

# **Los Altos High School Cheer Program**

**2019- 2020 Season**

**TRYOUTS May 20-22, 2019**

**Monday/Tuesday: 4:00pm-5:30pm (Practice)**

**Wednesday: 4:00pm (Tryout day)**

**Location: LAHS Dance Room**

**Attire: On practice days, please wear athletic clothes. On the day of the tryout, please wear a PLAIN white shirt, blue shorts, cheer bow, and appropriate shoes.**

## **SEASON INFORMATION PACKET**

Dear Los Altos High School Cheer Parents and Participant:

Congratulations on making the decision to try out for the Los Altos High School Cheer Program. We want you to know that the coaching staff is dedicated to giving each cheerleader the ultimate cheerleading experience. We have prepared the following information to help each family understand the commitment level expected from every participant in the program.

Please take the time to read through this packet very carefully and in its entirety. We know that our program is not right for everyone, but we ask that you take the time to discuss the contents of this packet with your child before committing to tryout.

The coaching staff's mission is to offer the best technical training and most innovative choreography possible to exhibition at most major school functions and possibly competitions. Focusing on teamwork, integrity, and structured, safe workouts, Los Altos High School team members learn how to encourage one another while building self-esteem. We hope you find this packet informative and answer any questions you may have about our program.

# TRYOUTS

**TRYOUTS May 20- 22, 2019**

**Monday/Tuesday: 4:00pm-6:00pm (Practice)**

**Wednesday: 4:00pm (Tryout)**

**Location: LAHS Dance Room**

**What to bring:**

- Water
- Signed packet
- 2 letters of recommendation by Monday, May 20, 2019
- Valid sports physical (See LAHS Athletics Page)

**In order to tryout each participant must meet the below requirements**

**Requirements of Each team**

**VARSIITY-**

- Must Have a 2.0 GPA to tryout (will be checked the day of tryouts)
- Must not be involved in any other sports that may conflict with any activities or practices (Fall and Winter)
- Must commit and be flexible to add last minute practices for competitions and events
- Must commit to start and finish the season (August 2018- March 2019)
- Must have a valid Sports Clearance to participate in Athletics (Due in May unless you are a returner)
- Must obtain TWO character reference letters from teachers at your school for tryouts endorsing your participation in cheer
- Must be a respectful hard worker with a positive attitude who works well with others
- Must bring and complete the registration form attached

**JUNIOR VARSITY-**

- Must have a 2.0 GPA to tryout (will be checked the day of tryouts)
- Must commit to start and finish the season
- Must commit and be flexible to add last minute practices
- Must have a valid Sports Clearance to participate in Athletics (Due in May unless you are a returner)
- Must obtain TWO character reference letters from teachers at your school for tryouts endorsing your participation in cheer
- Must be a respectful hard worker with a positive attitude who works well with others
- Must be able to attend all Varsity football games
- Must bring and complete the registration form attached

**Tryouts will Consist of Two days of Material Learning and One day of Judgment**

# LAHS Cheerleading Rules

## **PRACTICES**

Practices will be held at the school either on the track or in the dance room. Exact practice times and schedule may be altered during the season due to foreseen or unforeseen circumstance. We may add an additional practice during ANY day of the week if deemed necessary by the coaching staff. In all cases, proper notice will be given to parents and participants.

### **2019-2020 Practice Days:**

- (Time and Dates TBD)

