

Christopher High

2018-2019



Try-Out Packet



CHS Cheer and Dance Team Mandatory Upcoming Dates 2018-19

Date	Time	Location	Event
March 19, 2018	6:00 pm	CHS Dining Commons	MANDATORY Student and Parent Meeting – All parents/guardians of applicants attend to discuss cost and commitment.
March 30, 2018	3:30 pm	CHS Front Office	Application, picture and all teacher evaluations due. Attention: CHS Cheer & Dance
Mon, April 9, 2018	5:30 pm–8:30 pm	Main Gym & Dance Room	Tryout Workshop #1
Wed., April 11, 2018	5:30 pm–8:30 pm	Main Gym & Dance Room	Tryout Workshop #2
Friday, April 13, 2018	4 pm- TBD	Main Gym & Dance Room	Final Day of Tryouts - Evaluations
Sunday, April 15, 2018	7:00 pm		Tryout results posted
April 25, 2018 1st Payment Due: \$500	3:15 – 8:00 pm	Girls Locker Room ASB OFFICE	MANDATORY Uniform fittings Proof of payment due
May 2018 Monday & Wednesdays	5:30 – 7:30 pm	Auxiliary Gym & Dance Room	Conditioning practice
May 25, 2018 2nd Payment Due: \$500		ASB OFFICE	Proof of payment due
June 22, 2018 June 23, 2018 June 29, 2018: Final payment due: \$ Balance	5:30 – 9:30 pm 10:00 – 5:00 pm	Auxiliary Gym & Dance Room ASB OFFICE	MANDATORY – Boot Camp 6/23 Parent Mtg at 10 am Proof of payment due
July TUES, WED & THURS	5:30 – 8:00 pm	Auxiliary Gym & Dance Room	Summer Conditioning Practice
July 27, 28 & 29, 2018	TBD	Christmas Hill Park	Fundraiser: Garlic Festival
July 31, August 1 & 2	5:30 – 9:00 pm	CHS	Practice
August 3, 2018	12:01 am (arrive @ tbd)	CHS	Midnight Madness
August 6-9, 2018	TBD	Knott's Berry Farm	USA/UDA cheer and dance camp

PLEASE READ CAREFULLY BEFORE TRYING- OUT:

Welcome to the Christopher High School Cheer and Dance Team (CDT). Participation in the CDT Program will be one of the most exciting and fun experiences you will have while attending Christopher High School. As a member of CDT, you are offered the opportunity for great personal growth, leadership development, and involvement in many different exciting activities. Please discuss these considerations, evaluate your priorities, and if you and your parents' consent, complete the CDT Application Form and CDT Handbook Agreement along with your parents.

The Cheer and Dance Team will consist of Frosh Cheer, Junior Varsity Cheer, Varsity Cheer, Varsity Dance, and Mascot for the 2018 - 2019 school years.

To be an effective member of this team you must commit a great deal of time throughout the entire year. Social plans, job schedules, and other sports cannot interfere with practices and games. Per CCS rules: You may not quit one sport to join another. There will be no exceptions to this rule. We expect all team members to be 100% committed for both Football and Basketball Season. A team member must maintain the required academic standard of a 2.0 GPA and pass five classes with NO "F" grades & "N" in citizenship. If selected, 2nd semester grades will determine eligibility for fall sports.

All CDT members attend a mandatory summer cheerleading/dance camp with the team and coach in August. Camp is four days with professional cheerleading and dance instructors. The majority of cheerleading/dance material use is learned at camp, as well as the forming of strong team unity.

The Christopher High School CDT members perform at rallies, football games, boy basketball games, girl basketball games, as well as support other sports when called upon. The CDT members are responsible for other school events, and on occasion, community events as well. The CDT members are part of both Athletics and A.S.B. Each member is responsible for covering the cost of uniforms, camp, and transportation to camp, camp clothes, sweats, and other miscellaneous incidentals. We estimate the total cost for the year to be approximately \$2,000.

