



SMCHS CHEER MEMBER GUIDELINES 26-27

MISSION AND PURPOSE

The SMCHS Cheer Program develops student-athletes who use their talents to promote school spirit, support their teams, and represent their school with integrity and pride. Guided by our values, athletes are called to lead, serve, and grow through teamwork and dedication, striving for excellence in every performance and competition.

CORE VALUES

FAITH ~ FAMILY ~ CHARACTER ~ LEADERSHIP ~ RESPONSIBILITY

VERSE OF THE YEAR “Love the Lord your God with all your heart and with all your soul and with all your strength.” Deuteronomy 6:5

PROGRAM IDENTITY

ALL IN – Every rep. Every role. Every moment.

We expect all athletes to represent SMCHS with integrity, pride, and character —on and off the mat.



PROGRAM STRUCTURE

- **Sideline Cheer** – School spirit and game day performance. Levels – FR JV VAR
- **Traditional Competitive Cheer (TCC)** – CIF competitive routines. Levels – JV VAR
- **STUNT** – Head-to-head precision competition. Levels – JV VAR (may combine)

TEAM LEVELS

Frosh - Fundamentals + Confidence

- Skills: entry level tumbling, jumps, material performance and retention
- Events: 2–3 practices per week, Camp, FR Football, Jr. Eagles, various campus events
- After football season: Athletes may be released OR invited to continue in the program

Junior Varsity – Skill progression + Consistency + Performance

- Skills: Back handspring + tumbling progression through full twisting layout.
- Events: 2–3 practices per week, JV Football + select Varsity away games, Basketball season, 3–4 local competitions, Rally opportunity, STUNT

Varsity – Elite performance + Commitment + Leadership.

- Skills: Back handspring, Back Tuck, + tumbling progression through full twisting layout.
- Events: 2–4 practices per week, Varsity Football + select away games, Basketball season, 5–7 competitions (local + national), All rallies + STUNT

TEAM PLACEMENT

- Sideline team selection will be based on Tryouts.
- TCC team selection is ongoing and fluid. Athletes may move teams based on growth and team needs.
- Athletes need to be prepared to be on a team as a competitor or alternate. Every Role Matters.
- WE BEFORE ME - Trust the process - Stay coachable.



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KEY DATES

- April 21st Tryout Prep Clinic [REGISTER NOW!](#)
- April 25th Complete [Sports Physical](#) and [Home Campus](#) by selecting TCC and STUNT
- May 1st Athletes Complete Google Form [Tryout Application](#)
- May 6-8 Tryouts – Performance mid pony/bow, light makeup, Tank, Black shorts, cheer shoes
- May 12th Practices Begin (2-3x pw) May 19. June 1,2,3,8,9,10,15,16,17.
- June 22-24 Impact Summer Camp + Team Credentialing
- June 25- 12 Summer Vacation Dates
- July 13–15 Junior Eagles Camp and Practice Sessions Resume. July 13,14,15,20,21,22
- July 27-28 Choreography Camp Full Days
- Aug 4-6 Skills Camp Full Days

PROGRAM EXPECTATIONS

COMMITMENT

- Year-Round Program: Training begins in May.
- Sideline Football (Aug–Dec), TCC (Nov–Feb), Basketball (Jan–Mar), and STUNT (Jan–Apr).
- School breaks and select holidays may include required cheer activities.

CIF PRACTICE LIMITS

- Max 18 hours per week during the season.
- CIF Bylaw 600: No All-Star team participation. Private lessons are permitted.
- No practices, competitions, or team activities on Sundays (exceptions: camps, NHSCC).
- Transfer Rules: CIF eligibility requires a valid change of residence or completion of a sit-out period.

ACADEMICS

- Minimum GPA: 2.0
- 2.0–2.5 = required office hours

ATTENDANCE

- All practices, games, and competitions are mandatory
- If you miss cheer you will: Come in for additional reps, be removed from routines, be dismissed.
 - Excusable Absence: illness, academic requirement, emergencies
 - Unexcused Absence: vacation, appointments, no show
- Injuries require a doctor's note to return. Spot is not guaranteed.
- Practices occur on and off campus. Safety courses for student drivers are encouraged.
- Practices are closed to spectators except during invited performances.

GRADING

- Cheer grades are given to athletes based on: Attitude & teamwork. Accountably and Preparedness.
- Cheerleaders who complete two seasons will complete the SMCHS PE Requirement.

APPEARANCE

- Athletes must have a Performance-ready mindset
- No jewelry (including body piercings)
- No gum. Protect your uniform while eating
- No unnatural hair color
- Nails must be short and clean—no bright colors or acrylics
- Keep assigned hair intact and cheer shoes on and tied. Only Cheer Shoes with uniform.



