

CREAN LUTHERAN HIGH SCHOOL
Proclaiming Jesus Christ through Excellence in Education

SAINTS SPIRIT



2019-2020 HANDBOOK



CREAN LUTHERAN HIGH SCHOOL

CLHS Spirit Program Handbook

PART I – PROGRAM OVERVIEW

PHILOSOPHY

The Crean Lutheran High School (CLHS) Spirit program, comprised of the Cheer and Song teams, shall serve as a support group for the yearly interscholastic athletic program for both male and female athletes. The teams shall strive to boost school spirit, promote good sportsmanship, perform at a high level while maintaining Christian integrity, develop good positive crowd involvement, and help athlete participants and spectators achieve the most worthwhile experience. Through spirit activities, athletes will understand their worth in God's eyes and to truly understand that they were "fearfully and wonderfully made."

Being one of the most visible and recognizable representative of a school, the spirit program is in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and team cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body, which is the core of developing effective school spirit and student involvement.

PROGRAM ELIGIBILITY

The Spirit Program is a June - February (March if we make CIF) commitment in which participants must maintain an overall **2.5 GPA**. Athletes must meet the eligibility standards and rules/regulations set by CLHS.

- 9th -12th grade
- Skill level, behavior/attitude, attendance, coach-ability, and sportsmanship will be noted throughout the year and determine your place on the team.

As much as we would love to accept all girls interested in the Spirit program, unfortunately we may not be able to do so due to timing issues with ordering equipment and the logistics of learning the required material. Participation in the Spirit program will be at the coaches and staff's discretion.

TIME COMMITMENT

Please be aware that dedication from each team member is necessary in order to have a successful practice, performance, game, and year! **The team cannot function properly without every member present.** Please be aware of this when planning family events and other commitments.

- **If we make CIF, our season will extend to March!**

• **Summer Practice:** Participation in the summer program, including at-home material memorization homework, is extremely important for material review and skill progression. Missing summer practices will impact the athletes participation at games and participation in routines and the sideline. See the practice schedule, and contact the coach before trying out to discuss any conflicts.

• **Football and Basketball Season:** During these seasons, in addition to weekly game(s), practice hours/day will be at the Staff's discretion. Schedules will continually change

especially for playoff games and weather conditions. On game days, the game will be in lieu of practice.

- **Off Season Sports:** Attendance to these events will be determined by the Staff.
- **Fundraising:** There are **MANDATORY** events to raise money to help pay for the high cost. See Spirit Program Fundraising section at the back of this packet for the buyout if the minimum isn't sold. Our biggest fundraisers include a Summer Youth Camp, Media Guide, and Fall Football Clinic. Dates will be scheduled and noted on the practice calendars and the website.
- **Outside Commitments:** These should not conflict with any athlete's cheerleading duties. Please consult the website and the practice calendars BEFORE making personal appointments. Outside commitments that conflict with any athlete's cheerleading duties may result in a deduction of his/her class grade along with changes to placement in routines and overall participation of performances.

Excused Absences	Unexcused Absences
* Due to illness (absent from school)	* Truant
* Injury-related appointments	* Personal appointments
* Funeral	* Serving Detentions
* School appointments and meetings	* Job

TUMBLING TRAINING (FOR CHEER)

It is encouraged that members join a tumbling class, but not mandatory.

DANCE TRAINING FOR (SONG)

Dance is an important part of the song team. All songleaders need to be signed up for a dance class at school. We partner closely with South Coast Freestyle and encourage our girls to take song/pom classes throughout the year. All songleaders should have basic dance technique: Pirouettes, Leaps, and kicks.

SPIRIT PROGRAM AND OTHER SPORTS

Because the spirit program cheers for both Fall (football) and Winter (basketball) season, it may be difficult for a member to do another sport in addition to the spirit program. The Head Coach must be notified of any dual sports participation in advance. Spiritleaders do have the opportunity to cheer for a single season if they are involved in another sport; however they will still be eligible to participate at the end of the year banquet.

