



Thomas Downey High School

Cheer Rules Guidelines and Informational (RGI)

Philosophy: The Thomas Downey High Cheerleaders will serve to lead, direct, and support the spirit of our athletic teams, student body and MCS Officials at all events and games. Cheerleaders shall promote excellence in education, spirit, sportsmanship, physical fitness and positive self-image, and leadership as a way of life. In addition, cheerleaders shall strive to maintain high standards of morality and social conduct.

Cheerleading Defined by Risk Management on April 8, 2009:

Cheerleading is...

- "...considered a year-round co-curricular activity, and participants must meet eligibility requirements each quarter to participate...Cheerleaders follow the same eligibility timelines and procedures as other co-curricular activities."
- An activity in which participants earn 2.5 credits for cheer during the 1st and 2nd quarter.
- "...limited to cheering and dance routines. Stunting and tumbling are prohibited."
- a co-curricular activity in which students will be allowed to participate based on 3rd quarter eligibility and must maintain eligible requirements each quarter.
- An activity allowed to fundraise beyond the district allotted shorts and t-shirt in order to purchase an optional uniform.

Coaching Staff: The cheer coaching staff leaders are 18 years or older, have been CPR and First Aid certified, CardiacWise and ConcussionWise certified, have completed a criminal background check with the Department of Justice, and have completed district and site training to prepare for instruction. They are volunteers who care about the success of the TDHS Cheer Family. TDHS Cheer is under the direction of Modesto City Schools and all coaches recognize its' governing body. Cheer coaches will model exemplary standards at all times and as outlined in this document. Coaches agree that they will make every attempt to have another adult present when working with a cheerleader. Coaches will be in regular attendance with their teams at all practices, games, events, and outings. Practice times are Monday through Wednesday with games on Thursday and participation on Friday for freshmen and Monday through Thursday with games on Friday for JV and Varsity throughout the football season or unless directed otherwise. Basketball season practices are held Monday, Tuesday, and Thursday with games on Wednesday and Friday. Coaches will keep regular attendance and dress checks on each cheerleader to insure their safety and track progress. Coaches will be available via phone, text, and/or email.

TDHS Cheer Standard: The TDHS Cheer program requires the very highest standard of RESPECT, DISCIPLINE, SPORTSMANSHIP, TRUSTWORTHINESS, RESPONSIBILITY, and GOOD CITIZENSHIP. Therefore, our appearance, including hair and attire, and conduct will reflect our TRADITION OF PRIDE & EXCELLENCE.

As a cheerleader and as a parent of a cheerleader, we recognize and agree by signing to the terms listed in this document and upon registration. I also understand that any player who fails to comply with these terms WILL result in immediate disciplinary action which could include suspension and/or termination:

Requirements:

- Cheerleaders will be selected by judges at the official TDHS Cheer Try-outs held yearly. Previous experience does not guarantee placement on any future team. The selection process is fair and final. Complaint process: 1st-Coordinator, 2-A.D., 3rd-principal.
- Cheerleaders will complete a sport packet and obtain a physical examination as directed by the MCS District from a personal doctor or one suggested by the district.
- Cheerleaders will adhere to the MCS Student Handbook and MCS Athletic Code of Conduct.
- Cheerleaders must be in good physical condition and capable of strenuous activity which may include but is not limited to running, jumping, stretching, and relays designed for strengthening and conditioning as determined by his/her medical doctor. There are no excuses for non-participation due to physical health issues except those deemed by a doctor. A coach may choose to excuse a temporary issue such as a common cold or flu but has the right to refuse a formal excuse.
- Cheerleaders will be required to complete 10 hours of conditioning prior to participation in the regular practice season. All practice sessions include 20 minutes or more of warm-up stretches, cardio and strength training, and dance. Cheerleaders should have healthy eating habits which includes a balanced diet and drink plenty of water to remain hydrated during long

workouts. Junk food and energy drinks are not fuel for workouts; please consider foods, and proper amounts of food, that fuel workouts for optimum success.

- Cheerleaders must maintain a 2.0 GPA or higher with no more than 1 “F” and 1 “U” in order to participate in our program. Report cards may be collected throughout the season to monitor GPA.
- The cheerleader’s parent must agree and sign the Parent Conduct Code and both the cheerleader and parent must sign the Cheer RGI.
- **It will be the responsibility of the parent to work out transportation to and from all practices and games** according to the required meeting time delineated by the coach. Practice is from 2:30-4:30pm and cheerleaders are expected to be in place at least 5 minutes prior to the start of practice. **Parents must be on time for drop-off and pick-up.** Coaches are not responsible for transportation nor are coaches expected to supervise cheerleaders until a parent arrives to pick up his/her cheerleader. Therefore, parents must be sure never to be late.
- Parents and cheerleaders are responsible for participating in all fundraising for uniform, camp, and misc. expenses **if all** agree in advance to participate. Although fundraising and/or the pursuit of donations is not required, If a unanimous decision is made, follow through is required. As a team, we cannot commit to a fundraiser that is not supported by a group.

Conduct:

- All cheerleaders must adhere to the MCS Student Conduct Code.
- All cheerleaders must demonstrate sportsmanship at all TDHS Cheer practices, games, and events.
- All cheerleaders must follow the high standards and goals of the team and coaching staff.
- Cheerleaders who are caught drinking alcohol or doing drugs will be removed from the program. This may include pictures or videos of activity which may give appearance or insinuate participation in such activity during and outside of the season, as well as on and off campus, which is identified as in opposition of the program, MCS Student Handbook, MCS Athletic rules, or Code of Conduct, and the Cheer RGI.
- All cheerleaders must turn off their cellular devices during practice and games and put them in a safe location. No cell phones are allowed during cheer events.
- Cheerleaders are responsible for kind and respectful social media conversations. Derogatory comments and put-downs, negative conversations are not to be aired on social media whether it is about cheer or not. Our spirit team will challenge each other to a higher standard of conversation that build quality character and relationships.
- Cheer practices and games are a time of fun yet serious but spirited focus. A cheerleader may raise her/his hand to respectfully offer a suggestion or to ask a question of the coach(s) but must wait until the end of practice to discuss problems should they arise.
- All cheerleaders must follow the rules and guidelines set forth in the TDHS Cheer program.
- All cheerleaders shall demonstrate behavior that is in accordance with the TDHS Philosophy. Public physical displays of affection of a sexual nature in uniform is not permissible.
- Failure to comply with the rules and guidelines set forth will result in disciplinary action and may include dismissal from the program.
- Every cheerleader will learn at a different pace therefore, each cheerleader must be willing to invest time at home reviewing dances, chants, or cheers, etc.
- If asked to help create a routine, a cheerleader should be eager to accomplish the task and to lead with a positive, spirit-lead attitude.
- Cheerleaders must never cause a negative situation with teammates or coaches especially at practices and games. She/he must maintain emotions and conduct. After a warning, further incidences will result in probationary steps.

