

## THE HILLCREST CHEER, SONG, STUNT TEAM CONTRACT

All members of Hillcrest Cheer are held to a high standard of hard work, positive attitudes, and commitment to the team both on and off the mat. The main purpose of this organization is to promote school spirit and pride. The students selected for the positions of the cheer squad should be prepared to spend time dedicated to the support of sports teams as well as practicing for their own cheerleading competitions. Members of the squad are looked upon as leaders and active school participators and should be willing and able to act as such. Students who are consistently unwilling to dedicate themselves to such standards will be re-evaluated by the coaches and may be dismissed from the squad. Bad attitudes, negativity, and a lack of respect to coaches, captains, and teammates will not be tolerated.

### Section One: Eligibility

#### Tryout Requirements:

1. In order to be considered for Hillcrest cheer all requirements must be met and maintained.
2. All candidates must have proof of at least a 3.0 GPA for three consecutive quarters of the current school year prior to the tryout. All current Hillcrest cheer squad members must maintain a 3.0 GPA to remain eligible for future years.
3. The tryout is closed to the public.
4. All incoming freshman, regardless of skill level, will be considered for the Freshman Cheer Squad. Once all freshman cheerleader/stunt team members have spent their first year on the squad, they will be considered for Varsity dependant on skill level and attitude from the previous year(s).
5. On the day of tryouts, only those with the minimum tumbling skills of a standing back handspring and/or a roundoff back handspring will be considered for the JV and Varsity cheer teams. As coaches, we urge that participants wishing to be on Varsity be working toward standing and running tucks as well.
6. 3 written teacher referrals/recommendations are required in order to tryout.
7. The number of participants placed on the squads will vary yearly.
8. Previous squad members do not have a guaranteed spot on the next year's team. We are looking for talent, hard work, and dedication and will accommodate numbers as needed.
9. Members of the squad must follow all Canyons School District rules and policies.
10. Misrepresentation of the squad through smoking, drinking, misconduct, the use of drugs, sexual-related activity, or wearing uniforms inappropriately will result in disciplinary action of the administration and an automatic dismissal from the squad.

#### Physical Eligibility:

1. If selected to participate on Hillcrest Cheer, each squad member is required to pass an annual physical exam. Each squad member needs to have the UHSAA pre-participation exam form completed by a licensed medical professional by the date of the first practice.

2. Coaches must be made aware of any and all existing physical conditions including but not limited to, heart problems, asthma, previous injuries, etc.
3. The health and physical performance ability for all squad members should be at its peak. In order to perform at your best, please take into account the following expectations of squad members.
  - a. Drink plenty of water
  - b. Avoid soda and sugary drinks
  - c. Fuel your body with healthy, wholesome food choices
  - d. Eat regularly to maintain energy
  - e. Allow a minimum of 7 hours of sleep each night

All squad members must register and maintain a 'MyAthlete' account. More information regarding these accounts will be given once the squads are chosen.

#### Quitting:

1. Any squad member who quits the team mid year will no longer be eligible to tryout for Hillcrest cheer in future years.
2. Any squad member who quits before the year is up is still expected to pay for all items that the squad member has ordered/received and full payment is due at the time of quitting.
3. Squad members who complete a full year but do not try out the next year, will be eligible to try out in the future.

#### Upcoming changes:

1. For the 2018-2019 school year all members who make the squad will then have another opportunity to tryout for the competition team. We are looking to take 16-20 participants for the competitive team. Members who have already tried out and made the team do not have to tryout for the competition team if they do not want to. Expectations for those on the non-competitive team and competitive team will vary.

2. Those on the non-competitive team will not be required to be at competition practices.

3. Those on the non-competitive team will be required to attend competitions and support their team.

4. For those trying out for the competition team, advanced skills are necessary. Back tucks are strongly encouraged. While not having advanced skills will not necessarily determine the outcome of making the competition team, it will certainly play a large role.

5. If a member tries out for the competition team and does not make it, they will be encouraged to work on their skills, make improvements, and try out again the following year.

#### Competing at State and Nationals

1. We are considering making changes to our competition schedule. Instead of participating in State and Nationals each year, we are hoping to try an every other year approach. Focusing on State one year, and competing in more competitions nearby for practice, while not going to Nationals. And then the following year focusing on Nationals, while not going to State.
2. In the event of a 'State competition' year, we are hopeful to implement a Cheer retreat at the end of the school year, that would somewhat take place of

- Nationals. It would be completely optional and include things such as working with college cheer teams, going to tumbling gyms, and dance classes.
3. These changes are something we will talk to the team about and make final decisions in the summer.