RISK FOR SPIRIT

Cheer and song incorporates acrobatic, tumbling, stunt, and precision movements that are very difficult and could potentially be extremely dangerous. Moderate to severe injuries can occur in any activity involving motion and increased height or force. Please be aware that each individual can maximize his/her own safety and the safety of others by following our CLHS Spirit rules. Staying focused and living a healthy lifestyle such as eating a well-balanced diet, drinking plenty of water, staying physically fit, and getting plenty of rest also aids in injury prevention. Spirit coaches reserve the right to make any and all adjustments and changes to the routines to keep cheerleading safe. Changes may be discussed after practices or at a later time to not disrupt the flow of practice.

HEALTH

Cheerleading and Song are both rigorous activities, which require its participants to be in top physical and mental shape.

- Both are performance-oriented teams; full participation is expected.
- Athletes with serious health problems that are aggravated by exercise and/or which limit full participation for a substantial amount of time should not tryout and may be grounds for dismissal

by the coaching staff. This policy has been enacted in order to protect both the potentially ill member as well as other team members from injury.

- Members are responsible for self-medication such as inhalers, braces, athletic tape, and Tylenol.
- Ongoing injuries limiting participation will be assessed on an as-needed basis. Removal from the team may be a possibility depending on the severity and limitations of the injury.
- Medical clearance is required for all levels of injuries in order to resume full participation.
- Each team member will be required to obtain a CLHS physical examination at our annual **Athletic Clearance Day (May 30th, 2019)**.

FINANCIAL COMMITMENT

The Spirit Program involves a huge financial commitment on the part of the parents. Be responsible for your commitment – avoiding deadlines or refusing to clear accounts is unacceptable and hurts everyone involved.

- Cost breakdown provided on the estimated budget handout.
- Payments will be scheduled throughout the year beginning immediately following tryouts.
- We will be billing all payments through the business office FACTS system.

**1st payment due Sept 1st*

**2nd payment due Jan 30th*

PART 2 – TEAM INFORMATION

Tryouts will be held to determine the athletes' placement on either JV or Varsity. No prior experience is necessary to be a part of our spirit program.

PRACTICE ATTIRE

No jeans, street shoes, jewelry, exposed tummies, or chewing gum is permitted at our practices. Until the 2019-2020 practice gear arrives, any workout shorts and t-shirts, and tennis shoes with backs or cheerleading shoes must be worn. Hair must be up, and may have a bow.

- All necessary paperwork must be completed before athletes begin practicing (application form, tryout agreement signature sheet, and athletic clearance form). If paperwork is not turned in **you cannot participate**.
- Your account must be current in order to continue participate– See the **Mrs. Nicholas** if you need to check your balance.

PAYMENTS

- **All fees will be billed through FACTS and should be paid online.**
- **All PAYMENTS are NON-REFUNDABLE.**
- **Uniforms/spirit wear will not be distributed until all uniform payments have been made.**

PART 3 – SPIRIT PROGRAM GUIDELINES & EXPECTATIONS

DEDICATION

In and out of uniform, CLHS Spirit Program members are expected to be ambassadors on campus and in the community and behave in a way that exemplifies the good standing of the school. **The dedication level of each team member is a vital part in the operation of our program.**

- If at any time you terminate or are removed from your position as a CLHS Spirit Program member, for whatever reason, **you may not wear your uniforms/spirit wear at any time thereafter or be involved in any spirit program scheduled activities.** Also, you may not attend the spirit banquet at the end of the year.

ATTENDANCE AND PARTICIPATION

It is expected that appointments (doctor, dentist, etc.) will be scheduled around the practice schedule. CLHS Spirit Program policy requires that athletes **MUST** attend a full practice **before** game day to fully participate or member will be benched for that game.

- **Parents/members must also notify the attendance office and the advisor to clear absences in order avoid grade deductions.**
- Any member on suspension, grade ineligibility, or probation will not be allowed to wear their uniform to school or attend games/practice until cleared through the coach.
- The entire team must be at practice, games, performances, events, and rallies on time as stated by the coach.
- Individuals must provide transportation to events in which school transportation is not available.

