



# Aliso Niguel High School

## Pep Squad Constitution and Code of Conduct

2019-20

ADVISOR: Cindy Buckholz

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### **Mission:**

We are looking for individuals who can represent Aliso Niguel High School both as excellent pep squad members and as excellent role models for the student body. The Aliso Niguel High School Pep Squad is determined to support Aliso Niguel athletics and promote school spirit, reach out to the community through active participation, and promote good sportsmanship. In addition, the Aliso Niguel philosophy dictates that the development of leadership skills, self-discipline, and positive relationships through mutual respect, trust and teamwork is equally important as competitions, performances, and sideline support.

### **Goals:**

- support ANHS athletic teams,
- promote and instill school spirit, enthusiasm, and pride in the student body,
- serve the school and community through ACTIVE participation,
- develop self-discipline, exemplary citizenship, and good sportsmanship,
- assist at school and community functions when required, and
- perform at pep rallies, games, competitions, and special events.

### **REQUIREMENTS:**

- Athletic Clearance, including a current physical and proof of family insurance is REQUIRED prior to clinics. Please refer to *alisoathletics.com* for more information.
- Per CUSD Board Policy (61455a) members must maintain a 2.5 GPA on each semester report card.
  - Failure to meet a 2.5 GPA for one semester will cause probation. Probation will result in a conference with the advisors, and continual check-ins to make sure grades are improving.
  - All members who are on academic probation are still required to fully attend all events while still focusing academics.
  - Two consecutive semesters below a 2.5 will result in removal from the squad. (ie. Below a 2.5 in the spring and the following fall, the member will be dropped from cheer at the semester, or below a 2.5 in the fall and spring, the member will be notified during the summer that they have lost their spot for the following year.)
  - Members are permitted no more than one unsatisfactory mark per semester.
- Pep Squad counts for PE credits and is a period 1 class. Members will actively participate in all conditioning activities.
- No current member may be dually enrolled and remain on Pep Squad. They must be enrolled in at least 5 classes for grades 11 and 12 and 6 classes for grades 9 and 10 at Aliso Niguel High School. No exceptions will be made to this rule. This may include off campus classes such as Saddleback or ROP.

### **TRYOUTS and MEMBERSHIP:**

- All members will be chosen at try-outs once per year.
- Students with extenuating circumstances who are unable to attend the tryout day may request a video tryout. If consent is granted by the advisor/coaches, a video containing the same material and required elements that will be evaluated on the day of tryouts must be submitted no later than one day before tryouts. Please contact the advisor for format requirements.
- Coaches and advisor will determine what squads are available and the number of members on a squad. Squads may be adjusted for competition at the discretion of the coaches and the advisor.
- As a parent, I understand that the coach's decision is final. Tryouts are based on talent, mechanics, presentation and specific squad needs, as well as teacher/coach/administration recommendations. Coaches will not be able to appropriately field parent/guardian questions as to why a candidate did not make the team or a specific level within the Pep Squad as outside judges are secured for the tryout process. The Pep Squad Advisors and ANHS Administration would be the proper avenue of communication.
- Varsity Cheer and Song squads are open to 9<sup>th</sup>-12<sup>th</sup> grade students who receive the highest scores at tryouts. Juniors & Seniors must score high enough to make varsity.
- The Junior Varsity Cheer and Song squads are open to 9<sup>th</sup>-10<sup>th</sup> grades students.
- The Mascot program is open to 10<sup>th</sup>-12<sup>th</sup> graders. Mascots will participate on the varsity sideline. They will run, dance, and cheer while improvising and animating the Wolverine costume.

- If, after Pep Squad tryouts and member selection, an equally talented student enrolls at ANHS and shows interest, the advisors and coach may, at their discretion, schedule an individual try-out for the interested individual.
- Skills that are demonstrated and proficient at tryouts are expected to remain as such throughout the year. Those who do not maintain skills may be removed/replaced or moved to a lower level squad at the discretion of the coach and advisors. There will be frequent **evaluations** that students will bring home for parents to sign and return with their student.

### **VARSIITY LETTER REQUIREMENTS**

- Students who make the varsity team during tryouts, cheer on the varsity sideline, and participate for the full season will receive a varsity letter at the end of year banquet.
- Students who compete the full season on the varsity competition squad will receive a varsity letter at the end of year banquet.

### **GENERAL RULES & REGULATIONS:**

Each Pep Squad member should strive to cooperate with all members on the squad as well as with the advisors and coaches. Trust and cooperation with a good attitude are the most important attributes to any team. Each member is expected to follow the rules, regulations, and responsibilities set by the Coaching Staff, Advisors, Administration of Aliso Niguel High School, and the Capistrano Unified School District at all times.