Membership in the Cheer and Dance Team demands time, loyalty, unity, dedication and commitment. Before applying/trying out, please consider the following:

1. Class and work schedules.
2. Personal time and other involvements.
3. Ability to commit to this program for all 11 months and two consecutive seasons of the school year.
4. Other sports that may conflict with practice/game schedule (Ex: Basketball, Swim, Gymnastics, Softball, etc)

CHS CHEER & DANCE TEAM PURPOSE

- To encourage school spirit and pride in Christopher High School.
- To promote physical and mental development.
- To develop lifelong values and life skills.

CHS CHEER & DANCE TEAM'S MISSION IS TO:

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
- Promote friendship with each other and with schools with whom we compete or perform with.
- Promote the development of lifelong values and skills.

EDUCATIONAL VALUE TO CHRISTOPHER HIGH SCHOOL

Membership on a spirit team offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the spirit team are expected to be committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, spirit leaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

RESPONSIBILITIES

- Cheer at ALL scheduled basketball games and other appointed sports teams.
- Provide support and spirit to the school when needed.
- Perform community service under CHS requirements.

CHS CHEER & DANCE TEAM STANDARDS:

Athletes understand that teamwork and the maintenance of discipline is key to the success of the cheer & dance program. Members are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Program Standards is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school. It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual member. Participation in cheer & dance is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the coaches / school personnel when a cheerleader or dancer violates the rules and regulations.

ELIGIBILITY

- All members and a parent must sign and abide by the CHS contract.
- Cheer & dance must take priority over all other extra-curricular activities (including jobs, Dr. Appointments, School Clubs) for the entire time of commitment.
- Second Semester Grades (2.0 gpa with No F's or N's in citizenship).

CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school or games, etc.
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- By being part of the CDT team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of Christopher High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary situation.
- Every attempt will be made to discipline fairly/equally.

ABSENCES/LATENESS

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.

- Absences must be excused PRIOR to practice/game. You must have a note from a doctor if you had an appointment and an email to your captains and Head Coach if you are sick. Emails must be received at least 2 hours prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an appropriate consequence decided by coaching staff.
- Missing a scheduled practice the day before a game may result in removal of halftime performance.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
 - Missing due to school clubs is unexcused.
 - Please schedule all Dr appointments around cheer and dance.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.
- Two Lates= one unexcused absence.
- Two unexcused Absences will result in sitting out a game. You must be at game to sit out and this game will count as a missed game.
- If you miss a game and it is unexcused you will sit out the next game. You must be at game to sit out and this game will count as a missed game as well.
- You may miss 3 games between football and basketball season. If a 4th game is missed this will result in being asked to leave the team.
 - All minutes late will be made up at the end of practice (for both unexcused or excused).

PRACTICES

- Practices are mandatory.
- Athletes must arrive to practice on time, wearing proper shoes and clothing.
- Hair needs to be out of the eyes and in a secured ponytail.
- Chewing gum or eating during practices is prohibited.
- NO jewelry!
- All taping or visits to the trainer must be done prior to start time.
- If you have to miss practice for any reason, you are required to email captains and Head Coach at least 2 hours prior to the start of practice. Failures to notify your coach will result in an automatic unexcused.
- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- Missing the practice before a game will result in losing a spot in stunting/performance.

GAMES

- All games are mandatory.
- Members are required to arrive ON TIME 45 minutes before the game time, GAME READY (uniform, shoes, poms and hair needs to be completed before this time).
- All taping or visits to the trainer must be done prior to the "1 hour before game" time.
- All cheer squad members must know all the cheers and routines for the game.
- Members are required to dress in full uniform.
- Hair must be pulled back away from the face and secured in a ponytail, bangs must not cover the eyes. Hair ties need to be uniform.
- Make-up should be worn in moderation.
- No jewelry. Nails need to be athletic length.
- No chewing gum or eating during games.
- Socializing with friends and family while the game is in progress, is not allowed.
- During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game and help where needed.
- Entering the stands is NOT allowed during the game / halftime without permission of the coach.