Pre-Conditioning, Camp, and Regular Practice Schedule:

- **Pre-conditioning**, beginning on the Monday following the 4th of July, is mandatory and recommended for individual training and team-building. Our training schedule will change when school begins.
- **Cheer camp** is highly encouraged, and is part of the pre-conditioning and the TDHS Cheer preparation program. Because cheerleaders are expected to attend camp, fundraising will be available. Parents will need to schedule vacations so that they do not interfere with camp. Camp will likely be mid-July. Notice will be given just as soon as the camp options are posted so families are informed months in advance. A cheerleader who chooses not to go to camp, will be expected to learn the cheers and routines on her/his own time.
- **Practice times** will be announced and may vary on occasion based upon the changing school schedule and are typically are from 2:30-4:30pm. Practices are Monday-Thursday with games on Friday for JV and Varsity, and on Monday-Wednesday for Freshmen, with games on Thursday and Friday. Freshmen are encouraged to attend at least half of the Varsity games and to participate in Blue Crew; note that at times may be required to do so in order to show support and to experience Knights Under the Lights. Junior Varsity cheerleaders should participate regularly in Blue Crew and may be required to do so on occasion as well.

Attendance:

- Cheerleaders are encouraged not to participate in any other extra-curricular activities that conflict with the TDHS Cheer program. Absences and **tardiness will not be excused** for practices nor for games missed due to other sporting events or other activities. Excessive absenteeism or tardiness, unless previously arranged with the cheerleader's Head Coach, will result in loss of cheering at game time or inability to cheer altogether.
- Cheerleaders are required to be present at all assigned games. Attendance at all games, events, trainings and activities is mandatory. Do not schedule appointments or family trips during football, basketball and pre-season trainings.
- **Prompt and regular attendance is mandatory! Cheerleaders are expected to be in formation and participating in warm-up at the designated site no less than 5 minutes before time arranged by a coach to insure that everyone is prompt. Roll will be taken promptly upon the start of practice.** If a cheerleader is not in formation, dressed according to code, and focused on the warm-up chant at the time of roll call, he/she will be marked "**tardy**". If he/she arrives later than the start time, he/she will be noted as "tardy" for up until 20 minutes, and then will be considered "absent". This same standard applies for those choosing to leave up to 20 minutes early.

TARDIES: Three tardies equal one absence. (3 tardies = 1 absence). If tardy to a game, the cheerleader will sit out the first quarter. If a cheerleader has an unexcused absence, she will be expected to sit out for the first quarter.

Tardies accumulate each quarter. At the semester, it will be at the discretion of the Head Coach to help determine the final citizenship of the cheerleader. A cheerleader should never be tardy. Six tardies in a semester may result in an unsatisfactory citizenship. Note: (3 tardies = 1 absence). Tardies may be issued at any time after the official meeting time for practices, games, events, scrimmages, or competition. Three (3) unexcused absences = 1 Saturday school according to the MCS Student Code of Conduct.

EXCUSED ABSENCE – Absences, at the discretion of the coach, are excused for school functions, religious functions, and absences due to illness accompanied by a doctor's note. Absences, excused or not, may result in a cheerleader being pulled from a routine. Even if cleared by a note from the doctor, a cheerleader must continue to dress in practice wear or uniform with the team and sit respectfully with the coach and team. Absences or tardiness, other than those prearranged with the Head Coach or due to an illness, may not be excused. If a cheerleader is ill up to 3 days, a doctor's note will be required before she/he is able to return. If a cheerleader removes herself from the team at any time during the season, she will not qualify to earn team patches. In order to maintain status, she/he must attend and participate according to all requirements even if sitting on the sideline with coach. In order to be considered excused from attendance or a tardy, a cheerleader must seek approval from coach at least 1 hour prior to the event; this decision will be at the discretion of the Head Coach. Please seek her approval.

UNEXCUSED ABSENCE–This is an absence that is not preapproved through the Head Coach or assisting coach if Head Coach cannot be reached, when due to illness or family emergency. Issues regarding transportation, or other extra-curricular activities are considered unexcused. Although homework and tutoring is a priority, it cannot be a reason for absence. A doctor or dentist appointment is not an excused absence or tardy. Please arrange for another time for an appointment.

SITTING OUT – A cheerleader who has to sit out more than 4 quarters or more than 1 game, will be excused from the team. A cheerleader may not be on her/his phone nor chatting with friends while sitting with the coach. She/he must be supporting the team.

HOMEWORK, TUTORING, MEETINGS WITH A TEACHER, etc. – These are not considered as an “excused absence” therefore, all players should make every effort to complete their assignments prior to coming to practice.

JUSTIFICATION - Cheerleaders should never compare their situations with another. Every person has his/her own challenges whether it is social, mental, emotional, spiritual, or circumstantial. Your cheer leadership will work diligently to have one rule which applies in all circumstances however, but on occasion, there may be discretionary alternatives. Make every attempt to be gracious and continue to maintain that which is expected regardless of the actions of others.

