

EDISON HIGH SCHOOL CHEER HANDBOOK & CODE OF CONDUCT 2022-2023

Dear Cheerleaders 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 has evolved into an art form and sport of their own—one that is athletic, graceful, and strenuous, which incorporates both gymnastic, stunting, dance and performance skills.

In addition to our role as spiritleaders among our student body, we have taken on a more competitive role within the cheer 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 commitment involved in being a cheerleader in a competitive program.

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 Program Advisor

Eckel Ribadeneira- Head Cheer Coach; Sam Barron-Assistant Cheer Coach

I. ELIGIBILITY GUIDELINES

- A. The Cheer team will operate on a yearly basis. The term will officially begin in April 2022 and continue until tryouts of the following spring; however, cheerleaders will be enrolled in the EHS 6th period Cheer class during the entire 2022-2023 school year, and they will receive P.E. credits and earn a letter grade for the class in both the fall and spring semesters. Cheerleaders are not eligible to participate in other EHS sports/band/apa/choir.
- 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 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.

II. ALTERNATES

- A. The following reasons explain how an Edison Cheer 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. Note: **A varsity sideline placement does not guarantee a spot on the varsity competition team. Competing on the varsity competition team does not guarantee placement on the varsity competition team for the entire season.**
 - 2. During the season, the cheerleader 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 move members between the Varsity and JV competition teams and can change at anytime. A JV or Varsity Cheerleader can be placed on either competition team per advisor/coaches' discretion.
- B. The following reasons explain how an Edison Cheer 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 for travel competitions. This member will remain an alternate at coaches' discretion due to lack of dependability and may be placed in the JV competition routine.
 - 4. Cheerleader demonstrates poor attitude, regression of skill, violation of program rules, and or poor performance at practices, games and or competitions or in the classroom. Coaches' discretion will determine when and if the member will return to the routine.

III. THE CHEER 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 for Bell Week. We also begin competition skill-building and choreography.
- B. FALL: Football season is very busy! We cheer at football games and perform at Homecoming and Bell assemblies. We continue to practice for competition.

- C. **WINTER:** After football season, we heighten our focus on our competition routines. Competition is mandatory for all EHS Cheer members. While gearing up for competition, we also cheer at basketball games, and various other events. We perform at the Winter Sports Assembly and the 8th grade Expo Night. Competition season begins. We compete at several regional, state and national competitions. Attendance at all competitions is required for all members.
- D. **SPRING:** End of Competition season. We cheer at fewer sporting events during the spring. We still have practices, workouts, and begin preparing for tryouts and the new season.

IV. FINANCIAL OBLIGATION

- A. Estimated individual costs for the year are approximately \$2,800-\$3,300 per year (not including possible out of state travel-varsity competition team only).
- B. 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 and employ experienced coaches. (Approximate \$2600 cost breakdown a year per athlete: \$550 overnight camp, \$700 competitions fees/expenses, \$1200 coaching, \$150 bows/sweatshirt/tank/t-shirt additional uniform expenses paid directly to Varsity Uniform Company-varies by individual order most between \$200-\$300 returner, \$500-\$700 new member

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, includes game and competition coaching.
- **Uniforms:** game uniform, and possible competition uniform, warm up jacket, backpack, shoes, liners, team shorts,
- **Camp:** Overnight Summer Camp- USA Showtime Camp August 1-4, Indian Wells Hyatt
- **Choreography Fees:** A small portion of each member's costs includes payment to various choreographers for sideline routines and competition choreography.
- **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/speakers, equipment for the shed maintenance

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. Credit card payments are accepted online on the EHS website. Cash donations/payments are also accepted.
- B. An updated donation schedule will be given out in the parent information packet the first week of practice April 18th.
- 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 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. Removal from the squad, or

a member quitting the squad will result in a 12 month waiting period before being eligible to tryout out again for the program. The following guidelines explain how students earn/lose points and what the behavioral expectations are:

VIII. HEALTH & SAFETY PROCEDURES

- A. Each EHS Cheer member must have a physical on file with the athletic trainer prior to participating in tryout clinics, please submit the completed district physical form with your tryout application or bring to the first day of tyout clinics. The physical must be done on the district physical form, the form can be obtained at www.edisonchargers.com under the athletics tab, under athletic information or can be found on our website. 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. If an athlete needs to sit out or modify practice **for more than one practice**, a doctor's note **must** be on file stating the restrictions and expected return date.
- D. No member may perform a skill, stunt or exercise without permission of a supervising coach. No stunting or tumbling ever without a coach present and supervising.

IX. UNIFORMS AND ACCESSORIES

- A. Uniforms shall be kept clean and in good condition. In all cases, a cheerleader must replace permanently damaged or noticeably altered uniforms. No uniform alterations without advanced permission from the advisor/coach.
- B. 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 uniform must have the consent of the coach/advisor. The current uniform or any part of it may not be leased/lent to any unauthorized person without the permission of the coach/advisor. (example Halloween costumes, costume parties, etc)
- D. 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.
- E. Jewelry must not be worn in uniform at any time. While in uniform, all members must wear the same accessories (bow, headband etc). Nails must be short, and only neutral, natural colors are allowed. Natural hair color must be maintained during the season and for all games, performances, and team appearances.

X. RESPONSIBILITIES OF CHEERLEADERS

- 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, weekly SAC practice

- F. Make the required number of posters for Bell Week by assigned due dates.
- G. Support captains, coaches, and the 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.

XII. RESPONSIBILITIES OF COACHES AND ADVISOR

- A. Coaches – employed by HBUHSD as classified employees who are supervised by the Cheer 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 team is registered
 - 4. Physically and mentally train and prepare members to build skills, strength and technique so that Edison Cheer 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 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 and daily attendance
 - 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 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.

XV. RULES OF COMMUNICATION & EXPECTED PARENT BEHAVIOR

- A. EHS Cheer 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
- J. Parents may not coach, reprimand or criticize any members at any time.
- K. When traveling with an Edison Cheer 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.