UNIFORMS/APPEARANCE

- Uniforms must be clean and in good condition.
- Team athletic shoes must be clean.
- All Squad members must have the same uniform look.
- Do not use profanity or misbehave in any of your squad apparel (uniform, T-shirts, jackets, warm-ups) or while representing CHS at any event.
- No jewelry is allowed during practices, performances or games.
- Bra must not be showing at all.
- No gum chewing during practices, performances or games.
- All phones must be turned off during practices, performances or games.
- Hair must be worn the same, as a team, as directed by the Head Coach.
- Members will not loan out any piece of their uniform to anyone. Warm-ups are considered part of your cheer wardrobe and should not be worn by anyone other than you or at any other time other than team activities.
- Members must wear their team-designated outfit to school on game days. Including shoes, bows or anything specified by captains or coaches.

PERFORMANCES AND CHEER LINES

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance or moved in lines if they don't seem to know the basketball cheers / choreography thoroughly.

TRANSPORTATION

Cheerleaders / Dancers are not allowed to drive to away games with other members or competitions. They must ride in either school transportation or with an authorized approved driver / parent.

DISCIPLINE POLICY

The following policy has been developed as a tool to promote teamwork, equality, self-discipline and responsibility. DISRESPECT to any team member or coaching staff at any time warrants dismissal.

There will be NO talking back or rude comments. Disciplinary action may result from the following:

- a. Tardiness
- b. Wearing jewelry (ALL JEWELRY IS INCLUDED NO EXCEPTIONS!!!!!!)
- c. Using profanity in uniform
- d. Untidy uniform
- e. Talking to fans or other cheerleaders excessively during games
- f. Inappropriate social media posting
- g. Display of unsportsmanlike conduct
- h. Uncooperative attitude
- i. Eating or drinking on floor (during games or practices)
- j. Absent from games, practices or other CHS Cheer & Dance functions
- k. Cell phones turned on at any CHS sponsored event (practice, games, community service, etc.)

COACH:

Head Coach: Nicole Babcock

DETAILED SUMMER, FOOTBALL AND BASKETBALL SCHEDULE

PAYMENT CALENDAR:

All payments must be made to the **ASB Office**. Please note that students will not receive their uniforms or attend camp until the account is paid in full. Late payments are **unacceptable**.

- 1st Payment of \$500.00 Due Date: April 25, 2018 (**Uniform Fitting**)
- 2nd Payment of \$500.00 Due Date: May 25, 2018 (Cash Only)
- 3rd Payment of FINAL BALANCE Due Date: June 29, 2018 (Cash Only)

SUMMER PRACTICE SCHEDULE:

Boot Camp/ Parent Meeting is a mandatory time to bond as a team, learn cheers, learn camp performance routine, discuss expectations for camp and review cheer and dance technique.

- Friday, June 22 @ 5:30 pm-9:30pm – Bootcamp
- Saturday, June 23 @ 10am-5pm – Bootcamp
- Saturday, June 23 @ 10am – Parent Meeting

SUMMER CONDITIONING:

We will hold summer conditioning practices in May on Mondays and Wednesdays @ 5:30-7:30pm and in July @ 5:30 – 8:00pm on Tuesdays, Wednesdays and Thursdays in the CHS gym and on the field.

CHEER AND DANCE SUMMER CAMP:

As a team, we will attend a cheer and dance camp on August 6-9th 2018 in Buena Vista, CA hosted by USA/UDA Camp. This is an integrated cheer, dance and mascot camp.

- July 31, 2018 @ 5:30 – 9:00pm: MANDATORY pre-camp preparation practice.
- August 1, 2018 @ 5:30 – 9:00pm: MANDATORY pre-camp preparation practice.
- August 2, 2018 @ 5:30 – 9:00pm: MANDATORY pre-camp preparation practice.
- August 3, 2018 @ 12:01 am: Midnight Madness performance
- August 6, 2018: Our buses will depart from CHS to Buena Vista for a 4-day camp.
- August 9, 2018: Arrive back at CHS

HOMECOMING AND SEVERANCE BOWL:

- There will be 2-3 MANDATORY Saturday practices scheduled in the fall to learn and prepare for our 5-minute Homecoming routine. If a student does not attend the full practice, they will be removed from the routine with no exceptions.