Mandatory participation: practice, games, community events, fundraisers, rallies, and other events deemed mandatory by the coaching staff.

Communicating absences: If you are sick or have an excused absence you must notify your coach no later than 1 hour prior to practice via phone, text, or email.

UNIFORM GUIDELINES

The Coach will make the decision on dress for spirit events. Therefore, the purchase of uniforms, spirit wear, and other accessories are **MANDATORY**.

All team members must be dressed the same during practices, games, performances, rallies, and other spirit events.

1. Hair must be pulled back away from face and secured in a full ponytail. Natural hair color ONLY.
2. Chewing gum is prohibited while at any practice or game.
3. No jewelry in or on any part of the body including toe, belly, ear, and tongue rings.
4. Nails must be kept at a sport length (When looking at palm, nails must not be visible above tip of finger). Clear or natural color nail polish only may be worn.
5. Team athletic shoes must be clean/white at all times. It is never appropriate to wear UGGS or the like while in uniform.
6. Natural make-up unless asked by coach for a special performance.

Practice Days: sports/supportive bra, team shoes, no-show socks, briefs, no jewelry,

and required practice shorts/shirt.

Game Days (at school) and Spectator Days (at games): TBD by coaching staff.

Games: Full uniform. This includes arriving/departing events in full uniform as well (i.e. no flip flops/Uggs in place of shoes and socks etc.) body liners, and warm-ups need to be brought also.

Rally Days: Spirit wear TBA.

Other Events: You will be notified on what to wear since everyone must look the same.

Presence at a school, practice, or games without dress code will result in a deduction of the athlete's grade or benching.

BEHAVIOR GUIDELINES - *These guidelines pertain to school, events, practices, Facebook, Instagram, Tumblr, Pinterest, Snapchat, blogs, other social networks, and any electronic communication.*

1. Team problems and conflicts should be discussed only with the coaching staff, not with people outside the team.

- **Parents should not get involved with team problems nor involve team members in parental problems.** This can be very damaging to the unity of the team.
- **Ways to communicate parental concerns regarding the program only to the staff:** E-mail, written notes, or phone.
- **Practice time is NOT a time to discuss issues with other teammates or decisions being made by the coach.**

2. Cellular phones should be turned off for the duration of practices, games, spirit prep, and performance at any spirit related event.

3. Cooperation and teamwork are imperative in building a great team.

4. No profanity, fighting, gossiping, and other forms of rudeness is ever tolerated.

5. Use of alcohol, drugs, or tobacco will not be tolerated. An athlete will be automatically dismissed. Athletes suspected of substance abuse can be suspended until investigation of the matter is cleared/confirmed by administration.

6. Any disrespect or defiance shown to teachers, coaches, rules, administrators, or school officials, which results in an action form of a disciplinary referral, will result in possible team dismissal.

7. No public displays of affection are ever considered appropriate, especially in uniform/spirit wear at games or at school.

8. All girls are expected to behave in a manner that brings glory to God, builds others up, does not cause others to stumble, and upholds the Christian values of CLHS.

Remember - You are school representatives at all times. You represent not only yourself, your school, and those who support the program - Ultimately, you represent the Lord.

PRACTICE GUIDELINES

1. You are to arrive promptly and immediately begin set-up and warm-up.
2. For safety reasons, the Coach will designate practice areas. Mats or a grassy area will be used for mastering stunting and tumbling techniques.
3. All stunts and tumbling must be practiced under the supervision of the Coaches. Safety guidelines set forth by the National Federation of State High School Associations should be followed.
4. Be aware that the tumbling and stunting performed is at an accelerated level, but will in no way be permitted at games unless mastered in practice.
5. Any additional practices scheduled by the athletes are not mandatory. They cannot be held on school property and the cheer staff will not be in attendance. CLHS, and/or Coach will not assume liability for injuries resulting from athlete-scheduled practices.
6. Taking part in a stunt without the coaching staff's approval or presence is prohibited. If an athlete stunts outside of practice, she is violating policy and therefore releases the coaches, advisors, administrators, school, and district from any responsibility of injuries, etc.

