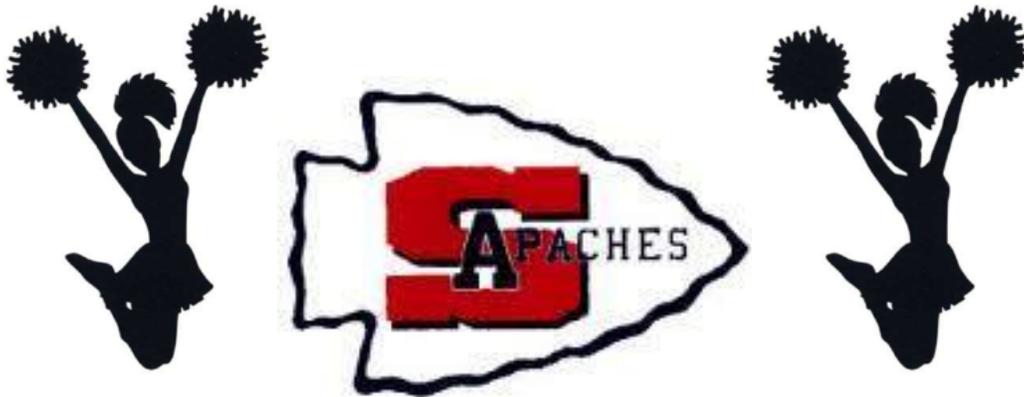


Sanger High School Cheerleading Program Handbook



2018-2019

WELCOME TO SANGER HIGH SCHOOL'S
CHEERLEADING PROGRAM
2018-2019

Welcome to the 2018-2019 Sanger High School Cheerleading Program. This handbook has been designed for you to understand the commitment, expectations, and qualifications we are looking for in a member of our program. It is an honor to be a part of cheer here at Sanger High School. This is a high profile program and should be treated as a privilege. It will be very rewarding if you put in the time and effort needed. Each squad and family member is important to us. In order to create a well-organized cheer program, administration, coaches, squad members, and their families must be aware and consistently abide by with the squad requirements and procedures, which in turn will result in a successful **year-long activity**.

Fundraising is an important segment of the Sanger Cheer Program, and its efforts can help with the many expenses our members incur for this season. Each member will be **offered the opportunity to participate in optional fundraising activities**. The money you fundraise will be credited to your individual account. This money can be used to offset the cost of choreography, uniforms, clinics, and camp. Sanger Cheer will also have activities that provide revenue for the program as a whole; these program fundraisers will go to the Sanger Cheer Account. Parent support will be needed for various activities throughout the 2018-2019 school year. By being a parent of a cheerleader, every parent is encouraged, **but not required**, to be committed to helping assist coaches with any fundraiser, meals or events for the girls.

Please know that it is important that all cheerleading athletes and their families read through and become familiar with the contents of this handbook as it gives a detailed description of the program and how it is run. If you make the squad, we will refer to the handbook throughout the year as needed. The policies found within may be subject to change.

2018-2019 Coaching Staff

| | |
|--|---------------------|
| Advisor/Head Varsity Game & Competition Coach: | Jerri Dewey |
| Assistant Varsity Game & Comp Coach: | Haylee Bennett |
| Head Junior Varsity Game Coach: | Marinna Quintanilla |
| Head Freshman Game Coach: | Brianna Rodriguez |

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OUR PHILOSOPHY

The purpose of the Sanger High School Cheerleading teams is to promote and uphold school spirit, develop a sense of good sportsmanship among all students, and serve as leaders at school and within the community.

Involvement in the Sanger High School Cheerleading Program shall serve to supplement the secondary curricular program and provide members with educational experiences and learning outcomes that contribute toward the development of the attributes of academic success, self-discipline, and good citizenship. The educational process should be enhanced, not compromised through participation in Sanger High School Cheer. Our teams shall serve as a support group for the interscholastic athletic program and play a very important role in athletics/activities. Squads will strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program. In being one of the most visible and recognizable representatives of the school, Sanger High School Cheerleading Squad members shall be dedicated to demonstrating the highest standards of conduct through positive personal behavior and squad cohesiveness.

PURPOSES OF THE SHS CHEERLEADING PROGRAM

1. To provide positive leadership to all students and the community by supporting our football, basketball, and other athletic teams by cheering at regularly scheduled games, and if applicable, playoff games thereby developing school spirit and pride at all athletic events and student activities.
2. To represent the school and community through the public performance of quality cheering while promoting and enhancing the dignity and reputation of Sanger High School.
3. To foster the development of essential character qualities which we believe include: a strong work ethic; a respect for order and legitimate authority; a sense of personal integrity; teamwork; a responsibility for one's actions; and a respect for the time, talents, abilities, and accomplishments of others.
4. To provide each athlete with a positive emotional outlet, a good social experience, and a worthy use of leisure time.

CHEERLEADER EXPECTATIONS

Purpose: Cheerleaders will represent SHS in a positive way and will be held to high expectations in order to demonstrate leadership, responsibility, and dedication both in school and outside of school. Expectations provide a safe environment and reduce possibility of injury.

As a member of the Sanger High School Cheerleading Program, you are placed in a distinguished and rewarding position. Along with all the benefits of being a member comes hard work, dedication, and personal responsibility.

