

Esperanza High School 2018 – 2019 Cheerleading Handbook

The Esperanza High School Cheer Squad is one of the best cheerleading programs in the state of California. It is a privilege to be a part of this program, and it should not be taken lightly. The EHS Cheerleading program has a legacy of pride, commitment, and accomplishments (including many local, state, and national championships). As a member, you will become a part of that legacy and have a responsibility to maintain it. This program is very proud of its past accomplishments and has very high expectations for its future.

The Esperanza High School Cheerleading program will build and nurture character, integrity, diligence, and honesty in every student-athlete. The program will provide the student-athlete with the necessary preparation and coaching to win not only on the competition floor and in the classroom, but in life as well. As a member of this program, student-athletes will represent Esperanza High School and the Placentia-Yorba Linda Unified School District in everything they do. Therefore, members will be held to a higher standard of conduct than other students. Your role will include, but is not limited to, the following:

- 1) Promoting school spirit & Aztec Pride at Esperanza High School
- 2) Supporting Esperanza athletics by cheering at sporting events
- 3) Performing at pep rallies, games, and special events
- 4) Being a positive leader on campus and serving the school and community
- 5) Representing Esperanza High School at cheerleading competitions and other events

Unlike most other sports/activities, cheerleading is a year-long commitment. The cheerleading season begins in April, directly following tryouts, and concludes the subsequent March. Upon joining the cheerleading program, you are acknowledging the vast commitments required of both the athlete and the parents/guardians to the program. Below is a summary of the season:

- 1) **April – Mid June:** Athletes will be attending after school/night practices, fundraising events, and team bonding events.
- 2) **Mid June – August:** Athletes will be attending team practices, camps, fundraising events, and team bonding events.
- 3) **September – October/November:** Teams will be perfecting their competition routines, cheering at football games, and wrapping up the majority of their fundraising events.
- 4) **November:** Competition season begins
- 5) **January:** Basketball season begins
- 6) **February :** Competition season ends; 2018 – 2019 cheerleading season ends

This handbook will provide you with a more in-depth overview of the activities, responsibilities, and expectations of being a member of this program. Be sure that both athlete and parents/guardians read through and understand the entire handbook.

MANDATORY CHEER SQUAD EVENTS

Any event schedule 7 days in advance will be consider mandatory.

Practices/Choreography. ALL practices are mandatory. It is your responsibility to know the practice schedule and any changes by reading each week's Pep Talk, any email updates, checking the program calendar, and signing up for the Remind 101 texts.

Football Games. Attendance at all scheduled football games is mandatory. Football season begins in late August/early September and may continue through November or December.

Varsity Cheer will perform at every Varsity football game. There will be a mandatory team dinner before every Friday Varsity home game and the Homecoming Game. Keep in mind that Varsity Cheer will perform at CIF playoff games, as well. Playoff schedules and locations may not be released until the weekend before playoffs begin. Football post-season games may take place during Thanksgiving week and may extend through December.

JV Cheer will perform at every home Freshman/JV football game, the Varsity Homecoming game, and the Varsity "Jr. Aztecs" game. JV Cheer will attend the mandatory team dinner before the Homecoming game.

Basketball Games. Attendance at all scheduled basketball games is mandatory. Basketball season begins in January and may continue through March.

Varsity Cheer will perform at every boys' Varsity basketball game. They may also perform at select girls' Varsity basketball games. Keep in mind that Varsity Cheer will perform at boys' CIF playoff games, as well. Playoff schedules and locations may not be released until the weekend before playoffs begin. Basketball post-season may extend through March.

JV Cheer will perform at select home boys' Freshman/JV and girls' Varsity basketball games. JV Cheer will also perform at the Varsity "Jr. Aztecs" game. Keep in mind that JV Cheer will perform at some girls' home games, as well. Playoff schedules and locations may not be released until the weekend before playoffs begin. Basketball post-season may extend through March.

School Pep Rallies. Attendance at all school rallies is mandatory.

1. Homecoming Rally: All teams perform
2. Beat YL Rally: Performances TBD
3. Clash of the Classes Rally: Performances TBD
4. Prom Rally: Performances TBD
5. Other Rallies: Performances TBD

Competitions, Showcases, Performances. Attendance at all competitions, showcases, and performances is mandatory.

1. Coaches make the final decision on the competition team placements and there is no option to opt out. (At the coaches' discretion, athletes may be placed on a different competition team than their game team.) Coaches may make adjustments and move an athlete to another team at any time throughout the season. Typically, competition season begins in November and concludes in

February. Competitions will always take place on weekends and possibly holidays. (Exceptions: USA Nationals will begin on a Friday)

2. **Fundraisers.** Some fundraising events are designated to fund the general program account, and some events are designated to fund individual athlete's accounts. Participation in all fundraising events is strongly encourage, athlete attendance is mandatory.
3. **Other Events.** Additional school events may come up throughout the season. Everyone will be notified by the Pep Squad Advisor of any additional events. Any School event with 3 days' notice is mandatory.

