

ARROYO HIGH SCHOOL

SPIRIT AGREEMENT

To Students, Parent(s)/Guardian(s),

High school cheerleading has traditionally been an important part of the school community culture. The Arroyo spirit squad program supports co-curricular programs and competes at a high level. Through our school and community, cheerleading helps build a student's leadership and performance at athletic events, rallies, competition, and other spirit activities. We as coaches pledge to our students, parents, and community that we will conduct and maintain a **HIGH** quality program at Arroyo High School. This application/contract has been created in order to clarify the spirit squad guidelines, finances, and rules to becoming a successful spirit squad member. We ask that you please read the following pages carefully and understand what we as coaches are asking from you and your family. This contract is binding to all finances owed to cheer.

General Guidelines

Spirit squad principles

Membership on the spirit squad offers unique opportunities for personal growth, leadership, and involvement in diverse activities at Arroyo and within the El Monte community. The attitude, dedication, and enthusiasm of each member are just as important as the skill involved in spirit leading. Members of the spirit squad must be committed to the highest level of athleticism, performance, self-discipline, and respect for the school and others. Furthermore, spirit members must demonstrate a proven ability to balance academic requirements and demands with extracurricular and personal activities. CIF Southern Section rules now states that cheer is a sport.

Spirit program objectives/purpose:

- Provide opportunities for participation in a wide variety of activities during the cheer season, and certain sport seasons.
- Be an integral, well-coordinated part of the El Monte community
- Development of athletic and leadership skills
- Develop effective time management strategies
- Develop socially through cooperation, and appropriate standards of behavior
- Promote and uphold school spirit, unity, and pride
- Represent our school to the highest degree
- Set an example of good behavior and sportsmanship at all times whether in uniform or not
- Promote friendship and unity with all other schools showing class and proper respect
- Promote the development of lifelong values and skills

Spirit program code of ethics:

Ensure equal opportunity to all students without regard to gender, race, sexual orientation, religious creed, disabilities, national origin, or ancestry. Abide by all school, district, and league/C.I.F. rules. Respect administration, teachers, and school staff plus their property.

Program rules and regulations:

Squad members and their families must understand that teamwork, community events, squad expectations and the maintenance of discipline is the key to success of a great cheer program. Squad members must be dedicated to promoting spirit, encouraging enthusiasm, and having a positive winning attitude. Adherence to the spirit program rules and regulations is vital to achieving these goals. All members must realize that the manner, in which they conduct themselves, in and out of uniform, directly reflects the program, team, coaches, and Arroyo High School.

These rules and regulations are necessary to maintain morale, discipline, and effective learning throughout the season and for years to follow. Consistent enforcement of rules and regulations are also necessary to ensure safety and general well-being of each member.

Participation as a cheerleader is voluntary, not mandatory. It is a privilege, not a right and any member can be removed at any time per coaching staff with administrative support; if any of these rules are violated.

Conduct:

Promoting good sportsmanship by the way of example is required at all times. Members must not use foul language at any time. Excessive public displays of affection are never considered appropriate, especially in

uniform, at any cheer activity or at school. Cheer members must display proper behavior and respect to all coaches, staff, and administrators at all times.

Scholastic Eligibility:

To be eligible to participate, each student must maintain a minimum G.P.A. of 2.0 and pass 4 core classes for each grading period. Grades are checked each grading period (every 6 weeks) by school administration and given to coaches for review.

If a student does not qualify with a 2.0:

1. Probation: a student becomes on probation if in their previous grading period they had maintained a 2.0 G.P.A. and the next grading period they failed to maintain a 2.0 G.P.A. they are still able to participate in all cheer activities.
2. Ineligible: a student becomes ineligible when they fail to pass 4 classes or don't maintain a 2.0 for 2 continuous grading periods. This means they are not allowed to cheer for any events. They will not be allowed to wear uniform but are expected to attend all practices and activities. If the student doesn't pass at the first semester following ineligibility they may be removed from the program for their best academic interest.
3. If felt in best interest of the student their parents may request their cheer member to be benched per any academic or non-academic reason necessary also Arroyo staff can request a cheer member to be benched also per classroom environment
4. Those who are wanting to try-out for the next season must have a 2.0 G.P.A at the time of try-outs.

Medical/Physical requirements:

Prior to tryouts all participants must have a doctor's medical physical on file with the school along with proof of medical insurance. Insurance is available through the school at a low cost. Physically, all athletes must be able to lift 50lbs individually.