As a member of this squad you are expected to be respectful to:

Yourself

Your parents/siblings

Director/Coaches

Staff and faculty at any school site

Your teammates

Your peers at school

Your community

Other athletes

Be mindful that you are always in the public view. How you conduct yourself at **ALL TIMES** is a direct reflection on the Sanger High School Cheerleading Program, Sanger High School, and the entire Sanger Community.

Rules

- **Attendance** is mandatory at **ALL** designated events; practices, games, fundraisers, etc. Please see **Attendance Procedures** below.
- Members must attend 4 hours of school in order to be eligible to participate in rallies, practice, games or other events. If the event takes place on a weekend or holiday, the student must attend the designated amount of time the day prior to the event.
- Members may not use cell phones while on duty. Must ask permission to use and be used in private.
- Members may not chew gum, eat or drink while on duty.
- Members may not apply make-up, do any grooming, changing in and out of uniform in public. This must be done in a restroom or locker room.
- When becoming a spectator, **squad members must change completely out of cheer uniform** (including skirt, shell, cheer sweats, etc.).
- Squad members are expected to work cooperatively and respectfully with other squad members and coaches.
- Coaches need to be contacted immediately when there is a problem.
- Acrylic nails are **NOT ALLOWED**. This is for the safety of ALL squad members.

The SHS Cheerleading Program will not tolerate anything less than the responsibilities stated above. Disrespect shown toward any coach, member, or any of the above mentioned, will result in disciplinary action and may result in removal from the program. The coach has the right to suspend or remove a member from the squad at any time for attitude problems, code of ethics violations, missing games/activities, etc. It is a privilege to be a member of this program and must be treated as such.

What WE Expect:

- **DISCIPLINE**
 - Understand the need for practice and make time for it on a *daily* basis.
- **PUNCTUALITY**
 - Always be on time for class, practices, games, and any other events.
- **PERSISTENCE**
 - Understand that becoming a good cheerleader is a process. It takes time. Work to improve on a *daily* basis. Patience is a virtue for success.
- **POSITIVE**
 - Attitudes are contagious. Be sure yours is worth catching. Smile and be a part of the solution, not a part of the problem.

- Because teamwork is an essential aspect of the Cheerleading Program, there will be a ZERO tolerance policy regarding bullying as defined by SHS discipline policy in any way, shape, or form.
 - *HONESTY*
- Admit your limitations and mistakes. Take full responsibility for your actions and attitudes. Do not lie, cheat, or steal.
 - *RESPONSIBILITY*
- You are young adults. Do not wait for a coach to tell you the obvious.
 - *WELL-BEHAVED*
- Follow instructions the first time they are given. Good behavior means to be respectful, quiet, attentive, and in control of yourself.
 - *PREPARED*
- Practice cheers, sidelines, etc. at home and at practice.
 - *COMMITMENT*
- Bring all necessary items to each practice, game, and competition.
- Realize the impact that your individual attitudes, actions, and performances will have on the group. Think of the team first.

ACADEMIC COMMITMENT

In order to tryout and be an eligible squad member, candidates must have a GPA of 2.0 or higher, on the most recent six week progress report.

Sanger High School Cheerleading Program members must maintain a **minimum GPA of 2.0 to participate in the Program. Grade checks will be conducted EVERY six week grading period.** If a team member becomes ineligible, they will go on academic probation, and be required to utilize academic improvement services that Sanger High School offers such as Tutorial and Intervention. Members **must** attend at least one academic improvement service per week for six weeks; failure to attend will result in ineligibility for athletic participation. Members will be provided an “Academic Improvement Accountability Sign In Sheet” for Intervention or Tutorial and must get it signed by the teacher. Even though a member is on academic probation they **MUST** continue to attend all practices, games, and squad obligations.

When a member’s GPA is 2.0 or above, after a six week grade check, the member will no longer be on academic probation. Probation is only valid for one six week grading period. If a member becomes ineligible a second six week period, they become ineligible to participate in the Cheerleading Program. The member will be removed from their squad and all cheer obligations so they can solely concentrate on their academics. **Members who are on academic suspension will not be allowed at any school related activity where Cheer is scheduled.** Students need to spend this valuable time at home studying.

➤ Squad members must adhere to the school attendance requirements throughout the entire school year. Disciplinary action will result in any squad member found to have an unexcused absence from any class.

SQUAD STRUCTURE

FRESHMAN GAME CHEER- Only Freshmen are allowed on this team. This squad is designed to cheer at Freshmen Football Games on Thursdays and Girls and Boys Basketball Games, Volleyball Games and any other athletic events that cheerleaders are requested to attend! This squad may decorate for the Freshman football games, paint signs, practice during the required practice times, and develop skills necessary to make a JV or Varsity level squad in the future.

JUNIOR VARSITY GAME CHEER- This squad may consist of Freshmen, Sophomores, and Juniors. This squad is designed to cheer at all JV Football Games on Fridays and Girls and Boys Basketball Games, Volleyball Games and any other athletic events that cheerleaders are requested to attend! This squad may also have the opportunity to perform at school rallies. This squad may decorate for the Junior Varsity/Varsity football games, paint signs, practice during the required practice times, and develop skills necessary to make the Varsity level squad in the future.