### Section Two: Participation and Attendance

All practices, class periods, games, competitions, fundraisers, and any other activities the squad participates in are mandatory. Excused absences will only be given for an illness or injury with a Doctor's note, or for a family emergency. Ex: death or serious illness of an immediate family member. Anything else, family vacations, work, school plays, church activities, etc will not be excused. If ill or injured, attending practice, while not participating, will maintain cohesiveness between squad members and allows for the injured/ill student to have a continued awareness of any changes of what the squad is working toward. If you have any questions regarding your schedule, email or talk to Coach Carly.

If problems with participation or attendance become a regular occurrence for any member, they will be put on a probationary period in which they are expected to improve their attendance, attitude, participation, etc. If improvements are not made, coaches will reevaluate your position as a Hillcrest Cheerleader.

#### Practice:

1. All squad members are in attendance at every practice for the entire amount of the practice time.
2. Squad members are expected to arrive to practice on time and ready to begin (arriving 10 minutes prior to the start time is a good rule of thumb). They should be ready, with hair up, and all jewelry removed. If members arrive any later than ten minutes past the practice start time or any additional personal preparation is needed after practice has started, their grade for participation will be affected. Because of the participatory grading, anyone 10 or more minutes late should expect to receive a 'C' grade for that day's "assignment."
3. The summer practice schedule will be given as early as possible and there will be no excused absences during this time. The first months of practice are integral in creating strength, trust, and friendship between squad members. The participants first priority must be to the team or it will not function properly. Plan all family vacations around the cheer schedule to ensure that your student does not miss practice and that their grade is not affected.
4. Every summer the squad attends a summer camp. Summer camp is mandatory for all squad members. If for any reason a squad member is unable to attend camp, they will be removed from the squad.
5. The school year practice schedule will be given as early as possible. All practices are mandatory.
6. Twice each year the team will hold a Mini and Jr. Cheer clinic. All practices and events for the clinic are mandatory.
7. Improvement will require more time than the scheduled time in practice. Squad members are expected to regularly attend open gyms and extra technique classes to improve stunting, tumbling, strength, and dance skills.
8. Additional practices may be called in order to prepare for competitions. These practices will be scheduled as soon as possible. All additional practices are mandatory.

9. Besides the event of a family emergency, squad members must receive permission from coaches no less than 2 weeks in advance in order to miss practice. Giving notice to coaches does not guarantee that a squad member will be permitted to miss. If a squad member misses any event without approval from the coaches they should expect to receive a "fail" for that assignment.
10. Should phones become an issue during practice strict rules regarding phone usage when at practice will be put into place. When taking a water break phones do not need to be checked. We expect full attention with no distractions when at practice.
11. All information regarding non-emergency surgeries, i.e. wisdom teeth, tonsils, ingrown nails, etc, must be provided to the coaches before the surgery is planned or happens. No squad members will be permitted to miss practice or sit out for any non-emergency surgeries.

#### Games:

1. The Hillcrest Cheer/Song Squad is in attendance at all football games and boys basketball games. In addition to football and boys basketball, the squad is in attendance at as many girls basketball games, volleyball matches, swim and wrestling meets as possible. All members of the squad are expected to be present.
2. Cheerleaders are expected to look performance ready and professional at all games. They must come completely ready, with hair and makeup done, uniform on, and no jewelry.
3. Should a Hillcrest sports team advance to any playoff or semi final competition, the Hillcrest Cheer/Song Squad will be in attendance. These games are not scheduled and can happen with short notice however, they remain mandatory for all squad members.
4. While not mandatory, squad members should regularly attend and support as many Hillcrest High School functions as possible.