COMMUNICATION

ANY and ALL communication concerning your athlete, practices, games, competitions, performances, rallies, fundraiser meet times, etc. should be addressed directly to Tracy Brooks, the Advisor/Head Coach ONLY. Do not contact the other coaches with any concerns or issues. All communication must go through the Advisor. The Advisor will then notify the coaches if necessary. If you have any questions regarding program donations, sponsorships, fundraising, and volunteer opportunities, please contact the Booster President.

You may contact Coach David via phone/text with any urgent topics or concerns. Athletes are not permitted to contact any coach via phone/text. If athletes have any questions, they may either email Coach David, send a message on their team's GroupMe account, or send a private message via GroupMe (*described below*).

David Ribadeneira Email: Esperanzahscheer@gmail.com

David Ribadeneira Phone: 714-944-2044

Athlete Communication.

In order to help prepare our student-athletes for life beyond the cheerleading program and high school, constant communication between the coaching staff and athletes is vital. We encourage all the athletes to approach the coaching staff with questions and/or conflicts that may arise throughout the season.

Pep Talk. Every Sunday, an email will be sent out to all parents and athletes with all of the information regarding the week's activities including: practices, games, fundraisers, competitions, and any other events. If any changes are made for that week, an updated email or Remind 101 update will be sent out.

Shutterfly. The EHS Pep Squad has a Shutterfly page. The page contains calendars, team rosters, and pictures/videos. After signing up for the page, members will have access to the program calendar which will have all practice and event information that was provided in that week's Pep Talk. Members are also able to and are encouraged to upload any photos or videos to the site after every event (games, competitions, fundraisers, etc.).

You will receive an email with an invitation to the site. After receiving the email, just follow the directions and sign up for a Shutterfly account. After this, you will have access to the private site and will also be emailed event reminders 24 hours in advance based on what is on the calendar. (You can always go to your settings and disable event reminders if you wish.)

It is strongly recommended that both parents and athletes download the "Shutterfly Share Sites" app on your phones. (Keep in mind there is a regular Shutterfly app and a separate Shutterfly Share Sites app. Be sure to download the Shutterfly Share Sites app.) The app is free and will allow you to sync the EHS Pep Squad calendar with the calendar on your phone. After downloading the app and logging in, go to "Calendar". At the bottom of the screen there will be an option to add the schedule to your phone's calendar.

**The Shutterfly page is a private site. Only EHS Pep Squad members and parents will have access to the site. So uploaded pictures/videos, rosters, and the calendar cannot be viewed by the public.*

Remind 101 will be used to send out short reminders and updates to both the athletes and parents in the form of a text message. No one will be able to respond to this text message and no phone numbers are displayed.

Please make sure that you and your athlete sign up for the appropriate Remind 101 update by doing the following:

Everyone text to this number: **81010**

Varsity Cheer Athletes text this message: @ehsvch

Varsity Cheer Parents text this message: @ gg6479

JV Cheer Athletes text this message: @ g9a3c3

JV Cheer Parents text this message: @ 7933e7

You do not need to download an app to receive the Remind 101 texts.

GroupMe. Must download app, group code will be given at practice.

GroupMe is a free app for group text messaging. Each team will have its own GroupMe account for which each athlete will need to sign up. GroupMe will allow coaches and athletes to communicate with each other. This will be especially useful when teams go to camps, competitions, and other events.

FUNDING THE EHS CHEERLEADING PROGRAM

As a member of the EHS Cheerleading program, you have a responsibility to see that your program stays funded. The Cheerleading Program is not funded in any way by the school, the district, or the state. Our only source of funding is from the participants' families who make personal contributions, secure sponsorships, and participate in fundraising. We are responsible for our own uniforms, materials, coaches' stipends, transportation, equipment, camps, competitions, practice wear, etc. By joining this program, it is assumed that each family understands its responsibility to fund the needs of our student-athletes.

Our budget is determined at the beginning of the year based on the number of participants we have, how many competitions we plan to attend, and overall program expenses. The program needs to be fully funded each year by the start of the competition season. The Schedule of Expenses indicates the dates that funds are needed so that the competition season can be paid for in-full, prior to its beginning. The Schedule of Expenses outlines what is spent on each athlete to participate in the Cheerleading program.