VARSITY GAME CHEER- This squad may consist of Freshmen, Sophomores, Juniors, and Seniors. This squad should expect a long day on Fridays during football season. This squad is designed to cheer at all Varsity Football games on Fridays and Girls and Boys Basketball Games, Volleyball Games and any other athletic events that cheerleaders are requested to attend!. This squad may also have the opportunity to perform at school rallies. This squad may decorate for the Junior Varsity/Varsity football games, paint signs, and practice during the required practice times. This team will be made of up the most skilled, energetic and talented cheerleaders in the program.

TRADITIONAL COMPETITION CHEER- Traditional Competition Cheer will no longer require members to be a part of the game squads. Depending on turnout we will form a Junior Varsity and Varsity Competition Cheer team. All grade levels are eligible for the J.V. or Varsity Competition Squads. These squads will be made up of the most skilled, energetic, and talented cheerleaders. There will be a separate tryout for the TCC team(s) on June 10th, 2018. There will be a separate parent meeting following the June 10th tryout to receive additional information.

SQUAD DUTIES AND RESPONSIBILITIES

All game squads are designed to perform at assigned sporting events and any playoff varsity games throughout the year. All squads will practice during the required practice times and members will develop skills necessary to advance in the future to the next squad level. All squads may have the opportunity to perform at school rallies and help out with community service events. All members of the Sanger High School Cheerleading Program will be required to participate in fundraisers, community events, attend practices, attend summer camp, and other duties assigned by the Cheer Director or Coaches. Additionally, all cheerleaders will be expected to:

- Attend all calendared games and unscheduled playoff games on time and ready to perform.
- Attend **ALL** practices.
- Attend and participate in all rallies and spirit events.
- Paint signs and decorate the gym, field, or campus as needed.

- Wear assigned t-shirt, uniform, or sweats to school on game days (this information will be made available to you on the monthly calendar).
- Be a leader on campus and a role model for other students.
- Be responsible for reading weekly reminders and monthly calendars and communicate with family members regarding games, events, etc. in a timely manner.
- Wear entire uniform upon arriving at an event.
- Wear game make-up and lipstick to all performing events.
- All Squad Members must maintain an attitude of excellence and good sportsmanship at all times.
- Complete and return physical packet by April 30, 2018. **Students will NOT participate in ANY cheer activity until this packet has been completed and received by Andrea Wise in the Sanger Athletic/Activities Office and a blue card given to the head coach.**
- To work cooperatively with other squad members and coaches.
- Always show respect for the flag and the National Anthem. If respect is NOT being shown, it will result in a **step violation**.
- Not to change in front of the public eye – use the RESTROOM!

THE IMPORTANCE OF COMMITMENT

Being a member of the Sanger High School Cheerleading team requires a major commitment from athletes and their families. Successful cheerleading teams require many hours of work from each athlete. Our goals include developing as an individual and as a team. These goals take no less than 100% effort from each individual. Therefore, it is important for athletes to understand the necessity of time management. Calendars are essential. Each cheerleader will be given a calendar monthly. Though it is admirable for cheerleaders to become involved and well rounded, cheerleaders should take caution when becoming involved in multiple organizations and activities. Do not overbook yourself. *It is wrong to expect any program to lower its standards because you have overcommitted yourself.* Making wise choices based on your time, talents and interests is a vital part of becoming an adult. Budget your time wisely!

THE IMPORTANCE OF PROCEDURE

Policies and procedures are outlined in this handbook to ensure that all aspects of the cheerleading program run smoothly, and that each cheerleader has a safe, positive and successful experience. **Please do not ask for exceptions to these policies and procedures.** At times, unforeseen circumstances may warrant the modification of a policy. When these situations occur, modifications may be made on a case-by-case basis at the discretion of the coach. If there are possible complications, the cheerleader must notify the coach before or after practice, not during.

There is a fair amount of risk involved in building pyramids, partner stunts, and tumbling. Therefore, Cheerleaders should **never** stunt, warm-up, or practice unsupervised.

TIME OBLIGATIONS

Games:

- Football – Home & Away games, Thursday afternoons for Freshman; Friday nights and some Thursday night games for JV and Varsity.
- Basketball – Home games; sometimes 2 games per night, 2 nights per week. Game nights vary.
- Travel for all championship & playoff games is a possibility for ALL SQUADS.

Practices:

- Typically 2- 3 days per week after school until 5:30pm.
- All cheerleaders will have at least 1 day per week to meet with a teacher after school for make-up work, extra help, etc.
- You may **not** miss practices for other activities, clubs or organizations.
- Freshman USA Camp @ CSU Fresno- June 22-24, 2018
- JV USA Camp @ CSU Fresno- June 22-24, 2018
- Varsity USA Camp at UC Santa Barbara- August 2-5, 2018
- Competition Cheer- Choreography Camp at CheerForce Fresno in July

These dates/times are subject to change and you will be notified immediately.