#### Class:

1. All members will be enrolled in the cheer class. Class is considered a practice and is mandatory.
2. Every practice, class period, game, performance, and competition will be graded on a participatory basis. Further explanation of assignments and grading can be found on the disclosure statement.
3. Grades and participation for this class will be determined upon: student's ability to learn and perform all cheers, chants, routines, and the school song, participation in all practices, attendance at all games, rallies, assemblies, special performances, assignments, overall attitude and work ethic. Should a student's grade in cheer drop below a C during any time throughout the term, he/she will be put on a probationary period.
4. The cheer class accounts for a 1.0 elective credit or elective PE credit. This class does not take place of or substitute for the Lifetime Fitness credit. Parents and students must sign and adhere to the disclosure statement sent home the first week of school.
5. Members of the cheer squad are required to maintain a minimum of a 3.0 GPA. Those who have a GPA lower than a 3.0, are failing 1 or more classes or have 1 or more 'no grades' at the end of any term will be dismissed from the squad and all responsibilities without the option of a probationary period. Talk to any coaches for any questions regarding your assignments or grade.

6. Student support time should not conflict with early morning cheer practice. No team members will be excused for student support. No exceptions.
7. All cheerleaders and songleaders are expected to not just do well in school and get good grades, but be in their classes on a regular basis. If missing class outside of cheer class becomes problematic, said cheerleader will be put on a probationary period.

#### Performances/Competitions:

1. Any time the squad is performing or competing they will be held to a high professional standard. This includes games, rallies, assemblies, competitions, and halftime performances. If a member of the squad does not uphold a professional and sportsmanlike manner they may be removed from the event and will be placed on probation.
2. Squad members are expected to compete at all competitions. Competitions will vary each year, but advanced notice for dates will be given.
3. Competitions tend to run all day. When dates are given with adequate time, all cheerleaders are expected to be at the competition for the entire length of the competition. No one will be excused to leave early for any reason, such as family functions, dates, dances, etc... Please plan accordingly for competition days. THEY ARE LONG!
4. When at competitions, family members and friends are encouraged to come and support our team! With that being said, competitions are for the team to be together and remain focused. If family members or friends are in any off limits areas that are dedicated to just cheerleaders, they will be asked to leave.
5. Accepting your position as a Hillcrest Cheerleader, provides the assumption that you will be competing and committing this time and work to your squad and coaches.
6. Should a squad member become injured and unable to participate in performances or competitions, they are still expected to attend all events in full uniform and support the squad.
7. Squad members are expected to spend the entirety of all cheer events with the squad.

#### Transportation:

1. At times it may be necessary for members to furnish rides to games, competitions, events and activities when buses cannot be arranged. However, when transportation is provided, all members are expected to travel with the team to and from the event.

### Section Three: Professionalism, School Representation and Disciplinary Action

#### Professionalism:

1. The Hillcrest cheer/song/stunt squads are held to a high standard of sportsmanship and professionalism at all times. Should a member act in a manner seen unprofessional or unsportsmanlike he/she will be placed on probation.
2. Expectations of the team and behaviors deemed unprofessional or unsportsmanlike will be decided by the coaches and explained to all members of the squad during the first practice/meeting.
3. Dating between squad members is strictly prohibited and will not be tolerated.

#### School Representation:

1. Hillcrest Cheer is expected to be professional examples to their fellow students at all times. The team is viewed as an extension of the student government and must carry themselves accordingly. Hillcrest cheer represents the entirety of Hillcrest High School. Members must act in such a way that the school and district would approve of at all times, whether in school or not.
2. Misrepresentation of the squad through smoking, drinking, misconduct, the use of drugs, sexual-related activity, or wearing uniforms inappropriately will result in disciplinary action of the administration and an automatic dismissal from the squad.
3. Members of the cheer team will be allowed to participate in student campaign efforts for student government as representatives of themselves. No cheer uniforms or outfits related to cheer should be worn in support of one specific student government candidate.

#### Probation:

1. Should a member be put on probation for any length of time, he/she will be required to continue attending all practices, games, performances, competitions, etc. in full uniform as a representative of the team.
2. Actions that will result in probation include but are not limited to; consistently being tardy, not attending cheer/song/stunt team functions, lack of respect to coaches or other members of the squad, failure to maintain a 3.0 GPA, multiple missed payments, lack of participation in practice, at games, or during school activities, and failure to act in a professional manner.
3. Probation is considered a warning. If problems persist after serving one probationary period, members will be dismissed from the squad without the option of a second probationary period.

#### Section Four: Sports, clubs, and employment

While Hillcrest cheerleaders are encouraged to be active participators in their school, the cheer squad must be the number one priority of its members. Hillcrest cheer is an extremely involved aspect of the school and the schedule is busy. Please consider the following before trying out for Hillcrest cheer.