GAME GUIDELINES

1. Family and friends may sit behind the athletes in the stands only during games and avoid interrupting performances. If emergency occurs, please make contact with coaches rather than interrupting members during games.
2. For games, athletes are to arrive 1 hour prior to the start of a game, unless told otherwise. Once you arrive, you should be ready to begin stretching with the captains/coaches.
3. Athletes should be in position 1 minute prior to start and half time.
4. Athletes should be in full uniform and hair/makeup done before entering the stadium/gym.
5. There may be occasions when the team is split to cover numerous events scheduled on the same day.
6. All levels of performance (stunting, cheers, chants, dances, etc...) will be monitored by the coaching staff and will only be allowed for performance with their approval.
7. Athletes may not cheer/dance at a game if they are sick for the last practice leading up to the game. Coaching staff will need to re-choreograph and organize formations. Should the athlete feel better, they may cheer from the stands with the coach or assist with music on the sideline.

GRADE POINT SYSTEM - Spirit

Points will be used as both the CLHS Cheerleading/Song grade and a disciplinary tool given by the Coach. If at any time a CLHS Cheerleader/Song acts inappropriately, fails to obey handbook rules, or causes harm to another athlete, the coaches/advisor reserves all rights to choose the appropriate consequences.

One point will be given for:

1. Tardiness at any team activity.
2. Unnecessary use of cellphone during practice or games.
3. Chewing gum in uniform
4. Disrespect toward Coach or team leaders/captains.
5. No identification on uniform or its accessories.
6. Inappropriate practice uniform
 - A. This would include any piece of the uniform.
 - B. This would also include inappropriate hair.
7. Forgotten necessary accessories (shoes, poms, etc).
8. Absence which will also result in removal from performance.

Three points will be given for:

1. Unexcused absence
2. Use of inappropriate language in uniform.
3. Gossiping in uniform.

Six points will be issued for:

1. Violation of above infractions totaling six points
2. Lack of minimal grade requirements.

The following violations will result in automatic dismissal:

1. Drinking/Smoking in any CLHS uniform.
2. Drug use.

Suspension means not attending any team function for two weeks.

1. Upon resuming team activities, the member will become an Alternate for one week and be ineligible to perform.
2. After completion of the "Alternate's Week" the member can resume regularly scheduled activities.
3. Two suspensions or twelve points, will result in dismissal from the team.

Absent Notification Procedure: Phone, email to coach, and/or written notes.

PARENT RESPONSIBILITIES

- **Forms:** Sign any mandatory forms before the start of summer practice.
- **Financial:** Financial responsibilities as stated in the estimated budget handout. Deadlines will be set for financial dues. If these obligations are not fulfilled consequences for members may result in limited participation of spirit events.
- **Parent Participation:** Parents are required to participate by signing up for a committee to help with activities and events throughout the season.
- **Communication:** It is imperative that the lines of communication between parents and advisor remain completely open. **Open lines of communication allow for a better spirit program.**

Notification procedures: Phone, email to coach, and/or written notes. Please allow a grace period to address concerns, unless it is an emergency.

Other forms of communication: website, practice/game calendar, email, verbally at practices/games

Complaint Procedure:

- For complaints regarding spirit program issues, please communicate directly with coaching staff.

- For complaints/issues involving others, follow the model set forth in Matthew 18:15-17:
 1. Go directly to the person with whom you are in conflict – do this in person and privately – seek to reconcile. Do not use email – this often adds fuel to the fire.
 2. If they don't respond, bring one or two more people along to discuss the matter. Continue to seek reconciliation.
 3. If the issue is still not resolved and the issue is not with the coaching staff, get the coaching staff involved. If the issue is with coaching staff and the other steps have not worked, approach the CLHS leadership; again, with reconciliation in mind.
 4. REMEMBER: Be careful with this process. Carefully examine your motives and be sure you confronting in love and humility with the desire to better the other person.

Parents must positively support, enforce, and cooperate with decisions made by the Advisor/Coaches regardless of personal feelings/opinions. Without positive support of the program, parents may cause unintentional damage to the morale at all levels of the program.

