

2024/2025
CGUHS COUGAR SPIRITLINE
CONTRACT

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 the behavior of its members. However, failure to uphold the standards and expectations will result in a written warning and/or dismissal from the team. Consequences are determined by the Spiritline Coaches with the support of the CGUHS Administration.

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 competitive sport/team including all-star/rec programs. Members may participate in on-campus and off-campus extra-curricular activities (Stu Co, Key Club, Decca, FFA, Youth Group, 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 basketball game or cheer competition, whichever is later. 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 may not be eligible for any team 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 the 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 for their team. 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. Members are to refrain from making negative or inappropriate remarks/actions, poor attitudes, causing disruption/conflicts, or receiving any school referrals/suspension/discipline. Be an asset to the team; help maintain peace and harmony among all team members. Be respectful to all coaches, team members, and everyone and everything on and off campus.

You are to be ***responsible*** in your school academics and attendance. Ineligibility lists are pulled weekly. Members who 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 game/performance/event absence due to ineligibility.

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

It is the ***responsibility*** of the member to learn and retain cheer material. Members who miss or are unable to master material may be removed from performance. Members are solely responsible for knowing cheer schedules/information. Weekly emails, the 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 ALL coaches of schedule conflicts (absences, late arrival) in a timely manner. Although parent notifications are appreciated, they will not be accepted in lieu 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, or performance due to not physically being available to practice. Members are to arrive before the 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 the face. No “wispies” or bangs. ALL jewelry is to be removed before participation. 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** Additional consequences are determined by the Spiritline Coaches.

Games/Performances/Events

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

Competition Team

The Cougar Spiritline competes at regional, state, and occasionally national competitions. These competitions are from November through February, with choreography lessons starting as early as October. Currently, the team competes in the All-Girl division. A division change (from All-Girl to Co-Ed) would require a minimum number of males and/or a team vote. Female varsity members are required to be part of the Competition Team and will either be placed as performing members or alternate-performing members at the decision of the coaches. Both require the same time commitment. JV female members have the opportunity to be added to the Competition Team after an evaluation period.

Uniforms

Uniforms, Poms, and Bags that are loaned out are the 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 is 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 taken 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 who 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 who 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 the Aktivite 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 the 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.