

*Christopher High*

**2021-2022**



# Handbook

**\*\*\*BUT FIRST, PLEASE READ CAREFULLY PRIOR TO SIGNING \*\*\***

Welcome to the Christopher High School Cheer and Dance Team (CDT). Participation in the CDT Program will be one of the most exciting and fun experiences you will have while attending Christopher High School. As a member of CDT, you are offered the opportunity for great personal growth, leadership development, and involvement in many different exciting activities. Please discuss these considerations, evaluate your priorities, and if you and your parents' consent, complete the CDT Application Form and CDT Handbook Agreement along with your parents.



# CHS Cheer and Dance Team Upcoming Dates 2021-22

*(all dates and times are subject to change)*

Date	Time	Location	Event
April 29, 2021	6:00 pm	Virtual meeting	MANDATORY Student and Parent Meeting – All parents/guardians of applicants attend to receive information regarding the program
May 14th, 2021	3:30 pm	CHS Front Office	Application, picture and all teacher evaluations due. Attention: CHS Cheer & Dance
Mon, May 17, 2021	3:30pm - 8:30pm	Main Gym & Dance Room	Tryout Workshop #1
Wed, May 19, 2021	3:30 pm–8:30 pm	Main Gym & Dance Room	Tryout Workshop #2
Friday, May 21, 2021	4 pm- TBD	Aux Gym & Dance Room	Final Day of Tryouts - Evaluations
Sunday, May 23, 2021	7:00 pm	Main Gym Doors	Tryout results posted
TBD	TBD	Girls Locker Room <b>ASB OFFICE</b>	Uniform fittings
June 2021 Monday & Wednesdays	TBD	Auxiliary Gym & Dance Room	Conditioning practice
July TBD July TBD	5:30 – 9:30 pm 10:00 – 5:00 pm	Auxiliary Gym & Dance Room	BOOTCAMP
July MON & WED	5:30 – 8:30 pm	Auxiliary Gym & Dance Room	Summer Conditioning Practice
Fundraiser	TBD	TBD	TBD
July TBD	5:30 – 9:00 pm	CHS	Camp Practice
August 2021	TBD	TBD	USA/UDA cheer and dance camp
August 2021	12:01 am (arrive @tdb)	CHS	Midnight Madness

## Philosophy

We believe an exemplary Christopher High School Cheer and Dance program is an extension of the classroom. As such, cheerleading and dance offers students the opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits of participating in athletics includes, but are not limited to self-esteem, self-discipline, self-confidence, the development of team spirit and teamwork. All athletes may not perform at the same level, but they are all capable of demonstrating the same effort, hard work, and dedication.

## Mission

Promote and uphold school spirit, unity, and pride.

Represent the school to the highest degree.

Always set an example of good behavior and sportsmanship (*whether in uniform or not*).

Promote friendship with each other and with schools with whom we compete or perform with.

Promote the development of lifelong values and skills.

As a CHS Cheer and Dance member, I will abide by these statements for the betterment of my team:

- I will step into all cheerleading and dance activities with a positive, encouraging attitude and a smile on my face. Even if I have had a horrible day, I will try my hardest to set that aside and step up for my team.
- I will set a positive example for, and be respectful to all teachers, coaches, peers, students, and parents, as well as competitors and all other affiliates. I will not be rude or disrespectful to any of these entities. I will not use foul language, show poor sportsmanship, participate in “Public Displays of Affection”, or be unprofessional at any time in public.
- I will be dedicated, accept responsibility, and maintain good public relations with every faculty member and staff, the student body, and community to ensure success and respect of the team.
- I will respect my team captains and my coaches. I will not argue with them, gossip about them, or disobey them. I will listen and pay attention when one of them is speaking.
- I will get along with everyone that has any part in the CHS Cheer and Dance Program. I will not intentionally exclude, be mean to, or gossip about any team member(s). This includes bullying peers or treating anyone with disrespect.
- I will put 100% effort in every motion, jump, dance, routine, workout, conditioning drill, and cheer/dance event. I will not give up. I will be a team player.
- I will portray myself respectfully and tastefully on social media. I will accept requests from coaches at any time. I will not belittle or disrespect anyone, including my team, coaches, or peers on any social media outlet.
- I will always abide by the school dress code while at school, practice, school events, and school trips.
- I will not use tobacco, marijuana, or any other type of drug. I will not drink alcohol, vape, or do anything illegal.
- I will not be academically dishonest. I will not skip class. I will not be habitually late to practice.

The Cheer and Dance Team will consist of Frosh/Soph JV Cheer, Varsity Cheer, Varsity Dance, and Mascot for the 2021 - 2022 school years.

