

Christopher High School Cheer and Dance Team Handbook 2025-2026

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

Being a member of the Christopher High School Cheer and Dance Team (CDT) is a unique opportunity for personal growth, leadership, and participation in a variety of activities. The attitude, dedication, self-discipline, and respect for school and others by all members are just as important as the skills involved in spirit leading and are key to the success of the program. All CDT members and coaches must be dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. CDT members must also understand that their conduct, both in and out of uniform, directly reflects on the entire team and school.

Participation on the Christopher High School Cheer and Dance Team is voluntary, and membership is a privilege. Membership may be revoked by the coaches or school administration if a team member violates the team or school rules. Consistent enforcement of the rules and regulations in this Handbook is necessary to ensure the safety and well-being of each individual member.

RULES AND REGULATIONS

The Christopher High School Cheer and Dance Team (CDT) will consist of three (3) teams and a Mascot for the 2025-2026 school year. The number of members on each team may vary based on tryout scores.

- **JV Cheer:** 9th – 11th graders
- **Varsity Cheer:** 10th – 12th graders
- **Varsity Dance:** 9th – 12th graders
- **Mascot:** 9th – 12th graders

PURPOSE

- Promote and uphold school spirit, team unity, and school pride.
- Represent the school with enthusiasm and the highest level of integrity.
- Set an example of good behavior and sportsmanship while in & out of uniform.
- Foster camaraderie within the team and positive relationships across campus and with other schools.

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PARTICIPATION RESPONSIBILITIES

- Attend Spring and Summer practices (May, July, and Mid-August).
- Attend a 4-day/3-night Summer Cheer and Dance Camp.
- Participate in all assigned games, including Playoff/CCS games, including:
 - Football (August-December)
 - Basketball (December-March)
 - Other sports as assigned (e.g., wrestling, soccer, field hockey, volleyball).
 - Attend all rallies
 - Participate in additional school events such as the First Day of School Walk-Thru, Teacher Welcome, Midnight Madness, and Cougarpalooza.
 - Engage in community events such as the Gilroy Rodeo, Veterans Day Parade, Christmas Parade, Little League Closing Ceremony, and Starlight Dance.
 - Attend Fall and Winter practices, plus 2-4 Saturday practices.
 - All Cheer members are required to stunt.
 - All CDT members must participate in fundraising activities.
 - Download and regularly check the BAND app for team communication.

ELIGIBILITY

- All team members must maintain a minimum 2.0 GPA with NO “F” grades to be eligible.
 - Year-end (2nd Semester) Grades from the 2024-2025 school year determine eligibility for the first eight (8) weeks of the Fall Season (excluding incoming freshmen).
 - Grades will be checked again at 1st Quarter (October) for continued eligibility.

- 1st Semester Grades (2025-2026) will determine eligibility for Winter season.
- Members receiving two (2) or more “N” marks in Citizenship will be ineligible.
- Additional eligibility requirements:
 - Completed physical packet and emergency clearance card submitted by the school’s deadline.
 - Once cleared, CDT members must provide an emergency clearance card to the coaches.
 - Fulfill all required community service hours completed per grade level.

Ineligible Members

- Cannot participate in games, rallies, or other team events.
- Must still attend practices and games (dressed in practice attire).
- May wear team jackets but NOT uniforms or warm-ups at events or school

CONDUCT EXPECTATIONS

- **Professionalism:** CDT members must cooperate with coaches, game officials, faculty, and team members at all times.
- **School & District Rules:** CDT members must obey all school, district, and team rules.
- **Sportsmanship:** No booing, inappropriate language, gestures, or arguing.
- **Public Conduct:** CDT members must maintain a positive image, both in and out of uniform. Inappropriate language, gestures, or behavior are not tolerated.
- **Public Displays of Affection:** Excessive PDA in uniform is not allowed.
- **Practice Attendance:** Leaving practice or a game without dismissal from a coach is prohibited.

PRACTICES

All practices are MANDATORY.

Practice Uniform Policy

- To maintain a unified and professional appearance, all team members must adhere to the designated practice attire based on their team.
 - Practice Attire by Team:
 - **JV Cheer** – Color Practice Bow
 - **Varsity Cheer** – Color Practice Bow
 - **Varsity Dance** – Color Practice Bow
 - **Mascot** – Color Practice Bow
 - Approved Athletic Attire:
 - Approved practice colors for clothing - Black, white, & teal.
 - T-shirts, tank tops, shorts, yoga pants, or leggings. No crop tops.
 - Athletic or jazz shoes
 - Winter Exception: Sweats may be worn for warmth but must be removed during stunts for safety
 - Additional Requirements:
 - All attire must be form-fitting, free of large logos (CHS logos are ok), and allow for full range of movement.

- Hair must be secured away from the face
 - No jewelry or gum during practices
 - Nails must be kept at athletic length for safety
- Failure to follow practice attire guidelines may result in participation restrictions or additional conditioning.

Practice Expectations

Approach every practice with a champion's mindset; bring a positive attitude, give your best effort, lift up your teammates, and challenge yourself to grow stronger every day. Success is built in practice, so show up ready to push your limits and rise together as a team!

- Commit to being present, your team depends on you. Every practice is an opportunity to improve.
- Missing a practice requires catching up before the next practice.
- Unexcused absences may result in exclusion from routines.
- Extra practices (morning, lunchtime, extended, or Saturday) may be scheduled for rallies, homecoming, or playoffs.
- Phones must be put away during practice unless approved by a coach.
- Come prepared, bring the right gear, be mentally ready, and give 100% effort from start to finish.
- Encourage and support your teammates, champions lift each other up.
- If you miss a practice, you are responsible for learning what was missed before attending the next one.
- Failure to attend practice could result in removal from a routine due to missed stunt training or material review.
- Every rep, every drill, every moment counts - give it your all!

Coaching & Supervision

- Under **NO circumstances** may a CDT member practice under the supervision of a parent, outside coach, or choreographer unless they are approved by the CDT Head Coach or school.

DISCIPLINE POLICY

This policy has been developed as a tool to promote teamwork, equality, self-discipline and responsibility. Any individual whose attitude detracts from the smooth functioning of the team because of continual lack of participation, effort, or consistent disagreement, with other team members or advisors/coaches will be subject to discipline. Coaches may discipline and/or bench (no participation in game or rally) any Cheer and Dance Team Member.

Infractions leading to disciplinary action include:

- Tardiness, attendance issues, improper attire, unsportsmanlike behavior, lack of commitment, or uncooperative attitude.
- If a coach must address a CDT member three (3) times for rule violations, they will be removed from the team.

Grounds for immediate dismissal:

- Possession/use of drugs, alcohol, tobacco, or steroids.
- Inappropriate behavior on social media (any bullying, offensive language, substance promotion, inappropriate photos) - A single infraction is immediate dismissal from the team.
- Suspension from school.
- Physical altercations.

TEAM EVENTS

Transportation

- CHS does not provide transportation for away games.
- Students CANNOT drive themselves to away games.
- Members must be driven by their parent/guardian or an approved driver.
- To become an approved driver, refer to the CHS website under "Athletics/Driver Information."

Games

- All games are MANDATORY, including playoff/CCS games.
- Members are required to attend playoff/CCS games, whether on JV or Varsity. Coaches will determine attendance requirements for each game.
- Members must arrive 1 hour before game start in full uniform "game ready" with all required gear (shoes, bows, accessories, poms, warmups in bag).
- Failure to bring required items will result in disciplinary action.
- Game expectations:
 - All members must know cheers, sidelines, chants, and routines.
 - Hair must be pulled back in a coach-designated style before arrival.
 - CDT members must wear performance makeup.
 - No jewelry, gum, or long nails are allowed.
 - All taping must be done prior to arriving at the game.
- Suspended members will sit with the coach and assist where needed.
- Socializing with friends/family is not permitted during the game.
- Members must control the crowd through cheers when necessary.
- Members may not enter the stands or leave without coach permission.
- Restroom use requires the buddy system—no member goes alone.
- Members cannot purchase food at the snack shack during the game.
- Members are responsible for cheer boxes, signs, banners, and flags.
- Any game-related issues should be reported immediately to a coach or administrator.

Team Uniform & Appearance

Uniform Requirements

- **Cheer Uniform:** Skirt, shell, liner, briefs, shoes, jersey, poms, bows, bag, and jacket.

- **Dance Uniform:** Pants, shell, liner, dress, shoes, jersey, poms, bag, jacket, and accessories.
- **Mascot Uniform:** Must wear the provided mascot uniform with appropriate clothing underneath.

Uniform & Appearance Guidelines

- Warmups are used at school and if necessary, during games due to extreme weather.
- Members are responsible for cleaning and maintaining their uniforms, warmups, and athletic shoes.
- All members must maintain a consistent uniform look as directed by the Head Coach.
- Hair must be styled uniformly per the Head Coach's instructions.
- Performance makeup is required for games and events.
- **ALL** CDT members must wear their designated outfits to school on game, rally, and other specified event days.

Game & Event Attire Rules

- Members must remain in uniform at all times during games where they are participating.
- Members are not allowed to change out of their uniforms to watch games as spectators.
- Members may change into team pants, jersey, and jacket.

Uniform Restrictions

- No loaning of uniforms or warmups without coach approval.
- Uniforms may only be worn for official CDT activities.

ATTENDANCE & TARDINESS

- Attendance is critical—one absence affects the entire squad. CDT members must be on time to all practices, games, and events.
- Appointments, work, and social events must not conflict with CDT obligations.
- Absences/tardiness must be reported by the member (not parents or friends).
- Reporting an Absence
 - Sick members must notify coaches via text, call, or direct message coaches on the BAND App at least 3 hours before practice/game.
 - Doctor's notes should be emailed to coaches.
 - Three (3) sick absences require a parent note.
 - If you are unable to attend a **PRACTICE**, you must **email** coaches at chscheeranddance@gmail.com *three (3) days prior to the missed practice* AND you must also notify your team captains.
 - If you are unable to attend a **GAME** (that has not been pre-approved), you must **email** coaches at chscheeranddance@gmail.com as soon as possible AND you must also notify your team captains.
 - Failure to provide notice at least ten (10) days prior to the game (*unless it is*

the entire team. If there is a problem, please contact the head coach.

- Communication is via BAND App & email.
- To avoid any sickness or dehydration, please make sure that your child has eaten before they arrive at games or practices and always has plenty of water.

Parent involvement is a vital part of our team's success! Your support helps create a positive experience for all CDT members, ensuring they have the resources and encouragement needed to thrive.

Ways to Get Involved:

- Approved Driver for Team Events
 - Parents are encouraged to become approved drivers to help transport athletes to games, competitions, and events.
 - To become an approved driver, visit the CHS website under "Athletics → Driver Information."
- Fundraising Participation
 - All parents are required to participate in team fundraising efforts to help cover costs for uniforms, travel, and special events.
 - Opportunities include coordinating or assisting with booster events, sponsorships, merchandise sales, or team fundraising nights.
- Other Volunteer Opportunities
 - **Team Parent(s)** – Assist coaches by coordinating parent communications, organizing team snacks and water for long practices and game days, and helping with event logistics.
 - **Senior Parent** – Coordinate Senior Night celebrations (Fall & Winter), including decorations, gifts, special recognitions, and ensuring a memorable send-off for our graduating members.
 - **Game & Event Support** – Help with setup, team check-ins, decorations, and assisting coaches as needed for games & community events.
 - **End-of-Year Banquet** – Assist coaches with planning, setup, and organizing awards or gifts to celebrate the team's hard work and accomplishments.
 - **Photography/Videography** – Capture moments from games and performances to share with the team and the team social media manager.

Your involvement makes a huge difference in the success of CDT and the overall experience for our members. Thank you for your support!

FUNDRAISING REQUIREMENTS

- CDT members and one parent/legal guardian must participate in fundraisers.
- Fundraisers may include:
 - Graduation Yard Signs
 - Donation Drive
 - Junior Cheer & Dance Camp
 - CHS Snack Shack (Booster)
 - Popcorn/Cookie Sales
 - Gilroy Rodeo

UNIFORMS, CAMPS, & MISCELLANEOUS EXPENSES

Team Uniform and Camp Attire

- Approximate cost of uniforms/accessories and camp attire is \$650 for returning members and \$1,500 for new members.
- Camp clothes will consist of three (3) outfits for three (3) days of camp. Uniforms will be worn on day four.
- Members will be provided purchase due dates and an online link for ordering uniforms and camp clothes. Orders must be placed by early May 2025 to receive items in time for camp.
- School-owned uniforms may be provided if a team member does not purchase their own, but they must be dry cleaned upon return.
- Members will be charged for any damage to a school-provided uniform.
- If a team member does not plan to purchase a uniform, they must inform the Head Coach as soon as possible.

Camp

- CDT members will receive USA staff instruction at camp, covering new cheers, routines, stunts, technique, band sidelines, and team bonding.
- It is highly encouraged to participate in fundraising opportunities to help cover costs.
- The cost for USA/UCA Summer Camp is approximately \$600, not including transportation (as costs vary each year).
- A \$100 deposit is required by late April 2025, with the remaining balance due in early July.
- This cost covers a 4-day, 3-night camp, including three (3) breakfasts, two (2) lunches, and three (3) dinners.
- If a team member cannot cover the full amount, they should speak with the Head Coach as soon as possible to discuss options.

Miscellaneous Expenses

Additional costs throughout the year may include:

- Optional team gear.
- Accessories such as bows or earrings.
- Poms or socks for Cancer Awareness events.
- Big/Little Sister/Brother gifts.
- Secret Santa exchanges - Halloween Boo Basket - Camp Basket
- Senior-related items.

RISKS & SAFETY PROTOCOLS

Cheerleading and dance are physically demanding sports that require strength, agility, coordination, and focus. With this level of athleticism comes inherent risk, and safety is our top priority. Every athlete must take personal responsibility for following all safety protocols to protect themselves and their teammates.

Non-Negotiable Safety Rules

- Warm-ups & stretching are mandatory before any CDT activity. **No exceptions.**
- Stunts may only be performed under CDT approved supervision. Unsupervised stunting is strictly prohibited.
- No stunt or skill should ever be attempted unless it has been properly introduced, trained, and approved by the CDT coaching staff.
- If you are injured, **you must immediately report it to a coach** - ignoring an injury can put you and your teammates at greater risk.
- CDT follows strict concussion and injury protocols in accordance with school policy.
- Members with suspected injuries must be cleared by a coach and/or medical professional before returning to practice or performances.
- Reckless behavior will not be tolerated. Any member who does not follow safety guidelines may be removed from stunting, routines, or the team.

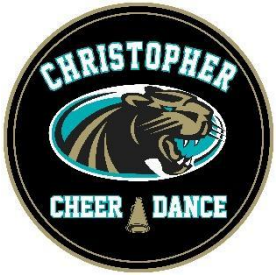
Coach Supervision & Stunting Rules

- Stunting and tumbling require 100% focus - distracted or careless participation puts everyone at risk.
- No exceptions will be made for practicing stunts without an approved Christopher High Cheer coach present.
- Team rules and safety protocols must be followed at all times - failure to comply may result in restricted participation or removal from the team.

Acknowledgment of Risk

By participating in CDT, all athletes and parents acknowledge the potential for injury and agree to follow all safety rules. The best way to prevent injuries is through proper technique, strength training, conditioning, and discipline - safety starts with you.

ACKNOWLEDGMENT AND SIGNATURE REQUIRED ON NEXT PAGE



CHS Cheer and Dance Team STUDENT & PARENT ACKNOWLEDGMENT

We have read the Tryout Packet Information and Christopher Cheer and Dance Handbook thoroughly, and we understand and acknowledge all that is required to be a CDT Member. Permission has been granted to try out for a Christopher High School Cheer Team Member position and participate throughout the season.

Dated: _____

Student Signature: _____

Parent Signature: _____