

2020/2021

Cougar Spiritline Tryout Packet

*Spiritline reserves the right to change any details listed in this packet at any time

Pre-Tryout Information Meeting (candidates & parents)

Tues., Aug. 18th 6:00 PM

Tryout Material

Aug. 19th & 20th

6:00-8:00 PM

Final Tryout

Fri., Aug. 21st

6:00 PM

Tryout Requirements: MUST be completed before attending tryouts!

Online Tryout Application (available at CougarSpiritLine.Com)

Print and Sign Contract Agreement (page 4 of this packet)

CGUHS Athletic Clearance Slip (a physical is REQUIRED for incoming Freshman OR if you do not have one on file with CGUHS for the 2019/2020 school year to be eligible for tryouts)

Guidelines:

Blue or black shorts/leggings and white t-shirt

(NO: thin strap tank tops, exposed cleavage, booty shorts or spandex without over shorts)

Appropriate athletic footwear. No slip-on shoes or bare feet

Hair pulled tightly out and off of face

No jewelry or gum

Nails trimmed back

Water bottle

Face mask

Scoring:

Candidates will be scored on several skill categories from a panel of judges on Friday. While the opinions of these judges weigh heavily on team placement, the ultimate decision on the team placement is made by the head coach with full support from the CGUHS administration. All cuts and placements are final and are not open for discussion. Final selections will not be discussed with students or parents. Phone calls, emails, texts and/or letters regarding this topic will not be returned.

Dear Spiritline Candidate & Parents,

Thank you for your interest in the 2020/2021 CGUHS Cougar SpiritLine. We appreciate your enthusiasm and interest in our program. This year's squads look to build on the traditions of the past and raise the squad performance to a new level. We are seeking spirited, motivated, dedicated, positive attitude individuals that are committed to representing Casa Grande Union High School SpiritLine.

The cougar spiritline is a competitive program and seeks individuals that are not only interested in sideline spirit but the competitive aspect as well. It can be a truly rewarding experience, but it also requires a tremendous time and dedication commitment. By trying out for the CGUHS Spiritline you have chosen a commitment to be a part of a full-time competitive team.

Members are not allowed to participate in any other fall, winter and possibly spring* competitive sport/team including all-star/rec programs. **AIA considers spiritline a 3-season sport/activity. This means that they govern spiritlines from the first day of football practice (August) through the last day of school (May). They are able to schedule competitions during this time frame.

Members may participate in on campus and off campus extracurricular activities (Stu Co, Key Club, Deca, FFA, Dance Company, jobs, etc.) with the exception that it does not interfere with the member's attendance to practices, games/performances, fundraisers, community events, camps and any other team event/activity including which can be scheduled during the week, weekends and over school breaks.

Additionally, a squad member must be able to work well with others, have a positive attitude and be dedicated to the team and their academics. Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of the Cougar Spiritline.

Squad Obligations:

\$\$\$ TBD \$\$\$

Spiritline members will promote school spirit and perform at assemblies, home football games and boys home and basketball games. Varsity MAY travel to away football games. Additionally, Varsity members are required (JV it is optional) to be part of the Competition Team. Members will either be placed as performing members or alternate performing members at the decision of the coaches. Both require the same time commitment.

Our season runs from the first day the team meets through the last basketball game (including playoffs) or cheer competition. Practice will be a minimum of 3 days a week. Additionally, members will be REQUIRED to attend the team tumbling class every week (Sept-Jan). Football game days are Thursdays (JV) & Fridays (Var). Basketball game days will vary during the week. Competitions are on a Saturday.

Candidate commitment & parental permission to participate in CGUHS Cougar SpiritLineTryouts

I hereby commit to full participation for the 2020/2021 CGUHS Cougar SpiritLine. I understand that I am required to tryout before I can be announced as a team member. I understand there are certain guidelines that I must meet in order to be eligible to tryout. I understand scores are based on all aspects of cheerleading by both the coaches and a panel of judges and I agree to abide by their decision. I understand that participating in tryouts does not guarantee a spot on one of the squads. I understand the ultimate decision on the team placement is made by the head coach with full support from the CGUHS administration. All cuts and placements are final and are not open for discussion. I am committed to fair play, teamwork, and respect of others during the tryouts and throughout the season if I am chosen to join the squad.

