

San Juan Hills High School

2020-2021 Cheer Rules, Policies and General Information Packet



San Juan Hills High School

Cheer Rules and Policies

2020-2021

COVID-19

In planning our 2020-2021 season, we had originally prearranged on Varsity Cheer and Varsity Song as being a competitive program. We were planning on competing at a few local competitions and then attending nationals in Las Vegas, NV. However, due to the uncertainty of this global pandemic, SJHHS Cheer and Song Program wants to “play it safe” by focusing on our Sideline program as per previous years and still have hopes for competing in the fall. Once we know more about what the competitions will look like this year, along with their dates and specifications, we will be able to understand more about what this uncertain competitive year will look like.

The following tryout packet was created for our Varsity Teams as a Competition based program and our Junior Varsity Teams as a Sideline only program. Obviously, with the current situation going on everyone has a lot of questions regarding how the competition year will look. Should this pandemic clear up before the competition season begins (along with the competitions being held without interference) and we have funding necessarily available... we will move forward with our original plans of having a competitive Varsity Program. Therefore, tryouts will proceed with the idea of competition in mind.

Tryouts will look different due to COVID-19 but, will be judged professionally and fairly. Please pay attention to all details within this packet as the ENTIRE packet is subject to change due to the uncertainties of this year.

Please feel free to contact me with any questions you may have.

Thank you!

Kelleyglidden@gmail.com

This packet is meant to completely inform you and your athlete of the commitment you will be making if you make the SJHHS Cheerleading Program. This is a **YEAR-ROUND commitment**. Expectations of being part of the SJHHS Cheerleading Program include *-but are not limited to and could be subject to change-* attendance at practices (both summer and during the school year), attendance at scheduled games (both football and basketball including all CIF games), and participation in extra school and community events (ex: Mini Stallions clinic, Stallion Showcase, Orientation, hosted competition, Swallows Day Parade etc.). Being a member of the SJHHS Cheerleading Program is a great way for your athlete to be involved in a leadership role at our school. It is important that you are your athlete read, understand and follow the rules set forth in this packet.

- **Philosophy and Mission Statement**

Athletes of the SJHHS Cheerleading Program are ambassadors representing San Juan Hills High School and the Capistrano Unified School District in everything that they do. It is important that each member conducts themselves in a professional and proper manor at all times, and that they participate in the squad with pride and honor. The SJHHS Cheerleading Program strives to support San Juan Hills athletics, promote school spirit, compete with integrity and honor while supporting other teams competing, along with upholding good sportsmanship. The program encourages development of leadership skills. Self-discipline, and positive relationships through mutual respect, trust and teamwork.

- **Membership**

Membership on the SJHHS Cheerleading Program means a membership of a team. As such, each member must be available to attend ALL practices, events, games, pep rallies, competitions, etc. Without all athletes, the team is incomplete. This commitment is for one year. Tryouts in June 2020 through May 2021.

There are two Cheer Teams available to make at San Juan Hills High School:

1. Junior Varsity Sideline Cheer Team
2. Varsity Competition and Sideline Cheer Team (*COVID-19 may hinder competition*)

Members of the San Juan Hills High School Cheerleading Teams may not be members of any other sports team at San Juan Hills High School due to the year long commitment made to this program. **(Outside programs such as All-Star Cheer and All-Star Dance cannot interfere with the SJHHS Cheerleading Program commitment).**