GRADES: Cheerleaders will receive a grade (1-5 points) for each game and rally (lunch rally included). Additionally, he or she will receive 1 point per day for practice. If a practice, game, or community service event is missed, a cheerleader receives a zero. A minimum of 1 team community service requirement will be expected per semester with points up to 10% of the total semester grade.

- **Point System:** Points are based upon the cheerleader being, 1) on time (in place 5 minutes before start time), 2) a positive spirited attitude, 3) energy & effort, 4) facials, 5) rallying.

- **Citizenship:**

Unsatisfactory citizenship: un-coachable, excessive tardies, Probation status 1-2

Satisfactory: meets requirements for teamwork, attitude, facials, and memorization

Outstanding: exceeds standards by promoting teamwork, positive attitude at each gathering, spirited facials, strives beyond her/his comfort level.

Disciplinary System: (A copy of the TDHS Cheer PBIS Contract is attached to this document.)

Behavior: Our disciplinary system will be enforced on all violations of the guidelines set forth by the TDHS Cheer coaching staff. Regular attendance and behavioral issues, including bullying, rolling of the eyes, complaining, and improper dress on game days, at events, practices, etc. will not be tolerated thus, will be noted by the Head Coach and may lead to a step in discipline and affect the eligibility to participate. A probation form is used after a verbal warning and is used as a contract between cheerleader, coach, and parent in order to proactively set expectations so a cheerleader can be successful.

If a cheerleader at any time during practice and/or game reports to a coach that she/he is not feeling well, a parent will be called. The parent will make the determination if the cheerleader’s illness warrants picking him/her up from practice or a game. If a parent decides that the cheerleader can remain at the practice or game, the cheerleader will be required to sit out and watch for the remainder of the session with the coach.

Tardies: *All tardies and absences need to be communicated asap with the Head Coach.*

1= warning, 2=warning plus additional time conditioning before or after practice to make up minutes, 3 tardies = 1 absence. Tardies may be issued at any time after the official meeting time for practices, games, events, scrimmages, or competition.

Missed Practices: (*Without prior approval which is at least one hour before the start of practice)

- **Step 1: If one practice is missed during the week=** Verbal explanation of violation, warning against future consequence and cheerleader will show up at the next scheduled game in full uniform and sit out the 1st quarter with her/his coach.
- **Step 2: If two practices are missed during the week=** Verbal explanation of violation, warning against future consequence and cheerleader will show up at the next scheduled game in full uniform and will sit out the 1st half of the game and will not perform in the half-time routine.
- **Step 3: If three-four practices are missed during the week=** Verbal explanation of violation, warning against future consequence and cheerleader will show up at the next scheduled game, in full uniform, and will sit out the entire game, including half-time, with the coach.
- **Step 4: If five or more practices in total are missed =** Termination will be assigned by the Head Coach and Cheer Coordinator and upon the decision of the Athletic Director.

Dress Code: Please note that it is imperative for safety and uniformity that cheerleaders stick to the appropriate dress code. Any cheerleader who is not dressed in proper and clean attire forfeits her/his chance to participate and will be given an unexcused absence. Proper dress insures that a cheerleader will have full opportunity to participate on game day.

- All cheerleaders must wear plain black athletic shorts, bike shorts, capris or leggings. No color, designs, or large (beyond 2 inches) logos allowed. Shorts/skorts must have a drop of at least 3 ½ inches and cover fittingly over the buttocks during all forms of movement. After two verbal warnings, a cheerleader will not be permitted to participate in practice but will be asked to sit and observe yet the cheerleader will be granted an unexcused absence. Please keep all shorts modest!
- Cheerleaders are allowed to wear a plain grey t-shirt, tank, or sweatshirt. These may not contain any patterns or logos and may not be V-neck or loose fitting. All tops must be conservative and not expose any part of the chest, stomach, or belly. Tank tops should be at least two finger widths wide and go no lower than two fingers from the neckline. If a cheerleader wears an inappropriate tank (esp. in which cleavage or stomach is visible), she will be noted unexcused by the Head Coach and forfeits her chance to wear a tank at any future time during that year.
- One cheer shirt will be distributed per cheerleader to wear at every practice. Cheerleaders are encouraged to purchase any of the other designated cheer shirts, tank tops, or sweatshirts. All must be free of rips, tears, and cuts.
- Supportive sports bras should be worn under all tanks and **not visible** to other participants. Bra straps should be secure and not dangle down the shoulder. Bras should be neutral, grey or black and not any other color if worn in such a way that might be visible under a shirt or tank.
- During practice, any color athletic shoes are acceptable (white preferred) but must be worn with low to no-show socks; this is a requirement. No Vans, Keds, Converse or recreational shoes permitted.
- **No jewelry including piercings**, except medical I.D. tags may be worn to practice or at any time during cheer.
- **Hair must be pulled back into a pony tail and bangs removed from the eyes** at all times during team activities including practice, homecoming, games, team picture day, competitions, and camp. Attempt to avoid bobby pins.
- **No long or fake nails permissible. Nails must be sport length** and polish in clear or natural French only. No other colors are allowed. No nail logos or tips allowed. No fake nails allowed. Gel or acrylic is permitted.
- **No hair of unnatural dying or bleaching nor unnatural colored hairpiece is allowed.**
- Hair accessories must be in TDHS colors. Clips, pins, and hair ties may be in neutral, black, or brown. No other colors are permissible.
- **No hair designs, tattoos or special piercings allowed.** Team members promote a common visual image so to avoid dismissal from the team, cheerleaders shall not get any of those mentioned during the season. A Head Coach may choose to ban face painting or designs.
- **No whisps or tendril hair curls.**
- Braiding is at the discretion of the Head Coach.
- Once cheerleaders receive pom-poms, poms are required at all games and practices. Full uniforms are required at every game. Unused pieces should be placed in a cheerleader's duffle bag. The cheer uniform includes hair ribbon, cheer socks, briefs, skirt, shell, cheer shoes, body-liner, warm-up suit, and poms.
- No substitutions to the team ribbon, including competition or captain ribbons, Homecoming ribbons, Cancer Awareness Ribbons, etc. are allowed unless approved through the Cheer Coordinator.
- Dress Codes violations result in an unexcused absence and the cheerleader will not participate until a change of TDHS Cheer acceptable attire is provided.