### **GENERAL RULES:**

- Pep Squad must take priority over other co-curricular activities. Members may engage in jobs and outside activities, including participation in choir, ASB, drama or other school clubs, only if they DO NOT interfere with participation in Pep Squad activities, including ALL practices, games, competitions and events.
- Members may participate on other teams with the advance notice of the coach and advisors. Upon notification of participation in All Stars or another sports team at ANHS, the member MUST agree that your commitment to ANHS Pep Squad is the PRIORITY when schedules conflict- NO EXCEPTIONS.
- Members need to understand the importance of being present during Pep Squad events, silencing all electronic devices and postponing responses to texts, calls, and social media for a more appropriate time. \* Electronics are not to be used at all unless permission is given from the coach or advisor.
- All Pep Squad and school rules/policies are expected to be followed at all times. If rules are broken, a loss of membership may result at the discretion of the advisors, coach, and school administrators.
- Members are required to set an example for the student body at all times. They should not participate in any activity on or off campus that could embarrass or disgrace ANHS. Vulgar and/or profane language is unacceptable, as is vaping, using drugs, alcohol or tobacco – simply don't use it!
- Members will not engage in or present unacceptable actions/words about themselves, the team, or other team members on social media. Any violations to this policy will be addressed by the administration as outlined in the CUSD Disciplinary Policies and Procedures.
- ANY member involved in smoking/vaping, consumption of alcoholic beverages, use of any illegal substances, the use/possession of any weapon **while at school, any school activity**, or theft of any type while representing Aliso Niguel High School or in any situation deemed within the CUSD Disciplinary Policies and Procedures will be referred to administration and disciplined accordingly.
- If a member is removed, expelled, kicked-off, or resigns from the squad, at any point during the year, a new member may be appointed to the squad to fill the vacancy at the advisors and coach's discretion. Additionally, the member will not be allowed to try out for the next season.

### **ATTENDANCE**

- Members must attend and be on time to all practices, games, competitions and other scheduled Pep Squad activities. Failure to do so will have a negative impact on participation grade.
- Members must be fully dressed in assigned shirts, appropriate shoes, shorts/sweats with hair up and jewelry removed at the designated practice time. Failure to do so will have a negative impact on participation grade.
- Practices are held during 1<sup>st</sup> period and after school/weekends as deemed necessary by the coaches.
- All practices outside of 1<sup>st</sup> period will be scheduled at least ONE WEEK in advance by the coach when possible, **but practices are mandatory with a minimum of 3-days advance notice.**
- The coaching staff sets the summer schedule. Please plan activities/vacations around the schedule.
- Any member who is too sick to attend practice, i.e. fever, vomiting, or other severe illness, must notify the coaches AND advisors by sending an email PRIOR to the beginning of practice. The advisors and coach will determine if a member, who has missed a mandatory practice due to illness, is ready to perform. If a member has a non-contagious illness, we ask the member come to practice to sit, watch, take notes, and learn.

- Doctor/dentist appointments, driving classes, work and/or 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 your team's practices or games. The **ONLY** excused reason for an absence is an emergency, such as a death in the family. If you have a religious obligation, you must inform the coach and advisors at least a week in advance. Understand that even excused absences will have a negative impact on participation grade.
- A member who has more than two unexcused absences throughout the summer or recurring absences during the school year may be removed from an upcoming performance or game at the discretion of the coach and advisors.
- Members who are benched/sidelined must attend school, a game, event, or practice, in uniform and sit with the team, coach, and/or advisors.
- A member must be at school at least 4 hours or 1.5 **academic** class periods on the day of a performance and must attend 1<sup>st</sup> period Pep Squad class in order to perform at that day's event. A student may not perform or practice on a school day where attendance records show a verified illness. Lunch does not count as "class or school time." Zero period only counts for 52 minutes and cannot be combined with tutorial to make up the 1.5 hours.
- In the case of suspension, a member cannot attend school, a game, event or practice in uniform (missed points can be made up).
- Because Pep Squad counts for Physical Education credits, members who miss 1<sup>st</sup> period will make up missed time may earn point credit back by attending an additional ANHS sporting event as a representative of Pep Squad, or by an event suggested by the coach or advisor.
- Truancies or continuous tardiness will be dealt with according to CUSD Disciplinary Policies and Procedures.

#### **GAME & PERFORMANCE RESPONSIBILITIES:**

- All 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.
- Be respectful to the opposing team, officials, and opposing cheerleaders and song team.
- The JV Squad will cheer at Freshman and JV home games and other levels as directed.
- The JV Squad will attend all home varsity football and some home basketball games. They will be in uniform (game uniform, warm ups, or football jerseys) as determined by the advisors. They will sit in the stands and actively participate in supporting the varsity squads in cheers to promote school spirit during the game. On some occasions, Little Girl's Camp and Homecoming, the JV Squad will be invited to cheer on the Varsity sideline.
- Varsity will cheer at all home and away varsity games. Varsity will also attend some Freshman and JV games in uniform (game uniform, warm ups, or football jerseys) as directed by the advisors. They will sit in the stands and actively participate in supporting the performing squad in cheers to promote school spirit during the game.
- All members are required to attend mandatory special events and ALL CIF play-off games as determined by the advisors. CIF games are mandatory with 2-days advance notice from the athletic department or as soon as the school receives notification.
- The coaches reserve the right to make any position changes, substitutions, or alteration to any game day section(s) to where he/she may feel it will help the overall success of the team.
- PLEASE REVIEW THE GRADING POLICY SHEET FOR FURTHER CLARIFICATION.

