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Monterey Trail High School
Cheerleading Handbook
2009-2010

**Monterey Trail High School
Cheer Squad Policies and Procedures
2009-2010**

ELIGIBILITY FOR PARTICIPATION

For the purpose of clarification, the following terms will be used to determine academic eligibility:

A. Grades of Progress: data processor generated grades assigned to a student but not officially recorded on a transcript.

B. Grades of Report: data processor generated grades assigned to a student and officially recorded on a transcript.

(Note: At Monterey Trail High School, this refers to the report cards at the end of each of the four 9-week terms and to the progress reports cards issued at the end of the fourth week of each term.)

Initial Eligibility

All students who wish to participate must have earned a minimum 2.0 GPA based on grades of record for the grading period immediately prior to their participation.

Continuing Eligibility

1. Students who wish to continue to participate remain eligible if on any of the grades of reports the student has maintained a minimum 2.0 GPA with no more than 1 "F". Any student with below a 2.0 or 2 "F's" will be permanently removed from the team.
2. If a student has a grade of an "F" on any grade of progress, the student is ineligible beginning the Monday after grades are published. That student has one week to become eligible. As soon as s/he returns a grade clearance form to the Athletics Director, signed by the teacher, signifying that the student is earning a passing grade s/he is eligible. If after the designated one week allowance time s/he does not have a passing grade, s/he is removed from the team permanently.
3. Because cheerleading runs for 2 seasons, a cheerleader that receives an F on her/his grade of progress for the second time will be automatically removed from the team. The one week grace period will not be given two times to the same person.

Summer School to Affect Athletic Eligibility

Students who have demonstrated a satisfactory attendance record of ninety percent actual attendance, and have met standards of satisfactory citizenship in all courses and in school generally or in its activities during the spring semester, have the option of having summer school course work affect the extra-curricular and co-curricular eligibility. In selecting summer school course work for this purpose, the student must repeat school course work in the same courses in which grades from the preceding grading period caused the ineligibility. (GPA will then be computed by replacing the original grade with the summer school grade in the identical course.) In the event the identical course is not available, the student may substitute other course work with the same or higher level of difficulty. All substitute course work that is not approved will be averaged with the end of the school year grade to determine the GPA.

Athletic Eligibility

Athletic Clearance Packet: Every cheerleader and mascot must have a completed and have signed by a parent/guardian the following forms:

1. Physical/Medical Insurance (An annual physical must be obtained **after June 1st, 2009.**)
 - a. The MTHS Sports Physical day TBA in the MTHS PE Hallway. I will notify you when the date is finalized.
2. Emergency Information
3. Parent consent, Field Trip Permission, Physical, Injury, Risk, Adherence to Codes and Acknowledgement of Athletic Handbook.
4. All parents of NEW ATHLETES at MTHS must attend the **mandatory** Athletic Parent Meeting TBA in the cafeteria.

PARTICIPATION IN CHEER ACTIVITIES

Uniform Fitting

Cheerleaders will be expected to be fitted for, order, and wear the approved Cheer uniforms for the 2009-2010 school year. Uniform fittings will be on Tuesday May 12th, 6:00 pm. We ask that a parent/guardian be present during the fitting. The first payment will be due at the time of the fitting.

Expenses

All members of the cheer squad are responsible for all the cheerleading expenses as outlined below. Cheerleading expenses will be due in three installments. The first payment will be due May 29th at the uniform fitting. **ONLY cash, cashiers checks, and money orders will be accepted for the first payment.** The second and third payment due dates are **TBA**. Students whose accounts are not paid in full as required may not participate in cheerleading practices or performance.

1. Refunds are not given to any member of the cheer squad who quits or is removed from the squad.
2. Cheerleaders or mascots who quit or are removed may be required to sell back any part of their uniform for half of its original cost.
3. Mascot outfits/costumes are school property. Outfits/costumes are to be kept at the school site and are only to be worn by the mascot during games, performance, and school rallies.

Varsity Cheerleader	JV/Freshmen Cheerleader	Mascot
1 st Payment: \$312.50	1 st Payment: \$312.50	1 st Payment: \$ 200.00
2 nd Payment: \$312.50	2 nd Payment: \$312.50	2 nd Payment: \$ 150.00
3 rd Payment: \$312.50	3 rd Payment: \$312.50	3 rd Payment: \$ 150.00
4 th Payment: \$312.50	4 th Payment: \$312.50	
Total: \$1,250.00	Total: 1,250.00	Total: \$500.00

Cheer squad members will be responsible for other expenses during the year for activities related to participation in cheerleading. These expenses may include items such as transportation to activities, gift for a big sis, banquet for family members, spirit dress-up days, and optional training.