Absences/Attendance:

One person being absent affects the entire squad. It is important not to inconvenience cheer practice, and activities by being late, absent, or having to leave early. If you must leave early or cannot attend a practice/event for any reason **A PARENT/GUARDIAN MUST** email us coaches 48 hours for a preplanned event in advance to get an excused absence. This allows the coaches/squad enough time to make any changes necessary to accommodate for the missing individual. If there is no communication you will be marked absent which could result in being benched, if deemed necessary. NO CALL, NO SHOW is never acceptable for safety reasons.

Any cheerleader that will be cheering at a game/event on a school day must be present for a minimum of 4 academic classes, if not they will not cheer.

AHS cheer is a priority and full time commitment. Each participant is expected to be at all activities and events. We will not be flexible with consistent absences, and you must understand that you are choosing to do cheer and will be attending MANY activities/practices/events even if excused by a doctor's note. The note is excusing you from physical athletic participation as a cheerleader, not being absent from an event unless specifically stated in the note. We please ask that all vacation requests **be submitted one month prior** to the date of your vacation. If you are gone longer than 1 week at any time or absent multiple times you may be put on probation.

You may also be removed from any routines/performances. Being absent for a school dance, birthday, or special event in your social life will not be excused.

Attendance Point System

In order to keep athletes responsible for their attendance, have documentation of attendance, and minimize absences. An attendance point system will be implemented. **Each athlete has a 3 point grace per season.** Each time an athlete is absent from practice or an event. The absence will be documented and both the coach and athlete will sign off to verify the absence. If the absence is unexcused a point(s) will be issued. The point system is as follows:

Practice= 1 Point

Game/Special Event: 2 Points

After 3 grace points the following will occur:

4pts= Benching from portion or whole game/event

6pts= Week benching

8pts= parent meeting

10+pts= possible removal from program; pending situation/review

Cheer Guidelines

Practices:

All practices are mandatory. Please avoid making it difficult for your teammates and your coaches by not attending practices.

-Regular practice will take place after school Mon-Thu pending coaches' availability. Practice time is 5pm-7pm.

-Spring/Summer practices are 2-3 times per week pending coaches' availability. Practice time is 5pm-7pm.

-Coaches may add or cancel practice at a last moment but we will do our best to inform all in advance.

Please be aware that practices may run over in time.

Practice clothes, athletic shoes, and a ponytail are required at every practice. Athletes wearing regular school clothes, jeans, or a non-athletic shoe will not be permitted to participate. Eating full meals or chewing gum is not permitted during practices. Boyfriends/ girlfriends/ friends and any age family members are not allowed at any cheer practice without approval.

Cheer camp/Spirit week:

Cheer camp and spirit week are STRONGLY ENCOURAGED. Cheer camp and spirit week help us to get ready for the upcoming year. You must not miss practice 1 week prior to summer cheer camp.

Games/Events/Activities:

All games and cheer activities are mandatory!

*Note: CIF varsity football round 2 is the day after Thanksgiving and is mandatory. If the team advances CIF games are scheduled at the last minute please be flexible.

If asked to cheer or attend any activities by administration it will be a priority even if it is last minute. There will be weeks where there are 3-4 games/meets in one week. Members are required to arrive up to 1 hour prior to home games and 1.5-2 hours for away games. Varsity cheer is the only team that travels to away games. All cheer

members must know all cheer material. Proper tests are given prior to each season if any cheerleader doesn't know material they will not perform or cheer at any events until coaches feel they are ready. Eating at games is only allowed at given break times.

*Note: Letterman jackets are not allowed to be worn during games while cheering/stunting.

Competition Team:

The AHS cheer program has competitive cheer team. This team is made of a selected group of individuals who are selected by the COACHES. Not all cheer members who make the regular squad will be selected for the competition team. From the first practice, each student athlete is looked at by their progress to determine if they are qualified to be a part of the competition team. Every member is expected to know they may or may not be selected for competition, but it will be taken into consideration if the athlete has no interest in competing.

Competition Season:

Numerous hours, weekends, money, fundraising, and planning go into each competition season. The season runs from Sep.-March with the learning of the routine sometime in August-October. We will fundraise to help offset cost with this team but if not, it will be an extra out of pocket cost to each athlete. If you are participating in spring sports during comp season, both practices must not conflict with each other. An athlete's time must be split equally. If a member is selected for competition they can also be removed at any time during the season if necessary.