To be an effective member of this team you must commit a great deal of time throughout the **entire** year. Social plans, job schedules, and other sports cannot interfere with practices and games. Per school policy: You may not quit one sport to join another. There will be **no** exceptions to this rule. We expect all team members to be 100% committed for both Football, Basketball, and any Playoff Season. A team member must maintain the required academic standard of a 2.0 GPA and pass five classes

with NO "F" grades & "N" in citizenship. If selected, 2nd semester grades will determine eligibility for fall sports.

CDT members attend a summer cheerleading/dance camp with the team and coach in August. Camp is four days with professional cheerleading and dance instructors. The majority of cheerleading/dance material use is learned at camp, as well as the forming of strong team unity.

The Christopher High School CDT members perform at rallies, football games, basketball, as well as support other sports when called upon. The CDT members are responsible for other school events, and on occasion, community events as well. The CDT members are part of both Athletics and A.S.B.

The Cheer and Dance Team demands time, loyalty, unity, dedication and commitment. Before applying/trying out, please consider the following:

1. Class and work schedules.
2. Personal time and other involvements.
3. Ability to commit to this program for all 11 months and two consecutive seasons of the school year.
4. Other sports that may conflict with practice/game schedule
5. (Ex: Basketball, Swim, Gymnastics, Softball, etc.)
6. Read the official Handbook

### **CHS CHEER & DANCE TEAM PURPOSE**

- To encourage school spirit and pride in Christopher High School.
- To promote physical and mental development.
- To develop lifelong values and life skills.

### **EDUCATIONAL VALUE TO CHRISTOPHER HIGH SCHOOL**

Membership on a spirit team offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the spirit team are expected to be committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, spirit leaders demonstrate a proven ability to balance academic requirements and demands with extracurricular and personal activities.

### **RESPONSIBILITIES**

- Cheer at ALL scheduled football, basketball games and other appointed sports teams. (**this includes playoffs/CCS of any kind**)
- Provide support and spirit to the school when needed.
- Perform community service under CHS requirements.

### **CHS CHEER & DANCE TEAM STANDARDS:**

Athletes understand that teamwork and the maintenance of discipline is key to the success of the cheer & dance program. Members are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Program Standards is vital to achieving these goals. All members realize that the way they conduct themselves, in or out of uniform, directly reflects on the entire team and school. It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well-being of each individual member. Participation in cheer & dance is voluntary, not mandatory.

It is a privilege, not a right, and may be revoked by the coaches / school personnel when a cheerleader or dancer violates the rules and regulations.

## ELIGIBILITY

- *All members and a parent must sign and abide by the CHS contract.*
- Cheer & dance must take priority over all other extra-curricular activities (including jobs, Dr. Appointments, School Clubs) for the entire time of commitment.
- Second Semester Grades (2.0 GPA, No F's or N's in citizenship) will be used for initial eligibility.

## RESPONSIBILITIES

- Cheer at ALL scheduled football, basketball games and other appointed sports teams. *(This includes playoffs/CCS of any kind)*
- Provide support and spirit to the school when needed.
- Perform community service under CHS requirements.

## CONDUCT

- Group morale is vital. Any individual whose attitude detracts from the smooth functioning of the group because of continual lack of participation, effort, or consistent disagreement, with other team members or advisors/ coaches will be suspended or removed from the team by the Coach. **3** offenses will be an automatic removal of the team.
- Promoting good sportsmanship by way of example is always required. Members must not use foul language at practices, in school or games, etc.
- Every Cheer and Dance Team member has a **"3 strikes"** rule. If a coach must talk to a Cheer and Dance Team member 3 times about breaking the rules, they will be removed from the team.
- Proper appearance is always required, with clothing appropriate to the occasion.
- By being part of the CDT team, 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 always mandatory, anywhere in the community and at all school functions where you are a representative of Christopher High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- 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.
- Possession of drugs or alcohol will result in automatic removal of the team
- Under the influence of drugs or alcohol will result in automatic removal of the team.
- A Cheer and Dance Team member shall conduct oneself with a professional manner while wearing his or her uniform or any other CHS apparel.
- Inappropriate language, bad gestures, bad facial expressions, inappropriate dancing, arguing are completely UNACCEPTABLE.
- Every attempt will be made to discipline fairly/equally.

## ABSENCES/LATENESS

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- Absences must be excused PRIOR to practice/game. You must have a note from a doctor if you had an appointment and an email to your captains and Head Coach if you are sick. Emails must be received **2 hours** prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an appropriate consequence decided by the coaching staff.

- Missing a scheduled practice, the day before a game may result in removal from halftime performance.
- Absences due to work schedules are unexcused. Jobs must work around the CDT schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.
- Two Lates = one unexcused absence.
- Two unexcused Absences will result in sitting out a game. You must be at the game to sit out and this game will count as a missed game.
- If you miss a game and it is unexcused you will sit out the next game. You must be at the game to sit out and this game will count as a missed game as well.
- You may miss **3** games between football and basketball season. If a 4th game is missed this will result in being asked to leave the team.

