

Citrus Valley Spiritleader Handbook

Cheerleading
2023-2024 Season



BLACKHAWKS

Purpose/Code of Conduct

Citrus Valley cheerleaders are representatives of not only the program but of Citrus Valley High School as well. The purpose of a CVHS cheerleader is to uphold a high level of spirit, sportsmanship and leadership. They are expected to display CLASS and positive attitudes on campus while taking pride in their position on the team. Each CVHS cheerleader will remain in good standing at Citrus Valley when in and out of uniform. The organizational goal is to work in harmony with administration, faculty, ASB, athletic teams, and all other organizations while concurrently promoting school spirit, pride, and unity.

CVHS Spirit Program Rules and Regulations

Adherence to the program's rules and regulations are vital in achieving any and all goals put forth by the coaching staff. All members recognize the manner in which they present themselves in and out of uniform is a direct reflection of the program and school. All rules and regulations are imperative to maintain morale, discipline, and effective learning along with ensuring the safety and general well being of each spiritleader. No one is entitled to a position on the track, mat, etc. Any spiritleader can be moved up or down depending on ability. Participation within the CVHS Spirit program is a privilege, not a right. This privilege may be revoked anytime coaching staff deems necessary.

All infractions will be dealt with on a case to case basis

Academic Standing

Citrus Valley Spiritleaders is an extracurricular organization representing Citrus Valley High School. Academics will always be a priority. All CVHS Spirit teams must maintain a GPA of 2.0 or higher. Coaches conduct a weekly grade check, neglecting to turn one in will result in benching of the cheerleader. If a grade comes back D or lower after two checks, they will be sat from practice to do necessary work resulting in an unexcused absence. After 3 checks, they will be benched for that week's game also resulting in an unexcused absence. If a member's GPA is less than 2.0 at quarter/semester, they will be benched for the rest of the sports season and put on probation until the next grading period. If GPA is lower than 2.0 after two consecutive grading periods, the cheerleader will then be removed from the squad.

Academic Standing also includes the following:

- Exemplary behavior on campus
- Punctuality and Attendance
- NO CHEATING
- NO FIGHTING

Any infringement of school rules may result in academic probation OR the removal from the program. Students on academic probation will follow the probation given for marks.

Social Media Guidelines

- All post should be appropriate and respectful to oneself and the program
- Always maintain a high level of sportsmanship and self respect
- Any spirit wear and/or uniform must be worn properly and complimentary
- Highly suggest deleting of second private accounts (i.e. finstas or second tiktoks)
- NO inappropriate or disrespectful dances and/or post in uniform/spiritwear
- NO profanity or excessive display of affection
- NO illegal substances or anything that alludes to the consumption of such

- Self posting or tagging in/reposting of illegal substances will result in termination from the team
- Any and all post of a spiritleader in uniform (including spiritwear new or old) will result in termination from the team

Uniform/Spiritwear

- All 2023-2024 Season spiritwear and uniforms are to be SOLELY worn by the spiritleader. This includes uniform (skirt, shell, liner, spanks, shoes, bow) warm ups, any camp or spirit attire including backpacks.
- ONLY cheer shoes are to be worn with uniform
- Only ONE pair of stud diamond earrings are to be worn. NO hoops, dangling earrings, or anything but a diamond (or mock diamond). No piercings are to be worn other than that of the traditional ear piercing. NO: second, third or fourth piercing, cartilage piercings, belly rings, nose piercing, etc.
 - Competition there will be NO jewelry allowed
- Uniforms are not to be worn casually or with street clothing
- Uniform needs to be worn in its entirety. NO spanks with shell, warmup pants with liner, etc.
- Uniform and spirit wear are to be worn as intended to fit. No rolling of skirts or spandex. No cropping of shell and/or spirit shirts.
- Uniforms may be altered with coaches approval.
- While in uniform, hair and make up must be done.
 - Only makeup approved by coaching staff
- While in uniform or spiritwear, there is to be no excessive display of affection or use of profanity.
- **ABSOLUTELY NO** consumption or alluding to the use of illegal substances and/or inappropriate acts in anything Citrus Valley

EXPECTATIONS FOR:

ON CAMPUS:

- positive , friendly attitudes
- Punctuality
- Participation in ALL spirit days

PRACTICES

- Positive, enthusiastic, and ready to learn attitudes.
- Wear appropriate athletic attire .
- All hair must be pulled out of the face INCLUDING BANGS into a secure ponytail.
- NO jewelry is to be worn at practice.
- No nails that exceed fingertip length. The only colors allowed are clear, baby pink, and french tip. NO ACRYLIC NAILS.
- Must arrive on time READY to practice (hair up, shoes on).
- Cell phones are put on silent and out of sight.

