

SANDRA DAY O'CONNOR HIGH SCHOOL

Spiritline



2025-2026 HANDBOOK AND TRYOUT PACKET - CURRENT STUDENTS

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

Spiritline has the longest season of any sport on campus. Our season encompasses fall, winter and part of spring sport seasons, as well as summer clinics and 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 up to 4 days a week during the school year and possibly Saturday practice and/or competitions. If involved in outside cheer or dance: 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.

Spiritline Conduct Agreement

Misconduct in person, or through any other means of communication, such as social media, may result in immediate dismissal from the team, suspension, or other forms of discipline as deemed appropriate by the Spiritline Director and Coaches.

Conduct Expectations:

- Athletes will not use profanity (including social media).
- Athletes will not disrespect teammates, other students, 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 the Sandra Day O'Connor High School Spiritline must show a commitment to the athletic program by adhering to the "Social Media Rule" established by the Spiritline coaches. If it is not adhered to, dismissal from the team (with no refund) will be considered.

Social Media Understanding: Any spiritline member posting or reposting/sharing rude, inappropriate, distasteful images or comments on any type of social media forum may be dismissed from the team.

The coaches and director 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 expected that athletes themselves communicate any absences or illnesses through BAND App or email with their coach directly, whenever possible. 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 (No F's), good attendance, and exceptional class performance. At the time of grade check, if an athlete is not passing a class, or the overall GPA has dropped below 2.0, grades are expected to improve in one week. If the grade is not brought up by the grade check the

following week: the athlete is ineligible and 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 permanent removal from the routine and/or team.

Excused absences are limited to: contagious illness, family emergency, or school business (college visit, community services, school dance/play for a grade). Athletes are allowed 4 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 7 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 as often as available.
 - a. Depending on the location of the competition, members will travel by bus, airfare or by parent. Buses are not guaranteed for competitions, especially weekends.
 - b. *Note: Travel to/from competition will sometimes include multiple teams within the program. Comp days therefore can be long days with gaps between travel and competition time. We travel as a team and support each other as often as possible. Travel times are at the discretion of the coaching staff. Complaining about travel times may result in removal from the competition routine.*

Parent Role, Expectations & Participation:

Strong Spiritline Programs have parents who get involved and participate in a positive way intended to support the team, athletes, and coaches. Supporting the team is displayed in many ways such as maintaining positive communication, a spirited presence, and holding a firm commitment to abstaining from gossiping, spreading rumors, and speaking negatively about any Spiritline event, coach, director, or process. Parents of Spiritline Members will be expected to communicate with the coach and/or director first (after communicating with their athlete). If unresolved, request a meeting with the Coach, Spiritline Director, and Athletic Director.

Additional Spiritline Parent Standards:

- Be honest about your child's actual athletic ability, attitude, sportsmanship and overall experience.
 - Accept the coach's assessment of your athlete's skillset and if concerns persist, alert the Spiritline Director.
 - Acknowledge that the coach's decisions are made in the best interest of the individual athlete and the team. Many skills are needed to create a well-rounded Spiritline Member (not just exceptional tumbling or phenomenal turns!)
- 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. Avoid speaking about other athletes.
- Get to know your coaches and their way of teaching. Remember, children/teens tend to exaggerate both with praise & criticisms. Listen to your child, then if needed, speak to the coach to learn more.
- Remember that your athlete participates in this sport for their enjoyment and is committed to the team for a full school year. Reinforce the commitment and teach them how to navigate ups & downs.

Parent Volunteer Hours:

- Parents volunteers are needed throughout the season for various reasons: team events, special occasions, fundraisers, etc. ALL Spiritline Members benefit from events and fundraisers, therefore, parents volunteering is an expectation from all families. The Spiritline Director and the Spiritline Boosters will share opportunities at the Parent Meetings. All families are expected to volunteer for at minimum 2 events per season, and/or 4 hours, whichever is greater.

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.

Summer Commitment:

There are two solid summer breaks. Please take vacation during that time. There are weekly practices/clinics/camps outside of those breaks. Please read thoroughly.

