

WESTMONT HIGH SCHOOL

HANDBOOK AND STUDENT CONTRACT

2023-2024 CHEER TEAMS (SIDELINE, TCC, CSC)

I - STATEMENT OF PURPOSE

The Westmont High School (WHS) Cheer Squads shall promote and direct school spirit, win or lose, extend hospitality to visiting squads and fans, choose appropriate cheers and encourage positive attitudes and actions from the spectators. Athletes should always conduct themselves in a manner that will bring credit and respect to our teams, school, and community.

It is a great honor to be a cheerleader for WHS. Each cheerleader shall display exemplary sportsmanship and proper conduct as an official student representative of WHS.

II - TERM OF OFFICE

WHS Cheerleaders will be considered to be in office from the announcement of squads (April 2023) until the last cheer event for their selected season.

Breakdown of term per team (Sideline, TCC, CSC) are explained in Sections 9-11 (pages 10-13).

III – STUDENT-ATHLETE CODE OF CONDUCT

*Westmont High School believes that a student should consider participation in athletics as both a **privilege** and a **responsibility**. The **privilege** is the opportunity to take part in the athletic program provided by the school, and this **privilege** may be revoked when the student fails or refuses to comply with the rules. The **responsibility** is found in representing the school, which involves maintaining academic eligibility, high standards of citizenship at all times, sportsmanship and playing the game to the best of his/her ability. Respect for and compliance with the school's Student Athlete Code of Conduct is expected of every student who participates.*

ACADEMIC ELIGIBILITY / ATTENDANCE

In accordance with BVAL and CCS rules and regulations, student athletes must meet the following minimum requirements:

- Current enrollment in five classes for a minimum of 25 units
- Passing grades in 20 or more credits of course work (no more than one "F")
- GPA of 2.0 (with no more than one "F") in the previous 6 week grading period. Should the student athlete fall below a 2.0, a probationary period may be applied for at the discretion of the coach and administration, once during frosh/soph years and once during junior/senior years (though not in concurrent semesters), as long as the GPA is not below 1.75.
- **Second time ineligible:** If grade requirements have not been met two times within a given cheer season, athlete will be removed from the WHS Cheer Team, **forfeiting their position as a Cheerleader for WHS.**
- Transfer students must meet all eligibility guidelines
- Must attend 2 out of 3 classes daily in order to be eligible for athletic contests, and must participate fully in all classes including P.E. Students who are absent from school for "unexcused reasons" are not eligible to participate in athletics for that day.

- Students who are excused early for a game are responsible for missed work and should use tutorial to make up work; making up work after school is not an excuse to miss practice, but if this becomes necessary the student must communicate with his/her coach prior to missing practice.
- Practice attendance is required every day that a student is at school. Parent/guardian must notify their coach prior to missing a practice.
- Prolonged absences, for any reason, may result in the squad athlete being benched or missing a performance.
- A note will be required if an athlete is seriously ill or injured and under the care of a doctor.

COMPETING ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team in the same sport during the student’s high school season.

GRIEVANCE PROCEDURE

The grievance process is intended to be a process whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. We believe that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both athletes and coaches. The list below of legitimate and non-legitimate grievances is intended to be a guideline, not an all-inclusive list.

Legitimate grievances:

1. Failure to provide due process in disciplinary action.
2. Failure to provide a fair opportunity to compete to make the team (cut-off).
3. Mistreatment of athletes: Foul, inappropriate language.
4. Any violation of an adopted code: ethics, conduct, and expectations.

Non-legitimate grievances:

1. Athlete not given preferred position in performance
2. Athlete not stunting or tumbling in preferred position
3. Strategies used by the coach
4. Win/Loss record of the team or coach. Legitimate grievances should be addressed first with the coach at a scheduled time (not before, during, after practice or contests). If this meeting does not bring about a satisfactory resolution a meeting may be held involving the student, parent, coach and athletic director in a reasonable and timely manner.

DISCIPLINARY ACTIONS

The following actions will be applicable through the entire school year. Student/athletes involved in non-school related, off-campus offenses or other illegal activity will face disciplinary actions at the discretion of the coach and school administration. At any time administration can choose to remove athletes from sports participation due to disciplinary action.