There are three ways to secure the funds needed to make this program successful:

- 1. Individual Contributions.** Many choose to go this route and just contribute up front or by following the Schedule of Expenses to ensure that funds are contributed by the dates needed.
- 2. Sponsorships.** We understand that many families have other financial obligations and find it difficult to fund their athlete fully via individual contributions. Many take advantages of sponsorships as a way to generate funds for their athlete's expenses. A sponsorship form is included for your use. Send these out to family members, friends, and community businesses you frequent throughout the year. Many are willing to help with some amount of money and every bit adds up quickly.
- 3. Fundraisers.** Fundraisers are another great way to raise funds to cover your athlete's expenses. In some instances, the individual presale of tickets to group fundraisers, like car washes and showcases, and kids' clinics go directly towards a participant's expenses. Group fundraisers are mandatory, and the proceeds go toward the needs of the entire program. We like to have one fundraiser each month and any ideas you may have are appreciated! Please contact the Booster President with any suggestions.

Esperanza High School Cheerleading Sponsorship Form

The Esperanza Cheerleading program is one of the best in California. It is a great honor to be an athlete in this program and be responsible for upholding a legacy of tradition, pride, and commitment. The program holds many local, state, and national championship titles needs community support to maintain this level of excellence. We are reaching out to you for a sponsorship to help defray the costs involved, such as equipment, uniforms, training camps, traveling expenses, and competition fees. The training and experience received in this program could also help these athletes obtain college scholarships and leadership roles.

The Esperanza High School Cheerleaders truly appreciate the continuing support of our community and a donation in any amount is greatly appreciated.

501c3 Tax Exempt Deductible Organization Tax ID: 33-0565297

We have four sponsorship levels:

Bronze \$75.00

Silver \$150.00 (Plaque)

Gold \$300.00 (Plaque & individual name listed on the EHS Cheer website)

Platinum \$450.00+ (Gold level plus your business card included on our sponsor recognition page of the EHS Football program; *be sure to include a business card*)

Please **COMPLETE THIS FORM** and **MAIL** it with a check payable to the **Esperanza HS Cheer & Song Boosters**.

Mail to: Esperanza Cheer & Song Booster Club P.O. Box 373 Yorba Linda, CA. 92885

------(Detach the form below and mail with check)-----

Cheerleader Name: _____

Contact and/or Business Name: _____

Address: _____

Phone: _____

I DO _____ DO NOT _____ want a sponsor plaque (\$150, \$300, & \$450 levels only)

Athlete's Responsibilities to the Esperanza Cheerleading Program

Commitment. Unlike most other sports, being a member of the Cheerleading Squad is a year-long commitment. Our season begins in April and concludes the following March. Members must be prepared and willing to dedicate their time for the entire season. The Pep Squad must take priority over all other activities. This means that if there are any conflicting events, obligations to the Cheerleading Program (practices, performances, fundraisers, events, etc.) come first. **NO EXCEPTIONS.**

Responsibility. Members of the Cheerleading Squad are among the busiest members of the EHS student body. Aside from the typical activities of the cheer program, teams may be asked to appear at various school and community events throughout the year. Exercising time management skills is essential for all program members.

Positive Attitude/Behavior. Members must demonstrate positive and productive attitudes at all times. Athletes need to recognize that they are a member of a team and must act in a way that is beneficial to their team and the Cheerleading Program. Negative attitudes, disrespectful actions, bad manners, gossip, rumors, etc. will not be tolerated. Members will follow the "Golden Rule": treat others as you wish to be treated.

Good Sportsmanship. Members will demonstrate good sportsmanship at all games, showcases, competitions, and events. Athletes must remember that as a member of the EHS cheer squad, there will be many other teams and spectators watching them. Members are to refrain from negative talk about other teams. At sporting events, frustration regarding the direction or the outcome of a game should not be displayed. Remember, the Cheerleading Squad is at the game to encourage the team and lead the crowd. At competitions & showcases, members clap for all teams during award ceremonies, regardless of the results.

School Ambassador. Members of the Cheer Squad are very important ambassadors of Esperanza High School, both on and off campus. Members must remember to act in a respectful way on and off campus, whether in uniform or not. Disrespectful behavior towards other students, teachers, administrators, etc. will not be tolerated.

Academics. Athletes must maintain at least a 2.0 GPA at all times. Athletes must be able to use their time wisely and complete any school work or studying outside of the cheerleading program schedule. *Read the grading policy for more information regarding academics*

Attendance. Attendance to all practices, performances, fundraisers, and cheerleading events is mandatory. When an athlete is missing from a practice or event, it has an adverse effect on the rest of the members of the team. *Read the grading policy for more information regarding attendance.*

Additional Training. As an EHS Cheerleader, it is your responsibility to always perform at your best. Taking extra lessons outside of practice (for tumbling, jumps, etc.) may be necessary. *Please contact the Advisor for recommendations on how your athlete can improve and/or instructor recommendations.*

Uniform & the "EHS Pep Squad Look". The "EHS Cheer Squad Look" refers to the head-to-toe uniform of the Esperanza cheerleader. Members must adhere to this uniform any time their team meets. *Read the grading policy for more information regarding Uniform.*

Parent/Guardian Responsibilities to the Esperanza Cheerleading Program

Communication. Parents may **NOT** approach the coaching staff with any questions, concerns, or issues. All communication (emails, phone calls, in-person conversations) **MUST** be addressed to the Cheerleading advisor. Parents may make an appointment to meet with the Advisor during non-instructional times and at the Advisor's convenience. Coaches will **NOT** be present at any meeting. Parents should contact the Advisor regarding any acts of bullying or improper behavior involving their athlete. Non-emergency emails and phone calls will be returned at the Advisor's convenience within 48 hours of receipt.

