



Central East
Pep & Cheer Handbook
2026 - 2027

Organization

The Central East High Pep & Cheer Program is overseen by the Administrative Office, supported and coordinated by the Athletic Office, and managed by the Central East High Pep & Cheer Directors, Amanda Rolle and Tina Tompkins.

Central East High Pep & Cheer members are held to the highest standards of academics and behavior. Their main responsibility is to represent Central East High School in a positive manner. Their duties will include cheering at various athletic events and playoffs, performing at rallies, senior night for most sports, cheering at Unified Sporting Events, the CIF Championship for Dance and Cheer, and participating in other school and community functions. If an event is added last minute, a cheerleader is still responsible to cheer at the event. They will also be given an opportunity to make it up if they cannot attend.

Qualifications

To participate in try-outs for Central East High Pep & Cheer, a potential squad member must meet the following qualifications:

- Have at least a 2.0 GPA on the most recent progress report.
- Have no outstanding fines.
- Have an application, signed contract from the parent/guardian giving permission, and 1 letter of recommendation (there is no form this year) to try-out.
- Students not currently attending Central Unified must have copy of attendance, discipline, and grades and the signature of a school official at the bottom of their application.
- Have the parents assume the responsibility of their child and the guidelines of the handbook.
- Purchase accident insurance (either own or one available through the school) – *after try-outs*.
- Pass a physical – *after try-outs*.

Criteria for Selection

- ◆ Grades and attendance
- ◆ One letter of recommendation from a current teacher (There is no form.)
- ◆ Advisor recommendations for current pep & cheer members (both middle and high school)
- ◆ Physical try-outs (knowledge of material, cheer, dance, & stunting technique, rhythm, personality, enthusiasm, overall performance)
- ◆ Participation and attitude at clinic
- ◆ Knowledge of Pep & Cheer CLAWS
- ◆ Interview questions
- ◆ Pep and Cheer Rubrics are posted on the Cheer Website
- ◆ In order for a freshman or sophomore to be selected for varsity sideline cheer, they must have good grades, no discipline issues, and positive teacher and coach's recommendation.
- ◆ Participants do not automatically make the team if they were on the team the previous year. All former squad members must tryout out again and have the requirements to make the team.
- ◆ If you quit the team, you will not be allowed to try-out for the following season.

Competition Qualifications & Criteria

- In addition to the qualifications and criteria of being a pep and cheer squad member, considerations for competition will be selected based on their knowledge of material, dance technique, stunt technique, tumbling ability, and interview questions about being a competition member.
- There will be a Varsity Pep Competition Team, Varsity Comp Cheer Team, JV Comp Cheer Team, and a Crowd Leader team.
- **All Competition Teams** will consist of 9th-12th graders.
- If coaches and judges feel that a member's abilities are at the next level, they will be placed on the varsity competition team. There is no set number of members that will make the competition teams. Competition cheer teams will be decided in June.
- There will be a separate tryout for competition pep. Choreography and camps for competition cheer will take place in June/July/August, and they will be mandatory for all competition members.
- Competition members are required to attend **all practices, competitions**, and the **Central Unified Spirit Showcase and Competition. Tumbling and dance classes are required.**
- If you are selected for a competition team and decide to quit, you will be removed from both sideline pep/cheer and competition pep/cheer.
- Competition members must be present at all practices, camps, clinics, and choreography. The only excuse for missed practices is illness. Failure to attend practice will result in automatic removal from the team.
- If you would like to participate on JV or Varsity Comp Cheer, you must attend all stunt clinics.
- The Fight Song team will consist of the Varsity Sideline pep and cheer team. They will participate in all local competitions. Members involved in winter sports will be exempt.

Varsity Pep & Cheer Competition Dates:

Central Unified Spirit Showcase –October

USA Regional Competition- November

CIF Invitational @ Buchanan- December

USA Regional Competition -January

CIF Championship- January

Central Unified Elementary Championships

CA State Invitational-January/February

Clovis Pep Classic @Clovis High- January

Clovis West Showcase @CW- February

USA Nationals @ Anaheim Convention Center-

February

UCA Nationals (NHSCC) @Orlando- February

Try-out Dates & Times

- ⇒ An informational meeting will be held on Thursday, February 26th @ 6:00 PM via Zoom. Participants must have a completed online Interest Form submitted by Wednesday, February 25th, and 2.0 GPA on the 6 week progress report to try-out. Transfer students must have a copy of their grades, discipline, and attendance records turned in as well.
- ⇒ Teacher/Coach recommendations are due Friday, February 27th.
- ⇒ Signed contract and application due by Tuesday, March 17th.
- ⇒ Try-out material will be posted online on Friday, March 13th. The clinics will be on March 11, 16, and 18 from 6 – 8 pm in the wrestling room. Competition Only Stunt Clinics will be held March 3, 4, 10, 11, 17, and 18 from 6:45 – 9 am. Students not enrolled in PE at Central East may leave at 8 am
- ⇒ The **Pep Clinic** will be on Thursdays, March 12 and Tuesday, March 17 from 5 – 7 pm in the Cheer Room. Participants will review the dance, band chant, and sideline cheers posted online.
- ⇒ Pep Try-outs will be held on Thursday, March 19 beginning @ 5 PM in the Cheer Room.
- ⇒ Cheer preliminary tryout is Friday, March 20 at 5 pm. We will evaluate the sideline dance, performance cheer, jumps, and interview question. The list of participants who made the first cut will be posted Friday, March 20th by 10 pm on our website.
- ⇒ Cheer Final tryout is Saturday, March 21 at 9 am. We will evaluate stunting and tumbling technique. In order to make varsity, participants must be able to either base, fly, or back spot an extended liberty. In order to make JV, participants must be able to base, fly, or back spot an extension.
- ⇒ All participants must wear a plain black t-shirt (no midriff tops), black shorts/leggings, tennis shoes (or dance shoes for pep), white socks, and **NO JEWELRY** to try-outs and clinics. Girls must wear their hair in a slick ponytail. If hair is too short for ponytail, then it must be worn out of the face. Bows are allowed.
- ⇒ Judges for the try-outs will consist of, but are not limited to: Squad advisors, coaches, administrators, and outside judges (no affiliation to CEHS). Judges' decisions are final.
- ⇒ Results of try-outs will be posted on the pep & cheer page of the school website once try-outs are complete. The address is <https://cehs.centralunified.org/> Try-outs and clinic are closed to all spectators.

Responsibilities

1. Abide by the pep & cheer CLAWS, Central East High School rules, and athletic code of ethics.
2. Participate proudly and represent Central East High School at all school, athletic, and community events.
3. Comp team members must be enrolled in the Cheer PE class.
4. Sideline Pep team members must be enrolled in the dance class with Ms. Woods at CEHS.
5. Maintain at least a 2.0 GPA.
6. Attend morning and evening practices during football season – (If pep or cheerleaders miss practice, the athlete will not perform the halftime performance.)
7. Must pass the Cheer and Dance test in order to cheer at games. If you are on varsity and have not passed the cheer test by the second football game, you will be placed on JV.
8. Participate in fundraisers and assume financial responsibilities.

Program Fundraisers

Powder Puff Football

Vertical Raise

Lemonade Sales

Central Unified Showcase

April/May

April/May

Aug/Sept

Oct

Double Good Popcorn

Central East Spirit Camp

Homecoming Dance

USA Nationals Send Off

May

August

Sept

February

Financial Responsibility

Pep & Cheer squad members may choose to participate in fundraising activities to help defray expenses required to be in this program. Pep & Cheer squad members will also be asked to participate in fundraisers that support the pep & cheer program but do not go towards individual accounts.

Payment #1 due at first meeting (March 23):

Program Camp	\$80
USA Camp (Sideline Cheer)	\$350
Pro-Action (Sideline Pep)	\$395
Camp Clothes (Cheer)	\$140
Camp Clothes (Pep)	\$180
Backpack (not mandatory)	\$50
Warmups (same as last year)	\$300

Varsity Brand Portal Payments:

Varsity Portal #1 – pink uniform [new this year] and practice set (April 6 – 13)

JV/Varsity Pep and Cheer	\$235
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Varsity Portal #2 - uniform – bodysuit, body liner, black skirt (May 4 – 11)

JV Pep and Cheer	\$305
Varsity Pep and Cheer	\$402

Varsity Portal #3 – poms, bow, and *white skirt (June 1 – 8)

JV Pep and Cheer	\$90
Varsity Pep and Cheer	\$230

*white skirt is for Varsity Pep and Cheer Only

Varsity Portal #4 – Comp uniform – Traditional Comp Pep & Cheer Only (June 29 – July 6)

