



RAMONA CONVENT

SECONDARY SCHOOL

PEP SQUAD

REGISTRATION PACKET

2026–2027



Rooted in Sisterhood

Rounded in Mission

Coach: Ms. Urbina
Assistant Coach: Mrs. Michelle Sandoval
Cheer Advisor: Mrs. Brenda Sanchez
(562) 964-5171



RAMONA CONVENT SECONDARY SCHOOL

Pep Squad Commitment Letter

2026–2027 school year

Dear Cheerleader and Parent/Guardian,

Welcome to a new season of Ramona Convent Secondary Pep Squad! As a member of this team, you are expected to uphold high standards both on and off the field. By signing this letter, you acknowledge and agree to the expectations, responsibilities, and values that come with representing our school and community.

Please read the following carefully:

Academic Commitment

- I understand that I am a student before an athlete.
- I will maintain a minimum GPA of 2.5 or higher throughout the season.
- I will ensure all school assignments are turned in on time.
- I will not allow my grades to drop below a C- in any class.
- I will seek help or communicate with my coach if I struggle academically.

Character and Conduct

- I will be a positive representative of my school and team at all times.
- I will demonstrate good behavior both in and outside of school, including at games, events, and in public.
- I will be mindful of my social media presence and will not post or engage in anything inappropriate, offensive, or damaging to my reputation or the team's.
- I understand that I represent my school and team and will always strive to uphold a proud, respectful image.

Commitment to the Team

- I will commit 100% effort and dedication to the cheerleading team.
- I will attend all practices, games, and events, including those outside of school hours and on weekends or that may require travel.
- I understand the importance of being on time for all scheduled activities.
- I will practice outside of regular practice time to improve my skills.
- I will maintain a healthy lifestyle, including staying hydrated and eating nutritious meals.
- I will make all required payments on time and understand my financial responsibility to the team.

Team Behavior and Respect

- I will respect my teammates, coaches, and school staff at all times.
- I will behave appropriately and responsibly at all practices and events.
- I will be open to constructive criticism and strive to improve with a positive attitude.
- I will follow all safety rules and procedures, especially when stunting or performing physical activities.
- I understand that there is a zero-tolerance policy for inappropriate, offensive, or threatening behavior. If I engage in such behavior, I understand that I may be immediately dismissed from the team.
- I will take responsibility for communicating with my coaches, parents, and teammates about any concerns, schedule changes, or ideas.

By signing below, I acknowledge that I have read, understand, and agree to abide by the expectations outlined above. I understand that being a Pep Squad member is a privilege and requires dedication, responsibility, and teamwork.

Cheerleader Name (Print): _____

Cheerleader Signature: _____

Date: _____

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

Date: _____



Pep Squad Parent Consent and Emergency Information

2026–2027 school year

Parent consent and acknowledgment

I, the undersigned, hereby give permission for my child, _____, to participate in all activities associated with the Ramona Convent Secondary Pep Squad Team, including practices, games, outside events, and travel.

I understand that cheerleading is a physical activity with inherent risks. In the event of illness or injury, I authorize the coaching staff or other authorized personnel to obtain emergency medical treatment for my child if I cannot be reached. I also understand that I am responsible for all medical costs not covered by insurance.

I acknowledge that I have provided accurate and current medical and contact information. I understand the importance of safety, behavior expectations, and sportsmanship, and I agree to support my child and the coaching staff in maintaining a positive and respectful team environment.

Cheerleader Information

- Full Name: _____
- Date of Birth: _____
- Grade Level: _____

Parent/Guardian Information

Primary Parent/Guardian Name: _____

- Relationship to Cheerleader: _____
- Primary Phone: _____
- Alternate Phone: _____
- Email Address: _____

Secondary Parent/Guardian Name: _____

- Relationship to Cheerleader: _____
- Primary Phone: _____
- Alternate Phone: _____
- Email Address: _____

Emergency Contact Information (if a parent or guardian cannot be reached)

- Emergency Contact Name: _____
- Relationship to Cheerleader: _____
- Phone Number: _____

Medical information

- Medical Insurance Provider: _____
- Policy Number: _____
- Primary Care Physician: _____
- Physician Phone Number: _____
- Allergies Including Food and Medication:

- Existing Medical Conditions:

- Medications Currently Taking:

Signatures

Parent/Guardian Signature: _____

Date: _____

Cheerleader Signature: _____

Date: _____

Practice wear details

Item	Unit price
Summer wear package tank and shorts	\$90.00
Rhinestone burst embellishment	\$25.00
T-shirt (price provided by Pep Squad)	\$22.00
Estimated total per member before tax	\$137.00

Uniform details

Item	Quoted unit price
BF shell top	\$89.95
Two color tackle twill lettering	\$39.00
Solid midriff	\$62.95
Invert skirt	\$107.95
Boy cuts	\$14.95
Estimated total per member before tax	\$314.80

The Warm-Up can be ordered from the Ramona Store. Make sure you select the right logo



Benefits of a Cheer Team:



- Promote School Spirit and Pride
- Highlight Leadership and Teamwork Opportunities
- Enhance School Visibility and Community Engagement
- Create a Sense of Belonging
- Develop Marketing and Recruitment Opportunities
- Increasing School Interest
- Appealing in School Tours and Social Media
- Opportunity to network and service hours