- NO GUM or eating (aside from a quick snack).
- Any later than 5 minutes will result in an unexcused absence, no excuses.

GAMES

- Positive sportsmanlike attitudes.
 - Absolutely NO profanity
- Arrive on time, **READY**
- Complete uniform on unless instructed otherwise. Items not being utilized are expected to be in their backpacks.
 - Game day uniforms include: bow, ribbon, shell, skirt, spunks, liner, crew socks, cheer shoes. Items in backpack include warm up jacket, warm up pants, and eventually homecoming hoodie (even if it's 100 degrees outside)
 - Game day uniform also includes hair and makeup as advised by the coaching staff.
- Hair is to be done properly and securely enough to last the entire duration of the game. Bobby pins and hair ties of natural color are the only hair accessories allowed aside from bow or ribbon
- Game day makeup will be taught and expected to be upheld throughout the season.
- Only ONE pair of stud diamond earrings are to be worn. NO hoops, dangling earrings, or anything but a diamond (or mock diamond). No piercing are to be worn other than that of the traditional ear piercings. NO: second, third or fourth piercings, cartilage piercings, belly rings, nose piercing, etc.
- No nails that exceed fingertip length. The only colors allowed are clear, baby pink, and french tip. **NO ACRYLIC NAILS.**
 - Nails will be allowed for homecoming and prom. Only to be worn for two weeks, the week before and the week after the event.
- There is NO GUM or eating during game time.
- An unexcused absence from the weeks practice will result in benching on that Friday's game
- No socializing with family or friends during the game, including half time.

COMPETITIONS

- Friendly, positive attitudes
 - If watching other teams in stands, the spiritleader must put forth a positive and supportive attitude.
 - Regardless of the competition outcome, attitudes need to be humble and appreciative
- Arrival **ON TIME**, if not early
- Hair and makeup done **BEFORE** check in times (aside from lipstick)
 - All hair and makeup needs to be done the way coaches have advised. If not, the spiritleader will have to redo their hair and/or makeup.
- Hair needs to be done securely and properly to last the duration of competition
- No changing of hair, makeup, or uniform until advised by coaching staff
- **NO JEWELRY**
- **NO NAILS**

- Supporting of the WHOLE program
 - This could mean staying for hours after one's own awards.
- Having the ENTIRETY of ones uniform
 - Including: Bow(s), shell, liner(s), skirt, spunks, warm ups, homecoming hoodie

ATTENDANCE POLICY

Any and all absences must be approved by coaching staff in order to not be considered unexcused. Vacations should have been submitted during tryouts. If not, they must be submitted two weeks before desired absence in order to be eligible for an excusal. Any missing of practices/events holds the spiritleader responsible for making up any missed material. Arriving late and/or unprepared for practice/event can result in an unexcused absence. Any submitted vacation/absence request can be denied if the coaching staff deem fit, regardless of time submitted, resulting in an unexcused absence. In order to request an absence, one must fill out a physical form and submit it to the coaching staff. Coaches will determine if the absence is considered excusable. Any absence during January or February will NOT be excused. All decisions are final. For illness and injuries, a doctor's note MUST be submitted in order to be an excused absence. Failure to comply will result in an unexcused absence. Coaching staff is very understanding when it comes to family emergencies and other situations likewise. Communicating and keeping staff informed will only benefit the spiritleader and avoid consequences. Any and all unexcused practices/events will result in a mark on the spiritleaders record. Any absence, excused or not, may result in a position/formation change or removal.

Commitment to the CVHS spirit program is vital to its success. While we encourage two sport athletes, the CVHS spirit program must come first. This includes outside activities such as Allstar. All members must attend all scheduled events or unexcused absences will be distributed.

