

# **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 football and basketball games and any other games 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 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 sports 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. Any color is okay.
6. All athletes will wear a pink/red shade of lipstick- voted on by the team. 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 prior to the summer cheer camp, an alternate *may* be selected from the unpublished list established by the judges at the time of try-outs.
3. If openings arise prior to the start of the competitive season, alternates and/or additions may be selected based on an additional try-out for the position.
4. Seniors must have/display the leadership skills and attitude necessary to make the varsity squad or they will not be accepted on to the team, regardless of previous years' participation/placement.
5. Sophomores and juniors may earn a position on either the junior varsity or varsity squads.
6. Freshmen are eligible to make the junior varsity or varsity squads.

## *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 July 31<sup>st</sup> for vacations until winter break and by October 31<sup>st</sup> for vacations until May.
  - 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 5 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 GAME DAYS:**

- Athletes must arrive on time. Being late to call-time can result in benching of 1<sup>st</sup> Q and a tardy
- Athletes who miss a game without contacting the coach will be benched for the following game.
- Athletes must attend the entire game in it's entirety. Leaving early will result in benching of 1<sup>st</sup> Q
- If student-athlete misses 2/3 of school day, they may not cheer at the game that day.
- JV must stay in uniform during V games and maintain the integrity of this cheerleading program
- 2 unexcused tardies=1 unexcused absence. Excessive unexcused absences/tardies can result in a meeting with parents and removal from the team.

## *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, game and meeting.
3. A member may be put on probation under any one of the following circumstances:
  - a. 3 unexcused absences 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 cheerleading try-outs for the 2022-2023 season. I am beyond thrilled and excited to see what this season will bring! I look forward to meeting every one of you at our tryouts in May. Prior to trying out, please review the information in this letter, as well as the cheer tryout packet.

As a member of the team, you will be required to attend all football and basketball games, cheerleading events, practices, 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. If there are any summer conflicts, you must submit problematic dates in writing before your try-out, including the reason for the absence. We understand that you may have already planned a few unavoidable occasions over the summer. At the coach's permit, these will be eligible for excusal. All absences from any practice or function, whether during the remaining school year or over the summer, will be dealt with on an individual basis. If no prior notification is given, the absences will be unexcused which may result in disciplinary action and/or dismissal (see rules and regulations). 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.

Thank you,  
Sandra Reyes  
Poway High School Cheerleading Head Coach

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

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

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