- **SPIRITLINE SUMMER BREAKS:**
 - *No practice/camp the month of May. ALL athletes will submit summer workouts via Band
 - *No practice/camp June 29-July 20 for Cheer, and July 3-20 for Pom.
- **JUNE WORKOUTS/CLINICS/PRACTICES PRIOR to CAMP:**
Mondays and Tuesdays 6-8pm in the Aux Gym
June 2, 3, 9, 10, 16, 17, 23, 24
- **JULY WORKOUTS/CLINICS/PRACTICES AFTER CAMP** (Season Prep prior to Tryouts)
July 21, 22, 23, 24

2025 USA & UDA Summer Camps (Mandatory for all current team members):

Cheer: USA Summer Camp, Thurs 6/26/25 - Sun 6/29/25 @JW Marriott

Pom: UDA Dance Camp, Sun 6/29/25 - Wed 7/2/25 @Arizona Grand Resort

Regular Season Practice Schedule, August 4th - February 20th:

- **DAYS:** Monday, Tuesday, Wednesday, and/or Thursday (occasional Saturdays)
- **TIMES:** Varied: 5:00-6:45am, 3:00-5:30pm or 5:30-8:00pm (**Game times are also in the evenings!**)

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
<i>Season Fees</i>	<i>\$500</i>		<i>Season Fee</i>	<i>\$500</i>
<i>Summer Camp</i>	<i>\$600</i>		<i>Summer Camp</i>	<i>\$600</i>
<i>Gear - <u>New</u> Member</i>	<i>+/- JV \$1115, Varsity \$1420</i>		<i>Gear - New Member</i>	<i>+/- JV \$1315, VAR \$1585</i>
<i>Gear - Returning Member</i>	<i>+/- JV \$675, Varsity \$675</i>		<i>Gear - Returning Member</i>	<i>+/- JV \$875, VAR \$975</i>
<i>Stunt & Tumble Technique Training (Sep-Feb)</i>	<i>\$70/mon</i>		<i>Technique Training Classes (Sharpen Up, Sep-Feb)</i>	<i>\$88/mon</i>
<i>Choreography</i>	<i>\$300</i>		<i>Choreography</i>	<i>\$300</i>
<i>Competition Team</i>	<i>TBD in August</i>		<i>Competition Costume</i>	<i>TBD in August</i>
<i>Nationals</i>	<i>\$1400</i>		<i>Nationals</i>	<i>\$1400</i>
<i>Senior Package</i>	<i>\$300</i>		<i>Senior Package</i>	<i>\$300</i>

Notes:

- All members are expected to have the following:
 - At least one pair of black leggings
 - Team Appearance Shoe: Royal Blue Adidas Campus 00's (Must have by camp!)
 - Pom: must have one 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:

May 3rd:	UNIFORM FITTINGS and ALL GEAR Payment DUE (All "gear" must be paid in full for order to be placed)
June 2nd:	Season Payment #1, \$700 (**Must be paid in full to attend camp)
July 21st:	Season Payment #2, \$700 (**Must be paid in full to be eligible for Competition Team)
Sep 8th:	Nationals Payment #1, \$700
Oct 6th:	Final Payment, Nationals balance (+/- \$700 if no fundraiser participation)
Nov 3rd:	DVUSD \$100 Athletic Fee (payable online or at the Bookstore on campus. May be paid in advance)

USA Spirit Nationals 2026, Anaheim, CA**Approximate Fee: \$1400, Approximate Dates: Weekend of 2/12/26 or 2/17/26**

- Fees include: Transportation, hotel, competition fees, team meals, apparel & spirit 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 prior to Tryouts.****

****IMPORTANT****

Mandatory Uniform fittings are scheduled for Saturday, May 3rd @ 8am in the Dance Room. All team members must wear a sports bra and fitted shorts. (There is not enough time for each person to go change in the restroom). Payment in full is due at that time as orders must be submitted immediately in order to arrive in time for June camp!