Fundraising (subject to change):

- Water Wheel Express Car Wash
- World's Finest Chocolate
- Drive-Thru Dinner

Additional Activities:

- Little Apaches Cheer Camps
- Rally Performances.
- Performing at Sanger Community events.
- Competitions

CHEER PRACTICES

Purpose: Cheerleaders will show responsibility and dedication to the program and will be held accountable for knowing the material. Additional help will be provided for cheerleaders' self-improvement.

Practice is MANDATORY! Practices will be held after school during the first and second semester of the school year. After-school practices will be decided by the coaches. Coaches have the authority to schedule additional practices in order to prepare for performances. Students are expected to be at practice on time and in proper attire. In a continuing effort to ensure the highest safety standards, students are required to wear the proper shoes at all practices. Shoes such as UGG boots, Converse, Vans sandals and flip flops are not allowed. The result of students found wearing this type of shoe during practice will result in an infraction. It is expected of all members to come to practice with a good attitude and ready to work. The time spent during Cheer practice will be utilized to perfect all half time routines, sideline routines, band dances, and game actions. Practice is one of the most important parts

of our program. We need all squad members to come to practice ready and willing to learn so we are able to represent Sanger High School to the fullest potential.

*All cheerleaders will be evaluated on seasonal materials. If a cheerleader does not demonstrate proficient knowledge of the material, the coach will work one-on-one with the cheerleader. Cheerleaders who do not demonstrate proficiency may be required to attend additional practices. If a cheerleader does not know the material, they may be benched from games.

*Cheerleader game line up and stunt groups are at the discretion of the coaches.

Summer Practices and Camp

Summer practices (subject to change) are mandatory and must not be missed. At the **OPTIONAL** Cheer Camps squads will be taught various cheer routines, stunts, and sidelines to perform at games throughout the year. **Cheer Camp is NOT MANDATORY although it is HIGHLY encouraged that all athletes attend.**

- ❖ **FRESHMAN SQUAD:** USA Your Way Camp June 22-24 from 9am-9pm at Fresno State
- ❖ **JV SQUAD:** USA Your Way Camp June 22-24 from 9am-9pm at Fresno State
- ❖ **VARSITY SQUAD:** USA Camp at UCSB August 2-5
- ❖ **COMPETITION SQUAD: Choreography Camp at Cheer Force Central Valley (July, 2018)**
- ❖ Spring Practices: 5/8, 5/10, 5/15, 5/17, 5/22, 5/24, 5/29 from 3:30-5:30pm.
- ❖ Summer Practices: Tue/Thurs from 6:00am-8:00am beginning June 12th. There will be no practice the week of July 1nd-8th or on August 2nd.

* Cheerleaders are expected to practice during summer. If it is evident that the learning of the routines was not attempted, a meeting with the coach, director, and an administrator will be scheduled. A Cheerleader may be benched for first and subsequent games if practice is not evident and the cheerleader cannot demonstrate proficiency of the material.

Practice Attire

● Every cheerleader will have to dress out in the designated shorts and shirts listed below:

Practice Attire is To Be Determined

- Cheer shoes
- No show WHITE socks
- Bow
- Hair slicked back in a high pony tail
- No jewelry whatsoever
- Cold days SOLID long black pants are permitted.
- No cell phones
- **NO ACRYLICS!** Fingernails must not exceed 1 centimeter past nail line.

DAILY PROCEDURES

Be in designated practice area ready for practice at the assigned time. This means being fully dressed for practice at the beginning of practice. *Dressed out in shorts and t-shirt, shoes and socks, hair pulled up with bow, and absolutely no jewelry allowed.

1. Girls will roll out and **be stretching quietly on mats by 3:30**. All squads will warm-up together!
2. Girls will sit in their football lineups with their squad.
3. Attendance will be taken.
4. Coaches will deduct points for being out of dress, talking, lack of participation, etc.
5. Cheerleaders will stretch and practice their designated material.

Food, drinks and gum are not allowed. Personal water bottles will be accepted during practice, if it is in a closed container. Water breaks will be given for the entire team at least once per hour.

ABSENCES

Cheer is a **year-long activity** that requires dedication and commitment. *This commitment also extends to family members where activities may conflict.* Assigned events are mandatory. Squad members are required to participate in various regular season sporting events in addition to playoffs. Lack of attendance by just one member prevents the entire squad from functioning as one cohesive unit. There are situations, however, where absences from various Cheer activities may be unavoidable and where a squad member should not be penalized according to the Disciplinary Action Steps. However, squad members must follow SPECIFIC PROCEDURES in order to avoid penalty and maintain excellent status in the program. The following describes excused absences and procedures to follow where excused absences apply:

➤ EXCUSED ABSENCES (unplanned):

This may include: Illness, family emergency, death in the family, or funeral. Refer to the following procedures:

1. The squad member's parent must call the school attendance office on the day of the absence to excuse the absence from school.
2. The squad member's parent must also call their coach on the day of the absence and prior to practice time. It is also acceptable for the squad member to call their coach to inform her of the absence. Messages and e-mails are also acceptable methods of informing the coach of an absence.
3. Squad members must turn in an Excused Absence Form upon return.

*Even if the absence is excused, the cheerleader may not be able to perform during the routine.