#### Participation in additional school sports or clubs:

1. If a member of the squad chooses to participate in other school teams, activities, or performing groups, it is the member's responsibility to provide practice and game schedules to the coaches in advance. If schedules are not provided and conflicts arise, further action (i.e. grades, sitting out of games and performances, probation, dismissal from squad, etc.) will be decided by the coaches. We are willing to work with other school groups assuming the other groups will also work with the cheer schedule. If another group is requiring too much time away from cheer events, or squad members are consistently choosing another commitment over cheer the squad member may be asked to choose between the two teams.
2. Everyone needs to fully participate in practice in order to have a successful and rewarding experience. Those who are constantly late or missing from practice affect their teammates who depend upon them.

Participation in outside sports teams, clubs, activities:

1. Hillcrest cheer must be the number one priority of its members. Should any squad member decide to participate in outside squads, sports, or clubs, they must be able to fully attend all Hillcrest cheer functions.
2. If any squad member is consistently unable to commit to the cheer schedule, their position may be reevaluated and they may be removed from the team.

Employment:

1. Should it be necessary for a team member to work, he/she must schedule work around all cheer/song/stunt team requirements. Sporting events and competition practices can be scheduled last minute and flexibility in a squad member's work schedule is mandatory.
2. No team member will be permitted to leave early, show up late, or miss practice or other events related to cheer due to work.

### Section Five: Coaches, parents, payments, and fundraisers

Coaches:

1. It is the coach's responsibility to make sure all members are physically able to perform and compete. This means that practices will be rigorous and physically demanding in order to prepare the squad for games and competitions.
2. Coaches will be in attendance at all games, practices, and performances.
3. Coaches make decisions based upon what is best, long term, for the team as a whole. All team decisions will be approved by the coaches. The coaches will have final say in all things pertaining to the squad and expect the squad to adhere to all expectations.
4. Coaches assume no financial obligation should a squad member quit or be dismissed from the team.
5. Cheerleading is a physical sport and can result in injury. Coaches do everything they can to condition the team and provide technical tools in order to prevent injuries. The school/coaches/advisor assume no responsibility for accidents/injuries that occur during games, practices, pep rallies, competitions, other events, etc. on school grounds or off.

Parents:

1. Parents provide an important role in the success of the squad and its members. In order to ensure success, parents should continually be positive and supportive of their student, coaches, and the squad. If for any reason parents need to contact the coaches directly, an email will be responded to within 24-48 hours.
2. Parents should, at all times, act in a professional manner and provide positive attitudes toward the coaches, squad and its members.
3. While any donations from parents are appreciated, Hillcrest cheer does not hire any cheer parents for goods and services. Only outside professionals will be used.
4. Should any parent feel it necessary to talk to a coach for any reason, they must schedule a meeting outside of practice hours, games, and competitions.
5. Parents are expected to respect the time of the coaches. Please do not call or text at unreasonable hours.
6. There are lessons and experiences that students can only have while being on a team such as Hillcrest Cheer. Coaches ask that parents allow the squad

members to learn how to be dependable, on time, hardworking, professional, and sportsmanlike while on the squad. If/when problems occur for cheerleaders, parents should encourage their cheerleader to talk to the coaches directly in order to sort the conflict out themselves. While it can be intimidating to approach a coach, communication is the most important aspect of a well functioning team.

**Payments:**

1. Payment schedule is listed below. All items must be fully paid for by the due date in order to receive the items listed.
2. All payments, unless otherwise stated must be turned in to the office with the given notation.
3. Make sure to ask for two receipts from the office when payments are turned in, one for your own records and one to turn into coaches.
4. Any late payments will result in not receiving your items until payments is received and/ or not being able to fully participate in practice, games, assemblies etc.
5. If there are any concerns or questions regarding payments or payment due dates please email coach Erika.

**BREAKDOWN AND EXPLANATION OF HILLCREST  
CHEER/YELL/SONG FINANCIAL OBLIGATIONS**

\*All prices are estimated based on previous years.