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CONDUCT

- Athletes represent SMCHS at all times.

Not tolerated:

- Disrespect
- Negative behavior
- Substance use
- All issues are handled with school leadership.

COMMUNICATION

We use the BAND APP for:

- Schedules
- Weekly Updates
- Communication
- Athletes will use the chat feature to notify Coach Maas, Coach Tia, and Team Coach when they have a conflict or illness. Planned office hours/tests need to be sent in BAND on Sunday evening by 7pm.
- Parents need to stay informed through BAND and can communicate via Private Band Chat or Email.
- Cheer Director Head Coach – Coach Maas: maasd@smhs.org
- Associate Director Varsity Cheer Coach – Coach Antia Thorson: thorsona@smhs.org

LEADERSHIP OPPORTUNITIES

- Team Captains
- Service
- Junior Eagles
- Class Circles – SR JR SO FR
- Media

PARENT PARTNERSHIP - We believe in a strong coach–athlete–parent partnership.

Parents can help by:

- Coming to events, hosting team meals, bringing snacks/treats, donating your talents!
- Encouraging accountability and preparedness for your athlete
- Maintaining positive communication, refraining from correcting your child or others during events
- Bring enthusiasm and positivity with you and leave negativity and gossip with the evil one.
- Participate in fundraising efforts and volunteer opportunities as you are able.
- Constructive concerns should be addressed with Coach Maas. Let's model the respect and unity we expect from our athletes.

SMCHS CHEER IS A PROCESS OF GROWTH, DISCIPLINE, AND OPPORTUNITY.

- Be ALL IN
- Trust the process
- Show up for your team
- You were made for this moment



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FUNDRAISING OPPORTUNITIES AND SPORTS FEES

SMCHS Cheer has evolved into a three-season program, allowing our athletes to grow across sideline, TCC, and STUNT. As we continue to elevate the program, we are committed to providing high-level training, expert choreography, and expanded competition opportunities, including CIF Sectionals and CIF State events. We are intentional in balancing program excellence with financial responsibility to our families. Increased costs reflect added training and travel opportunities designed to support athlete development and team success.

- To help offset expenses, each family is asked to **complete a \$500 fundraising commitment** through our Golf Tournament (direct payment, Ball Drop, T-sign, etc.). Families who choose not to participate will have a \$500 program fee applied at the end of the season.
- Additional support is needed through Media Guide sponsorships, youth camps, and events.
- Payments are collected through FACTS. Summer Travel Fees will be collected in June. Program Fees will be collected May – October. Remaining Travel Fees will be collected November through February based on Team placement and qualifications.
- Summer Travel and Clothing and Uniform Fees are non-refundable. Payment Plans are available.

2026-2027 Program Participation Fees

(Collected May–October via FACTS)

PROGRAM FEES



Category	Cost
Clothing (Non-Uniform)	\$1,500
Uniform	\$850
Sideline Cheer	\$1,500
Competition	\$975
Total Program Fee	\$4,825



ADDITIONAL TRAVEL FEES

— Based on Team Placement —

All Teams Summer Travel	\$1,400
JV Travel	\$650
Varsity CIF Travel	\$500
Varsity Orlando Travel	\$2,600

Varsity Orlando Breakdown

Airfare	\$500
Hotel	\$500
Transfers	\$500
Competition	\$500
Food	\$500
Gear	\$100
Total:	\$2,600

Varsity CIF Travel

Bus	\$200
Hotel	\$150
Food	\$150
Total:	\$500

JV Travel Costs

Bus	\$150
Hotel	\$200
Food	\$200
Gear	\$50
Total:	\$600

Program Fees = Uniforms, Training, Sideline, Competition

Travel Costs = Separate Based on Team Placement

All Costs are Estimates



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COMPETITION CALENDAR

- November 4, 2026– Team Showcase – TCC and Junior Eagle Academy
- November 7, 2026 – UCA Regional – VARSITY / JUNIOR VARSITY
- November 14, 2026 – USA Regional (Fontana) VARSITY / JUNIOR VARSITY
- December 5, 2026 – USA Regional (Irvine) VARSITY / JUNIOR VARSITY
- January 9, 2027 – UCA West Coast Challenge – VARSITY
- January 22-23, 2027 – CIF Sectionals – VARSITY
- January 29-30, 2027 – CIF State Championship – VARSITY
- February 3–8, 2027– UCA Nationals (Orlando, FL) – VARSITY
- February 18-20, 2027 – USA Nationals – JUNIOR VARSITY