Support. Parents must maintain a positive, supportive, and selfless attitude towards the program. It is about the team, NOT the individual. Parents must be team players, as expected with the athletes. The primary role of the parents/guardians of cheer squad members is to support both their athlete and the program. Some practices will be harder than others, and there will be times when athletes may come home frustrated. If your athlete expresses frustration to you, it is imperative that you encourage her/him and keep her/him motivated. Negative conversations/behavior with your athlete, other athletes, parents, or other spectators will not be tolerated. This has the potential to spread to the team at practices and performances and can create a toxic environment for the athletes. *If you ever have any questions or concerns, please contact the Advisor.* Parents may not coach, reprimand, or criticize any athlete from any team at any time.

Practices & Events. Parents must understand that all cheerleaders are under the direct supervision of the Advisor and coaching staff while at practices and events (games, performances, competitions, fundraisers, etc.). Parent involvement may only occur at the request of the Advisor. Parents must keep their distance from the team and athletes at all Cheer Program events, unless otherwise directed by the Advisor. When athletes are staying in a hotel or dorm room, NO parent may enter an athlete's room.

Good Sportsmanship. Parents/guardians must demonstrate good sportsmanship while attending events. Remember, you never know who you may be sitting next to in the stands. Refrain from speaking poorly about any teams or performances.

Volunteering/Financial Responsibility. Parents/guardians are required to volunteer in at least 2 of the program's events/fundraisers. Remember, the Cheerleading Program is funded 100% through fundraising, sponsorships, and individual donations. No money is received from the school, school district, or state. It is the responsibility of each member and family to participate equally in fundraising and to help obtain sponsorships.

Failure of a parent/guardian to adhere to these responsibilities may result in your athlete being removed from the cheerleading program.

2017-2018 CHEERLEADING PHILOSOPHY & CODE

The primary purpose of the Esperanza Cheerleading program is to generate spirit, pride, and leadership through support, performance, and personal conduct. The conduct of the EHS cheerleaders is closely observed by many. It is important that members conduct themselves in a manner above reproach.

Cheer Squad members are subject to all of the rules and regulations of Esperanza High School and the Placentia Yorba Linda Unified School District. Furthermore, the EHS cheerleaders are representatives of the school and will be expected to display appropriate conduct at all events on and off campus. The advisor retains the authority to suspend or dismiss from the team those cheerleaders who fail to meet the following standards of conduct:

A practice is defined as any organized meeting of any of the cheer teams called by the EHS cheer advisor and/or coaches.

An event is defined as any occasion when a cheerleader is in uniform. This includes games, pep rallies, competitions/performances, fundraisers, or any other activity that the advisor has asked the program to attend.

Behavior

- 1) Athletes are to treat all teachers, coaches, administrators, students, and parents with respect at all times (during and outside of cheerleading event and practice hours).
- 2) Athletes are to demonstrate good sportsmanship at all Cheerleading and Esperanza High School events.
- 3) Profanity and/or inappropriate hand or body gestures will not be tolerated at any time.
- 4) Public displays of affection (PDA) are not allowed while at any practices or events.
- 5) Posting negative or inappropriate comments/photos/videos on any social media platform.
- 6) All cheerleaders will be directly responsible to their coaches/advisor for all actions at cheerleading events or whenever representing Esperanza High School.
- 7) Any violations to rules 1a – 1f could result in consequences for the athlete as severe as suspended from all Pep Squad activities (including practices, games, competitions, events, etc.).
- 8) if suspended:
 - a) A meeting with the athlete, parent, and advisor will be scheduled to discuss the terms and length of the suspension.
 - b) The athlete will also be placed on a behavioral contract.

Commitment

- 1) Members must dedicate their time for the entire season.
- 2) The Cheerleading Program must take priority over all other activities. This means that if there are any conflicting events, obligations to the Cheer Squad (practices, performances, fundraisers, events, etc.) ALWAYS come first.

Eligibility

- 1) Grades
 - a) Cheer Squad members must maintain a 2.0 GPA in order to participate in the program.
- 2) If at the end of the grading period an athlete falls below a 2.0 GPA, he/she will be placed on academic probation for the following grading period. While on academic probation, athletes will still attend practices, games, competitions, and certain events. If an event (not including games and competitions) is taking place during school hours, then athletes on probation will not be invited to attend.