FALL AND WINTER PRACTICE SCHEDULE:

- Fall practices will be held Mondays @ 7:00 – 9:00pm and Wednesdays @ 3:30 – 5:30pm.
- Winter practices will be held Mondays and Wednesdays – time is TBA.
(All dates and times are tentative and are subject to change due to gym availability)

CHEER AND DANCE TEAM TRYOUT CLINIC REQUIREMENTS:

- Clinic workshops are required. Family emergencies, illness (must present a medical note and email from parent) or approved school reason will be the ONLY excused absences accepted.
- **One unexcused absence will result in the participant being dropped from tryouts.**
- Applicant must be present on the day of tryouts to perform in person.
- Students must be on time each day. Over 5 minutes late will be recorded as a tardy and 5 points will be deducted. Over fifteen minutes late will be considered an absence.
- Male and female participants are to wear plain black shorts, a plain black t-shirt (NO tank tops) and proper tennis shoes/jazz shoes.
- Students will be given a number the first day that must be worn each day of tryouts. Lost numbers are considered improper dress attire.
- Hair must be pulled back neatly in a ponytail. Make-up should be worn with colors and a lipstick that compliments your skin. Absolutely no jewelry is allowed.

TRYOUT PERFORMANCE REQUIREMENTS:

All cheer applicants will learn and perform:

- 3 cheers
- Dance routine and original choreography
- A special skill (example: splits, toe touch, cheer jump or gymnastics skill)

All dance applicants will learn and perform:

- 3 cheers
- Dance routine and original choreography
- A special skill (example: splits, turns, leaps or other dance skills)

Mascot applicants will learn and perform:

- 3 cheers
- 45-second creative character dance
- Special skill (splits, toe touch, cheer jump, gymnastics or dance skill)

All applicants perform the above in groups of 4 – 5. Applicants must display sharp, precise moves, show energy, spirit and smile, have enthusiastic showmanship and demonstrate crowd control and involvement. Special skills and original choreography should be practiced individually.

TRYOUTS AND ALL WORKSHOPS WILL BE CLOSED TO EVERYONE WITH THE EXCEPTION OF COACHES AND JUDGES. TRYOUT SCORES ARE CONFIDENTIAL BETWEEN COACHES, JUDGES, AND CHRISTOPHER HIGH SCHOOL ADMINISTRATION. SCORES WILL NOT BE SHARED WITH STUDENTS, PARENTS OR PUBLIC.

POINT SYSTEM

- 10 Application and Handbook Contracts turned in on time, in page order, and paper clipped –NOT Stapled (March 30, 2018 @ 3:30pm)
- 15 5 points per day of clinic for attendance
- 25 Teacher Evaluation Forms (average of all 3 will be calculated)
- 25 CDT Handbook Test
- 30 **New Applicants** 10 points per day for Workshop Evaluation (effort, team spirit, attitude)
- 30 **Returning Members:** 5 points per day for Workshop Evaluation (effort, team spirit & attitude) 15 points based on last year's attendance, attitude, conduct issue, eligibility and overall commitment. If you left the team at any point during the 2017-2018 season, you will get an automatic 0.
- 45 15 points per day for proper attire (number tag included)
- 150 Total Possible Clinic Points
- 100 Tryout Performances Score (average of all 3 will be calculated)

250 Total Possible Points

ATTENDANCE AND DISCIPLINE RECORDS WILL ALSO BE CHECKED AND CONSIDERED. THESE RECORDS MAY AFFECT YOUR SELECTION FOR THE TEAM.

DIRECTIONS FOR TEACHER EVALUATION FORMS:

- Give one form to three different teachers from your school (NOT more than 1 coach) that you have had during the 2018 – 2019 school year.
- These forms are to remain **confidential** between Coaches and the teacher.
- Forms looked at or turned in by a student will NOT be accepted.
- Students trying out who are not currently Christopher High School students should ask their teachers to send the form over to CHS via the inter-district mail system.
- CHS students may ask teachers to return the forms to the CHS main office
(Attention: **CHS CHEER AND DANCE**)
- Students attending any school not within our district may turn in a sealed envelope with the teacher's signature over the seal.
- Remind your teachers forms are due in the **CHS CHEER AND DANCE** box by March 30th, 2018 @ 3:30 pm.