HOW TO GET INVOLVED

- | | |
|--|--|
| • Cheer Parent Welcome BAND-101 | June 1 st SM Cheer Mat 5:30pm |
| • Cheer Family Camp Sendoff | June 17th SM Cheer Mat /Grotto |
| • Cheer Family Summer Fun Days | Open your home for a cheer unity event! |
| • Cheer Song Football Mixer | August Tentative. |
| • Attend FB Games/Senior Night/Tailgates | August thru December |
| • Junior Eagles Activities Camps and Games | All Season |
| • Competition Showcase | November 4th Tentative. |
| • Competitions | November through February |
| • Attend Basketball Games | January - March |
| • Golf Gift Gathering | January TBD |
| • Travel Prep Poster Parties | January TBD |
| • VAR Florida Nationals Travel | Feb. 3-8 |
| • USA Nationals | Feb. 18-20 |
| • Golf Tournament | March TBD |
| • Cheer Banquet | February 24th |
| • STUNT Team Party | April 19th Tentative |

VOLUNTEER – You all have so many talents and we would love you to share them with the program.

- **Parent Volunteer Coordinator:** Create Sign Up Genius for parent volunteer needs, Create Evites, wish lists etc.
- **Team Parents:** help coaches plan team unity events, pre/post-game meals, spirit packs
- **Team and Parent Unity Event Host:** Host a Team BBQ, Beach Day, Pregame meal, Parent Mixers, Tailgates etc.
- **Senior Night Coordinator:** reserve dinner, décor and assist with pre-game celebration.
- **Team Photographers:** take photos at events, games, senior night, competitions.
- **Junior Eagles:** help with registration at camp/uniforms, football camp, basketball camp, crafts
- **Media Guide and Memory Books:** organize cheer media guide, banner sales, books.
- **Golf Tournament Coordinator:** promote attendance, hole of fun, silent auction basket.
- **Banquet Coordinator:** reserve venue, caterer, wrap gifts, set up, clean up.
- **Parent Drivers and Volunteers will need to go through SMCHS Clearance Process.**



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CONFLICT RESOLUTION

There are situations that may require a conference between the coach, athlete, and the parent. When these conferences are necessary, please adhere to the following SMCHS athletic communication protocol to resolve the concern:

- **Step 1 Athlete-Coach:** To empower our athletes to learn personal responsibility, they must communicate their concerns/questions directly to their coach and or cheer director before having someone else do this for them. Every effort should be made to resolve the problem at this level.
- **Step 2 Athlete-Coach/Cheer Director-Parent:** If an issue still needs to be resolved, the athlete and parent(s) or legal guardian(s) should email and set up an appointment with the coach/cheer director. Communication with a coach regarding a concern should never take place at or immediately after a game or event.
- **Step 3 Athlete-Coach/Cheer Director-Parent-Athletic Director:** If an issue still needs to be resolved, the Athletic Director will set up a meeting with all those involved.
- **Please note that since the athlete and coach are the only two people who work together daily, both parties should be included in all communication.**
- Playing time, level, position placement are the sole responsibility and discretion of the coach.
- After following steps 1-3, any unresolved issues can be referred to the Assistant Principal of Athletics and Principal by submitting an email "statement of concern" (S.O.C). This S.O.C. must include the following: name of coach, specific sport and level of competition, general athletic concern involved, and brief but specific summary of the nature of the issue and the facts surrounding same. Once the completed S.O.C. is received by the administrator in charge of athletics, a meeting including all parties involved will be scheduled for the purpose of resolving the issue. Reprisals will not be taken against any parent or student athlete for expressing their concerns or participating in the conflict resolution process.

SMCHS SPECTATOR CODE OF CONDUCT

This Code of Conduct applies to ALL persons at ALL times at Santa Margarita Catholic High School

- Show cordial courtesy to visiting teams, officials, and spectators.
- Respect the integrity and judgments of coaches, sports officials, and staff.

NO unsportsmanlike conduct including negative behavior or language.

NO person shall intimidate nor threaten another person.

NO noisemakers or inappropriate signs.

NO alcohol, drugs, tobacco products, or vaping is allowed.

Unless authorized by school officials, spectators are not allowed on the playing field or playing area at any time. SCHOOL OFFICIALS RETAIN THE RIGHT TO REFUSE ADMITTANCE OR REMOVE A PERSON(S) FROM AN EVENT DUE TO INAPPROPRIATE BEHAVIOR.

PLEASE ACKNOWLEDGE within your cheer application that you have read and understand the SMCHS Cheer Guidelines. By submitting your application, you will:

- Confirm your understanding of all program dates and commitments
- Acknowledge that clothing and summer travel fees are non-refundable
- Disclose any pre-existing conflicts with practices, games, or events and accept the attendance expectations and consequences for missed practices or games
- Confirm your commitment to fully participate in the SMCHS Cheer Program!