

California High School

Cheer Program

Tryout Registration and Agreement Form

FORMS DUE Monday, April 15th, 2019 to CAL High Coach Staff @ tryout Check-In

Participant Name: _____ CHS Graduation Year: _____

School (circle one): IRON HORSE PINE VALLEY CAL HIGH OTHER: _____

Participant Email: _____

Parent/Guardian Name: _____

Parent/Guardian Phone #: _____

Parent/Guardian Email: _____

Address: _____

SHORT ANSWER:

Why are you interested in the Cheer Program?:

What does "commitment" mean to you?:

Describe "respect", what does it look like?:

List any other sports/extra-curricular activities you currently do:

Describe a good team mate:

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NOTE: In order to participate in Cheer you **MUST HAVE AND MAINTAIN** at least a 2.0 GPA at all times (including time of tryouts).

Participant Signature _____ Date: _____

Parent(s)/Guardian(s) Signature _____ Date: _____

My child _____ has my permission to try-out for a position on the California High School Cheer Teams. I understand that she/he must abide by the rules and regulations set forth by the advisor/coaches of the Cheer program and the set rules by California High School. I understand it is my responsibility to familiarize myself and fully understand these rules as stated in the Cheerleading Constitution and Athletic Contract. I understand the commitment for the cheer program is a one-year commitment and my daughter/son will attend **all scheduled practices, games, and activities**. I have read the rules and regulations and understand that the violation of any of these rules may lead to the temporary or permanent suspension from the squad and forfeiture of any letter or refund.

I understand the **deadline** of all attached forms (including the registration form and California High School Athletic Tryout Procedures and Policies packet) are due **April 15th, 2019**. Failure to turn in required forms by this deadline may restrict my daughter/son from participating in the tryout procedure. I understand that my child must attend all practices for the tryout clinic. I understand that my daughter/son and a parent **MUST attend a MANDATORY parent meeting on Monday April 15th, 2019 in the Cal High Commons** to discuss the cheer program, to go over the Cheerleading Constitution and Athletic Contract, and to discuss costs and the tryout procedure.

I understand the criteria for tryouts will include: confidential teacher/coach evaluations, clinic evaluations, and tryout scores from independent judges. I also understand **my child MUST have and maintain at least a 2.0 GPA at the time of tryouts and continue to have and maintain at least a 2.0 GPA throughout the cheer/dance season or forfeit eligibility with no refund**. I agree to abide by the tryout procedures and understand all scores are confidential and **FINAL**.

I understand that my child is NOT permitted to wear jewelry, including body piercing, at any time. IT IS A SAFETY ISSUE AND WILL NOT BE TOLERATED. Any existing piercing (jewelry) must be removed, including earrings, nose rings, belly button rings, and any other form of piercing. Tape, bandages, etc. are not permitted to cover such jewelry at any time.

I understand that by the very nature of the sport, cheerleading, gymnastics, stunting and dance carry a risk of physical injury. Although cheerleading and dance are essentially a safe sport, there are some inherent risks associated with participation. No one can predict or guarantee participation without injury or illness as there always exists the potential for an accident or unpredictable event. Participants are not allowed to stunt/tumble without a coach present **at any time**.

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I understand and assume that there is always the risk of possible injury to our daughter/son in cheerleading or dance. I understand that this does not release the school from negligence. However, this form with your signatures verifies that you are aware that various injuries do occur while participating in athletics.

Participant Signature _____ Date: _____

Parent(s)/Guardian(s) Signature _____ Date: _____

***** FORMS DUE APRIL 15th TO CAL HIGH COACHING STAFF *****

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GENERAL INFORMATION SHEET

KEEP THIS FORM

Thank you for your interest in our high School Cheer Program. The following is general information regarding our program, i.e. practice schedule, estimated costs and your individual commitment and responsibility to this half year long program. Our squads are the primary support groups that lead and direct spirit for our school, our athletics, and all special school events. All squad members should encourage school pride, leadership, and display good sportsmanship along with a positive attitude and a respectful image while representing California High School. We are looking for candidates who are spirited, dedicated and committed to hard work. All squads will focus on supporting FOOTBALL. They will focus on games, performing half-time routines, & performing at school rallies. The coaching staff will determine all schedules of events.