Game Days:

- Uniform and practice attire must be clean. White uniform shoes should be cleaned before game day.
- All cheerleaders are expected to arrive one hour before her/his scheduled game, fully dressed and ready to cheer. If a cheerleader arrives later than the start time, she/he will be marked tardy (up to 20 minutes) and then will be considered "absent". Game Day tardies and missed practices are cumulative and can add up quickly toward a cheerleader's dismissal.
- If a cheerleader arrives early to his/her game, he/she must be in full uniform. No half-uniforms allowed. Hair must be up and ready for participation as a team.
- After his/her game, a cheerleader may swap out his/her bottoms for designated warm-up bottoms. Otherwise, a cheerleader must change all items of clothing. Warm-up jackets may be worn at any time.
- We recommend that the cheer uniform be laid out the night before all games and that cheer bags are checked for pom-poms, body-liners, warm-ups and water. The cheer uniform includes hair pulled in a high pony tail, bangs removed from the eyes, no tendrill curls to impede vision, the team hair ribbon secured at the top of the pony tail, cheer socks, briefs, skirt, shell, cheer shoes, body-liner, and warm-up suit.
- On game days, a cheerleader is to arrive on campus in full uniform dress. Alternate shoes, tank tops under cheer jackets, and an exposed abdomen are not permitted and will result in consequences.
- Make-up must appear natural but may include sparkle or shiny accents as approved by the Head Coach.
- All cheerleaders shall do no less than 15 minutes of warm-up before each game.
- All cheerleaders are responsible for learning game chants, cheers, side-line routines, and assigned dances.
- All cheerleaders must welcome visiting cheerleaders with hospitality and sportsmanship.
- Each cheerleader and parent should be fully aware of attendance, tardy and absence policies as listed in this document.

Cheer Camp: Attendance at cheer camp is expected and fundraising available for participants. Usually camp is held in July. Cheerleaders will not only learn more about the spirit of a leader but will also learn dance and cheer moves, leadership, and safety. Cheerleaders are expected to arrive promptly at the location directed. Regardless of circumstances, any cheerleader who is not present at roll-call will not be allowed entrance into camp. Cheerleaders are required to wear designated camp apparel, white athletic shoes, and hair must be pulled back into a pony tail with bangs secured out of the face. Cheerleaders are encouraged to bring her/his personal water and sunscreen. Parents are not allowed to stay throughout the day, therefore, must leave after the cheerleaders are signed in. Cheerleaders will be supervised by his/her coaches. However, parents may be invited back at the end of camp to watch the cheerleaders perform what they have learned.

Cheer Clinic: The TDHS Cheer teams may participate in a clinic and may even put on a clinic as a fundraiser.

Rallies: Rallies are traditionally held two times a year proceeding homecoming games. During rallies, cheerleaders perform team half-time dances and cheer routines. Cheerleaders are asked to wear full uniform attire on rally days. Other lunch rallies may be scheduled and every cheerleader is expected to cheer.

Homecoming: Homecoming week is filled with enthusiasm. All cheerleaders will be expected to participate in the dress-up activities promoted at school throughout the week. If a cheerleader does not participate, she/he will lose out on citizenship points and points marked as a tardy in dress at practice. All cheerleaders perform at JV and Varsity half-time. Parent attendance at games is vital to promoting team spirit. Parents have fun dressing in Downey colors for added spirit.

Team Photos: Professional photos will be taken of the team and individuals sometime before the start of the season. Cheerleaders must be in full uniform with no additions or deletions of any kind. Full uniform must be clean and includes liner, team bow secured at the top of the high pony, bangs removed from the eyes, and poms. Because of mass numbers and limited time, a traditional team and yearbook pose will be used throughout all squads. The team photo will be used in the Downey yearbook. Photo packages are an affordable way to obtain professional photos of your daughter or son. More details will follow

Senior Send-off: Each year we will participate in a Senior Send-off event to celebrate those girls who will graduate.

Cheer Competitions: TDHS Cheer will not participate in cheer competitions at this time.

Grievance Protocol: Any complaints from parents/guardians and or cheerleaders must follow the proper grievance protocol as outlined below:

1. The cheerleader must first meet with a coach or specifically a Head Coach of that girl's squad.
2. The cheerleader must meet with the Head Coach and Cheer Coordinator.
3. The Parent/Guardian, and cheerleader, must meet with the Head Coach and Coordinator.
4. Parent/Guardian must meet with the Cheer Coordinator and the Athletic Director. Further concerns will involve a meeting with the cheerleader, parent, head coach, cheer coordinator, and principal.

Parent Participation:

- The Downey Cheer program needs the financial and physical support of parents for optional uniforms, activities, and even for some events.
- Parents must sign the Parent Code of Conduct and abide by the standards set forth by TDHS Cheer.
- Parents are encouraged to attend games, and activities of TDHS Cheer with the purpose to support cheerleaders, players, coaches, staff, students, administration, etc.
- Parents are invited to participate in leadership and volunteerism throughout the season. Please contact the Cheer Coordinator or Head Coach of your team if you questions.
- Parents are asked to follow the specific Grievance Protocol for concerns that arise during the season. Parental concerns are taken seriously, as parents are a vital part of the Downey Cheer family.
- Parents must sit away from the practice or performance area and avoid interrupting their child or the coaching staff during practice, games or performances.
- Parents must monitor public media sites in which cheerleaders participate (ie: Facebook, Instagram, Twitter, Linked In, and any all all sites of similar nature to insure that all conversations regarding the Knights and participants of the cheer and football program are kept in positive regard.
- Parents are expected to avoid and dispel gossip should it arise and are asked to maintain exemplary conduct. Together, "We" can be #1.