- **General Rules and Regulations**

- Members must maintain a 2.0 GPA. Any drop in grades will result in a suspension or removal from the team.
 - Members will earn PE credit for the SJHHS Cheerleading Program.
 - Varsity Pep Squad Members will be eligible for a Varsity letter upon successful completion of the year in good standings including participation in all varsity events and competitions.
 - Members must attend all practices, assigned games, all competitions, graded activities through the program. Multiple attendance issues will result in benching, grade deductions, and/or removal from the squad.
 - Members are to act with professionalism at all times. Any issue will result in placement on a behavioral contract. Ongoing issues can result in possible removal from the squad, and/or loss of the participate in tryouts for the following year(s).
 - Members caught with tobacco, consuming alcohol, using any illegal substance, possessing a weapon, stealing, bullying (or are suspended/alternative to suspension for any other reason), may be placed on a behavioral contract OR removed from the squad.
 - Inappropriate pictures posted on social media (inside or outside of school hours) that are deemed detrimental to the SJHHS Cheerleading Program will result in a behavioral contract OR removal from the squad. (Please refer to the SJHHS Social Media Contract).
- **Any member who is removed from the squad, quits mid-season or any time throughout the year, for disciplinary reasons, he/she relinquishes his/her standings on the team, will be dropped from the class, will not be a part of any SJHHS Cheerleading Program activities, including the year end banquet and lettering, and will not be allowed to try out for the squad the following year. All donations are NON-REFUNDABLE.**

- **Tryout Paperwork (Important)**

The following paperwork must be completed and submitted **NO LATER THAN 10:00AM on FRIDAY, JUNE 26th 2020 to Coach Kelley's Email: ATTN: Coach Kelley- Cheer Tryout Packet.**

Email: Kelleyglidden@gmail.com

If all paperwork is NOT submitted on time, your athlete(s) will NOT be able to participate in clinic OR tryouts

1. **Parent/Athlete contract signed and dated.** (Please make sure that all handwriting is eligible. Ex: email address).
 2. **Completed Current Physical Examination form** (signed, dated and stamped by a physician). This document can be accessed through sjhstallions.com under Athletic Department- Athletic Clearance. PDF available to print out. **(COVID-19: you are able to turn this in by our first practice).**
 3. **Proof of Insurance.** (Photo copy of insurance card needs to be provided).
 4. **Fall 2019 and Spring 2020 transcripts.**
 5. **Tryout Donation- \$20.00** try out cost (per athlete) to cover; cost of music, judges fee, supplies to host clinic and tryouts. **(COVID-19: Please use VENMO in order to pay for this donation. Please include your athletes name(s) and grade level so we can apply it to their tryout).**
 - a. **VENMO- @SJHHS CheerAndSong**
 - b. **Include name of athlete and grade level in description**
- **SJHHS Cheer Clinic**
 - **COVID-19 ALL CLINICS HAVE BEEN CANCELED**
 - **THE TRYOUT MATERIAL WILL BE ONLINE**

- **SJHHS 2020 Cheer Tryouts- Tues, July 7th and Thurs, July 9th**
Tues- Freshman/Sophomores Thurs- Junior/Seniors

SJHHS Cheer and Song Program will an IN PERSON- Socially Distanced Tryout this year. With tryouts being hosted differently, this allows each athlete to prepare themselves for over two weeks. Here is some information on how tryouts will be working:

- 1) **Sideline Cheer:** A video of a sideline cheer will be posted online. (Information to come about where posted via email/website). Your athlete will have plenty of time to learn the material online and perform it for tryouts in person.
- 2) **Tryout Dance:** A video of a tryout dance will be posted online. (Information to come about where posted via email/website). Your athlete will have plenty of time to learn the material online and perform it for tryouts in person
- 3) **Flyers ONLY:** Please show all front left leg flexibility along with back flexibility. Please share with the judges what level you flew in OR what team you flew in previously.
- 4) **Required tumbling section:** You will be able to show running tumbling to the best of your ability along with standing tumbling and jumps to tumbling.

