

Lake Elsinore Unified School District

Cheerleading Handbook and Guidelines for:

Elsinore High School, Lakeside High School and Temescal Canyon High School

LEUSD School Board

President: Mrs. Heidi Matthies-Dodd

Clerk of the Board: Mr. Juan Saucedo

Mr. Stan Crippen

Mrs. Sue Scott

Mr. Christopher McDonald

LEUSD High School Principals

EHS: Mrs. Sarah Arrendondo and Mrs. Robbin Hamilton

LHS: Dr. Henry Romero

TCHS: Dr. Whitney Naughton-D'Amico

LEUSD Cheer Philosophy

The cheer squads, from the Lake Elsinore Unified School District, are responsible for promoting positive school spirit and pride, for encouraging good sportsmanship, and for upholding a positive image of the squad at all times. This is a sport that involves teamwork, cooperation, honesty, and integrity from each and every person who is a member. Participating on the team is a privilege and as such brings responsibilities that must be taken seriously. Being a member of the Cheer Team makes each participant a personal representation of their school. Each member will be looked upon to set the example for others. Each member must show honor for who she/he is and what she/he stands for; each must hold in high regard her/his teammates as well as all of her/his fellow students.

Cheerleader Code:

All LEUSD cheerleaders will be required to sign a code of conduct for each designated school upon their making the 2020-2021 squad. Below is a set of **MINIMUM guidelines** set upon by LEUSD that all cheerleaders must follow. If the below guidelines are not something one can adhere to, then trying out for the 2020-2021 team is not in one's best interest.

1. I will abide by all rules and regulations established by my team, advisor, school, district and league.
2. I will put forth 100% effort at all times.
3. I will be neat and clean in appearance and wear the required uniform or follow school dress code at all times.
4. I will attend all practice sessions, meetings, and events. It is my responsibility to contact the advisor in the event of tardiness or absence.
5. I will be on time to all meetings, events, and practices.
6. I will display a positive attitude and the spirit of cooperation at all times.
7. I understand I may be removed from the squad for involvement with drugs, alcohol, steroids, or any other controlled substance or tobacco product or paraphernalia on or off school campus, during school, after school, or at any other time while I am an active member of the squad.
8. I will use proper language at all times and show my respect to parents, teachers, advisors, coaches, squad members, students, officials, opponents and spectators at all times.
9. I will respect my squad. The needs and wishes of the team come before mine as an individual.
10. I will study hard and do my best in school at all times. Failure to do so will result in academic ineligibility and possible removal from the team.
11. I will participate in all events and activities. I will compete with integrity and cheer with enthusiasm at games, competitions and school events.
12. I will refrain from posting negative images, words, or comments on social media. If I cannot control my social media behavior, then I will suffer the consequences.

Procedural Tryout Duties of Each School's Cheer Coaches, Advisors and Administrators:

1. Approximately six weeks prior to cheer leading tryouts all 3 High Schools will disseminate information, to the students, regarding cheer try outs and the date and time of the preliminary meeting.
2. Approximately one month prior to cheer leading tryouts, the administration, athletic director, and / or cheer coach will hold a mandatory parent / guardian

information meeting in which all parents and / or guardians will sign in to verify participative attendance.

3. If a parent or guardian is unable to attend the meeting, a pre-arranged, calendared, appointment must be scheduled and confirmed with the Athletic Director to attend an alternative meeting with the Athletic Director. If a parent or guardian does not attend the scheduled school meeting or schedule an alternative meeting, the student will need to wait until the following year to try-out.
4. All 3 high schools will hold their information meeting the same week. For the 2020-2021 school year, the parent information meetings will be held the week of 4/27/20
5. The topics for the meetings will be the same at all 3 High Schools and will include the following:
 - A: Practice Schedules
 - B: Competition Schedule (If available).
 - C: Time commitment
 - D: Financial Obligation and Financial Options
 - E: Summer Calendar
 - F: Try-out process and procedures (scoring, posting of team, score cards, judging, clinic process, team composition and posting of team)
 - E: Eligibility (grades and citizenship)
 - F: Behavior expectations / code of conduct / progressive discipline and consequences for non-compliance
 - G: Parent and cheerleader questions

Cheer Candidate Eligibility:

1. All cheerleaders must maintain a 2.0 un-weighted G.P.A.
2. All cheerleaders must have no more than one F in any scheduled class.
3. All cheerleaders must have no more than one U in behavior or citizenship.
4. Grades and reporting will be solely based on the Infinite Campus (IC) document from the most recent grading period. For tryouts, 3rd quarter (2nd semester progress report) will be used.
5. For 8th graders the most recent report card will be used.
6. Teacher signed updates, grade sheets and all other form of grade reporting will not be valid for eligibility. Only grade reports discussed in #4 will be considered.
7. During season, after try-outs, eligibility will be based on a 9 week cycle. All participation is based on the above criteria and will be reviewed and submitted for participation every 9 weeks. Athletic participation will be resumed and

suspended based on 9 week grade reporting schedules accordingly. This is the same rule and process followed by all CIF sanctioned sport athletes.