ALL- STAR/Youth Teams: Athletes who are in all-star or outside cheer programs and wish to compete **must submit their gym competition schedules by OCTOBER** and split their time equally between both programs. **ONLY** schedules submitted **ON TIME** will be taken into consideration while planning the comp schedule. Any non-submitted dates must be **WORKED AROUND** AHS competition schedule, **NO EXCEPTIONS**. If any athlete is unable to balance both competitive programs they are encouraged to choose between the two for each programs benefit and their own.

Appearance/Uniform Guidelines:

Members must wear proper uniforms at all times.

- No sandals, vans, converse, flats, or boots (UGGS) are allowed to be worn while in uniform at any time.
- Uniforms are to be cleaned and cared for at all times.
- Make-up should be worn in moderation.
- All body/facial piercings are to be removed and are not allowed while in uniform at any time (AACCA safety rules)
- Nails are to be worn at an athletic length. (AACCA safety rules)
- Nail color in moderation.
- Tattoos of any kind are to be covered and not shown at all while in uniform.
- Hair must be kept neat and presentable while in uniform.
- Hair color is not to be loud or out of natural content.
- Hair half up/half down style are for those that have very short above shoulder length hair only.
- Default hair style is a neat/tight high ponytail with a front facing bow. Styles may vary for special events.
- Those that wear eyeglasses at all times will be asked to invest in eye contacts or sport glasses for safety purposes.
- Members should be matching as team while in uniform.

- Any non-cheer items are not to be worn with uniform.
- Lending out cheer uniforms or equipment to anyone who is not on cheer is prohibited.
- Uniforms are not allowed to be worn for any outside or personal non-cheer functions at any time.

Miscellaneous

Athletic lettering:

The AHS spirit program is a CIF sport. Varsity lettering will be based on the spirit squad member's attendance to ALL activities, performance, conduct, responsibility, attitude, and student's development in the cheer program. Athletic Letters are given at end of year banquet only, and there may be a cost to individual pending school policy.

Social media:

Any students/parents posting anything negative about the cheer program or coaching staff to any social media account in anyway could result in disciplinary actions with administration or immediate removal from the squad. There is no tolerance for bullying or sex-ting. Be careful what you post!

Banquet:

To be invited to the end of year banquet each cheerleader must complete their entire season with the ending of basketball season in February. Failure to complete the season or gross insubordination will result in not being invited to the banquet and not receiving any awards/gifts that go with it. Athletes maybe charged for their meal and items/gifts if the team fundraising goals for the season are not met.

Transportation:

Transportation is the responsibility of every individual member for home and community events. Arroyo will provide transportation to all football/basketball games but may change pending district budgets. All members who take the bus must ride the bus to and from each event. No one will be allowed to go home with parents. If you miss the bus you will not be allowed to attend the game and will be disciplined by your coach.

*NOTE: Athletes must be picked up no later than 20 min after the bus returns from any destination.

Other sports/other school activities:

Fall and winter sports are not allowed. There is too much conflict in schedules. Spring sports are allowed upon the completion of cheering for basketball season. Other clubs, and outside school activities must also not interfere.

All-Star teams/Gyms:

Athletes who do outside cheer teams must balance their time equally and cause MINIMAL practice/schedule conflict. All-star practice schedule must be turned into coach ASAP and athletes must notify the other program that they are doing high school cheer. Last minute or poor communication will not be acceptable and EXCESSIVE (3 or more) absences or accommodations WILL result in benching or possible removal from the program. If the

athlete is choosing to do both programs then THEY must make both programs work. It's not the responsibility of AHS or the outside team/gym to make it work.

Parent/Coach Communication:

Monthly email updates, occasional announcement flyers, monthly calendars will be available to each member's parent/guardian to be informed of all upcoming activities along with team group texts. **"I didn't know," is not an excuse!** Parents are encouraged to email coaches first if they have any questions, comments, or concerns. If it is urgent or an emergency a text may be sent to coach's personal cell phone.

Immediate Dismissal:

The following violations may be grounds for immediate removal from the team after review with administration and coaching staff.

