

# **Foothill High School Cheer Team Constitution**

## **I. Purpose**

- A. The primary purpose of the Foothill High School Cheer Team is to develop a sense of teamwork, responsibility, self-discipline, leadership, and self-esteem while, at the same time, promoting school spirit and increasing knowledge of cheer skills and techniques.
- B. The Cheer team will also provide students with opportunities to gain performance experience at various school events (pep assemblies, games, Open House, etc.), as well as in competitive settings. The team will also maintain a unified and respected program, which is recognized both locally and nationally.

## **II. Membership**

- A. Any student expressing an interest in becoming a member of the Foothill cheer team and who demonstrates advanced cheer skills and techniques, reliability and dedication to the program, and the ability to work cooperatively with others in a positive manner can become a member of the team.
- B. The Foothill High School cheerleading team falls under Foothill High School athletics. Members of the cheerleading team will be held to all standards that are set forth by Foothill High School athletics.
- C. Upon placement on the cheerleading team an athletic packet will be required. Athletic packets must be completed on [registermyathlete.com](http://registermyathlete.com). Athletic packets are due by May 1, 2020 (pending the opening of school).
- D. You must be enrolled in the 2020- 2021 Foothill High School school year in order to be a member on the cheerleading team. If at anytime you are not enrolled, you will be removed from the team. *\*CCSD Reg 5132*
- E. Incoming freshmen will be placed on the Varsity team at the coach's discretion.
- F. Seniors will be eligible for placement on the JV team.
- G. The size of the JV and Varsity team is at the coach's discretion. The JV team will range from 6- 20 cheerleaders. The Varsity team will range from 12- 20 cheerleaders. At anytime, the coach may add additional members to the team.
- H. Drug testing is part of Foothill High School athletics and activities. At any time you are a cheerleader, you may be randomly selected to complete a drug test. If the drug test results are positive, you will be removed from the team. If you choose to deny drug testing, you will be removed from the team.
- I. If the first payment is not paid by the due date announced after the opening of school, the cheerleader will be removed from the cheerleading team.

- J. If at any time a cheerleader's balance is not current, they will be ineligible to receive any clothes, uniforms or accessories. Clothes will be distributed once balance is current.
- K. If your cheerleaders balance is not current by the Homecoming assembly/ game your cheerleader will be unable to participate in any Homecoming activities. *\*Cheerleader is still required to attend all Homecoming activities*
- L. If a cheerleader chooses to quit the team at anytime throughout the season, they are responsible for any outstanding balances they may have.
- M. If a cheerleader chooses to quit the team at anytime throughout the season, they will not be reimbursed any payments as clothes are custom ordered and camps and competitions are prepaid.
- N. If a cheerleader chooses to quit the team at anytime throughout the season or is removed from the team, they will be ineligible to tryout for Foothill Cheer for the duration of their schooling at Foothill High School.
- O. Cheerleaders must have no outstanding balances at the time of the following years tryouts or the cheerleader will not be allowed to tryout for the next season.

### III. Tryouts

**Required Skills:** (There are no required skills for JV)

Varsity:

**TUMBLING**

- Standing back handspring
- Triple jump combination to standing back handspring
- Cartwheel back handspring
- *Cartwheel tuck preferred*
- Running round off back handspring series (3 or more back handsprings)
- *Running round off back handspring tuck preferred*

**STUNTING**

- Flyer: Extended one foot body positions, advanced entrances and dismounts
- Base/ Backspot: Able to successfully base/ backspot extended one foot extended stunts, advanced entrances and dismounts

- A. Tryouts will be held virtual.
- B. To tryout for the FHS cheer team, you must have a 2.0 3<sup>rd</sup> quarter grade point average with no F's or U's in citizenship.
- C. Tryouts will be held virtual. Participants should watch videos provided, upload the videos to YouTube and then complete the Google Form submission.

### IV. Apparel/Accessories

- A. Jewelry is not to be worn at any time during practices or performances. This includes jewelry for body piercings. If jewelry is worn, cheerleader will be benched one quarter of the next football or basketball game.