## **PRACTICES AND ATTENDANCE POLICY**

- All practices are mandatory starting in August and additional practices may be called throughout the year depending on the team's activity schedule.
- Each participant is allowed one unexcused practice before suspension or dismissal from the team.
- Unexcused practices are defined as practices without a phone call or express permission from the Head Coach/ Advisor. This does not include practices the week of an event (example: fundraiser or Homecoming) or a competition.
- **PRACTICES THE WEEK OF AN EVENT OR COMPETITION ARE ABSOLUTELY MANDATORY! Keep in mind your child will be reprimanded for tardiness, as each coach deems appropriate (which includes sitting out or moving placement in the routine).**
- If an athlete is sick, they will only be excused with a doctor's note.
- Other outside sports that conflict with LAHS Cheer schedule are NOT excused unless previously cleared.
- Emergencies must be reported to the cheerleaders' head coach via email or phone call by the athlete's parent well in advance.
- If an athlete misses a game, they will sit out the first half of the next game.
- Missing a game due to an event (birthday, concert, travel, etc.) is still considered unexcused. The athlete will sit out of the first half of the next game.
- In no event is a scheduled vacation to be excused the week before competition or event. In this case, the child will be removed from that competition or their placement will be adversely affected.
- Suspension will be given for those who show poor sportsmanship, tardiness, demonstrate a negative attitude, and/or consistently miss practice regardless of the reasons.
- Suspension includes sitting out a quarter, half, or a full game
- No personal electronic devices including cell phones may be used after arriving to practice.
- Practices might change times and or location to benefit the team.
- Don't arrive late without prior phone call to Advisor or Coach.
- If an athlete is habitually late, they will sit out of games and possibly dismissed from team.
- If an athlete misses a practice, they most likely will lose your spot regardless or reason (school, family, sick).
- If an athlete gets hurt, dehydrated, or feel dizzy, they must let a coach know immediately.
- We are a competitive team, not a recreational team. Having fun is not always going to be an option.
- Bathrooms are to be used before practice, after practice, or during break. No bathroom runs during practice.
- If an athlete needs to leave early, a parent or guardian must contact head coach prior to practice.
- No Jewelry of any kind can be worn during practice. **DO NOT GET A NEW PIERCING DURING THE SEASON. ATHLETES WILL SIT OUT IF THEY CAN NOT TAKE OUT THEIR JEWELRY!**
- Problems should be discussed with the coach individually and privately.

**NOTE: EACH TEAM MEMBER IS ONLY ALLOWED THREE EXCUSED ABSENCES PRIOR TO REMOVAL OF THE TEAM.**

### **Examples of Excused Practices:**

- Athlete is sick and was not at school
- Athlete has a written doctor's note
- Athlete **MUST** participate in an after-school activity that counts towards a grade (need a teacher's note to be approved)
- Family emergency (parent communication needed)

## SAFETY

- Safety is the number one priority.
- If an athlete is not taking their role seriously (ex: laughing, talking, unwillingness to do their best), they will be removed from their position due to safety reasons.
- If it is found that a stunt is too difficult or simply not working, it will be altered at a moment's notice.
- **An athlete may not have fake nails or natural nails that go passed their fingertips.** Unsafe fingernails may lead to the athlete sitting out of stunting during practices and/or games.

## SCHOOL AND EVENTS

- **Athletes may not participate in any activities or practices if they did not attend school on the day of event**
- Attendance may be required at other events whether or not it is scheduled
- An athlete may not participate on an additional LAHS team. If a LAHS cheerleader quits to play another LAHS sport, they will not be allowed to participate on the other team.
- All JV squad members must attend all Varsity Home Football games
- No personal electronic devices including cell phones and I-pods may be used after arrive to game
- Athletes must maintain a 2.0 GPA to be eligible to cheer
- Homework is to be done at home not during practice. If an athlete does not complete it before practice, it needs to be done at home. Missing a practice for homework is not excused. Student athletes need to be able to manage these items sufficiently.
- Members sitting out must attend all events and sit in a designated area set by the advisor and support the team.
- If a cheerleader arrives late to a game or bus, they will sit out for all or part of the game as determined by the advisor. Additionally, the coach may choose to leave with the rest of the squad if the athlete is more than 10 min late **going to** a game.
- Cheerleaders are not to act inappropriately in uniform on or off campus.
- No kissing or hanging on to another person while in uniform.
- Only you are allowed to carry your cheerleading items.
- Behavior on the bus must be of mature and respectful nature. Inappropriate behavior will result in loss of transportation privileges.

### Football Games

- LAHS Football plays on Fridays and Saturdays
- Friday night games will be away games where your athlete will **NEED** to ride the bus to the specific location. Athletes are required to take the bus home.
- Saturday games will be held at LAHS.
- The football season starts in August and ends mid-November.
- Team dinners will be held on **SOME** Thursday nights (when football has an away game)

### Basketball Games

- The cheerleaders are required to cheer for both boys and girls basketball.
- Expect your cheerleader to cheer Tuesday, Wednesday, and Friday nights starting in January and ending in March.

## DOCTORS APPOINTMENTS

Non-emergency dentist, orthodontist, and routine check-up appointments will not be excused. Please schedule these appointments outside of practice times unless it is an urgent matter.

## WORK

Athletes are allowed to work during the season. However, their work schedules need to fit around practice, games, and competition schedules. Absences due to work are not excused.