#### **COMPETITION PERFORMANCE REQUIREMENTS:**

- All teams will compete.
- All members are expected to attend ALL competitions (even if sidelined). Competitions require the entire TEAM in order to compete. Any member missing a competition may be removed from future competitions at the discretion of the coach and advisors.
- The coaches set competition dates. Competitions generally occur December through March and often impact Presidents' weekend. Competitions are often held on Saturdays and Sundays. By becoming a member, you are agreeing to the dates that the coaches choose regardless of your personal schedules.
- Only Members in good standing may compete. Good standing is defined as a member who is not curtailed by any disciplinary action that would prohibit a member from participating.
- Coaches determine who competes at the Varsity level and members may be placed on a lower level team at any time throughout the school year.
- The coaches reserve the right to make any position changes, substitutions, or alteration to any part of a routine to where he/she may feel it will help the overall success of the team.

## INJURIES:

- It is the member's responsibility to notify the coaching staff and advisors of an injury as soon as it occurs.
- Any member who is injured, must have a doctor's note sidelining the member.
- Members are responsible for following doctor's orders.
- In order to resume participation, an injured/sidelined member will need a doctor's written release of full participation.
- Any limitations on participation may keep the member sidelined and he/she may be removed from the routines. It is NOT guaranteed that he/she will be worked back into the routine.

## UNIFORM AND APPEARANCE:

- Uniforms must be neat and clean for each performance.
- Uniforms are to be worn on game days, assemblies, rallies, parades, and events as directed. The uniform you wear to each event will be determined by the advisors and coaches. Failure to wear the selected uniform will result in not performing and/or loss of points.
- Rings, necklaces, and/or earrings or nose rings, (including clear plugs in nose or ears) may not be worn when doing any function for ANHS Pep Squad, including game days and rallies. Religious medallions may be worn under your shirt and taped to your chest.
- No visible fake tattoos at school or games unless they are given by the advisors and everyone is wearing them.
- Hair must be in natural colors and/or highlights. No wild colors or chunky blocks of colors.
- Hair is to be worn as directed to all functions. Make-up is to be tasteful and simple.
- On competition days, all squads will wear Pep Squad warm-up suit and matching shirts and shoes at all times. Remember you are representing ANHS always before, during, and after the event.
- Members may not let others use their Pep Squad clothes or supplies. This includes practice clothes, shirts, poms, or any part of your uniform. Uniforms may only be worn by members at Pep Squad events and at school as directed.

## SAFETY (Taken from NFHS Spirit Rules):

- All members are required to follow and adhere to all safety guidelines, procedures and directions given by the coaches.
- **NO JEWELRY**, GUM CHEWING, or EATING is allowed during practices, games or other Pep Squad events.
- Hair must be tied up and secured off the face as a safety precaution.
- Tumbling and stunting of any kind is only permitted when the coach is present.
- **Nails must be short** (near the end of the fingers) **for ALL MEMBERS ALWAYS**. French or clear nail polish only for game day, performances, and competitions.

## TRANSPORTATION:

- Varsity teams will travel to away varsity games on district provided transportation. All members are expected to ride the bus to and from the event. The JV squad will not travel for games.
- For competitions, members and parents must make arrangements for transportation. Transportation waivers must be on file with the school when any transportation other than a bus is utilized.

## GRADING POLICY:

- It is the responsibility of the member to maintain their grade by adhering to the above rules. In addition to other consequences, point deductions may be made for the following infractions:
  - Disrespectful attitude/behavior
  - Tardy and/or missing part of practice/games/events (i.e. leaving early)
  - Excused absence (practice/games/events); lost points can be made up
  - Unexcused absence (practice/games/events/competition)
  - Out of Uniform at practice or game day (wrong practice clothing, wearing nail polish/jewelry on game days, at pep rallies or competitions, failure to bring Pep Squad items as directed, gum chewing)
  - Non Dress/Non Participation (no shoes, practice wear and/or warm ups, wrong uniform, unable to participate at practice/game)
  - Failure to bring/submit required paperwork on date assigned. Points will be deducted for each day late.
  - PLEASE REVIEW THE GRADING POLICY SHEET FOR FURTHER CLARIFICATION.



# Aliso Niguel High School

## Pep Squad Constitution and Code of Conduct

### Signature Sheet

2019-20

**Name (Last, First)** \_\_\_\_\_

I have read and agree to abide by the Pep Squad Constitution and Code of Conduct, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also agree to abide by the policies set forth in the CUSD Disciplinary Policies and the Aliso Niguel High School Activities Contract. I also sign this understanding I, as a parent, cannot change or alter these rules. I am allowing my child to try out for this team knowing that these are the rules. I am agreeing to the terms of the program as it stands. I also understand that any donations I choose to make or fundraisers I participate in are to fund the program as a whole, not an individual.

Student (signature) \_\_\_\_\_ Date \_\_\_\_\_

Parent 1 (printed) \_\_\_\_\_

Parent 1 (signature) \_\_\_\_\_ Date \_\_\_\_\_

Parent 2 (printed) \_\_\_\_\_

Parent 2 (signature) \_\_\_\_\_ Date \_\_\_\_\_