- B. Glitter shall not be on hair, face, uniform, or the body.
- C. Hair is to be a natural color for the duration of the season. Our season is (May-March). Any color changes must be approved by your Coach first. Hair must be worn as directed by Coach or captains at all performances. If hair is not up to performance standard, cheerleader will be benched that game.
- D. Nails should be free of distracting polish/ art for performances and kept at a short length for practices and performances.
- E. Altering any uniforms or practice wear MUST be approved by your Coach. Any cheerleader who does so may be subject to purchase new items to replace unapproved altered item.
- F. Cheerleaders are to wear the provided practice wear at each practice. If any cheerleader is not in the correct attire, they will be benched one quarter at the next football or basketball game.
- G. Cheerleaders are to wear the designated game day attire to school on days specified. On these days, cheerleaders may be asked to check in with the coach prior to school. If the cheerleader fails to check in or is in the incorrect attire, they will be benched one quarter at the next football or basketball game.
- H. The cheerleader's uniforms are school property. Uniforms are to be returned the date given by the coach at the end of the season in the condition issued to the cheerleader. We ask that all uniforms be cleaned prior to returning. If this is not done, there will be a \$30 charge. If there is any damage to the uniform, you will be charged to replace the uniform.
- I. The Varsity cheerleader's will receive boxes for the football season. Boxes are school property. Boxes are to be returned on the date given by the coach at the end of the season. We ask that all boxes are returned in the condition they were distributed in. If there is any damage to the box, you will be charged to replace the box.

## **V. Alternates**

- A. The Varsity cheerleading team will have alternates for the competition season. Alternates will be chosen at the coach's discretion and can be changed or selected at any time. Alternates can be members of the current varsity team or the current JV team.
- B. The JV cheerleading team may have alternates for the competition season. Alternates will be chosen at the coach's discretion and can be changed or selected at any time. Alternates can be members of the current JV team or the Varsity team.
- C. Alternates can be changed or selected at anytime due to tumbling ability, stunting ability, grades, behavior, attendance or program participation.

## **VI. Lettering**

- A. Members of the Varsity Cheer Team *may* letter.
- B. In order to receive a letter, students must have 90% participation in all Cheer Team events including practices, performances, and fundraising. In addition, students must have demonstrated a positive attitude, a willingness to work cooperatively with their teammates, preparedness, punctuality, and school pride.
- C. Letters will be given at the discretion of the coaches.

## **VII. Behavior**

- A. Students will represent Foothill High School and promote school spirit in a positive manner both on- and off-campus, in and out of uniform. This entails following all school rules (including but not limited to: dress code, punctuality, off-campus privileges, public displays of affection, profanity, alcohol and drug use, etc.) Any violation of such rules that requires disciplinary action (including but not limited to: RPC, Suspension, etc.) will result in the individual suspended from the team for a period of at least two weeks. Two such suspensions will result in removal from the team. Any alcohol and/or drug use at anytime, anywhere, will result in immediate removal from the team. All violations will be handled by coaching staff and administration.
- B. Any behavior issues that arise OUTSIDE of any cheer practice, games, events or competition should be handled by the dean's office.
- C. If there are any behavior issues that arise at any cheer practice, game, event or competition; you should contact your coach and a decision on how it will be handled will be established.

## **VIII. Grades/ Eligibility**

- A. Cheerleader's grades will be checked by the coaches and the Foothill high School Athletic Office periodically throughout the cheerleading season, including tryouts.
- B. If at anytime a cheerleader has an F, the cheerleader will be benched for one week regardless of the reasoning behind the failing grade. The grades will be rechecked the following week for improvement. The cheerleader will be unable to cheer at games, participate in competition or events till the grade is a D or higher.
- C. If a cheerleader falls ineligible, they are required to attend all practices, games, events and competitions regardless of participation.
- D. Cheerleader's grades will be checked each semester. If the cheerleader's cumulative GPA is under a 2.0 at the semester, they will be removed from the team.

## **IX. Social Media**

- A. All Facebook, Twitter, Instagram, TikTok, etc. accounts will be monitored by coaching staff at random. Vine, SnapChat, Tumbler, etc. may also be monitored. All pictures and posts must be taken off if deemed “inappropriate” by coaching staff. Possible suspension or removal from the team will be at the discretion of the coaching staff.