Other reasons for absences will be considered UNEXCUSED and therefore will result in the appropriate Disciplinary Action Steps: an infraction for properly informing the coach via "Coach's Note" ONE WEEK IN ADVANCE; a step for not showing up. In order to prevent penalty, carefully consider your decision

prior to missing an event. Squad members are advised to review some examples of UNEXCUSED ABSENCES:

- Hair, Nail or other beauty appointments • Music lessons • Work • Concerts
- Birthday party • Appointment of a family member • Vacations

INJURIES/MEDICAL CONDITIONS

Due to the nature of our sport, cheerleaders may be injured during the course of the season. If a cheerleader incurs an injury (cheer related or otherwise), they will be sitting out of practice / performances until they are completely healed. **They will be “benched” until their injury is healed.** *(Refer to the benching section to see what this entails.)* That means that a cheerleader will dress out for practice and watch; they will dress in uniform at the game and sit beside the coach. The injured cheerleader is expected to learn and catch-up on all missed material on their own time. **When the cheerleader heals, they must be an active part of all 2 practices before performing at an event.** If they do not know the material in time, they will NOT be able to perform. However, if they have healed in time, they will be able to participate in cheering for the game.

If the medical condition is extensive (*longer than a week*), the cheer program will **require a copy of a doctor’s note** to have on file. It is our responsibility to maintain the health and safety of each cheerleader. It is crucial that all coaches are aware of the cheerleaders’ limitations! Without specific information and communication between cheerleader, parent, and doctor – the coaches will assume that each girl is in appropriate physical condition. Unless told otherwise, the coaches will enforce complete participation in all practice events (including running, jumping, conditioning, etc.)

**SANGER HIGH SCHOOL CHEER
EXCUSED ABSENCE FORM**

Fill out all applicable areas:

UNPLANNED ABSENCE

Date of absence: _____

Activity missed: _____

REASON FOR ABSENCE

Check one:

- ILLNESS
- EMERGENCY APPOINTMENT
- FAMILY EMERGENCY
- OTHER(SCHOOL ACTIVITY): _____

- VERIFICATION SIGNATURE FOR SCHOOL ACTIVITY: _____

STAFF MEMBER NAME (PRINTED): _____

DATE: _____

**If you are at a school activity, you MUST get a signature from the staff member in charge.*

I verify that the preceding information is true and the absence was unavoidable.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Director Signature: _____ Date: _____

Date form received: _____

Notification time:

- Call received prior to practice Call received after practice No call received

Call received from: _____

Alternative to missed activity:

NOTE TO THE COACH:

SQUAD: *Circle One*

VARSHITY

JV

FROSH

NAME OF CHEERLEADER: _____

NAME OF EVENT: _____

EVENT DATE: _____

REASON FOR MISSING EVENT: _____

DATE SUBMITTED TO COACH: _____

NOTE TO THE COACH:

SQUAD: *Circle One*

VARSHITY

JV

FROSH

NAME OF CHEERLEADER: _____

NAME OF EVENT: _____

EVENT DATE: _____

REASON FOR MISSING EVENT: _____

DATE SUBMITTED TO COACH: _____

TARDINESS

There is nothing more detrimental to a smooth running organization than a person who is tardy. A cheerleading practice or game requires everyone to be present and on time.

Athletes who are late to a practice or a game will receive the proper Disciplinary Action Infraction/Step. Students are considered late if they are not properly attired when the practice time or game time is scheduled. Refer to the attached Disciplinary Action Step form for the tardy policy.

SQUAD COMMUNICATION

The Cheer Program will send home monthly calendars with important information with the cheerleaders. It is the cheerleader's responsibility to communicate this information to their parents. Additionally, parents can check the Sanger High School Cheerleading Program website for updates.

Website

Sanger cheerleading has our very own website! It is and will be a great resource throughout the year. The website will contain the following information:

- Newsletters
- Copies of Calendars
- Reminders / Updates
- Coach Contact information
- And more!

Please keep or bookmark the following website address:
http://sangerhigh.sanger.k12.ca.us/Departments/Pep_Cheer

You can also find a link to our cheer website on the Activities page of the Sanger High's website. *Once I hand out a form, I expect that you have it. If not, be prepared to print it out again from the website. If I make the documents available – use the resource!*

Communication with Coaches

If there is anything that a cheerleader needs to inform a coach about (*absence, reason for being tardy, being gone from a game, can't come to a required additional activity, etc.*), cheerleaders are required to turn that information in, in WRITING. The coaches cannot possibly remember EVERYTHING they are told at practices or games. Instead, we will have specific forms that need to be filled out. If you plan to turn a form in, it must be written and turned in BEFORE practice starts. Otherwise, you will be considered tardy! If the form is to notify the coach of an unexcused absence (unexcused absences will result in an infraction if proper steps are taken and a step if proper steps are not taken) the form needs to be turned in ONE WEEK before the missed event. *Two (2) "notes" have been included in this packet.*

Coaches, or an elected squad member, will send out reminder text messages to all cheerleaders. However, it is still the responsibility of each individual cheerleader to remember information relayed to them at practice etc.

PARENT COMMUNICATION AND CONDUCT

Purpose: To establish guidelines and open communication with parents. All cheerleaders will be upheld to the same expectations. To create a chain of support and command and to establish universal expectations. To share responsibilities amongst all cheer families. To create equal participation and dedication of all parents.