Competition Uniform	\$500
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Payment #5 – Practice set – Traditional Comp Cheer Only (August 3 – 10)

JV/Varsity Comp Cheer	\$150
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Camp/ Competition Payments

Payment #1 (June 1)

Proven Camp (competition cheer)	\$240
USA Elite Camp in Indian Wells (competition pep)	\$650

Competition Fees (Due September through December)

Competition Pep	\$400
VCC and JVCC (UCA in Florida)	\$1700
Disneyland ticket- (VCP only – not mandatory)	\$280

Shoes will be purchased separately from Nfinity. The link will be provided on Google Classroom:

JVCC and VCC white and black Nfinity Vengeance

Sideline Cheer white Nfinity Rivals

Sideline Pep TBD

The Varsity Sideline uniform includes bodysuit, body liner, skirt, bow, and poms. If you would like more than one bow, please let the Varsity Rep know at the fitting, so it can be added to the payment portal. The Frosh/JV Sideline uniform includes the bodysuit, body liner, and skirt. If you would like an extra game bow, please let the Varsity Rep know at the fitting, so it can be added to the payment portal. The fitting will be Thursday, March 26th from 4 – 7 pm in the staff lounge (administration office).

All Varsity Brand merchandise is purchased on the Varsity Payment Portal: skirt, body liner, bodysuit, poms, game bows, pink uniform, and practice sets (for competition pep/cheer and game pep/cheer)..

JV and Varsity Cheer Sideline are participating in a USA home camp this year, and Varsity Pep Sideline is participating in a Pro-Action Dance camp in Visalia.

Competition Cheer will participate in a two day Proven Camp, and Competition Pep will attend an elite USA Camp in Indian Wells.

According to district policy, uniforms may be provided for those who cannot afford them. The uniform will be a loaner, in a general size (not custom fit to your child), and cannot be altered in any way. You must let your advisor know before the uniform fitting date if you choose to have a loaner uniform. Uniforms will be purchased through the Varsity Payment Portal. Once you have paid for your items, they cannot be returned since all items are custom.

Bodysuits, skirts, and liners may be purchased from previous squad members at a price set by the owner of those items. If you would like to sell your uniform for \$200 (JV) and \$250 (Varsity), please email tompkins@centralunified.org by March 23rd.

Under the California Constitution, the free school guarantee prohibits charging students any fee, charge, or deposit for curricular or extracurricular activities that are an integral component of the District or a school site's educational program. There are, however, specific statutes in the Education Code and other laws which identify definite circumstances when fees and charges are permissible. Nothing in the law prohibits voluntary donations, contributions, and fundraising by students and their families to support District and school site programs, so long as monetary donations, contributions, and fundraising activities are not made mandatory for students and their families.

Pep & Cheer CLAWS

Come Prepared:

- * Attend all practices and assigned games on time and ready to cheer.
- * Learn all material needed for games and rallies
- * Excused absences from game or practice must be cleared with advisor at least 2 weeks in advance and made up in a timely manner. Excused absences are limited to: family emergency or illness.
- * Anytime you are asked to be in uniform, it must be complete (hair in ponytail with bow, no jewelry, cheer shoes, etc.)

Live Responsibly:

- * Think about how you represent your school. You are the face of Central High School!
- * Always have a positive attitude and put forth your best effort.
- * You represent Central High School even when not in uniform.
- * Uniform and other cheer apparel may not be worn by others.

Act Safely:

- * Absolutely no jewelry is allowed at PE, practice, games or while in uniform.
- * Be sure to get your ears pierced either over winter break or spring break so that you can safely remove them for practice or PE. You are not allowed to simply cover them with Band-Aids or use clear plastic place holders.
- * Be focused at practice and at games – if you are talking or not paying attention, someone can get hurt.

Work Together:

- * Being a member of the pep & cheer squads means that you are a part of a TEAM. This is not an individual sport or activity. All members are required to abide by all rules set forth by the advisors & coaches.
- * Remember that when you miss practices or games, you are letting down your entire TEAM.

Show Respect:

- * Treat your coaches, advisors, fellow squad members, yourself and others with respect and kindness.
- * Be very careful about what you post on social media. Once it is out there, it can never be taken back.
- * Respect yourself – do not use profanity or show excessive affection while in or out of uniform.

