

San Juan Hills High School

JV and Varsity Song



2020-2021 Tryout Packet

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.

EITHER WAY WE WILL BE MAKING THE MOST OF THIS YEAR!

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!

-Coach Hayley Reyes

San Juan Hills High School

As a Member of the San Juan Hills Song Team you represent San Juan Hills High School and the Capistrano Unified School District in everything you do. 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 Song Program include -but are not limited and 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 Songleading 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

Members of the SJHHS Songleading 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. SJHHS Song Team strives to support all 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

1. Being a part of the Song Team is the membership of a TEAM. As such, each Member must be available to attend ALL practices, events, games, pep rallies, competitions, etc. Without all Members, the team is incomplete. Each Member must be respectful and participate at all times with pride, respect and a positive attitude. This commitment is for one year, May to April.

2. There are two Song Teams: JV Song and Varsity Song. Freshman are allowed to tryout for Varsity, Juniors are allowed to be on JV
3. Members of SJHHS JV and Varsity squads may not be members of any other sports team at SJHHS without the written consent of the Head Coach Hayley Reyes.
4. Outside teams and studios, in and outside school clubs, jobs and competitive teams are allowed ONLY if Song is a priority when schedules conflict. We are HUGE supporters of the Dance Department and encourage our dancers to be a part of both! It worked out great last year!! We are lucky to have a school that lets dancers do both!
5. If a student quits, or is removed from the Song Team at any time during the year, for disciplinary or other reasons, she relinquishes her standing on the Song Team, will be dropped from the class, will not be a part of any Song Team activities, including the year-end banquet and lettering, and will not be allowed to try out for the squad the following year.
6. All Members must be enrolled in a minimum of 5 classes, one of which must be Pep Squad.
7. All Members earn PE credit for Pep Squad.
8. Varsity Members will be eligible for a Varsity letter upon successful completion of the year, in good standing including participation in all Varsity events and competitions.

Rules and Responsibilities

Each member is expected to follow the rules and responsibilities set by the coaching staff at all times. Disciplinary procedures are at the discretion of the Head Coach and/or Athletic Director.

General Rules

1. Co-Curricular- Song Teams must take priority over other co-curricular activities. Members may engage in jobs, school clubs and departments and outside activities only if they DO NOT interfere with participation in Song Team activities, including ALL practices, games, competitions and events.
2. Uniforms- Members may not let others use their Pep Squad clothes or supplies. This includes practice clothes, shirts, poms or any part of your uniform or costume. Previous year poms may be used with approval of

Head Coach Hayley. Uniforms may only be worn by members and at Pep Squad events.

3. Jewelry- Rings, necklaces, earrings and/or nose rings MAY NOT be worn during any Pep Squad team performance including games, rallies and competitions other than when assigned by Coach Hayley

4. Hair/Tattoos- Hair must be in natural colors and/or highlights. No wild colors or chunky blocks of colors. No

tattoos are allowed on areas of the body visible by our uniform or costumes. If Member has a tattoo, it must be covered for performances.

Band-aids covering a piercing is not an option

5. Social Media- Song Members must refrain from representing themselves on any website or social media in association with vulgar/inappropriate language, reference to use of drugs and/or alcohol, or sexual innuendo.

6. Athletic Code- SJHHS Song Members will follow San Juan Hills High School's Athletic Code for discipline.

7. GPA- Members must have a 2.0 GPA in order to be eligible to tryout. Students must maintain a 2.0 GPA and may only have one 'unsatisfactory' on previous report card/progress report in order to remain a Member of Pep Squad. If he/she drops below a 2.0 GPA at the end of the semester, she will be put on academic probation for the next semester. Academic probation is only allowed for one semester throughout the entire four-year membership period. For purposes of determining Athletic eligibility only one PE class (Pep Squad) may count towards semester GPA.

Game & Performance Responsibilities

All Song Squad members 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 Song 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 Holiday breaks. EX: Presidents Weekend. Varsity members are required to be at these games.

Pep rallies, competition, community events, fundraising events, Swallows Day Parade, Stallion Showcase, Exhibition Performances and outreach activities.

All summer practices and summer camps are required
All practices are mandatory.

Practice is held during 4th period 1030am-12:20pm. We will not be holding after school practices unless needed

Varsity Song 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 February. Competitions are typically held on Saturdays, and one day events. By becoming a member of the San Juan Hills High School Varsity Song 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. Competitions typically take place on Saturdays and are one day events.