1. Attend parent meetings – dates will be announced.
2. To follow the proper procedure for communication
3. To communicate with the Head Coach (jerry_dewey@sanger.k12.ca.us) through email or phone calls in an appropriate manner.
4. To support your child in this program and help them abide by the rules set forth through the handbook.
5. Pick up your child in a timely manner.

Parent Booster Club:

In order to help the cheer program, we have created a parent booster club. Once your child has made the cheer team, parents are **automatically** members of the booster club for that current season. **However, participation is completely VOLUNTARY and OPTIONAL.** In order to maintain a strong and effective program, we **encourage** the active participation of all parents. The booster club will consist of every parent of a current cheerleader (if they choose) as well as smaller group of booster board members (elected through nominations and a vote by the booster club parents). The purpose of the booster club is to help fundraise for the cheer program in order to provide necessary items for the current season of cheerleaders.

Parents in the booster club will work closely with the head coach in order to benefit the program as a whole. Booster club board members will receive a list of parent contact numbers as well as the cheerleader contact list. **A parent may request for their information to not be shared, in which case all communication will come from the cheerleader's squad coach or advisor.**

If the head coach needs additional help, the head coach will call a parent booster club meeting to discuss these items before enlisting the help of the booster club. A parent from each squad will **volunteer** to be the "Squad Parent." This parent shall be the voice of the parents of the squad and will communicate any concerns brought forth by any other parents. The parent will also help coordinate "squad snacks" for every game. **Parents are encouraged, but not required, to bring snacks for at least one game.**

Parent Contact by Coaches:

The coaches acknowledge the busy lives of the parents in the cheer program! In order to respect your family's time, the coaches will contact parents during the hours of 3:30pm to 7pm. We will use the most current phone number listed to contact parents. If a contact number changes, it is the parent or the cheerleader's responsibility to inform the coaches.

In addition, in order to respect the personal lives of the coaches, we ask that parents only contact the coaches on weekdays between the hours of 3:30pm to 7pm. Please also allow 48 hours for the coaches to return your phone call. We appreciate your feedback and concerns and will address them within 48 hours.

Parent Conduct at Practices/Games:

In order to provide a good role model for our cheerleaders and student body, we ask that parents drop off and pick up their cheerleaders in a respectful manner. Cheerleaders must be signed out and picked up in a **timely** and organized manner. We ask that parents show patience and respect before and after the games. We know everyone's time is precious; however, please form an orderly line to check your child out of games. Coaches will NOT allow parents to sign their child out until the game is over. Please do not ask to sign your child out early.

Parent Concerns:

If a parent has concerns or frustrations that they would like to voice, we have set up a procedure in order for all concerns to be voiced and addressed in an appropriate manner. If a parent would like to question a policy/procedure or would like to voice a concern, we ask that parents do NOT approach coaches at games or practices. Instead, parents will abide by the following lines of communication in the order listed:

1. Parents shall email the cheer advisor (jerri_dewey@sanger.k12.ca.us) with any concerns or suggestions.
2. The cheer advisor will address the coaches of the individual squads and/or cheerleaders.
3. The cheer advisor will discuss concerns and suggestions with the administrator to ensure the best solution.
4. Parents shall email or contact the administrator in charge, if the issue could not be resolved by cheer advisor.

NO COACH WILL ADDRESS CONCERNS AT A PRACTICE OR GAME UNLESS AN APPOINTMENT HAS BEEN MADE.

TRANSPORTATION

Purpose: To ensure a positive experience for everyone, there are guidelines for each squad member to follow when traveling to an event. Responsible behavior will serve to enhance the safety of all participants.

ALL cheerleaders will ride the district provided transportation to **away** games. There will be NO exceptions made! Even if a cheerleader owns / drives a car, they will be required to ride the district provided transportation to the game. If a cheerleader misses the district provided transportation or does not ride the designated transportation with the rest of the cheerleaders, it will result in a **step violation** and they will NOT be allowed to cheer during the game.

However, a cheerleader may ride home with a **parent** from away games. If a cheerleader will be leaving an away game with a parent, they MUST be signed out by the parent/guardian. If a cheerleader leaves a game without being signed out, they will receive a **step violation**. Parents must wait until the game is completely over to sign out their child.

In addition, if someone besides the parent/guardian is to pick up and take home a cheerleader from an away game, we must receive prior approval from the parent/guardian that specifies WHO will pick the cheerleader up, the PARENT NAME, and a CONTACT NUMBER in order to reach the parent. We will NOT release a cheerleader to anyone besides the parent/guardian without prior approval! In this case, coaches must receive the approval BEFORE getting onto the district provided transportation. If a parent has not attained prior approval and provides one at the game, it is TOO LATE! The district provided transportation will leave at the scheduled time (*the time indicated on the monthly calendar*). Finally, the adult approved to pick the cheerleader up must sign out the cheerleader with the coach after their game is completed. This strict policy will result in an organized and SAFE program!

If a parent is more than 15 minutes late to pick up their cheerleader, the cheerleader will receive an infraction. Games do not have a scheduled end time – be prepared to be flexible. Cheerleaders will be allowed to call home to inform you when we are getting back into town. If a cheerleader does not have a cell phone, the coach will allow them to use theirs. There will be NO excuses.

