

**Monterey Trail High School  
Cheer Squad Policies and Procedures  
2023-2024**

**ELIGIBILITY FOR PARTICIPATION**

Please reference the EGUSD ATHLETIC HANDBOOK as well – [www.mthsmustangs.com](http://www.mthsmustangs.com)

**AGREEMENT FOR TEAM PARTICIPATION**

In consideration of the Student’s ability to participate on a Team [including any Sport, Cheerleading, or Dance], including try-outs, practices, preseason or seasonal strength or training sessions or training camps, or actual participation in Team events, shows, performances, or competitions, or the traveling to or from any of these activities (“Team Activities”), the Student and Parent/Legal Guardian (“Adult”) signing this Agreement agree as follows:

1. It is a privilege, not a right, to participate in extra-curricular activities, including Team Activities. The privilege may be revoked at any time, for any reason that does not violate Federal or State law or District policies or procedures. There is no guarantee that the Student will make a Team, remain on a Team, or actively participate in Team events, shows, performances, or competitions. Such matters shall remain exclusively within the judgment and discretion of the supervising District employee or volunteer coach.

**ACADEMIC ELIGIBILITY**

For Academic Eligibility, **Grades of Progress** and **Grades of Record** are defined as:

**A. Grades of Progress:** data processor-generated grades assigned to a student but not officially recorded on a transcript; on a traditional semester calendar these are “quarter” grades issued after the first 9 weeks of each semester; on a block/4 term calendar these are grades issued after the first 4-6 weeks of each term.

**B. Grades of Record:** data processor-generated grades assigned to a student and officially recorded on a transcript.

**Student-athletes who represent an EGUSD school in any athletic competition must meet the following requirements:**

1. Earn a 2.0 GPA in 9-12 courses for **Grades of Record** prior to competition.\*
2. Earn a 2.0 GPA with no “F’s” in 9-12 courses for **Grades of Progress** prior to competition.\* (see continuing eligibility below)
3. Maintain standards of satisfactory citizenship.
4. Maintain satisfactory attendance record as defined by Board Policy.

\* Schools reserve the right to restrict try-outs to only academically eligible students.

Note: Exceptions may be made to the requirements above by an Academic Hardship Committee when health, physical, mental disadvantages, or other extenuating and unusual circumstances exist. If an Academic Hardship Committee grants an exception and waives the Academic Eligibility requirements listed above, the student-athlete must be placed on an official EGUSD Hardship Contract and abide by all of its stipulations. This is a one-time contract for any high school in the Elk Grove Unified School District.

## CONTINUING ELIGIBILITY

Eligibility is determined by the following:

1. A student is eligible if on any **Grade of Record** the student has maintained a minimum 2.0 GPA.
2. If on any **Grade of Progress** the student has a 2.0 GPA but has an “F”, he/she is ineligible to compete in any contests beginning the Monday after grades are published. That student becomes eligible to compete as soon as he/she returns a grade clearance form or the Athletic Director receives electronic communication from the teacher, signifying that the student is earning a passing grade.
3. If on any **mid-quarter or mid-term Grade of Progress** the student has a grade of “F”, the student is ineligible to compete beginning the Monday after grades are published. That student becomes eligible to compete as soon as he/she returns a grade clearance form or the Athletic Director receives electronic communication from the teacher signifying that the student is earning a passing grade.

### Athletic Clearance Eligibility – This is done when you have made the team after May 1<sup>st</sup>, 2023.

1. Digital Athletic Clearance at [www.athleticclearance.com](http://www.athleticclearance.com)
  - a. There is a video to watch for help. You can do this on a smart device however, you will need to print 3 items.
2. Print and turn in the Student Personal Automobile Form and Alternate Student Transportation Form, even if your athlete does not drive.
3. **All athletes going to participate in athletics during the 2023-24 school year will need a physical and must be cleared for their season of sport before they can participate in practice. This is all done on [www.athleticclearance.com](http://www.athleticclearance.com)**
4. Physicals **must be obtained and dated after May 1<sup>st</sup>, 2023.**
5. All parents of NEW ATHLETES to MTHS must attend the **mandatory** Athletic Parent Meeting. This meeting is usually the week before school starts or the 1<sup>st</sup> week.

