

# FOOTHILL HIGH SCHOOL



## PEP SQUAD

### 2023-2024 Program Handbook



## Foothill High School 2023-2024 Pep Squad Handbook

This handbook will provide you with a more in-depth overview of the activities, responsibilities, and expectations involved with being a member of this program. Be sure that both athletes and parents/guardians read through and understand the entire handbook.

The Foothill High School Pep Squad is one of the top pep squad programs in the state of California. It is a privilege to be a part of this program, and it should not be taken lightly. The FHS Pep Squad program has a legacy of pride, commitment, and accomplishments (including local, state, CIF, and national championships). As a member, you will become a part of that legacy and have a responsibility to uphold it. This program is very proud of its past accomplishments and has very high expectations for its future.

**Pep Squad Purpose.** The Foothill High School Pep Squad program will build and nurture character, integrity, diligence, and honesty in every student-athlete. The program will provide the student-athlete with the necessary preparation and coaching to win not only on the field of competition and in the classroom but also in life. As a member of this program, student-athletes will represent Foothill High School and the Tustin Unified School District in everything they do. Therefore, members will be held to a higher standard of conduct than other students. Your role will include, but is not limited to, the following:

- Promoting school spirit & pride at Foothill High School
- Supporting Foothill athletics by cheering at sporting events
- Performing at pep rallies, games, and special events
- Being a leader on campus and serving the school and community
- Representing Foothill High School at cheerleading competitions and other events

Unlike most other sports, Cheerleading is a year-long commitment. This season, the Pep Squad season begins in May and concludes the following April. By joining the Pep Squad program, you are acknowledging the vast commitments required of both the athlete and the parents/guardians to the program. Below is a summary of the season:

- May: Pep Squad Tryouts + Practices begin
- June: Competition Team tryouts. Mandatory Summer Break.
- July-August: Athletes will be attending practices, weight training, team camps (both at school and offsite), fundraising events, and team bonding events. Competition Teams will be receiving routine choreography.
- September-October/November: Competition Teams will be perfecting their competition routines. Game Squads will be cheering at football games and wrapping up the majority of their fundraising events. Some Assemblies will be happening.
- December/January: Competition Season begins for Competition Team. Basketball season begins for game squads.
- February/March: Competition season ends. Many CIF playoff events will be happening for a variety of sports.
- Beginning of April: Lacrosse games and prom assembly.
- End of April: 2023 Pep Squad season ends!



## COMMUNICATION

**Head Coach Sabrina Cadwallader Email:** [scadwallader@tustin.k12.ca.us](mailto:scadwallader@tustin.k12.ca.us)

**Booster President's Email:** [fhscheerpresident@gmail.com](mailto:fhscheerpresident@gmail.com)

**BAND.** The FHS Pep Squad uses the BAND app for ALL communication. The app contains a calendar, team rosters, pictures/videos, chat communication, and specific squad needs. After signing up for the page, members will have access to the program calendar which will have all practice and events information (including details regarding meet times and what to wear). Members are also able to and are encouraged to upload any related photos or videos to the page after every event (games, competitions, fundraisers, etc).

You will receive an email with an invitation to the app. After receiving the email, just follow the direction and download the app then sign up for a BAND account. After this, you will have access to the private page. Please make sure your notifications are turned on so you don't miss a thing!

It is strongly recommended that both parents and athletes sync the BAND calendar to your phone's calendar.

*\*The BAND page is a private site. Only FHS Pep Squad members and parents will have access to the site. So, uploading pictures/videos, rosters, and the calendar cannot be viewed by the public.*

### Communication Expectation

The coaching staff will communicate directly with the athletes. It is part of the athlete's responsibility to stay up to date on any and all communication.

Parents/Guardians will communicate with the Booster Board. It is important to attend all booster meetings and regularly check the BAND app to stay up to date. Please be sure to CC the Booster Vice President and Booster President on any emails directed to the Booster Board.

All Financial needs/concerns should be directed to the Treasurer.

All Fundraising needs/ideas should be directed to the Ways and Means.

Absence Communication **MUST** be done through the Google form provided by Coach Sabrina. Any other form of communication regarding absences will not be accepted.

