

CGUHS COUGAR SPIRITLINE
CONTRACT
2018/2019

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. No individual has a right to be on the team, it is a privilege

- **Commitment**
Participation in this program is both a privilege and a responsibility. It can be a truly rewarding experience, but it also requires a tremendous time commitment. By trying out for the CGUHS Spiritline you have chosen a commitment to be a part of a ***full time team***. Additionally, a squad member must be able to work well with others, have positive attitudes and be dedicated in both skill and time to their team. We expect members to stay on top of their grades, be the best individual they can be at school and in the community. Your time on the spiritline starts the day you make the team and will not end until after the last basketball game including playoffs for boys and girls. You may not participate in any other fall or winter sport. Participation in other on campus and off campus extra-curricular activities or classes is allowed with the exception that it ***does not*** interfere with the member's time to participate in the required and mandatory practices, games/performances, fundraisers, camps and any other team event/activity including over summer months. 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. 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 knowing cheer information and material. Members need use the website as a source of information for important dates/practices/games/fundraisers.
- **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.

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 the first day of school***.
- **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. In the case of a ***minor*** accident the member will be administered first aid and/or sent to the trainer for medical attention. In the case of an ***extreme*** accident the member's parent will be notified immediately for direction of care. In the case of ***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.

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. Tutoring needs to be done before school or at lunch sessions. Doctors' visits need to be scheduled around 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 do will be asked to sit out/ leave.

Competition

Competition is our time to shine. Being part of the competition team(s) requires great deal of time, hard work, commitment and team work. Competition practice is EXTREMELY important. All Comp practices are MANDATORY. Competition Contract TBD

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.

A. Absence: Practice, Games/Performance, Fundraisers and Events/Activities.

Exception: injuries or long term illness with doctor's excuse and family vacations that have been brought to the coaches' attention in advanced. *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. Members must attend at least ½ of the set game/performance practice in order to cheer. No Call No Show is an automatic written warning.

*Tumbling Absence: Members are to make up missed tumbling by attending BOTH classes at the next tumbling class. On the 4th absence members will complete 1 Bleacher Mile after a practice.

B. Leaving Early/ Arriving Late: Practice, Tumbling, Games/Performance, Fundraisers, Events/Act.

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 or uniform warm-up bottoms. Current season cheer shirts are considered uniform. Member's hair must be pulled up in the approved fashion. Members are to remove all jewelry prior to participation. Members are not allowed to have artificial nails real nails need to be kept short to participate. Glitter is NEVER allowed even in make-up. Members are to keep off their cell phones. No gum.

F. Behavior

Members are to refrain from disruptive behavior (horseplay) during practice, games/performances, fundraisers, events/activities. 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/camp wear are to refrain from all PDA (public display of affection) 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. *Members will be removed from the team after 5 game/performance absences due to ineligibility.*

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. Members have the option to purchase the team bag and poms. The opportunity to purchase the uniform is available to Varsity members only. Bow to Toe Uniform: team bow, white sports bra, shell, skirt, blue compression shorts, white no-show socks and clean cheer shoes.

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 Dean of Students. 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, routines, ect. 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)

If any situation should arise that is not stated in the Spiritline Contract, it is at the head coaches discretion to take proper action for that situation. On the 3rd issued written warning the member will be dismissed from the squad.