CGUHS Cougar SpiritLine Member and Parent Contract Agreement (20-21)

I have read the CGUHS Cougar SpiritLine 2020/2021 Contract and understand the responsibilities and privileges of being a CGUHS Cougar SpiritLine member, should I be selected. I will abide by these rules and regulations to the best of my ability. I will commit time and dedication to my team. I will cooperate fully with the coaches and all persons and organizations concerned to promote school spirit and good sportsmanship. At all times, whether at school or away from school, I will conduct myself in a manner that best represents the program. I understand that if I am dismissed from the team in accordance with the rules and regulations set forth in this contract all monies paid are nonrefundable and I will forfeit my academic letter. By signing below the member and parent acknowledge that they have read and understand the CGUHS Cougar SpiritLine Contract for the 2019/2020 season. The member and parent also acknowledge that any part of the contract or policies can be amended during the course of the season by coaches if deemed necessary.

Parent/Guardian Financial Obligation (20-21)

There are certain responsibilities and obligations which must be assumed if your child is a member of the CGUHS Cougar SpiritLine. One such responsibility is meeting the financial obligations of each squad. Although the ultimate obligation belongs to the parent/guardian, the team will work together whenever possible to minimize the personal obligation. In fact, fundraising opportunities are organized such that each cheerleader can easily meet their financial obligations as long as they dedicate the time and work hard. Therefore, financial obligations should not be a deterrent to tryout. As an aside, the team will only participate or purchase items, if all financial obligations are met. Please understand that financial obligations listed in this packet are not limited to just those items. Expenses can and often do come up during the year. All expenses must be paid on time as stated on the cost sheet so that they can be received in time. Any team member that does not fulfill financial commitment on time will not participate or receive items until they are caught up or paid in full. Specific fundraising events have been set up to offset the cost of the program. Once any spirit items have been ordered, parents/guardians are responsible to pay for it. All monies paid are non-refundable. If a member resigns or is removed from the squad for any reason, all monies collected are non-refundable. If a member quits or is removed from the squad prior to receiving any cheer wear they will forfeit receiving those items and will not be reimbursed any money. Furthermore, any custom order is still your financial obligation. If there is an outstanding balance at the end of the year, for any reason, CGUHS will hold that amount in the individual bookstore account until payment is made in full. Any unused personal fundraised monies at the end of the year will be added to the SpiritLine account and will not carry over to the individual the following season. No monies will be given for amounts not used within the specific season in which they were raised. Please seriously consider these financial obligations prior to making a commitment to the Cougar SpiritLine. I/We have read the financial obligation form and understand my financial obligation.

Informed Consent/Release and Discharge of Liability (20-21)

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. Cheerleading is a vigorous & physical activity involving motion, rotation and height in a unique environment which carries with it a higher than ordinary risk of injury. On rare occasions, these injuries could be serious, severe or life threatening. I understand these risks and release and discharge employees, agents, instructors, coaches, volunteers and directors of the activity from any and all liability, claims, or causes of action resulting in any kind of damages, illness, injuries, to my child in any way relating to or arising out of this activity.

Print and Sign THIS PAGE and bring before the Final Tryout on Friday, August 21

Candidate commitment & parental permission to participate in CGUHS Cougar SpiritLineTryouts

CGUHS Cougar SpiritLine Member and Parent Contract Agreement (20-21)

Parent/Guardian Financial Obligation (20-21)

Informed Consent/Release and Discharge of Liability (20-21)

Candidate Name: _____ Signature: _____ Date __/__/__

Parent Name: _____ Signature: _____ Date __/__/__

CGUHS COUGAR SPIRITLINE

2020/2021

Spiritline Standards

The Casa Grande Union High School Spiritline organization shall strive to promote and uphold school spirit, support athletic programs, see that CGUHS is well represented on various levels, and develop positive relationships in the community. This program is designed for an athletic goal to be competitive. It is expressly not the purpose or goal of this organization to be seen or to be cute.

