

SAMO CHEER

24/25

**HAVE YOU EVER WONDERED
WHAT IT IS LIKE TO...FLIP,FLY,SPIN,BASE,TOSS,COMPETE,WIN**



WHAT IS PEP SQUAD?

- Pep Squad is the umbrella term for both Cheer and Pom teams. These are two separate teams with two separate coaches.
 - Pep Squad
 - (Teacher of record- Lily Sheahan)

Cheer

Coached by Lavel Butler lbutler@smmusd.org

Pom

Coached by Lily Sheahan lsheahan@smmusd.org

We are honored that your child has expressed an interest in trying out for Santa Monica High School and we hope this athletic choice proves to be a wonderful experience for each participant. The following information should be taken into consideration when making the decision to give your child permission to try out for the Santa Monica High School Cheerleading Team

WHAT IS A VARSITY CHEERLEADER?

SKILLS: VARSITY CHEERLEADERS SHOULD AT LEAST HAVE A BACK HANDSPRING AND/OR BE WILLING TO IMPROVE THEIR TUMBLING ABILITY.

A VARSITY MEMBER SHOULD BE ABLE TO PERFORM AT LEAST A MINIMUM OF AN EXTENSION, PREFERABLY THE ABILITY TO PERFORM SINGLE LEGGED STUNTS AND/OR STUNTS THAT INVOLVE: TWISTING, INVERTING, OR RELEASED STUNTS (EXAMPLES ARE: 180, 360, HANDSTAND PRESS, PANCAKE, BALL UPS, ETC.)

A VARSITY MEMBER SHOULD HAVE OR BE CLOSE TO HOLDING THEIR RIGHT/LEFT SPLITS.

A VARSITY CHEER MEMBER SHOULD BE ABLE TO EXECUTE VARIOUS CHEER JUMPS (TOE TOUCHES, PIKE, HERKIE, HURDLER, ETC) ON BOTH RIGHT AND LEFT PARALLEL TO THE FLOOR OR INVERTED.

CHOREOGRAPHY, CHEERLEADERS SHOULD BE ABLE TO MEMORIZE MULTIPLE ROUTINES, CHEERS, STUNTS, PYRAMIDS, AND JUMPS. THEY SHOULD BE ABLE TO REMEMBER ANY OF THESE IN '8-COUNTS' AS ALL

CHOREOGRAPHY IS DONE WITH A SERIES OF '8-COUNTS' WITH THE EXCEPTION OF CHEERS

EXPECTATIONS

- WE ARE SAMO! WE REPRESENT SANTA MONICA HIGH SCHOOL WITH RESPECT AND PRIDE AT ALL TIMES.

WE CHEER FOOTBALL GAMES FRESHMEN, JV AND VARSITY. WE CHEER BASKETBALL BOYS FROSH/SOPH AND JUNIOR VARSITY TEAMS ALONG WITH GIRLS VARSITY AND BOYS VARSITY TEAMS. WE ALSO CHEER FOR OTHER SPORTS TEAMS DURING PLAYOFFS, SENIOR RECOGNITION AND CIF. ALONG WITH CHEERING FOR OUR VIKING ATHLETICS WE PERFORM AT ALL SCHOOL PEP RALLIES AND ASSEMBLIES AND SCHOOL RELATED EVENTS.

WE TRAVEL OUT INTO OUR COMMUNITY AS AMBASSADORS FOR OUR SCHOOL PROMOTING SPIRIT, FITNESS AND FUN WHERE WE PERFORM AT COMMUNITY EVENTS THROUGHOUT THE YEAR!

WE ARE ONCE AGAIN A COMPETITIVE PROGRAM AND COMPETE IN THE WINTER CIF CHEERLEADING COMPETITIONS FOR OUR DISTRICT! THESE TWO COMPETITIONS ARE 1/25/25 & 2/1/25.

- PLEASE FOLLOW US ON INSTAGRAM @SAMOHICHEER

- SAMO CHEER IS ALL ABOUT REPRESENTING OUR SCHOOL OUR SPORT, OUR FAMILIES AND COMMUNITY WITH RESPECT AND PRIDE! LET'S GO VIKINGS

All cheerleaders must maintain a grade point average of a 2.0 with no fails.

Cheerleaders must be in good standings with their attendance by not having no more than 18 missed periods.

- Participation in high school sports can be a fulfilling and positive life experience, especially if everyone has a good understanding of the vision/mission and rules/requirements that surround student participation in interscholastic athletics.
- Interscholastic athletics is a voluntary program. Thus, participation is a privilege and not a right. Along with that privilege comes the responsibility to conform to State and City standards/rules established for the high school athletic teams. This privilege may be revoked when the athlete fails or refuses to comply with the rules located in the athletic student handbook.