- 3) Athletes must achieve a 2.0 GPA or higher at the end of the following grading period in order to be taken off of academic probation and be allowed to return to all regular Cheer Squad activities.
- 4) If an athlete falls below a 2.0 GPA two grading periods in a row, they will become academically ineligible to participate in the Cheer Squad. Athletes who are ineligible to participate must continue to attend all practices (for one hour), but will do homework/study.
- 5) If an athlete fails to raise their GPA by the third grading period, they will be removed from the Cheer Squad.
- 9) Athletes are ineligible to tryout if:
 - a) Athlete quit /left the Cheer Program in previous years before that season's end.
 - b) Athlete was removed from the Cheer Program in previous years due to behavioral reasons.
(not including dismissal due to grades)

Transportation

- 1) School Provided Transportation (Buses)
 - a) In the event that the Cheer Squad uses school transportation, **ALL** members **MUST** ride the bus to **AND** from the event. Members will not be allowed to leave the event with their parent/guardian. Members will return to the school on the bus and may be picked up from there.
 - b) All cheerleaders must follow all rules posted in the bus. All district/school rules and regulations apply.
 - c) District transportation forms and payments must be completed and submitted by the due date.
(if applicable)

The Cheer Squad Uniform

- 1) The Cheer Squad Uniform refers to the "head-to-toe" appearance that all cheerleaders must adhere to at any event.
- 2) Practice Dress Code
 - a) All members must follow their team's dress code at all practices. Dress codes will be announced to the teams and parents at the beginning of the season.
 - b) Athletes need to have hair pulled back in a ponytail with a bow at the start of each practice.
 - c) Athletes must wear the appropriate practice shoes at the start of each practice.
 - d) **No jewelry may be worn.** All jewelry must be removed before the start of every practice.
 - e) Nails may not extend beyond the fingertips. Nail polish may be worn at practices.
 - f) Athletes may not chew gum at practices.
- 3) Games, Pep Rallies, Competitions, other Events Dress Code
 - a) All members must wear the uniform listed in the advisor's weekly Pep Talk, unless otherwise stated in a subsequent email or Remind 101 message.
- 4) Hair
 - a) Hair must be one natural color at all events. Subtle/natural highlights are permitted.
 - b) The Cheer Squad will utilize numerous hair styles throughout the season. Athletes must follow whichever hair style is assigned for each event.
 - c) Athletes must wear the correct hair bow to each event.
- 5) Make-Up
 - a) Cheer Squad members will utilize different make-up styles for events and performances. Athletes must follow whichever make-up style is assigned for each event.
- 6) Athletes Shoes must keep their performance shoes clean.
- 7) No jewelry may be worn.
- 8) Nails may not extend beyond the fingertips. Nail polish may not be worn at games, pep rallies, competitions, or other events.
- 9) Dress Code violations at events may result in the athlete being "benched" from the event.

- 10) All uniform pieces (shells, liners, skirts, bows, shoes, etc.) and practice clothing must be kept neat and clean at all times.
- 11) If a uniform or practice clothing is damaged, lost, or stolen, the item must be replaced by the team member at their expense.
- 12) Under no circumstance, may a member wear a Cheer Squad uniform at non-designated activities.
- 13) Cheer Squad uniforms and practice clothing may never be lent to or worn by someone who is not a member of the Cheer Program.

Squad Composition

- 1) Athletes must undergo the tryout process in order to be considered for the Cheer Squad. Athletes may be allowed to try out at a later date at the discretion of the cheer advisor.
- 2) The Cheer Squad advisor makes the final decision on the results of tryouts and athlete placements.
- 3) The advisor and coaching staff will determine the size, members, and divisions of each team.
- 4) The advisor and coaching staff may adjust team sizes, divisions, or transfer an athlete to another team (ex. Varsity Cheer to JV Cheer, JV Cheer to Varsity Cheer) at any time.

Injury/Illness

- 1) An athlete who has missed practice for illness or injury for 1 or more consecutive practices must present a physician's note clearing them to return to participation. If an athlete has multiple days of being unable to practice due to limitations, they will be benched until the physician's note is turned in. The note must be from a non-familial medical physician. If an athlete returns without a physician note, they will be required to sit out until a note has been turned in.
- 2) In the event of an injury, the athlete must present a physician's note in order for the athlete to sit out of practice/events.
 - a) An updated physician note must be turned in when the athlete is cleared to return to participation. Without a note, the athlete will be required to sit out until one has been provided.
- 3) Please make sure that all physician notes contain the following information:
 - a) Physician name and contact information
 - b) Date the athlete was seen
 - c) Information regarding the illness/injury
 - d) Any specific instructions or restrictions
 - e) Date the athlete may return to participation

Game Conduct

- 1) The advisor and coaching staff may assign an athlete to cheer/perform at either JV or Varsity games at any time.
- 2) Missing the practice directly prior to that week's game(s) will result in being "benched" from that practice.
- 3) Cheer Squad members are to remember that they have a job to do at games. Games are not a social outing for them.
- 4) Athletes must refrain from excessive talking while at games.
- 5) Athletes may not chew gum at games.
- 6) Athletes are to stand at attention during the National Anthem.
- 7) All directions must be followed by Cheer Squad.