The link is on the BAND.



## PEP SQUAD EVENTS

*(This is a TENTATIVE list. Performances, Practices, and Events may be added or deleted from this schedule. Dates are subject to change.)*

**Practices.** ALL practices are mandatory. It is the student-athletes responsibility to know the practice schedule and any changes by reading any BAND updates or Captain messages.

**Summer Camps.** It is NOT mandatory for all athletes to attend their team's cheer camp(s). However, all material used throughout the season is learned at camp.

- USA Camp at The Westin Rancho Mirage July 24th-July 27th (All Game Squads)
- Note: Please remember this is a cheerleader-only overnight event, as agreed upon by the Parent/Guardian responsibility (page 10) this trip is only for the cheerleaders, coaches, and approved staff.
- Any athlete that has an absence 2 weeks prior to camp will NOT be placed in a stunt group and the Home Routine.

**Football Games.** Attendance at all scheduled football games is mandatory. Football season begins in August and may continue through December.

Varsity Cheer will cheer at every Varsity football game. There will be mandatory team dinners before select games and a mandatory program dinner before the Homecoming game.

JV/Freshman Cheer will perform at every home JV/Freshmen football game, the Varsity Homecoming game, and the Varsity " Kids Clinic" game. JV/Freshman Cheer will attend the program dinner before the Homecoming game.

**Basketball Games.** Attendance at all scheduled basketball games is mandatory. Basketball season begins in December for Varsity, January for JV/Freshman, and may continue through March.

Varsity Cheer will cheer at every home Boys' Varsity home basketball game.

JV Cheer may cheer at select home Girls' Varsity basketball games.

Freshman Cheer may cheer at select home Freshman basketball games or with JV at select home Girls' Varsity basketball games.

**School Pep Assemblies.** Attendance at all school assemblies is mandatory. These assemblies are tentative and subject to change.

- Welcome Assembly: All Teams
- Homecoming Assembly: Varsity Cheer
- Winter Formal: TBD
- 8<sup>th</sup> Grade Assembly: TBD
- Foothill Showcase: TBD
- Prom Assembly: Varsity Cheer

**Competitions, Showcases, Performances.** Attendance at all competitions, showcases, and performances is mandatory.

The FHS Pep Squad offers a JV and a Varsity Competition Team. Competition team placements are left entirely to the discretion of the coaches. (At the coaches' discretion, athletes may be placed on a different competition team than their game team.) Coaches may make adjustments and move an athlete to another team at any time throughout the season. Typically, competition season begins in November and concludes in February. Competitions will always take place on Saturdays and possibly holiday weekends. (Exception: USA Nationals may begin on a Friday afternoon/night.)

**2023-2024 COMPETITION LIST** - *Competitions may be added or deleted from this schedule. As Competition season gets closer and competition dates are released, an updated schedule will be sent out to the competition team.*

- 1-2 USA Regionals
- Virtual NCA Regional
- NCA HS Nationals-Dallas, TX (Varsity Competition Team only) \*
- USA Nationals – February 2023\*

\*Depends on qualifications and the program's ability to fundraise for the trip.

**Fundraisers.** ALL fundraising events are designated to fund the general program account.

Kid's Clinic – Multiple Dates

- o Summer Clinic
  - July 11th & 12th
- o Football Kid's Clinic Game
  - Clinic Date: Friday, October 13th
  - Game Date: Friday, October 20th
- Blast Fundraiser – July 2022
- Restaurant Fundraisers (Rock and Brews) — October 2022
- Popcorn Fundraiser – November 2022
- Clothing Drive – January 2023
- Pancake Breakfast — February 2023
- Basketball Baskets — March 2023
- May have others – Booster Board will meet to discuss which fundraisers will work for the program. Please approach Ways and Means with ALL fundraising ideas!

**TEAM BONDING DATES-** *Dates will be available from your Booster Board and Your Team Reps.*

**Other Events.** Additional events may come up throughout the season. Student-athletes and parents/guardians alike will be notified by the Pep Squad Advisor of any additional events.