- **Tryouts: Freshman/Sophomores on Tuesday, July 7th starting at 3:00PM**
 - **Tryouts: Juniors/Seniors on Thursday, July 9th starting at 3:00PM**
 - **You must arrive ON TIME to your tryout, with a mask and follow all directions leading up to the actual tryout.**
 - **Your athlete will have time to warm up and prepare before heading into tryouts but WILL NOT be able to choose with whom they are trying out with.**
 - More details regarding tryouts and the way they will run will come in a detailed email to follow.
 - Team placements will be posted in two areas on the evening of Thursday, July 9th:
 1. Sjhstallions.com/pep squad
 2. Team Instagram: @SJHHScheerandsong
- 5) **Attire:** Plain white, blue, gold or grey tank top or t-shirt. (No spaghetti straps or bare midriffs). Blue, black, grey, gold or white shorts along with briefs underneath. Cheer/athletic shoes required. Hair should be pulled back in a slick pony tail. Secure bangs/ wispy hairs out of face. Please refrain from wearing ANY shirts/shorts designating any prior All-Star team affiliation. No jewelry should be worn.

IMPORTANT DATES:

-Friday, June 26th 2020: All paperwork, tryout packet and donations due by 10:00AM.

-Saturday, June 27th 2020: Virtual Tryout Material Videos are posted live

-Tuesday, July 7th 2020: Freshman and Sophomores tryout from 3:00PM on

-Thursday, July 9th 2020: Juniors and Seniors tryout from 3:00PM on

Questions? Contact Coach Kelley via email: Kelleyglidden@gmail.com

- **Team Placement**

Once tryouts are complete and the athletes are judged, the number of members will be determined. The size of the squad changes from year to year and will be chosen by the coaches at the completion of the tryouts. Tumbling, technique, crowd leading skills and required placement per athlete (Tumbling/Stunting/Flying positions) all play a specific role in placement for teams. All Freshman, Sophomores and Juniors will be placed on teams regarding their skill level, Seniors will either make Varsity or not make the team at all. Scores are determined by multiple judges, then averaged, therefore, tryout results cannot be negotiated to maintain the integrity of the program. Results from tryouts are FINAL. Please do not contact coaching staff regarding team placements.

- **Fittings/Payments/ Parent Meeting**

COVID-19: THIS DATE HAS BEEN CANCELED UNTIL FURTHER NOTICE BUT WILL BE RESCHEDULED.

**Uniform sizing will be done so please have your athlete wear a sports bra and briefs under their clothing. **

We will be sending out paperwork that will ask if you are interested in a payment plan of paying over to course of 4 months OR if you would like to pay in full. This will come to you once your athlete makes the team. Please send back via email for our records.

Total costs for uniform/clothing will be given to your cheerleader at the fitting. **All uniform/clothing payments will be collected at this fitting.** You can also pay your Pep Squad team donation at this team fitting. Please make checks available to SJH ASB in the memo put JV/VARSITY CHEER. Please being to fundraise prior to this party, as your athlete must pay the full donation amount or first installment to order any SJH clothing and their uniform.

**Please see "Fundraising and Donations."*

- **Game and Performance Responsibilities**

All SJHHS Cheerleading Program athletes are expected to attend and be on time to all practices, games and other scheduled activities. The participation of all athletes is required for safe, proper and effective performances and for the TEAM to be complete.

- **Responsibilities Include: Varsity Competition and Sideline Cheer Team**
 - Home and away football games- Friday Nights. Approx. 11 games.
 - Home and away boy/girl basketball games as determined by coach. Approx. 6 games per athlete. Nights vary from Jan-Mar. All Home Games and CIF games are required.
 - Additional games are mandatory given a 2-day notice.
 - All CIF playoff games. NOTE: Some of these games take place over Thanksgiving and/or Holiday breaks. Ex: Presidents Weekend. Varsity members are required to be at these games.
 - Pep rallies, community events, fundraising events and outreach activities.
 - Scheduled competitions. Competitions often take place on a Saturday. Varsity Cheer will travel to Las Vegas (if fundraising provides) to compete nationally.
 - All summer practices and summer cheer camps are required
 - Practices during class time are required. Along with extra practices called outside of class time.
 - Stallion Showcase and Swallows Day Parade