- **Commitment**

Cougar Spiritline is a competitive program. Participation in this program requires its members to cheer sideline and compete. It can be a truly rewarding experience, but it also requires a tremendous time and dedication commitment. By trying out for the CGUHS Spiritline you have chosen a commitment to be a part of a ***full time team***. Members **are not allowed** to participate in any other fall or winter competitive sport/team including all-star/rec programs. Members may participate in on campus and off campus extra-curricular activities (Stu Co, Key Club, Deca, FFA, Dance Company, jobs, etc.) with the exception that it does not interfere with the member's attendance to practices, games/performances, fundraisers, community events, camps and any other team event/activity.

Your time on the spiritline starts the day you make the team and will not end until after the last cheer competition. You are expected to arrive on time, participate and put forth all your effort at all practices, performances, and any other activities the spiritline may be involved in. If you resign for any reason, you will not be recognized as a member, forfeit your academic letter, and may not be allowed to try out again.

- **Character: Represent, Respect, Responsible**

As a Spiritline member you are to ***represent*** yourselves as well as the team in a positive way. You are accountable for all personal actions/ reactions. Squad members must be able to work well with others, have positive attitudes and be dedicated in both skill and time to their team.

You are to ***respect*** and refrain from behavior that is detrimental to yourselves, teammates, coaches, peers, school staff, and other teams. Be an asset to the team; help maintain peace and harmony among all team members.

Be ***responsible*** for your school assignments, attendance and grades as well as knowing cheer information and material.

- **Social Media**

It is not the goal of this organization to govern behavior of its members, however, if a member chooses to poorly represent them and/or the team on social media with inappropriate or negative posts; member will be automatically written up or dismissed from the team.

Practice/Tumbling

Practice is a time to develop, prepare and better yourselves and the team. In order to achieve goals practice must be taken seriously. All practices are mandatory and it is extremely important that all members attend. Doctors' visits, tutoring, and club meetings needs to be scheduled around your cheer schedule.

Games/Performances

Game time and performances allows us to showcase to the crowd our team and individual skills. We are to promote spirit within the crowd and support our teams. It is important that members pay attention to the game and show interest in the sport and should not complain; those that have poor sportsmanship/spirit will be asked to sit out/ leave.

Competition

Competition is our time to shine. Competition team(s) requires great deal of time, hard work, commitment and team work. Competition practice is EXTREMELY important. All Comp practices are MANDATORY. The team will compete in the all-girl category at regional and state competitions.

Uniforms

Uniforms, Poms and Bags that are loaned are property of CGUHS Athletic Department. At the end of the season members must return all loaned items in the condition in which they were loaned. Members with damaged items will be charged the amount for a replacement. This includes discoloring of the uniform.

Bow to Toe Uniform: poms, team bow, approved color sports bra, shell, skirt, blue/black compression shorts, no-show white socks and clean cheer shoes.

Members cheer shoes, bows, shirts, jackets, sweatshirts, etc. are considered uniforms. They are to be cared for in the same manner as their shell and skirt.

Safety Regulations

Taking part in the Spiritline requires being physical and have forceful contact with each other. Injuries may occur on any level. Coaches are AIA/NFHS certified as well as CPR and First Aid certified. Members are to follow ALL AIA/NFHS rules.

- **Health**

It is ***required*** for all members to have medical health coverage. Any pre-existing conditions (including the use of braces) that the member may have needs to be brought to the coaches' attention and be made aware of any health changes. A list of members prescribed medications and allergies need to be documented in the coaches' emergency cards. Athletic documents need to be filled out and a physical are required before tryouts.