Summer Camp VAR

Monterey Trail Cheerleaders will attend the UCA cheer camp at University CA Davis (Davis, CA) August 14th – 17th, 2009. Camp is mandatory. Cost is estimated at \$325.00 and includes camp fees, travel, meals, and overnight accommodations.

Summer Camp VAR

Monterey Trail JV Cheerleaders will attend UCA cheer camp at University CA Davis (Davis, CA) August 14th -17th, 2009. Camp is mandatory. Cost is estimated at \$325.00 and includes camp fees, travel, meals, and overnight accommodations.

Fundraising

In order to run a successful program, we need to raise funds as cheerleaders/mascots. These funds will be used to cover expenses such as additional coaching staff, awards banquet, cheer supplies, music, and other operating costs. A cost of \$350 (included in expense breakdown above) per student for the 2009-2010 school year has been determined to cover such expenses. You will be able to earn money towards your balance on uniforms and camp through fundraising. You will not be allowed to earn money more than the total amount paid for the year on uniforms and camp.

Uniform Dress Code

Cheerleaders or mascots must be in full uniform in order to participate in and attend all cheerleading related activities. While in uniform, participants are representatives of Monterey Trail High School. Participants will be expected to project a clean-cut, wholesome image.

- **Practice Uniform:** Designed practice outfit- shorts, MTHS T-shirt, tennis shoes, hair pulled back up in a ponytail, no jewelry or piercing of any kind.
- **Game Uniform:** Uniform, correct socks, correct shoes, hair long enough to be put up must be in a ponytail, correct hair accessories, make-up. Jewelry or body piercing of any kind is not permitted. Bring entire uniform to all games.
- **Nails:** All nails must be short enough not to make marks when clenched in fist. All nails that are false must follow same guidelines. Nails may be polished in French manicure or clear only.
- **School/Rally Uniform:** Designated uniform.
- **Spirit Days:** Cheerleaders are required to participate.
- **No Jewelry:** For safety reasons, participants will **NEVER** be allowed to wear any jewelry with their uniform. This includes watches, rings, bracelet, anklets, necklaces, earrings, nose ring, belly button ring, tongue rings, and any other jewelry for any body piercing.
- **Hair:** Must be pulled back and securely fastened in a tight ponytail with a black rubber band or ponytail holders. Simple barrettes, bobby pins and safety clips will be allowed to hold up loose ends. Hair ornaments and ponytail holders with balls will not be allowed. It is preferred that female squad members wear their hair curled in a ponytail (this does not mean ringlets)
- **Special Uniform:** Anything special must be worn by all cheerleaders, not just one (spirit face sticker, tall socks).

Attendance

- In order to participate on cheer activity days, a cheerleader or mascot is expected to attend class no less than 50% of the day.
- In the case of a missed event, including practice, cheerleaders and mascots must notify the coordinator/coach prior to the event, so we can plan practice accordingly. This may be done by leaving a phone call or e-mail message for the coordinator or coach with the Monterey Trail High School Office (7:30 AM-4:30 PM).
- It is recommended that cheerleaders/mascots and their parents/guardian plan school projects, medical appointments and work schedules around cheer practice and activities.
- Absences will only be considered excused if a note, email, or phone message is presented to the coach from a parent/guardian prior to the event s/he will be missing.
- The following are considered excusable:
 - Sicknesses
 - A sickness of more than 3 days requires a doctor's note to be considered excused.
 - Injury
 - School events (i.e.: field trips, awards ceremonies, etc)
 - Outside events (i.e.: youth group, church, youth sports, outside activities) will not be excused. Calendars have been passed out and we ask that appointments be scheduled around cheer events.
 - Doctors appointments will only be excused if more than 24 hour notice is given to the coaching staff, as well as a doctors note turned into the coaching staff at the next cheer event after the appointment.
 - Death in the family
 - If a cheerleader misses the practice prior to a game, s/he will be removed from the half time for that game only, due to the safety needs of the other cheerleaders.