- **Responsibilities Include: Junior Varsity Sideline Cheer Team**
 - Home football games. Approx. 10 games. (Usually Thursday afternoons).
 - Home boy/girl basketball games as determined by coach. Approx. 6 games per athlete. Nights vary from Jan-Mar.
 - Additional games are mandatory given a 2-day notice.
 - Varsity Homecoming Football Game will be all teams on sideline
 - Pep rallies, community events, fundraising events and outreach activities.
 - All Junior Varsity athletes BOTH Song and Cheer are required to work the SJHHS Sugar Cube Sweet Shoppe that Pep Squad hosts at every HOME football game. Members will be assigned certain games.
 - All summer practices and summer cheer camps are required
 - Practices during class time are required. Along with extra practices called outside of class time.
 - Stallion Showcase and Swallows Day Parade

- **Competition Performance Requirements:**

All Varsity members are required and expected to attend at ALL competitions (even if sidelined, injured or are an alternate). The coaches set the competition dates. Competitions generally occur from December through the end of March. Competitions are held on Saturdays. **By becoming a**

member of the San Juan Hills High School Varsity Cheer Team, you are agreeing to the dates that the coaches choose regardless of your personal schedules. Consequences will be given if any member misses a competition. Only members in a “good standing” may compete. Good standing is defined as a member who is not shortened by any disciplinary action that would prohibit a member from participating. **Skills that are performed at tryouts are expected to remain as such or improve throughout the year. However, if skills do not improve OR regress, that member may be moved to an alternate status at any time throughout the season, based off the discretion of the coaches.** Alternates and/or injured athletes must attend competitions.

- **Attendance**

1. Attend and be on time to all practices, games, competitions and other scheduled Pep Squad activities.
2. The coaching staff sets the summer schedule. Each member and their family should plan activities around the Pep Squad Schedule.
3. Any member who is too sick to attend practice must notify the coaches by sending an email/text PRIOR to the beginning of practice or it will be considered an unexcused absence. The ONLY acceptable reason for an excused absence is extreme illness or family emergency.
4. Doctor/Dentist appointments, driving classes, summer school, work and/or test and family events are not accepted excuses for missing practices and will be counted as unexcused. Please schedule these at times/days that do not conflict with your team's practices, games and competitions etc.
5. Any member who is out ill and misses' practice may be removed from the upcoming game, pep rally, performance, and/or competition. The decision to be removed is at the discretion of the coach on a case by case situation.
6. **A member who has more than 3 unexcused absence throughout the summer or recurring absences during the school year may be removed from an upcoming performance, game and/or competition at the discretion of the coach and/or lower their grade.**
7. Excessive absences may be cause for suspension, behavioral contract and/or removal from the team.
8. **Competitions may never be missed, as they require the entire TEAM in order to compete. Any missing member at a competition may be removed from future competitions at the coach's discretion.**

- **Injuries**

It is the athlete's responsibility to notify the coaching staff of any injury as soon as it occurs. Any athlete who is injured must have a doctor's note in order to sideline them. Cheerleaders are responsible for following the doctor's orders at all times. Any injured/sidelined member will need a written doctors release of full participation in order to resume participation. Any limitations on participation may keep the member sidelined and he/she may be removed from the routine(s), and it is NOT guaranteed that they will be worked back into the routine(s). This is NOT a punishment, however, reworking a routine to accommodate injuries is very difficult and time consuming. To rechoreograph an athlete back into a routine following an injury can result in an unfair delay of practice time for other athletes.

- **Safety and Rules (NFHS Spirit Rules)**

All members are required to follow and adhere to all safety guidelines, procedures and directions given by all coaches. NO jewelry, long nails, gum chewing etc. is allowed during practices, games, competitions and any other Pep Squad event. Hair must be tied up and secured off of the face as a safety precaution. Tumbling and stunting of any kind is not allowed when the coaches are not present. Nails MUST be short (near the end tip of the finger) for ALL MEMBERS at all times. "French tip, clear, light pink, white or tan," are all appropriate colors for a cheerleader's nails to be painted. Any other color is not allowed for game days, competitions, performances and pep rallies. The length of an athlete's nails will stay short the entire year due to safety regulations.

