

SANDRA DAY O'CONNOR HIGH SCHOOL

Spiritline



2024-2025 HANDBOOK AND TRYOUT PACKET

Spiritline Philosophy

Sandra Day O'Connor Spiritline Program exists to promote pride and school spirit through athletics, school events, and throughout the community. Our cheer and dance teams take pride in dedicating their time to not only focusing on their own development within their sport, but also supporting those around them as they work to excel and represent OHS! Trying out for Spiritline is your way of indicating that you have read through all program expectations, understand the year-long commitment and plan to do your personal best to represent our program, your classmates, and your high school with pride and dedication.

Eagle Spiritline Attitude Expectations

As an ambassador of Sandra Day O'Connor High School you must always represent yourself, your school, and our program honorably. A good member of our spiritline maintains a healthy balance in life, combining schoolwork, activities and competitive spirit. Throughout your journey with SDOHS Spiritline you will learn life lessons, work hard, create new friendships, gain new skills, confidence and **HAVE FUN!** Make no mistake, it is hard work and a **big commitment**. Please read this handbook carefully and keep it for your reference. Parents, it is also important that you review this handbook and understand the guidelines for becoming an SDOHS Spiritline Member. Both candidate and parent must sign the agreement before the candidate will be allowed to attend the tryout clinic.

Commitment

Varsity Spiritline has the longest season of any sport on campus. Our season encompasses fall, winter and part of spring sport seasons, as well as an extended competition season. It is expected that each athlete is committed from the time of tryouts to the end of the season, which ends with a banquet in March/April. Commitments include attendance at practices, games, and any other required activities such as community service or performances. These commitments may occur on weekends and/or during school breaks that include, but are not limited to Summer/fall break, Thanksgiving/Winter break, Spring break, Labor Day, Veteran's Day, Martin Luther King Jr. Day, Presidents Day. Expect practices 4 days a week during the school year and possibly Saturday practice and/or competitions. If involved in an outside cheer SDOHS comes first. If a team member does not know material prior to the game/performance, it is possible they will not participate in the performance at coach's discretion.

Social Media & Spiritline Member Conduct

Misconduct on social media or in-person may result in immediate dismissal from the team.

Conduct Expectations:

- Athletes will not use profanity (including social media).
- Athletes will not disrespect teammates or other students.
- Athletes will not disrespect coaches, teachers or other adults.
- Athletes will not use, attempt to use, possess, sell or assist any other student in the use of tobacco, vapes, alcohol, drugs, drug paraphernalia, or steroids.
- Athletes will not exhibit any behavior/citizenship that is considered detrimental to the team or school, including but not limited to illegal acts, insubordination, theft, vandalism, fighting, possession of a weapon, lying to school officials, falsifying information, hazing, bullying, or public sexual acts.
- Athletes will not display poor sportsmanship
- Athletes will follow all school rules, including dress code.
- Athletes will not engage in the act of bullying of another student or teammate.
- Athletes will not send hateful messages to another teammate or student at any school (racism, hate messages, bullying).
- Athletes will not allow non-Spiritline members to wear any Spiritline uniforms without permission from Spiritline Director

Social Media Contract:

Participation in interscholastic athletics is a privilege. Students wishing to take advantage of the opportunities presented to them by Sandra Day O'Connor High School must show a commitment to the athletic program by adhering to the "Social Media Rule" established by the coaches.

The privilege of competing in spiritline categories such as Cheer and Pom at Sandra Day O'Connor High School requires that each athlete adhere to a number of conditions that enhance their commitment to her school and community, family, coaches, and herself.

- 1) Any spiritline member posting rude, inappropriate, distasteful images or comments on any type of social media forum will be asked to leave the team.
- 2) Any spiritline member that is reposting images or comments containing rude, inappropriate or distasteful content on any type of social media will also be asked to leave the team.

The coaches have the final decision regarding what is deemed appropriate/inappropriate. Additional consequences are up to their discretion.

As members of this spiritline, the highest expectations are given to each member of the team.

Communication:

It is strongly suggested that athletes themselves communicate any absences or illnesses through BAND App or email with their coach directly. If an athlete has any concerns they need to go to their coach first, then Spiritline Director followed by Athletic Director only if the issue is still unresolved.

Communication is through email, BAND app with athletes, BAND app with parents, website, & social media. Various means of communication are used for various team related events. Email and BAND are most

important for structured communication. As a family, you will also receive email and BAND communication from Boosters. If at any time you are concerned about communication, please contact the Spiritline Director via email: ocspiritlinedirector@gmail.com.

Eligibility and Grades:

All athletes are expected to maintain passing grades, good attendance, and exceptional class performance. At the time of grade check, if an athlete is not passing a class, the grade is expected to improve in one week. If the grade is not brought up by the grade check the following week: the athlete is benched for the following activity/game. Spiritline coaches may request additional grade checks throughout the season.

Attendance:

ALL team practices, games, competitions, and any other event required by the coach are considered mandatory. Coaches must be notified at least 4 hours prior to a missed practice, and no less than 24 hours prior to a missed game/event. A message delivered by another squad member is unacceptable. If an athlete will miss a performance, a competition, or any other activity with choreography, the Spiritline member is expected to notify the coach as soon as possible to remove them from the routine. **Note: once an athlete has been removed from a routine, there is no guarantee that they will be added back in upon returning to practice. Failure to attend choreography or competitions as scheduled may result in immediate removal from the team.

Excused absences are limited to: contagious illness, family emergency, or school business (college visit, community services, school play). Athletes are allowed 5 excused absences per Spiritline season.

Unexcused absences include: vacation, family in town, birthday dinners, etc. Unexcused absences may not exceed 3 in one season. **Injured or ineligible athletes** are required to attend practices and events (if ineligible for an event, members cannot dress out in uniform, however are required to still attend). An athlete must attend at least 50% of their classes in order to perform on the day of a game: keep this in mind when scheduling appointments or staying home for minor illness. Arriving late to practice or missing practice without communication to the coach will result in an unexcused absence. If an athlete exceeds the allowed 8 absences, then the coach & director will schedule a meeting with the athlete and parents to discuss attendance record and this may result in temporary or permanent removal from the team.

Safety Policies:

1. No jewelry of any kind is allowed at practice or an event.
2. Hair must be in a ponytail and off the shoulders, bangs must be pinned back from face.
3. Fingernails must be kept short. Artificial nails are not permitted. Nail polish is at the discretion of the coach.
4. Practice clothes and shoes must be acceptable for athletic activity.
5. Team members will travel to/from away football games on school provided transportation.
 - a. Depending on the location of the competition, members will either travel to location by bus, airfare or by parent.

Parent Role and Expectations:

- Be honest about your child's actual athletic ability, attitude, sportsmanship and skill level.
 - Accept the coach's assessment of your athlete's skillset and if concerns persist, alert the Spiritline Director.
- Do not live through your athlete, this can create pressure or resentment.
- Be helpful, but do not coach them. It can be counterproductive for an athlete to be flooded with advice and instruction from both their coaches and parents.
- Do not compete with coaches. If your athlete is receiving mixed messages from two different authority figures, it can create confusion and disrupt progression. Work with the coach!
- Do not compare the skill, attitude, or position of your athlete with any other athlete. Your athlete is unique and provides value to the team in their own way.
- Get to know your coaches and their way of teaching. Remember, children tend to exaggerate both with praise and criticisms.
- Remembering that your athlete participates in this sport for their enjoyment and that they made the commitment to the team.
- Acknowledge that the coach's decisions are made in the best interest of the individual athlete and the team.

Fundraisers:

Each member is expected to participate in all fundraisers. Fundraisers will be held throughout the Spiritline season to help raise money for various team events, gear, meals at camp/competition/nationals, banquet, etc. Fundraisers are coordinated by the Spiritline Director and/or the Spiritline Booster Club. Most fundraisers will raise joint funds to be utilized for the entire Spiritline Program, however, a few will raise funds that will go back to the individual Spiritline Member. Specific details for each fundraiser will be shared prior to the kick-off of each unique fundraiser. First on: April!

Practice Schedule and Summer Camps

<u>Regular SEASON Practice:</u>	Cheer:	Monday, Tuesday, Wednesday Varied: 5:00-6:45am, 3:00-5:30pm or 5:30-8:00pm <i>*Freshman teams will not practice on Wednesdays</i>
	Pom:	Monday, Tuesday, Thursday 5:00-6:45am in Dance Room
	Game Day:	Wednesday 5:00-6:45am
	All Girl Stunt:	Wednesday 5:00-6:45am
<u>Summer Practice</u>		<i>*Freshman/Transfers may attend beginning in May.</i>
	Cheer	Tuesdays 4:30-6:30pm Dates: 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/25, 7/2, 7/16
	Pom	Tuesdays or Fridays 4:30-6:30pm Dates: 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/25, 7/2, 7/9
<u>2024 Summer Camps:</u>	Cheer:	USA Elite Spirit Camp, Sun-Wed 7/7/24 - 7/10/24
	Pom:	UDA Dance Camp, Sun-Wed 7/14/24 - 7/17/24

SPIRITLINE SUMMER BREAK: 5/22 - 6/24 and 7/18 - 7/28

Summer Tryouts:

Mon, 7/29 Practice 6-8pm Freshman & Transfers
 Tues, 7/30 Practice 6-8pm Freshman & Transfers
 Wed, 7/31 Tryouts 6pm Freshman/Transfers/Pom Comp/Jazz Comp/Game Day/All Girl Stunt

Season Fees (Estimates):

Other than season fees, these are estimated costs. A more defined list of fees will be discussed at the parent meeting

CHEER	Price	POM	Price
Season Fee	\$500	Season Fee	\$500
Summer Camp	\$600	Summer Camp	\$600
Gear - New Member	JV/Frosh \$1060 +/- Varsity \$1320	Gear - New Member	\$1600 +/-
Gear - Returning Member	JV \$860 Varsity \$1120	Gear - Returning Member	\$1400
Stunt & Tumble Technique Training	\$70/mon	Technique Training Classes (Sharpen Up)	\$88/mon
Choreography	\$250	Choreography	\$300
Competition Team	TBD in August	Competition Costume	TBD in August
Nationals	\$1500	Nationals	\$1500

Notes:

- All members are expected to have at least one pair of black leggings
- All POM members are expected to have a black unitard and jazz shoes
- There may be additional fees throughout the season. A reasonable heads up will be given.

FEE DUE DATES. Fees are due in 5 installments:

April 12th: UNIFORM FITTINGS and ALL GEAR Payment DUE (All "gear" must be paid in full for order to be placed)
June 25th: Payment #2, \$700 minimum
Aug 2nd: Payment #3, \$700 minimum
Oct 2nd: Payment #4, \$700 Nationals first payment
Nov 4th: Final Payment, Nationals balance

USA Spirit Nationals 2025, Anaheim, CA

Approximate Fee: \$1500, Approximate Dates: Weekend of 2/14/25 or 2/21/25

- Fees include: Transportation, hotel, competition fees, team meals, gear.
- A detailed list of required Nationals fees will be sent in October.

Note: No refunds from SDOHS Spiritline or SDOHS Spiritline Boosters will be given for any reason. The money collected for each category is not exact. It is an estimate based on previous years purchases. The costs in each category will vary slightly from what is stated. All money collected will be used towards the Spiritline program to offset any category underestimates or additional needs. You are NOT entitled to a refund in any category because the costs are not exactly what is stated.

****If fees are a hardship on your family please contact the Spiritline Director.****

SANDRA DAY O'CONNOR


Spiritline



2024-2025 TRYOUT PACKET

Use this list to ensure that you have completed all of the necessary paperwork for tryouts and have submitted it by the due date. **Any page with an eagle head on it needs to be turned in as part of the tryout packet on or before Friday, March 29, 2024.**

Complete the following:

- 1) Register & complete ALL steps within Register My Athlete: <https://registermyathlete.com/login/>
 - a. **THIS IS REQUIRED and COMPLETED 100% ONLINE! This must be completed and approved by the Friday before tryouts or you will not be eligible to participate in clinics or tryouts.**
 - b. Upload a completed physical with a date later than March 1, 2024
 - c. Ensure you complete the OHS Athletics Clearance Packet on RMA
 - d. Forward the RMA confirmation email to: ocspiritlinedirector@gmail.com by 3/29/24 to be added to the tryout candidate roster.
- 2) Read the entire Spiritline Handbook, Tryout Packet, Process, and Commitment
- 3) Join the SDOHS Spiritline Try-Out BAND using this QR Code → 
- 4) Pay \$60 Tryout Fee via check payable to SDOHS Spiritline; or Cash at the 3/25 Parent Meeting. Cash will also be accepted at the door on 4/1. If credit card payment is needed, you can pay at the bookstore.
** Payments MUST have the athlete name in the comment/memo section.
** Payments made on or before 3/25/24 will receive an OHS Spiritline T-Shirt at tryouts.
- 5) Get a parent or guardian to attend the Pre-Tryout Parent Meeting on Monday, 3/25/24
 - a. Meeting begins at 6pm in the OHS Library.