It is highly encouraged for athletes to discuss individual behaviors with the team and captains first, prior to bringing the offense to the coach/administration. Offenses that cannot be resolved as a team may result in an omitted performance for the whole team.

1. Social Media Policy: Student/athletes are responsible for good behavior on the Internet just as they are in a school building or on the athletic field of competition. If a student/athlete’s use of the Internet creates a disruption to the school, the Athletic Department and/or the team, even if it is a first offense, the student/athlete will be held responsible and will face consequences as determined by the coaching staff/administration including but not limited to:

- Suspension from the team for rallies, competitions and/or games (football/basketball/CSC)
- Dismissal from the team

2. Violation of Alcohol/Drug/Tobacco Policy: Any student/athlete caught in violation of school alcohol/drug/tobacco policy, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to:

- Suspension from the team for rallies, competitions and/or games (football/basketball/CSC)
- Dismissal from the team

3. Assault/Fighting: Any student/athlete involved in an assault/fight either on campus or off, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to:

- Suspension from the team for rallies, competitions and/or games (football/basketball/CSC)
- Dismissal from the team

4. Other Violations: Any student/athlete that violates Organization Rules (UCA, USA, USA Cheer), Cheer Program Rules, or behave in ways that reflect negatively on the Westmont Cheer Team on campus or off, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to:

- Suspension from the team for rallies, competitions and/or games (football/basketball/CSC)
- Dismissal from the team

5. Suspension: Any student/athlete who is suspended from school for defiance of authority or any action not mentioned above will face the following disciplinary actions:

- If an athlete is suspended from school for a full day, s/he will be placed on suspension from cheer for 6 weeks.
- If an athlete has been suspended for 2 days or more (consecutive or cumulative), the athlete will be removed from the squad. Athletes will also be ineligible for the following term.

6. Referral: Referrals to and disciplinary actions taken by the deans will be communicated by the deans to coaches. Student/athletes may face disciplinary actions at the discretion of the coach, including suspension from competition.

REMOVAL OR QUITTING

If an athlete removes oneself (quits) from the team for any reason (with the exception of prolonged illness or injury with a doctor's note), student will not be eligible for another team until the previous season has ended, including postseason.

IV – GRADES: CHEER POINT SYSTEM

CHEER POINT SYSTEM

Based on the Student-Athlete Code of Conduct sections above, athletes will have a corresponding score for the cheer season.

- Sophomores that are returning to cheer (from Freshmen year) will receive a letter grade for Cheer, for their PE credit. The given grade is based off of this Cheer Point System.
- Each athlete will be graded for their **attendance** and **skills**:
- **Attendance** is based off of the following events:
 - Practices
 - Tumbling Practices
 - Events (football/basketball games, cheer camp, rallies, competitions, CSC games)
- **Attendance Scoring:**
 - On Time (arriving ready before the start of practice): 100%
 - Tardy (arriving/leaving 0-15 minutes): 95%

- Late (arriving/leaving by 15-30 minutes): 90%
- Extreme Late (arriving/leaving 30+ minutes): 75%
- Excused Absences: 75%
- Unexcused Absences: 0%
- **Skill** assessment will be for the following:
 - Motions/Facials
 - Jumps
 - Stunts
 - Tumbling
 - Attitude
 - Dress Attire
- **Skill Scoring:**
 - Needs Improvement: 75%
 - On Track: 95%
 - Exceeding Expectations: 105%
- Extra Credit can be given throughout season:
 - Ex: Achieving stunts, tumbling, helping coaches/athletes
- Violations can deduct from athletes scores for any of the following:
 - Ex: Cell phone use, attitude/behavioral problems, complaints from admin/parents/spectators
- An athlete may be removed from the team if at **60% (D-)**, with a warning to parent/athlete at **70% (C-)**.
- The end of the season points will be multiplied by their next year's tryout score.
- Cheer points (scores/grades) are available upon request.

