



MIAMI SOUTHRIDGE SENIOR HIGH CHEERLEADING APPLICATION 2025-2026

BRING THIS COMPLETED APPLICATION WITH YOU TO THE FIRST DAY OF CLINIC

EVENT	DATE	TIME
Mandatory Parent Meeting	May 12	6:40 PM (Auditorium)
Cheer Clinic	May 12, 13, 14	4:30 PM – 6:30 PM
Cheer Tryouts	May 15	4:30 PM

NOTE: *If you quit or were expelled from the Miami Southridge Cheer Team for the 24-25 school year – you are NOT eligible to tryout for the 25-26 team.*

STUDENT NAME: _____ STUDENT ID: _____

GRADE: _____ CURRENT SCHOOL: _____

REQUIREMENTS TO TRY OUT:

- ☐ 2.0 cumulative GPA - No D's or F's in Academics or Conduct - No 3's in Effort
- ☐ Must physically attend Miami Southridge Senior High School for the 2025-2026 school year.
- ☐ School Insurance (found under the **STUDENT** tab on our website).
- ☐ Notarized Athletic Physical within the past year (form available under the **ATHLETICS** tab on our website)
- ☐ Must attend all 4 days of clinic and tryouts.
- ☐ Parent or Guardian **MUST** attend the Parent Information Meeting on May 12 at 6:40 PM (Parents may **NOT** attend the clinic or tryouts)
- ☐ **Must wear: Plain White T-shirt, Black Shorts, White Socks, White Sneakers, Hair in Ponytail.**

Teachers:

The student named above is interested in trying out for the Miami Southridge Cheerleading squad. Please complete the information below. *(If you have reservations regarding this student representing Miami Southridge, please contact the cheerleading sponsor privately).*

TEACHER		SUBJECT	GRADES			COMMENTS
			A	E	C	
1						
2						
3						
4						
5						
6						
7						
8						

If you have any questions, please email:

tdias@dadeschools.net

lavandeiradanny@dadeschools.net

**MIAMI SOUTHRIDGE CHEERLEADING CONSTITUTION
CONTRACT AGREEMENT
2025-2026**

After you have reviewed the requirements and expectations, please sign, and return this page to the cheerleading sponsor on the first day of tryouts.

I have read and received a copy of the Miami Southridge Senior High School Cheerleading Constitution and agree to abide by all rules and regulations set forth in the constitution.

CHEER CANDIDATE

PRINT LAST NAME

PRINT FIRST NAME

STUDENT ID

SIGNATURE

DATE

Cheerleader Phone: _____

Cheerleader E-Mail: _____

PARENT / GUARDIAN

PRINT LAST NAME

PRINT FIRST NAME

SIGNATURE

DATE

Parent Phone: _____

Parent E-Mail: _____

MIAMI SOUTHRIDGE SENIOR HIGH SCHOOL CHEERLEADING CONSTITUTION

A Southridge Cheerleader is a true representative of the school and must always set the highest standards of character and conduct. Everything a cheerleader does reflects on the squad, and for that reason, cheerleaders must always be careful to act in a courteous manner, conscious of the fact that they are constantly on display.

A cheerleader must assume their many responsibilities with ENTHUSIASM. Their spirit is never daunted, and their smile never saddened. The squad as a whole is more important than the individual's desires.

RESPONSIBILITIES

- A. A cheerleader must always promote school spirit.
- B. Cheerleaders must always set an excellent example.
- C. Cheerleaders must be responsible for all activities undertaken by the squad.
- D. Cheerleaders must be enthusiastic about all duties and must participate without having to be reminded.
- E. Cheerleaders must participate in all major spirit activities promoted by the school.
- F. Each cheerleader must attend the summer clinic designated by the sponsor.
- G. Cheerleaders must attend a meeting EVERY MONDAY from 2:30- 3:00 pm.
- H. Cheerleaders must abide by the constitution.