## VACATION SCHEDULE

Please schedule any family vacations during the times listed below. **Keep any holidays not listed on this schedule free.** Teams should plan on having practice on those days.

- Summer Vacation
  - Saturday, June 3rd-Sunday, June 25th (Practices resume Monday, June 26th)
- 4th of July Weekend
  - Saturday, July 1st-Sunday, July 9th (Practices resume Wednesday, July 5th)
- Labor Day Weekend
  - Saturday, September 2nd - Monday, September 4th (Practices resume Tuesday, September 5th)
- Fall Break
  - Monday, November 20th- Sunday, November 26th (Practices resume Monday, November 27th)
    - Comp Team Practice November 25th
- Winter Break
  - Friday, December 22nd - Sunday, January 7th (Practices resume Monday, January 8th)
    - Comp Team practice January 3rd, 4th, and 5th
- Martin Luther King Jr. Day
  - Monday, January 15th
    - Comp Team Practice January 15th
- President's Day Holidays
  - Monday, February 12th: COMP TEAM PRACTICE
  - Monday, February 19th
- Spring Break
  - Monday, March 20th - Sunday, March 27th

## SUMMER PRACTICE/CAMP SCHEDULE

*Practice days, times, and locations are subject to change.*

### Practices

- 2-3 days a week + Weights w/ trainer (Coach Cam)
  - Weights: Tuesday/Thursday 9-10 am
  - Time: TBD depending on facility availability
  - BAND will have all dates/details.

### Camps

- **USA Camp (All Teams)**
  - Monday, July 24th-Thursday, July 27th
  - Westin Rancho Mirage



## 2023-2024 Estimated Schedule of Expenses

Junior Varsity/Freshman Estimated Cost is about \$1,600-\$1,900/year

Varsity Cheer Estimated Cost is about \$1,800-\$2,400/year

Competition Team Estimated Cost is about \$1,000-\$1,200/year

The actual breakdown of expenses will be distributed at the first booster meeting.

This is an ESTIMATED Schedule of Expenses

### 23-'24 Schedule of Estimated Expenses

Month	Item	Expense	Paid to
May - 1st meeting	Deposit for USA Spirit Camp	\$100.00	FHS Pep Booster
May	Practice & Camp Wear	\$175.00	Varsity Apparel
May	Uniform	\$285-\$750	Varsity Apparel
June	Balance for USA Spirit Camp	\$450.00	FHS Pep Boosters
June	TUSD Summer Clinic	\$25.00	TUSD
July	Bows & Bling Tank	\$85.00	FHS Pep Boosters
August	Team Pictures & Pink month pack	\$60.00	FHS Pep Boosters
September	Homecoming: Dinner & Flowers	\$40-\$60	FHS Pep Boosters
May - February	Coaches Salary	\$750.00	FHS Pep Boosters



## FUNDING THE FHS PEP SQUAD PROGRAM

As a member of the FHS Pep Squad program, you have a responsibility to see that your program stays funded. **The Pep Squad Program is not funded in any way by the school, the district, or the state.** Our only source of funding is from the participants' families who make personal contributions, secure sponsorships, and participate in fundraising. We are responsible for our own uniforms, materials, coaches' stipends, transportation, equipment, camps, competitions, practice wear, etc. By joining this program, it is assumed that each family understands their responsibility to fundraise for the needs of our student-athletes.

Our budget is determined at the beginning of the year based on the number of participants we have, how many competitions we plan to attend, and overall program expenses.

There are three ways to secure the funds needed to make this program successful:

1. **Individual Contributions.** Many choose to go this route and just contribute upfront or by following the Schedule of Expenses to ensure that funds are contributed by the dates needed.
2. **Sponsorships.** Many of us have other financial obligations and find it difficult to fund our athletes fully with contributions. Many take advantage of sponsorships as a great way to generate funds for their athlete's expenses. A sponsorship form is included for your use. Send these out to family members, friends, and community businesses you frequent throughout the year. Many are willing to help with some amount of money and every bit adds up quickly.
3. **Fundraisers.** Fundraisers are another great way for us to raise funds to help cover the program's expenses. Athlete participation in fundraising events is mandatory and goes towards their participation grade. All money raised goes directly to the program as a whole. We like to have one fundraiser each month and any ideas you may have are appreciated!



