

Cheer Contract 2019-2020

“Cheerleaders have the unique ability to connect a crowd to a game, a community to a school and school groups to each other to feel a part of something bigger than just their particular groups.”

We are looking for athletes who not only possess the cheerleading requirements – stunting, motions, jumps and tumbling skills – but more importantly, leadership, teamwork, positive attitude and the passion to become a better person through educational-based athletics. Cheerleaders are ambassadors of TVHS, and must make appearances at events in the community to represent the school in a positive light. Being a cheerleader means supporting TVHS, and supporting other team members. We are one team; one family.

***Teamwork** – As a member of a team, I am not in it alone. I have to work with the others to ensure that we are a success. The team comes first. Every member is an important part of the team as a whole.

***Dedication** – As a member of my team, I signed up for it all. The team cannot be a team without its members. This lesson leads to the next.

***Respect and Encouragement** – Everyone on the team is a vital member. We should respect each other and encourage each other to achieve their goals and dreams. Without this, we will not have a successful team.

TEAM GOALS

- Support school at most sporting events, including boys and girls. These include pre-season games, regular season games, playoffs/CIF, and state tournaments (if applicable)
- Create weekly posters and game plans during lunch or after school to support the TVHS Bears as well as the visiting teams
- Continuously support all athletics and activities through inspiration and recognition
- Support and perform at all pep and recognition assemblies
- Provide assistance to the school and community when needed
- Cheerleaders understand cheerleading is voluntary, not mandatory. It is a privilege, not a right.

ELIGIBILITY

- Understand and agree to all requirements set out in this contract and the Athletics and Activities packet.
- Attendance is very important in not only keeping up your grades but as a TVHS cheerleader you standing out more than most on campus. Walking in late on a game day wearing your uniform to school does not reflect well with our program.
- For each grading period, members must be passing in all classes with a 2.0 GPA or better. No more than two F's and one U. Not meeting these standards will result in ACADEMIC PROBATION as described by TVUSD board policy. Under 2.0 with more than 2 F's will result in ineligibility. Lower than a 2.0 for more than 2 grading cycles (progress report and final report card grade) will result in cheerleader becoming ineligible.
- All members must have a physical and signed contract on file with the athletic department before practices begin.
- Although coaches do not follow social media, any violation of TVUSD policy or Code of Conduct stated in the Athletic and Activities packet could result in disciplinary action or dismissal from a squad.
- All members are expected to take part in fundraisers.
- All members are expected to take part in all scheduled team bonding activities.

CHEERLEADER CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection are not allowed in uniform, at games or in a school setting. Hand holding is okay.
- By being part of the spirit squad you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of Temecula Valley High School.
- Cheerleaders must display proper behavior in class.
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration, if deemed necessary, has the final decision in any disciplinary situation.

GAMES and PRACTICES

- Games and Practices are mandatory.
- One person being absent affects the entire squad. It is important not to inconvenience the practice or game time of the entire squad by being absent or tardy.
- In order to appropriately plan, a phone call must be received from a parent to the coach at least 30 minutes prior to start time of practice or 24 hours for games if a member is going to be absent.
- **Due to the rigorous schedule TVHS cheerleaders will not be allowed to participate in any fall or winter sport or activity. This includes dance and outside cheerleading teams. (TVHS Competition cheer is okay since we work around each other schedules.) Safety is our number one priority. If one squad member is missing it affects the entire squad. Stunt groups and whole teams cannot practice safely with even one member missing. This is not fair to the other members who make TVHS cheer their priority. (Being on the varsity squad your commitment is for the entire school year as we continue after the Freshmen and JV squads with pep rallies)**
- Absences due to jobs are unexcused. If you have a job it must work around your cheer schedule.
- Cheerleaders must arrive on time wearing proper shoes and clothing and ready to practice or cheer at the designated arrival time. This means full uniform is on, hair and make-up are done.
- Hair needs to be out of the eyes and in a secured ponytail.
- Absolutely NO cell phones allowed during practice, breaks and games except in the case of an emergency.
- Chewing gum is prohibited. This is for your safety and to protect our school and cheer mats.
- No jewelry including, but not limited to: earrings, necklaces, bracelets, anklets, rings, belly rings, facial jewelry, cloth jewelry etc. Do not get piercings during our cheer season. For your safety and for the safety of your team mates you will have to remove all piercings including new ones.
Bandages will not be used to cover up piercings!
- All taping or visits to the trainer must be done prior to start time.

- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- If for any reason a cheerleader is unable to practice, she/he will still be expected to assist, as instructed by the coach. If physically unable to practice, there are benefits to attending practice and observing.
- Missing the last practice before a game or performance could result in ineligibility to participate.
- Safety is our highest priority therefore cheerleaders need to stay focused throughout practice.
- Without the presence and approval of the coach, stunting/tumbling is not allowed.
- During game suspensions, the cheer member will sit in uniform with the coach/advisor for the entire game and help where needed. No cell phones.

UNIFORMS/APPEARANCE

- Uniforms and shoes must be clean and well maintained.
- You may not wear your cheerleader uniform off campus, to any event, parades, competitions, etc. without the permission of your coach. You may wear your uniform after practices or events to eat or run errands. Always keep in mind that while in uniform you are a representative of TVHS and TVHS cheer.
- Do not wear colored bras under uniforms. Bra straps must be completely hidden.
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than the person who earned it.
- Cheerleaders must wear their uniforms or team designated outfit to school on game days. Failure to do this could result in not cheering at the game.

PERFORMANCES AND CHEER LINES

- Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out of the performance or be moved to the back of the formation/lines.

DISCIPLINE POLICY

- Cheerleaders must abide by the CIF Code of Ethics (page 7) in the Athletics and Academic packet. Any violation will result in consequences outlined in the Athletic and Academic packet (page 4).

VARSITY LETTERING POLICY

- Have no unexcused absences for performances
- Participate in all squad fundraising activities, games, and pep-rallies
- Remain academically eligible throughout the season and not be placed on academic probation.

Any justifiable variation from this policy would be at the discretion of the coach.

PARENTS:

- Parents must follow all rules and regulations as outlined in the Athletic and Activities packet (page 4)
- Parents are encouraged to maintain a positive, respectful attitude toward the program, coaches, PSG, and team members while at TVHS or any school event.
- The success of our program is dependent upon the involvement of our parents. There are a variety of opportunities for parents to volunteer so contact the coach or team mom to see how you can help.
- All practices are closed.

Parents, please follow the pattern listed below if you should have any questions or concerns. The cheer program attempts to resolve any issues at the most local level.

- 1) Squad coach (Varsity, Freshmen or JV)
- 2) Advisor
- 3) Activities Director – Eric Burlingham

ACKNOWLEDGEMENT

I have read and understand the Temecula Valley High School Cheer/Mascot Contract. I agree to follow these standards and policies and work alongside members of the cheer squad, mascot team, coaches, and administrators.

Cheerleader's signature

Date

Parent's signature

Date

PARENTAL PERMISSION

Our son/daughter, _____, has our permission to be a cheerleader and/or mascot and participate in all cheerleading related activities at TVHS for the upcoming school year (2019-2020).

We have read and discussed with our child the guidelines. We understand the responsibilities and commitment of being a cheerleader and/or mascot. We also understand the role we must assume as parents of a cheerleader and/or mascot and we will assist in every way to see that the rules and regulations are enforced. We will do our best to support the coaches and administration in decisions made throughout the season.

We understand that the school and coaches assume no responsibility for any accidents or injuries that might occur either at school, practice, or an event away from school grounds at any time. We understand that if an accident or injury may occur, we are ultimately responsible for taking our child to seek proper medical attention.

We understand that each cheerleader/mascot will be required to have a physical exam on file prior to the team's first practice.

We agree to pick our child up within 15 minutes after practices, and after away games.

We understand the time commitment, and travel time involved with this activity. We understand that if our child is dismissed or quits the cheerleading squad we will not receive any refunds for donations.

We understand that participation in practices, games, and spirit events are mandatory. Please note that some of these events are beyond regular school hours and days.

We do hereby give our consent and support for our child to be a cheerleader and/or mascot at Temecula Valley High School for the upcoming season.

I have read and understand the Temecula Valley High School Cheer/Mascot Contract. I agree to support these standards and policies.

Parent's/Guardian's Signature

Date

Cheerleader Information

Name:	Squad:
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Age:	Year in school:
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Phone Number & Email (Cheerleader)

- Home: Cell phone:
- Email Address:

Phone number & email (Parents/Guardians)

Name:

- Home: Cell phone:
- Email Address:

Name:

- Home: Cell phone:
- Email Address: