

Rogers High School Spirit Program Contract / Constitution

It is expected that all athletes of the Spirit teams will abide by all conditions stated in this document.

Requirements

- Must be going into grades 9 – 12 for in the coming school year
- Athletic Clearance
- Maintain a 2.0 or higher GPA with no failing grades
- Must demonstrate leadership ability

Tryouts

- A selection process as designed by the coach(s) will make up the teams
- Completed application with all attachments
- Administrator approval
- Teacher recommendations
- Grade Checks
- Recorded 2.0 GPA
- Completion of tryout clinic dates and complete tryouts where final selections and cuts will be made.
- All cuts are final
- Reasons for not making the team may be discussed with the head coach Squad size is determined by the coach(s) and based on the needs of the team

Citizenship and Behavior

- Athletes are student leaders and must set an example for others to follow
- Athletes must: abide by all school rules, community and state laws
- Athletes are expected to:
 - Cooperate with fellow students, teachers and administrators
 - Conduct themselves in a responsible and respectful manner
 - Dress appropriately inside and outside of school
- Respectful and cooperative behavior is expected at all times
- Consequences for misconduct may result in suspension from the squad and/or probation and/or removal from the team depending on severity
- Suspension from school will result in immediate removal from the team for the remainder of the year.
- Athletes must read and abide by the Puyallup School District Athletic Handbook and Code of Conduct at all times
- Drug, alcohol, or tobacco use on and off campus will result in immediate removal from the team for the remainder of the year.
- There is zero tolerance for bullying team members or other students. Bullying behaviors can include but are not limited to gossiping, slander, demeaning or inappropriate social media posts
- As a Rogers High School Spirit Program member, you will be recognized in the community as a representative of Rogers. Therefore, behavior off the court/field/mat etc. comes into considerations and behavior that represents the team or school negatively will not be tolerated and may result in discipline or removal of the athlete from the team.

Social Media

- Bullying, slander, negative or inappropriate comments, pictures, posts, chats, etc. that are shared or posted on social media outlets including but not limited to Facebook, Twitter, Instagram(public and private), SnapChat, Tik Tok, Blog, Website, Email, Group Text, etc. can be used for immediate dismissal from the team.
 - Social media and technology concerns need to be addressed with the coach(s).
 - Social media/technology posts, words, pictures, graphics, etc. that show a team member or the team in a negative way can result in immediate dismissal permanently while it is being investigated and can also affect future ability for a team member to tryout for the cheer team in the future.

Attendance

- Attendance at practice, games, and events is mandatory. Excused absence needs to be provided to the coach in writing prior to the practice date. Excused absences consist of family vacations **prelisted** on the tryout form, summer school, dental or doctor appointments with **a note from the doctor**. Attendance will be taken at each practice; it is the responsibility of the squad member to provide the coach with excused absences ahead of time.
- Jobs are **not an excuse** for missing practice. You cannot leave early or arrive late due to a job. You must schedule your work around cheer.
- All Running Start classes must be scheduled around cheer activities. This includes but is not limited to practices, games, assemblies, state send offs, parades, etc.
- Athletes are to attend games beginning in the fall with the first home football game and will end with the close of the last basketball game which includes any post season play off games.
- Parades, state send offs, performance, community service events, etc. are all required
- If you are not participating at a game (injury or asked to sit out) you are still expected to attend, stand by the coach and wear attire as designated by coach.

Practice

- There will be multiple practices a week including summer
- Practice attire will consist of assigned practice gear. Nothing that is too loose fitting as it can get caught during stunts. No hooded sweatshirts.
- Practices are closed to parents, friends, family, etc.
- There will be no tongue, lip, eyebrow, chin, ear, nose or belly rings, or jewelry in any form while in any cheer attire.
- Hair will be kept in a slicked back low pony for any and all performances no whispies, and hair cannot be dyed bright or wild unnatural colors.
- No long fingernails. You must not be able to see the tips of fingernails over the top of fingers. This is in accordance with WSCCA and NFHS Rules and Regulations.
- There will be no cell phone use during practice. Water breaks are not cell phone time.
- You must be in attendance at the practice before any performance in order to perform. If you are not at the practice before a performance, you will not perform.
- Practices will follow skills progressions, and you must be checked off on your progression sheets before moving on to higher level skills.

Games

- You must be on time (1 hour prior to game start or as otherwise directed by coach) and in complete uniform upon arrival.
- You must have all pieces of your equipment/uniform in order to participate. If you forgot something you will stand with the coaches on the side.
- You may not wear non cheer attire while in uniform.
- You may not leave without permission of coach, advisor, or designated supervisor.
- There will be no primping, grooming, or gum while cheering.
- Cheer and Dance are sports and will be treated as such. There will be no socializing while game is in play. Players not performing appropriately can be asked to sit out.
- There will be no tongue, lip, eyebrow, chin, ear, nose or belly rings, or jewelry in any form while in any cheer attire.
- Hair will be kept in a slicked back low pony when performing, no whispies, and hair cannot be dyed bright or wild unnatural colors.
 - No long fingernails. You must not be able to see the tips of fingernails over the top of fingers. This is in accordance with WSCCA and NFHS Rules and Regulations.
 - In order to participate at a game, you must pass a cheer/chant/dance test before football and before winter season

Events

- The Athletes also participate in volunteer activities that give back to our community as well as team bonding events and other events to promote our school. All team events are required and attendance is mandatory. Events can be found in the Calendar which is subject to change at Coach's discretion.

Grades

- All Athletes must follow and abide by the Spirit Program GPA and grades requirements.
- Grade checks are conducted by the Athletic Director and warnings are sent out to coaches regarding athletes on probation according to the district athletic policy and cheerleading contract regarding grades.
- Athletes must maintain passing grades in all classes.
- All Athletes must maintain a 3.0 or higher to be eligible to remain on the team.

Uniforms

- Athletes will meet with the coach and Uniform rep to discuss ordering uniform.
- A complete uniform consists of skirt, shell, liner, pants, jacket, spandex, shoes, bows, bag, poms.
- Uniforms are property of the school. Uniforms will be checked out to each individual athlete. It is their responsibility to keep track of their uniform. Uniforms must be turned in at the end of the season. If uniforms are not returned there will be a fine placed on your account.
- Uniforms may be worn up to four times a week depending on the number of events scheduled.
- You are responsible for the care of your uniform. All items can be machine washed.
- Uniforms should not be worn unless designated by coach.
- You are not to loan / allow anyone to borrow any attire item.
- You may not alter any piece of your uniform without permission from the coach
- There is no glitter, shimmer, etc. to be on your persons, uniforms, etc. at practice, games, events
- Sports bras a part of the uniform and need to be worn at all practices, games, events, etc. Sports bras are not to be visible when wearing your uniform.

Communication

- It is the responsibility of the ATHLETE to communicate with the coaching staff.
- The coach will go over updates, calendar changes, event information, etc. with the athletes during practice. This information is to be relayed to their parents by the athlete.
- Coach(s) are very busy and there is a lot of "behind the scenes" work with the management pieces of running the team. Please keep in mind this is a team sport, and individual concerns or needs are taken into account but may not always be addressed as a whole or seen from the outside looking in.
- Individual needs/concerns/etc. Will not be discussed with other members of the team or other parents.
- Coach(s) will do their best to reply to emails within 24-48 hours.
- All communications regarding the Spirit Program need to be addressed through the Head Coach.
- The head coach will NOT respond to text messages via personal phone numbers.

Costs

- Cheer and Dance are expensive sports and we do our best as a team to keep the balance between keeping costs down and running a quality program. Costs and fees spreadsheets as well as payment spreadsheets will be handed out to athletes and emailed out to parents.
- All payments must be paid on time per the payment schedule
- There are two total costs to each athlete:
 - **Cost to Bookkeeper** – paid in monthly payments due the 15th of each month.
 - The total due to the bookkeeper can be completely paid for through fundraising efforts.
 - There will be a monthly fundraiser to offset the payment amount due for the month.
 - ✓ Ex: If the monthly payment amount is \$100 and you raise \$75 you only need to pay \$25
 - ✓ Ex: If you raise more than the monthly payment amount it will rollover to the next month's payment
 - **Cost to Other** – paid directly to the company / organization / person
- Payments are all due at time of event or in monthly increments to company

- Past due payments will result in ineligibility to participate at games or performances until accounts are brought current.
- In the event that an athlete quits or is dismissed from the team, they are still responsible to pay all costs and fees in full.

Fundraising

- Athletes will raise additional team funds through ASB and Booster fundraisers.
- If the school is used in promoting fundraisers, all proceeds are required to be admitted into the ASB account
- All athletes are required to participate in team fundraisers:
- Additional Fundraisers will be authorized by the coach.
 - All money fundraised through ASB and Booster remains in the respective account. If an athlete raises more \$ than is owed the overage goes to fund other items for the Spirit Program.
- Costs to be paid to the Bookkeeper can be paid for through Fundraising. If you do not Fundraise the monthly amount due it is due on the 15th.
- If you raise more than the amount due it will roll over to next month's amount due.
- Money from team fundraisers goes to pay for all the following:
 - Signs
 - Mats
 - Equipment
 - Coaches Costs
 - Transportation
 - Music
 - Poms
 - Flags
 - Megaphones
 - Team Bonding
 - Banquet

Varsity Letter

- In order to receive your Varsity letter, you must meet the following:
 - Participate in all practices, events, games, competitions, parades, camps, etc. as designated by the coach unless prior approval to be excused is present.
 - The season must be completed in its entirety and the athlete must be within good standing not exceeding the demerit limit. Suspension from the team at any point in the season may result in not earning a Varsity letter.
 - Account balances must be at \$0

Discipline

- Failure to comply with any and all items listed above may result in disciplinary action including but not limited to demerits, not participating in games, events, etc., suspension, and/or removal from the cheer team.
- Final judgement in demerits given will be by the head coach.

Demerits

Athletes will receive demerits for not adhering to the above expectations. Any coach can give a demerit. The Head Coach will keep track of each individual athlete demerits. Below is the demerit system in place for contract violations. Anything not listed but deemed as conduct unbecoming of a Rogers Spirit Program member may result in disciplinary action.

Situation	Demerits
Arriving tardy to practice or a game.	1
Not appropriately dressed and ready to practice/cheer	1
Breaking the No Cell Phone Rule	1
Arriving to practice/game/performance with jewelry	1
Unsportsmanlike Conduct at games/comps	2
Assigned Detention or Put on Academic Probation	2
Absent from practice or a game without either a written doctors excuse or a note from another school sponsored activity leader – times must be included on the note	2
Inappropriate and/or disrespectful behavior. Includes any misbehavior during classes or on school campus or while representing RHS May lead to suspension or dismissal from the team	3
Causing any tension within the spirit program that jeopardizes the program's harmony. May lead to suspension or dismissal from the team	3
Social media/technology posts, words, pictures, graphics, etc. that show a team member or the team in a negative way. May lead to suspension or dismissal from the team	3
3 rd unexcused absence	Dismissal from the team
• Use or possession of alcohol, drugs, marijuana or tobacco • Being present at a party or location where there are drugs, alcohol, marijuana, or tobacco • Suspension from school • Breaking a County, State, or Federal law	Dismissal from the team

- Accumulation of **4 demerits** will result in a one-performance suspension. Practices and all other cheer activities (including wearing assigned attire to school, travel with team, etc.) will still be required but the athlete will stand by coaches during the performance.
- Accumulation of **8 demerits** will result in a two-week probation. Practices are still required but participation in any other spirit program activities will be prohibited.
- Accumulation of **15 demerits** will result in dismissal from the team.

Division of Teams

- Below is a breakdown of team division and responsibilities
- The competition team is based on: Leadership, Attitude, Work Ethic, stunt positions, and mental preparedness
- Competition team is decided by the coach(s) and can change at any time due to attitude, ratios, skills, etc.
- Athletes may be promoted, demoted, (i.e. alternates) from a competition, game, etc or as a permanent position any time the coach sees fit.

Fall Season

Sport Level	Sport and Duties
Varsity Sideline	• Varsity Football (home and away) • Support All Other Fall Sports • Attend assigned games
JV Sideline	• JV Football (home games only) • Support All Other Fall Sports • Attend assigned games
Dance Team	• Attend Practices • Halftime Performances • Rodeo Parade • Support All Other Fall Sports • Attend assigned games

Winter Season

Sport Level	Sport and Duties
Varsity Sideline / Competition Teams	• Sidelines – All basketball games • Comp – 1 assigned game a week during non-competition weeks • Comp - Saturday Competitions • Support All Other Winter Sports • Attend assigned games
JV Sideline	• All JV Basketball Games • Support All Other Winter Sports • Attend assigned games
Dance Teams	• Halftime Performances • Support All Other Winter Sports • Attend assigned games

Fall, Winter, and Spring

- Everyone - Assemblies, State Send Offs, Volunteer Projects, Fundraising, Club and Academic Support

I have read and agree to abide by the above written contract.

X

Parent / Guardian Signature

X

Athlete Signature

This contract has been reviewed and approved by Principal Jason Smith and Athletic Director Peter Collins.