



Christopher High School Cheer and Dance Team Mid-Season Handbook 2024-2025

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

Membership on the Christopher High School Cheer and Dance Team (“CDT”) offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, self-discipline, and respect for school and others by all members are just as important as the skills involved in spirit leading and are key to the success of the cheer and dance program. All CDT members and coaches must be dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. CDT members must also understand that the way they conduct themselves, both in and out of uniform, directly reflects on the entire team and school.

Participation on the Christopher High School Cheer and Dance Team is voluntary, and it is a privilege to be a CDT member. Your right to be a member may be revoked by the coaches or by the school administration when a team member violates the team or school rules. Consistent enforcement of the rules and regulations in this Handbook are necessary to ensure the safety and general well-being of each individual member.

***NOTE:** CDT members who make the team mid-season must know all cheers and/or material before they are allowed to perform with the team. Mid-Season CDT members will receive videos of all the cheers and will be required to learn this material from the videos. Coaches will determine when a mid-season CDT member has met the criteria to perform. In addition, a uniform is required to perform with the team and could take several months to receive.*

RULES AND REGULATIONS

I. DESCRIPTION OF TEAMS

The Christopher High School Cheer and Dance Team (“CDT”) will consist of three (3) teams and a Mascot for the 2024 - 2025 school year. The number of members on each team may vary due to tryout scores.

- JV Cheer: 9th – 11th graders
- Varsity Cheer: 10th – 12th graders
- Varsity Dance: 9th – 12th graders
- Mascot: 9th – 12th graders

II. PURPOSE

- Promote and uphold school spirit, team unity, and school pride.
- Represent the school to the highest degree with enthusiasm.
- Set an example of good behavior and sportsmanship while in & out of uniform.
- Promote friendship with each other, throughout campus, and with other schools we work with.

III. PARTICIPATION RESPONSIBILITIES

- A. All assigned games including Playoff/CCS games
 1. Which includes football games, basketball games, and other sports teams when called upon such as wrestling, soccer, field hockey, or volleyball.
- B. All rallies (Varsity Only)
- C. Additional school events including, but not limited to First Day of School Walk Thru, Teacher Welcome, and Cougarpalooza.
- D. Any additional community events such as the Rodeo, Veteran's Day Parade, Christmas Parade, Little League Closing Ceremony, Starlight Dance, etc.
- E. After school Fall and Winter practices two to three days a week beginning the first week of school. In addition to 2-4 Saturday practices.
- F. All Cheer members are required to stunt.
- G. ALL CDT members are required to participate in Fundraising.
- H. Download and regularly check the BAND app which is used to communicate with the team.

IV. ELIGIBILITY

- A. All team members must maintain the required academic standard of a 2.0 GPA with NO "F" grades to be eligible.
- B. If a CDT member receives two (2) or more "N" marks in Citizenship, they will be ineligible. An "N" will be given for excessive tardies and absences.
- C. Year End (2nd Semester) Grades for the 2023-2024 school year will be used to determine eligibility for the first eight (8) weeks of the 2024 Fall Season. (This rule does not apply to incoming Freshman).
- D. Grades will be checked again at the 1st Quarter (likely late October) for the remainder of the fall season.
- E. 1st Semester Grades for the 2024-2025 school year will be used to determine eligibility for the winter 2025 season.
- F. All CDT members must also have the following to be Eligible:
 - i. Physical packet and other school forms must be turned into the school by the school's deadline. Once cleared CDT members must provide an emergency clearance card to the coaches.
 - ii. All required Community Service hours for each grade level must be completed.
- G. **If you are ineligible**, you will not be allowed to participate at any game, rally, school and/or any community events. Ineligible members must

continue to attend practices and games and continue to dress out in practice attire unless excused by coaches.

- i. Ineligible members will NOT be allowed to *wear their uniform or warmups to any game, school and/or community event.* However, team jackets can be worn.