### Expenses

Uniform costs will be paid directly to Varsity Spirit Fashions. The custom cheer uniform costs approximately \$650.00 – \$750.00. If a cheerleader orders a custom sized uniform or alters the uniform in any way s/he is entirely responsible for the cost of the uniform. Cheer squad members may choose to be responsible for other expenses during the year for activities related to participation in cheerleading based on what is mandatory and what is optional. These expenses may include items such as camp (approx. \$550), outside training, spirit dress-up days, bows, camping, camp wear and spirit attire, etc. There is also an expense of \$200 for Music and Choreography.

1. There will be no refunds given to any member of the cheer squad who quits or is removed from the squad.
2. Mascot outfits/costumes are school property. Outfits/costumes are to be kept at the school site and are only to be worn by the mascot during games, performance, and school rallies.
3. Cheerleaders who alter the uniform in any way are financially responsible for the uniform.
  - I. All qualified students will be afforded the opportunity to try out for the cheer team. Final team selection will be based on criteria presented prior to tryouts. No student will be adversely affected if s/he is unable to meet the suggested financial standard. Any student who is unable to meet the standard should contact Coach Charlie.

### **Uniform Fitting**

Cheerleaders will wear the approved Cheer uniforms for the 2023 -2024 school year. Uniform fittings will be scheduled ASAP and information given out as the time comes. Uniforms will be the same as last year.

**Summer Camp** – We will be attending UCA Summer Camp at the Great Wolf Lodge in Modesto this year from July 22-25. This camp is approximately \$550. As we follow the Covid 19 guidelines from EGUSD, we will add activities that are safe and fun for our cheerleaders as the year progresses and as allowed.

### **Fundraising**

In order to run a successful program, we strongly encourage families and students to assist in fundraising activities. These funds will be used to cover expenses such as additional coaching staff, end of the year celebration, cheer supplies, music, choreography, travel, team bonding events, and other operating costs for the program.

### **Uniform Dress Code**

Cheerleaders or mascots must be in uniform in order to participate in and attend all cheerleading related activities. Please remember that while in uniform, participants are representatives of Monterey Trail High School.

- **Practice:** shorts, T-shirt, tennis shoes, hair pulled back up in a ponytail, no jewelry
- **Game Uniform:** Uniform, hair long enough to be put up must be in a ponytail, make-up (optional). Jewelry is not permitted. Bring entire uniform to all games.
- **Nails:** All nails must be short enough not to make marks when clenched in fist. All nails that are false must follow same guidelines. Coach will recommend appropriate polish colors.
- **School/Rally Uniform:** Designated uniform.
- **Spirit Days:** Cheerleaders are required to participate. All cheerleaders and mascots must check in at the designated time with an on campus coach to show their spirit!!
- **No Jewelry/Piercings:** For safety reasons, participants will **NEVER** be allowed to wear any jewelry with their uniform during group activities. This includes watches, rings, bracelet, anklets, necklaces, earrings, nose ring, belly button ring, tongue rings, and any other jewelry.
- **Hair:** Must be pulled back and securely fastened in a tight ponytail with a black rubber band or ponytail holders. Simple barrettes, bobby pins and safety clips will be allowed to hold up loose ends. Hair ornaments and ponytail holders with a hard surface that can be dangerous, etc will not be allowed. Do not wear non MTHS color hair accessories with school uniform. All must be cleared by a coach.
- **All uniforms must be approved by a coach.** Please check a design with a coach before purchasing items for the team.

### **Attendance**

- In order to participate on cheer activity days, a cheerleader or mascot is expected to attend class no less than 50% of the day.
- In the case of a missed event, including practice, cheerleaders and mascots must notify the coordinator/coach prior to the event, so we can plan practice accordingly. 24 hours notice is preferred.
- It is recommended that cheerleaders/mascots and their parents/guardian plan school projects, medical appointments and work schedules around cheer practice and activities.
- Absences will only be considered excused if a note, email, or phone message is presented to the coach from a parent/guardian prior to the event s/he will be missing.
- The following are considered excusable:
  - Sicknesses
  - A sickness of more than 3 days requires a doctor's note to be considered excused.