- **Transportation**

ALL members will ride to and from away games on a bus, if a bus is provided. Anytime athletes are required to travel on a team bus, they MUST return on the team bus. Cheerleaders are responsible for arranging transportation to away games, if bus is not provided, competitions, outside practices etc. If traveling outside of the state for competitions, cheerleaders and their families are required to get an approved mode of transportation.

- **Fundraising and Donations**

CUSD does NOT fund the San Juan Hills High School Cheerleading Program. Therefore, our program is 100% funded through parent donations, corporate sponsorship and personal/team

fundraising. Our goal is to have 100% participation! **These funds are necessary for the program to be successful. Each member is requested to donate/fundraise.** This participation amount pays for, but are is limited to: coaches' stipends, choreography, music and editing, guest instructors, summer camp, banquet/parties, game equipment costs, local travel expenses, administrative costs, uniforms etc.

- **Suggested 2020-2021 Cheer Payment Plan:**

1. Option 1/2- RETURNER

#1- Pay in full at \$1800.00 donation amount at Parent Meeting (TBA) or before August 1st 2020.

#2- Pay 1800.00 for the year by October 1st 2020 in installments between July-October 2020. (Each installment is made on the 1st of every month at \$450.00).

2. Option 1/2 – NEW ATHLETE

#1- Pay in full at \$2100.00 donation amount at Parent Meeting (TBA) or before August 1st 2020.

#2- Pay \$2100.00 for the year by October 1st 2020 in installments between July-October 2020. (Each installment is made on the 1st of every month at \$525.00).

We will be sending out paperwork that will ask if you are interested in a payment plan of paying over to course of four months OR if you would like to pay in full. This will come to you once your athlete makes the team. Please send back via email for our records.

Many fundraising opportunities are held throughout the season. All money that your athlete personally fundraises applies to your donation amount. All other fundraisers involving the team or program go towards the team's general fund. Full participation is needed to help raise the appropriate funding for the season.

- **Grading Policy**

All members begin each semester with an “A” in the class. It is their responsibility to maintain their grade by adhering to the above rules. In addition to other graded assignments, point deductions may be made through:

- Game Scripts- on time/wearing the appropriate clothing per performance
- Practice wear worn at class
- Tardy or absences
- Graded assignments offered by coaches and advisor
- Midterm
- *But not limited to above.*

- **Communication**

If at any time an athlete has an issue that needs to be addressed, please have their first point of contact be directly from the athlete to their appropriate coach via email or in person. IF not resolved, then a meeting can be set up with the athlete, coaching staff and parent. If the athlete has a question regarding report times, what to wear, etc. please have them contact their captains and if not resolved promptly or correctly, you may call/text the coach.

Head Cheer Coach- Kelley Glidden

kellyglidden@gmail.com

949-910-7992 (cell phone)

Email is preferred.

**PLEASE KEEP THESE RULES AND
POLICIES FOR YOUR RECORDS**

- **Tentative - VARSITY CHEER - Practice Schedule- All practices listed below are Mandatory**

COVID-19: Obviously we would love to start practicing immediately when the pandemic starts to clear. I will keep in constant communication with everyone who makes it regarding all summer practices.

- **July Tryouts**
 - Tues/Thurs July 7th /9th- 3:00pm on
 - Freshman + sophomores – Tuesday, July 7th
 - Juniors + Seniors – Thursday, July 9th
- **July Practices:**
 - Tues/Thurs July 21st/23rd- 9:30am-12:30pm
 - Tues/Thurs July 28th/30th – 9:30am-12:30pm

COVID-19: Camp may look a little different this year due to the pandemic. Please keep these dates available no matter what because we will (hopefully) still be attending camp.

- **Cont. Tentative Summer Schedule**
- **Vacation**
 - July 31st- August 9th
- **Work Week!** (very important choreography week)
 - **Monday, August 10th – Friday, August 14th**
 - 9:30am-2:30pm
- **First Day of School**
 - Tuesday, August 18th

*Practices for all teams throughout the year are on M/T/TH during 4th period class time.