BEHAVIOR

SANTA MONICA, CHEERLEADERS SHOULD POSSESS STRONG LEADERSHIP SKILLS AND A POSITIVE ATTITUDE. BE ABLE

TO LEAD BY EXAMPLE.

PHYSICAL CONDITION: ATHLETES SHOULD WORKOUT OUTSIDE OF PRACTICE. LIKE WORKING ON SKILLS OR

PARTICIPATING IN ANY PHYSICAL ACTIVITY THAT WILL BENEFIT THEM IN OUR SPORT OF CHEERLEADING.

ACADEMICS: A STUDENT ATHLETE SHOULD MAINTAIN HIGH GRADES SINCE THEY REPRESENT OUR PROGRAM;

SHOWING GREAT TIME MANAGEMENT AND OVERACHIEVING MINDSETS.

WE ARE SAMO WE CHEER



- •Football
 - •Volleyball
 - •CIF Cheerleading competitions
 - •Basketball
 - •Soccer
 - Softball
 - Baseball
- *Cheering for sports above is subject to change

TIME COMMITMENT



- Time Commitment is a requirement for a Santa Monica Cheerleader. Cheerleaders are required to take the 6th period cheer class. Classes are held Most Mondays, Tuesdays, Wednesdays & Fridays. Extended practice will go to at least 17:00.

- Once enrolled Mandatory attendance begin throughout the School year. Cheerleaders also practice two to four days a week after school during the school year. Summer practices will be scheduled as deemed necessary by Head Coach. Summer practices will be between 6/17-7/12 14:00-16:00. A BREAK FOR SAMO CHEER WILL BE 7/15-8/19. Back to school practices begin in late August. Cheerleaders are required to attend all football games, basketball games, competitions, and any other function required by the Head Coach or AD. It is the responsibility of the cheerleader to share athletic schedules between cheer and a students' chosen sport. Excused absences will only be granted with prior communication between athlete and Head Coach.

Samohi Schedule for 2023-2024

Monday, Tuesday, Friday	Wednesdays EVEN Flex <i>No AM classes on these days</i>	Thursday ODD Flex
Period A 7:20 – 8:22 AM	<i>Staff Meeting 7:40 – 8:40 AM</i>	Period A 7:20 – 8:22 AM
Period 1 8:30 – 9:25 AM	Period 2 8:55 – 10:24 AM	Period 1 8:30 – 9:59 AM
Homeroom 9:34 – 9:43 AM	Break 10:24 – 10:26 AM	Break 9:59 – 10:01 AM
Period 2 9:43 – 10:38 AM	Period 4 10:35 – 12:04 PM	Period 3 10:10 – 11:39 AM
Break 10:38 – 10:40 AM	Flex-Time 12:13 – 1:03 PM	Flex-Time 11:48 – 12:39 PM
Period 3 10:49 – 11:44 AM	LUNCH 1:03 – 1:38 PM	LUNCH 12:39 – 1:14 PM
Period 4 11:53 – 12:48 PM	Period 6 1:47 – 3:16 PM	Period 5 1:23 – 2:52 PM
LUNCH 12:48 – 1:23 PM		<i>Staff Meeting 3:10 – 3:40 PM</i>
Period 5 1:32 – 2:27 PM		
Period 6 2:36 – 3:31 PM		

PHYSICAL ABILITIES

DON'T GIVE UP

- Physical injury is a personal risk that every cheerleader and their parent must consider.
- Our coaching staff and teacher of record all have coaching certifications and safety training to protect athletes when at all possible.
- Injuries can still occur including bumps and bruises to concussions and fractures if all students do not actively follow safety procedures.

BE GREAT

- Your child can develop courage, strength, stamina, coordination, flexibility, jumping abilities, and discipline. Cheerleading unites its power and poise, with grace, beauty & athleticism to create an intriguing artform. Give your child the right start in life.

EXPENSES



• **EXPENSES ARE BASED ON INITIAL UNIFORM FEES, COMPETITION FEES, AND MISCELLANEOUS EXPENSES INCURRED THROUGHOUT THE YEAR.**

INITIAL PERSONAL ITEMS EXPENSES INCLUDE, BUT ARE NOT LIMITED TO:

- **Uniform & Shoes REQUIRED**
- **Warm ups and Team Backpack OPTIONAL**
- **Practice attire that is OPTIONAL**
- **Megaphone, and other team chosen accessories**

****COMPETITION FEES INCLUDE, BUT ARE NOT LIMITED TO, TRAVEL EXPENSES WHICH MAY INCLUDE HOTEL, TRANSPORTATION, MEALS, ENTRY FEES, AND ENTERTAINMENT. MISCELLANEOUS EXPENSES INCLUDE, BUT ARE NOT LIMITED TO, SPIRIT STICKS, DECORATIONS, PEP RALLY OUTFITS, MEALS, AND SPECIAL EVENTS. (COSTS MAY BE OFFSET BY FUNDRAISING, WHICH BEGINS SHORTLY AFTER TRYOUTS).**