Work Detail: All families asked to assist with fundraisers that are a collective event supporting the general fund. However, parents may opt to pay for the cheerleader's supplies or optional uniform through a donation or personal commitment. More information on fundraising and uniform costs will be provided at a later date. Parents are needed to assist with fundraising and events. PLEASE recognize that to be great, we all must work together.

Uniform and Fees:

- Modesto City Schools will fund \$40 per cheerleader toward a t-shirt and shorts as the designated cheerleading uniform.
- If all of the team members elect for an optional uniform rather than the short and t-shirt supplied by the district, each cheerleader and her/his parent are responsible for the optional expenses on or before the purchase date which is May 15, 2019. This amount is to be a contribution to a general fund in which a purchase can be made to the supplier. This is voluntary and no cheerleader is required to pay any fee or expense in order to participate, however, if all funds have not been gathered by the purchase date, the optional uniform will not be purchased and cheerleaders will elect to wear the t-shirt and shorts supplied by the district.
- The district rule is that the uniform is to be purchased for the school and must be returned to the school. A complete budget will be distributed to help with decision-making. Cheerleaders are given the options of fundraising, obtaining sponsors, or purchasing these items out of pocket.
- A parent or guardian must accompany the cheerleader during the time of optional uniform measurements. Once the cheerleader has been fitted for the optional uniform, and he/she has paid for it, it belongs to her. There is no returning the uniform.

- Each cheerleader is responsible for maintaining her/his uniform and is responsible for the replacement of lost or stolen items. And, each cheerleader is responsible for showing up in full uniform when requested regardless of whether it is lost. Lost items must be replaced promptly as a cheerleader cannot participate without it.
- All other rules regarding dress as outlined in this document are required.

Parking Lot: Due to the possibility of theft and vandalism, your vehicle and personal property should be kept locked and valuables out of sight. Downey and Modesto City Schools both will not be held responsible for any lost, stolen or vandalized property. Please note that there is no free re-entry into games so secure your items before entering the MCS activity field or facility. Once a cheerleader enters the game, he/she is not allowed to come and go freely. Cheerleaders are to remain within the facility to insure safety.

Community Service: Some fundraisers will also contribute to community service hours. Participants are expected to donate 5 hours of time to his/her community, Cheerleaders are encouraged to find opportunities for our cheer teams to participate in activities that serve our community beyond the service you provide each day by being an amazing asset to the people at our school.

I have read and agreed to the terms set forth in the TDHS Cheer Rules, Guidelines and Informational.

Parent Name (print) _____

Parent Signature _____ **Date** _____

Cheerleader's Name (print) _____

Signature _____ **Date** _____

Updated on 3-3-2019 vs



Thomas Downey High School

TDHS Cheer Positive Behavior Intervention System Contract

Grievance Protocol: Any complaints from parents/guardians and or cheerleaders must follow the proper grievance protocol as outlined below:

1. The cheerleader must first meet with a coach or specifically a Head Coach of that girl's squad.
2. The cheerleader must meet with the Head Coach and Cheer Coordinator.
3. The Parent/Guardian, and cheerleader, must meet with the Head Coach and Coordinator.
4. Parent/Guardian must meet with the Cheer Coordinator and the Athletic Director. Further concerns will involve a meeting with the cheerleader, parent, head coach, cheer coordinator, and principal.

Disciplinary System: Our disciplinary system will be enforced on all violations of the guidelines set forth by the TDHS Cheer coaching staff. Regular attendance and behavioral issues, including bullying, rolling of the eyes, complaining, and improper dress on game days, etc. will not be tolerated, thus it will be noted by the Head Coach and may lead to a step in discipline and affect the eligibility to participate. Note: (3 tardies = 1 absence. Tardies may be issued at any time after the official meeting time for practices, games, events, scrimmages, or competition. 4 unexcused absences = 1 Saturday school). All absences need to be clarified by the cheerleader verbally (or by text as in standard with your coach's protocol) at least 1 hour before practice or one hour before the designated arrival times at the event or game. Contact must be made with the Head Coach and excused the day before or at least, 1 hour before arrival time to practice or games.

Missed Practices: (*Without prior approval which is at least one hour before the start of practice)

- **Step 1: If one practice is missed during the week=** Verbal explanation of violation, warning against future consequence and cheerleader will show up at the next scheduled game in full uniform and sit out the 1st quarter with her/his coach.
- **Step 2: If two practices are missed during the week=** Verbal explanation of violation, warning against future consequence and cheerleader will show up at the next scheduled game in full uniform and will sit out the 1st half of the game and will not perform in the half-time routine.
- **Step 3: If three-four practices are missed during the week=** Verbal explanation of violation, warning against future consequence and cheerleader will show up at the next scheduled game, in full uniform, and will sit out the entire game, including half-time, with the coach.

Additional Circumstances that Lead to Discipline:

1. If a cheerleader at any time during practice and/or game reports to a coach that she/he is not feeling well, a parent will be called. The parent will make the determination if the cheerleader's illness warrants picking him/her up from practice or a game. If a parent decides that the cheerleader can remain at the practice or game, the cheerleader will be required to sit out and watch for the remainder of the session with the coach.
2. **If a cheerleader arrives 10 minutes late on game day, he/she will sit out the first quarter of the game and may not be allowed to perform in the half-time routine.** If last minute changes were necessary, he/she may also forfeit the opportunity to be a "Captain" for her/his squad or participate in special honors if it is an activity of such.
3. **If a cheerleader arrives later than 10 minutes but not surpassing 30 minutes, he/she will sit out the first half of the game and not be allowed to perform in the half-time routine.**
4. **If a cheerleader arrives at a game beyond 30 minutes tardy, a cheerleader will be asked to sit out the remainder of the game but remain in uniform with the cheerleaders so long as she/he is not a distraction.**
5. **Unexcused tardiness and absences will be noted and will be counted against the cheerleader when considering your GPA and citizenship.**
6. **Cheerleaders who are caught drinking alcohol or doing drugs will be removed from the program.** This may include pictures or videos of activity during and outside of the season, as well as on and off campus, which is identified as in opposition of the program, MCS Student Handbook, MCS Athletic rules, or Code of Conduct, Cheer Rules, Guidelines, and Informational.