V. CONDUCT

- A. Group morale is vital. All CDT members MUST cooperate with coaches, game officials, faculty members, and fellow team members.
- B. CDT members shall conduct themselves in a professional manner while in their uniform or other CHS apparel.
- C. CDT members must obey all school, district, and team rules.
- D. Promoting good sportsmanship by way of example is always required. Members may not boo officials, other teams, or fans.
- E. Inappropriate language, bad gestures, bad facial expressions, inappropriate dancing, and arguing are completely unacceptable.
- F. Excessive public displays of affection are not allowed while in uniform.
- G. CDT members may not leave a game or practice without being dismissed by a coach.

VI. PRACTICES

- A. All practices are MANDATORY.
- B. All members are required to dress out at all practices in the proper athletic attire.
 - i. Proper attire consists of t-shirts, tank tops, shorts, yoga or sweatpants and athletic or jazz shoes.
 - ii. If wearing sweats in the winter, they must come off during stunts
- C. All jewelry must be removed including nose, lip, and belly button rings.
- D. Gum chewing is not allowed.
- E. Hair must be pulled back.
- F. Nails must be at an athletic length.
- G. Phones must be put away during practice unless approved by a coach.
- H. If you miss a practice, you are responsible to catch up on what was missed prior to attending the next practice.
- I. Failure to attend practice will result in you not being placed in a routine due to your inability to practice stunts or learn material.
- J. Extra Practices:
 - i. Morning, lunchtime, extended or additional practices may be called due to rallies, homecoming week, playoffs, or any other group performances.
 - ii. 2-4 Saturday practices will be scheduled in the fall to prepare for our all-team Homecoming and Severance Bowl games.
- K. Under NO circumstances may a CDT member practice under the supervision of a parent, outside coach, or choreographer, other than those approved by the CDT Head Coach or school.

VII. GAMES

- A.** All games are MANDATORY including playoff/CCS games.
 - a.** All members are required to attend playoff/CCS games regardless of whether you are on JV or Varsity. Coaches will evaluate and determine who is required to attend each game.
- B.** Members are required to arrive 1 hour before the game starts “game ready” (uniform, shoes, designated bows, accessories, poms, & warmups in bag)
 - i.** Failure to have the proper items will result in discipline to be determined by coaches.
- C.** All taping must be done prior to arriving at the game.
- D.** All members must know all cheers, sidelines, chants, and routines
- E.** Hair must be pulled back away from face in a style designated by coach before arriving to game.
- F.** CDT members should wear performance make up.
- G.** No jewelry or gum are allowed during games.
- H.** Nails must be athletic length
- I.** During game suspensions, the squad member will sit in uniform with a coach/advisor and will help where needed.
- J.** Socializing with friends & family while the game is in progress is not allowed.
- K.** CDT members must gain control of the crowd by doing a cheer or chant when the crowd becomes unruly, such as booing or shouting at the officials.
- L.** CDT members may not enter the stands during the game or halftime without permission from a coach.
- M.** Members must advise a coach when going to the bathroom and must use the buddy system. At no point will a member be allowed to go to or from the bathroom alone.
- N.** CDT members are not allowed at the snack shack to make purchases during your game so bring water and snacks.
- O.** CDT members are responsible for bringing cheer boxes to and from the stadium, as well as any necessary signs, banners, or flags.
- P.** If there are any problems at the game, please report to a coach or administrator on duty IMMEDIATELY.

VIII. UNIFORM/APPEARANCE

- A.** Cheer uniforms will consist of skirt, shell, liner, briefs, new shoes, jersey, poms, bows, bag and jacket.
 - i.** Warmups are used at school and if necessary, during games due to extreme weather.
- B.** Dance uniforms will consist of pants, shell, liner, dress, new shoes, jersey, poms, bag, jacket and accessories.
- C.** Mascots wear mascot uniform (provided) and clothing underneath
- D.** Each CDT member is responsible for the care of his or her own uniform.
- E.** Uniforms and Warmups must be clean and in good condition (including athletic shoes).
- F.** All members must have the same uniform look.
- G.** Hair must be worn the same, as a team, and as directed by the Head Coach.
- H.** CDT members should wear performance make up to games and events.

