

# **Poway High School Rules and Regulations**

## **Rules of Conduct**

### *Our Mission:*

To promote and uphold school spirit, unity, and pride and represent ourselves and PHS in a respectful and upstanding manner. PHS Cheerleaders are student-athletes and must set good examples for other students, friends, and the community.

### *Membership:*

1. All standards of Poway High School policies must be upheld at all times, on and off school property.
2. No drinking, smoking, vaping, etc.
3. Appropriate behavior while cheering and while wearing team uniforms in public is mandatory.
4. Cell phones are not permitted during games, practices, fundraisers, or performances. If a member must have their phone available (for emergency purposes) permission should be given by the head coach prior to the situation.
5. Inappropriate or vulgar language or gestures is unacceptable and will not be tolerated.
6. Social media websites including, but not limited to, Facebook, Twitter, Instagram, Snapchat, and any other public or online networking sites are not allowed to be used in relation to the Poway High School cheerleading program, the coaches, or members, unless it is STRICTLY for the purpose of advertising upcoming events, positive encouragement toward the team, school, or coaches, or other sporting teams of Poway High School.
7. Cheerleaders are required to attend all events listed on the schedule & anything new designated by the coach(es).
8. Cheerleaders must be at the appointed place at the appointed time or he/she will receive a tardy.
9. When the team is traveling, all girls must travel to and from that destination in the designated vehicle.
10. All comp cheerleaders are expected to attend all Poway High School functions between tryouts and the end of the season banquet.

### *Uniforms/Attire:*

1. Proper uniform/attire will be worn on game days and to all events or extracurricular activities when assigned. No jewelry allowed at any time and no undergarments shown at any time.
2. Only current team members are allowed to wear uniforms, or any other piece of clothing purchased for cheerleading team use.
3. Each member is responsible for the care, upkeep, and condition of his/her own uniform.
4. If any piece of the uniform is lost or damaged, the member to which it belongs will be responsible for replacing it at his or her own expense.
5. Nails longer than your fingertips are not allowed at ANY TIME. This is an NFHS rule and members will not be allowed to participate with them on. NO COLOR at performances.
6. All athletes will wear full face make-up and hair. No gum, ever.
7. Proper cheer shoes must be worn while in uniform and at practices. No slippers, flip flops, sandals, etc.
8. Cheerleaders must have their hair pulled out of their face while performing and stunting. No whispies.
9. During all practices, members are to wear acceptable gym/cheer clothes. Members are not to wear school or street clothes. (i.e. Fitted Tees/Tanks and shorts/leggings/yoga pants)

# Regulations

## *Eligibility:*

1. Cheerleaders must maintain a 2.0 GPA or higher throughout the terms of service.  
-Grades are checked for eligibility every 6 weeks.  
-9<sup>th</sup> graders have 1 probation and 10<sup>th</sup> – 12<sup>th</sup> have another 1 probation.
2. If an opening occurs, an alternate *may* be selected from the unpublished list established by the judges at the time of try-outs.
3. If openings arise, alternates and/or additions may be selected based on an additional try-out.
4. All comp cheerleaders must have/display the leadership skills and attitude necessary to make the squad or they will not be accepted on to the team, regardless of previous/current years' participation/placement.

## *Absences:*

### **The following absences will be considered EXCUSED ABSENCES:**

- Extreme personal illness--doctor's note may be required upon coaches' request.
  - a. Death in the family
  - b. Wedding in the immediate family
  - c. Pre-arranged family vacation—head coach must be notified by Oct.5<sup>th</sup>, 2022
  - d. Work and/or internships are NEVER an excuse!

### **The following will be considered UNEXCUSED ABSENCES:**

- If a member does not call or give the coach(es) notice PRIOR to the absence
  - Anything not listed above
  - School events that were not excused and discussed with the head coach
  - Teacher meets must be excused with a note/signature from that teacher upon arrival to cheer meet
  - Anything deemed unexcused by the coach
- \*\*\*If a member is absent within 3 practice days prior to a performance, he/she will be taken out regardless of whether the absence was excused or unexcused.***

### **The following apply to PERFORMANCE DAYS:**

- Athletes must always arrive on time.
- Athletes who miss a practice without contacting the coach can be removed from the comp team.
- Athletes must attend the entire event/performance & may not arrive late/leave early.
- If student-athlete misses 2/3 of school day, they may not perform at the event that day.
- 2 unexcused tardies = 1 unexcused. 1 unexcused can result in a meeting with parents and removal from the team. Attendance is mandatory.

## *Probation:*

1. If a probationary period is necessary for any reason and the member has already served one probationary period, at any time during the year, the second infraction can result in immediate dismissal.
2. During a probationary period, athletes are required to attend every practice, event, and meeting.
3. A member may be put on probation under any one of the following circumstances:
  - a. 1 unexcused absence in any marking period
  - c. Violation of any "Rules of Conduct"
  - d. An attitude that is considered detrimental to the organization or the team
  - e. Receiving any GPA lower than 2.0
  - f. Any text, email, post, or action made, that is deemed inappropriate in any way by the coaches.