## **GAMES**

- All games are mandatory.
- Members are required to arrive ON TIME 60 minutes before the game time, GAME READY (uniform, shoes, poms, and hair needs to be completed before this time).
- All taping or visits to the trainer must be done prior to the “1 hour before game” time.
- All cheer squad members must know all the cheers and routines for the game.
- Members are required to dress in full uniform.
- Hair must be pulled back away from the face and secured in a ponytail; bangs must not cover the eyes. Hair ties need to be uniform.
- Make-up should be worn in moderation.
- No jewelry. Nails need to be athletic length.
- No chewing gum or eating during games.
- Socializing with friends and family while the game is in progress, is not allowed.
- During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game and help where needed.
- Entering the stands is NOT allowed during the game / halftime without permission of the coach.

## **UNIFORMS/APPEARANCE**

- Uniforms must be clean and in good condition. (Including athletic shoes)
- All Squad members must have the same uniform look.
- Do not use profanity or misbehave while wearing your uniform (T-shirts, jackets, warm-ups) or while representing CHS at any event.
- No jewelry is allowed during practices, performances or games.
- No gum chewing during practices, performances, or games.
- All phones must be turned off during practices, performances, or games.
- Hair must be worn the same, as a team, as directed by the Head Coach.
- Members will not loan out any piece of their uniform to anyone. Warm-ups are considered part of your cheer wardrobe and should not be worn by anyone other than you or at any other time other than team activities.
- Members must wear their team-designated outfit to school on game days. Including shoes, bows or anything specified by coaches.

## DISCIPLINE POLICY

The following policy has been developed as a tool to promote teamwork, equality, self-discipline, and responsibility. DISRESPECT to any team member or coaching staff at any time **warrants dismissal**. There will be NO talking back or rude comments tolerated.

Disciplinary action may result from the following:

- Tardiness
- Wearing jewelry
- Using profanity in uniform
- Untidy uniform
- Talking to fans or other cheerleaders excessively during games
- Inappropriate social media posting
- Display of unsportsmanlike conduct
- Uncooperative attitude
- Eating or drinking during games or practices
- Absent from games, practices or other CHS Cheer and Dance functions
- Cell phones turned on at any CHS sponsored event (practice, games, community service, etc.)
- Physical altercation of any kind in and out of uniform

## DETAILED SUMMER, FOOTBALL AND BASKETBALL SCHEDULE

### SUMMER PRACTICE SCHEDULE:

Boot Camp is a time to bond as a team, learn cheers, learn camp performance routine, discuss expectations for camp and review cheer and dance technique.

### SUMMER CONDITIONING:

We will hold summer conditioning practices on Mondays & Wednesdays in the CHS gym and on the field.

- TBD

### CHEER AND DANCE SUMMER CAMP:

As a team, we will attend a cheer and dance camp - **No dates scheduled**

### HOMECOMING AND SEVERANCE BOWL:

There will be 2-3 Saturday practices scheduled in the fall to learn and prepare for our all-team Homecoming routine. If a student does not attend the full practice, they will be removed from the routine with no exceptions.

### FALL AND WINTER PRACTICE SCHEDULE:

- Fall practices will be held Mondays and Wednesdays – **Time is TBD**
- Winter practices will be held Mondays and Wednesdays – **Time is TBD**
- **All dates and times are tentative and are subject to change due to gym availability**

### RETURNING MEMBERS:

For returning Cheer and Dance Team members, **your attitude, your behavior, and attendance** as well as your performance from the previous year(s) may affect your tryout for the new year. Just because you were on the team the previous year(s) does not guarantee you a spot for the new year, even if you are going to be a Senior.

## **CHEER AND DANCE TEAM TRYOUT CLINIC REQUIREMENTS:**

- Clinic workshops are required. Family emergencies, illness (must present a medical note and email from parent) or approved school reason will be the ONLY excused absences accepted.
- **One unexcused absence will result in the participant being dropped from tryouts.**
- Applicants must be present on the day of tryouts to perform in person.
- Students must be on time each day. Over 5 minutes late will be recorded as a tardy and 5 points will be deducted. Over fifteen minutes late will be considered an absence.
- Male and female participants are to wear plain black shorts, a plain black t-shirt (NO tank tops) and proper tennis shoes/jazz shoes.
- Students will be given a number the first day that must be worn each day of tryouts. Lost numbers are considered improper dress attire.
- Hair must be pulled back neatly in a ponytail. Make-up should be worn with colors and a lipstick that compliments your skin. Absolutely no jewelry is allowed.