Event Conduct

- 1) Cheer Squad members are to remember that they have a job to do at events. Events are not a social outing for them.

- 2) Athletes may not chew gum at events.
- 3) Athletes are to stand at attention during the National Anthem.
- 4) Participation in scheduled out-of-state competitions is not optional.
- 5) Any absence/suspension within 7 days of a performance (pep rally, showcase, competition, etc.) will result in being “benched” from that performance. Athletes may continue to be benched from multiple performance if events are within 7 days apart.
- 6) If an athlete is unable to practice for any reason (including illness or injury) within 7 days of a performance (pep rally, showcase, competition, etc.), they will be “benched” from that performance.
- 7) Varsity Alternates
 - a) The advisor and coaching staff may designate members of the Cheer Squad as varsity alternates. Alternates will perform on the junior varsity team, unless called on to perform with varsity for any reason.
 - b) Alternates may be called on to perform with varsity at any time. Both JV and Varsity members may be moved to an alternate position at any time.
- 8) All Cheer Squad members will compete. The team on which they compete is the decision of the Advisor and the coaching staff and can change at any time throughout the season.
 - a) Exception: Cheer Squad members will not compete if they are academically ineligible.
 - b) Exception: Cheer Squad members will not compete if they are not medically cleared by a physician.
 - c) Exception: Cheer Squad members will not compete if they are on suspension.
- 9) All other Cheer Squad guidelines must be followed.

Cheer Squad Suspension

In the event of a suspension, the Advisor will schedule a meeting with the athlete and their parent/guardian to discuss the athlete’s future in the program. The athlete will also be placed on a behavioral contract.

- 1) The following infractions of Pep Squad rules can result in suspension:
 - a) Excessive tardiness/absences.
 - b) Unexcused absence from an event (game, fundraiser, rally, performance, showcase, competition, etc.)
 - c) Inappropriate conduct while in uniform or representing the EHS Cheer Squad, Esperanza High School, and/or the Placentia Yorba Linda Unified School District.
 - d) Consistent failure to follow the dress code for Cheer Squad events.
 - e) Failure to follow the rules set by the Esperanza Pep Squad Philosophy & Code, Esperanza High School or the Placentia Yorba Linda Unified School District.
 - f) Unauthorized transportation to or from away events.
- 2) Length and terms of suspension will be determined by the Cheer Squad advisor. **Extra credit activities may be required to lift a suspension.**

Pep Squad Removal

- 1) The following infractions will result in immediate dismissal from the Cheer Squad program:
 - a) Any athlete whose grade has dropped to an “F” in the Pepsters class will be removed from the program and enrolled in a general PE class.
 - b) Violation of any suspension and/or behavioral contract.

Varsity Letter

- 1) Athletes must complete at least 90% of the varsity events (not including competitions) and maintain a grade of at least 90% in the class.
- 2) Athletes that have had any serious disciplinary actions against them will not be eligible for a Varsity letter that season. Letters will be distributed at the end of season banquet.
- 3) Varsity Letters for, injured athletes or athletes who were pulled up mid-season, will be determined at the Cheer Squad Advisor's discretion.

Senior Scholarship Award

- 1) At the discretion of the Cheer Squad Advisor and the Booster Board, a financial scholarship may be awarded to an eligible senior athlete at the End of Season Banquet.
- 2) If being offered, the scholarship application and instructions will be released to eligible seniors and their families in March of the current Cheer Squad season.
- 3) In order to be eligible for the scholarship, athletes must:
- 4) Be a senior who is currently a member of the Cheer Program
- 5) Be academically eligible to participate in the Cheer Program, as defined in the Cheer Squad handbook.
- 6) Have not had any disciplinary action taken against them during their senior year.
- 7) Have a fully paid Cheer Program account, at the time the senior scholarship applications are released.
- 8) The amount of the senior scholarship will be determined by the Cheer Squad Advisor and Booster Board each year. The award is to be used for expenses related to the athlete's higher education.
- 9) A maximum of one senior scholarship will be awarded each season.

ESPERANZA HIGH SCHOOL CHEER SQUAD GRADING POLICY Other Infractions

Breaking any of the rules as set forth by the EHS Cheer Squad Handbook, Philosophy and Code, or Cheer Squad Contract will result in a loss of points. The amount of points you will lose will be determined by the Cheer Squad advisor.