**UNIFORM FEES**

Item	Cost	Check Payable	Required
Uniform -Skirt and Shell -Briefs -Poms -Bow -Competition Shoes -*Song Shoes	\$400     *\$60	Hillcrest High	Yes
Warm Ups -Jacket and Pants	\$150	Hillcrest High	Yes
Bag	\$50	Hillcrest High	Encouraged

While Hillcrest Cheer/Song bags are not mandatory, members need to have some sort of bag dedicated to cheer/yell/song. All squad members should come to practice with a water bottle, practice shoes, competition shoes, poms, and all additional materials required by the coaches.

\*Songleaders will have an extra fee of no more than \$60 for the tan Marcea Jazz Sandal. These shoes will be used for competition/performances and if kept in good condition may be used for multiple years.

**SPRING/SUMMER PRACTICE**

Item	Cost	Check Payable	Required
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Spring/Summer Practices	\$175	Hillcrest High	Yes
Tumbling coach	\$50		Yes

Summer practice includes: Canyons District Fee, guest coaches and choreographers, and possible additional help from a professional tumbling coach. A tumbling coach will be provided to the team to help maintain and clean technique. For additional practice it is encourage for team members to take tumbling at a time that does not conflict with practices, games or other required dates.

#### **SUMMER CAMP**

Item	Cost	Check Payable	Required
Summer Camp	\$350	Hillcrest High	Yes

Summer camp includes: Epic cheer/song camp fee, transportation, meals, and lodging.

#### **CAMP/PRACTICE WEAR**

Item	Cost	Check Payable	Required
Camp/Practice Uniforms	\$150	Hillcrest High	Yes
Practice/Game Shoes	*\$100		*Yes

Camp/practice uniforms will be used throughout the entire year. Captains will determine which uniforms will be worn during practices/camp and all members will need to arrive dressed accordingly.

\*Practice/Game shoes are mandatory but do not have to be bought through the squad. All members must have a pair of white cheer shoes, with a good sole that will last them through games and practices. Squad members will not be allowed to wear competition shoes during games or while outside. Coaches will inform the squad of the practice/game shoes chosen and will provide ample time, before games begin, to order them if chosen.

#### **COMPETITIONS**

Item	Cost	Checks Payable	Required
Competitions	\$350	Hillcrest High	Yes

Fees for competitions may include: Choreography, Music, State regional qualifiers, and the Utah State competition.

#### **CHEER NATIONALS/ RETREAT**

Item	Cost	Checks Payable	Required
Nationals	\$1100-	Hillcrest	*Strongly encouraged

- Registration Fees - Flight to and from - Hotel Stay - Disneyland Tickets - Bus to and from the airport to hotel	1300	High	We will let parents and team know by september 1st weather we will be competing at nationals or doing a year end retreat.
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Cheer Nationals is a great opportunity for your students to compete at a national level. It is a fun time for the squad to bond as a team and the payoff to all of their hard work throughout the year.

#### ADDITIONAL COSTS

Item	Cost	Checks Payable	Required
Parent Booster	\$100	Hillcrest High	Yes
Team Pictures	\$25	Pay to Photographer	Yes
Letterman Jacket	\$200	Pay to outside company	Strongly Encouraged
Game and Performance Make Up	\$50	Hillcrest High	Yes
Team Support	TBD		Yes

Additional costs are not limited to the above mentioned and will be optional other than make-up and the parent booster. Due to the team atmosphere, members are encouraged to participate in additional gear, pictures, and support in order look similar while cheering at games and performing.

The booster money will go toward extras that the team may need/want and will be decided by the coaches/advisor/parent committee.

Team support refers to costs that the individual may pay for secret sister gifts, motivational materials, team dinners, etc. These costs will vary and are to be determined by the individual.

#### Payment Schedule: Everyone

Item	Due Date	Amount
Spring/Summer Practices	May 7, 2018	\$175
Uniform/ Practice Wear (1st Payment)	May 7, 2018	\$300
Summer Camp	June 11, 2018	\$350
Tumbling	June 11, 2018	\$50
Bag	August 6, 2018	\$50

Warm Ups	September 10, 2018	\$150
Booster	September 10, 2018	\$100
Uniform / Practice Wear (2nd payment)	September 10, 2018	\$250

Competition Team

Item	Due Date	Amount
Competition Fees	November 12, 2018	\$350

Fundraisers:

1. We will have multiple fundraisers throughout the year.
2. All fundraiser information will be sent out to parents and the team as soon as possible.
3. Fundraiser money may go to the whole group or individuals; Information regarding this will be set up with each individual fundraiser.