SANDRA DAY O'CONNOR


Spiritline



2025-2026 TRYOUT PACKET (April Tryout)

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 to the office as part of the tryout packet on or before Monday, April 21, 2025.**

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, 2025
 - c. Ensure you complete the OHS Athletics Clearance Packet on RMA
 - d. Forward the RMA confirmation email to: ocspiritlinedirector@gmail.com by 4/25/25 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 4/21 Parent Meeting. Cash will also be accepted at the door on 4/28. 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 4/21/25 will receive an OHS Spiritline Tank at tryouts.
- 5) Get a parent or guardian to attend the Pre-Tryout Parent Meeting on Monday, 4/21/25
 - 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 with the Eagle Logo
- ☐ Complete the Experience Sheet with the Eagle Logo
- ☐ Sign the Candidate & Parent Sign Off Sheet: Handbook/Social
- ☐ Media/Financial Contract with the Eagle Logo
- ☐ \$60 Payment



Turn in your packet in an envelope to the OHS Administrative Office by 4/21/25, Attention: Spiritline Director

Please note the following information:

- o Only current enrolled OHS students may tryout during the Spring “tryouts”. You may, however, attend the “clinic” practices for added experience. 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. **Transfer students may not participate until after the current school year ends.

RESULTS: Final results of tryouts will be posted on BAND, Instagram, & Facebook, by 11:59pm on 4/30/25 and 5/2/25. 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, April 21, 2025, 6pm in the Media Center/Library
Summer Pre-Tryout Parent Meeting:	Refer to the Freshman/Transfer Packet

SPRING Tryouts:

POM TRYOUT CLINICS: 6-8pm - 4/28, 4/29 (Aux Gym) ... POM Tryouts = 6pm, Wednesday, April 30th (Dance Room)

CHEER TRYOUT CLINICS: 6-8pm - 4/28, 4/29, 5/1 (Aux Gym)... CHEER Tryouts = 6pm, Friday May 2nd (Aux Gym)

SUMMER Tryouts (Freshman, Transfers, and Competition Team Tryouts):

POM TRYOUT CLINICS: 6-8pm - 7/28, 7/29 (Aux Gym) ... POM Tryouts = 6pm, Thursday, July 31st (Dance Room)

CHEER TRYOUT CLINICS: 6-8pm - 7/28, 7/29, (Aux Gym).... CHEER Tryouts = 6pm, Friday August 1st (Aux Gym)

What to Expect at Tryouts:

The first two/three days of tryouts are practices. Cheer candidates will be taught a cheer and a dance. They will practice jumps, and demonstrate stunt and 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 OHS tank 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 2025-2026
Candidate Contact Information

Participant's First and Last Name: Participant's Date of Birth: ____ / ____ / ____ Mon/Day/Year	Trying Out for: (check all that apply) <input type="checkbox"/> JV Cheer <input type="checkbox"/> Varsity Cheer <input type="checkbox"/> JV Pom <input type="checkbox"/> Varsity Pom
DVUSD School ID #:	Grade for <u>Fall 2025</u> : 9 10 11 12
Participant's Parent/Guardian Name #1:	Participant's Parent/Guardian Name #2:
Participant's Parent/Guardian #1 Cell #:	Participant's Parent/Guardian #2 Cell #:
Participant's Parent/Guardian #1 Email:	Participant's Parent/Guardian #2 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 2025-2026? Yes No

Name: _____

Grade for Fall: _____



Experience: Please complete either the Cheer or the Pom checklist below. The skills listed are not “required”. This list is to help us understand your current skill set only.

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 <u>without</u> a spot:	Highest # of <u>consistent</u> pirouettes on the right side:
Highest Running Tumbling Skill <u>without</u> 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> <u>Flexibility:</u> <input type="checkbox"/> Right Splits <input type="checkbox"/> Left Splits <u>Building:</u> <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 <input type="checkbox"/> Needle <u>Dismounting:</u> <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	<u>Dance Team Skills Checklist</u> <i>Check the box of each skill you can fully execute:</i> <u>Dance Technique:</u> <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 2025-2026

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 2025-2026

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.

Candidate Name: _____ **Candidate Signature:** _____ **Date:** _____

Parent Name: _____ **Parent(s) signature:** _____ **Date:** _____

Financial Contract 2025-2026

NEW FOR 2025: All accounts/payments must be current by July 21st in order to be eligible to compete.

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:**_____