## **VIII. Attendance**

### **A. Absences:**

1. Students are expected to attend all practices. Over summer, each cheerleader will be allotted 5 excused absences and 3 excused absences per quarter. Any practices missed after these will result in being benched a game per absence.
2. A Combination of 8 unexcused absences will result in removal from the team.
3. An absence from practice the practice before a performance or game will result in the individual not participating in the performance or game.
4. Absences are to be submitted via the Google Form found on the Foothill Cheerleading website. If an absence form is not completed prior to practice, the cheerleader will be benched the next football or basketball game.
5. If a cheerleader is a no call no show to a game, practice or event, they will be benched the next football or basketball game.
6. Leaving more than 15 minutes early from practice without 24-hour notice will be considered an absence.

### **B. Tardies:**

1. Students are expected to be on time to all practices, performances, events, etc. Every two unexcused tardies will result in being benched one quarter the next football or basketball game.
2. If a cheerleader arrives late to a game and there is less than 5 minutes till the game begins, the cheerleader will be benched that game.

- C. Cheerleaders are expected to participate in fundraising activities in order to raise money for camp, clinics, uniforms, competition fees, traveling expenses, etc. Students who do not participate will be charged the profit from the fundraiser.

- D. Cheerleaders are required to attend school functions, in addition to sports events, that are requested by Student Council and FHS Administration.

- E. Cheerleaders are required to attend all summer camps as a team. Camps are arranged by the coach and may or may not involve traveling out of state.
- F. If a cheerleader becomes injured, they are expected to attend all practices, games, events and competitions.
- G. All competitions are mandatory, including the Middle School Classic cheerleading competition. If you do not attend a competition, you will be removed from the team. The required time at the competition includes the duration till the coach dismisses the whole team for the day.
- H. All practices the week of competition are mandatory. If any cheerleader misses a practice the week of competition, they may be replaced in order for the team to successfully prepare.
- I. The JV and Varsity team will be asked to attend competitions they do not participate in to support the FHS Cheer Program. The cheerleader's attendance is expected.
- J. Games:
  - 1. Varsity cheerleaders are expected to attend all home and agreed upon away football and basketball games. All post season play off games are MANDATORY.
  - 2. JV cheerleaders are expected to attend all home football and basketball games. JV Cheerleaders WILL NOT travel to any away football or basketball games. Post-season games will be at the discretion of the coach.
  - 3. Varsity cheerleaders will cheer at Varsity football games and Men's Varsity Basketball games.
  - 4. JV cheerleaders will cheer at JV football games and Women's Varsity Basketball games.
  - 5. Cheerleader's participation at football or basketball games could be changed due to attendance, grades, behaviors, etc. Participation is at the discretion of the coach. If a cheerleader is not performing at a football or basketball game, they are still required to attend.
  - 6. If there is less than 60% participation at any game the coach may cancel participation at the game. This may be less than 24 hours prior to the game.
  - 7. Participation at football and basketball games can be cancelled. This may be due to the number of cheerleaders in attendance, distance of travel, injuries, scheduling conflict, etc.

## **X. Tumbling/ Skill Class**

- A. Cheerleaders will participate in a tumbling/ skill class held at FHS. The tumbling/ skill class is mandatory and will cost \$9.00 a class (included in monthly payment). This class may consist of tumbling, stunting, jumps or routine technique, cleanup or review. *\*Additional tumbling/ skill classes may be added*
- B. Tumbling that is exhibited at tryouts is expected throughout the duration of the cheer season. If the tumbling skills are not maintained, the cheerleader could be benched or placed as an alternate.

## **XI. Outside Tumbling/ All-star Cheerleading**

- A. Foothill cheerleaders are encouraged but not required to take outside tumbling classes outside of team practice hours. Cheerleader's take outside classes at their own risk, Foothill High School, CCSD, and coaching staff are not held liable.
- B. Foothill cheerleaders are unable to be on the high school cheer team and an All-star team. The time commitment to both teams is far too demanding to do both. If a cheerleader does so, they will be removed from the team.