Discipline

Each squad member is given 20 points to start the year. Penalties will be assessed as listed below. When a squad member reaches zero, it will result in removal from the squad including competition teams until points are made up. Members will not be allowed to make up points from defiance, disrespect, or major discipline issues. Volunteer opportunities will be given throughout the year. Volunteer work must be approved by a coach. Poverello House and Community Food Bank are currently the only ones we will accept.

Competition squad members must call, text or e-mail their coach at least one hour before missing practice or conditioning. Failure to do so will result in a loss of points.

An unexcused absence includes anything but school activity, illness with a doctor's note or family emergency with documentation. If you are going to miss a practice due to travel arrangements, you must email or text 1 month prior to the missed practice for it to be excused. Camps are mandatory and will not be excused.

Squad members are also strongly advised to attend practice even if they are injured or not feeling 100% to sit and observe practice for any changes or new material.

Squad members are required to wear the proper uniform. This includes proper, bodysuit, skirt, liner, and no jewelry. The coach will decide the proper hair style and accessories prior to each game. Pep and cheerleaders are not permitted to wear sunglasses, tiaras, glitter, sweatshirts (other than the team sweatshirt), sashes, crocs, slippers, or any other items not approved by the coach prior to the event. Failure to be in proper uniform will result in minus points.

Parent and/or athlete have the right to request a hearing regarding the removal from the team. The hearing will be held as soon as possible with a panel consisting of an administrator, advisor, and athletic director. The member and parent will be given the opportunity to present reasons for this action to be voided. The decision of the panel will be final.

Offenses that result in point loss

1 point:

- Improper uniform (missing bow, wrong shirt, etc.)
- 1-15 minutes late for practice/game/bus
- 1-15 minutes leaving early from practice/game
- Loaning your pep & cheer attire to someone other than a pep & cheer member
- Disrespecting a coach or advisor at a practice or game
- Late to tunnel at halftime
- Talking while the coach is talking

2 points:

- 16-30 minutes late for practice/game/bus
- 16-30 minutes leaving early from practice/game
- Improper behavior while in uniform or pep & cheer attire (excessive affection, use of profanity, talking during national anthem, etc.)
- Eating at the game (No eating from check-in time until game is over)
- Failure to pass cheer test for football or basketball season after 3 attempts
- Chewing gum during a game
- Texting or talking on cell phone during cheer event
- Need to use the restroom during the game – cheerleaders should use the restroom before game and halftime)
- First offense for wearing jewelry during practice or in uniform (may not wear bandages to cover piercings.)
- Leaving sign, backpack, poms, cheer shoes, water bottle, uniform, or any other items at a game.
- Not bringing necessary items (i.e. poms, sign, or any other item needed for the game or practice)

3 points:

- Unexcused absence from practice or conditioning – anything but an illness or family emergency
- Failure to notify an advisor when you will miss a practice with an excused absence – must call, text or e-mail advisor at least one hour before meeting time

5 points:

- More than 30 minutes late for practice/game/bus
- Leaving practice or game more than 30 minutes early
- 2 or more offenses for wearing jewelry at practice or in uniform
- Failure to be picked up within 30 minutes after practice, game, or competition.
- Defiance of a coach. If it is an extreme case, pep/cheerleader can be immediately removed from team.
- Hair color that is not natural for each practice/game (Examples: pink, purple, blue, rose gold, green)
- Hair that is too long for each practice/game. Cheerleaders' hair must not be longer than their cheer skirt.
- Failure to have parent/approved adult sign squad member out for away games – adult must be listed on emergency card to sign out (Also, pep/cheerleader will not be allowed to cheer at the following away game for failing to get signed out.)
- Leaving class before dismissal time for a game, rally, parade, or other events especially if you tell the teacher it is for cheer when it is not.

10 points:

- Failure to get cleared (Family ID, Physical, and Clearance Packet). Pep/Cheerleader will be removed from the team if they are not cleared by the second football game.
- Missing team bonding
- Missing a game for any reason other than illness or family emergency. This includes playoffs, the Valley Championship games, Unified Sports, and the CIF Championship for Pep and Cheer. All missed games will still need to be made up.

10 points and Removal from leadership role (i.e. Captain):

- Use and/or possession of alcohol, drugs, or tobacco
- Defiance or advisor, coach, teacher, or administrator
- Any in-house or off campus suspension
- Any violation of the athletic code of ethics
- Anything deemed inappropriate posted on Twitter (X), Instagram, Facebook, Snap Chat, TikTok, etc.
- Unacceptable behavior when interacting with teammates

*****There is never a good time to get piercings since pep and cheer is a year round sport.**

AACCA School Cheer Safety:

All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

Offenses that result in minus points and/or immediate removal from any squad including competition team (on or off campus). Offenses that result in immediate removal from the team will be subject to administrative approval.