CONSEQUENCES AND MARKS

It is important to hold each and every spiritleader accountable. To ensure this, we will be enforcing a "Mark System". All marks given will be discussed with that spiritleader. Parents/guardians will only be contacted if necessary. Coaching staff is reserved to the right of distributing marks when deemed necessary. **ABSOLUTELY NO** consequences or marks will be discussed with another spiritleader and/or parent.

Examples of what marks will be given for:

- Late/unexcused absence to practice and/or events
- Indisputably poor attitudes to coaching staff and/or teammates
- Social media infractions
- Not having all uniform pieces at games/competitions
- Use of cell phones during practice/games

Amount of marks given for each infraction will be determined by coaching staff based on the severity of the infraction, never surpassing 3 marks per infraction. Academic Standing will not follow the Mark System. They will be dealt with as

previously stated. Reaching an amount of 3 marks, the spiritleader will be placed on probation. The reaching of 5 marks will result in the dismissal from the team. Positioning on the team is a privilege, not a right. Spiritleaders may be dismissed from the team at any given time, regardless of marks, if coaching staff feels necessary.

PROBATION: The spiritleader will not participate in dressing out.

Opportunities that would have been given will no longer be offered. Positions on teams (such as group stunt, fight song, etc.) could possibly be stripped. Coaching staff will determine length and complete consequences of probation in accordance to marks.

CHAIN OF COMMAND

Boosters: The sole purpose of the CVHS Blackhawks Spirit Booster Club is to provide financial assistance to the CVHS Spiritleader program. At no time does the booster club, nor do the Booster Board members have any authority over the administration of the Spiritleader program. This includes, but is not limited to, scheduling of events, scheduling attendance at required events, appearance requirements or disciplinary actions. Any issue brought to the CVHS BSBC board member(s) that does not pertain to the roles and responsibilities set forth by the RUSD will be referred back to the reporter to be directed to appropriate coaching staff or advisor. The CVHS Booster organization will: organize fundraising opportunities to help spirit leader families meet the financial obligation assumed by being a part of the spirit leader program; advise membership of financial deadlines; assist in organizing community events and philanthropic opportunities; handle business requirements such as paying taxes, providing financial documents to membership, etc; assist in the order/purchasing of required materials for participation in spirit leader activities; assist coaches with registration for competitions, in addition to other financial or communicative activities as deemed necessary by the coaches/advisor of the CVHS Spiritleader program.

Coaches: Questions or concerns relating to team activities, practices, games, students, or anything regarding the coach or team please **EMAIL** coach or contact Coach through **SLACK**. **DO NOT** text or call the Coaches as you will not receive a response. Coaches have 24 hours to respond.

Advisor: Questions or concerns relating to team activities, practices, games, students, or anything regarding the coach or team. Please **EMAIL** coach or contact Coach through **SLACK**. **DO NOT** text or call as you will not receive a response. If it is about another student, your student, or coach please address it with the advisor. Advisor has 24 hours to respond.

Admin: Administration is to be contacted only if the coach or advisor cannot answer the question or address the concern.

Please communicate your questions or concerns in this manner:

- 1. Team COACH**
- 2. ADVISOR**
- 3. ADMINISTRATION**

Coaching Staff Points of Contact

JV Cheer: Makayla Sevick (Coach Makayla)

Makaylasevick@hotmail.com

JV/Varsity Song: Angelina Beltran (Coach Nina)

Angelinabeltran2@gmail.com

Varsity Cheer/Advisor: Sydney Shreve (Coach Syd)

sydneymshreve@gmail.com

Cheerleader Signature

I, _____, have read and understand the rules and regulations of the CVHS spiritleader program. I understand that not abiding by the rules listed above, may result in consequences and possible removal from the team. I agree to be held to the CVHS Spiritleader standard.

Cheerleader Signature

Date

Parent/Guardian Signature

I, _____, have read with my cheerleader and understand the rules and regulations of the CVHS Spiritleader program. I understand that if my cheerleader does not abide by the rules listed above, they may receive consequences that include possible termination from the team. I understand that the coaching staff makes decisions that aren't only for the betterment of my cheerleader but for the program as a whole. I agree that my child is to be held to the CVHS Spiritleader standard.

Parent/Guardian Signature

Date