## **XII. Game, Performance, and Competition Etiquette and Transportation**

- A. Foothill cheerleaders AND parents are expected to represent Foothill High School and the Foothill Cheer Program in a positive way at all times. We support our own team and do not act or speak inappropriately towards other teams, companies, competitions, judges, etc. Failure to comply could result in removal from event and/or team.
- B. Transportation to and from games, performances, competitions and events is the responsibility of the parent/ cheerleader. Coaches are not responsible to provide or arrange transportation. If a cheerleader misses a game, performance, competition or event due to lack of transportation, it will be considered an unexcused absence. *\*The Foothill Cheer program will arrange transportation for out of state camps and out of state competitions.*

## **XIII. Concerns and/or Complaints Procedures**

- A. If parents have a concern or complaint, most often it is due to miscommunication. Please contact your coach and the cheerleader's counselor to schedule a conference first, and then the Athletic Administrator if further resolution is needed.
- B. If a cheerleader has a concern or complaint, most often it is due to miscommunication. Please contact your coach and the cheerleader's counselor to schedule a conference first, and then the Athletic Administrator if further resolution is needed.

## **2020- 2021 Junior Varsity Cheer Financial Obligation Sheet**

### **Uniforms:**

- Warm-ups (jacket and pant): \$200
- Quarter zip pullover: \$42
- Backpack: \$87
- Big white sparkly bow: \$7
- Navy mesh bow: \$7
- Big columbia bow: \$6
- Big navy bow: \$6
- Competition bow: \$30
- Shoes: \$84
- Poms: \$20
- Game day shirt: \$105

### **Practice Clothes:**

- 3 T-shirts: \$48
- 2 pairs of navy shorts: \$54
- 1 pair of black shorts: \$27
- 1 pair of columbia/ white shorts: \$47

### **NCA Camp at FHS:**

- \$175  
*(Based on number of cheerleaders, this price may change)*

### **Competition Fees:**

- Professional Cheer Services (ASMT): \$30
- NCA- Nevada \$30
- Music for routine: \$30

### **Tumbling:**

- \$108: Approximately 12 weeks at \$9 per week  
*(A running total of the tumbling cost will be kept for any differences that may arise- tumbling will be every other week)*

**Total: \$1,143**

**Monthly Payment: *Please see the payment schedule***



## **2020- 2021 Junior Varsity Cheer RETURNER Financial Obligation Sheet**

### **Uniforms:**

- Warm-ups (jacket and pant): \$200
- Quarter zip pullover: \$42
- ~~Backpack: \$87~~
- Big white sparkly bow: \$7
- Navy mesh bow: \$7
- Big columbia bow: \$6
- Big navy bow: \$6
- Competition bow: \$30
- Shoes: \$84
- Poms: \$20
- ~~Game day shirt: \$105~~

### **Practice Clothes:**

- 3 T-shirts: \$48
- 2 pairs of navy shorts: \$54
- 1 pair of black shorts: \$27
- 1 pair of columbia/ white shorts: \$47

### **NCA Camp at FHS:**

- \$175  
*(Based on number of cheerleaders, this price may change)*

### **Competition Fees:**

- Professional Cheer Services (ASMT): \$30
- NCA- Nevada \$30
- Music for routine: \$30

### **Tumbling:**

- \$108: Approximately 12 weeks at \$9 per week  
*(A running total of the tumbling cost will be kept for any differences that may arise- tumbling will be every other week)*

**Total: \$951**

**Monthly Payment: *Please see the payment schedule***

# **2020- 2021 JV Cheer**

## **Payment Schedule**

All payments should be paid to the Foothill High School banker or online at Foothillcheer.net under the FHS Cheerleaders page. Checks can be made out to Foothill High School.