GO SAINTS!!!

PART 4 – ESTIMATED COSTS – CHEER & SONG

All program fees will be billed through FACTS and parent(s) will be notified by email. You can pay this fee by submitting an online payment or telephone payment through FACTS. If you have selected AutoPay in FACTS, the fee will automatically be paid on the due date. Our preference for payment is through your FACTS account, but you may submit a check to the front desk. Please include your student name and program name on the check.

1. **SUMMER PROGRAM FEES: Sideline Cheer/Song**..... \$450
 Nonrefundable \$150 deposit due by May 31 to secure a spot for the camp. The balance will be due by July 1 for sideline cheer and June 15 for song . If a team member cannot attend camp and wishes to cancel, monies previously paid may or may not be refundable, depending on timing of the notification.

Cheer: Work Weeks (at CLHS)

- **USA Camp at UCI (July 25th-28th)**
- 3 night stay
- All meals
- 4 days of instruction / Half -time routines / New Cheer routines
- Fun events
- Team Bonding Assistance/ Meals
- Summer Work Week Practices
- Coach Assessment

Song: Work Weeks (at CLHS)

- Team Bonding Assistance

- Summer Work Week Practices
- USA Camp Registration
- USA Song Camp at Chapman (June 24th-26th)**
- 2 night stay
- All meals
- 3 days of instruction / Half -time routines / Dance classes
- Fun events

We are pleased to introduce a new online spirit store for our spirit leader apparel needs. Parents may enjoy as well and support our athletic teams with some fun Saints gear!

2. PARTICIPATION FEES:

Participation fees are nonrefundable as uniform and associated equipment are custom to the individual. The participation fee will be considered a valid fee once an order is placed for your daughter’s uniform and associated equipment. There is no prorated fee for opting to participate in one season. No credit is given for not participating in the full season.

Participation fees will be billed in two equal installments with the first payment due by **September 1** and the second installment due by **January 30**. Fundraising opportunities to help reduce the participation fee will be offered - see fundraising below.

A. NEW SPIRITLEADERS: Sport Participation/Transportation Fee..... \$900

Bus and van

- Travel to games, and community service events

Game Time Uniform and Incidentals

- Game time Uniform
- Poms
- Warm-ups/pants
- New Shoes (Song will be purchasing separately)
- Camp gifts
- Football and Basketball Bows
- Football Cheer Box & Decal
- Homecoming
- Banquet
- Awards

Song Practice Attire.....\$123

Practice Attire-[online store](#); self ordering-coach will not order (need before summer camp)

Tank top, long sleeve, t-shirt, jersey

Cheer Practice Attire.....\$150

Practice Attire-[online store](#); self ordering-coach will not order (need before summer camp)

Tank top, long sleeve, t-shirt, jersey, spandex shorts

B. *CHEER TEAM RETURNERS: Sport Participation/Transportation Fee.....\$710
Includes new uniform and warm-ups, banquet, apparel, crafts.

Cheer Practice Attire.....\$150
Practice Attire-[online store](#); self ordering-coach will not order (need before summer camp)
Tank top, long sleeve, t-shirt, jersey, spandex shorts

C. *SONG TEAM RETURNERS: Sport Participation/Transportation Fee.....\$710
Includes new uniform and warm-ups, banquet, apparel, crafts.
Nike ID shoes are a separate purchase by the participant.

Song Practice Attire.....\$123
Practice Attire-[online store](#); self ordering-coach will not order (need before summer camp)
Tank top, long sleeve, t-shirt, jersey

D. SENIOR FEE: There will be an additional \$75 fee for special senior gifts

- Homecoming wreath
- Banner
- Banquet gifts
- Senior night gifts/Flowers

E. *SONG COMPETITION FEE: (optional; fee is nonrefundable)..... \$350
For those athletes that are interested and qualified for competing in song. This fee includes all competitions throughout the year.