*VARSITY cheer will be practicing additionally on Tuesdays after school from 3:00pm-6:00pm.
(Times/locations may subject to change throughout year)

- **Tentative -JV CHEER- Practice Schedule- All practices listed below are mandatory**

COVID-19: Obviously we would love to start practicing immediately when the pandemic starts to clear. I will keep in constant communication with everyone who makes it regarding all summer practices.

- **July Tryouts**
 - Tues/Thurs July 7th /9th- 3:00pm on
 - Freshman + sophomores – Tuesday, July 7th
 - Juniors + Seniors – Thursday, July 9th
- **July Practices:**
 - Tuesday, July 21st- 9:30am-12:30pm
 - Tuesdays, July 28th – 9:30am-12:30pm

COVID-19: Camp may look a little different this year due to the pandemic. Please keep these dates available no matter what because we will (hopefully) still be attending camp.

- **Cont. Tentative Summer Schedule**
- **Vacation**
 - July 31st- August 9th
- **Work Week!** (very important choreography practices)
 - **Tuesday, August 11th from 9:30am-2:30pm**
 - **Wednesday, August 12th from 9:00am-12:00pm**

-JV Extra Practice:

Monday, August 17th from 9:00am-11:00am

- **First Day of School**
 - Tuesday, August 18th

*Practices for all teams throughout the year are on M/T/TH during 4th period class time.

SIGN AND RETURN THIS PAGE

Please carefully read and sign this page. This page needs to be emailed in with your tryout packet to Coach Kelley

ATTN: Coach Kelley- Cheer Tryout Packet

Returned NO LATER than 10:00AM Friday, June 26th 2020

- *We understand the decision of the coaches is final and not negotiable after tryouts.*
- *We understand that teams are chosen on a basis of grades, talent, and overall teams needs of certain designated athletes. Ex: flyers, bases, back spots, tumblers.*
- *We understand that coaches are happy to discuss our athlete's strengths and weaknesses in order to help them improve BUT that the coaches must also consider what is best for the team as a whole.*
- *We understand and agree that coaches make all program decisions.*
- *We understand that SJJHS cheer must come as a first priority in terms of co-curricular activities. Including other teams, *if approved*.*
- *We understand that if our athlete makes a team this year, they will have to tryout again for the following years as their position on the squad is never guaranteed. Improvement, attitude and talent all play a part in tryouts following.*
- *We have read and understand and will abide by the rules and policies provided in this packet for the SJJHS Cheerleading Program.*
- *We understand that there will be consequences if rules or policies are broken during the year.*
- *We understand that there are no refunds on monies paid, donated or fundraised for SJJHS Cheerleading Program.*

***Checklist to email in by June 26th 2020:**

- ✓ **Parent/Athlete Contract signature page (this page signed and completed)**
- ✓ **Completed Current Physical Exam Form**
- ✓ **Proof of Insurance (Copy of Insurance Card)**
- ✓ **Last semesters transcripts (with proof of a 2.0 GPA or higher)**

Athletes Name: (Printed) _____

(Athlete Signature) X _____ **Date:** _____

(Parent Signature) X _____ **Date:** _____

SIGN AND RETURN THIS PAGE (IF):

Freshman and Sophomores

Hoping to Make the SJHHS Varsity Cheer Program

By signing this, I as a parent, as well as my athlete agree, and are willing and able that my son/daughter will be held accountable and responsible for all of the Varsity level commitments and expectations regardless of grade level. I understand that my athlete is working out with cheerleaders who are Juniors and Seniors whom are much older. By signing this, we acknowledge that we are held to the same standards and requirements as the “upper classmen” on the SJHHS Varsity Cheer Team.

Athletes Name/Grade Level: (Printed) _____

(Athlete Signature) X _____ **Date:** _____

(Parent Signature) X _____ **Date:** _____