

# **EDISON HIGH SCHOOL CHEER & SONG HANDBOOK & CODE OF CONDUCT 2018-2019**

## **Introduction to EHS Cheer & Song Program**

Dear Cheerleaders, Songleaders, and Parents,

Edison Cheer and Song has played a key role in spreading school spirit since 1969—the year Edison High School opened. Back in those days, prospective cheerleaders were paraded out in the bowl and voted on by the student body. Popularity was the key ingredient to being part of the squad. Since then, cheerleading and songleading has evolved into an art form of their own—one that is athletic, graceful, and strenuous, which incorporates both gymnastic and dance skills. Tryouts are handled much differently now, and popularity no longer plays a role.

The 21<sup>st</sup> century definition of an Edison Cheerleader or Songleader is a person who has extensive gymnastics and/or dance background, above average grades and attendance, and someone who is excited at the thought of spending more time at school. Please take the time to read each page carefully and initial if you know for certain that you can commit to all terms listed on the given pages.

In addition to our role as spiritleaders among our student body, we have taken on a more competitive role within the cheer and song community. Our goal each year is to earn national recognition and top placement for our skills, talent and hard work as a team. Because of this competitive aspect of our activity, we train with intensity, and we strive with pure determination at each and every practice. Our goal is to “leave it all out there on the floor!”

Please review the following pages that explain both the expectations and the consequences your<sup>1</sup> behavior while on one of our EHS Cheer & Song teams. If for

any reason you cannot commit to these expectations, please do NOT sign or initial this contract; we will remove you from the team and allow an alternate to fill your position if necessary.

Thank you for your interest in our program, and we look forward to an award-winning season that is filled with Charger pride and spirit!

Go Chargers!

Lauren Speegle- Cheer and Song Program Advisor

Brittane Roberts- Head Song Coach

Eckel Ribadeneira- Head Cheer Coach

## **I. ELIGIBILITY GUIDELINES**

- A. The Cheer & Song term will operate on a traditional-year basis. The term will officially begin April 16th, 2018 and continue until tryouts of the following year; however, cheerleaders and songleaders will be enrolled in the EHS 6th period Cheer class during the entire 2018-2019 school year, and they will receive P.E. credits and earn a letter grade for the class.
- B. Athletes must maintain a 2.0 grade point average on their semester report cards. Failure to earn a 2.0 GPA for two consecutive semesters will cause a cheerleader or songleader to be academically ineligible until the end of the next semester and will result in benching and suspension from competitions/games.
- C. Any athlete with below a 2.0 gpa at the quarter grading period (end of October) will be suspended from competition and games until verification of a minimum gpa of 2.0 or above. The athlete will still be expecting to attend team workouts and practices as assigned by the coach/advisor. **FORGING OR FALSIFYING MONDAY CARD INFORMATION IS GROUNDS FOR IMMEDIATE DISMISSAL FROM THE PROGRAM.**

## **II. ALTERNATES**

- A. The following reasons explain how an Edison Cheer & Song team member can be placed onto the competition alternate list by coaches' discretion:
  - 1. During the season, an illness, injury or other excused occurrence keeps him/her from participating when a performance is pending. Coaches' discretion will be used to determine what is best for the team as a whole. If the illness or injury resolves but a routine is choreographed and ready, the

coach might not allow the member to return in time for the pending performance or performances thereafter.

2. During the season, the cheerleader/songleader has not acquired the necessary skills for a given routine or that match those skills of his/her team. Coaches' discretion will be used to remove the member from the routine. If the member continues to show determined effort and improvement, he/she may be placed back into the routine. A JV or Varsity Cheerleader/Songleader can be placed on either competition team per coaches' discretion.
- B. The following reasons explain how an Edison Cheer & Song team member will be placed onto the alternate list because of his/her choices:
3. During the season, an unexcused absence causes him/her to miss practice within 10 days of a performance, including the performance, or within 6 weeks of travel departure date. This member will remain an alternate at coaches' discretion due to lack of dependability .
  4. Cheerleader or songleader demonstrates poor attitude, regression of skill, violation of program rules, and or poor performance at practices, games and or competitions. Coaches' discretion will determine when and if the member will return to the routine.

### III. THE CHEER & SONG SEASONS

- A. SUMMER: During the summer, we attend camp and begin preparing for football season by learning cheers, sideline dances, assembly routines and by making posters in anticipation for Bell Week. We also begin competition skill-building and choreography.
- B. FALL: Football season is very busy! We cheer, perform at Homecoming and Bell assemblies, and poster the school. In addition, we break into smaller groups and attend a variety of other sporting events such as boys' water polo. We continue to practice for competition. By this point, alternates will be placed on competition teams but positions may rotate or change at any time.
- C. WINTER: After football season, we heighten our focus on our competition routines. Competition is mandatory for all EHS Cheer & Song members. While gearing up for competition, we also cheer at basketball games various other events. We perform at the Winter Sports Assembly and the 8th grade Expo Night. Competition season begins.
- D. SPRING: End of Competition season. We compete at several regional, state and national competitions. We cheer at fewer sporting events during the spring. Attendance at all competitions is required for all members.