GRADES

- A. Cheerleaders must maintain a cumulative 2.0 GPA.
- B. Cheerleaders must maintain a "C" or higher average in Scholarship in every class.
- C. Cheerleaders must not have a conduct grade lower than a "C."
- D. Cheerleaders must not have lower than a "2" in effort in each class.
- E. Grades will be checked every 4 ½ weeks.
- F. A 4 ½ week probation will result when a cheerleader obtains one scholastic, conduct or effort grade below required standard.
- G. A 9-week probation will result when a cheerleader obtains **more than one** grade (scholastic, conduct, effort) below required standard.

CONDUCT

A Cheerleader:

- A. Shall not display disorderly conduct while in school or at any school function.
- B. Shall not display excessive personal contact with others (while in or out of uniform) during school hours or while representing the school at functions.
- C. May not smoke, vape, drink alcohol, or use any illegal drugs.
- D. Must obey all school rules.
- E. Must always display the highest standard of conduct.
- F. Shall leave all personal problems for outside school functions.
- G. Is responsible for all his/her actions in and out of school.
- H. Must refrain from posting to social media any material that reflects poorly on the reputation of the individual cheerleader and/or the squad.
- I. Any reports of misconduct from any faculty member will result in a **4 1/2 week benching** and **1 demerit**.

SCHOOL ATTENDANCE

- A. Cheerleaders may NOT accumulate more than 10 absences (excused or unexcused) for the school year.
- B. Cheerleaders may NOT accumulate more than 20 tardies (excused or unexcused) for the school year.

APPEARANCE

A Cheerleader:

- A. Shall not wear excessive makeup or extreme hair styles while in uniform. (This includes unnatural hair colors).
- B. Must dress according to the school dress code.

PRACTICES

A. TIMES: (Approximate and can vary)

- 1. Football- 1.5 hours, 4 days a week.
- 2. Basketball & Wrestling- 1.5 hours, 2 times a week.
- 3. Competition- If attending a competition, practices will be scheduled as needed).

B. ATTENDANCE: (A cheerleader must be present at all practices)

- 1. If absent from school, do not attend practice.
- 2. Excused Absence = $\frac{1}{2}$ **cut**
 - a. Death in family, illness, other extenuating circumstances.
 - b. Must have appropriate documentation (doctor note, etc.).
 - c. A written excuse must be turned in the day you return.
- 3. Unexcused Absence = **1 cut**.
- 4. Tardy to practice results in $\frac{1}{2}$ **cut**.

C. UNIFORM

- 1. Practice uniform assigned by the sponsor or captain.
- 2. Practice Shirt (purchased through sponsor).
- 3. Black Shorts
- 4. White socks.
- 5. White tennis shoes.
- 6. Only small stud earring permitted.
- 7. Out of uniform to practice results in $\frac{1}{2}$ **cut**.

GAMES

A. FOOTBALL

- 1. Southridge Cheerleaders will cheer at **ALL** regular season games and play-off games.
- 2. Missing a game = **1 demerit** (excused or unexcused).
- 3. Tardy to a game = **1 cut**
- 4. Out of uniform = benching for that game and **1 cut**.

B. BASKETBALL

- 1. Southridge Cheerleaders will cheer at **ALL HOME** games, special away games, and **ALL** play-off games.
- 2. The squad will be split into multiple squads during basketball season.
- 3. Missing a game = **1 demerit** (excused or unexcused).
 - a. Cheerleaders needing to miss a basketball game may find a substitute from the other squad.
 - b. Must submit a written notice to their squad captain and the sponsor 24 hours in advance.
 - c. The notice must include the substitute cheerleader's name and signature.
- 4. Tardy to a game = **1 cut**.
- 5. Out of uniform = benching for that game and **1 cut**.

PERFORMANCES

- A. This includes pep rallies, competitions, and any other event outside of regular games and practices.
- B. Missing more than one practice during the preparation period for a performance will result in removal from that performance.
- C. If a cheerleader is removed from a performance, they are still required to attend all scheduled practices.
- D. Missing a performance—for any reason, including removal due to missed practices—will result in one demerit.

UNIFORMS

ALL UNIFORMS ISSUED TO EACH CHEERLEADER ARE THE PROPERTY OF THE SCHOOL!