**CHRISTOPHER HIGH SCHOOL CHEER AND DANCE TEAM APPLICATION
FORM**

(DUE: Friday, March 30, 2018)

Photo Here

CIRCLE ONE:

FROSH CHEER

VARSITY DANCE

VARSITY CHEER

JV CHEER

MASCOT

Please attach a recent photo 2 x 5 photo of the applicant. Staple to the right corner of this application. Photo and application will not be returned. ONLY THE APPLICANT SHOULD BE IN THE PHOTO. (no hats/glasses)

Student's Name:

Parent's Name:

Address:

Home Phone:

Work Phone:

Student Cell:

Parent Cell:

Date of Birth:

Age:

Parent E-mail address:

Grade Next Year:

GPA 3rd Quarter:

Experience or Skills (Cheer, Dance, Gymnastics, Performing):

Medical Information:

Medical Problems/Allergies/Medications:

Emergency Contact:

Phone:

HEALTH INSURANCE CO. _____

POLICY # _____

(PLEASE ATTACH A COPY OF YOUR 3RD QUARTER GRADE REPORT AND YOUR HEALTH INSURANCE CARD TO THIS APPLICATION).

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*We have read the tryout packet information thoroughly, understand all that is required to be a CHS CDT Member, and have permission to tryout for a CHS CDT member position.

Student Signature

Parent Signature

***RETURN THIS FORM AND HANDBOOK AGREEMENT INTO THE CHRISTOPHER HIGH MAIN OFFICE Attn: CHS CHEER AND DANCE**

I have read the tryout packet information thoroughly, understand all that is required to be a CHS Cheer and Dance Team Member, and have permission to try-out for the Cheer and Dance Team.

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

RETURN THIS FORM AND HANDBOOK AGREEMENT INTO THE CHRISTOPHER HIGH SCHOOL MAIN OFFICE NO LATER THAN MARCH 30, 2018 @ 3:30pm. (Attention CHS CHEER AND DANCE)

PLEASE TURN IN APPLICATION IN THE FOLLOWING ORDER – paper clipped (**NOT stapled**) and 3 ring hole punched:

- Application with picture attached on front (page 10)
- Signature on Page (page 11)
- Captain application (if necessary) – (page 13)
- Copy of Medical Insurance Card
- Residency Verification Contract
- Incoming 8th graders-proof of enrollment to CHS





CHRISTOPHER HIGH SCHOOL
CHEER AND DANCE TEAM
TEACHER EVALUATION FORM:

(CONFIDENTIAL – do not return to student)

Cheer and Dance Team Candidate: _____

Teacher Evaluating Candidate: _____

Teacher's School: _____

Teacher's Subject: _____

Would this candidate make a good Captain, please explain? _____

Please rate candidate from 1 – 5 (5 being the highest) in these areas:

1. Attendance	1	2	3	4	5
2. Respect for authority	1	2	3	4	5
3. Respect for peers	1	2	3	4	5
4. Effort / quality of work	1	2	3	4	5
5. Honesty and integrity	1	2	3	4	5

Total Points: _____/25

Is there any reason why you would not recommend this student for the Christopher High School Cheer and Dance Team? If so, please explain. _____

Additional Comments: _____

Teacher's Signature: _____ Date: ____/____/____

Please return this form to **Christopher High School's main office (Attention: CHS CHEER AND DANCE)** or send via inter-district mail system. Must be received **NO later than March 30, 2018 by 3:30pm**. If this evaluation is not turned in, it will negatively impact candidate's score significantly. Thank you so much for your honest input in regards to candidate.