BEHAVIOR AND CONDUCT

- All members of the cheer squad will be expected to be on their best behavior at school and school functions including all cheer-related activities. Cheerleaders and mascots are not to be uncooperative or unsportsmanlike at any time. Squad members must follow all school and district student behavior rules.
- Cheerleaders and mascots will treat advisors/coaches with respect. Insubordination will not be tolerated.
- Cheerleaders and mascots are expected to notify the coordinator, advisor, or coach of problems or conflicts so s/he can facilitate problem solving.
- Cheerleaders and mascots will not talk excessively during games. Cheerleaders will not talk to friends in the stands or fellow squad members while cheering on the sidelines.
- Cheerleaders and mascots will not participate in overt displays of affection with boyfriends or girlfriends.
- The Monterey Trail High School Cheer Squad will abide by the Athletic Handbook and Monterey Trail High School Student Handbook regarding tobacco, alcohol, drug use. The use of these substances at camp, games, practices, or any other cheer related activity, at any time, will result in immediate **removal from the squad**.
- Because cheerleading is a vigorous athletic activity, if a female cheerleader becomes pregnant she will be released from the squad. The safety and physical health of a pregnant young woman would be compromised if participation continued.
- **Cheer squad members may be removed from the squad at the discretion of the advisor/coach and school administrator at any time for serious or continued violations of cheer, athletic and/or school rules.**

CONSEQUENCES

Violation of the policy and procedures may result in one or more of the following consequences **not in any particular order**. Once a cheerleader/mascot receives **three (3) infractions** s/he will be removed from the cheer team.

- Warning
- Infraction notice (may require additional conditions)
- Parent contract/parent conference
- Benched for one or more games or events
- Removal from the team

Violation of school rules may result in school disciplinary action up to and including suspension and recommendation for expulsion, in addition to the consequences listed above. An infraction will be given to a cheerleader who is suspended for any reason. If a cheerleader is suspended for a second time s/he will be removed from the cheer squad.

- **Infractions will be handed out for the following:**
 - **Breaking any district, school, or coaching staff rules. This includes the athletic code of conduct.**
 - **Three warnings.**
 - **Unexcused Absences and/or 3rd Tardy.**
 - **Blatant disrespect will include, but is not limited to, the following:**
 - **Back talk**
 - **Excessive swearing**
 - **Not following directions**
 - **Disregarding requests by coaches**
 - **Excessive rolling of the eyes/sighing**

- **When an infraction is handed out, the cheerleader is expected to sign it, as well as the parent/guardian, and return it to the coaching staff by the next practice or cheer event, whichever is first.**
- **When a cheerleader receives an infraction s/he will be benched from the next game or cheer related activity.**

PROCEDURES & POLICIES

Practices

- Practice schedules will be distributed to squad member and mailed to parents/guardians prior each season.
 - Summer Practice Schedule: distributed at the May 12th Uniform Fitting
 - Fall Practice Schedule: distributed in August 2009
 - Winter/Spring practice Schedule: distributed in December 2009

Closed Practices

All practices are closed, unless designated as open practices. During open practices we expect parents/guests to remain quiet and reserve questions/comments for the coaches after practice. Being a cheerleader is demanding, as is any other sport, and can be quite dangerous. During practice, the students must remain focused since distractions may result in injuries to themselves or their teammates.

Transportation

- Cheerleaders must ride the bus to all designated away games.
- Cheerleaders may ride home with their parent/guardian if a note is turned into the coaching staff prior to the end of the game. Parent/guardians must also sign out their cheerleaders with the coach for safety reasons.
- During the game, coaches are “on duty” and need to be able to focus on the cheerleaders, game, etc. All signing out will take place after the game on the sidelines. If the parent/guardian does not attend the game, please meet a coach at the front gate.
- Cheerleaders may ride home from games/practices/events with adults other than their parent/guardians ONLY with written permission from all parties involved.
- Due to California state law, cheerleaders in possession of a driver’s license cannot drive other cheerleaders without written consent from the parent/guardians of both the driver and the passenger. A copy of these documents must be in the possession of the coaching staff.
- Cheerleaders must be dropped off and picked up on time, regardless of whether they receive a ride or are driving themselves.
- If cheerleader arrives late or leaves early to practices, games, or events it is considered a tardy.
- Times will vary, so be sure to check the schedules.
- Cheerleaders will not be excused early from games/practices/events unless it is for a school event (i.e.: award ceremony, make up exams, etc.).