## Parent/Guardian Responsibilities to the Foothill Pep Squad Program

**Communication.** Parents should NOT approach the coaching staff with any questions, concerns, or issues before, during, or right after practices or events. Parents can email the coaching staff and or advisor at any time. Parents may make an appointment to meet with the Advisor during non-instructional times and at the Advisor's regarding any acts of bullying or improper behavior involving their athlete. Non-emergency emails and phone calls will be returned and phone calls will be returned at the Advisor's convenience within 48 hours of receipt.

**Support.** Parents must maintain a positive, supportive, and selfless attitude toward the program. It is about the team, NOT the individual. Parents must be team players, as expected by the athletes.

The primary role of the parents/guardians of Pep Squad members is to support both their athletes and the program. Some practices will be harder than others, and there will be times when athletes may come home frustrated. If your athlete expresses frustration to you, it is imperative that you encourage them and keep them motivated. Negative conversations/behavior with your athlete, other athletes, parents, or other spectators will not be tolerated. This has the potential to spread to the team at practices and performances and can create a toxic environment for the athletes. *If you ever have any questions or concerns, please contact the coaching staff or Advisor.*

Parents may not coach, reprimand, or criticize any athlete from any team at any time. **Parents cannot question the team placement of any athlete that is NOT their athlete. Team placements are based on scores and positions.**

**Practices & Events.** Parents must understand that all Pep Squad members are under the direct supervision of the Advisor and coaching staff while at practices and events (games, performances, competitions, fundraisers, etc.). Parent involvement may only occur at the request of the Advisor or Coaching staff. Parents must keep their distance from the team and athletes at all Pep Squad events unless otherwise directed by the Advisor. When athletes are staying in a hotel or dorm room, **NO parent may enter an athlete's room, visit or drop off items to the athlete during their stay. This includes camp and any other overnight trips.**

**Scheduling of Events Practices.** Please remember that practice times can change and we may not always have a schedule right away. The Athletic Director works very hard to accommodate several different sports that practice in the Event Center.

**Good Sportsmanship.** Parents/guardians must demonstrate good sportsmanship while attending events. Remember, you never know who you may be sitting next to in the stands. Refrain from speaking poorly about other teams or performances.

**Volunteering/Financial Responsibility.** Parents/guardians are required to volunteer in at least 2 Pep Squad events/fundraisers. Remember, the Pep Squad is funded 100% through fundraising, sponsorships, and individual donations. No money is received from the school, school district, or state. It is the responsibility of each member and their family to participate equally in fundraising and to help obtain sponsorships.

## **2023-2024 PEP SQUAD PHILOSOPHY & CODE**

The primary purpose of the Foothill Pep Squad program is to generate spirit, pride, and leadership through support, performance, and personal conduct. The conduct of Pep Squad members is closely observed by many. It is important that members conduct themselves in a manner above reproach in order to bring credit and honor to themselves and their school.

Pep Squad members are subject to all of the rules and regulations of Foothill High School. However, the FHS cheerleaders are representatives of the school and must be trusted to display appropriate conduct at all events on this campus and at locations away from campus. The coach/advisor retains the authority to suspend or dismiss from the team those cheerleaders who fail to meet the standards of conduct.

### **1. Behavior**

- a. Athletes are to treat all teachers, coaches, administrators, students, and parents with respect at all times (during and outside of Pep Squad hours).
- b. Athletes are to demonstrate good sportsmanship at all Pep Squad and Foothill High School events.
- c. Profanity and/or inappropriate hand or body gestures will not be tolerated at any time.
- d. Public display of affection (PDA) is not allowed while at any practices or events.
- e. Athletes are to refrain from posting negative or inappropriate comments/photos/videos on any social media or blog websites.
- f. Athletes are to refrain from bullying including on any social media or blog websites.
- g. All cheerleaders will be responsible for their own actions during Pep Squad events or whenever representing Foothill High School.

