

## CGUHS COUGAR SPIRITLINE VARSITY

# CONTRACT

2023/2024

### Standards and Expectations

The Casa Grande Union High School Varsity Spiritline 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 program to be seen or to be cute. Additionally, it is not the goal of this program to govern behavior of its members. However, failure to uphold the standards and expectations at any time during the season will result in consequences determined by the CGUHS Administration and/or Spiritline Coaches.

### Commitment

Cougar Spiritline is a ***full-time team***. Due to the high physical demands of cheerleading and safety for both the individuals and team members, cheerleaders are not allowed to participate in any other ***fall*** 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, jobs, etc.) with the exception that it does not interfere with the member's attendance to any scheduled cheer dates/time.

Spiritline starts the day you make the team and will not end until after the last varsity football game. If you resign or are removed from the team for any reason, you will not be recognized as a member. You will forfeit your academic letter and any ordered items regardless of how they were paid for. All monies fundraised or paid out of pocket will not be returned and you will not be eligible for any other teams within the program the following season.

### Character: Represent, Respect, Responsible

As a Spiritline member you are to ***represent*** yourselves, the Cougar Spiritline program, CGUHSD and Casa Grande community 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 to personal skill growth and time to their team. Members are to refrain from making negative or inappropriate remarks/actions, poor attitudes, causing disruption/conflicts, or receiving any school referrals/suspension/discipline. Members are to refrain from all PDA, derogatory gestures, inappropriateness, and illegal actions/behaviors including on social media.

You are to ***respect*** and refrain from any negative/inappropriate behavior that is detrimental to yourselves, the Cougar Spiritline program, CGUHSD, Casa Grande community. Be an asset to the team; help maintain peace and harmony among all team members and be respectful to everyone and everything on and off campus.

You are to be ***responsible*** in your school academics and attendance. Ineligibility lists are pulled weekly. Members that are placed on academic probation are required to follow CGUHSD eligibility procedures. Ineligible members are still required to attend practice but may be pulled from a position. Members may be removed from the team after 3 game/performance/event absences due to ineligibility.

As student athletes, daily school attendance is extremely important. In accordance with CGUHS District regulations, members must attend ***all*** scheduled classes the day of participation in games/performances.

It is the ***responsibility*** of the member to learn and retain cheer material. Members that miss or unable to master material may be removed from performance. Members are solely responsible for knowing cheer schedules/information. Weekly emails, Cougar Spiritline website and group text are all sources of information for members to reference. It is also the sole responsibility of the member to notify coaches of schedule conflicts (absences, late arrival) in a timely manner. Although parent notifications are appreciated, they will not be accepted in-leu of member communication.

### **Practice/Tumbling/Strength & Conditioning**

Practices/Tumbling/Strength & Conditioning are mandatory and ALL absences require coach approval. Missing practices that have valid reason and/or coach approval can still lead to being removed from a routine, position, stunt, performance due to not physically being available to practice. Members are to arrive **before** scheduled **start time** and be dressed in the appropriate practice wear and footwear (flyers cheer shoes only). No chests, butts, backs, bellies. Hair must be pulled up off the neck/shoulders and off of face. No “wispiers” or bangs. ALL jewelry is to be removed prior to participation (including stretching/work outs) No gum or cell phones during practice. No artificial nails and natural nails must be kept short near the end of the fingertip. Glitter is NEVER allowed. **Practice Time = Game/Performance Time**

### **Games/Performances/Events**

Games/performances/events are mandatory and ALL absences require coach approval. Members are to arrive **on or before** scheduled **meet time** and be dressed in correct attire with correct accessories. Unless otherwise stated, hair must be pulled up off the neck/shoulders and off of face. No “wispiers” or bangs. ALL jewelry is to be removed prior to participation (including set up & stretching). No gum or cell phones during games/performance. No artificial nails and natural nails must be kept short near the end of the fingertip. Glitter is NEVER allowed. **Practice Time = Game/Performance Time**

### **Uniforms**

Uniforms, Poms and Bags that are loaned out are property of the Cougar Spiritline Program. At the end of the season members must return all loaned items in the condition in which they were received. Members that damaged items will be charged the amount for a replacement. This includes unapproved altering and/or discoloring of the uniform. Uniform shell tops may only be worn with the uniform skirt. Current season cheer wear is to only be worn when scheduled. All current & prior season cheer wear are still considered uniform.

### **Safety Regulations**

Taking part in the Cougar Spiritline requires physical activity and forceful contact with each other. Injuries may occur on any level. 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. Members that are placed on medical restriction will be required to provide 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. Members that are placed on long term restriction/long term illness may be released from the team. Coaches are AIA/NFHS certified as well as CPR and First Aid certified. Members are to follow ALL AIA/NFHS rules. It is **required** for all members to have medical health coverage. Any pre-existing conditions (including the use of medication or support braces) need to be brought to the coaches' attention. Coaches need to be made aware of any health changes and Register My Athlete profile needs to be updated.

### **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 coaches before attempting to involve 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 the program.