Only the Varsity team will be competing this year, and JV will be exhibitioning at our hosted Competition at SJHHS. Varsity will be competing at UP to three local competitions, and may travel to Las Vegas for a ONE DAY Nationals based on Fundraising. If we do not raise the funds, then we will not go.

Junior Varsity Song Responsibilities

Home football games. Approx. 10 games. (Usually Thursday afternoons right after school. All JV games will be held at home only. No away games).

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, exhibition performances and Swallows Day Parade
JV Song practice is held during 4th period 1030am-12:20pm. All practices are mandatory. We will not be holding after school practices unless needed.

Varsity 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 February. Competitions are typically held on Saturdays, and one day events. By becoming a member of the San Juan Hills High School Varsity Song 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. Competitions typically take place on Saturdays and are one day events. Only the Varsity

team will be competing this year, and JV will be exhibiting at our hosted Competition at SJHHS. Varsity will be competing at UP to three local competitions, and may travel to Las Vegas for a ONE DAY Nationals based on Fundraising

Attendance:

1. Attend and be on time to all practices, games, competitions and other scheduled Pep Squad activities. Each Member and their family should plan activities/vacations around the Pep Squad schedule.
2. Any Member who is too sick to attend practice i.e fever, vomiting, or other severe illness, must notify the coaches by sending an email PRIOR to the beginning of practice. The ONLY acceptable reason for an unexcused absence is an emergency. If a member is non-contagious, we ask the member comes to practice to sit, watch, take notes & learn corrections.
3. Doctor/dentist appointments, driving classes, work, college trips, tests and family events are not accepted excuses for missing practices and will be counted as unexcused. Please schedule these at times/days that don't conflict with practice or games. Any Member who is out ill and misses practice may be removed from the upcoming game, pep rally, performance and/or competition depending on impact to the team. Decision will be made by the coach on a case by case situation.
4. A Member who has 3 or more absences throughout the summer or recurring absences during the school year due to illness or other excused reason, may be removed from an upcoming performance, competition, or game at the discretion of the coach.
5. Excessive absences may be cause for suspension and/or removal from the squad.
6. Competitions may never be missed, as they require the entire TEAM in order to compete. Any member missing a competition may be removed from future competitions at the Coaches' discretion.

Injuries

1. It is the Member's responsibility to notify the coaching staff of an injury as soon as it occurs and provide a doctor's note either clearing or sidelining the Member.

2. Members are responsible for following doctor's orders.
3. Any injured/sidelined Member will need a doctor's written release in order to resume participation.
4. If Member is removed from routines due to an injury, it is NOT guaranteed that she will be worked back into the routine(s). It will depend on the length of time before the next performance and the impact it will have on the entire team. She/He may be worked back into one routine, both routines, or no routines depending on the injury and the impact on the dancer/team. The injured member is also not guaranteed she will be placed back into the same spot prior to the injury.

Safety Rules (Taken from NFHS Spirit Rules)

1. All Members are required to follow and adhere to all safety guidelines, procedures and directions given by the coaches.
2. NO JEWELRY or GUM CHEWING is allowed during practices, games or other Pep Squad events. Only costume earrings are allowed for Song/Dance performances.
3. Hair must be tied up and secured off the face as a safety precaution.
4. Tumbling of any kind is only permitted when a coach is present.
5. Nails must be short (near the end of the fingers) for ALL MEMBERS at ALL TIMES. French or clear nail polish may only be worn for competitions.

Transportation

- ALL Members will ride to and from away games on a team bus when available.
- Anytime Members are required to travel on a team bus they must return on the team bus.
- Members are responsible for arranging transportation to away games and competitions when a team bus is not provided.

Costs, Fundraising & Donations

The Song program is FULLY funded through parent donations, corporate sponsorships and fundraising. The district does not pay for any part of the program. Each member's participation donation is \$2100 for new members and \$1800 for returners not needing a new uniform. These funds are necessary for the program to exist & function.

Without donations/ sponsorships, we dont have a program.

All donations are non-refundable

CUSD does NOT fund the San Juan Hills High School Cheer and Songleading 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.

Breakdown of Expenses

General Participation(Camp, all uniform pieces, spirit wear, warmups, Lulu Lemon Pants, backpacks, poms, bows, coaches' salaries,music editing costs,game expenses, program ads, banquet for teams, local travel, equipment, etc.)

Suggested 2020-2021 Payment Plan:

RETURNER

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

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

NEW ATHLETE

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

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

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 so we can plan our year accordingly.