Tryouts:

Tryout Clinic Dates: Monday April 15th – April 19th

Tryout Clinic Times: 5:30 – 7:30PM Monday – Thursday

Final Private tryout (groups of 3 or 4 MAX): by scheduled appointment determined by CHS Coaching Staff anywhere from 4:00-9 PM FRIDAY April 19th, 2019

Mandatory Parent/Participant Meeting: Monday, April 15th, 2019 @ 7:30 PM

Tryouts:

Monday – Thursday will include timed rotations of: Tumbling, Dance, Cheers, Jumps, & Stunts

******* COACHES WILL NOT BE TEACHING OR SPOTTING TUMBLING *******

*Please wear fitted clothes – (NO CAL HIGH CHEER t-shirts), athletic shoes, no jewelry (BANDAIDS TO COVER JEWELRY ARE NOT ACCEPTABLE), and please wear your hair up. You must wear your number at all times, but you may decorate your clothing.

Results: Will be posted by April 20th, 2019 on the window of the Cal High Commons (facing the parking lot). *Please DO NOT try to contact the coaching staff at home in regards to your placement. If you have any questions regarding **cheer** placement, please contact the Cheer Advisor by email at **calcheercoach@gmail.com**. You will be contacted sometime the **following week**.

*Candidates will be selected for squads based on the following: Clinic Evaluations and your Individual Tryout Evaluations. Clinic Evaluations are completed by all CHS Cheer Staff. Individual Tryout Evaluations are scored by OUTSIDE JUDGES and reflect your skills and ability to perform/complete required skills. ALL scores are FINAL and CONFIDENTIAL. **THERE WILL BE NO TEACHER EVALUATIONS**. ATHLETES WILL BE PLACED BY SKILL AND NECESSITY AS DEEMED APPROPRIATE BY CHS CHEER STAFF & OUTSIDE JUDGES. **SCORES WILL BE 60% JUDGES SCORE & 40% ON CLINIC EVALUATIONS.**

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SCHEDULE

May 7th - May 24th

Varsity: Tuesday's & Wednesday's, 5:30-7:30 PM

JV: Monday's 5 – 7 & Wednesday's, 7-9 PM

FROSH: Monday's & Tuesday's, 3:30-5:30 PM

*** 1st Cheer Break May 23rd – June 9th ***

June 10th – June 28th

Varsity: Tuesday's & Wednesday's, 5:30-7:30 PM

JV: Monday's 5 – 7 & Wednesday's, 7-9 PM

FROSH: Monday's & Tuesday's, 3:30-5:30 PM

Pre-Camp Modified Practice:

July 1st, 2nd, 8th, 9th, & 10th – MANDATORY PROGRAM PRACTICES - 6-8:30 PM.

***2nd Cheer Break July 16th – August 4th ***

*Hell Week – August 5th – 9th ***Mandatory or you will be benched the first game!!!****

IMPORTANT, MANDATORY DATES:

Thursday, May 9th – Uniform Fittings

Friday, May 10th – Athlete Dinner & Practice

Saturday, June 15th – CHEER SPAGHETTI FUNDRAISER DINNER

July 12th – 15th UCA SUMMER CAMP – ALL SQUADS

August 5th – 9th: HELL WEEK - 5-9 PM ******MANDATORY******

*** all dates/ times can be located @ www.Calhighcheer.weebly.com under the Calendar Tab ***

Providing a high-quality spirit leader program and maintaining the utmost safety for all participants is an expensive undertaking. The team is responsible for covering the cost of uniforms, summer camp, trainings/coaches stipends, practice costs, and other miscellaneous costs that are described below. The total member cost for new participants in the Cal High Cheerleading Program is estimated below, with lower costs for returning members because of returning uniforms and warm-ups. No student will be denied participation in the Cal High Cheer Program due to the inability to contribute. If we do not collect enough contributions, the program may be substantially reduced.

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****IF YOU HAVE CONCERNS ABOUT COSTS PLEASE TALK TO THE COACHING STAFF. FUNDRAISING CAN CUT COSTS.***

ESTIMATED FINANCIAL COSTS FOR THE 2019 Season

Participation Donation: \$300 Check made payable to CAL HIGH CHEER

Covers cost of coaches, PAL Sport Required District Fee, Insurance, use of facilities, athletic staff, etc.

UNIFORM: \$300 Due VARISTY FASHIONS @ fittings

Warm-ups: \$175 Due to VARSITY FASHIONS @ fittings

POMS: \$25 Due to VARSITY FASHIONS @ fittings

****** No Uniform/shoes/warm-up/camp wear will be ordered without a payment. No uniforms/shoes/warmups or camp wear will be handed out until balances are paid in full. Costs are YOUR responsibility. Credit Cards are accepted @ fittings to Varsity Fashions ******

SHOES: all white cheer shoes. Can be purchased via Varsity Fashion, Nfinity, etc. Once teams have been selected Links to acceptable cheer shoes will be provided in your welcome email.