GRADING PERIODS/CHEER SEASONS

Tardies and absences will be counted by each Academic Grading Period. The Grading Periods for the 2023-2024 WHS Cheer team are defined as follows:

<u>Grading Period</u>	<u>Calendar Season</u>	<u>Events</u>
Summer	May - July 2023	UCA Cheer Camp, Fundraising Camp
GP1	July - September 2023	Football Games, TCC Tryouts
GP2	September - October 2023	Football Games, TCC Prep
GP3 (Sem 1)	October - December 2023	Football Games, TCC Regionals
GP4	December 2023 - February 2024	Basketball Games, TCC Regionals/Nationals
GP5	February - April 2024	Basketball Games, TCC Nationals, CSC Stunt
GP6 (Sem 2)	April - June 2024	CSC Stunt/CSC State Finals

PRACTICE SCHEDULE

- Sideline/TCC/CSC practices will be Tuesdays/Thursdays, 5-9PM, held at the Westmont Cafeteria, when possible. (5-8PM JV, 6-9PM Varsity)
 - If the cafeteria is not available, cheer practices may be outside in the Football bowl, or in the Small/Large gyms
- Tumbling practices will be held on Mondays 4:45-6:45PM, held at LoopKicks Tricking Gym (Santa Clara, CA).
- Impromptu practices, outside the Tues/Thurs schedule, may be added for additional practice. Coaches will inform the team and parents/guardians at least 3 days in advance of any impromptu practices.
 - Impromptu practices can be held on Mon/Wed/Fri/Sat.
 - If on Mon/Wed, the Tumbling practice would be cancelled.

TARDIES

For all tardies, the parent/guardian must call/text/email the Coach **prior** to the start of practice/event. Tardies count for both arriving late or leaving early from practice.

**Note: Tardies by 30+ minutes will be considered Extreme Tardies (M). Extreme Tardies (M) will be treated the same as absences (A).*

ABSENCES

For absences, the parent/guardian must call/text/email the Coach at least one week in advance of the known absence. Late notification of an absence (within 1 week/ no-call-no-show) will result in 0% earned of the practice missed and may result in sitting out of the next 7 days' events (excluding TCC competitions, as needed). Absences will be assessed as one of the following:

1. Fully Excused Absences – 0 pts against, 0 pts for: Athlete did not go to school sickness, head/neck injury (incl. concussions), injury that requires athlete to be out for 6+weeks, religious holidays, bereavement
2. Excused Absence “O” - 75%: sickness (still went to school), injuries (out 2-6 weeks), academic events
3. Unexcused Absences “A” – 0%: doing homework, grounded, birthdays, activities/sports events

ABSENCES DUE TO COVID

Absences related to COVID would be considered Excused absences, similar to “illness” as stated above. If an athlete has COVID-like symptoms, they should at-home test and provide the results to the Coaches. In the case an athlete tests positive, they must quarantine, and only return to cheer once they can provide negative COVID results and are symptom-free for 24 hours.

EXCEEDING UNEXCUSED ABSENCES

Any athletes exceeding 2 or more unexcused absences per Calendar Season (see pg. 4) may have the following consequences:

*Benching of a football/basketball game
Replaced by an Alternate in the TCC Team
Removal from any routine*

PRACTICE/ PERFORMANCE STANDARDS

Athletes will wear the officially designated outfit on the day of the mandatory event to school and the event. All athletes will be identically dressed.

- Fingernails will be sport length (1/4 inch). Coaches will trim athletes, as needed, if athletes do not trim before event.
- Hair must be neatly and cleanly pulled up or back and away from the face for safety purposes and uniformity. Coach has final decision for all performances.
- Appropriate undergarments must be worn and not be visible or distract from the uniform.
- Athletes will not wear anything during a performance with the uniform that is not officially part of the uniform. This includes jewelry, watches, sweatshirts, jackets, and hats.
- Jewelry may be worn at school on game day but must be removed prior to entering field/gymnasium for mandatory event.
 - **UCA Camp and at USA/UCA TCC Competitions:** Athletes will not be able to participate/compete at these events if jewelry is left in.
 - **USA Cheer CSC STUNT:** Athletes that are caught with jewelry in will be given a Technical Foul from the judges (-1 pt from our score)
 - Band-aids **cannot** cover jewelry at these events. They are seen as the Technical Foul.
- Athletes shall not chew gum while practicing or performing.