- * Stealing or possession of stolen goods
- * Use and/or possession of weapons.
- * Physical fight on campus

Central East High School Pep & Cheer Application

Please turn this form in at the first clinic.

Transfer students not attending Central Unified must attach copy of current grades, discipline, and attendance

Name _____ Current School _____ Grade (next year) _____

Parents' name(s) _____

Address _____

Home Phone # _____ Parents' Cell # _____ your cell # _____

Parent's e-mail address _____

Your e-mail address _____

Squad (circle one): **CHEER** **PEP**

School/Community involvement (clubs, leadership, sports, performing arts, volunteer work, etc.): _____

List three words that describe you: _____

List any previous gymnastics/dance experience and any classes that you may have taken: _____

List any tumbling/stunting skills or dance technique that you have (ex. back handspring, tuck, base, back spot, flyer, turns in second, triple pirouette, leg hold turn, etc.). Prepare to show tumbling or dance skill at tryouts.

Which of the Pep & Cheer CLAWS do you think is most important and why? _____

For transfer students only:

I verify that I have attached the grades, discipline, and attendance records for above student who is not currently attending Central Unified.

School official's name

Signature

of pages

Central East High School Pep & Cheer Squad Contract

I, _____, parent or guardian of _____, assume the responsibilities that go with being a Central East High School pep & cheer squad member (and Central East High School Competition Team member).

I have read the handbook and contract and will abide by these rules.

I accept all responsibility for any injury that may occur during clinics, practices, and games. I release Central East High School, Central Unified School District, and Central East High School Pep & Cheer advisors and coaches from liability.

I understand that I am encouraged to participate in the support of fund raisers sponsored by the Central East High pep & cheer program.

I understand that if my son/daughter reaches zero points, he or she will be removed from both competition and sideline pep and cheer.

I agree to pay in full any expenses incurred by my son/daughter while he/she is a member, even if he/she is removed from the squad or quits.

I understand that if my child chooses to be fitted for a custom uniform, that I will be required to pay for that uniform.

I understand that if I let the advisor know before fittings, the school will provide a uniform for my child. If a uniform is provided by the school, I am not allowed to alter it in any way, shape, or form. If I do alter it, then I understand that I will have to pay the cost of the uniform to have it replaced. I also understand that if the uniform is not returned at the end of the season, that I will be placed on the fines list.

Signature of parent/guardian date

I understand that if I do not maintain satisfactory citizenship, school attendance, academic standards and complete 2 hours of community service, I may be removed from the squad. I have read the handbook and contract and agree to comply with the rules. I understand disciplinary action or removal from the squad will result if I do not adhere to the rules.

Signature of student date

*Any transfer student must be registered and approved prior to try-outs.

*A current grade report, discipline, and attendance records must accompany the application and contract if not currently a student in Central Unified.

*A student must have and maintain a 2.0 GPA or better and be passing five classes each grading period to be eligible.

Central East High Pep & Cheer

ADVISOR/COACH Recommendation

Student's name _____ School _____

Advisor/Coach name _____

	Outstanding 5 points	Good 3 points	Fair 1 point	Poor 0 points
1. Responsible <i>good attendance, good effort, accountable for choices, on time, etc.</i>				
2. Respectful <i>considerate, tolerant, pays attention in practice, is coachable, respected by peers & coaches, etc.</i>				
3. Trustworthy <i>reliable, on-time, has the courage to do the right thing, doesn't gossip or spread rumors, tries to build a good reputation, etc.</i>				
4. Attitude <i>kind, compassionate, positive, willing to help others, always tries their best, etc.</i>				
5. Skill <i>Motions, jumps, stunt or dance technique, knowledge of material, coachable, learns quickly</i>				

TOTAL POINTS	
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Would you recommend this student?	
YES	NO

- Please justify the above ratings by writing comments in the boxes provided or on the back. These will be used in helping to select next year's pep & cheer squad members.
- **Do not give it back to the student.** These are confidential so please be candid.
- Send recommendation through intra-district mail
- You can submit recommendations for current squad members all at once.

Please return by February 27th.