### **2. Commitment**

- a. Members must dedicate their time to the entire season.
- b. The Pep Squad must take priority over all other activities. This means that if there are any conflicting events, obligations to the Pep Squad (practices, performances, fundraisers, events, etc.) ALWAYS come first.

### **3. Eligibility**

- a. Grades
  - Pep Squad members must maintain a 2.0 GPA in order to participate in the program.
  - If at the end of the grading period, an athlete falls below a 2.0 GPA, they will be placed on academic probation for the following grading period. While on academic probation, athletes will attend practices but will be doing homework/ studying. Athletes on academic probation will not be allowed to participate in any practices, games, competitions, events, etc. Athletes must achieve a 2.0 GPA or higher at the end of the following grading period in order to be taken off of academic probation and be allowed to return to regular Pep Squad activities.
  - If an athlete falls below a 2.0 GPA two grading periods in a row, they will be removed from the Pep Squad for the remainder of the 2020-2021 Pep Squad season.
  - All applicants must have achieved a 2.0 GPA or higher from the most recent grading period to be eligible to try out.
- b. Athletes are ineligible to tryout if:
  - The athlete quit /left the Pep Squad program in previous years before that season's end. This includes being a part of another athletic team (FHS or

outside) and missing any more than 75% of the cheer practices, events, assemblies, fundraisers, etc.

- The athlete was removed from the Pep Squad program in previous years due to behavioral reasons (suspension or expulsion from Pep program). (*not including dismissal due to grades*)

#### 4. Transportation

##### a. School Provided Transportation (Buses)

- In the event that the Pep Squad uses school transportation, **ALL** members **MUST** ride the bus to **AND** from the event. Members will not be allowed to leave the event with their parents/guardians. Members will return to the school and the bus and may be picked up from there.
- All Pep Squad members must follow the all rules posted on the bus. All district/school rules and regulations apply.
- District transportation forms must be completed and submitted by the due date.

#### 5. The Pep Squad Uniform

##### a. The Pep Squad Uniform refers to the “head-to-toe” appearance that all Pep Squad members must adhere to.

##### b. Practice Dress Code

- All members must follow their team’s dress code at all practices. Dress codes will be announced to the teams and parents at the beginning of the season.
- Athletes need to have their hair pulled back in a ponytail at the start of each practice.
- Athletes must be wearing the appropriate practice shoes at the start of each practice.
- No jewelry may be worn. All jewelry must be removed before the start of every practice.
- Nails may not exceed fingertips. Nail polish may be worn at practices.
- Athletes may not chew gum at practices.

##### c. Games, Pep Rallies, Competitions, other Events Dress Code

- All members must wear whichever uniform the coach states on BAND.
- Hair
  - The Pep Squad will utilize numerous hairstyles throughout the season. Athletes must follow whichever hairstyle is assigned for each event.
  - Athletes must be wearing the correct hair bow to each event.
- Make-Up
  - Pep Squad members will utilize different make-up styles for events and performances. Athletes must follow whichever make-up style is assigned for each event.
- Shoes
  - Athletes must keep their performance shoes clean.
- No jewelry may be worn.
- Nails may not exceed fingertips. ONLY light colors (pinks, nudes, and white tips) of nail polish may be worn at games, pep rallies, competitions, and other events.
  - Except for school dance weeks, any color will be acceptable.
- Dress Code violations at events will result in the athlete being “benched” from the event.
- Athletes may not chew gum while in uniform.

##### d. All uniform pieces (shells, liners, skirts, bows, shoes, etc.) and practice clothing must be kept neat and clean at all times.

- e. If a uniform or practice clothing is damaged, lost, or stolen, the item must be replaced by the team member.
- f. Under no circumstance, may a member wear a Pep Squad uniform at non-designated activities.
- g. Pep Squad uniforms and practice clothing may never be lent too or worn by someone who is not a member of the Pep Squad.