- Athletes are expected to eat BEFORE practice. Athletes can bring food to practice as long as it is consumed during given breaks. Water will be available as well as appropriate snack items, when necessary.
- Athletes must always wear: Sports bra, compression shorts, socks, cheer shoes
- **Practice Attire** (shirts decided by Captains):
 - **Tuesday:** Red shirt/tank, red shorts, red bow
 - **Thursday:** Black shirt/tank, black shorts, black bow
 - **3rd Practice:** White shirt/tank, black shorts, black bow (non-Tues/Thurs impromptu practice)
 - **Stunt Season:** Wear scrunchie instead of bows
 - Warm practice clothing is ok if it consists of form fitting long sleeves, or form fitting long bottoms.
 - Baggy clothing, (including sweaters, pajama pants, etc) are not allowed during practice time.

Athletes are allowed to warm-up with their cheer sweater, cheer jacket or cheer sweats over their practice attire, but must remove after warm-ups.

JEWELRY REGULATIONS AND STANDARDS

- **At Practices/Sideline Games (Football/Basketball)/ School Events:**
 - Jewelry that can come out, must come out. This includes rings, bracelets, necklaces, any/all piercings and any other piece of jewelry.
 - If the piercing has been healed for more than 6-8 weeks, the athlete **MUST** take it out.
 - If the piercing is still healing (within 6-8 weeks), then the size of the piercing should be a small stud, and the athlete must cover it up with a Band-Aid.
 - If the athlete refuses to remove, cover or have a spacer for their piercing, they will not be allowed to stunt/tumble.
 - Athletes can still learn motions and jump with stud piercings in.
- **At Official Cheer Events (UCA, USA, USA Cheer):**
 - **No jewelry is allowed!!**
 - Spacers are OK, but some Cheer Organizations do not even allow that.
 - Be prepared to take out jewelry for the duration of the performance at events. If jewelry is not removed, the athlete will not be in the routine/game/event.
 - **Summer Camp:** Duration can be 1-8 hours depending on Camp Schedule
 - **TCC Competitions:** Duration can be 1-2 hours (for warm-ups and performance)
 - **STUNT Games:** Duration can be 1-2 hours (for warm-ups and performance)
- **New Piercings:**
 - Cheer is a year-long sport (Summer, Sideline, TCC, STUNT), so there is really no good time to get a new piercing.
 - If your athlete **MUST** get a new piercing while on Cheer, it is recommended to pierce after Summer Camp but before TCC (**July and August are best months**).
 - Most piercings take 6-8 weeks to heal. TCC Competitions can start as early as October, so please plan new piercings in July/August to allow the piercing to heal in time.
- **Cheer Seasons (in relation to piercings)**
 - Summer (May – August 2023)
 - Summer Camp is in **June** (No Jewelry at Camp!)
 - Sideline (May 2023 – February 2024)
 - New piercings can be covered for practices and Football/Basketball events
 - **Best time to pierce (if you must pierce)**
 - **July/August 2023**
 - TCC (August 2023 – February 2024)
 - Competitions start as of **October** and go through February (No Jewelry at Comps!)
 - STUNT (February - May)

- Games start as of March and go through May (No Jewelry at Games!)

V – CAPTAIN SELECTION

CAPTAINS: ELIGIBILITY AND SELECTION REQUIREMENTS

- Captain Selection
 - Sideline Teams (JV/ Varsity)
 - Varsity Captain selection will be decided before UCA Camp (June 2023)
 - JV Captain selection will be decided before the First Day of School (July/August 2023)
 - TCC Team (USA/UCA JV and UCA Varsity)
 - Captain selections for each TCC team will be decided before 1st competition (Sep/ Oct 2023)
 - CSC Team (Varsity only)
 - Varsity Captain selection will be decided before 1st game (February/March 2024)
- Two captains per team will be chosen for each squad.
- The captains chosen will be the cheer captains for the full Term of Office, for that given team/season
- Each captain candidate must demonstrate ability to be a cooperative leader with students and adults.
- Squad captains will be selected based on the following criteria:
 1. An Interview process with the Coach(es)
 2. An essay 1 page in length (due prior to the interview)
 3. 1-3 minute speech amongst the cheer team, followed by squad member vote
- Captain selection will include input from all members for that given team (anonymous vote).
- **All Varsity Team Captains must have been on WHS Cheer at least one year (Sideline/TCC/CSC)**
- Each squad member must have parental permission and support.
- If a captain becomes ineligible or resigns, the Coach will appoint a new captain.
- Coaches will make the final decision on all Captains for all teams.

