

# Temescal Canyon High School

## Titan Cheer Handbook and Contract 2020-2021

### **PURPOSE:**

The Temescal Canyon High School Titan Cheer Squad is 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 squad is a privilege and as such brings responsibilities that must be taken seriously. Being a member of the Cheer Squad makes each participant a personal representation of Temescal Canyon High 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.

### **TEAM MEMBERSHIP:**

The Blue and Silver teams will consist of members currently in grades 9 through 12 who are full time students on the TCHS campus. Once a student makes a cheer team they will remain on that team for the duration of the school year. One is a member of the team until the date the squad is announced through the last day of school. All team members will be enrolled in "Cheer Class" which gives them physical education credits. This class will run during a 7<sup>th</sup> period in the school day for the 2020-2021 school year. If at any time a team member chooses to remove herself or a team member's parent/guardian chooses to remove their child from the team, formal notice needs to be given to the head coach in writing signed by both the team member and her parent/guardian.

### **TEAM MEMBERS' CONDUCT:**

All team members must follow the below rules at all times:

1. All team members must be currently enrolled students of Temescal Canyon High School.
2. All team members must maintain a minimum grade point average of 2.0 or above and have no more than one grade of an "F."
3. Team members may have no more than one citizenship grade of "U."
4. All team members are to adhere to all rules and policies included in the Temescal Canyon High School Student Handbook.
5. All team members are to adhere to the TCHS Athletics and Activities Code of Conduct.
6. Any team member, who is suspended from school for any disciplinary reason, even if not related to a cheer team activity, shall automatically be excluded from participating in all cheer team activities and may be dismissed from the team. Exclusion will begin on the same day as the suspension from school and will be for the duration of the school suspension at a minimum. The exclusion includes prohibition from

- participating in all cheer team activities and from wearing any part of the cheer uniform. Any additional suspension during the cheer season will result in immediate dismissal from the team.
7. An attitude of disrespect toward any other person be it a coach, a captain, another team member, or a parent advisor at any time will result in disciplinary consequence, including possible dismissal from the team. The team member will abide by the decisions of the coach/administration at all times.
  8. The use of alcohol, drugs, or any tobacco products (including vape products) is illegal, against school rules, and violates training rules of any sport. Any team member who is under the influence of, or affected by the use of, any of these substances during any team or school activity, including use of any of these substances prior to arriving for the activity, will result in immediate dismissal from the team. Possession of a weapon will result in immediate dismissal from the team.
  9. All team members must display good conduct in public at all times. Team members must maintain a positive attitude and conduct themselves in a manner that will reflect positively on your peers, school, teammates, and community. Failure to display proper behavior in public will result in disciplinary action. This also includes but is not limited to all internet sites, chat sites, cell phones and any other technology and media outlets.
  10. Inappropriate behavior and language on social media is grounds for disciplinary action and possible removal from the team. This includes but is not limited to: profanity, sexual innuendos or photos, threats to others, any form of cyber bullying and/or discussion/use/photos of illegal substances.

## **RESPONSIBILITIES:**

1. Team members are required to participate in all events scheduled by the coaching staff. **This includes, but is not limited to:**
  - a. athletic events
  - b. practices (including summer)
  - c. pep rallies
  - d. competitions
  - e. fundraisers
  - f. camps
  - g. community service
  - h. spirit activities
2. Team members are expected to be on time and completely ready in the required uniform at every event.
3. Attendance at all practices is mandatory. The absence of even one team member affects the entire team.
  - a. Whenever possible, an absence should be reported 24 hours in advance. At the very least, a phone call to the coach to report an absence must be placed on the day of absence before practice begins.
  - b. **Any absence must be reported directly to the coach, not second-hand through another team member.**
  - c. Illness (severe enough to prevent class attendance), injury (severe enough to prevent participation in the physical activities of

cheerleading), death in the family, an out-of-the-ordinary academic obligation that would affect a class grade, or TCHS associated obligation are excusable. An absence will be considered excused only if prior notification of the absence is given to the coach and a written note from the involved professional is presented to the coach upon return. It is expected that all appointments be scheduled around cheer.

- d. Practice time is practice time. It is the responsibility of each member to remain focused and attentive during the entire practice. There will be no time to talk with friends, to make or accept phone calls, to attend to personal grooming, or to eat or drink except during any break permitted by the coach. Disruptive behavior may result in dismissal of the disruptive team member from the remainder of that practice and/or being benched during the next performance.
  - e. Only the coaches may authorize a “mandatory” practice(s). Said practice(s) will be held on TCHS property or another public facility as chosen by the coach. Team members may practice in small groups at home on an informal basis.
  - f. At times, an “emergency” practice may be needed to remedy any adversities. This does happen occasionally, thus requiring team members and their families to be flexible, as team members will be expected to attend so as to meet the needs of the team.
- 4. Attendance at all performances is mandatory. If a team member has been benched, she must still attend, no matter the reason for benching.**
- a. All team members are required to arrive, completely ready at the time specified by the coach. Late arrival may result in benching for a portion or all of the performance. Completely ready means the team member is attired in the full and proper uniform, **all personal grooming has been completed, cell phone is on silent, and food/beverage has been consumed.**
  - b. Team members will be assigned a position within the formation for each performance. Members are to respect the coach’s/squad captain’s decision to remain in the assigned position throughout the entire performance.
  - c. No eating, drinking, or gum chewing is allowed during a performance, except for consumption of water and/or a healthy snack when permitted by the coach.
  - d. All team members are to **remain together**, in uniform, in the area designated by the coach throughout the performance. No social conversation with friends, fellow students, or parents that interferes with or disrupts the performance is permitted.
  - e. The coach may bench a team member from participation in a performance if she feels the team member is not fully and properly prepared.
  - f. Benching is a loss of privileges. A benched team member must sit where designated by the coach and work to support the team. No eating/drinking or engaging in interactions with other students/spectators or with family is allowed.
  - g. All team members will stay for entire performance and until dismissed by the coach.

