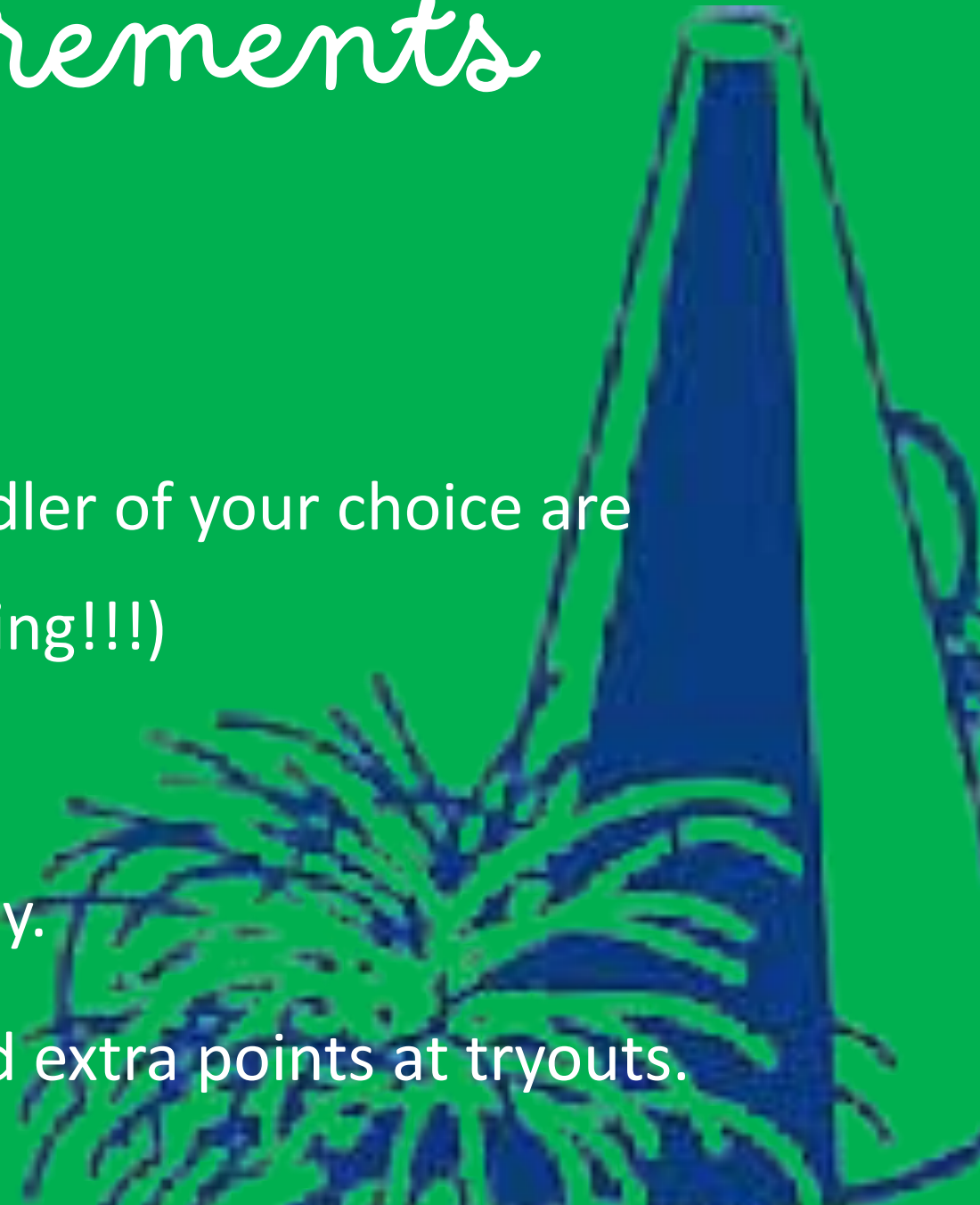
Season Costs

The cost breakdown for our team this year is as follows:

Item	Cost	Due By	Where to Order/Send Money
Athletic Fee	\$75	May 13 th	SchoolPay
Practice Attire	\$100	May 23 rd (give to Coach Fischer by this date)	Amazon (YOU <u>order by May 13th</u>)
Personalization Fee	\$150	May 23 rd	Venmo (@PBMScheer)
Cheer Essentials (bow, laces & backpack)	\$65	August 22 nd	Venmo (@PBMScheer)
Game Day Attire	\$85	September 19 th (give to Coach Fischer by this date)	Amazon (YOU <u>order by September 12th</u>)
Bloomers and Poms	\$65	October 17 th	cheerleading.com (YOU <u>order by October 3rd</u>)
Banquet Fee	TBA	March/April - TBA	Venmo (@PBMScheer)
ESTIMATED SEASON TOTAL: \$540			

Tryout Requirements

- Signed Letter of Consent
- Clean motions
- Decent jumps (toe touch, pike, and hurdler of your choice are mandatory... make sure you are stretching!!!)
- Lots of energy and spirit!!!
- The ability to learn choreography quickly.
- Tumbling is NOT required but will award extra points at tryouts.



Tryouts

Tryouts will consist of 3 mandatory days:

Open Gym – Monday May 5th from 4-6 pm

Clinics – Wednesday May 7th from 3-5 pm *by invitation only

Tryout – Friday May 9th from 2:30 until whenever finished (middle schoolers begin at 2:30, elementary schoolers begin at 3:30)

- We will hold an open gym on Monday to see what the girls are coming into tryouts knowing. We will be looking for all of the requirements to be met to see who we will invite back on Wednesday for clinics. Clinics are by invitation only! Not everyone will make it through to the next day.
- All tryout material will be taught at clinics on Wednesday. Tryouts will consist of 1 cheer, a dance and jumps (toe touch, pike, and hurdler). Any tumbling (ariel, front walkover, front-handspring, back-handspring, roundoff back-handspring, or anything higher in difficulty) will be scored in a separate section.
 - Your child will have Wednesday and Thursday to practice and perfect all components of tryouts.
- Tryouts will be held directly after school on Friday May 9th until finished. **Your child will need to wear black bottoms (athletic shorts or tennis skirt) and a white top (must be plain white). Hair should be pulled back somehow and out of the face, and athletic shoes (cheer shoes recommended).**
- Team members will be announced on Monday May 12th outside Mrs. Fischer and Mrs. Gain's classrooms.

Any Questions?

- Check our school website for this powerpoint (will be up tomorrow) and required form.
- Email Coach Fischer at whitney.fischer@stjohns.k12.fl.us or Coach Gains at alyssa.gains@stjohns.k12.fl.us