GENERAL DUTIES OF TEAM CAPTAINS

All captains have the authority to enforce the rules and regulations as defined by the Handbook and the squad contract to her/his squad and team members, with permission from the Coach.

Specific duties of a team captain include:

- Make sure that members are ready for performances.
- Will work with the Coach to designate squad uniforms for games, Spirit days, TCC and CSC events.
- Will work with the Coach to coordinate Team Bonding dates and outings.
- Will notify members of last minute changes in the schedule (via group text, social media, etc)
- Takes roll when Coach is not present and submit to Coach
- Will meet with other captains to facilitate communication between squads.
- Sideline/TCC: Will make sure that all props (breakaway, signs, poms) are prepared for all events.
- Sideline: Make sure the squad is ready and in position to greet the team as it enters the field or court
- Sideline: Positions oneself (at games) so that the squad can hear and see calls of cheers or routines, or designate who will lead the cheers.

VI - STUNTING/TUMBLING SAFETY

GENERAL RULES

- CUHSD certified personnel or cheerleading safety certified coach/advisor must be in attendance before stunting or tumbling can be performed. All new stunting and tumbling elements shall take place under the direct supervision of the Westmont Cheer Coaches.
- Stunts and tumbling should be done on mats when available. Stunts will rarely be executed on concrete and/or asphalt surfaces, and will be avoided when at all possible.
- Cheerleading partner stunts and tumbling will be taught in progress, from easy to difficult and low to high. Athletes must show mastery of easier stunts/tumbling before moving on to more difficult levels. The Coach will determine when athletes are ready to move on in progression.
- All Cheerleaders should pay attention, without laughing or talking unnecessarily, while building stunts. Stunting practice should be held in a location suitable for the activity (ie: safe location away from noise and distractions.)
- Jewelry, accessories, and apparel shall be conducive to safe stunting (No watches, rings, earrings, nail tips, body piercings, belts, zippers, etc)
- All injuries must be reported immediately to Coach and Parents.

VIOLATIONS

The Coach(es) and Advisor will determine the consequence for failure to adhere to the General Rules. Failure to adhere to the safety rules will count as an infraction against their Cheer Summary of Points.

VII - UNIFORMS AND PROPS

All Cheer squads will wear the official school colors of red, black and white.

- The Coach will select the uniform for all squads, with team suggestions.
- The uniform will be kept the same, with optional substitutions, for 2-3 years.*
 - **Next possible uniform change would be in 2023 (Coach Kelly DeBey)*
- Any cheer member that cannot afford to buy the uniform will be expected to participate in fundraisers to account for the cost of the uniform. All uniforms that are fundraised are the property of the Westmont Cheer Team. Fundraised uniforms must be returned at the end of each season, or at the time of dismissal from the team.
- Fundraised uniforms must be returned in good repair. Any uniform that is lost or deemed not fit for re-use will become a debt to the athlete's school finances.
- The cheer team will have communal poms and the Coaches will select when they would like to use them as a squad.
- Uniforms will always be neat, clean, and in good repair.
- Athletes may not alter their uniform without prior approval from the Coach. This includes cutting shirts, sweatshirts, rolling shorts/sweat pants.
- Uniforms must follow WHS dress code guidelines.
- With Coach approval, athlete can lend family/friends the Cheer sweater, jacket and/or sweats
- STUNT jersey numbers will stay the same per athlete each year s/he is on the STUNT team.
- STUNT jerseys (and therefore jersey numbers) will be re-used each year, unless a new size is needed. If an athlete wishes to keep their jersey, they must purchase the jersey.
- Athletes will not attend parties in uniforms. Uniforms should only be worn to school, school approved events, or school approved performances.