F. ATHLETIC OPERATION FEE..... \$200
All athletes are required to pay one annual Athletic Operation Fee, regardless of the number of sports an athlete participates in. This fee will be charged in the fall with a due date of October 15.

PART 5 – SPIRIT PROGRAM FUNDRAISERS

The following team fundraisers will be held this year. Each member is expected to participate in all fundraisers, or you will be billed through FACTS for the buyout fee. Fundraising is essential to assist in equipment purchases (i.e. mats, costume accessories), food at away games, and other incidentals.

Program Fundraisers (All profits go to cover program costs and may reduce your participation fees)

• CLHS Summer Song and Spirit Youth Camp..... 9am-Noon, July 22nd-26th
(Athletes are asked to bring a minimum of 1 participant each. They can earn \$75 per participant after the 1st one toward participation fees.) If athlete does not meet the minimum requirement, a \$150 buyout will be charged (equal to one participant).

• Football Media Guide: (Athletes are asked to sell \$200 in ads or pay the buyout. Any amount sold after the \$200 can be earned toward participation fees after cost of print).
Buyout: \$200 August 5

•TENTATIVE Fall Youth Clinic (Athletes are asked to bring in three participants). Funds will be donated to the spirit program.....Oct or Nov (TBD)

Individual Fundraisers

If you are interested in taking part in these optional fundraisers, please see your Team Mom. Any money earned will be applied to reduce your participation fee.

- Jewelry Fundraiser
- Mixed Bags
- Poinsettias

*If all fees have paid, any additional fundraising dollars will support the program.

Crean Lutheran High School Spirit Program Creed

I will always:

- Show up on time and be ready to work hard.
- Listen carefully to what my coach/advisor is saying.
- Be an enthusiastic member of the team.
- Pack my bag with everything I need for practice, the game or any other performance.
- Turn the ringer on my cell phone off so that my focus is on the practice or game.
- Be a steady advocate to everyone on my team.
- Stay in shape in order to perform safely and correctly.
- Pack an extra pair of briefs, extra elastics for my hair and be generous to friends who didn't.
- Project a positive image of my team, whether in uniform or street clothes.
- Be a positive example to all other athletes.
- Make the most of camp and listen to everything the instructors tell me.
- Project a healthy self-image.
- Maintain modesty.

I will never:

- Try a stunt or new skill without my coach or a trained instructor.
- Teach a stunt or a tumbling skill to another member of the team.
- Push anyone to try something they are not comfortable doing.
- Belittle the efforts of anyone on my team.
- Be a negative influence on my teammates.
- Be petty or turn my back on a teammate.
- Participate in hazing or mean-spirited initiation activities.
- Harm the reputation my team has worked hard for.
- Forget that it's a privilege to represent for my school team.
- Contribute to negative stereotypes.

SUMMER AT A GLANCE

CHEER

USA Camp @ Long Beach State: July 24th - July 27th
Youth Song/Spirit Camp: July 22nd - July 26th
9am - Noon @ Dance Room
August 5th - 8th, 9am - 12pm: Summer work week
Saints Family Night Performance: August 9th
5:00pm - 7:00pm @ Event Center
August 14th, 6am: Normal practice resumes
Athletic Clearance Day: May 30th

SONG

Song Team Clinic: April 29th - April 30th
3:30-5:00pm @ Dance Room

Song Team Tryouts: May 1st
3:00-5:30pm @ Dance Room
Uniform fitting immediately following @ 6pm

Athletic Clearance Day: May 30th

USA Camp @ Chapman: June 24th - June 26th

Youth Song/Spirit Camp: July 22nd - July 26th
9am - Noon @ Dance Room

Summer Work Week: August 5th- August 8th
8:30am - 12:00pm @ Dance Room

Saints Family Night Performance: August 9th
5:00pm - 7:00pm @ Event Center

Normal Practice Resumes: August 14th 6:30am

UPDATED: 6/17/19 *The content in this document is subject to change throughout the year.*

I have read and understand the time and financial commitment to the CLHS Handbook.

Student signature

Date

Parent Signature

Date

Thank you!
Your Saints Spirit Coaches & Advisors