Alcoholic consumption, drug use, use of tobacco products, steroids and any other controlled substances, pregnancy, vandalism, stealing, fighting, bullying, harassment, hazing, possession of any armed or illegal weapon. Along with any conflict with faculty/coaching staff or being suspended outside of cheer for other reasons not listed. Every incident will be reviewed carefully, and the best outcome for the program and student is what will be deemed with the administration's support.

The following rules were written to keep the Arroyo cheer program running with great success and safety to all members and coaching staff. They must be observed and followed at all times. Failure to do so will result in disciplinary actions or possible removal from the team.

This spirit contract is very important and needs to be read carefully. Be sure you and your athlete can fit this into your lives with no conflict, or financial hardship. All members of the Arroyo high school spirit team will be accountable for all of the above. If you have any questions or concerns regarding this contract, please feel free to contact the coaching staff.

I have read and understand this contract to the fullest and I agree to follow/support these rules and policies.

Student signature_____

Parent/Guardian signature_____

I will abide by the standards set forth below by this school. If I do not do so in any way, I understand that I will be subject to discipline or possible suspension or removal from my chosen activity. I will conduct myself in a respectful, mature fashion at all times as I represent my school in all related activities. I will show class toward my classmates, teammates, coaches, school staff, and officials at all times. I will focus on my academics and I will attend classes with regularity. I will also do my part to display a positive, upbeat attitude at school and at all spirit squad sanctioned events. I understand that I am a representative of my school and will do my best to be the best cheerleader/athlete squad member I can be.

Student signature_____

SPIRIT PROGRAM FINANCES

Funding for uniforms, practice wear, accessories, and events may be covered by the school, team donations, and individual/team fundraising. Unfortunately, the school/school district may not have any funds to provide to the cheer program to pay for a lot of its expenses or cover any cost for any one individually.

Items ordered from outside vendors will have a pay portal system so that credit/debit cards may be used to pay vendors directly. If items are not paid in full; your order will not be processed. This does not affect any athlete participating but they will not be matching other teammates.

Fundraising/Donations

Fundraising for the season is available and will be provided to subset individual cost. Profit is based on individual effort. Team fundraising is the responsibility of all team members. All team fundraisers are mandatory to attend unless stated. Sponsorship letters are available upon request. Failure to donate on time will cause the entire teams order to be put on hold.

***Personal checks are NOT accepted at any time.**

Uniform ordering

A sale representative from varsity comes to the school to fit each individual member. All athletes are custom fitted and must have the final approval from the coach on sizes that are selected for them. Approval is to avoid having unflattering uniforms. Every member is responsible for being present for uniform fittings. If the company does a member's uniform wrong they will fix it. If an article of clothing is ordered wrong due to the athletes fault it will be re-ordered at their cost. Any alterations needing to be done to any uniform are of the responsibility of that athlete at their own expense. Alterations **must** have the approval from the coach before they are done.

Financial obligation

Any cheerleader that quits or is removed from the program is responsible for any amount owed to the cheer program. That includes any ordered items that cannot be returned. If that cheer member also neglects to pick up any items left behind within a timely matter those items will become property of the cheer program and are non-refundable.

Each cheerleader is not required to purchase anything, and cheer is voluntary, but once a new member or returner shows up for uniform/clothing fittings. They are agreeing to pay for all custom fitted items ordered in full. Cheer camp/clinics/training sessions with outside companies must be paid in full prior to attending and are non-refundable.

I understand that I am responsible for donations and that donations are due on time and must be completed in full prior to school starting. Failure to do so will cause my cheerleader to cheer in whatever is available to wear. The cheer program is not responsible for any individual financial obligation. I understand nothing is guaranteed returnable for money back at any time.

Parent signature: _____

ARROYO HIGH SCHOOL

Warning to Students and Parents

SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM CHEERLEADING PARTICIPATION.

By its very nature, cheerleading may put students in situation in which **SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS** may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment, which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risk involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; cheerleading participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other serious permanent physical impairments as a result of cheerleading.

By granting permission for your student to participate in cheerleading you, the parent or guardian acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in cheerleading. Students must adhere to that instruction and must refrain from improper techniques.

As previously stated, no amount of instruction, precaution and supervision will totally eliminate all risks of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information or your schools cheer coaches.

THIS WILL ACKNOWLEDGE THAT WE HAVE READ AND UNDERSTAND THE MATERIAL CONTAINED IN NOTICE TO CHEERLEADERS AND PARENTS OR GUARDIAN.

PARENT SIGNATURE _____

STUDENT SIGNATURE _____