Uniforms consist of (but not limited to):

Shell	Liner	Skirt	Bow	Light Jacket	STUNT Jersey
Shoes	Socks	Briefs	Warm-up Pants	Heavy Jacket	Backpack

UNIFORM REPLACEMENT

New squad uniforms may be selected every 1-3 years at the discretion of the Coach. Uniforms will be purchased on a fill in basis for new athletes or as wear and tear requires. New skirts may be required for athletes if the skirt length no longer meets dress code requirements. Warm ups, bags, briefs, and ribbons will be replaced as necessary.

VIII - PARENT INVOLVEMENT

SCHEDULE

Practice schedules will be published in a timely manner- at least one month in advance.

Most up-to-date Cheer Events are published on the cheer website: www.westmontcheer.com/calendar

FUNDRAISING

We must fundraise all year long in order to cover our annual operation fees. There will be several fundraisers available to participate in. It is imperative that parents and athletes participate in these fundraisers to make them the most successful. Before each fundraising opportunity, you will be notified of ways in which you can assist.

FOOD AND DRINKS

Healthy snacks and drinks are expected from volunteer team families. Practices can exceed up to 3 hours per practice. Efforts will be made to schedule rotating parents to bring food and drinks so all team members can stay energized for success.

TRANSPORTATION

Transportation to practices and games is the responsibility of the student and her/his family. Although we have been able to arrange carpools to games in the past, District policy has changed and that will no longer be an option. Students may not drive themselves to away games. Student's parents will need to transport their own child to away games. Please be aware of traffic and other transportation issues and plan accordingly. Parents interested in carpooling can become an official carpooling parent through the District. Please inquire with the Coach/Advisor for these forms.

PARENT MEETINGS

Every month, there will be Parent Meetings to get the parents' input on team activities, give updated information, and answer any questions. In order to get the best input, we need as many parents as possible to attend these meetings. All meeting dates and times will be sent through email and team calendars.

OTHER INVOLVEMENT

All parents/guardians are highly encouraged to meet with one another to help support the Westmont Cheer Team. This may include additional meetings, videographer/photographer, score statisticians, and volunteers to bring healthy snacks and water to events.

2023-2024 SIDELINE CHEER

VIX – SIDELINE CHEER

TERM OF OFFICE: Tryout Date in 2023 – May 2024 (Senior Rally)

TRYOUTS: Open Tryouts

Camp Tryouts: April 2023

Football Sideline: April – July 2023

Basketball Sideline: August – November 2023

All Freshmen candidates that tryout will make a Sideline Team (JV or Varsity)

SQUAD COMPOSITION:

April – July 2023 (Camp Teams)

Varsity Camp Athletes (Freshman - Senior)

Natural break to Max of 40 Team members

JV Camp Athletes (Freshman/ Sophomore/ Junior)

Natural break to Max of 40 Team members

July 2023 – February 2024 (Sideline Teams)

Varsity Cheer (Freshman - Senior)

Natural break to Max of 40 Team members

JV Cheer (Freshman/ Sophomore/ Junior)

Natural break to Max of 40 Team members

The number of team members for each squad will be determined at the end of Open Tryouts (per Football and Basketball), based on tryout scores. The “natural break” method will be used. A natural break occurs when there is a significant number of points separating any two candidates.

CAMP TEAMS VS SIDELINE TEAMS:

Camp team distinguishment will first be made at April tryouts. This will allow more advanced athletes to showcase and learn more elite elements at a quicker progression (at Varsity Elite Camp), while also allowing athletes that need more instruction to learn all traditional cheer elements at a safer progression (at JV Traditional Camp). We'll decide the split of JV and Varsity Sideline teams after camp, so that athletes can have more time to develop into their skills.

SUMMER PRACTICE

All members are strongly encouraged to attend summer practices and conditioning exercises (practices/homework).