## **TRYOUT PERFORMANCE REQUIREMENTS:**

All cheer applicants will learn and perform:

- 3 Cheers
- Dance routine and original choreography
- A special skill (example: splits, toe touch, cheer jump or gymnastics skill)

All dance applicants will learn and perform:

- 3 cheers
- Dance routine and original choreography
- A special skill (example: splits, turns, leaps or other dance skills)

Mascot applicants will learn and perform:

- 3 cheers
- 45-second creative character dance
- Special skill (splits, toe touch, cheer jump, gymnastics or dance skill)

All applicants perform the above in groups of 4 – 5. Applicants must display sharp, precise moves, show energy, spirit and smile, have enthusiastic showmanship and demonstrate crowd control and involvement. Special skills and original choreography should be practiced individually.

**TRYOUTS AND ALL WORKSHOPS WILL BE CLOSED TO EVERYONE WITH THE EXCEPTION OF COACHES AND JUDGES. TRYOUT SCORES ARE CONFIDENTIAL BETWEEN COACHES, JUDGES, AND CHRISTOPHER HIGH SCHOOL ADMINISTRATION. SCORES WILL NOT BE SHARED WITH STUDENTS, PARENTS OR PUBLIC.**

## POINT SYSTEM

	Points
Application and Handbook Contracts turned in on time, in page order, and paper clipped –NOT Stapled (March 29, 2019 @3:30pm)	10
(5) points per day of clinic for attendance	15
Teacher Evaluation Forms (average of all 3 will be calculated)	25
CDT Handbook Test	25
New Applicants 10 points per day for Workshop Evaluation (effort, team spirit, attitude)	30
Returning Members: 5 points per day for Workshop Evaluation (effort, team spirit & attitude)	30
15 points per day for proper attire (number tag included)	45
Total Possible Clinic Points	150
Tryout Performances Score (average of all 3 will be calculated)	100
<b><u>Total Possible Points</u></b>	<b>250</b>

**ATTENDANCE AND DISCIPLINE RECORDS WILL ALSO BE CHECKED AND CONSIDERED. THESE RECORDS MAY AFFECT YOUR SELECTION FOR THE TEAM.**

**DIRECTIONS FOR TEACHER EVALUATION FORMS:**

- Give one form to three different teachers from your school (NOT more than 1 coach) that you have had during the 2020 – 2021 school year.
- These forms are to remain **confidential** between Coaches and the teacher.
- Forms looked at or turned in by a student will NOT be accepted.
- Students trying out who are not currently Christopher High School students should ask their teachers to send the form over to CHS via the inter-district mail system.
- CHS students may ask teachers to return the forms to the CHS main office

**(Attention: CHS Cheer & Dance)**

- Students attending any school not within our district may turn in a sealed envelope with the teacher's signature over the seal.
- Remind your teachers forms are due in the **CHS Cheer & Dance** box by May 14, 2021 @3:30 pm.

**CHRISTOPHER HIGH SCHOOL CHEER AND DANCE TEAM APPLICATION  
(DUE: Friday, May 14, 2021)**



**CIRCLE ONE:**

**VARSITY DANCE**                    **VARSITY CHEER**  
**JV CHEER**  **MASCOT**

Please attach a recent photo 2 x 5 photo of the applicant. Staple to the right corner of this application. Photo and application will not be returned. **ONLY THE APPLICANT SHOULD BE IN THE PHOTO.** (no hats/sunglasses)

**Student's Name:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**Student Cell:** \_\_\_\_\_ **Parent Cell:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Student E-mail address:** \_\_\_\_\_

**Parent E-mail address:** \_\_\_\_\_

**Grade Next Year:** \_\_\_\_\_ **GPA 3<sup>rd</sup> Quarter:** \_\_\_\_\_

**Experience or Skills (Cheer, Dance, Gymnastics, Performing):** \_\_\_\_\_

**Medical Information:**

Medical Problems/Allergies/Medications: \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

HEALTH INSURANCE CO. \_\_\_\_\_

POLICY # \_\_\_\_\_

***(PLEASE ATTACH A COPY OF YOUR HEALTH INSURANCE CARD TO THIS APPLICATION).***

+++++

\*We have read the tryout packet information thoroughly, understand all that is required to be a CHS CDT Member, and have permission to try out for a CHS CDT member position.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

***\*RETURN THIS FORM AND HANDBOOK AGREEMENT INTO THE CHRISTOPHER HIGH MAIN OFFICE. Attn: Cheer & Dance***

**I have read the Cheer and Dance Official Handbook information thoroughly and understand all that is required to be a CHS Cheer and Dance Team Member.**

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**RETURN THIS FORM AND HANDBOOK AGREEMENT INTO THE CHRISTOPHER HIGH SCHOOL MAIN OFFICE NO LATER THAN MAY 14, 2021 @3:30pm. (Attention: CHS Cheer & Dance)**

PLEASE TURN IN APPLICATION IN THE FOLLOWING ORDER – paper clipped (**NOT stapled**) and 3 ring hole punched:

- Application with picture attached on front
- Signature on Pages
- Captain application (if necessary)
- Copy of Medical Insurance Card
- Residency Verification Contract - download form:  
<https://drive.google.com/file/d/1CNCfCbL7dgcXA1zNkOxiejPZXB3D-nq8/view?usp=sharing>
- Gilroy Unified School District Forms:
  1. Voluntary Activities Participation Form
  2. Extracurricular/ Athletic Activity Medical Treatment Authorization
  3. Parent/Student CIF Heat Illness Information Sheet
  4. Acknowledgment of Competitive Cheerleading and District Risk
  5. Parent/Guardian and Pupil Sudden Cardiac Arrest Warnings Form

**Click here to access these forms:** [https://drive.google.com/file/d/1Qm0oTozLe7LOcmF0ic-F\\_izGkbNR2cyg/view?usp=sharing](https://drive.google.com/file/d/1Qm0oTozLe7LOcmF0ic-F_izGkbNR2cyg/view?usp=sharing)

Copy of incoming 8th graders-proof of enrollment: This must be done prior to tryouts and

- issued by Christopher High School (not the cheer and dance program)



**CHRISTOPHER HIGH SCHOOL  
CHEER AND DANCE TEAM  
TEACHER EVALUATION FORM:**

***(CONFIDENTIAL – do not return to student)***

Cheer and Dance Team Candidate: \_\_\_\_\_

Teacher Evaluating Candidate: \_\_\_\_\_

Teacher's School: \_\_\_\_\_

Teacher's Subject: \_\_\_\_\_

Would this candidate make a good Captain, please explain? \_\_\_\_\_

**Please rate candidate from 1 – 5 (5 being the highest) in these areas:**

1. Attendance	1	2	3	4	5
2. Respect for authority	1	2	3	4	5
3. Respect for peers	1	2	3	4	5
4. Effort / quality of work	1	2	3	4	5
5. Honesty and integrity	1	2	3	4	5

**Total Points: \_\_\_\_/25**

Is there any reason why you would not recommend this student for the Christopher High School Cheer and Dance Team? If so, please explain. \_\_\_\_\_

Additional Comments:

**Teacher's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

Please return this form to **Christopher High School's main office (Attention: CHS Cheer & Dance)** or send via inter-district mail system. Must be received **NO later than May 14, 2021 by 3:30pm**. If this evaluation is not turned in, it will negatively impact candidate's score significantly. Thank you so much for your honest input in regard to the candidate.



## CHEER AND DANCE TEAM CAPTAIN OR CO-CAPTAIN APPLICATION

Please note: Captain Positions may be taken away just as easily as it was assigned

Student Name: \_\_\_\_\_

Why do you want to be a part of this team? \_\_\_\_\_

\_\_\_\_\_

What three qualities make you a good and effective Captain? Why? \_\_\_\_\_

\_\_\_\_\_

How could this position be challenging or stressful? \_\_\_\_\_

\_\_\_\_\_

Why are you the best candidate for the position of Captain? \_\_\_\_\_

\_\_\_\_\_

Identify a time when you led a team/program? How were you effective in that position? \_\_\_\_\_

**RESPONSIBILITY AS A CAPTAIN:** Captains will set the example for the entire team. You are required to work together, not against each other. Do not interrupt one another when speaking to the team. This is not a competition; this is a team. Coordinate all team functions together to make sure everything always runs smooth and professional. No captain has the right to discipline a member. If there is any issue, please address the coaches. All captains are responsible to attend all team events, games, & practices.

- **Head Captain:** Head captain will oversee the entire team. They will have the final say on all decisions made (all decisions will be run by Coach Adina and all coaches). Responsible for coordinating practices stretches, performances, and quarter cheers with varsity dance captain. "Right hand" to all coaches.
- **Co-Captain:** Co-Captain will be the "right hand" to head captain. Work together with the head captain on coordinating practices stretches, performances, and quarter cheers. Anytime the head captain is unable to attend practice, you will fill in.
- **Tumbling Manager:** Communicate with coaches and deliver tumbling information to the team when necessary. Manage the safety of all team members when facilitating tumbling skills. Assist teammates with basic tumbling skills, this includes stretching techniques before engaging in any tumbling. Such tumbling skills include, handstand, round off, splits, back handspring step out, back walkover, etc. Assist Coaches with stunting routines.
- **Team Assistant:** Team Manager is responsible for paperwork for teams (printing attendance, misc. items throughout the year). Responsible for keeping the team informed on school spirit dates, coordinating team bonding, and team members' birthdays. Team Manager will make sure that the communication between all teams is running smoothly. Team Manager will take the initiative to post announcements and pictures on the team social media accounts. Coordinate with ASB representatives to ensure we are up to date with what is going on, on the school campus.
- **JV Assistant:** JV Assistant will be responsible to assist and oversee the JV Cheer team. You will work with the team to ensure their success. You will support them during their practices and provide insight when they are in need of developing a routine, cheer lines and or correct their skill if needed. You will be available for them as you will be their contact person if and when coaches are not available.