Gather and Check-off that you have the following to turn-in:



- Complete the Candidate Contact Information Sheet
- Complete the Experience Sheet
- Sign the Candidate & Parent Sign Off Sheet: Handbook/Social Media/Financial Contract
- Payment

Turn in your packet in an envelope to the Athletic Secretary in the OHS Administrative Office by 3/25/24.

Please note the following information:

- o Only current enrolled OHS students may tryout during the Spring tryouts. If you are a transfer student or incoming freshman you must try out in July due to AIA regulations. If you participated in Spiritline at another high school, you may need to fill out additional paperwork. Please see the athletics office for more information.

RESULTS: Final results of tryouts will be posted on BAND, Instagram, & Facebook, by 11:59pm on 4/5/24 and 7/31/24. This will only show the numbers of the candidates who have made Spiritline. If you are not selected for Spiritline this year, you may contact the Spiritline Director for information on what the coaches recommend that you focus on in order to be prepared to try out again next year. All results are final.

OHS Spiritline Tryouts: What to Expect & Things to Know

Spring Pre-Tryout Parent Meeting: Monday, March 25, 2024, 6pm in the Media Center/Library
Summer Pre-Tryout Parent Meeting: Monday, July 22, 2024, 6pm in the Media Center/Library

Spring Tryouts:

Dates/Times: April 1st: 6-8pm @ Aux Gym
April 2nd: 6-8pm @ Aux Gym
April 3rd: CHEER ONLY 6-8pm @ Aux Gym
April 4th: Practice at home! Day off!
April 5th: Beginning at 6pm @ Aux Gym

Summer/July Tryouts:

Dates/Times: July 29th, 6-8pm @ Aux Gym
July 30th, 6-8pm @ Aux Gym
July 31th, Beginning at 6pm @ Aux Gym

What to Expect at Tryouts:

The first two days of tryouts are practices. Cheer candidates will be taught a cheer and a dance. They will practice jumps, and demonstrate tumbling skills (standing and running). Pom/Dance candidates will be taught dance combinations and will be expected to demonstrate flexibility, turns, aerials, and other specialty skills. On the final day of tryouts: all candidates will tryout in front of a panel of judges.

To protect the integrity of the tryout and selection process, tryouts and tryout clinics may not be filmed by any interested parties and are closed to the public, however coaches reserve the right to video any and all tryouts for further review.

What to Wear to Tryouts:

MUST FOLLOW OHS dress code. We would prefer all black shorts and tight fitted tops. Wear appropriate shoes and socks. Pom should wear Jazz shoes. Hair fully pulled back in a ponytail. (NO flyaways). No jewelry, no long nails, artificial nails, distracting hair or makeup. Please do not wear any apparel from previous cheer/dance/pom teams- Including SDOHS. **Final Day Tryout Attire:** Black top (no cami tanks, or visible bra straps showing) and black fitted shorts or leggings. NO LOOSE FITTING SHORTS.

Eligibility:

All candidates must be in good standing in all areas of academics. Grades will be verified prior to tryouts, as well as routinely throughout the season. Only current OHS students are eligible to try out in the Spring (April). Participants must be debt-free from any previous spiritline seasons—if the debt has not been paid you will need to bring in proof of payment with this tryout packet.

Understanding the Financial Commitment:

BEFORE TRYOUTS, PLEASE BE AWARE: Spiritline is a very expensive sport. Season & competition fees are around \$4,000 per participant for the season. Please understand this is an estimate. By participating in tryouts, your family understands this commitment and will make arrangements to pay as scheduled in order for you to participate.