Due Upon the Opening School: \$250

*Required Deposit. If this payment is not made by the due date, the cheerleader will be removed from the team. The cheerleader should give their coach the receipt provided by the banker at the uniform fitting.*

May 15, 2020: \$250

June 1, 2020: \$190

July 1, 2020: \$150

August 1, 2020: \$150

\$111 (*last payment for returning members*)

September 1, 2020: \$153 (*last payment for new members*)

**With the current uncertainty of when school will reopen, these dates may be adjusted accordingly.**

## **2020- 2021 Varsity Cheer Financial Obligation Sheet**

### **Uniforms:**

- Competition uniform: \$260
- Backpack: \$87
- Warm-ups (jacket and pant): \$200
- Quarter zip pullover: \$42
- Big gold sparkly bow: \$7
- Big navy bow: \$6
- Big white bow: \$6
- Small navy bow: \$5
- Small white bow: \$5
- Competition bow: \$30
- Shoes: \$84
- Poms: \$18
- Game day jersey: \$65

### **Practice Clothes:**

- 3 T-shirts: \$48
- 2 pairs of navy shorts: \$54
- 1 pair of black shorts: \$27
- 1 pair of navy/ grey shorts: \$47

### **Camps:**

- NCA Camp- Mesquite, NV: \$475

*Price includes: hotel room, transportation, breakfast (day 2, 3 & 4), lunch (day 2 & 3) and dinner (day 1, 2 & 3) and camp fees*

### **Choreography and Music:**

- Show cheer: \$210

### **Competition Fees:**

*The competition fees are our best estimate as the cost of travel is an estimate based on last year. Any increase in cost will be communicated to parents as soon as they are available.*

- NCA- California: \$300
- NCA- Nevada: \$40
- NCA- Nationals: \$900

### **Tumbling:**

- \$108: Approximately 12 weeks at \$9 per week

*(A running total of the tumbling cost will be kept for any differences that may arise- tumbling will be every other week)*

**Total: \$3,024**

**Monthly Payment: *Please see the payment schedule***

## **2020- 2021 Varsity Cheer RETURNER Financial Obligation Sheet**

### **Uniforms:**

- ~~Competition uniform: \$260~~
- ~~Backpack: \$87~~
- Warm-ups (jacket and pant): \$200
- Quarter zip pullover: \$42
- Big gold sparkly bow: \$7
- Big navy bow: \$6
- Big white bow: \$6
- Small navy bow: \$5
- Small white bow: \$5
- Competition bow: \$30
- Shoes: \$84
- Poms: \$18
- ~~Game day jersey: \$65~~

### **Practice Clothes:**

- 3 T-shirts: \$48
- 2 pairs of navy shorts: \$54
- 1 pair of black shorts: \$27
- 1 pair of navy/ grey shorts: \$47

### **Camps:**

- NCA Camp- Mesquite, NV: \$475

*Price includes: hotel room, transportation, breakfast (day 2, 3 & 4), lunch (day 2 & 3) and dinner (day 1, 2 & 3) and camp fees*

### **Choreography and Music:**

- Show cheer: \$210

### **Competition Fees:**

*The competition fees are our best estimate as the cost of travel is an estimate based on last year. Any increase in cost will be communicated to parents as soon as they are available.*

- NCA- California: \$300
- NCA- Nevada: \$40
- NCA- Nationals: \$900

### **Tumbling:**

- \$108: Approximately 12 weeks at \$9 per week

*(A running total of the tumbling cost will be kept for any differences that may arise- tumbling will be every other week)*

**Total: \$2,612**

**Monthly Payment: *Please see the payment schedule***

# **2020- 2021 Varsity Cheer**

## **Payment Schedule**

All payments should be paid to the Foothill High School banker or online at [Foothillcheer.net](http://Foothillcheer.net) under the FHS Cheerleaders page. Checks can be made out to Foothill High School.

Due Upon the Opening School: \$700

*Required Deposit. If this payment is not made by the due date, the cheerleader will be removed from the team. The cheerleader should give their coach the receipt provided by the banker at the uniform fitting.*

May 15, 2020: \$350

June 1, 2020: \$300

July 1, 2020: \$300

August 1, 2020: \$300

September 1, 2020: \$280

October 1, 2020: \$280

November 1, 2020: \$280  
\$102 (*last payment for returning members*)

December 1, 2020: \$234 (*last payment for new members*)

**With the current uncertainty of when school will reopen, these dates may be adjusted accordingly.**