Many fundraising opportunities are held throughout the season. All money that your athlete personally fundraises(GoFundMe, Snap, sponsorships,

etc) 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

PROGRAM fundraising opportunities are held throughout the season to help boost the program as a whole.

However we strongly encourage individual fundraisers so each member fulfills their full donation amount so the program can be ran smoothly, such as Go Fund Me Pages and individual sponsorships (tax ID offered for write offs) are highly encouraged for individual fundraisers! You can easily have your entire year sponsored by any company!!!

The following fundraisers are **program** based fundraisers: USSL Competition Hosting, Sugar Cube Sales, SNAP Fundraiser, Little Stallions Cheer and Dance Clinic & several more. Full team participation in these fundraisers are necessary to help raise adequate funds for the season.

Grading Policy

All Members begin each semester with 100 points, which is an "A". It is their responsibility to maintain their grade by adhering to the above rules. In addition to other consequences, point deductions will be made for the following infractions:

Tardy and/or missing part of practice/games/events (i.e. leaving early)
Out of Uniform*

Failure to bring/submit required items on date assigned

Unexcused Absence (practice/games/events)

Non Dress/Non Participation

Defiant or disrespectful behavior

Not attending assigned events

*Out of uniform= incorrect practice clothing, wearing jewelry, no poms.

** Non Dress/Non Participation= no shoes or practice wear, wrong uniform, so unable to participate at practice or game.

Summer Schedule

All dates including weekly schedules, games, and competitions will be posted on our Team Shutterfly Page (access granted after teams are announced).

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.

PLEASE REMEMBER DATES ARE SUBJECT TO CHANGE

July Practices:

- o Tues/Thurs July 21st /23rd- 9:30am-11:30pm
- o Tues/Thurs July 28th /30th – 9:30am-11:30pm

August Practices

Work Week! (very important choreography week)

-Monday, August 10th – Friday, August 14th 9:00am-11:00pm

** PLEASE SAVE THE FULL DAYS DURING THIS ENTIRE WEEK SHOULD WE HOST OR ATTEND A PRIVATE CAMP**

- First Day of School
Tuesday, August 18th

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

New Audition Procedure
Due to New Covid Safety Guidelines
Please read carefully

-Proposed Clinic Date:

All tryout material will be posted online (school webpage) and made available for all dancers to practice and learn on Saturday, June 27 th 2020. This will give each athlete over two weeks to learn all material.

Proposed Tryout Procedures and Logistics:

- Song Tryouts will be July 7th starting at 2pm
- Students will be put assigned a certain time slot in order to tryout.
 - Students will arrive in vehicle and park in specific spots on campus at predetermined scheduled time.
(Specific parking spots will be blocked/coned off)
- Students are to wear masks and have specific marked areas throughout entering tryout
- Total tryout time will be approx. 10-13 minutes per 1-2 athlete each tryout
 - Coaches/assistants will be present to help facilitate the tryout process through arrival, sign in, stretch and warm up area, then lead into tryouts and escorted out through a different door.
- Only one coach, two independent judges and 1-2 athletes trying out will be present in dance room at a time.
- Dancers are allowed to stretch outside, warmup for 5 min in the gym/ dance room, then be brought into the audition room (dance room)
 - Once the dancers have completed their tryout, they will be escorted out a different door than they entered in and back to their vehicles.

Safety Practices/ Hygiene:

- Students will remain in their car until asked to “sign in” only allowing 2 at a time
- Students will stand 6ft away from one another at all times
 - Students/staff will be asked to wear masks

- Dance floor will be sanitized after each student uses it
- Students will be given hand sanitizer before they enter the tryout area
- Indicators of “X” will be marked on the ground 6 feet apart from one another following the social distancing policy
- There will be no more than 2 students in the gym at once
- Students will immediately go back to their vehicles once they have completed their tryouts
- Parents and/or spectators would not be permitted in, or around, the tryout area/process and will be asked to remain in the vehicle until prompted
- After each tryout session, the area will be wiped down and sanitized appropriately and prepped for the next students to be escorted in

How to Register to Audition

- Submit all required paperwork to Coach Hayley at SJHSSongCoach@gmail.com *NO LATER THAN JUNE 26th 10AM*
- Once you Venmo your athletes \$20.00 tryout fee to @SJHHScheerandSong with your dancers full name and entering grade, you will secure a time slot and tryout time. This assigned time will be emailed to you as well as your audition number
- 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.
- Team placements will be posted in two areas on the evening of Thursday, July 9 th :
 1. Sjhstallions.com/pep squad
 2. Team Instagram: @SJHHScheerandsong

What to Wear for Auditions:

- Plain clothing with no logos or former team affiliates on it.
- Clothing can be all black, white, or navy and must be APPROPRIATE!
- No stomachs showing, no bras showing, if you choose to wear shorts please wear tights.
- Please no sweat pants or baggy clothing.
- Hair completely up, and out of your face with no wisps!
- Bows are not required, and jewelry is not allowed.
- We are looking for a clean and put together look. For makeup we are asking for Game Day/ Competition Ready

Parent and Athlete Agreement

1. We understand the decision of team placements is FINAL and not negotiable after tryouts.
 2. We understand that we will not contact coaches regarding team placements and announcements. Results will be posted on our team Instagram @sjhhscheerandsong and @ sjhsongteam by 9pm.
 3. We understand that teams are chosen on a basis of skill level & performance impression demonstrated at the tryout, grades, attitude/work ethic, and overall team needs.
 4. We understand that all communication needs to be done respectfully. At no time is it ok for a parent or team member to berate or yell at the coaching staff or other team members. Consequences will take place if this were to occur.
 5. We understand that the song team must become the 1st priority in terms of co-curricular activities on & off campus. i.e. all-star teams, production, Link Crew, studio competitions, Choir, ASB, etc.
 6. We understand that if our son/ daughter has been in the program in the past, she will still need to tryout every season and that her position on the team/competition team is NOT guaranteed. Improvement, skill level, attitude/work ethic, performance quality, and team dynamics all play a part in whether she is chosen to be a member and/or competing member.
 7. We understand that if any of the above rules are broken, the consequences are as follows:
 - Infractions
 - 1st unexcused absence- 5 points off
 - 2 or more unexcused absences/major infraction- points off & removed from upcoming performances, the competition team and/or placed as an alternate.
 - 3 or more unexcused absences/severe infraction- points off & excused from the team.
- *Only illness with doctor's note or family emergency/illness/grievance will be excused.

****PLEASE SIGN AND TURN THIS PAGE IN TO
COACH HAYLEY NO LATER THAN
JUNE 26TH, 10AM
SJHSSONGCOACH@GMAIL.COM****

I have read and agree to abide by the San Juan Hills Song Team Rules and Policies, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I, as a parent, cannot change or alter these rules and I am allowing my child to try out for this team knowing that these are the rules and I agree to the terms of the program as it stands.

Student Signature Date

Parent Signature Date

Parent Signature Date

For Freshman and Sophomores
Hoping to Make Varsity Song

****Please Sign and Turn In This Page no later
then June 26th 10am to
SJHSSongCoach@Gmail.com****

By signing this, I as a parent, as well as my dancer agree, and are willing and able that my son/ daughter will be held accountable and responsible for the all Varsity level commitments and expectations regardless of grade level. I understand my son/ daughter is dancing with Juniors and Seniors whom are much older. By signing this, we acknowledge that we are held to the same standards as Juniors and Seniors on the Varsity Song Team

Parent Signature and Date

Parent Signature and Date

Dancer Signature and Date

*** Please completely fill out, attach photo and turn this page to Coach Hayley at SJHSSongCoach@gmail.com no later than June 26th, 10am***

San Juan Hills High School
JV and Varsity Song Application
(Please attach a Photo for Identification Purposes)

Dancers Name: _____

Grade Entering the 2020-2021 Season: _____

Circle Team Auditioning For:

(Remember by Circling only one team you are limiting your chances of making a team)

JV Song ONLY

Varsity ONLY

Both

Parent Cell : _____

Parent Email: _____

(Please Print Clearly)

Parent 2 Cell: _____

Parent 2 Email: _____

(Please Print Clearly)

Dancer Email: _____

(Please Print Clearly)

Dancers Cell: _____

TRYOUT CHECKLIST

If all paperwork and/ or is not submitted on time your athlete will NOT be able to participate in Tryout

By JUNE 26th 10am, please send all the below information to Coach Hayley SJHHSongCoach@gmail.com :

_____ Parent/ Athlete contract signed and dated. Please make sure all writing and email address is clear

_____ Frosh/ Soph Parent Consent Form if Auditioning for Varsity

_____ Proof of Insurance

_____ Last semesters transcripts showing a 2.0 or above

_____ Tryout Donation of \$20 a dancer to cover costs for the Audition Process of judges and music costs, Program Venmo is @SJHHS CheerandSong. Please list your dancers name

_____ Song Application with photo attached

**GOOD LUCK EVERYONE!!!
LOOKING FORWARD TO SUCH A FUN YEAR
WITH YOU!!!**