Summer Break Dates (23 days total)

June 30th – July 9th (10 days)

July 28th – Aug 8th (10 days)

Summer Practices Leading up to Camp (12-15 Total)

JV: 15 practices (April: 2, May: 7, June: 6)

Varsity: 12 practices (May: 6, June: 6)

UCA CAMP 2023

All cheer members are highly encouraged to attend summer camp. Westmont Varsity will attend Elite side of camp, and JV will attend Traditional Camp.

Grand Sierra Resort, Reno, NV (June 26 – 29, 2023, Mon - Thur).

SIDELINE CHEER

- The main purpose of Sideline cheer is to support our home team with cheers, sidelines and dances. Participation in stunting and tumbling skills at practices, events are not required or guaranteed for Sideline members.

- Members must attend all football games (home and away) and basketball games (home only), as per school policy during the school year.
- Each squad must be in position to greet the team as it enters the field or court for warm-ups and halftime. Failure to do so will count as partial absence.
- When Marching Band is present, efforts will be made to coordinate routines and performances.
- Squad members will lead the crowd in short cheers following the defensive or offensive progress during the game
- Performance during rallies, freshman orientation, and other specified special events may be required.
- VARSITY ONLY: Attendance, help and advice may be required at the first and second games of JV Football and Basketball.
- ***Squad members will arrive 30 mins (JV) or 1 hour (Varsity) prior to the the start of games.***
- Members will sit in the cheering section before their game and cheer with the squad that is performing.
- If members come early to the JV game or stay for the Varsity game, members must stay in their Cheer Uniform.

SIDELINE CHEER (PERFORMANCES)

The listed performances below may change and the Coaches may select a different routine, as needed for any reason. Choreography of new routines is a privilege of being on the WHS Cheer Team.

- Back-to-School Rally will be the UCA Camp Dance, performed by the members that went to camp, but may include members that learn the routine in the time given.
- Normal halftime routines (for football and basketball games) will consist of 2023 UCA Camp material, or TCC Competition routines.
- Partner stunts, pyramids and tosses will be encouraged to consist of Spring 2023 USA Cheer Stunt routines
- Routines may repeat between football and basketball
- Homecoming Rally will be the same as the Varsity Homecoming Halftime (see below)
- Homecoming halftime:
 - JV Game: will be choreographed by JV Team Captains
 - Varsity Game: will be choreographed by Team Captains. JV and Varsity will perform as one team (same as the Homecoming Rally)
- Senior halftimes (for both football and basketball games)
 - JV Game: will be choreographed by JV Team Captains
 - Varsity Games: will be choreographed by Seniors. JV and Varsity will perform as one team.
- Community Cheer Clinics and SpringFest Rally will be choreographed by JV/Varsity Team Captains.
- Senior Rally will be choreographed by graduating seniors (class of 2024).

2023-2024 TRADITIONAL COMPETITIVE CHEER

X – (TCC) COMPETITION

VARSITY TERM OF OFFICE: August 24, 2023 – February 12, 2024 (UCA Nationals)

JV TERM OF OFFICE: August 24, 2023 – February 18, 2024 (UCA or USA Nationals)

TRYOUTS: August 22-24, 2023

STRONGLY ENCOURAGED SKILLS FOR TRYOUTS:

- JV: Un-Spotted Back Walkover, Inversion to prep, 360 to prep
- Varsity: Un-spotted Standing Back Tuck or higher, Stunts: Inversion to Ext, 360 to Ext

SQUAD COMPOSITION:

The UCA Team will be based on skill, not grade level.

Competition Team Divisions:

- Varsity Show Cheer **Advanced** (8-36 athletes)
 - Advanced Alternates (4-8 athletes)
- Junior Varsity Show Cheer **Non-Tumbling** (8-36 athletes)
 - Alternates (4-8 athletes)