CHEER AND DANCE TEAM CAPTAIN OR CO-CAPTAIN APPLICATION

Please note: Captain Positions may be taken away just as easily as it was assigned

Student Name: _____

Why do you want to be a part of this team? _____

What three qualities make you a good and effective Captain? Why? _____

How could this position be challenging or stressful? _____

Why are you the best candidate for the position of Captain? _____

Identify a time when you led a team/program? How were you effective in that position? _____

Christopher High School

Cheer and Dance Team Official Handbook

COACHES HAVE THE RIGHT TO ADD, CHANGE OR DELETE ANY RULES IN HANDBOOK

RULES AND REGULATIONS:

I. TEAMS

- A. There are 5 teams within the Cheer and Dance Team. Number of members on each team may vary due to tryout scores.
 - 1. Frosh Cheer: 9th – 10th graders
 - 2. JV Cheer: 9th – 10th graders
 - 3. Varsity Cheer: 9th – 12th graders
 - 4. Varsity Dance: 9th – 12th graders
 - 5. Mascot: 9th – 12th graders

II. PURPOSE

- A. All CHS Cheer and Dance Team members will promote school spirit, school pride and team unity.
- B. Each shall be responsible for crowd leadership at school events and must conduct oneself with good sportsmanship.
- C. Each shall be a role model for other students in and outside of the class.

CONDUCT AND RESPONSIBILITY REQUIREMENTS:

- I. Group morale is vital. Any individual whose attitude detracts from the smooth functioning of the group because of continual lack of participation, effort, or consistent disagreement, with other team members or advisors/ coaches will be suspended or removed from the team by the Coach. Three offenses will be automatic removal of the team. A Cheer and Dance Team member **MUST** cooperate with coaches, officials and fellow team members.
 - A. Every Cheer and Dance Team member has a **"3 strikes"** rule. If a coach has to talk to a Cheer and Dance Team member 3 times about breaking the rules, they will be removed from the team.
 - B. Cheer and Dance Team members may NOT leave his or her team until the end of a game or practice.
 - C. A Cheer and Dance Team member shall conduct oneself with a professional manner while wearing his or her uniform or any other CHS apparel.
 - D. NO P.D.A allowed!
 - E. Possession of drugs or alcohol will result in automatic removal of the team.
 - F. Under the influence of drugs or alcohol will result in automatic removal of the team.
 - G. Any promotion of the use of drugs, alcohol or nudity, on private or public social media will, result in automatic removal of the team.
 - H. A Cheer and Dance Team member must arrive on time to all practices, games or other events. If a member is late by 5 minutes or more to games, member will be benched for 1 quarter/ period of the game or removed from the game completely. If it becomes a consistent problem, there is a possibility of being dropped from the team. If a member is 1 minute late to practice, they will be required to run, do toe touches, or other physical activities.
 - I. Inappropriate language, bad gestures, bad facial expressions, inappropriate dancing, and arguing are COMPLETELY UNACCEPTABLE.

II. GAMES

- A. Cheer and Dance team members are ONLY allowed to miss 3 games between two seasons (football/basketball) or members will be dismissed from the team.
- B. If member is unable to attend a game; the MEMBER must email coaches 48hrs in advance and notify captains – emails from parents, friends or captains is not acceptable.
- C. Cheer and Dance Team members are required to be at games 30min. – 1 hr. before game starts. This time is used for stretching, warming-up and last minute preparation for cheers and half time routines.
- D. Members must arrive to games with complete uniform on, make-up and hair styled – ready to cheer or dance.
- E. Members will be required to wear game day/performance make-up.
- F. If there are any problems at the game, please report to a coach or administrator on duty IMMEDIATELY.
- G. If not cheering or dancing, members may be asked to help fundraise by selling spirit supplies at a game.
- H. Cheer and Dance Team members are responsible for coverage at the CCS contests.
- I. Cheer and Dance Team members do not belong in the stands during their game.
- J. Plan day accordingly-Bring water and snacks. You will not be allowed at the snack shack to make purchases during your game.