## **6. Squad Composition**

- a. Athletes must undergo the tryout process in order to be considered for the Pep Squad. Athletes may be allowed to try out at a later date if under extenuating circumstances and at the discretion of the advisor and coaching staff.
- b. The advisor and coaching staff makes the final decision on the results of tryouts and athlete placements.
- c. The advisor and coaching staff will determine the size, members, and divisions of each Pep Squad team.
- d. The advisor and coaching staff may adjust team sizes, and divisions, or transfer an athlete to another team (ex. Varsity Cheer to JV Cheer, JV Cheer to Varsity Cheer, etc.) at any time.
- e. Parents cannot question the team placement of another athlete that is NOT their athlete.

## **7. Game Conduct**

- a. The advisor and coaching staff may adjust the composition of the game squads at any time.
- b. Pep Squad members are to remember that they have a job to do at games. Games are not a social outing for them.
- c. Athletes must refrain from excessive talking while at games.
- d. Athletes may not chew gum at games.
- e. Athletes are to stand at attention during the National Anthem.
- f. All other Pep Squad guidelines must be followed.

## **8. Event Conduct**

- a. Pep Squad members are to remember that they have a job to do at events. Events are not social outings for them.
- b. Athletes may not chew gum at games.
- c. Athletes are to stand at attention during the National Anthem.
- d. Participation in scheduled competitions is not optional for competition team members.
- e. The advisor and coaching staff may adjust the composition of the competition squads at any time.
- f. Competition Team Alternates
  - The advisor and coaching staff may designate members of the Pep Squad as Competition Team alternates for the competition teams.
  - Alternates may be added or competing members may be moved to an alternate position at any time.
  - The Competition Team is the decision of the Advisor and the coaching staff and can change at any time throughout the Pep Squad season.
    - Exception: Competition Team members will not compete if they are on academic probation or suspension.
- g. All other Pep Squad guidelines must be followed.

## **9. Pep Squad Suspension**

- a. In the event of a suspension, the Pep Squad Advisor, coach, and/or school administration will schedule a meeting with the athlete and their parent/guardian to discuss the athlete's future in the program.
- b. The following infractions of Pep Squad rules will result in suspension:

- Excessive tardiness/absences.
  - Failure to maintain a “C” or higher in the Pep Squad class.
  - Inappropriate conduct while in uniform or representing FHS Pep Squad.
  - Failure to show up to a mandatory event.
  - Failure to follow the dress code at a Pep Squad event.
  - Failure to follow the rules set by the Foothill Pep Squad Code, Foothill High School, or the school district.
  - Unauthorized transportation to or from away events.
- b. Pep Squad Suspension Steps
- The athlete and the parent may or may not receive a warning in writing prior to the suspension meeting depending on the infraction.
  - A suspension meeting will be held.
  - The length of suspension will be determined by the Pep Squad Advisor and coaching staff.
  - The length can be from 7 days to 12 weeks (this is NOT calendar days but days the team meets).
  - The length will be counted based on the days the team meets. The days the team does not meet or is on break will NOT count towards the suspension days.
  - The suspension can include missed practices, events, assemblies, and more based on the discretion of the Pep Squad Advisor and coaching staff.
  - Once the athlete is on suspension upon their return they will be placed on a probationary status.
  - Extra credit activities may be required to lift a suspension.

#### **10. Pep Squad Removal**

- a. The following infractions will result in immediate dismissal from the Pep Squad program:
- Use of tobacco, alcoholic beverages, or illegal drugs at any time.
  - Any athlete earning an “F” in the Pep Squad class will be removed from the program and enrolled in a general PE class.
  - Any athlete that is on a probationary status and breaks any of the FHS Pep Squad Handbook or Philosophy and Code.
  - Any athlete that previously suspended and committed another infraction whether on a probationary status or not.
  - Any behavior which excessively contradicts the rules and regulations outlined in the FHS Pep Squad Handbook, Philosophy and Code, and Contract as perceived by the Pep Squad Advisor and/or FHS administration.
- b. Pep Squad Removal Steps
- The Pep Squad Advisor, coach, and/or school administration will schedule a meeting with the athlete and their parent/guardian to discuss the athlete’s removal.

#### **11. Varsity Letter**

- a. Athletes must complete at least 95% of the varsity events and earn an average of 95% between the first and second semesters. Athletes that have had any serious disciplinary actions against them will not be eligible for a Varsity letter that season. Letters will be distributed at the end-of-season banquet.
- b. Varsity Letters for injured athletes will be determined at the advisor and coaching staff’s discretion.



