

Centennial High School



Spiritline Contract

2023-2024

2023-2024 CeHS SPIRITLINE CONTRACT FALL AND WINTER SEASONS

MISSION

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Promote friendship with each other and with schools with whom we compete, perform and go to camp with.
- Promote the development of lifelong values and skills.

CeHS SPIRITLINE PROGRAM RULES AND REGULATIONS

Cheerleaders/Pom members understand that teamwork and the maintenance of discipline is the key to the success of the spirit program. Cheerleaders/Pom members are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Program rules and Regulations is vital to achieve these goals. All members realize that the manner, in which they conduct themselves in our uniform, directly reflects on the entire team, squad and school. Please understand that any rule breaking will result from sitting out at games up to removal from the team.

It is recognized that these rules and regulations are necessary to maintain morale, discipline and effective learning. Consistent enforcement of these rules and regulations is also necessary to ensure the safety and general well-being of each individual member.

ELIGIBILITY

All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment and responsibility required and expected.

- **Junior Varsity Cheer/Pom Team** (fall and/or winter) may consist of students entering the 9th, 10th, or 11th grade.
- **Varsity Cheer/Pom Teams** (fall and/or winter) may consist of students entering the 9th, 10th, 11th & 12th grade.

CONDUCT

- By being part of an athletic team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of CeHS.
- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection are never considered appropriate, especially in uniform, at games, in school, and at competitions.
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.
- Remember that you will be seen in the view with different eyes while on campus or just hanging out. You represent Centennial High School and must conduct yourself in a very professional manner.
- If I quit or get removed from any team, I understand that I will not be eligible for the following season
- If you get a dress code or any infraction from the school, it will be subject to additional consequences.

ABSENCES

Cheerleading is unlike other sports. We do not substitute members. You being present is very important.

- Illness or other extreme emergencies are the only valid reason for missing practices or games.
 - Illness with doctor's note, extreme emergencies, preplanned school functions or family events will be excused.
- Absences due to work schedules, babysitting, are **unexcused**.
- Attendance at a game or practice without proper shoes, clothes, bow, poms or uniform will be considered an absence and will be benched for the game.
- Showing up to a game not ready will count as unexcused.
- We follow a timeline for the bus departing. If you are late and we leave without you that will count as unexcused unless approved prior with a coach.
- School comes **FIRST**. We understand that at times we need to get caught up on grades and such.
- Members are encouraged to attend tutoring prior to practice time.
- If you quit an any time during the season, you are not allowed to tryout for the following season (1 year wait time)

PRACTICES

- Safety is our first priority. No excessive horse-playing. Never stunt or tumble without the coach present.
- You will receive consequences if you are caught stunting or tumbling without a coach present (Unless at a gym)
- All practice will be at CeHS unless noted otherwise.
- If you miss the day before a game you may be asked to sit out for part of the game and/or not participate in the halftime show for that game (No matter what the reason may be)
- As we get closer to nationals, we will add practices from time to time. We do our best to give a 24-hour notice but please keep in mind we **HEAVILY RELY** on the kids to keep up with parents on time.
- Yes, we understand they are teenagers, but we do our best to teach them responsibility.
- We will do our best to work with club cheer kids, but please understand that if times do not work for competition, we may need to ask a member to step down from competition if asked to do so.

GAMES

- All games are mandatory for which you are assigned
 - **JV Football** – All home JV football games
 - **JV Basketball** - All home boys and girls JV basketball games.
 - **Varsity Football** – All home and away Varsity football games.
 - **Varsity Basketball** - All home boys and girls' basketball games.

Transportation

- Each member is responsible for getting to CeHS on their own.
- When a bus is provided each member **MUST** ride the bus to the event.
- Members are allowed to come home with parents/guardians and only them as long as coaches have approved paperwork releasing liability.