DISCIPLINE

Because of the nature of the organization, cheerleading discipline must be strict. Cheerleading athletes maintain a highly visible profile both at school and in the community. Poor performance or behavior can cast an unfavorable light on the entire team. Cheerleaders will be responsible for their actions, attitudes, and performances. It is detrimental to the program that all CHEERLEADERS and PARENTS maintain a positive and supportive attitude of the program.

Squad members will be placed on a “Behavior Contract” for any of the following offenses. The program director will follow a THREE-step plan of action as steps are accumulated. In the event of a third (3rd) step, the squad member will be removed from the program.

***Disciplinary Action Step forms will be sent home with cheerleaders once a month.**

STEPS (MAJOR PROGRAM VIOLATIONS) 3 Steps = Removal from program

Steps are considered major violations of Sanger High School Cheerleading expectations including but not limited to:

- Defiance of a coach, teacher, or administrator. This may include arguing, talking back, or refusing to do what a coach has asked.
- Cyber bullying, disrespect to another team member, coach, administrator on social media.
- An unexcused absence or missing a game, practice, or assigned duty without following proper procedure.
- Failure to wear required uniform attire.
- Leaving without signing out
- GPA below a 2.0
- Unethical or inappropriate behavior toward another squad member or peer.
- Failure to abide by Sanger High School rules or policies (ie: dress code, attendance violation, etc.)
- Use of inappropriate language or behavior (including electronic communication) toward another squad member, peer, or at any cheer activity.
- Missing a bus or carpool to or from an event
- Disrespect to Teammate, flag/national anthem
- Inappropriate behavior on social media (snap chat, instagram, Facebook, twitter, etc.)

INFRACTIONS (MINOR PROGRAM VIOLATIONS OR A DEDUCTION OF 5 POINTS) 3 Infractions = 1 Step

Infractions are considered minor violations of Sanger High School Cheerleader expectations including but not limited to:

- Tardy to a game or practice
- Talking at games, during stretching/warm-ups, or in between routines at practice.
- Leaving early from an assigned event
- Bra straps showing
- Jewelry worn with uniform
- Acrylic nails, inappropriate nail length or color
- Incorrect hair style or hair accessory
- Inappropriate displays of affection

- Not prepared
- Disrespectful
- Every 15 minutes a parent is late picking up their student
- Cell phone, food, or chewing gum while on duty, games or practice
- Incomplete uniform at any cheer event, practice, game or duty

BEHAVIORAL CONTRACT PROCEDURES FOR ENFORCEMENT OF STEPS AND INFRACTIONS

Each time a squad member acquires a form of discipline, the director will take action as follows:

Infraction 1: Benched one quarter of the game.

Infraction 2: Benched one half of the game.

Step 1: Student/Coach Conference. Parent is notified. Cheerleader will be benched the entire game and will not perform at half-time.

Step 2: Two week suspension/ benching from participation in cheer activities (squad member still must attend assigned events and practices, but will not participate). Student must write three paragraphs explaining how they will improve their behavior. Parent conference required.

Step 3: Squad member is removed from the Sanger High School Cheerleading Program.

*Benching-Cheerleader must still attend games/practices/events fully dressed and will sit right next to their coach. Cheerleader will not be allowed to text, talk, or walk around. The cheerleader will write down 10 things per quarter about what their squad can improve on/ what they are doing well.

TWO STEP/AUTOMATIC REMOVAL (MAJOR VIOLATIONS OF THE CODE OF ETHICS)

There are some behavior issues that are simply not tolerated by Sanger High School Cheer and are cause for IMMEDIATE REMOVAL from the program. These violations include but are not limited to:

- Use of profanity lodged toward the coach/advisor or other staff member.
- Use or possession of tobacco, alcohol or drugs or promoting on a social media site.
- Possession of stolen goods or stealing.
- Use and/or possession of weapons.
- Fighting.
- Any combination of progress reports or semester grades below a 2.0 GPA ("*Ineligible Status*").
- Squad member is suspended from school by SHS Administration.

QUITTING/REMOVAL FROM THE SQUAD

Unfortunately some members find that the obligation of cheerleading is too much. In the event that a squad member quits or is removed from the program, they are responsible for ALL remaining balances of their cheer account. NO EXCEPTIONS WILL BE MADE! NO REFUNDS WILL BE AVAILABLE! Once the cheerleader attends fittings, they are considered financially responsible for the program cost in full. In addition, the cheerleaders will NOT receive letterman patches or be allowed in the squad portraits.

If a cheerleader quits or is removed, they are asked not to wear the cheer attire for the 2017-2018 season. It is an extreme privilege to wear this uniform and it will remain a privilege for those who remain in the program ONLY!

In addition, once a cheerleader quits or is removed, the decision is FINAL and cannot be rescinded. Please take this commitment very seriously. We need consistency in this program!

If a cheerleader quits or is removed from the squad and wishes to tryout again, they will not be eligible for one school year. We are trying to create a strong, stable program and it cannot happen if cheerleaders do not take this commitment seriously.