## FOOTHILL HIGH SCHOOL PEP SQUAD GRADING POLICY

All students will start the semester with 100 points (the maximum). Grades will follow this grading scale:

- 90 - 100 points: A
- 80 – 89 points: B
- 70 – 79 points: C
- 60 – 69 points: D
- 59 and below: F

*A practice is defined as any organized meeting of any of the Pep Squad teams called by the Pep Squad advisor.*

*An event is defined as any occasion when a Pep Squad member is in uniform. This includes games, pep rallies, competitions/performances, fundraisers, or any other activity that the Pep Squad advisor has asked the Pep Squad to attend.*

Students will lose points for the following infractions:

### **Tardiness**

Being on time means that the athlete is at the designated practice or meeting location at the designated time. *Example: Being in the parking lot, bathroom, etc. at the meet time is considered tardy.* To be considered on time, athletes must also be completely dressed in their practice clothes or uniform. *Example: Not having cheer shoes on at the start of a practice is considered tardy.* Leaving a practice or event early is considered a tardy.

Tardy infractions will result in the following:

- Practice Tardy: 3-point deduction
- Event Tardy: 5-point deduction

### **Absences**

Attendance at all practices and events is MANDATORY. Pep Squad families must do their best to restrict their vacation times to those dates given on the Pep Squad vacation schedules. Any Event absences MUST be made up by attending a different event. Ex. A varsity athlete misses a Football game; they must attend a Freshman or JV game before the season ends to make up the 10 points.

### **Excused Absences**

- An absence from practice may be considered excused if it has been communicated to the coach by the parent or the athlete at least two weeks in advance.
- In the event of severe illness, medical emergency, or family emergency/funeral, parents must notify the coach as early as possible.
- Absences of three days or more caused by illness require a doctor's note in order to return to Pep Squad activities.

## **Unexcused Absences**

- Headaches, stomachaches, cramps, colds, sniffles, etc. are not acceptable reasons to miss a practice or event.
- Homework/studying is not an acceptable reason to miss a practice or event. Student-athletes must be able to organize their time responsibly to allow for homework and studying outside of practice/event time.
- Work is never an excuse for missing a practice/event.
- Event absences are never excused. Missing a Pep Squad event can result in being suspended or removed from a team and/or the Pep Squad program, in addition to point deductions. Any Event absences MUST be made up by attending a different event. Ex. A Varsity athlete misses a Football game; they must attend a Freshman or JV game before the season ends to make up the 10 points. This goes for all events including assemblies, games, pep rallies, fundraisers, etc.
- Extracurricular activities outside of cheer are not an acceptable reason to miss practice. (All-Star/Pop Warner squads, Choir, ASB, other FHS Sports, etc.)

Absence infractions will result in the following:

- Unexcused Practice Absence: 5-point deduction
- Event Absence: 10-point deduction

## **Dress Code Violations**

The Pep Squad dress code refers to the head-to-toe uniform the athlete is instructed to wear. To practice, athletes are expected to wear athletic clothing and their practice shoes. ALL jewelry (earrings, necklaces, nose rings, navel rings, bracelets, etc.) must be taken off before the start of practice. At events, athletes are expected to wear the correct bow, uniform, and performance shoes. ALL jewelry (earrings, necklaces, nose rings, navel rings, bracelets, etc.) must be taken off before meeting for the event. No nail polish may be worn to an event. If a member is wearing the wrong uniform, bow, or has jewelry or nail polish on when meeting for an event, points will be deducted from their grade. *(Please read the "Pep Squad Uniform" section of the Pep Squad Philosophy and Code for further details.)*

Dress Code infractions will result in the following:

- Practice Dress Code Violation: 3-point deduction
- Event Dress Code Violation: 5-point deduction

*\*If an athlete has a dress code violation that is severe enough to warrant being "benched" from an event or waiting for the correct uniform items to arrive at the event, then the athlete will be considered either absent or tardy and will receive additional deductions for attendance.*

## **Tobacco, Alcohol, or Drug Use**

The FHS Pep Squad has a zero-tolerance policy toward tobacco, alcohol, and illegal drug use. Any athlete found to have used tobacco, alcohol, and/or illegal drugs will be given an "F" and immediately dismissed from the Pep Squad program.