UNIFORMS

- JV Game and Varsity Game teams will be provided a school uniform.
- Warm-ups will be on a 3-year rotation.
- DO NOT DRY CLEAN! Machine washes in cold water, hang to dry.
- All uniforms must be turned in, washed and clean in good condition.
- You will have three days to return at end of season/removed from team/ quit before account is charge a fee at the bookstore (This is also based off of end of season)

GENERAL

- All safety rules of the National Federation of State High School Assoc. and the Arizona Interscholastic Association (AIA) are enforced and followed at our practices, games and competitions.
- Cheerleaders are responsible for a certain amount of their own safety and protection during practices, games and competitions. Wraps, braces or tapes are to be worn when needed and need to be taken care of prior to the start or practice.
- Nails must be kept to an appropriate length (Biggest infraction)
- No colored nail polishes. Game days must be **CLEAR** only.
- Hair must up and out of face at all times while practicing and games
- No jewelry Period!!! All must be out
- Please do **NOT** get any new piercing during the season. You will have to pick either to take it out to cheer at games and hold all your duties as part of spiritline or choose to leave it in and sit but every game you sit out does count as unexcused.
- Coaches **WILL** do random checks for any infractions to these rules set forth.
- If asked to sit that will result in benched game
- No eating on the field during game times!
- No socializing during game times
- All members are required to be back on the sideline at a specific time the coach has set forth. If not back on time you will be benched for next quarter/period. Three of these will count as unexcused.

AWARDS

- You must end in **Good Standing** in order to be invited to the banquet.
- Letters, pins and megaphones (provided by the Athletic Dept.) Requirements -
 - **JV** = Certificate when complete season. In order to maintain good standing, you must be present at all games and duties set by coaches.
 - **Varsity** = Letter and certificate First year, pins and Bars years after. In order to maintain good standing, you must be present at all of the games and duties set by coaches. In order to letter you **MUST** complete football **AND** basketball season.

FINANCES – CHEERLEADING PROGRAM FINANCES

Spiritline is one of the most expensive sports on campus. We do have fundraisers to offset the cost of this. We also have our booster club that does fundraisers as well to help with cost.

Show Cheer Team Vs. Game Team

- Will cheer at all games required. Varsity will travel to away games.
- Need to be on time and ready to go.
- Do not show up unprepared (Bow, shoes, hair, etc)
- Must participate in all events required (assemblies, storming halls, etc)
- Will be smaller time commitment
- Still must follow all contracts and rules set forth
- Summer practice will be May-June (have month of July off)
- Will compete in Game Day Routine (AIA and USA/UCA Nationals)

Show Cheer

- You must be on game team in order to be on Show Cheer competition team
- You CANNOT just be on competition team
- Please understand we can and will add practices as needed, we will send reminders with changes as soon as they are made. We know this may not work for everyone but we ask to please do your best to make it work.

- High time commitment level, if times set forth do not work we may ask you to step down and just do game team
- Please note that competition is an extra perk to being on the Spiritline team.
- Coaches have the right pick who will compete and who will not.
- Coaches will pick the competition that we will compete in.
- If you are not keeping up with skills and start to not do them, you will be removed from competition until you gain them back up.
- Not being able to do a competition is very crucial. Please understand that spiritline is not like any other sport.
- Any negative attitude (I will not fly today, I do not feel like basing today, having a bad day and bringing attitude to practice, etc) will cause automatic removal from the competition team and even your current position.
- Being late can cause removal from the competition team. Make sure you are on time!
- We do have black out weeks. If you are not present during this time, you will and may have your position moved or taken away (depending on the situation of course).
- Make sure you notify of all absences prior to practice. Do not message the day of and expect to be excused (based on situation)

Please note, that while some may not be a competition team, you are still all seen as CeHS Spiritline. You ALL will represent CeHS and PUSD to its highest standard. We will all represent each other as a program.

Student Agreement

I, _____, have read and understand the 2023-2024 Contract for CeHS Spiritline Teams. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature

Date Signed

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2023-2024 CeHS Contract for Spiritline Teams. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

Parent/Guardian Signature

Date Signed