## CAMP/CLINICS-MANDATORY

Cheer Camp is **MANDATORY** unless it is cleared with the advisor. We will have one cheer camp and two skills camps. It is important that we have a full team to work with. It is **MANDATORY** that every child attend because we will be learning safety at this time. Camp days are extremely demanding. We expect every child to be self-disciplined during camp. **Camps are considered a closed practice** which means no parents, friends or family will be allowed to watch practice during this time. One of these camps may be an overnight camp in which all participants in attendance may be required to stay overnight. Parents, family, and friends can attend the last day of the overnight camp to watch their athlete's performance.

Summer Camp: TBD

At Home Camp/Clinics: TBD

## **CONDUCT**

LAHS cheer squad members must not use Tobacco, Alcohol, or Drugs in or out of your cheer uniform for the entire cheer season. No cheer members may engage in any unbecoming behavior, which include inappropriate chatting or texting, posing for inappropriate pictures, gossiping of other team members, or explicit communication of any type. Team members may not use foul language or be involved in any unsportsmanlike conduct to officials, fans, players, authority figures, etc.

## **DISCIPLINE POLICY**

**Suspensions or benching from the squad may result due to:**

- Violation of basic rules
- Use of Alcohol, Drugs or Tobacco
- Wear clothing promoting Alcohol, Drugs (including Marijuana), or Tobacco
- School or squad related discipline/conduct/attendance problems
- Conduct unbecoming as a representative of Los Altos High School
- Grade Point Average Below 2.0
- Excessive Absences/Tardiness Failure to Follow through on your obligations

**Permanent Dismissal from the squad may result from the following**

- Infractions against any of the rules above regarding suspensions
- Appearing at any school related function under the influence of Drugs or Alcohol
- Continued negative criticism, uncooperative or poor attitude as determined by Advisor or administration
- Failure to participate, unexecuted or excessive absences, failure to wear designated uniform
- Convicted of any crime

## **GAMES/COMPETITIONS/EXHIBITIONS**

All members are required to attend all games, competitions, and exhibitions. Game/Competition/Exhibition dates are announced well in advance. It may be necessary to remove sequences, remove participants, or change the routine for any reason at anytime. We may also need to forfeit competitions if deemed appropriate; NO refunds can be given in this circumstance. A competition schedule will be announced once dates are established. Most all competitions are held on the weekend.

## **COMMUNICATION**

**Parent Communication:** All parent communication will be done through e-mail. If you do not have an e-mail, you will miss important information. You need to make sure to meet all deadlines for paperwork signing since their will be paper work required for each event. If they are not received by the deadline, your child will not be allowed to participate.

**Athlete Communication:** The coach will communicate with athletes through emails and group text.

## **UNIFORMS**

All parts of the uniform will be required for all games, competitions, and most events. Only Los Altos Cheerleading attire can be worn at all events. If at anytime you lose any part of your uniform, you will be required to purchase a replacement part even if it is for the final event. Please make sure that you keep track of your clothing and bags. Your uniform should be kept clean at all times. If any part of your uniform is dirty, missing, or an incorrect uniform is worn to any event, your child will not be able to participate at the event or activity at the discretion of the coaching staff. All uniforms and accessories will be chosen by the coaching staff.

## **PARTIES / TEAM BUILDING**

Periodically, we will have team parties and team building activities. Most Team building activities will be mandatory and some activities will be team fundraisers.

## **VACATIONS**

Please communicate summer plans with the coach, especially if they interfere with camp dates.

## **MEDICAL INFORMATION- REQUIRE A SPORTS CLEARANCE**

Cheerleading requires rigorous activity that may be too intense for some participants. Make sure that you disclose all medical information to Los Altos High School Cheer in ADDITION to your Sports Clearance. Los Altos High School Cheer will not administer any medication to your child. If your child does not have the capacity to bring their medication with them or administer their own medication or if they need medical attention, 911 will be called to administer the medication on their behalf. The coaching staff is CPR and First Aid certified but no one on staff is a medical practitioner. No child will ever be refused their medication if they request it or need it. A child should obtain their medication without asking if they deem it appropriate at anytime.

### **Sports Clearance Physical**

Each LAHS Athlete must complete a sports clearance in order to participate in any sport. The next LAHS sponsored sports physical:

Please follow the direct instructions on the school's athletic page.

## **TRAVELING**

Per district guidelines of travel, all participants will travel by way of school provided vehicles for all away games and will arrive at the school for departure at the time scheduled by the advisor/coach. If a situation arises that a parent will need to pick up their student from an away event, the parent must get written permission from the administration in advance and the parent/guardian must meet the participant and advisor after the event. In no case will a team member be released to another student. If a student drives themselves to any event without administration approval, the student will be dismissed from the team. Arriving and returning to non-school specific functions such as competitions, will be the responsibility of each individual participant's parent.