## UNIFORM/APPEARANCE:

1. Each team member is required to be personally responsible for all parts of the uniform, apparel, and accessories chosen by the coach. Each team member is to keep his/her uniform clean, neat and in good repair. Each item must be labeled with the team member's name.
2. Team clothing and shoes must be worn at team performances and at other times as directed by the coach. The decision made by the coach/captain regarding what parts of the uniform are to be worn for an activity is final. No unauthorized apparel may be substituted for any part of the uniform. Not wearing the appropriate attire may result in benching.
3. Hairstyle and accessories for each performance will be determined by the coach prior to the activity. All members will comply with this determination to present a unified appearance.
4. No part of the uniform may be worn at any time outside of approved cheer team activities; this includes the time a member may be excluded from participating with the team. **No part of the uniform or team gear may ever be worn by a non-team member.**
5. **The cheer team uniform, or any part of the uniform, may never be worn socially.** Remove the uniform upon dismissal from the cheer team activity before participating in any other social activity. To wear the cheer team uniform at any place where any illegal behavior is occurring is a severe violation of the cheer team philosophy, denigrates the team, and is cause for dismissal from the team.
6. Under no circumstances will a member in uniform act in an embarrassing and/or easily misconstrued manner. Such behavior includes, but is not limited to, public display of affection and use of inappropriate language. Actions that are deemed inappropriate by the coach, any school staff member or administrator will result in disciplinary action, including possible dismissal from the team.
7. The standards (generally established for safety and team uniformity) of appropriate personal grooming include:
  - a. No gum chewing.
  - b. Hair must be up, off the face, and out of eyes.
  - c. Fingernails are to be of a length safe for sports activity participation; the color of polish must be appropriate.
  - d. Jewelry of any kind is not permitted. It is recommended that jewelry be removed and left at home.
  - e. Excessive make-up is not permitted. Make-up is not to be applied in public.
  - f. Body piercing must not be visible; this includes, but is not limited to, nose rings, facial piercing, tongue piercing, belly button rings, or excessive ear piercing.
  - g. Tattoos must not be visible.
  - h. No portion of the lower torso, front or back, should ever be exposed.
  - j. Hair color should remain a "natural" hue and style. If it is distracting from the uniformity of the team and it is not appropriate for any public cheer events. Hair should never be grown past the length of one's waist
  - i. These standards apply to all cheer team activities, practices and performances.

## **TRANSPORTATION:**

1. For activities/performances away from the campus of Temescal Canyon High School, the team member will comply with the mode of transportation as directed by the coach.
2. The team member is to meet the team for transportation purposes at least 15 minutes prior to the specified departure time.
3. If transported by bus, the team member must ride to the performance on the bus.
4. Transportation provided by a parent/guardian from the event is allowed if the team member has filled out the proper form PRIOR to the date of transportation. You may not show up to the event and hand a coach the form. Transportation by a friend or someone other than a parent/guardian is not allowed.
5. Disruptive, disrespectful, or inappropriate behavior while being transported to or from a cheer team activity will result in disciplinary consequences, up to possible dismissal from the team.

## **COMMUNITY SERVICE:**

All team members will participate in any service to the community the coach deems appropriate. Participation will be mandatory. Parental involvement may also be required.

## **CONSEQUENCES AND DISCIPLINARY ACTION:**

1. The rules/regulations of the Titan Cheer Team Code of Behavior are meant to promote dedication and excellence, not as a means to punish.
2. Warnings are not required before enforcing any of these rules. The member's and parent/guardian signature on the contract acknowledges an awareness, understanding, and acceptance of all policies contained herein.
3. The coach(s) or school staff all has the authority to enforce disciplinary action.
4. Disciplinary action for any violation of the rules/regulations stated within the code of behavior will result in one or more of the following:
  - a. Extra running or conditioning during/after practice
  - b. Sitting out (being "benched") a portion or a performance/game
  - c. Sitting out an entire performance/game
  - d. Sitting out for more than one performance/game
  - e. Suspension from the team
  - f. Dismissal from the team**
5. Violations that are not acceptable are below. Others not listed may occur and require disciplinary action.
  - a. A single exhibition of **DISRESPECT** toward any person.
  - b. A single exhibition of **INSUBORDINATION** toward the coach, captain, advisor, staff member, or any official.
  - c. A single exhibition of behavior, in or out of uniform, demonstrating disrespect for the privilege of being a member of the cheer team.