A. Hall Uniform

1. Hair must be pulled back away from the face. No hair ornaments unless distributed by sponsor.
2. Only clear nail polish.
3. Only small stud earrings and class rings are permitted.
4. Out of Hall Uniform = **1 cut**

B. Game & Pep Rally Uniform

1. Hair- pulled back in a single ponytail. No hair ornaments unless distributed by sponsor.
2. Only clear nail polish
3. Only small stud earrings and class rings permitted.
4. Out of Game Uniform = benching and **1cut**

C. MISCELLANEOUS INFORMATION

1. A cheerleader may not wear uniform to any other function other than those specified by the sponsor.
2. Must change to street clothes after a game.
3. May not wear uniform shopping, to dinner, or in public unless with the squad.

DISCIPLINE

A. CUTS AND DEMERITS

1. Cuts and demerits are used to monitor a cheerleaders conduct.
2. **CUTS** are given for smaller infractions; **DEMERITS** are given for more serious infractions.
3. Cuts are cumulative: Every **2 cuts** will automatically convert to **1 demerit**.
4. **6 Demerits** results in expulsion from the squad.

B. ATTENDANCE INFRACTIONS

1. Tardy to practice = $\frac{1}{2}$ **cut**.
2. Tardy to game = **1 cut**
3. Excused absence for practice = $\frac{1}{2}$ **cut** (must have note).
4. Unexcused absence for practice = **1 cut**.
5. Absence from game (excused or unexcused) = **1 demerit**.

C. INFRACTIONS RESULTING IN CUTS

1. Out of uniform at practice ($\frac{1}{2}$ **cut**).
2. Out of Hall Uniform.
3. Out of uniform at game (**benched and 1 cut**).
4. Chewing gum at practice or game.
5. Use of your cellular phone at practice or game.
6. Behavior problems at practice.
7. Behavior problems at game (**benched and 1 cut**).
8. Talking back to any officer or sponsor.
9. Failure to practice properly.
10. Failure to follow instructions given by the sponsor, or officer.
11. Not turning money in on time.
12. Not participating in spirit functions.
13. Missing deadlines.
14. Missing meetings.
15. Other behaviors may result in disciplinary actions as deemed fit by the cheer sponsor(s).

D. INFRACTIONS RESULTING IN DEMERITS

1. Breaking a school rule.
2. Irregular attendance to classes.
3. Disorderly conduct.
4. Disrespecting a staff member
5. Other behaviors may result in disciplinary actions as deemed fit by the cheer sponsor(s).

E. BENCHING

1. 1 Demerit = ½ Game Benching
2. Sponsor will have ultimate authority to bench a cheerleader.
3. A cheerleader is to be present at all athletic contests at the specified time and place.
4. A cheerleader is not excused from being present while benched.
5. Any irregularity in cheerleaders' attendance to classes will result in automatic benching for 4 ½ weeks and 1 demerit.

F. PROBATION

1. Will occur due to inadequate grades.
2. Unable to cheer during probation period.
3. Unable to wear uniform, attend practices, games, spirit functions, etc. (MUST ATTEND ALL REQUIRED MEETINGS AND PARTICIPATE IN ALL FUND-RAISING ACTIVITIES.)
4. Probation is only valid once a year. More than once results in expulsion.
5. Breaking of probation results in expulsion.
6. Cheerleaders will be notified of probation in writing.

G. EXPULSION

1. **Six (6) demerits = expulsion.**
2. Drinking alcoholic beverages while in practice, game, or hall uniform or while representing the school.
3. Smoking or vaping while in uniform.
4. Using illegal drugs.
5. Any incident that is harmful to the individual's or squad's reputation, only after thorough investigation.
6. Lending out any uniforms or equipment without permission from the sponsor (uniform, shakers, bag, jersey, etc.)
7. Once a cheerleader is expelled or voluntarily quits, the individual may not return or try out for the following year.

H. PRIORITIZE CHEERLEADING

1. While participation in other sports or clubs is allowed, cheerleading must take priority over all other extracurricular activities.
2. Missing scheduled cheerleading events (such as meetings, practices, games, etc.) due to involvement in other activities will result in appropriate cuts and demerits.