## Cheer Agreement and Permission

Name \_\_\_\_\_

Current Grade: 8    9    10    11

Hello Parents and Interested Student Athletes,

I want to personally welcome you to Poway High School's Competition Cheerleading try-outs for the 2022-2023 season. I am beyond thrilled and excited to see what this competition season will bring! I look forward to meeting every one of you at our tryouts. Prior to trying out, please review all of the information in this letter/in these forms.

As a member of the team, you will be required to attend all practices, some basketball games, cheerleading events, all competitions, CIF events, fundraisers, and any other team activities as assigned by the coaching staff. Social plans, doctor's appointments, and job schedules must be scheduled around these events and will NOT be considered acceptable excuses for non-attendance. This is a team sport; therefore, your attendance is vital in allowing the team to perform their duties at these events. We understand that you may have already planned a few unavoidable occasions over the holiday breaks, please do your best to reschedule. At the coach's permit, these will be eligible for excusal but you must notify us by October 5th. All absences will be dealt with on an individual basis. If no prior notification is given, the absence will be unexcused which may result in disciplinary action and/or dismissal. In addition, you will be required to maintain a 2.0 grade point average or above per grading period at all times throughout the duration of the year. Failure to do so will result in probation and possibly dismissal.

As a responsible student-athlete preparing for college, we believe in being your own advocate. If you have questions/problems regarding your progression, line placements, etc. it is a requirement to go straight to the coaches to follow up. Although we appreciate parent-involvement, it is the responsibility of each athlete to communicate with us directly. As a cheerleader, you can look forward to the opportunity for personal growth, leadership development, service opportunities, and involvement in the Poway community. As a team, we will promote and uphold school spirit and encourage crowd development. Please review and evaluate the rules and regulations that come with being a Poway High School Cheerleader. If you give your consent and agree to uphold all of the Rules and Regulations (Membership, Attire, Eligibility, Attendance, Absences) please sign below and return on the first day of tryouts.

Attendance is mandatory during competition season and there are some tryout requirements. Please see the attached schedule & requirements before trying out and ensure that you are available for each date. Some events may require an earlier meet time or a later dismissal. This sport is dependent on team participation and dedication- if the coaches feel it is necessary to add a practice date, extend times, etc. they will do so at any moment to ensure that the team is advancing in a safe and productive way.

*Requirements:* All members do not need to display ALL of the skills below, although it is best- coaches will put together a comp team based on the needs of the entire team.

Tumbling: Any Standing Tumbling (walk over +), Round-off WITH a rebound, Any Running Tumbling.

Stunting: 1 year/season prior experience in any position.

Dancing: Able to hit basic motions and add it to 8 counts quickly.

Attire: Show make-up and hair at all times.

*Schedule:* If you see a conflict that you cannot reschedule, please reach out to the coach immediately.

2022-2023 Competition Cheer Schedule					
Day	Date	Event	Team	Location	Time
Thursday	10/6	Comp Tryouts		U Building	5:00-7:00 PM
Monday	10/10	COMP Practice		U Building	4:45-7:00 PM
Monday	10/17	COMP Practice		U Building	4:45-7:00 PM
Monday	10/24	COMP Practice		U Building	4:45-7:00 PM
Thursday	11/3	COMP Practice		U Building	4:45-7:00 PM
Monday	11/7	COMP Practice		U Building	4:45-7:00 PM
Thursday	11/10	COMP Practice		U Building	4:45-7:00 PM
Monday	11/14	COMP Practice		U Building	4:45-7:00 PM
Thursday	11/17	COMP Practice		U Building	4:45-7:00 PM
Monday	11/28	COMP Practice		U Building	4:45-7:00 PM
Thursday	12/1	COMP Practice		U Building	4:45-7:00 PM
Saturday	12/3	CIF Competition 1		TBD	TBD
Wednesday	12/7	COMP Practice		TBD	7:30-9:30 AM
Wednesday	12/14	COMP Practice		TBD	7:30-9:30 AM
Wednesday	1/11	COMP Practice		TBD	7:30-9:30 AM
Wednesday	1/11	BBall vs. Del Norte Perform		Del Norte	7:00 PM
Wednesday	1/18	COMP Practice		TBD	7:30-9:30 AM
Wednesday	1/25	COMP Practice		TBD	7:30-9:30 AM
Thursday	1/26	COMP Practice		TBD	4:45-7:00 PM
Saturday	1/28	CIF State Competition TBD		TBD	TBD
***Calendar is tentative and subject to change.					

Thank you,  
 Sandra Reyes  
 powayhscheer@gmail.com  
 Poway High School Cheerleading Head Coach

Student Name Printed \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name Printed \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

***This form must be signed and returned on the first day of tryouts.***