**YOUR COACHES:** Our job as your coaches is to make sure that we can support you and your team in any way. Please refer to the information below for all communication.

**GROUP CHAT MESSAGES:** Group chat messages are not meant for an entire team to communicate back and forth. It is meant for captains to send out reminders/schedules/information. Make sure to keep these chats clean and respectful to all members.

**GAMES + PRACTICES:** Captains should always arrive 15-20 minutes earlier than the rest of the team. Please make sure that your teammates arrive to practice with their hair in a ponytail, no jewelry, & on time. All captains will be required to attend JV home games.

**CAPTAINS BINDER:** Each captain (head captain, co-captain, tumbling manager, & team manager) will be required to have their own binder at camp and every single practice and game. The binder should include the following information.... Please have this with you at every practice.

- **Daily Camp Schedule - N/A**
- **2021/2022 Cheer and Dance Team Handbook:** Refer to this for all team rules and regulations.
- **CHS Calendar- Team snap**
- **Team Roster:** This roster has parent emails + phone numbers and student emails + phone numbers. This will be extremely important to refer to when a member does not attend practice, or a game w/out notice or in case of an emergency. This is confidential information; please do not give out this information to the entire team.
- **Cheer List**
- **Half-Time Schedule:** Once we are closer to the start of our football season, captains will be required to create a half-time schedule. On this schedule you will list what half-time routines will be taught at practice and what routines will be performed at games.



# Christopher High School Cheer and Dance Team Official Handbook

**COACHES HAVE THE RIGHT TO ADD, CHANGE OR DELETE ANY RULES IN HANDBOOK**

## **RULES AND REGULATIONS:**

### **I. TEAMS**

- A. There are 4 teams within the Cheer and Dance Team. Number of members on each team may vary due to tryout scores.
  - 1. JV Cheer: 9<sup>th</sup> – 11<sup>th</sup> graders
  - 2. Varsity Cheer: 9<sup>th</sup> – 12<sup>th</sup> graders
  - 3. Varsity Dance: 9<sup>th</sup> – 12<sup>th</sup> graders
  - 4. Mascot: 9<sup>th</sup> – 12<sup>th</sup> graders

### **II. PURPOSE**

- B. All CHS Cheer and Dance Team members will promote school spirit, school pride and team
- C. unity
- D. Each shall be responsible for crowd leadership at school events and must conduct oneself with
- E. good sportsmanship
- F. Each shall be a role model for other students in and outside of the class.

## **CONDUCT AND RESPONSIBILITY REQUIREMENTS:**

I. Group morale is vital. Any individual whose attitude detracts from the smooth functioning of the group because of continual lack of participation, effort, or consistent disagreement, with other team members or advisors/ coaches will be suspended or removed from the team by the Coach. **3** offenses will be an automatic removal of the team. A Cheer and Dance Team member **MUST** cooperate with coaches, officials, and fellow team members.

- A. Every Cheer and Dance Team member has a **“3 strikes”** rule. If a coach must talk to a Cheer and Dance Team member 3 times about breaking the rules, they will be removed from the team.
- B. Cheer and Dance Team members may NOT leave his or her team until the end of a game or practice.
- C. A Cheer and Dance Team member shall conduct oneself with a professional manner while wearing his or her uniform or any other CHS apparel.
- D. NO P.D.A allowed!
- E. Possession of drugs or alcohol will result in automatic removal of the team.
- F. Under the influence of drugs or alcohol will result in automatic removal of the team.
- G. Any promotion of the use of drugs, alcohol, or nudity, on **private or public social media** will, result in automatic removal from the team.
- H. A Cheer and Dance Team member must arrive on time to all practices, games or other
- I. events. If a member is late by 5 minutes or more to games, member will be benched for 1
- J. quarter/period of the game or removed from the game completely. If it becomes a
- K. consistent problem, **you will be dropped from the team.**
- L. Inappropriate language, bad gestures, bad facial expressions, inappropriate dancing, and arguing are completely UNACCEPTABLE.

## II. GAMES

- A. Cheer and Dance team members are ONLY allowed to miss 3 games between two seasons (football/basketball) or members will be dismissed from the team.
- B. If member is unable to attend a game; the MEMBER must **email** coaches **48hrs** in advance and notify captains – emails from parents, friends or captains is not acceptable.
- C. Cheer and Dance Team members are required to be at games 1 hr. before game starts. This time is used for stretching, warming-up and last-minute preparation for cheers and half-time routines.
- D. Members must arrive to games with complete uniform on, make-up and hair styled – ready to cheer or dance.
- E. Members should wear game day/performance make-up.
- F. If there are any problems at the game, please report to a coach or administrator on duty IMMEDIATELY.
- G. If not cheering or dancing, members may be asked to help to support coaches with tasks, such as fundraise by selling spirit supplies at a game.
- H. Cheer and Dance Team members are responsible to participate and support in all playoffs/CCS.
- I. Cheer and Dance Team members do not belong in the stands during their game.
- J. Plan day accordingly-bring water and snacks. You will not be allowed at the snack shack to make purchases during your game.