## **CAPTAINS**

Captains are required to set a good example for their fellow teammates at all times in or out of uniform. Inappropriate behavior by a captain will result in removal from the position. The varsity captain will be selected by the advisor by recommendation of the coaching staff based on leadership abilities, creative talent, cooperation and input from the squad. A captain will have the following duties; organize and plan practice along with the Advisor, start all cheerleading related activities at games, report problems, complaints, uncooperative members to advisor, plan cheer activities with final approval from advisor, greet and assist with opposing school, develop in cooperation with ASB pep rallies with advisor final approval, contact team members for practice or meetings, schedule events or bus departures, and be in charge at pep rallies and games of teams behavior.

## **ROUTINE**

It is the coaches' responsibility to get the athletes ready for games, pep rallies, performances, and competition. Routines are very intense in nature and require a lot of energy at all times. Routines may change on a daily basis which can cause confusion and frustration. It is essential that everyone understand that all changes are made for the sole benefit of the team to perform their best at competition. Coaches make all final decisions on all placements in the routine. Los Altos High School Cheer has a strict rule regarding parents discussing placement of their child in the routine. At no time will any coach engage in a conversation via verbal or written regarding your child's placement or position on the team.

## **ACADEMIC PROBATION**

Los Altos High School Cheer requires that a child maintain an average 2.00 GPA to be eligible to participate in a sports team. When a child falls below the required GPA, it is the school's policy to allow a child to prove that they are able to achieve and maintain the required GPA by the next progress report. If this happens during the season your child will be placed on a contract and be placed on academic probation. Your child will be suspended for at least one progress period if not indefinitely at the cheer advisors' discretion.

## **WEEKLY PROGRESS REPORTS**

Athletes will be required to turn in a weekly progress report by parent request only. These progress reports will be turned into their coach at the end of each week.

## **FUNDRAISING**

It is important that families and athletes participate in all fundraisers. Fundraisers that require parent volunteers include the Pumpkin Patch and Christmas Tree Lot. Additionally, our largest fundraiser of the year is the Jr. Cheer Clinic. All members of the cheerleading team **MUST** attend all practices the week of the event. If an athlete misses, they will be required to sit out of the game during the fundraiser.

Money from the Jr. Cheer Clinic will be spent on cheerleading supplies OR special additions chosen by the team.

## **PARENT INFORMATION COMMITMENT/RESPECT AND CLOSED PRACTICES**

Your child will be challenged and will be subject to strong emotions as well as physical changes throughout the season. Parents are expected to be encouraging and not expected to complain or challenge any of the coaches' decisions regarding placement or choreography of events, games or competitions. The coaches are highly skilled and know what is best for the team. Please understand what is best for your child may not be what is best for the team. A high school cheer program requires dedication, time, support, sportsmanship and respect for athletes, coaches, and the organization.

## **FINANCIAL INFORMATION**

LAHS Transportation Fee \$100 (Due in August)

ASB \$30 (Due in August)

Uniforms/Clothing/Accessories TBD (estimated fee due in August)

Cheer Camp/Two Skills Camps TBD

### **Note:**

- 1. Uniforms, warm ups, back packs, and pom poms belong to the school. Uniform/Clothing/Accessory fees include clothing, shoes, a bow, and briefs. Any misplaced item that belongs to the school at the end of the season will need to be paid for.**
- 2. Clothing fee is due the week of August 20, 2018 (Clothing cost is subject to change as it is only an estimates)**
- 3. LAHS ASB and Transportation Fee are due in August**
- 4. Accounts need to be paid according to information above**
- 5. You may choose to pay the amount all at once**

# Los Altos High School Cheer

## Registration Form

Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB: \_\_\_\_\_

Cheerleading/Dance/Gymnastics Experience: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Student's cell phone ( ) \_\_\_\_\_ Students email: \_\_\_\_\_

**Parent Email Address:** \_\_\_\_\_

Mother's/Guardian Name: \_\_\_\_\_ Father's/Guardian Name: \_\_\_\_\_

Home Telephone: ( ) \_\_\_\_\_ (Mother) ( ) \_\_\_\_\_ (Father)

Cell Phone Numbers: ( ) \_\_\_\_\_ (Mother) ( ) \_\_\_\_\_ (Father)