### IV. FINANCIAL OBLIGATION

- A. Estimated individual costs for the year are approximately \$3,100-\$3,600 per year (not including travel, specialty camps and possible out of state travel). **Fundraisers are**

**available and help bring down costs and make your investment more manageable.**

- B. We do things as a team and **NO** member will be excluded because of financial reasons. When we cannot cover the costs of something, we pitch in as one team to fundraise for those upcoming costs. If we are unable to raise the money through donations and fundraising, as a team we do not participate in the activity or receive the merchandise we were hoping to purchase.
- C. By signing this contract, you acknowledge the costs involved with our program. You also acknowledge that failure to help us cover these costs will affect the entire program and can damage our ability to remain competitive.

## **V. EXPLANATION OF EXPENDITURES**

This section gives background and explanations regarding why and how we accrue these costs:

- **Coaches' Pay:** Without our coaches, we have no program. No money is granted for coaching by the school or the district.
- **Uniforms:** All members will acquire designated uniforms and warm-ups, practice clothes, bows, and poms and a team backpack and team drawstring bag.
- **Camp:** The greatest memories EHS Cheer & Song members often share are those made at camp. This time allows for team bonding and advanced skill-building. All members must attend summer camp.
- **Choreography Fees:** A small portion of each member's costs includes payment to various choreographers for sideline routines and competition choreography.
- **Outside Classes:** In order to gain a more competitive edge, our teams will take an all-team class in addition to the three days of practice built into the school day.
- **Transportation & Trainer:** These monies are kept in separate accounts by the EHS banker. We are only allowed to use the amounts in these accounts for transportation or trainer expenses. All buses we order are paid from our transportation account. When we use supplies and expertise from the trainer, we pay for them from this account.
- **Competition:** Most competitions require a per-participant or per-team fee. In addition, we have costs associated with purchasing competition music, competition poms, and competition signs. Travel expenses are additional costs.
- **Miscellaneous Supplies/Expenses:** website fees, office supplies, radios, equipment for the shed maintenance,
- **Facility Rental:** Our program rents out dance studio time at Hudson Dance Studio for the song team, the cheer team rents gym time for tumbling classes at a cheer all star gym, PCM Huntington Beach.
- **Banquet, Senior Night, and Team Dinners/Bonding:** Fundraising covers these associated costs. These amounts are deducted from all fundraising before individual donation amounts are lowered.

## **VI. PAYMENTS AND REFUNDS**

- A. All checks must have your athlete's name in the memo line of the check. If a returned check is received by the EHS Banker, a "cash only" policy will be put into place.
- B. A description of the donation schedule will be given out at the first parent meeting. The five donation dates for the 2018-2019 season are April 27th-\$1000, June 1-\$1000, August 10-\$800, September 14-\$400, October 26-\$400. Varsity Cheerleaders attending the UCA Master's overnight camp will have an additional \$400 payment due June 16<sup>th</sup>. Participating in individual account fundraisers will lower the individual donations.
- C. **No refunds** can be given if a student chooses to break his/her commitment laid out by this contract. For monies not spent by the time of dismissal (excludes coaches' pay), special circumstances must apply—(associated with life-altering events). No refunds will be given for any ordered uniforms, practice clothes, or gear.

## **VII. EXPECTED BEHAVIOR AND GRADING POLICY**

Behavior while on an EHS Cheer & Song team can earn a student several positive rewards: a good grade, a letter for his/her jacket (varsity only) and a participation patch for each year that he/she was on a squad. The following guidelines explain how students earn/lose points and what the behavioral expectations are:

## **VIII. HEALTH & SAFETY PROCEDURES**

- A. Each EHS Cheer & Song member must have a physical on file with the athletic trainer prior to the first summer practice on July 23rd, 2018. They physical must be done on the district physical form, the form can be obtained at [www.edisonchargers.com](http://www.edisonchargers.com) under the athletics tab, under athletic information. Turn in the completed form to the advisor/coach.
- B. No member will be allowed to practice or perform without his/her inhaler and other vital necessities listed by the physician on the physical form or without clearance from the EHS Athletic Trainer.
- C. A doctor's note must accompany any excuse of injury/illness from practice and performance. Only the original doctor (or referred specialist) can clear the member to return to practice.
- D. No member may perform a skill, stunt or exercise without permission of supervising coach.

## **IX. UNIFORMS AND ACCESSORIES**

- A. Uniforms shall be kept clean and in good condition. In all cases, a cheerleader/songleader must replace permanently damaged or noticeably altered uniforms.

- B. Uniforms shall be worn for all functions at which the members will perform, as well as to school on the day of such performances or games designated by coaches, advisor and or captains.
- C. Under no circumstances is the uniform or any part of it to be worn at any function held by a non-school sponsored group. Individuals or groups wearing any EHS Cheer & Song uniform must have consent of the coach/advisor.
- D. The current uniform or any part of it may not be leased/lent to any unauthorized person without the permission of the coach/advisor.
- E. Uniform and accessory alterations of any kind (including but not limited to embroidery or rhinestoning) must have **prior** consent from the advisor/coach. Any unauthorized changes to the uniform or accessories will result in the removal of the student until changes are reversed.
- F. Jewelry must not be worn with uniform at any time. While in uniform, all members must wear same accessories (bow, headband etc).