- I. On game days, CDT members must wear the team designated outfit to school.
- J. CDT members must stay in their uniform and/or be in their uniform at the games where CDT members are participating.
 - a. CDT members cannot change out of their uniforms and watch games like spectators.
 - b. CDT members can however change into their pants, jersey, and jacket.
- K. Members CANNOT loan out any piece of their uniform or warmups to anyone other than by permission from a coach. Uniforms and Warmups cannot be worn anytime other than during team activities.

IX. ATTENDANCE/TARDINESS

- A. One person being late or absent affects the entire squad. CDT members must be on time to all practices, games, and events.
- B. All appointments, work schedules, and social events must be scheduled around practice and game times.
- C. Communication regarding absences/tardiness **must come from the team member**. Communications from parents, friends, or captains are not acceptable and violate the team rules.
- D. Failure to properly notify coaches and captains will result in appropriate consequences.
- E. If a CDT member is SICK, you must **text, call, or direct message coaches on Band App. three (3) hours prior** to the game, practice, or event start time. You must also notify your team captains.
 - i. Any Doctor's notes should be emailed to coaches.
 - ii. If you are sick more than 3 times, we will require a doctor's note.
- F. If you are unable to attend a PRACTICE, the **CDT member must email** coaches at chscheeranddance@gmail.com *three (3) days prior to the missed practice* and you must also notify your team captains.
- G. If you are unable to attend a GAME, the **CDT member must email** coaches at chscheeranddance@gmail.com as soon as possible or by *the Monday prior to the missed game* and you must also notify your team captains.
- H. All **EXCUSED** absences must be excused by the Head Coach **prior** to the practice, game, or event. Types of excused absences:
 - i. Illness
 - ii. Emergency
 - iii. Pre-planned event approved by coach
 - iv. School event ex). Field trip, choir or class event
- I. Each CDT member is required to track their own absences and tardies.
- J. If you miss a choreography practice, you will not be placed in the routine unless approved by Head Coach.
- K. If you miss the practice prior to the game/event, you will NOT be allowed to perform that game/rally routine unless the absence is excused, AND your performance is approved by the Head Coach.
- L. CDT members will get ONE game pass for basketball season. Game passes cannot be used for Senior Nights.
- M. Being tardy four (4) times is equal to One (1) Unexcused absence.
- N. Two (2) Unexcused Absences will result in sitting out the following game.

- O. If you miss a Game and it is Unexcused, you will sit out half of the following game.
- P. If you miss three (3) Unexcused Practices, you will be removed from the team.
- Q. If you miss one (1) Unexcused Game, you will be removed from the Team.

X. DISCIPLINE POLICY

This policy has been developed as a tool to promote teamwork, equality, self-discipline and responsibility. Any individual whose attitude detracts from the smooth functioning of the team because of continual lack of participation, effort, or consistent disagreement, with other team members or advisors/coaches will be subject to discipline. Coaches may discipline and/or bench (no participation in game or rally) any CDT Member for the following:

- A. Tardiness
- B. Attendance problems
- C. Improper attire (including practice, games, or school)
- D. Undesirable language or gestures
- E. Unsportsmanlike behavior (i.e. bad talking team members, coaches, complaining about performance material, etc.)
- F. Lack of commitment to team
- G. Lack of participation in school spirit and events
- H. Uncooperative attitude
- I. Talking excessively to fans or other cheerleaders during games
- J. Failing to follow the communication procedures.