TDHS Cheer PBIS Contract

Student's Name (Printed) _____ Level _____

Student's Name (Signed) _____

Parent's Name (Printed) _____

Parent's Name (Signed) _____

Discipline Log (optional):

1st Incident and Date: _____

2nd Incident and Date: _____

3rd Incident and Date: _____

4th Incident and Date: _____

After a review by the Head Coach, Cheer Coordinator and Athletic Director, _____

(Student's name) is being placed on probation from _____ (Starting date) until

_____ (ending date) for the following reason:

To continue in a cheer position, we expect the following:

_____ Signatures: Head

Coach _____

Cheer Coordinator's Signature _____

Athletic Director's Signature _____



Thomas Downey High School

2019-2020 Cheerleading Tryout Packet

Our Cheer Philosophy: *The Thomas Downey High Cheerleaders will serve to lead, direct, and support the spirit of our athletic teams, student body and MCS Officials at all events and games. Cheerleaders shall promote excellence in education, spirit, sportsmanship, physical fitness, positive image, and leadership whether on or off the field. Cheerleaders shall strive to maintain high standards of morality and social conduct.*

DOWNEY HIGH CHEERLEADING: READ CAREFULLY THE TDHS CHEER RULES, GUIDELINES, AND INFORMATION (RGI) BEFORE TYING OUT FOR THE PROGRAM.

Participation in the Thomas Downey High School Cheer program is a privilege. Along with this privilege come certain responsibilities. In addition to representing yourself, you are also representing your squad, your coach, your school, and even your community. Therefore, you must conduct yourself appropriately **at all times**, not just at games or school activities. Success of the cheer squad is dependent not only on the team, but also your effort, and willingness to work as a team. PLEASE READ THE CHEER RGI AND PARENT CODE OF CONDUCT CAREFULLY. If you are not willing to abide by the standards of these two documents, the Downey Cheer Team is **not** for you and you should not proceed with tryouts. If you are ready to lead others with integrity, we want you!

DOWNEY HIGH CHEERLEADING TRYOUT PROCEDURES:

The Cheer Coordinator and coaching staff will conduct cheer tryouts once during the academic year for both football and basketball seasons; this will be in the spring for the next school year. A cheerleader who quits mid-season in a prior year will forfeit his/her opportunity to participate in tryouts for the next school year. All squad members must tryout every year. Past experiences in cheer or dance is no guarantee that a candidate will be selected for the upcoming year. Size of the squad is at the discretion of the Coordinator and coaching staff. There will filling teams according to points and assign approximately 20 participants at Varsity, 12 at JV, and 10 at the Freshmen level.

DATES CHANGE EACH YEAR:

- January 23-Feb. 16TH** **TRYOUT PACKET PICK-UP** 2 feeder schools, the TDHS Student Center, or TDHS website .
Packets must be completed prior to February 16^h **AND RETURNED TO MRS. SUTTER**, Room 301 or in the Student Center.
- February 16th**
- 1) **TDHS CHEER CLINIC** - Non-mandatory Grades 8-11. COST: \$20; TIME: 8-11AM @ DOWNEY
 - 2) **Parent INFORMATION MEETING** (1ST opportunity) @ 11AM AT DOWNEY – This meeting is a brief informational to answer any questions parents my have. A second opportunity is offered on Feb. 19th.
 - 3) **PACKET RETURN!** If you intend to tryout for the cheer team, you must turn in your packet by the 16th to be added as a candidate.
- February 19st**
- INFORMATION MEETING** (second opportunity) The Cheer Coordinator will conduct a second opportunity to hear about the program. This is the same information provided at the meeting on January 16th.
- At this meeting, you will...
- A. Meet the TDHS Cheer Coordinator and coaching staff.
 - B. Hear about current staffing needs.
 - C. L about additional topics which may be of interest which include:
 1. Cheer Rules Guidelines and Informational (RGI) and Parent Conduct Code, Student Conduct Code and MCS Student Handbook.
 2. Uniforms & Expenses
 3. Camps and preseason commitments
 4. Tryout protocol and selection process
 5. Conflict management and team building. (A life of friendships, family, and fun!)

Feb. 19-21st

CHEER TRY-OUTS (ALL 3 DAYS are Mandatory) – 3:30-5:30pm Big Gym,

Feb. 24th

ANNOUNCEMENT OF TEAM CANDIDACY – Each participant selected as a cheerleader candidate for the 2019-2020 season will receive a phone call or text. Permanent status will be reliant upon meeting RGI requirements which include grade clearance, attendance and attitude at preseason training and meeting deadlines for sponsorship or fundraising.

March 6TH

MANDATORY PARENT & CHEERLEADER INDUCTION, 7-8pm IN DOWNEY’S CAFETERIA.

1. TRYOUT REQUIREMENTS:

- A. Cheerleading tryouts will include a variety of cheerleading skills that will be demonstrated during the three days of clinic prior to tryouts. In addition...
1. candidates must bring the completed Tryout Packet which includes a copy of his/her 3rd quarter grades (note: a 2.0 min. GPA required throughout the season as well), and the signed consent forms.
 2. Must be assigned by the district to Downey High School in order to be on the squad. Please be in the district when applying for tryouts.
 3. candidates must arrive promptly and in proper attire.
 4. candidates must be in good physical condition/health in order to participate in the clinic and tryouts.
 5. candidates will tryout in groups and will be assigned a random number to determine the tryout order.
 6. the school administrators, cheerleading coaches, Athletic Director, judges, and cheerleading candidates are the only people permitted in the try out areas. No other spectators will be admitted. Cheerleaders are required to allow these adults to observe their performance.
 7. all cheerleaders will be expected to demonstrate good sportsmanship at all times; this includes good sportsmanship at our introductory gathering, clinic, and tryouts.
 8. candidates are asked to wear plain black shorts, capris, or leggings and a plain white t-shirt. Candidates are asked to wear hair up in a pony-tail with all wisps, bangs, and tendrils, pulled back and sprayed securely out of her/his face. In addition, athletic shoes with no-show socks must be worn.
 9. candidates will be given a number and expected to wear that each day. Failure to bring it the following day will result in a loss of points.