## **X. TRANSPORTATION**

- A. When a school bus is ordered, all attending members must travel on the school bus.
- B. When school buses are not available, the coach/advisor will specify transportation.

## **XI. RESPONSIBILITIES OF CHEER AND SONGLEADERS**

- A. Teach cheers, yells and chants used at Edison High School
- B. Perform for and lead the crowd at all attended games, as well as make posters for assigned athletes. Attend community events as specified by the coach/advisor.
- C. Participate on the designated competition squad.
- D. Be responsible for the planning and the carrying out of pep assemblies in conjunction with the Commissioner of Pep/ASB and other groups participating in this activity.
- E. Coach/Mentor S.A.C. Pepsters
- F. Make required number of posters for Bell Week by assigned due dates.
- G. Support captains, coaches and advisor.
- H. Bring required assigned items to games (sound system, run-thru, flag, signs, etc.)
- I. Be a role model for mini-cheer campers and fellow students of EHS.

#### **XIV. RESPONSIBILITIES OF COACHES AND ADVISOR**

A. Coaches – employed by HBUHSD as classified employees who are supervised by Cheer & Song Advisor. Their duties include:

1. Follow AACCA guidelines for safety
2. Provide a safe/secure environment for students during program sponsored events
3. Ensure routines follow the rules and limitations set forth by company sponsoring a competition for which an Edison Cheer or Song team is registered
4. Physically and mentally train and prepare members to build skills, strength and technique so that Edison Cheer & Song remains a competitive program
5. Hire choreographers and trainers as needed to develop their team(s)
6. Enforce rules of the program at all times
7. Communicate injuries, concerns and other issues to the advisor (and or trainer when applicable) on an immediate, regular and consistent basis so that further communication may take place

B. Advisor –employed by HBUHSD as a credentialed teacher who is supervised by Edison High School Administration. Duties include:

1. Ensure coaches are able to satisfy their job requirements by providing them with facilities, necessary equipment, support and adequate pay
2. Promote the financial well-being of the Edison Cheer & Song program
3. Communicate with athletes so that they can be successful members of the program (rules, expectations, absences, coaches' /teachers' concerns, etc.)
4. Submit grades for the PE course
5. Determine awards and recognition (relying on coaches' input)
6. Provide calendars and expected schedules to all members/parents (Shutterfly)

7. Investigate and determine actions and resulting consequences when a member has violated a program or school rule (when school administration is not involved)
8. Communicate to EHS Administration regarding the program's travel arrangements, fundraising and extenuating circumstances
9. Partner with teachers/administrators to ensure Edison Cheer & Song members represent Edison High School in the best way possible
10. Perform administrative duties for the program (competition registrations, required district paperwork, accident reports, balance budget, etc.)
11. Release approved press releases to local news agencies and other media.
12. Communicate concerns regarding injury, behavior or other circumstances to parents as needed. Minor warnings issued by coach and advisor might not be communicated to parents. When a punishment resulting in suspension or change in status has occurred, parents will be notified. All head and major injuries will be communicated to parents immediately (if advisor is not able to contact parents, coaches or trainer will contact parents).

## **XV. RULES OF COMMUNICATION & EXPECTED PARENT BEHAVIOR**

- A. EHS Cheer and Song members are expected to directly voice their concerns, questions and issues with their coach and advisor rather than asking a parent to do so.
- B. Members must report any absences or schedule conflicts to their coach and advisor as soon as possible. It is not the job of the parent to communicate this information.
- C. Members should first contact their captains when they have questions about the schedule, assigned attire, or other logistical concerns. If the situation requires contact with the coach or advisor, the captain will suggest the member does so.
- D. Members should keep an operating text message system available in order to receive messages from their captains, and What's App messages sent from coaches and advisor.

- E. Coaches and or advisor are responsible for and in charge of all members while at games, performances, activities and competitions until released to parents; therefore, parents must not communicate or sit with the teams until members have been released.
- F. Parents may make an appointment to meet with the advisor during non-instructional time and at the advisor's convenience.
- G. Parents should **ABSOLUTELY** contact the advisor immediately (if their student will not) regarding any bullying or improper behavior on the part of other members or EHS students toward their student.
- H. Parents must adhere to the HBUHSD Keys to Civility when addressing the advisor.
- I. Parents may not release information to local news authorities or other media regarding Edison Cheer & Song.
- J. Parents may not coach, reprimand or criticize any members at any time.
- K. When traveling with an Edison Cheer & Song team, parents must understand that all members are under the direct supervision of the advisor and coaches. Parent involvement must only occur at the request of the advisor or coaches.
- L. When team members are staying in hotel or dorm rooms, it is imperative that no parent enters these rooms without the consent of the coach or advisor.
- M. Team bonding meals or trips exclude any alcohol use by invited parents while engaging with the members under the supervision of the advisor and or coaches.