



Welcome to Westmont STUNT

Spring 2023

Coach Kelly DeBey, Kim Albrecht, Shyann Hayes, Lainey Fitch

Agenda

- Introduction of Coaches
- History of WHS CSC (2018-2023)
- CSC Handbook (Rules/Regulations)
- CSC Schedule
- Athletic Clearance
- Tryouts and Announcements

Westmont CSC History

2018-2023

Westmont Cheer Coaches

- Coach Kelly DeBey (2016-2023)
- Coach Shyann Hayes (2021-2023)
- Coach Kim Albrecht (2021-2023)
- Coach Lainey Fitch (2022-2023)



Westmont Cheer History (2018-2023)

- **Spring 2018**

- CSC: 1st school in BVAL to start STUNT (1st and only game against Sequoia HS)
- Record 1-0



Westmont Cheer History (2018-2023)

- **Spring 2019**

- CSC (First time BVAL introduced STUNT at a sport)
- Record 5-1



Westmont Cheer History (2018-2023)

- **Spring 2020**

- CSC: Record 2-0 (Season cut short due to COVID-19)
- Won at Level 6 Pyramids against the rubric!



Westmont Cheer History (2018-2023)

- **Spring 2021**

- CSC Non-League Games (May 2021)
- Record 5-1: 2nd place - unofficially



Westmont Cheer History (2018-2023)

- **Spring 2022**

- CSC - STUNT
- 6-0! (BVAL Champions - 1st ever BVAL Winner!)
- 8th in CA State (out of 123 teams)



Westmont Cheer History (2018-2023)

- **Spring 2023....**

- Defending BVAL Champs!! Here we come!



Westmont CSC Handbook

Spring 2023

CSC via the Cheer Handbook 2022-2023



- **I: STATEMENT OF PURPOSE**

- Positivity
- Respect the program, Respect our school, Respect the community
- Sportsmanship

CSC via the Cheer Handbook 2022-2023

- **II: TERM OF OFFICE**

- ★ • **CSC (STUNT)**: January - May 2023
 - Tryouts are in January 31s 2023
 - 8-10 League games
- ★ • CA State Championships (May 12-13, 2023) - SoCal

CSC via the Cheer Handbook 2022-2023

- **III - STUDENT-ATHLETE CODE OF CONDUCT**

- Academic Eligibility (GPA of 2.0 or above, 1 “F”)
- Grievance Procedures
- Disciplinary Actions
- Removal or quitting

CSC via the Cheer Handbook 2022-2023

• IV – GRADES: CHEER POINT SYSTEM

- Academic - PE Grades (for returning Sophomores on TCC or CSC)
 - PE Grade will be determined by their Cheer Grade
- Practice Performance Standards
- Practice Schedule
- Everyone starts at 100%
- Negative Points (-40 pts = removal from team)
- Positive Points (+15 pts max)
- Tardies
- Absences
- Exceeding Absences

CSC via the Cheer Handbook 2022-2023

• V – CAPTAIN SELECTION

- CSC Captains (2- Varsity Team Only)
- Captain Selection Process
- General Duties of Squad Captains

CSC via the Cheer Handbook 2022-2023

• VI – STUNTING/TUMBLING SAFETY

- General Rules
 - Certified coach or advisor must be present at all times
 - Skills will be taught in progress
 - Cheerleaders must pay attention and take stunting/tumbling seriously

CSC via the Cheer Handbook 2022-2023

• VII – UNIFORMS AND PROPS

- STUNT jerseys (existing jerseys are Black)
- Looking into an additional White Jersey
- Jersey Numbers

CSC via the Cheer Handbook 2022-2023

• VIII – PARENT INVOLVEMENT

- Schedule
- Fundraising
- Food and Drinks
- Transportation
- Parent Meetings
- Photography
- Senior Night



CSC via the Cheer Handbook 2022-2023

• XI – (CSC) STUNT

- ★ Tryouts: January 31, 2023
- Strongly Encouraged Skills
- Squad Composition- Varsity only (9th-12th)
- Guidelines/Expectations