## III. PRACTICE AND CLASSES

- A. Members can ONLY miss 2 unexcused practices a month or they will be benched for the entire game. (Excused practices include a school field trip, choir events, etc.) If a member continues to miss practice, they will be immediately
- B. removed from the team.
- C. All members must be on time to practice. If a member is consistently late to practice, member will be benched for entire game.
- D. If member is unable to attend a practice, the MEMBER must **email** coaches at
- E. [chscheeranddance@gmail.com](mailto:chscheeranddance@gmail.com), 48hrs in advance and notify captains –
- F. emails from parents, friends or captains are not acceptable.
- G. All students are required to dress out at all practices in athletic attire –
- H. Camp clothes will be used as practice attire. NO pajamas or jeans. If wearing sweats in the winter they must come off during any stunting-NO Exceptions.
- I. If a member misses the practice directly before a game or rally, member will NOT perform at
- J. the game and rally.
- K. Morning or night practices may be called due to rallies, homecoming week, etc.
- L. All appointments and work schedules MUST be made around practices and games – NO
- M. EXCEPTIONS
- N. If a member misses' practice, they are responsible to catch up on what was learned prior to the
- O. next practice.
- P. Under NO circumstances may a Cheer and Dance Team member practice under the supervision of a parent, outside coach, choreographer, professional cheerleader, etc., other than those approved by the Head Coach of Christopher High School Cheer and Dance Team, Christopher High School, and the district office.

## III. FOOTBALL / BASKETBALL SEASON TRANSPORTATION

- A. CHS does not provide transportation to and from away games.
- B. NO students are allowed to drive themselves to away games – if caught, student will be immediately dismissed from the team.
- C. Students may ONLY be driven by THEIR parent or an approved driver through GUSD.

- D. In order to become an approved driver, please refer to the CHS website for application. (2-week approval process through DMV)

#### IV. STUNTING

- A. Safety is the coaches #1 priority. The Coaches provide a safe environment for all members to stunt at games and practices.
- B. All members on cheer will be required to stunt.
- C. Coaches, other members on the team, or summer camp instructors, will teach all stunting material.
- D. material.
- E. NO jewelry is allowed at practice, games or any performance– (CCS Rule).

#### V. UNIFORMS AND APPEARANCE

- A. Each Cheer and Dance Team member is responsible for the care of his/ her own uniform.
- B. Complete uniform must be worn on game days to school. **Failure to do so will result in being**
- C. **benched the entire time.**
- D. Must be in full complete uniform at all school activities.
- E. Poms and warm-ups must be brought to EVERY game or rally.
- F. Make-up should be natural looking. No excessive make-up: no face paint or stickers
- G. (CCS rule).
- H. Hair must always be pulled back neatly with uniform bow.
- I. NO jewelry allowed at practices or games for safety reasons. NO belly button jewelry!
- J. Never loan parts of your uniform to anyone. (Even if it is from previous years – **DO**
  - i. **NOT LEND TO ANYONE**).
- K. Members must wear new cheer shoes/white socks that are ordered with uniform

#### VI. ADVISOR AND COACHES

- A. The advisor or coach may bench or remove any Cheer and Dance Team Member for:
  - 1. Physical altercation (in or out of uniform)
  - 2. Improper attire (including practice, games, or school)
  - 3. Attendance problems
  - 4. Undesirable language or gestures
  - 5. Back talking to the coaches, teachers, or administration
  - 6. Unsportsmanlike behavior (i.e., bad talking about team members, coaches, complaining about performance material, etc.)
  - 7. Violation of school rules or standards (including dress code policy)
  - 8. Under the influence or in possession of drugs or alcohol
  - 9. Inappropriate behavior on private or public social media. (Example: photos or statuses promoting the use of drugs or alcohol, nudity photos, offensive language or bullying.)
  - 10. Lack of commitment to team or lack of participation in school spirit and events

#### VII. ELIGIBILITY

- A. All members must maintain academic standards of a 2.0 GPA.
- B. **2nd** semester grads will determine eligibility for the first 6 weeks of our football season.
- C. Grades will be checked again 1<sup>st</sup> Quarter and 2<sup>nd</sup> semester to determine eligibility throughout the rest of the season.
- D. Members must pass 5 classes and receive NO “F” grades or “N” in citizenship.
- E. Cheer and Dance Team member must be a student before an athlete.