Sandra Day O'Connor High School
Spiritline Application 2024-2025

Candidate Contact Information

Participant's Name:	Trying Out for: (circle one) CHEER POM
DVUSD School ID #:	Grade for Fall: 9 10 11 12
Participant's Date of Birth:	Participant's Parent/Guardian Name:
Participant's Cell #:	Participant's Parent/Guardian Cell #:
Participant's Email:	Participant's Parent/Guardian Email:

Have you ever quit or been removed from a team? Yes No
If yes explain (Please be specific)
FOR CHEER: Are you currently or plan on participating in All-Star Cheer for 2024-2025? Yes No

Name: _____

Grade for Fall: _____



Experience: Please complete either the Cheer or the Pom checklist below

Cheer	Pom
Years of Cheer Experience:	Years of Pom/Dance Team Experience:
Stunt Position LAST YEAR: <input type="checkbox"/> Flyer <input type="checkbox"/> Base <input type="checkbox"/> Back <input type="checkbox"/> New to Stunting	
Years of Sideline Experience:	Years of Sideline Experience:
Years of All Star Cheer Experience:	
Highest Standing Tumbling Skill without a spot:	Highest # of <u>consistent</u> pirouettes on the right side:
Highest Running Tumbling Skill without a spot:	Highest # of <u>consistent</u> pirouettes on the left side:
<u>Stunting Skills Checklist</u> <i>Check the box of each skill you can fully execute:</i> Building: <input type="checkbox"/> Extension Prep <input type="checkbox"/> Extension <input type="checkbox"/> Extended Liberty <input type="checkbox"/> Heel Stretch <input type="checkbox"/> Scale <input type="checkbox"/> Scorpion <input type="checkbox"/> Arabesque Dismounting: <input type="checkbox"/> Bump Down <input type="checkbox"/> Pop-Off <input type="checkbox"/> Straight Cradle <input type="checkbox"/> Full Twisting Cradle <input type="checkbox"/> Elite/Trick dismount Baskets: <input type="checkbox"/> Straight Ride <input type="checkbox"/> Single Trick Basket (TT, Pike, etc) <input type="checkbox"/> Double Trick Basket (kick full, ball out)	<u>Dance Team Skills Checklist</u> <i>Check the box of each skill you can fully execute:</i> Dance Technique: <input type="checkbox"/> Right-side Quad <input type="checkbox"/> Right-sided 5 Pirouettes <input type="checkbox"/> Single leg hold turn <input type="checkbox"/> Double leg hold turn <input type="checkbox"/> 3 or more leg hold turns <input type="checkbox"/> Toe touch <input type="checkbox"/> Switch leap <input type="checkbox"/> Switch tilt <input type="checkbox"/> 540 <input type="checkbox"/> Spin disc <input type="checkbox"/> Switch arabesque <input type="checkbox"/> Right Aerial <input type="checkbox"/> Left Aerial <input type="checkbox"/> Front Aerial <input type="checkbox"/> Headspring <input type="checkbox"/> Kip up <input type="checkbox"/> Front Walkover <input type="checkbox"/> Back Walkover

Sandra Day O'Connor High School Spiritline



Candidate & Parent SIGN OFF SHEET

Handbook Agreement 2024-2025

Together, we have read and understand the Sandra Day O'Connor Spiritline rules and regulations stated within the handbook, the Inherent Risk Information, and Spiritline requirements.. We understand the commitment and subsequent consequences for any infractions.

Candidate Name (print) _____ **Candidate (sign)** _____

Date _____

Parent/Guardian Signature _____ **Date:** _____

Social Media Rules 2024-2025

We read and agree to the "Social Media Contract" and conduct rules within the handbook set by the Spiritline coaches and will abide by the social media rules. I understand the full consequence of not adhering to the "Social Media Rules" which include up to immediate dismissal from the team.

Student Name: _____ **Parent Name:** _____

Student Signature: _____ **Parent(s) signature:** _____

Date: _____

Financial Contract 2024-2025

I, _____, understand that as a member of the OHS Spiritline that it is my responsibility to pay all balances owed from the OHS Spiritline fund. I am fully aware that fundraising is offered throughout the entire year and that any additional fees are to be covered by myself and/or parents/guardians. If I am not able to pay my balance, I understand the consequences in not participating could result in removal from the squad completely.

Student Name: _____ **Student Signature:** _____

Date: _____

I, _____, understand that my student/child being on the OHS Spiritline requires a certain set of payments throughout the year. If we are not able to pay our balances, fundraising options are available throughout the entire season. If the balances for my daughter cannot be paid, I understand my daughter could possibly face squad removal.

Parent Name: _____ **Parent Signature:** _____

Date: _____