SMMUSD and Santa Monica High School Athletic department have financial aid available to families who meet the need for the Uniform and Shoes. All other items are optional purchase items

Important Information & dates

IMPORTANT DATES to remember for those who are placed on the team:

- 1.) Nfinity Fitting for Practice Gear, warm-up & shoes **3/22/2024** at 16:00 (4pm) (OPTIONAL ITEMS LISTED BELOW)
- 2.) Varsity Brand uniform fitting **3/26/24** at 15:00 (3pm)
Powerfit Shell Top \$172.00
VSF Motion FLEX Body Liner \$79.95
Powerfit 8 Pleat Skirt \$22.00
ALL DUE BY 3/26/24 A PORTAL WILL BE OPEN TO MAKE PAYMENT ON THE VARSITY FASHION WEBSITE.
- 3.) Practice wear order link 3/22-4/5 \$324.93 *See next slide*
 - Expected delivery by 5/31Shoes & back pack portal 5/1-5/10 \$202.48
 - Expected delivery by 5/20Warm ups portal 6/10-6/21 \$209.98
 - Expected Delivery by 8/16

SAMOHI CHEER PRACTICE GEAR

NFINITY CUSTOM WEAR
SANTA MONICA HIGH SCHOOL 2024

Two sets of cheer vests and shorts are shown. The first set includes a yellow and blue vest (\$49.99) and a blue and yellow vest (\$49.99), with matching shorts (\$54.99 and \$49.99). The second set includes a grey and blue vest (\$44.99) and a blue and grey vest (\$49.99), with matching shorts (\$44.99). Below these are two blue vests with 'Vikings' text (\$49.99). A third set includes a blue vest with 'SAMO' text (\$39.99) and a blue vest (\$39.99), with matching shorts (\$39.99). At the bottom, two long-sleeved warm-up suits are shown: one with 'SAMO' on the sleeve (\$209.98) and one with 'VIKINGS' on the sleeve (\$209.98). The BAZAART logo is at the bottom right.

SaMoHi Payment Plan

Fitting 3/22

Practice Wear Order Link 3/22-4/5 \$324.93

Expected delivery by 5/31

Shoes & Back Back Portal 5/1-5/10: \$202.48

Expected delivery by 5/20

Warm Ups Portal 6/10-6/21: \$209.98

Expected delivery by 8/16

BAZAART



\$94.49

\$84.99



NFINITY
BAZAART

CLINIC PACKET CHECKLIST:

- **Valid Sports Physical**
 - [Physical Examination Form](#)
 - The Venice Family Clinic offers free sports physicals during school hours Tuesdays and Thursdays from 8:00 AM-3:00 PM weekly in the admin building.
- **Copy of health insurance card**
- **Last semester's transcript**
 - Grades must be higher than a 2.0 GPA
- **Signed Waiver**
 - [Liability Waiver](#)
- **Athletic Agreement**
 - [Athletic Agreement Form](#)

CHEER CLINIC DATES March 4 & 6th at 4pm

MEET IN THE HIGH SCHOOL DANCE STUDIO ON MONDAY MARCH 4th

CHEERLEADING ATTIRE

- NO JEWELRY. NO NOSE RINGS. NO BELLY RINGS. NO WATCHES. NO EARRINGS. NO RINGS.
- White Plain T-Shirt
- Black athletic shorts.
No form-fitting biker shorts will be allowed.
- White socks.
- ALL Hair should be in a ponytail, whether braided or not.
- Athletic tennis shoes. Cheer specific tennis shoes.
- Returners must wear SAMO cheer attire

SAMOHI CHEER CONTRACT

- By signing below, you as parent or guardian give permission for your child to try out for the Santa Monica High School Cheerleading Team. If the student makes the team, you agree to meet the financial obligations of the Santa Monica High School Cheerleading Team stated previously, provide transportation needs, and agree that your child will abide by the policies outlined in this contract and the Santa Monica Cheerleading Contract.
- Parent/Guardian Signature _____
Date _____ Candidate's
Name _____ Date _____

- I have read and fully understand the rules and regulations presented in the Santa Monica Cheerleader Contract.
- I understand that these rules are necessary to ensure that the cheerleading team will be ran in an organized and fair manner and that the performances and appearances will always be of the highest quality.
- I understand that I will serve as cheerleader from the time of election until tryouts of the next school year and will be expected to abide by the rules and regulations presented in the Santa Monica Cheerleader Contract for the entire duration that I hold the position of cheerleader.
- I hereby agree to abide by the rules of this contract as long as I am associated with the Santa Monica Cheerleaders.
- _____ Date _____ Cheerleader Candidate Signature
- _____ Date _____ Parent/Guardian 1 Signature
- _____ Date _____ Parent/Guardian 2 Signature
- _____