Westmont CSC Schedule

March - May 2023

CSC Schedule - Practice Schedule

- Practices start 2/2, and end once we go to STATE, 5/14
- 2/2 - 5/14/2023

- **Monday Tumbling:**

- **Location: Loopkicks Tricking Gym**

- 2790 El Camino Real, Santa Clara, CA 95051
 - 4:45-5:45PM (Future Tumblers)
 - 5:45-6:45PM (BHS+ Tumblers)

- **Tuesday - Mock Games**

- Westmont Cafeteria
 - 6-9PM

- **Thursday - New Material**

- Westmont Cafeteria
 - 6-9PM

CSC - Competing Schools

- **BVAL - MT. Hamilton Division**

- Branham (biggest rival!) - A
- Palo Alto - B
- Pioneer - B
- Prospect - B
- Sequoia - A
- Silver Creek - B
- Westmont - A
- Wilcox - A

- **A vs B Teams:**

- A vs A: Performs all 12 athletes in routines
- A vs B: A can only perform 8 athletes to match to B team. A can still perform 12 athletes if B team forfeits the routine called
- B vs B: Performs only 8 athletes in all routines

CSC Schedule - Games/State

CHAIRPERSON: Ojae Balgos - Silver Creek
 GAME TIMES: 1st contest - 5:00pm / 2nd contest - 6:00pm / 3rd contest - 7:00pm / 4th contest - 8:00pm
 GAME LIMIT: 24 games + 2 Scrimmages + 1 Non-CIF Contest
 CCS DATES: Practice Start Date: 1/30/23 - 1st Scrimmage - 2/13/23 - 1st Contest: 2/20/23
 BVAL MEETINGS: Pre-Season: 1/23/23 @ Pioneer HS 6:00pm
 Post-Season: 5/15/23 @ Pioneer HS 6:00pm

End of Season Summary due in BVAL Office by May 5, 2022

<p>Wednesday, March 1st - Location: Branham Sequoia vs. Wilcox Prospect vs. Santa Clara Palo Alto vs. Silver Creek Pioneer vs. Branham</p> <p>Wednesday, March 8th - Location: Sequoia Westmont vs. Palo Alto Silver Creek vs. Branham Wilcox vs. Pioneer Santa Clara vs. Sequoia</p> <p>Thursday, March 16th - Location: Santa Clara Palo Alto vs. Wilcox Branham vs. Prospect Westmont vs. Santa Clara</p> <p>Wednesday, March 22nd - Location: Prospect Silver Creek vs. Sequoia Branham vs. Santa Clara Wilcox vs. Prospect</p> <p>Wednesday, March 29th - Location: Wilcox Santa Clara vs. Palo Alto Pioneer vs. Prospect Westmont vs. Sequoia Silver Creek vs. Wilcox</p> <p>April 3rd - April 7th GUSD - Spring Break</p>	<p>Wednesday, April 5th - Location: Westmont Palo Alto vs. Sequoia Branham vs. Santa Clara Pioneer vs. Santa Clara Prospect vs. Westmont</p> <p>April 11th - April 15th Location: Branham CLUSD - Spring Break SIUSD - Spring Break ESUSD - Spring Break MHUSD - Spring Break SUHSD - Spring Break</p> <p>April 17th - April 21st SCUSD - Spring Break</p> <p>Wednesday, April 19th - Location: Branham Silver Creek vs. Prospect Pioneer vs. Westmont Sequoia vs. Branham</p> <p>Wednesday, April 26th - Location: Palo Alto Sequoia vs. Pioneer Santa Clara vs. Silver Creek Westmont vs. Branham Prospect vs. Palo Alto</p> <p>Wednesday, May 3rd - Location: Pioneer Westmont vs. Silver Creek Santa Clara vs. Wilcox Sequoia vs. Prospect Palo Alto vs. Pioneer</p>	<p>Wednesday, May 10th - Location: Silver Creek Branham vs. Palo Alto Westmont vs. Wilcox Pioneer vs. Silver Creek</p> <p>June 9th - 10th CIF CSC State Event</p> <p>10/19/22</p>
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- **Opportunities to compete on Bye Weeks**

- 3/1 and 3/22
- All Games are Wednesdays in exception to:
 - Thursday, March 16th!