- Injury
- School events (i.e.: field trips, awards ceremonies, etc)
- Outside events (i.e.: youth group, church, youth sports, outside activities) will not be excused. Calendars have been passed out and we ask that appointments be scheduled around cheer events.
- Doctor appointments will only be excused if more than 24 hour notice is given to the coaching staff, as well as a doctors note turned into the coaching staff at the next cheer event after the appointment.
- Death in the family
- If a cheerleader misses the practice prior to a game, s/he may be removed from the half time due to the safety needs of the other cheerleaders. Also, s/he may be asked to sit out for the game.
- A family emergency should follow under the above excusable absences.

## **BEHAVIOR AND CONDUCT**

Squad members should show good sportsmanship be respectful of other squad members, school administrators, the advisor, coaches, other students, and parents at all times. Squad members are expected to maintain a positive attitude acceptable for the cheer/spirit/school environment. Cheer advisors/coaches may take appropriate corrective action where speech, conduct or electronic acts by a squad member, whether taking place during a cheer, cheer-related, school, or school-related activity or event, or taking place away from school grounds or school or cheer activities, has a direct disruptive or detrimental effect on, or seriously threatens the discipline, environment, safety or general welfare of the cheer program, other squad members, the advisor, coaches, or other students, faculty, staff and/or administrators of the District.

Membership on and participation in the MTHS Cheer program is a privilege, not a right. Like student athletes, cheer team members are prohibited from the using, possessing or furnishing tobacco, alcohol or other drugs/controlled substances. This prohibition applies to both: (a) all cheer related activities, including camp, practices, games, and any other cheer-related activity or event; and (b) at all other times, whether or not while in attendance of a cheer-related activity or event. Cheer members that violate these restrictions are subject to severe penalties, including but not limited to potential removal from the cheer/spirit team. A behavior problem can result in a suspension and or dismissal from the team.

## **PROCEDURES & POLICIES**

### **Practices**

- Practice schedules will be distributed to squad member.
  - Summer Practice Schedule TBD
  - Fall Practice Schedule – Tues, Wed, Thurs 6:30-8:30
  - Winter/Spring practice Schedule for basketball & rallies, etc. (Spring sport participation is allowed.)

### **Closed Practices**

All practices are closed, unless designated as open practices. During open practices we expect parents/guests to remain quiet and reserve questions/comments for the coaches after practice. Being a cheerleader is demanding, as is any other sport, and can be quite

dangerous. During practice, the students must remain focused since distractions may result in injuries to themselves or their teammates.

### **Transportation**

- Buses or vans are provided for MTHS athletic teams on a limited basis due to EGUSD budget concerns. Many trips are designated "Drop Only" which is a one-way trip to the event. Athletes are responsible for their own way home. "On Your Own" is defined as each team member to arrive at the specific location, at a specific time without any coordination done from MTHS Athletic staff. Please see game schedule and/or contact coach for specific trip details.
- If a bus is provided, Cheerleaders may ride home with their parent/guardian if a Student Alternate Transportation Form has been completed and submitted to the athletic director. Parent/guardians must also sign out their cheerleaders with the coach for safety reasons.
- During the game, coaches are "on duty" and need to be able to focus on the cheerleaders, game, etc. All signing out will take place after the game on the sidelines. If the parent/guardian does not attend the game, please meet a coach at the front gate.
- Cheerleaders may ride home from games/events with adults other than their parent/guardians who are listed on the Student Alternate Transportation Form or as designated by a written note by the parent.
- Cheerleaders must be dropped off and picked up on time, regardless of whether they receive a ride or are driving themselves.
- If cheerleader arrives late or leaves early to practices, games, or events it is considered a tardy.
- Times will vary, so be sure to check the schedules.
- Cheerleaders will not be excused early from games/practices/events unless it is for a school event (i.e.: award ceremony, make up exams, etc.).