- F. "Benched," means no participation at a game or rallies. Cheer and Dance Team members who
- G. are benched must continue to attend practices and games. Members must continue to dress
- H. out in practice attired and game day uniform.
- I. **Being suspended will result in an automatic removal from the Cheer and Dance Team. (NO EXCEPTIONS)**
- J. Must have signed parent/guardian permission contract on file.
- K. Must have physical packet approved by school and turn in approved form to advisor prior to
- L. camp or Summer practice.
- M. All members must go through Impact Testing.

#### **VIII. OTHER SCHOOL AND COMMUNITY ACTIVITIES**

- A. Cheer and Dance Team members may be asked to perform at community events throughout
- B. the year.
- C. Cheer and Dance Team members support other sports throughout the year.
- D. Cheer and Dance Team members are required to participate in school spirit days by dressing accordingly or wear full uniform on game days.
- E. Cheer and Dance Team members may have 3-5 Saturday practices a year.

#### **IX. CAPTAINS**

- A. One head captain will be chosen per team.
- B. 1 – 3 Co-captains, and/or assistants/managers with specific jobs will be chosen.
- C. ALL captains must always keep coaches informed and updated.
- D. Captains must make sure all team members are aware of any changes.
- E. Captains will oversee all pregame and halftime routines and choreography.
- F. Captains must always bring cheer binder to all team events and games.
- G. Coaches may remove/switch captains at any time if/when necessary.

#### **X. PARENTS**

- A. **Parents shall not override any rules or regulations. If there is a problem, please contact the head coach ASAP.**
- B. Please do not talk or yell at your student while they are performing, cheering, or dancing.
- C. Parents are highly recommended to help with fundraising preparations and events.
- D. Please do not use withholding of cheering/dancing at games, practices, or competitions as a punishment. This punishes the entire team. If there is a problem, please contact the head coach.
- E. Parents, please support the coaches and Cheer and Dance Team members.
- F. To avoid any sickness or dehydration, please make sure that your child has eaten before they arrive at games or practices and always have plenty of water.

#### **XI. FUNDRAISING**

- A. One parent/guardian and student are highly recommended to participate in different fundraisers throughout the year.
- B. The CHS Cheer and Dance Team hosts and participates in the following fundraisers throughout the year, *please note that coaches may add new fundraisers throughout the year*
  1. CHS Junior Cheer and Dance Camp
  2. Vertical Raise

3. Enchilada Sale
4. All-Star Fundraising

## XII. UNIFORM AND CAMP

- A. Cheer uniforms will consist of skirt, liner, shell, warm-ups, bag, shoes, briefs, poms, bows and accessories.
- B. Dance uniforms will consist of liner, shell, pants, dress, warm-ups, bag, shoes, poms, and accessories.
- C. Mascots wear mascot uniform (provided). Undergarments, liner, shell, pants, warm-up, bag, shoes, poms, and accessories.
- D. Cheer camp clothes will consist of 3 outfits for 3 days of camp. Uniforms will be worn on day 4.
- E. Other misc. items: jazz shoes, hair accessories, earrings, cheer/dance sister/brother gifts
- F. Cheer camp is a 4 day / 3-night USA / UDA camp that is attended in Aug. at Knott's Berry Farm Resort one on one training and attention from USA/UDA instructors. You will learn many skills at camp including stunting, cheer and dance technique, routines and more.
- G. Approximate cost of uniforms, buses, and camp including busing is approximately ~\$1,200 for returning and \$2,000 for new members.
- H. To purchase your own uniform and camp clothes, we will send a link and additional information to buy, with due dates in order to receive items in time for camp. If not, we can supply a school owned uniform to use, no deposit necessary, but you must dry clean upon return. You will be charged for any damage to the uniform while in your possession. If you are not able to purchase, please contact Head Coach ASAP.
- I. Fundraiser/Donation for camp. We highly recommend you participate in our fundraisers and / or donate to ASB that equals a total of \$630.00 to attend USA/UDA. This amount covers the cost of a 4 day / 3-night camp that we attend at Knott's Berry Farm and transportation to and from camp. At camp, members will receive one on one instruction from USA/UDA staff learning new cheers, routines, stunting, technique, band sidelines as well as enjoy team bonding, 3 meals a day, memories that will last a lifetime including an evening at Knott's Berry Park and more. We ask that this donation be turned into the ASB office. If you are not able to make this donation, please talk to the Head Coach ASAP.

## XIII. TRYOUTS

- A. Tryouts are TBD
- B. Everyone is eligible to tryout. **If selected, 2<sup>nd</sup> semester grades will determine eligibility for fall.**
- C. **For returning Cheer and Dance Team Members, your attitude, your behavior, and attendance, as well as your performance from the previous year(s) may affect your tryout for the new year. Just because you were on the team the previous year(s) does not guarantee you a spot for the new year, even if you are going to be a Senior.**
- D. A team of qualified judges decides upon final team results. Score sheets kept confidential.

**NO EXCEPTIONS!**