(TCC) COMPETITION GUIDELINES/EXPECTATIONS

- TCC: Traditional Competitive Cheer (AKA Competition)
- Competition practices will be on the same day as Sideline Cheer practice times (Tuesday, Thursday)
- Competition athletes must be available to perform on Fridays and Saturdays.
- One month notification of an absence of a Competition routine is required. Anything less than a month will be at the Coach's discretion to keep that athlete on the Competition team.
- If an athlete does not perform the day of a Competition routine for any reason (outside of injury, death of a family member, or hospitalization of the athlete), the athlete will be removed from the Competition team for the remainder of the cheer season.
- **Alternates** are defined as TCC athletes that can be an **Addition** to a routine or **Substitute** for an existing TCC athlete. Alternates are expected at every practice and will practice alongside the TCC team. Coaches can choose to perform an alternate as an Addition or Substitute, at any time for any legitimate reason.
- All Sideline team members (JV and Varsity) are considered an alternate for the JV/Varsity Competition Team.
- All athletes must attend all scheduled Regional, Championship and National events.
- Athletes will learn a 2 min, 30 second routine that will involve dance, cheer, jumps, (optional) tumbling, partner stunts, pyramids and (optional) tosses. All athletes will perform in the same routine optimized for the team's ability. Enhancements to the routine will be made as the team progresses.
- Scoresheet deductions (wobbles, falls, etc), will be a deduction from the athlete's Cheer Point System
- The team(s) will compete against 3-15 other High Schools in California for Regional Competitions
- The team(s) will compete against 50-130 other High Schools in the Nation for UCA Nationals, or 5-30 other High Schools in the Nation for the USA Nationals.
- **Travel:**
 - Regional Competitions can be in Northern and Southern California, including areas of Nevada. UCA Nationals (NHSCC) will be held in Orlando, FL. USA Nationals will be held in Anaheim, CA.

2024 COMPETITIVE SPORT CHEER

XI – (CSC) STUNT

TERM OF OFFICE: February 1, 2024 – May 2024 (Last STUNT Game)

Athletes from TCC are excused from trying out for STUNT if they are a part of a Spring Sport. AD must sign-off.

TRYOUTS: January 30 – February 1, 2024

STRONGLY ENCOURAGED SKILLS FOR TRYOUTS:

- Tumbling: Un-spotted Standing Back Handspring or higher
- Stunting: Skills will be assessed by the Coaches

SQUAD COMPOSITION:

Freshmen – Seniors: All athletes compete as Varsity for Spring 2024 Stunt (there is no JV division)

(CSC) STUNT GUIDELINES:

- CSC: Competitive Sport Cheer (AKA STUNT)
- STUNT practices will be during Sideline Cheer and TCC practice times (Tuesday, Thursday)
- STUNT athletes must be available to compete on Monday – Saturday.
- One month notification of an absence for a STUNT game is required. Anything less than a month will be at the Coach's discretion to keep that athlete on the STUNT team.
- If an athlete misses a STUNT game for any reason (outside of injury, death of a family member, hospitalization of the athlete, or academic probation), the athlete will be removed from the STUNT team for the remainder of the cheer season.
- Performance during rallies and other specified special events may be required.
- Must attend 2 out of 3 classes daily in order to be eligible for athletic contests, and must participate fully in all classes including P.E. Students who are absent from school for "unexcused reasons" are not eligible to participate in athletics for that day.

(CSC) STUNT EXPECTATIONS:

- Athletes will learn 18 routines that they can possibly compete in. The 18 routines are 6 routines per 3 categories. It will be optimal for each athlete to know 3-5 routines of each category. The categories include: Partner Stunts (PS), Pyramids/Tosses (PT), Jumps/Tumbling (JT)
- Very similar to other sports, there will be more athletes on the team than can participate in a routine. For example, given 20 athletes on the team, only 4 athletes can participate in Partner Stunt routines.
- Depending on the routine difficulty and on the athlete's ability, some athletes of the team may not participate at tournaments.
- Tournaments will be against 1 – 10 other High Schools around the CUHSD district.
- State Championships can be in Northern or Southern California
- **Travel:** Games and tournaments will be no more than 1 hour away from Campbell, CA, aside from State Championships.
- **Objectives & Guiding Principles:** To create a new sport derived from cheer that will accomplish the following:
 1. Create new opportunities for female athletes at the collegiate and high school level.
 2. To preserve traditional cheerleading as a vital and important part of a school's Cheer program.
 3. Satisfy all requirements for Title IX and qualify for sport status at the College and High School level.