Extra Credit

Extra credit opportunities will be provided throughout each grading period at the discretion of the Cheer Advisor. Extra credit will not be applied to points deducted for **Event Absences** or **any violation that results in suspension or dismissal from the Cheer Squad**.

All students will start the semester with 100 points (the maximum). Grades will follow this grading scale:

- 90 - 100 points: A
- 80 – 89 points: B
- 70 – 79 points: C
- 60 – 69 points: D
- 59 and below: F

A practice is defined as any organized meeting of any of the Cheer Teams called by the Cheer Squad advisor.

An event is defined as any occasion when a Cheer Squad member is in uniform. This includes games, pep rallies, competitions/performances, fundraisers, or any other activity that the Cheer advisor has asked the Cheer Squad to attend.

Students will lose points for the following infractions:

Tardiness

Being on time means that the athlete is at the designated practice or meeting location at the designated time. *Example: Being in the parking lot, bathroom, etc. at the meet time is considered tardy.*

To be considered on time, athletes must also be completely dressed in their practice clothes or uniform. *Example: Not having cheer shoes on at the start of a practice is considered tardy.*

Leaving a practice or event early is considered a tardy.

Tardy infractions will result in the following:

- Practice Tardy: 3 point deduction
- Event Tardy: 5 point deduction

Absences

- 1) Attendance at all practices and events is MANDATORY. Cheer Squad families must do their best to restrict their vacation times to those dates given on the Cheer Squad vacation schedules.
- 2) Excused Absences
 - a) An absence will be considered excused if written, emailed notice has been provided to the advisor at least two weeks (14 days) in advance, and then approved by the advisor. (Text messages are not an acceptable form of notification.)
- 3) In the event of severe illness, medical emergency, or family emergency/funeral, parents must notify the advisor as early as possible.
 - a) Any of these types of absences may still have some consequences to them.
- 4) Absences of 1 days or more caused by illness require a doctor's note in order to return to any and all Cheer Squad activities.

5) Unexcused Absences

- a) An absence will be considered unexcused if the advisor has not been given at least two weeks (14 days) written, email notice and/or the request was not approved by the advisor. (Text messages are not an acceptable form of notification.)
- b) Headaches, stomachaches, cramps, colds, sniffles, etc. are not acceptable reasons to miss a practice or event.
- c) Homework/studying is not an acceptable reason to miss a practice or event. Student-athletes must be able to organize their time responsibly to allow for homework and studying outside of practice/event times.
- d) Work is never an excuse for missing a practice/event.
- e) Event absences are never excused. Missing a Cheer Squad event can result in suspension and being placed on a behavioral contract, in addition to point deductions.

6) Absence infractions will result in the following:

- a) Unexcused Practice Absence: 5 point deduction
- b) Event Absence: 11 point deduction

Dress Code Violations

- 1) The Cheer Squad dress code refers to the head-to-toe uniform the athlete is instructed to wear.
- 2) To practices, athletes are expected to wear a bow/ribbon in their hair, the correct practice top and bottom for that day, and their practice shoes.
- 3) ALL jewelry (earrings, necklaces, nose rings, navel rings, bracelets, etc.) must be taken off before the start of practice. If a member is wearing the wrong clothing, does not have a bow in their hair, has jewelry on, or does not have their shoes on at the start of practice, points will be deducted from their grade.
- 4) To events, athletes are expected to wear the correct bow, uniform, and performance shoes.
- 5) ALL jewelry (earrings, necklaces, nose rings, navel rings, bracelets, etc.) must be taken off before meeting for the event. No nail polish may be worn to an event.
- 6) If a member is wearing the wrong uniform, bow, or has jewelry or nail polish on when meeting for an event, points will be deducted from their grade. *(Please read the "Cheer Squad Uniform" section of the Cheer Squad Philosophy and Code for further details.)*

Dress Code infractions will result in the following:

- Practice Dress Code Violation: 3 point deduction
- Event Dress Code Violation: 5 point deduction

Release Forms/Permission Slips

Cheer Squad members will be required to turn in release forms and permission slips for various events throughout the season. Every item will be assigned a date by which it needs to be completed and returned. Turning items in late will result in points being deducted from their grade.

Late release forms/permission slips will result in the following: 1 point deduction for every item per school day it is late

Other Infractions

Breaking any of the rules as set forth by the EHS Cheer Squad Handbook, Philosophy and Code, or Cheer Squad Contract will result in a loss of points. The amount of points you will lose will be determined by the Cheer Squad advisor.