2. CLINIC & JUDGING:

- A. Judges are independent evaluators, exposed to cheer experience, who will determine a score that reflects the criterion by candidates to make the cheer squad.
- B. Candidates will encounter 2 days of instruction where they will learn the components of a short dance, sideline cheer, jumps and kicks before the day of tryouts.
- C. Candidates will be judged on the following:
1. Short dance
 2. One sideline cheer
 3. Right and left kick
 4. Toe touch and a jump of their choice
 5. Technique
 6. Attitude
- Past performance in Downey’s cheer program will be considered. If a cheerleader has not met the requirements in the previous year, he/she may not be recommended to the program.

UNIFORMS: Modesto City Schools District will provide a basic cheer uniform consisting of a t-shirt and shorts.

Parents/cheerleaders have an option to fundraise and purchase a different upgraded uniform providing everyone on the team agree to do so. The upgraded uniform is approximately \$700 and fundraising is available from March to May. Read the TDHS CHEER RGI for more details.

FORMS:

- A. Forms are created to help ensure all cheerleaders have a safe and positive cheerleading experience. All forms are required to be turned in prior to participation in Downey High Cheerleading Program. **No one** will be allowed to stay at the tryout clinic unless all forms are turned in to the Cheer Coordinator. (Physicals will be turned later at a later date.)
- B. See the following pages for all forms pertaining to Downey High Cheerleading:
 - 1. Registration form
 - 2. Tryout score sheet
 - 3. Physical Form
 - 4. Tryout permission slip
 - 5. Estimated Cost of Participation
 - 6. Cheer RGI
 - 7. Cheer Parent Code of Conduct



<u>SAMPLE TRYOUT TIME SCHEDULE</u>
3:30 PM- 3:55 PM WARM UP
4-4:25 PM JUMP/MOTION/TECHNIQUE
4:25-5PM CHANT
5-5:30PM ROUTINE (7 EIGHT COUNTS)

*** Please keep this packet at home for reference.**

Val Sutter, Cheer Coordinator @ 209-985-4219



Thomas Downey High School

DOWNEY HIGH CHEERLEADING REGISTRATION FORM

PARTICIPANT _____ **SQUAD** _____

Email _____ Age _____ Birth Date _____

Cell # _____ Current School _____ Current Grade Level _____

Lives with: Mother Father Legal Guardian
Relationship _____

MOTHER _____ Email _____

Home Phone _____ Cell _____ Work _____

Address _____ City _____ Zip _____

FATHER _____ Email _____

Home Phone _____ Cell _____ Work _____

Address _____ City _____ Zip _____

.....

Emergency Contact _____ Phone number(s) _____

Participant's Doctor _____ Phone _____

Insurance Company _____ **Policy #** _____

Current medication or supplements

Allergies to medicines

Further medical information or psychological disabilities

CHEER CANDIDATE'S PERSONAL EVALUATION

1. If we spoke to your teachers, what would they say is your greatest weakness and greatest strength?
2. How do you intend to show and encourage school spirit?
3. What should be the heart of a cheerleader?
4. What kind of attitude does it take to be a dynamic cheerleader?



Thomas Downey High School

CHEERLEADING TRYOUT SCORE SHEET

Participant # _____ Squad _____ Judge # _____

- Candidates will be given a number rather than be known by a name. He/she will receive a final score which is derived from each of three judges. Top scorers will be given a place of candidacy on respective teams.

Cheer (25 pts.)

Look for: Strong, tight, clean motions, volume, energy, memorization, rhythm.

Knowledge of Routine (5pts)

Crowd-leading (Voice, Projection, Enthusiasm, Confidence) (10pts)

Motions (Placement, Sharpness, Knowledge) (5pts)

Rally/Spirit (5pts)

Total _____ / 25

Dance (25 pts.)

Look for: Knowledge of Routine, Poise, Body control, tight and precise motions and energy, fluency.

Motions (Placement, Sharpness, Knowledge) (10pts)

Appearance (Enthusiasm, Confidence, poise) (10pts)

Recovery (Ability to continue after missing) (5pts)

Total _____ / 25

Jumps, Kicks, & Splits (20 pts.)

Look for: Upright body position, height, feet together on landing, and toes pointed on jumps.

Toe Touch & Right Hurdler (or Jump of Choice) (5pts)

Right Kick, Left Kick, Front Kick (5pts)

Split (non-mandatory)

Total _____ / 10

Appearance (10 pts.)

Dress meets requirement & hair must be all up, neat and secured out of face (5pts)

High energy level, stamina (5pts)

Facials, genuine expression and emotions (10 pts)

Total _____ / 20

Attitude and Recommendation (20 pts.)

Attitude during clinic

Coach's recommendation

Teacher Recommendations

Total _____ / 20

Judge Comments:

Total Score _____ / 100



Thomas Downey High School

CHEERLEADING TRYOUT PERMISSION SLIP

DATE: February 19-21, 2018 **TIME:** 3:30-5:30pm **LOCATION:** Big Gym

I, being fully aware of the risk and possibility of injury involved in cheerleading, voluntarily consent to have my child participate in programs offered by Downey High Cheerleading. I agree to waive and release all rights and claims for damage that my child or I have against Downey High Cheerleading and its employees, whether paid or volunteer, now and in the future. I certify that my child is mentally and physically capable of participating in any class, performance, trip and/or event participated with Downey High Cheerleading. I grant permission for Downey High Cheerleading and its employees to seek medical treatment, and give permission for medical treatment in the event of an emergency/ injury to my child. I am the legal parent/guardian of the above named child.

I acknowledge that there are no health problems that will interfere with the try-out process of my son or daughter.