I. WORKING OFF DEMERITS (OPTIONAL)

To work off one demerit, you must complete each of the following to the satisfaction of the sponsor:

1. Complete four (4) hours of school service as assigned by the student activities director.
2. Teach the varsity and the J.V. squad one complete original cheer (words and motions).
3. Teach the varsity and the J.V. squad two (2) complete, original chants.
4. You must arrange with the sponsor all service(s) and times necessary for teaching the cheers/chants two (2) weeks prior to doing them.
5. A form must be signed by the sponsor upon completion of each of the above.
6. You may only work off one (1) demerit per year.

BEFORE ANY EXPULSION, THE SPONSOR WILL CONSIDER IT CAREFULLY

OFFICERS

A. VARSITY CAPTAIN

1. Must be a senior and second year varsity member.
2. Must not carry over more than 3 demerits from previous year.
3. Will be voted on by the squad and approved by the sponsor.
4. In charge and responsible for the conduct of the squad at all times.
5. May recommend disciplinary actions to the sponsor.
6. Must organize and plan all activities of the squad with the sponsor.
7. Must always keep pace with all the other duties.

B. VARSITY CO-CAPTAIN

1. Must be a junior or senior and second year varsity member.
2. Must not carry over more than 3 demerits from previous year.
3. Will be voted on by the squad and approved by the sponsor.
4. Must assist captain in fulfilling all activities and duties.
5. Will become captain of the divided groups during sports outside of football season.
6. Will be in charge and responsible for the squad in the absence of the captain.

C. SECRETARY

1. Must be a senior or a junior.
2. Appointed by the sponsor.
3. Calls role.
4. Keeps track of cuts, absences, demerits, notes for absences, and service points.
5. May become captain of the divided groups during sports outside of football season.
6. Will be in charge and responsible for the squad in the absence of the captain or co-captain.

D. SERGEANT AT ARMS

1. Appointed by the sponsor.
2. Assists the other officers as needed.
3. Will be in charge and responsible for the squad in the absence of the other officers.

E. JUNIOR VARSITY CAPTAIN

1. Voted on by the squad and approved by the sponsor.
2. Is responsible for the squad at all times.
3. May recommend disciplinary steps to the sponsor.
4. Must organize and plan all activities of the squad with the sponsor.

F. JUNIOR VARSITY CO-CAPTAIN

1. Voted on by the squad and approved by the sponsor.
2. Will be in charge and responsible for the squad in the absence of the captain.
3. Will become captain of the divided groups during sports outside football season.
4. Must assist the captain at all times.

FUND RAISING

- A. Each cheerleader must raise the required money for all financial needs of the squad.
- B. All fundraising will be determined by the sponsor, the activities director.
- C. The approximate amount will be given at the beginning of the year.

SERVICE POINTS

- A. 100 service points must be obtained to receive a letter.
- B. Service points will be given for:
 - 1. Sales above and beyond the required amount.
 - 2. Cheering extra for sports other than football.
 - 3. Any other service over and beyond the call of duty
 - 4. The sponsor and secretary will list the activities and service points received.

CHEERLEADING PARENTS

- A. Parents are required to provide snacks/drinks at least ONE time during Football Season.
- B. Parents may not be within 100 feet of cheerleading squad during practice and/or games.
- C. Parents are not allowed to speak to cheerleaders during practices and/or games.
- D. Communication with parents will be done via the cheerleaders; the cheerleading sponsors are not responsible for conveying information to the parents, that is the job of the individual cheerleader.
- E. Parents may make an appointment to speak with the cheerleading sponsors. Please call 305-238-6110 and leave a message. The sponsor will return your phone call in a timely manner. You may also email the sponsor to request an appointment.
- F. Conversations about issues WILL NOT take place during events.

CHEERLEADER TRYOUTS

- A. Each candidate will be informed of and must meet the requirement of the cheerleader constitution.
- B. Varsity- only sophomores, junior and seniors are eligible.
- C. Junior Varsity- only freshmen are eligible.
- D. The number of cheerleaders on the squad will be mutually agreed upon by the cheerleader sponsor, the activities director, and the principal.
- E. All cheerleaders must sign the contract distributed at tryouts which binds them through the entire school year.

REVIEW OF CONSTITUTION

- A. The cheerleader constitution will be reviewed each year with the new squad to remind all cheerleaders of their responsibilities.