III. PRACTICE AND CLASSES

- A. Members can ONLY miss 2 unexcused practices a month or they will be benched for the entire game. (Excused practices include a school field trip, choir events, etc.) If a member continues to miss practice, they will be immediately removed from the team.
- B. All members must be on time to practice. If a member is consistently late to practice, member will be benched for entire game.
- C. If member is unable to attend a practice, the MEMBER must email coaches 48hrs in advance and notify captains – emails from parents, friends or captains is not acceptable.
- D. All students are required to dress out at all practices in athletic attire – shoes must be worn at practice at all times.
Camp clothes will be used as practice attire. NO pajamas or jeans. If wearing sweats in the winter they must come off during any stunting-No Exceptions.
- E. If a member misses the practice directly before a game or rally, member will NOT perform at the game or rally. (Unless a coach overrules, WHICH IS VERY UNLIKELY)
- F. No member can call a practice. ONLY the coach or captain can call practice with a coach approval and supervision.
- G. Morning or night practices may be called due to rallies, homecoming week, etc.
- H. All appointments and work schedules MUST be made around practices and games – NO EXCEPTIONS.
- I. If a member misses practice, they are responsible to catch up on what was learned prior to the next practice.
- J. Under NO circumstances may a Cheer and Dance Team member practice under the supervision of a parent, outside coach, choreographer, professional cheerleader, etc., other than those approved by the Head Coach of Christopher High School Cheer and Dance Team, Christopher High School and the district office.

III. FOOTBALL / BASKETBALL SEASON TRANSPORTATION

- A. CHS does not provide transportation to and from away games.
- B. NO students are allowed to drive themselves to away games – if caught, student will be immediately dismissed from the team.
- C. Students may ONLY be driven by THEIR parent or an approved driver through GUSD.
- D. In order to become an approved driver, please refer to the CHS website for application. (2 week approval process through DMV)

IV. CAMP

- A. All Cheer and Dance Team Members must attend a 4 day Cheer and Dance Camp where they will be instructed by professional cheer and dance instructors.
- B. Cost of camp is approximately **\$600.00**, including busing.

IV. STUNTING

- A. Safety is the coaches #1 priority. The Coaches provide a safe environment for all members to stunt at games and practices.
- B. All members on cheer will be required to stunt.
- C. Coaches, other members on the team, or summer camp instructors, will teach all stunting material.
- D. NO jewelry is allowed at practice, games or any performance– (CCS Rule).
- E. **All members will encourage each other when learning and performing stunts.**

V. UNIFORMS AND APPEARANCE

- A. Each Cheer and Dance Team member is responsible for the care of his/ her own uniform and must take good care of it.
- B. Complete uniform must be worn on game days to school. **Failure to do so will result with being benched the entire game.**
- C. Must be in full complete uniform at all school activities.
- D. Poms and warm-ups must be brought to EVERY game or rally.
- E. Make-up must be natural looking. Lipstick will be required at all games. No excessive make-up: no face paint or stickers (CCS rule).
- F. Hair color must be a natural looking color. Hair must be pulled back neatly at all times with uniform ribbon.
- G. NO jewelry allowed at practices or games for safety reasons. NO belly button jewelry!
- H. Never loan parts of your uniform to friends. (Even if it's from previous years – DO NOT LEND ANY OF YOUR UNIFORM)
- I. Members must wear new cheer shoes that are ordered with uniform with white ankle socks.

VI. ADVISOR AND COACHES

- A. The advisor or coach may bench or remove any Cheer and Dance Team Member for the following reasons:
 - 1. Improper attire (including practice, games or school)
 - 2. Undesirable behavior
 - 3. Attendance problems
 - 4. Undesirable language or gestures
 - 5. Back talking to the coaches, teachers or administration
 - 6. Unsportsmanlike behavior

- 7. Violation of school rules or standards (including dress code policy)
- 8. Under the influence or in possession of drugs or alcohol
- 9. Inappropriate behavior on private or public social media. (Example: photos or statuses promoting the use of drugs or alcohol, nudity photos, offensive language or bullying.)
- 10. Lack of commitment to team or lack of participation in school spirit and events.
- B. The Coach and CHS Administration have the FINAL say.
- C. Cheer and Dance Team members who are in danger of being dropped might be placed on a contract signed by parent or guardian.

VII. ELIGIBILITY

- A. All members must maintain academic standards of a 2.0 GPA.
- B. 2nd semester grads will determine eligibility for the first 6 weeks of our football season. Grades will be checked again 1st quarter and 2nd semester to determine eligibility throughout the rest of the season.
- C. Members must pass 5 classes and receive NO "F" grades or "N" in citizenship.
- D. Cheer and Dance Team member must be a student before an athlete.
- E. "Benched," means no participation at a game or rallies. Cheer and Dance Team members who are benched must continue to attend practices and games. Members must continue to dress out in practice attire and game day uniform.
- F. 3 days of suspension will result in removal from the Cheer and Dance Team.
- G. Must have signed parent/guardian permission contract on file.
- H. Must have physical packet approved by school and turn in approved form to advisor prior to camp or summer practices.
- I. All members must go through Impact Testing.