***If a coach must talk to a Cheer and Dance Team member 3 times about breaking the rules, they will be removed from the team**

The following violations will be grounds for ***immediate dismissal*** from the program:

- K. Being in possession or under the influence of drugs, alcohol, tobacco products, or steroids
- L. Inappropriate behavior on private or public social media (i.e. promoting the use and/or using drugs, alcohol, or tobacco products, or promoting nudity, offensive language, bullying, or talking badly about your team, a team member, the school, or a coach/school official)
- M. Discipline issues on campus such as suspension
- N. Involvement in any type of physical altercation

XI. TRANSPORTATION

- A. CHS does not provide transportation to and from away games.
- B. NO student is allowed to drive themselves to away games, if caught driving, the student will be immediately dismissed from the team.
- C. Students may ONLY be driven by THEIR parent/legal guardian or an approved volunteer driver through GUSD.
- D. In order to become an approved volunteer driver, please follow the procedures on the CHS website under athletics/driver-information.

XII. PARENTS

- A.** Parents shall not override any CDT rules or regulations.
- B.** Please support the Coaches and Cheer and Dance Team members.
- C.** If a CDT member has an issue, any contact from a parent to the head coach must occur **AFTER** the CDT member has reached out to the coach first to try to resolve the issue.
- D.** Please do not talk or yell at your child while they are performing, cheering or dancing.
- E.** Please do not use the withholding of cheering/dancing at games, practices or events as a punishment. This punishes the entire team. If there is a problem, please contact the head coach.
- F.** Communication with parents will be via the BAND app and when necessary, by email.
 - a. Please note, the majority of the communication regarding the team will be made directly to the CDT member via coaches and captains.
- G.** Parents must participate in fundraising.
- H.** Parents are encouraged to become an approved driver to transport team members to and from games.
- I.** To avoid any sickness or dehydration, please make sure that your child has eaten before they arrive at games or practices and always has plenty of water.

XIV. FUNDRAISING

- A.** Members and one parent/legal guardian are required to participate in fundraisers throughout the year.
- B.** CDT hosts and participates in the following fundraisers throughout the year (*Please note that coaches may add new, substitute, or eliminate fundraisers throughout the year*)
 - Graduation Yard Signs
 - Vertical Raise
 - CHS Junior Cheer and Dance Camp
 - CHS Snack Shack through Booster
 - Popcorn/Cookie Sale
 - California Rodeo

XV. UNIFORMS COSTS/MISC. EXPENSES

Uniform Attire

- Approximate cost of uniforms/accessories, and camp attire is \$650
- To purchase a uniform, we will forward the due dates and a link to purchase online.
- If a team member does not buy their own uniform, the team can supply a school owned uniform to use. The uniform must dry cleaned upon return.
 - The CDT member will be charged for any damage to the uniform while in their possession
- If the CDT member does not plan to purchase a uniform, please inform the Head Coach ASAP.

Miscellaneous

- Other expenses throughout the year: additional team gear (optional), accessories such as bows or earrings, poms or socks for Cancer awareness, big/little sister/brother gifts, Secret Santa, team dinners, and senior related items.

XVI. RISKS AND PRECAUTIONS EXPECTATIONS

The athleticism of cheerleading has obvious risks. All necessary precautions of warming up and stretching prior to participating in any Christopher High School Cheerleading or Dance related event will be taken. All team rules and protocols will be followed when practicing or performing stunts. Stunts are not to be attempted that have not been introduced or approved by the Coach. Stunts may not be practiced or performed without the supervision of a Christopher High Cheer coach. The potential for injury involved in participating in the sport of cheerleading should be acknowledged.

***-ACKNOWLEDGMENT AND SIGNATURE
REQUIRED ON NEXT PAGE-***

STUDENT & PARENT ACKNOWLEDGMENT

We have read the Tryout Packet Information and Christopher Cheer and Dance Handbook thoroughly, and we understand and acknowledge all that is required to be a CDT Member. Permission has been granted to try out for a Christopher High School Cheer Team Member position and participate throughout the season.

Dated: _____

Student Signature: _____

Parent Signature: _____