Cheer Camp: \$500 Check Made Payable to Cal High Cheer due Monday, May 6th

Practice Wear: Will be available online for purchase. This is optional and not required.

***** Mandatory Parent Meeting for all CHS Game Day Teams – May 6th @ 5:30 PM in the CHS Theater *****

Please plan to bring your check books on May 6th, 2019 to the Parent Meeting in the CHS Theater, as we will be collecting Payments for Cheer Camp & Participation Donations

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California High School Game Day Cheerleading Constitution

Cheerleading is a very special and unique sport. In order to run a successful program, it is important that each cheerleader adhere to our "Constitution." This Constitution states specific rules and guidelines to be followed by all participants while they represent California High School. All California High Cheerleaders are subject to this policy throughout the season commitment.

Participants who fail to comply with any of the requirements within this Constitution without legitimate reason or explanation will face disciplinary repercussions and possible removal from the team. The cheer team is a valued program that falls under the guidelines and expectations of the Athletic Department. The Athletic Department Contract is separate but is as important as this "Constitution." All participants must agree and comply with both.

I. ELIGIBILITY

Cheerleaders must maintain a 2.0 GPA at all times and at the time of tryouts. Failure to maintain a 2.0 will render the Cheerleader ineligible to participate in cheer activities until the next grading period in which the GPA is 2.0. If you are ineligible to participate in activities you will be benched at them but you must **still attend all practices, games, and activities in full dress in order to maintain your position on the squad**. If at the end of the following grading period the grades have not been raised to a minimum of 2.0 the cheerleader will be removed from the squad permanently. Cheerleaders must attend 50% of their daily classes and receive no class cuts to participate in practices, games, competitions and activities.

II. CONDUCT

- A. **Use of profanity, intimidation tactics, unsportsmanlike behavior, and disrespect toward squad members and/or coaches will not be tolerated.**
- B. Exhibit desirable behavior and strive to make appropriate decisions at all times, at school and while on school-sponsored activities away from school.
- C. Exhibit a strong work ethic.
- D. Resolve interpersonal problems and conflicts outside of practice.
- E. **Accept decisions and changes made by the coaching staff and administration.**

III. RESPONSIBILITIES

- A. All participants WILL wear required uniforms "properly" to school on game days and events.
- B. All participants will report to games at designated time.
- C. All participants will report to games in PROPER game attire (FULL uniform, hair, make-up). PROPER attire is as follows; Body liner, Shell, Skirt, Briefs, Socks, Shoes, Hair out of face (with Bow), Warm-ups and Poms in bag.
- D. **No Jewelry, No Body Piercing(s)!** This is for safety and liability and is not negotiable. This applies to PRACTICE, GAMES and other Cheer ACTIVITIES. Items must be removed. *BANDAIDS ARE NOT AN ACCEPTABLE FORM OF SAFETY PRECAUTION, this goes FOR ALL JEWELRY.*

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- E. Participants are responsible for knowing all information talked about and/or given out at practices. If you are absent from practice it is your responsibility to call and find out all required information.
- F. All Participants must remember NO PRACTICING, INCLUDING STUNTING AND TUMBLING, AT ANY TIME WITHOUT A COACH!

IV. ATTENDANCE

- A. Late or missed practices/games you MUST contact your coach before the missed practice/game and understand you will be benched.
- B. Attendance at practices & games is Mandatory.
 - 1. This applies to all participants.
 - 2. **Each athlete is allowed 3 MISSED PRACTICES, MAXIMUM. After your 3rd practice you will be removed from the squad.**
 - 3. All appointments must be scheduled around practice/games. A doctor's note may be required for missed practices.
 - 4. Outside employment is not an acceptable excuse for missed practices/games, or rallies.
 - 5. Vacations MUST be scheduled around practices, games and competitions.
 - 6. Missed practice consequences (in addition to the below benching policy) are determined by each individual coach for the benefit of the team.

V. BENCHING POLICY

Missed practices and games (no matter what the reason) will result in benching. We must stick to this strict policy to keep our program consistent and fair. When you miss a practice or a game you are impairing your team's ability to practice fully and get the most out of their time spent. Unlike other sports, cheerleading does not have a second string or another person to put into your place when you are out, we are a unique sport that requires a different set of benching policies. We do understand that emergency and illness do occur and you must take care of yourself and family first.