VIII. OTHER SCHOOL AND COMMUNITY ACTIVITIES

- A. Cheer and Dance Team members may be asked to perform at community events throughout the year.
- B. Cheer and Dance Team members support other sports throughout the year.
- C. Cheer and Dance Team members are required to participate in school spirit days by dressing accordingly or wear full uniform on game days.
- D. Cheer and Dance Team members may have 3-5 Saturday practices a year.

IX. CAPTAINS

- A. One head captain will be chosen per team.
- B. 1 – 3 co-captains, artistic captains, or tumbling captains will be chosen per team.
- C. ALL captains must always keep coaches informed and updated.
- D. Captains must make sure all team members are aware of any changes.
- E. Captains will be in charge of all pregame and half time routines and choreography.
- F. Captains must always bring cheer binder to all team events and games.
- G. Coaches may remove/switch captains at any time if/when necessary.

X. PARENTS

- A.** Parents shall not override any rules or regulations. If there is a problem, please contact the head coach ASAP.
- B.** Please do not talk or yell at your student while they are performing, cheering or dancing.
- C.** All parents will be required to help with fundraising preparations and events.
- D.** Please do not use withholding of cheering/dancing at games, practices or competitions as a punishment. This punishes the entire team. If there is a problem, please contact the head coach.
- E.** Parents will support the coaches and Cheer and Dance Team members at all times.
- F.** If a parent uses social media to share about the Cheer and Dance Team, it is **ONLY** to be used in a positive and encouraging way. Please **DO NOT** use social media in a way that would negatively affect the Cheer and Dance Team or Christopher High School.
- G.** To avoid any sickness or dehydration, please make sure that your child has eaten before they arrive at games or practices and always have plenty of water.

XI. FUNDRAISING

- A.** One parent/guardian and student will be required to participate in different fundraisers throughout the year.
- B.** The CHS Cheer and Dance Team host and participates in the following fundraisers throughout the year – *please note that coaches may add new fundraisers throughout the year.*
 - 1.** CHS Junior Cheer and Dance Camp
 - 2.** Garlic Festival – **MANDATORY for each member and their parent to participate.**
 - 3.** Snap-raise campaign

XII. COST

- A.** Cheer uniforms will consist of: skirt, liner, shell, warm-ups, bag, shoes, camp clothes, briefs, poms and accessories.
- B.** Dance uniforms will consist of: liner, shell, pants, warm-ups, bag, shoes, camp clothes, poms and accessories.
- C.** Mascots wear mascot uniform. Mascots will be provided with undergarments, liner, shell, pants, warm-up, bag, shoes, camp clothes, poms and accessories.
- D.** Members will be required to wear game-day/performance make-up, which will be included in cost but purchase separately.
- E.** Parents and students are responsible for payment of uniform.
- F.** Approximate cost of uniforms, buses, and camp is approximately \$1,500 - \$2,000
- G.** Payments are split up into three payments from April – June. Late payments are **UNACCEPTABLE.**
- H.** Uniforms will not be received until it is paid in full.
- I.** Orders **CANNOT** be canceled once the order has been placed. **NO REFUNDS** after orders are placed.
- J.** Miscellaneous cost may include: jazz shoes, hair accessories, earrings, spirit sister/brother gifts, make-up, etc.

XIII. TRYOUTS

- A.** Tryouts are April 9, 11 and 13, 2018.
 - B.** Everyone is eligible to tryout. If selected, 2nd semester grades will determine eligibility for fall.
 - C.** **For returning Cheer and Dance Team Members, your attitude, attendance, as well as your performance from the previous year(s) may affect your tryout for the new year.**
 - D.** A team of qualified judges decides upon final team results. Score sheets kept confidential. **NO EXCEPTIONS.**
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