I give permission for my child, _____, to participate in cheerleading tryouts for Downey High Cheerleading Team. I understand that my child will be attending a clinic which involves physical fitness and agility that ultimately will lead to try-outs for a position on a squad. Furthermore, I recognize that my child may or may not be given a position on the squad and that the decision is at the discretion of the judges and Cheer Coordinator and based upon the requirements outlined by the program and Modesto City Schools Athletics. I have no grounds to contest any decision made and therefore, accept the process as final. I also acknowledge that upon notification, my child will only be a candidate until all requirements have been fulfilled.

My child will be allowed to:

- Condition
- Cheer
- Dance
- Jump, kick, and split if possible
- Communicate intent and experiences, knowledge, and strengths

I understand that a physical is not necessary for tryouts but will be required if selected for the team. I will have my son/daughter at tryouts each day of clinic by 3:20m at the Downey High Big Gym in the required attire the days of clinic and Try-outs. He/she will be ready to start clinic promptly at 6pm. Failure to comply may disqualify my child from participating in tryouts and in the cheer program. I acknowledge that I can contact the Cheer Coordinator ahead of time if I have questions about any part of this document. The TDHS Coordinator, Valerie Sutter, at 209-985-9705 or sutter.v@monet.k12.ca.us may not be able to answer the phone at which time, I will send a text.

I acknowledge that if my child makes the squad, I will attend the Mandatory Parent/Cheerleader Induction prior to tryouts. This year the Parent-Cheerleader meeting is March 6, 2019 from 7-8pm in the Downey cafeteria.

Parent's Signature: _____ **Date** _____

(or Legal Guardian)

Parent's Name: _____ **Contact Number:** _____

(Mother)

Parent's Name: _____ **Contact Number:** _____

(Father)



Thomas Downey High School

CHEERLEADING CONTRACT SIGNATURE PAGE

Dear Parent/Guardian,

Please read the Rules Guidelines and Informational (RGI). Keep them for your records to refer to when needed. Sign the below portion and return it to the Downey High Cheerleading staff prior to participation.

I, (Cheer Candidate's Name) _____ will adhere to all informational documents I might have been given by the Cheer Coordinator and/or my coaches which also includes the MCS Student Handbook, MCS Code of Conduct, Cheer Parent Code of Conduct, and the Cheer Rules, Guidelines, and Information. I will accept the position I have earned at tryouts and will accept the responsibilities of being a representative of my school.

Candidate's SIGNATURE: _____ DATE: _____

.....

I acknowledge that Cheer is considered an activity not a sport according to the district yet, there are expenses for the program that must be generated. As a collective body, we will find ways to meet the needs of our members. The cheer uniform consists of a pair of shorts and a t-shirt unless my whole team (each cheerleader & parent) agrees to raise funds to purchase an optional uniform. When funds, if any, for my uniform are collected, I will be able to order a uniform but not before then.

PARENT'S SIGNATURE

CANDIDATE'S SIGNATURE

Permission:

I grant permission for my child to participate as a 2018-2019 Downey High Cheerleader. I have read and understand the rules, which will govern my child and agree to adhere to the MCS Student Handbook, MCS Code of Conduct, Cheer Parent Code of Conduct, and the Cheer Rules, Guidelines, and Information.

Parent's SIGNATURE: _____ DATE: _____



Thomas Downey High School

PARENT CODE OF CONDUCT

The six core principles of sportsmanship are based upon the essential elements of character-building and ethics. These six pillars include: **Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship.**

I therefore agree:

1. I will encourage my child to maintain the six pillars
2. I will encourage my child to participate in team sports and to give his/her best at all times regardless of outcomes.
3. I will transport my child or make arrangements for my child to and from all practices and games and in accordance with the rules set forth by MCS.
4. I will inform the coach of any physical, emotional, or social issue or ailment that may affect the safety of my child or the safety of others.
5. I will emphasize the importance of regular attendance at trainings, practices and games as key to valuable skill development.
6. I will promote the emotional and physical well-being of my child and all the participating athletes ahead of any personal desire to win.
7. I will teach my child to adhere to the rules (RGI) and to resolve conflicts without resorting to hostility or violence.
8. I recognize that the MCS Code of Conduct, MCS Student Handbook, and Cheer Parent Code of Conduct, Cheer Tryout packet, and Cheer RGI contain all guidelines for the TDHS Cheer program.
9. I will require that my child treats other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will not encourage any behaviors or practices that would endanger the health and well-being of any athlete.
11. I will follow the rules which forbid tobacco, alcohol and drug abuse at all Modesto City Schools sporting events and will teach my child to do the same.
12. I will never verbally condemn my child or any other participant for mistakes or faults during practices, games, or sporting events.
13. I, along with my guests, will be a positive role model for all children. Together, we will encourage sportsmanship by showing respect and support for all players, coaches, officials and spectators at every game, practice or event. We will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures. I will respect the officials and their authority during games.
14. I will support the activities, events, fundraising, etc. that help to maintain the integrity of the cheer program.
15. I will respect and adhere to the governing authority of Modesto City Schools, Thomas Downey High School, the TDHS Athletic Director, Cheer Coordinator, and coaches.
16. I will never question, discuss, or confront coaches at games nor on the practice field. I will adhere to a 48-hour cool-down period before requesting a meeting with the coach.
17. I will choose to speak with coaches at an agreed upon time and place and with a purpose to peacefully resolve conflict.
18. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.
19. I will refrain from texting or posting any negative or derogatory remarks regarding any official, coach, cheerleader, player, team mate, parent, teacher, etc. in any text or any social media or internet website such as Face book, My Space, or Twitter, etc. and will teach the same to my child.
20. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Verbal warning by an official, Modesto City School District Official or School Site Representative, Cheer Coordinator, or Head Coach.
 - Written warning.
 - Suspension from all games, and events with written documentation of incident kept on file by the organizations involved.
 - Individual, game, week, or seasonal suspension of all practices, games, and events.

Parent/Guardian Signature _____ Date _____

Cheerleader's Name (PRINTED) _____ Level _____