TRY-OUTS

Packet: (DUE BY 4:00PM on April 3rd TO COACH DEWEY IN ROOM 505 OR THE FRONT OFFICE)

- Completed Application
- Current Progress Report
- Two Evaluations (To be turned in by teacher/coach)
 - o Core Subject Teacher
 - o Coach (if applicable) or teacher of choice

MANDATORY DATES AND TIMES

ALL PREVIOUS SQUAD MEMBERS MUST HAVE A ZERO BALANCE BEFORE TRY-OUTS, OR HAVE ALL SCHOOL PROPERTY RETURNED TO BE ELIGIBLE TO TRY-OUT FOR THE 2017-2018 SEASON.

Thursday, February 15th –Mandatory Tryout Parent Meeting at 6:30PM in the MPR (Both parent and student must attend this meetings).

Tuesday, April 3rd – All paperwork (application, proof of insurance, progress report, and two teacher/coach evaluations) is due to Coach Dewey either in her box or to her room (rm.505) by 4:30pm.

Wednesday, April 4th – Clinic from 3:30-5:30 pm in the MPR area.

Thursday, April 5th – Clinic from 3:30-5:30 pm in the MPR area.

Friday, April 6th – Material Review and Interviews from 3:30-5:30 pm in the MPR area

Saturday, April 7th – Tryouts begin @ 9am in the MPR.

Junior/Senior Tryout: 9:00am - 11:00am

Sophomore Tryout: 11:15am – 1:15pm

Frosh Tryout: 1:30pm – 3:30pm

2018-2019 Squad Results posted by 5:00pm on the MPR door, Sanger cheer website, and social media pages.

Tuesday, April 10th- First Fundraiser distributed in room 505 between 3:10 and 4:30pm

Tuesday, April 10th- First Mandatory Parent/Cheerleader Meeting at 7:00pm in the MPR

*Handbook and contract review and signing.

Wednesday, April 18th – Fittings from 6:00pm-9:00pm in Rm. 505.

Date TBA: *Voluntary Payment #1 or Loan Agreements DUE.

Tuesday, May 2nd - Blue Cards from Physicals are DUE at the beginning of practice!

Tuesday, May 2nd – First practice from 3:30 – 5:30pm outside room 505.

*Cheerleaders will NOT be able to participate at practice until their Blue Cards have been turned in to Coach Dewey in Room 505 BEFORE practice.

**** Fittings are mandatory. Those who don't attend fittings will IMMEDIATELY BE REMOVED FROM THE SQUAD!!!!!! It is very important to have every member present to get the correct measurements. Please make sure you are on time and wearing a swimsuit. You must bring a parent with you. The Uniform Loan Agreement and/or the Voluntary OPTIONAL Uniform Purchase as Personal Property forms must be signed and turned in April 18th at fittings.**

***The decision of the judges is final. All participants must go through the try-out process. Previous membership on a Sanger High School Cheer squad does not guarantee placement on any squad for the next year.**

Meeting & Contract Review (April 10th). The contract will be reviewed and signed by the end of the meeting. The contract will be reviewed and each cheerleader and parent will receive a paperwork packet to review and sign by the end of the meeting. All informational documents will need to be kept by cheerleader and parent/guardian to avoid confusion. Any cheerleader that cannot attend the contract meeting to follow tryouts will be immediately removed from the squad.

There will be NO exceptions (unless previous arrangements have been made due to family emergencies)

Standard Uniforms

Per policy, Sanger High will offer **EACH** cheerleader a **standard uniform at no cost**. The **standard uniform** will come in **standard sizes** (small, medium, and large, etc.). **This standard uniform will be school property – this means that it will be purchased through the school, maintained by the cheerleader and his/her family, and returned at the end of the season.** If the uniform is damaged, the cost of repairs will be charged to the cheerleader because they have damaged “school property.”

Voluntary Cheer OPTIONS (Custom-Fit Uniform & Spirit Packages):

For cheerleaders and their families who decide to **VOLUNTARILY purchase the OPTIONAL standard uniform through the uniform vendor**, you will then own the uniform. If you **VOLUNTEER to purchase the OPTIONAL standard uniform**, you have the option to **custom-fit** that uniform to your cheerleader's specific measurements.

Camp Wear:

OPTIONAL Camp wear will be worn at camp, practices, and throughout the year on game days. If a cheerleader elects not to VOLUNTARILY purchase **OPTIONAL** Camp Wear, they will be required to wear an unmarked white t-shirt and blue, red, or grey cheer shorts to practice and camp. Any **OPTIONAL** spirit package **VOLUNTARILY** ordered is the responsibility of the cheerleader and their family.

Program Fundraising Opportunities

*All cheerleaders are **encouraged** to participate in ALL **PROGRAM** fundraisers. More than just being program fundraisers, these are program-building events! We are a cheer family and all cheerleaders and parents are **encouraged** to be involved!

Program Fundraising Events: These are just examples of fundraisers. We will have several others.

| FUNDRAISER NAME | START DATE | END DATE/DUE DATE |
|--------------------------|-------------------------|---------------------|
| World's Finest Chocolate | Tuesday, April 10, 2017 | Monday, May 1, 2017 |

| | |
|---------------------------------|----------|
| Little Apaches Youth Cheer Camp | ate: TBA |
| Program Carwash | ate: TBA |