***A Missed practice** will result in benching for the first half of **YOUR SQUAD'S** game. If it is the practice before a game, will be determined based on the benefit of the need of your team and the performance. *** If you are sick you are expected to be @ practice to observe any potential changes, new counts, etc. ***

***A Missed Game** will result in benching of the next game, in its entirety, in full uniform.

Participation in half-times will be up to the coach's discretion, no exceptions.

Bereavement is the ONLY exception and Drs. Notes are required for all illnesses and emergencies. More than 2 benching from practice and/or game because of missed practices or games at any time WILL RESULT in suspension and/or dismissal. **Benching may also result if the coaching staff determines that Athletes are not following this contract or constitution.**

PARTICIPANTS WHO ARE DISMISSED FROM THE SQUADS WILL BE HELD ACCOUNTABLE FOR ALL OUTSTANDING INVOICES AND WILL NOT BE REIMBURSED FOR THE PARTICIPATION CONTRIBUTION OR OTHER EXPENSES.

VI. ALCOHOL/ILLEGAL DRUGS/TOBACCO

The cheer/dance program follows the SRVUSD policy of alcohol, tobacco, and drug use. SRVUSD takes the position that any use of alcohol, drugs, or tobacco during, before or after squad practices, extracurricular activities, cheer events or any student who uses, possesses or is

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under the influence of a controlled substance WILL NOT be tolerated. The district's policy follows:

Any student participating in extracurricular activities who possesses or is under the influence of a controlled substance as defined in Chapter 2 (commencing with Section 11053) of Division 10 of the Health and Safety Code, alcoholic beverages, intoxicants, or tobacco products of any kind at any time during the current season or activity year shall be disciplined, upon verification by the administration and presentation of findings of fact under Education Codes 48900 and 48915, and as follows:

Alcohol/Drugs:

For a first offense the student shall be suspended for three weeks of competition or activity. The principal or designee shall conduct a conference which involves the participant and his/her parent(s) and the coach or advisor to discuss the misconduct.

A second offense will result in suspension from extracurricular activities for a six (6) month period from the date of the infraction.

A third offense will result in a twelve (12) month period of suspension from extracurricular activities from the date of the infraction.

- Students found to be selling such controlled substances shall be removed from the extracurricular activities for a twelve (12) month period from the date of the infraction and are subject to discipline under Education Codes 48900 and 48915.

- Athletes/students with substance abuse problems are encouraged to talk to their coach/advisor, athletic director, or other school official. Athletes/students who come forward asking for assistance with their dependency problem, prior to involvement in an incident which requires disciplinary action, will not be subject to disciplinary action as a result of their disclosures related to the request for assistance.

- Should a participant become involved in an incident which requires disciplinary action either during or upon completion of a rehabilitation program, he/she will be disciplined in accord with the directives set forth in this policy/procedure.

Tobacco Products: A first offense will result in a one-week suspension from extracurricular activities/team competition. A second offense will result in a suspension from the extracurricular activity/team competition for three weeks.

VII. TRANSPORTATION

District policy states no one drives or rides with any individual under the age of 25 to any away game or event. Athletes are PROHIBITED from driving themselves to AWAY GAMES.

All drivers are required to fill out an online application for "automobile permission form" and keep it in good standing for the duration of the season.

Transportation to and from home games is the responsibility of the individual participant/parent.

Transportation to away games/events must be provided by a parent driver. You must arrive and depart with the SAME adult or carpool they are assigned to.

You must meet at Cal High at the designated time and travel to the event as a team.

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If for any reason this should change you MUST have a written note given to the coach BEFORE the game begins from your parent stating this change and indicating whom you will be going home with.

VIII. HALFTIMES

- A. Every member of the Cal High Cheer program will participate in halftimes.
- B. **Coaches reserve the right to automatically move up or down any participant(s) from additional squads based on their ability and performance level.**
- C. Coaches reserve the right to remove participants from particular stunts/formations because of missed or non-participating practices, safety concerns, and changes.

IX. POLICIES FOR FORFEITING YEAR END AWARDS

- A. Contract Violations
- B. Not completing Football Season including Playoff Games

Please Sign and Return

I, _____ and _____
Participant Print Name Parent(s)/Guardian Print Name

I acknowledge that we have received, read thoroughly, understand, accept and agree to the Cheerleading Constitution and its terms.

X _____
Participant Signature

X _____
Parent(s) Signature

Date: _____

Date: _____