

CGUHS COUGAR SPIRITLINE  
**CONTRACT**

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.

## **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 4<sup>th</sup> occurrence the member will be issued a written warning. Written warnings are a 5-point deduction for members returning the following season. On the 3<sup>rd</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup> 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).

### E. 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!

### F. 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.

### D. 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.