- **Accidents/Injuries**

With all precautions made girls, coaches and school will not be held responsible if an accident occurs. It is the responsibility of the individual to make injuries known to the coaches.

Minor accident the member will be administered first aid and/or sent to the trainer for medical attention.

Extreme accident the member's parent will be notified immediately for direction of care.

Life Threatening accident 911 will be called immediately.

- **Medical Restriction**

Members that are placed on medical restriction will be required to provide a restrictions notice from a healthcare professional. The member will not be allowed to participate until a medical clearance/release is given by a healthcare professional.

Parent Responsibilities

Parents maintain your role as a supportive parent, but please be respectful. Please consider the entire situation, not just your member's position, before jumping to conclusions. Please go directly to the Spiritline Coaches before attempting to involve the Athletic Director or Administration. Please discuss any questions and/or concerns with coaches in a manner in which you would like to be treated. Coaches' are available to meet with you and your member by scheduling a time/date, but that does not guarantee any specific change or request. The best decision for the team will always prevail. Always remember that your perspective of practice/performance may not always be the same as the coaches'.

We welcome any comments or concerns that you may have, but will not make changes for an individual based on parent input. Parents who negatively affect the environment of the program will be removed along with their child from participating in CGUHS Spiritline. This will be done at the head coach discretion with support from the CGUHS Athletic Director and Administration.

Parents are asked to monitor their member's social media accounts and grades.

Parents may be called upon to help in some ways throughout the season.

Parents should make every effort to do their share of assisting on behalf of their member. (fundraising & events)

Contract Infractions

Members are allowed up to **3 occurrences per category**. On the 4th occurrence the member will be issued a written warning. Written warnings are a 5-point deduction for members returning the following season. On the 3rd issued written warning the member will be dismissed from the squad and will not be allowed to try out for the following season. If any situation should arise that is not stated in the Spiritline Contract, it is at the head coach's discretion to take proper action for that situation. On the 3rd issued written warning the member will be dismissed from the squad.

A. Absence

Attendance is **MANDATORY** to practice, games/performance, fundraisers and events/activities.

Exception: injuries or long-term illness with doctor's excuse, family vacations that have been brought to the coaches' attention in advanced and family emergencies. *Missing practices that have valid excuses can still lead to being removed from a routine, position or stunt, due to not physically being available to practice.

In accordance with CGUHS District regulations, members must attend a minimum of four (4) class periods to participate.

No Call No Show is an automatic written warning.

*Tumbling Absence: On the 4th absence members will complete 1 Bleacher Mile after a practice.

B. Leaving Early/ Arriving Late

Members must attend at least half of the set game/performance practice in order to cheer.

Attending only half the practice does not guarantee the member will be part of routine(s).

C. Apparel/Accessories

Members are to arrive at every practice dressed in the appropriate practice wear and footwear (flyers cheer shoes only). No cleavage or bare feet.

Members are to arrive at every game/performance dressed in complete bow to toe uniform. Uniform tops may only be worn with the uniform skirt. Current season cheer shirts are considered uniform.

Member's hair must be pulled up in the approved fashion and members are to remove all jewelry prior to participation. Members are not allowed to have artificial nails and real nails need to be kept short to participate. Glitter is NEVER allowed even in make-up. No gum!

D. Behavior

Members are to refrain from making negative or inappropriate remarks/actions, poor attitudes, causing disruption/conflicts, or receiving any school referrals/suspension.

Members in uniform/cheer wear are to refrain from all PDA and derogatory gestures including on social media.

Members are expected to be respectful to coaches, staff, volunteers, visiting team, referees, and the flag during the National Anthem.

E. Ineligibility

Members that are placed on academic probation are still required to attend practice. If a member is cleared after the game/performance material practice, the member may participate but may remain out of routine(s).

Ineligible members will sit in uniform next to the coach during home games/performances and are not allowed to travel to away games.

Members will be removed from the team after 5 game/performance absences due to ineligibility.

No Credit = Ineligible