### **Cell Phones**

- Cheerleaders are allowed to have cell phones in their possession, however, they must not use them during any scheduled cheer time. This includes practices, games, school events, and community events.
  - All cell phones must be OFF, not on vibrate mode, if they are brought into a game or practice.
- Cheerleaders may only call parent/guardians before pre-game practice and after post-game wrap up on games days, or before or after any practices and/or events.
- If cheerleaders are found using their phones during cheer time, they will be confiscated until the end of the event.

### **Post Game wrap-up**

- After the conclusion of every game there will be a post-game wrap-up. These wrap-ups should take no longer than 5-15 minutes if squads gather immediately after game at their designated spot.

### **Personal Items**

- We ask that cheerleaders please provide their own personal items. This includes Band-Aids, feminine products, inhalers, Tylenol/Advil, etc. We are not allowed to administer medication.

### **PARENT/GUARDIAN INFORMATION**

To support our cheerleaders and mascots as parents and guardians, we hope you will encourage your daughter/son to demonstrate teamwork, a positive attitude, and discipline at all times. You can support the program by attending games and special events whenever possible.

### **Communication**

The Monterey Trail High School Cheer Staff welcomes parent support, participation and interest in the program. We will ask you for assistance and ideas from time to time, and we want to ensure that we hear and address parents' concerns and questions in a timely manner.

Please let the coaches know when your daughter or son has any limitations (physical or other) that may affect her/his full participation in the program. This communication is confidential. When communicating in writing, please include your child's full name and team (Varsity or JV).

Parent/guardian informational meetings will be held when necessary. We encourage parents to bring any serious issues directly to the attention of the Cheer Coach or Cheer Coordinator. We also encourage parents to provide constructive feedback regarding the program. A format for constructive feedback is: a) State the issue, qualify with details; b) explain the impact (to the individual or program); and c) provide recommendations and strategies for change.

If you have a concern or complaint, we ask that you follow the District's policy for athletics by using the following guidelines:

- Every effort should be made to resolve a complaint with the coach/advisor involved.
- If the concern is not resolved with the coach, it should be submitted to the Athletic Director in writing.
- If the concern is not resolved with the Athletic Director, it will be submitted to the Vice Principal in charge of Athletics.
- If the school administration cannot resolve the problem, it will be submitted to the EGUSD Director of Athletics.

### **Committee/Booster Participation**

- Parents are encouraged to participate in at least one committee during the time their daughter/son is involved in cheerleading at Monterey Trail High School.



**2023-2024 MONTEREY TRAIL HIGH SCHOOL**  
**CHEER AGREEMENT/RELEASE FORM**

Parent/guardians should be aware of the responsibilities of being a cheerleader. Aside from attendance at all games, being a member of the cheer squad requires many more hours for all other cheerleading related activities.

Being on the cheer squad may involve a financial standard for the cheerleader and/or the parents/guardians.

I understand my child is trying out for a position on the Monterey Trail High School Cheer Squad. I have carefully read and understand the rules and responsibilities that are a part of this position. I give permission for my child to serve as a cheerleader if chosen. I understand the decision of the selection committee is final.

The candidate further agrees to abide by all terms and understands that failure to do so will result in the specified consequences as stated in the Cheer Handbook.

Candidate's Printed Name	Candidate's Signature	Date

Parent's Printed Name	Parent's Signature	Date

Current School \_\_\_\_\_

School ID Number \_\_\_\_\_ Grade Level in August, 2023 \_\_\_\_\_

Home Phone \_\_\_\_\_ Parent Work Number \_\_\_\_\_

Parent Cell Phone \_\_\_\_\_ Student Cell Phone \_\_\_\_\_

**(Attach report card if not attending a school in the Elk Grove Unified School District.)**

**RETURN SIGNED AND COMPLETED FORM BY MONDAY, MARCH 27<sup>th</sup> AT TRYOUTS.**

**If you have any questions regarding the handbook, please contact the Coach Charlie, at [montereytrailcheer@gmail.com](mailto:montereytrailcheer@gmail.com).**