## **Other Infractions**

Breaking any of the rules as set forth by the FHS Pep Squad Handbook, Philosophy and Code, or Pep Squad Contract will result in a loss of points, suspension, or removal. The number of points you will lose will be determined by the Pep Squad advisor.



**2023-2024 Foothill High School  
Pep Squad Contract**

1. I have read and will abide by all of the rules in the Pep Squad Philosophy and Code.
2. I have read and will abide by the Game Conduct Guidelines.
3. I have read and will abide by the Events Conduct Guidelines.
4. I have read and agree to the Pep Squad Grading Policy.
5. I have read and will abide by all of the rules and regulations discussed in the Pep Squad Information packet.
6. I will abide by all school and school district rules and regulations.
7. I will abide by all of the rules and regulations set by FHS teachers, FHS administrators, and Pep Squad coaches.
8. I will register in the P.E./Pep class and will meet all obligations asked of me throughout the Pep Squad season.
9. I will not possess or use/consume tobacco, alcohol, or drugs at any time.
10. I understand that all cheer practices and events are mandatory and that I must be on time to all practices and events. (See Grading Policy for consequences.)
11. I understand that if there are assigned transportation for an event, I must ride to and from the event on that assigned transportation.
12. My uniforms and practice clothes will be kept clean and neat at all times.
13. I will abide by the practice and event dress codes at all times. (See Grading Policy for consequences)
14. I will not chew gum at any time at practice or an event.
15. I will not take part in any gossip or negative conversation about another Pep Squad member, member of another team, coach, teacher, administrator or student (includes conversations in person, phone/text, email, social media, etc.).
16. I understand that my commitment to the FHS Pep Squad program is year-long and takes priority over all other activities.
17. I and my parents/guardians have read and understand the entire Pep Squad Handbook and accept the rules, regulations, and responsibilities outlined.
18. All monies and contributions towards the Pep Squad program are final. There are no refunds of monies contributed, raised, or provided through sponsorships towards this program for any reason.

**I understand that violating any of the above rules will result in points being deducted from my grade and could result in my suspension or removal from the Pep Squad program.**

_____ Student Name	_____ Student Signature	_____ Date
_____ Parent/Guardian Name	_____ Parent/Guardian Signature	_____ Date
_____ Parent/Guardian Name	_____ Parent/Guardian Signature	_____ Date

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# Foothill High School Pep Squad Sponsorship Form

The Foothill Pep Squad program is one of the best in California. It is a great honor to be an athlete in this program and be responsible for upholding a legacy of tradition, pride, and commitment. The program holds local, state, and national championship titles and needs community support to maintain this level of excellence. We are reaching out to you for a sponsorship to help defray the costs involved, such as equipment, uniforms, training camps, traveling expenses, and competition fees. The training and experience received in this program also have the potential to help student athletes obtain college scholarships and thrive in leadership roles.

The Foothill High School Cheerleaders truly appreciate the continuing support of our community and a donation in any amount is greatly appreciated.

## 501c3 Tax Exempt Deductible Organization Tax ID

We have four sponsorship levels:

Bronze	\$75.00
Silver	\$150.00 (Plaque)
Gold	\$300.00 (Plaque & individual name listed on the FHS Cheer website)
Platinum	\$450.00+ (Gold level plus your business card included on our sponsor recognition page of the FHS Football Games; <i>be sure to include a business card</i> )

Please **COMPLETE THIS FORM** and **MAIL** it with a check payable to the **FHS PEP Boosters**.

Mail to: Foothill High School PEP Boosters: 19251 Dodge Ave, Santa Ana, CA 92705

------(Detach the form below and mail with check) -----

Cheerleader Name: \_\_\_\_\_

Contact and/or Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

I DO \_\_\_\_\_ DO NOT \_\_\_\_\_ want a sponsor plaque (\$150, \$300, & \$450 levels only)