Extra Credit

Extra credit opportunities will be provided throughout each grading period at the discretion of the Cheer Advisor. Extra credit will not be applied to points deducted for **Event Absences** or **any violation that results in suspension or dismissal from the Cheer Squad.**

2018 – 2019 Esperanza High School Cheer Squad Contract

1. I have read and will abide by all of the rules in the Cheer Squad Philosophy and Code.
2. I have read and will abide by the Athlete and the Parent/Guardian Responsibilities (*Whichever is applicable.*)
3. I have read and will abide by the Game Conduct Guidelines.
4. I have read and will abide by the Events Conduct Guidelines.
5. I have read and agree to the Cheer Squad Grading Policy.
6. I have read and will abide by all of the rules and regulations discussed in the Cheer Squad Handbook.
7. I will abide by all school and school district rules and regulations.
8. I will abide by all of the rules and regulations set by EHS teachers, EHS administrators, and Cheer Squad coaches.
9. I will register in the P.E. Pepsters 6th class and will meet all obligations asked of me throughout the Cheer Squad season.
10. I will not possess or use/consume tobacco, alcohol, or drugs at any event or in uniform.
11. I understand that all cheer practices and events are mandatory, and that I must be on-time to all practices and events. (*See Grading Policy for consequences.*)
12. I understand that if there is assigned transportation for an event, I must ride to and from the event using that assigned transportation.
13. My uniforms and practice clothes will be kept clean and neat at all times.
14. I will abide by the practice and event dress codes at all times. (*See Grading Policy for consequences*)
15. I will not chew gum at any time at practice or an event.
16. I will not take part in any gossip or negative conversation about another Cheer Squad member, member of another team, coach, teacher, administrator or student (includes conversations in person, phone/text, email, social media, etc.).
17. I understand that my commitment to the EHS Cheer Squad program is year-long and takes priority over all other activities.
18. My parents/guardians and I have read and understand the entire Cheer Squad Handbook and accept the rules, regulations, and responsibilities outlined.
19. All monies and contributions towards the Cheer Squad program are **non-refundable**. There are no refunds of monies contributed, raised, or provided through sponsorships towards this program for any reason.

I understand that violating any of the above rules will result in points being deducted from my grade and could result in my suspension or removal from the Cheer Squad program.

Student Name

Student Signature Date

Parent/Guardian Name

Parent/Guardian Signature Date

Parent/Guardian Name

Parent/Guardian Signature Date

Esperanza High School ATHLETIC CODE OF CONDUCT

The goal of athletic participation is to provide a rewarding co-curricular experience for all students. All participants must commit to exemplary conduct and behavior as a representative of the school, district, and community.

Participants in Placentia-Yorba Linda Unified School District Athletics, agree to the following:

1. To recognize that athletes involved in activities that reflect negatively upon themselves, the team, or the school are subject to suspension from athletics.
2. To understand that hazing is defined as any act of forcibly involving fellow students in inappropriate, demeaning, or potentially dangerous acts (as in an initiation rite). Hazing is a form of intentional harassment and is considered a serious violation of our Code of Conduct.
3. To meet the minimum academic requirements established by the Board of Trustees of the Placentia-Yorba Linda Unified School District and California Interscholastic Federation (CIF) for eligibility.
4. To recognize that suspension for offenses to Education Code 48900 will result in competition ineligibility during the time of suspension.
5. To recognize that sport specific standards of behavior and appropriate consequences may be set by the head coach of each individual sport.
6. To recognize that a student/athlete who has unlawfully possessed, used, offered to sell, sold, or otherwise furnished, or been under the influence of any controlled substance, alcoholic beverage, or an intoxicant of any kind, including androgenic/anabolic steroids, or unlawfully possessed, offered, arranged, or negotiated to sell any drug paraphernalia, while on school grounds, during school, or during or while going to, coming from or attending a school-sponsored event, while going to or coming from school, during the lunch period whether on or off school grounds, shall receive the consequences listed below, in addition to discipline imposed under the District's student disciplinary policies.
 - First Offense: *6 week suspension from the first official athletic contest (includes scrimmages). Suspended athletes may participate in their designated athletic period only for the duration of the suspension
 - Second Offense: Suspended from athletics for one calendar year, regardless of the incident
 - Third Offense: Lifetime suspension from the athletic program, regardless of the incident

*Any offense occurring outside the student's athletic season, including summer, will result in the suspension being applied to the next sport he/she participates in. Any offense occurring during the student's athletic season, may result in suspension for the balance of the season. Any time left on the suspension will be applied to the student's next season of sport.

To recognize a student/athlete involved in any activity during the time school is not in session, which results in a conviction, may receive consequences such as those listed in (6) above. If a suspended athlete so chooses, he/she may have his/her suspension reviewed, and have the time of the suspension cut in half upon enrollment and completion of an acceptable substance abuse counseling program. Any athletic suspension may be subject to a review by the principal, athletic director, head coach and/or coaches' council.