In case of an emergency person : \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Primary Insurance Company's Name: \_\_\_\_\_ Policy# \_\_\_\_\_

List any dislocations, breaks, etc. : \_\_\_\_\_

List any allergies, diseases, disabilities, or chronic illness, anaphalaxis: \_\_\_\_\_

Any medications, glasses, or contacts taken or worn regularly: \_\_\_\_\_

Any previous hospitalization or recent surgeries (please explain) : \_\_\_\_\_

Please List all your scheduled vacation dates: \_\_\_\_\_

How did you hear about us: \_\_\_\_\_

I, \_\_\_\_\_, (legal guardian) (if my child makes the team) I agree to comply with the rules of the Los Altos Cheer Information Packet updated 5/6/2019 and understand that it is a contract that I will be held accountbale for. I understand what is expected of me and my child by the coaching staff and are aware of the consquences and finacial obligation of freely participating in this program. I understand that I must make my payments on time in order to maintain my membership with LAHS Cheer. X \_\_\_\_\_ (Signature)

I, \_\_\_\_\_, (Person Liable for Payment) will be the person liable for making all payments to the Los Altos High School. I understand that I will be responsible for all fees incurred as well as interest at the maximum legal rate for any and all items, collection costs, and reasonable attorney fees.

X \_\_\_\_\_ (Signature) Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I have read all the rules and I understand to abide by them and to respect and listen to all instructions from the coaches!

X \_\_\_\_\_ (Student Signature), \_\_\_\_\_ DATE



# LAHS Cheerleader Teacher Recommendation Form

## Due: May 20, 2019

Student's Name \_\_\_\_\_ Grade Level \_\_\_\_\_ Teacher \_\_\_\_\_

Please take the time to complete the following recommendation form for this prospective cheerleader. Upon completion, please return to student in a sealed envelope so he/she can return it to Mrs. Fanter at LAHS.

	<b>Score 0-5 (lowest to highest)</b>					
Academics – Effort, turns in work, model student	0	1	2	3	4	5
Attendance – punctual & excused absences	0	1	2	3	4	5
Attitude – cooperative, pleasant, ability to adapt to change	0	1	2	3	4	5
Behavior – respectful, follows directions, proper etiquette & manners	0	1	2	3	4	5
Reliability – trustworthy, honest, dependable	0	1	2	3	4	5
Leadership – influences others, proactive communication skills, self-motivated	0	1	2	3	4	5
Mentally Alertness - organization skills/problem solving skills	0	1	2	3	4	5

	<b>Score 0-10 (lowest to highest)</b>						
Demonstrates optimism & self-respect	0	1	3	5	7	8	10
Attitude towards constructive criticism	0	1	3	5	7	8	10
Strives for excellence	0	1	3	5	7	8	10
Current Grade	F	D	C	B	A		

**Do you recommend this applicant to be a Los Altos High School Cheerleader?**  Yes  No

Comments:

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Print Name \_\_\_\_\_ Subject Area \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# LAHS Cheerleader Teacher Recommendation Form

## Due: May 20, 2019

Student's Name \_\_\_\_\_ Grade Level \_\_\_\_\_ Teacher \_\_\_\_\_

Please take the time to complete the following recommendation form for this prospective cheerleader. Upon completion, please return to student in a sealed envelope so he/she can return it to Mrs. Fanter at LAHS.

	<b>Score 0-5 (lowest to highest)</b>					
Academics – Effort, turns in work, model student	0	1	2	3	4	5
Attendance – punctual & excused absences	0	1	2	3	4	5
Attitude – cooperative, pleasant, ability to adapt to change	0	1	2	3	4	5
Behavior – respectful, follows directions, proper etiquette & manners	0	1	2	3	4	5
Reliability – trustworthy, honest, dependable	0	1	2	3	4	5
Leadership – influences others, proactive communication skills, self-motivated	0	1	2	3	4	5
Mentally Alertness - organization skills/problem solving skills	0	1	2	3	4	5

	<b>Score 0-10 (lowest to highest)</b>						
Demonstrates optimism & self-respect	0	1	3	5	7	8	10
Attitude towards constructive criticism	0	1	3	5	7	8	10
Strives for excellence	0	1	3	5	7	8	10
Current Grade	F	D	C	B	A		

**Do you recommend this applicant to be a Los Altos High School Cheerleader?**  Yes  No

Comments:

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Print Name \_\_\_\_\_ Subject Area \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date