8. All cheerleaders and cheerleader candidates must have an up-to-date physical to participate in cheerleading and cheer try-outs using the LEUSD Physical Clearance Packet.
9. All cheerleader candidates must have never quit or been removed from a team at the designated school they are trying out for in the previous 12 months. Candidates are eligible to try-out if more than 12 months have passed from their departure from the team.
10. All cheerleaders will sign a "Declaration of Intent" document. The "Declaration of Intent" will document the cheerleader's desire to be placed on their "first" and "second" choice of team and declare whether they would be willing to be part of their "second choice."

Cheer Candidate Application and Documentation Submission:

1. All applications, documentation, and paperwork must be completed, in its entirety, and turned in on or before the due date specified to be considered a cheerleader try out candidate.
2. For the 2020-2021 school year, paperwork is due by 05/08/20 by 3 p.m.
3. **If all application documentation is not turned in, completed, and signed by 05/08/20, by 3 p.m. the student will not be allowed to try out.**

Cheer Clinic Procedures:

1. Three mandatory cheer clinics will be held for all qualified candidates, prior to the try-out date.
2. All 3 High Schools will hold their clinic the same week. For the 2020-2021 school year, the cheer clinic will be held on Monday-Friday, May 11-15
3. Cheerleader candidates must be present all of the days of clinic.
4. Failure to attend any clinic day may result in a removal from the try-out process and they will not be eligible to try-out.
5. Not being on time or not being ready for clinic will also result in a deduction from the overall try-out clinic score.
6. Day one, the first day of cheer clinic, will be a non-evaluative day where students will learn and practice the required tryout material. All material will be taught by the school's outgoing senior cheerleaders.
7. Cheer candidates may receive a set of questions to think about and prepare for the interview portion of the try-out which will occur on subsequent days of the clinics with the coach and/or Athletic Director and/or Administrator.

8. An example score sheet with the breakdown of scores is included at the end of this packet.

Attire for Clinic:

1. Workout type clothes must be worn to clinic. T-shirts, shorts, sweats, dance pants, socks, and athletic shoes are permissible. School dress code must be followed at all times.
2. Hair must be pulled back, out of the face and off the shoulders.
3. For safety reasons no jewelry is allowed.

Try-Outs:

1. Cheer tryouts will be held on the same day for all 3 LEUSD High Schools.
2. For the 2020-2021 school year, tryouts will be held virtually May 11-15th. Video submission due May 15th by noon.
3. Cheer candidates will be given randomly selected try-out numbers.
4. Cheerleaders will be judged by a panel of paid, professional, independent judges.
5. If the total number of cheer candidates is odd, then there will be one group of three or a candidate may try out with a leaving senior.
6. No parents will be at try-outs. All try-out tasks and operations will be performed by site personnel.
7. If stunting is done at tryouts, stunt groups will be chosen by the involved cheer candidates. If numbers are uneven, or a coach thinks a change should be made to benefit all involved candidates, then the coach's rearrangement of groups will be used.

Attire for Try-Outs:

1. Candidates may wear a plain white t-shirt, black or gray shorts and no writing, pictures, or logos can be on the shirts. They may wear school colors to show spirit but cannot show cheer affiliation.
2. Candidates must wear plain white athletic shoes and no show socks.
3. Hair must be pulled back, out of the face and off the shoulders.
4. For safety reasons no jewelry is allowed.
5. Painted finger nails are not allowed. A clear or French manicure is acceptable, as long as finger nails do not go past the fingertips.
6. Moderate sized cheer bows are allowed as long as they are not previous school bows or state the school at which you are trying out.

Judging:

1. The site administrator and cheer coach will be given the finalized score sheets from the judges.
2. Both the cheer coach and site administrator will tabulate the scores.
3. The judges' scores will be added to the clinic and interview scores.
4. The judges' score cards will be kept in the Athletic Director's office for 1 year.
5. In an extreme event, if there is a question or concern, a parent may schedule an appointment with cheer coach and / or the Athletic Director.
6. The Athletic Director will only discuss the candidate in question with the parent. No other conversation about other candidates and or the score or rank of other candidates will be discussed.
7. No candidate or candidate's parent/guardian will be allowed to take the score sheets from the meeting with school administration. Score sheets can be looked and discussed and then left in the possession of the school administration for the formerly discussed year period. No photographs or copies will be made of scoresheets.

Team Composition:

1. There will be 2 cheer teams. Terminology/naming of the two squads will be left up to each individual school site.
2. Both teams will be comprised of candidates scoring above the 70% score range. If a candidate's does not score above a 70%, they will not be selected for a team.
3. The number of cheerleaders on each squad will be based upon the 70% criteria and where the natural break falls. One squad may be larger than the other in some years or vice versa the following year.
4. Freshmen may be placed on the higher skilled squad however, a freshman candidate must score in the top 10% of all cheer candidates to be considered for that squad.
5. All final decisions are made by the cheer coaching staff and overseeing administrator. These decisions are final.

Team Posting:

1. When the teams are selected the results will be posted online.
2. Candidates are not to contact school personnel for 48 hours after the try out. If the tryouts occur on a Friday, then the candidate and parent can contact the coach/administrator on the following Monday, but not before.
3. Again, questions about scores and try-outs will be answered by making an appointment with the Athletic Director/Administrator. A coach will be involved if necessary.