Cell Phones

- Cheerleaders are allowed to have cell phones in their possession, however, they must not use them during any scheduled cheer time. This includes practices, games, school events, and community events.
 - All cell phones must be OFF, not on vibrate mode, if they are brought into a game or practice.
- Cheerleaders may only call parent/guardians before pre-game practice and after post-game wrap up on games days, or before or after any practices and/or events.
- If cheerleaders are found using their phones during cheer time, they will be confiscated until the end of the event.

Post Game wrap-up

- After the conclusion of every game there will be a post-game wrap-up. These wrap-ups should take no longer than 5-15 minutes if squads gather immediately after game at their designated spot.

Personal Items

- We ask that cheerleaders please provide their own personal items. This includes Band-Aids, feminine products, inhalers, Tylenol/Advil, etc.

PARENT/GUARDIAN INFORMATION

To support our cheerleaders and mascots as parents and guardians, we hope you will encourage your daughter/son to demonstrate teamwork, a positive attitude, and discipline at all times. You can support the program by attending games and special events whenever possible.

Communication

The Monterey Trail High School Cheer Staff welcomes parent support, participation and interest in the program. We will ask you for assistance and ideas from time to time, and we want to ensure that we hear and address parents' concerns and questions in a timely manner.

Please let the coaches know when your daughter or son has any limitations (physical or other) that may affect her/his full participation in the program. This communication is confidential. When communicating in writing, please include your child's full name and team (Varsity, JV, or Frosh.)

Parent/guardian informational meetings will be held when necessary. The standing agenda will include updates on practices, performances at games and other events, fundraising, budget, and special activities. Committee chairpersons will give reports on their areas of responsibility. Parents may submit agenda items or questions, in writing, prior to the meeting. Additional agenda items may be added at the beginning of the meeting and, if there is time during the established meeting time, these items will be addressed. All information discussed in the meeting will be published and distributed to parents the following week.

We encourage parents to bring any serious issues directly to the attention of the Cheer Coach or Cheer Coordinator. We also encourage parents to provide constructive feedback regarding the program. A format for constructive feedback is: a) State the issue, qualify with details; b) explain the impact (to the individual or program); and c) provide recommendations and strategies for change.

If you have a concern or complaint, we ask that you follow the District's policy for athletics by using the following guidelines:

- Every effort should be made to resolve a complaint with the coach/advisor involved.
- If the concern is not resolved with the coach, it should be submitted to the Athletic Director in writing.
- If the concern is not resolved with the Athletic Director, it should be submitted to the principal or the principal's designee in writing.
- If the school administration cannot resolve the problem, it will be submitted to the associate superintendent responsible for secondary education.

Committee/Booster Participation

Parents are encouraged to participate in at least one committee during the time their daughter/son is involved in cheerleading at Monterey Trail High School. The MTHS Booster Organization(s) are also considered committees. We appreciate any time you can provide.

If you have any questions regarding the contract, please contact Antoinette Jackson - Brown, Cheer Advisor, at (916) 202-6987.

MONTEREY TRAIL HIGH SCHOOL
CHEER AGREEMENT/RELEASE FORM

Parent/guardians should be aware of the responsibilities of being a cheerleader or mascot. Aside from attendance at all games, being a member of the cheer squad requires many more hours for all other cheerleading related activities.

Being on the cheer squad generally involves a financial interest for the cheerleader or mascot and or the parents/guardians, as the school does not provide uniforms and practice outfits.

I understand my child is trying out for a position on the Monterey Trail High School Cheer Squad. I have carefully read and understand the rules and responsibilities that are a part of this position. I give permission for my child to serve as a cheerleader or mascot, if chosen. I understand the decision of the selection committee is final.

The candidate further agrees to abide by all terms and understands that failure to do so will result in the specified consequences as stated in the Cheer Handbook.

Candidate's Printed Name	Candidate's Signature	Date
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Parent's Printed Name	Parent's Signature	Date
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Current School _____

School ID Number _____ Grade Level in August, 2009 _____

Home Phone _____ Parent Work Number _____

Parent Cell Phone _____ Student Cell Phone _____

Parent E-mail Address _____

Street Address _____ City _____

State _____ Zip _____

GPA on your most recent Report Card _____ (**Attach report card if not attending a school in the Elk Grove Unified School District.**)

RETURN SIGNED AND COMPLETED FORM BY WEDSENDAY, May 7th, 2009 AT THE TRYOUT CLINIC.

If you have any questions regarding the contract, please contact Antoinette Jackson - Brown, Cheer Advisor, at (916) 202-6987.