- **State Championships:**

- Friday and Saturday Event
- May 12 and 13, 2023
- Will be held in Southern California this year (2022 was in NorCal)
 - SoCal School has not been decided
- Athletes will be excused from school
- Hotel night expected for Friday night only - fundraised/donations
- Flight is at cost of individual athlete/family

Westmont CSC Athletic Clearance

January 2023

CSC - Athletic Clearance (per AD)

Athletic Clearances

Please make sure that your student-athlete is completely cleared by 1/30. In order for them to try out for a spring sport, they will need to make sure they have completed all the clearance items within athleticclearance.com. Items include: contact/insurance information, completed physical, heart screening, and signing off on various waivers.

CSC - Physicals (per AD)

Physical Opportunity

There will be an opportunity to get a physical right here on campus on January 27th at 3:00 PM. Dr. Shahab will be on campus for roughly an hour to offer our student-athletes an opportunity to complete their physical. Athletes are more than welcome to go through their general physician as well. Dr. Shahab will be located in the coaches office which is located right next to the boys locker room (door on the right). All athletes need to bring is a copy of the physical form (found [HERE](#)) and \$25.

<https://drive.google.com/file/d/16DdhOfE24dfpCZQEDkr5HcSA3m2FAQFZ/view?usp=sharing>

CSC - Heart Screenings 9th/11th (per AD)

Heart Screenings through the Kyle J. Taylor Foundation

All 9th and 11th graders are required to complete a heart screening prior to any athletic participation for the spring. The Kyle J. Taylor foundation will be offering a screening on January 25th starting at 3:00 PM. Please make sure to schedule your appointment ahead of time! You can sign up using this [LINK](#).

https://www.flipcause.com/secure/cause_pdetails/MTcyNTMy

CSC - General Clearance Reminders (per AD)

General Clearance Reminders

- 1.If you've already been cleared for a fall or winter sport, you do not need to go through the clearance procedure again. Just make sure that your student-athlete has been cleared for the spring sport within your athletic clearance profile. If they are not, just have them come by my office and I can help them add the spring sport they'd like to try out for.
- 2.If your athlete is currently playing a winter sport, they will finish their winter season prior to trying out for a spring sport. All athletes will be given the same number of try out days as everyone else once their winter season is completed. We just recommend that you reach out to the coach of the spring sport to let them know that your student-athlete intends on trying out for that sport once the winter season concludes.

Westmont CSC Tryouts

January 31st, 2023

Tryouts (January 31, 2023)

- **Tryouts**

- Tuesday, January 31, 2023
 - Open Practice Style
 - 6-8PM, Westmont Cafeteria

- **Tryout Material**

- Jumps (toe touch, hurdler, pike)
- Tumbling skills
- Stunts

- **What to Wear:**

- Black shorts
- Black shirt
- Hair in high ponytail
- Athletic Shoes

Tryout Paperwork

- **Tryout Paperwork - Online Forms!**

- ***For New Athletes Only:*** Submit all forms by January 31st

- <https://www.westmontcheer.com/paperwork>

- Contact Card
- Handbook Contract
- Physical Ability Form
- Self-Assessment
- Admin will pull grades from 1st Semester - 2022)

- *Due by March 1st, 2023*

- *Physicals*

- *AthleticClearance.com*

Tryouts - Announcements

- **Tryout Results**

- Announcements of Results: **Wednesday, February 1st, 2023 (9AM)**
- Cheer Team members will be posted on the “Tryouts” >> “Results” page on <https://www.westmontcheer.com/results>
- Instagram: Follow @westmontcheerleading