- d. Late arrival at practice or performance
- e. unexcused/unexplained absence from any mandatory event
- f. any violation from the TCHS Athletics Code of Conduct or the above team rules

\*\*\*NOTE: Site administration will be notified of all suspensions/disciplinary actions within 24 hours of infraction.

- 6. In the event a situation occurs not specifically addressed in these documents, the coach and school staff will make a ruling by which the member and member's parent/guardian must agree to abide.
- 7. The final decision regarding standards of behavior and disciplinary consequences rest with the coach and school staff, including those not specifically mentioned in this document.

## **CONTACTING COACHES**

If at any time a team member or parent/guardian has an issue in regards to cheer it is asked that you follow the standard "chain of command." Meaning, contacts should be made in an order deemed appropriate for the situation. Please contact the squad coach first. If it needs to be taken to the head coach then that will be done by the squad coach. If the head coach feels it needs to be addressed by the Athletic Director or school administrators, then that will be done in a timely manner. Please do not make these contacts DURING games, practices, or performances. Use common courtesy and appropriate judgment by contacting coaches AFTER events or via email at a later time. Please remember coaches and school staff should not be contacted excessively on weekends, holidays and inappropriate hours.

**Temescal Canyon High School**  
**2020-2021 Titan Cheer Handbook Contract**

I, \_\_\_\_\_, have read and promise to abide by the policies and procedures stated in the Temescal Canyon High School Titan Cheer Handbook. I will follow all rules and be prepared for consequences as they are appropriately assigned to me. I will represent Titan Cheer with a positive image at all times.

\_\_\_\_\_  
(team member signature)

\_\_\_\_\_  
(date)

I, \_\_\_\_\_, the parent/guardian of \_\_\_\_\_ have read and promise to abide by the policies and procedures stated in the Temescal Canyon High School Titan Cheer Handbook. I will support the Titan Cheer staff and school administration. I will promote a positive image of Titan Cheer while being supportive at games and performances. I will remember my place as the parent/guardian and contact coaches and school staff at appropriate times.

\_\_\_\_\_  
(parent/guardian signature)

\_\_\_\_\_  
(date)

## 2020-2021 TCHS Cheer Squad Parent Code of Conduct

-Please remain in the spectator area during games and competitions unless asked to assist or serve in a supervisory capacity.

-Please do not use cheer or cheer related activities as a "means of punishing" your child. This negatively affects the entire team and can cause safety issues.

-Please offer opinions to Advisor(s) about the Cheer program at the appropriate time and place (meetings or via email and/or phone calls).

-Please refrain from making derogatory comments to coaches, Advisors(s), officials, directors, or players of any team, including your own.

-Please refrain from "coaching" your child during practices, games, and competitions.

-Refrain from posting negative or derogatory comments in regards to cheer on social media. This includes putting down our team/school, other teams/schools, and/or other individuals or parents.

-Show interest, enthusiasm, and school spirit and support your child.

-Please be in control of your emotions.

-Please help when asked by the Advisor(s). Contribute to building a strong sense of team unity.

-Appreciate and commend the work of coaches, directors, officials, judges, or other volunteers who conduct events

-Please appreciate parent volunteers/boosters who organize and run events. Show respect to other parents at all times.

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I promise to abide by the "Parent Code of Conduct" and support my child and the Cheer Squad as a team throughout the year.

Parent  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Child's Name \_\_\_\_\_  
(print)

## INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on his/her head, neck or back!

I/We, \_\_\_\_\_, parents and/or legal guardians of \_\_\_\_\_, who is a cheerleader at Temescal Canyon High school wishes to participate in the cheerleading program, voluntarily give our consent for such participation by our son/daughter.

It has been adequately explained to us that cheerleading is an activity which may involve airborne inversion of the body and therefore there is an increase potential that any one of the routines involving our son/daughter's participation could lead to serious injury, paralysis or even death.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities in which he/she will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, including somersaults, cartwheels, round-offs, back handsprings; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad, and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout this year.

We represent to you that, to the best of our knowledge and belief, our son/daughter has no physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity. We have been informed that our son/daughter must receive medical clearance by a physician prior to participation in these activities and we agree to such a determination. We further agree to notify immediately the appropriate coach in writing in the event of any change in our son/daughter's health status.

We agree to, and by signing this agreement, release the coaches, advisors, and administrators of Temescal Canyon High School from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss of or damages to his/her property which may arise out of his/her participation in this Temescal Canyon High School sponsored program for the 2020-2021 academic year.

In witness whereof, I /we have affixed our signatures to this agreement this

\_\_\_\_\_ day of \_\_\_\_\_, 2020 at

\_\_\_\_\_ (location).

\_\_\_\_\_

\_\_\_\_\_  
(parent's and/or legal guardian's signature) (date)

\_\_\_\_\_

