

SAN PASQUAL HIGH SCHOOL CHEERLEADING

CODE OF CONDUCT/CONTRACT 2026-27

PURPOSE:

- A. Be a representative and positive role model of San Pasqual High School in and out of uniform.
- B. To promote interest, support and pride in athletic teams, events, traditions, at San Pasqual High School.
- C. Develop a sense of good sportsmanship among students and adults.

EXPECTATIONS AND RESPONSIBILITIES:

A. ELIGIBILITY & MEMBERSHIP:

- 1) All members of the cheer team are STUDENT-Athletes first, and therefore grades are the highest priority.
- 2) All team members must have and maintain a minimum GPA of 2.0 and NO F's. Failure to do so will result in a 6-week academic probation. After the 6-week follow up, should the student fail to raise their GPA, they will be removed from the team.
- 3) The number of team members will be determined by the Coaches and Advisor.
 - i) Varsity - The Varsity team may consist of Seniors, Juniors, and Sophomores
 - ii) Junior Varsity - The JV team may consist of Juniors, Sophomores, and Freshmen.
 - iii) Freshman and/or Novice - The Coaching staff reserves the right to determine the status of either of these teams.

B. APPEARANCE:

- 1) All parts of the uniform will be kept neat and clean (this includes your shoes)
 - i) Uniforms will be assigned by the Coaches. No changes, additions or deviation from the assigned uniforms will occur unless given permission by the Coaches.
 - ii) Cheerleaders will arrive "performance/Game Day ready" in assigned attire/uniform/warm-ups prior to each event. No flip flops, slippers, slides, boots, or sandals etc. will be allowed. **No jewelry is allowed to be worn with uniforms/practice wear at any time and will need to be removed prior to arrival.**

iii) Cheerleaders are to wear appropriate clothing to practice. Sports bras are to be worn under all clothing. Spandex is to be worn under all shorts and skirts. All clothing is expected to fit properly and appropriately. Practice wear may be specified and assigned during the season.

iv) Makeup and face paint are allowed to be worn during games. Absolutely no loose glitter of any kind is permitted on the track.

2) Hair will be worn neatly in a clean, high/low ponytail or as specified by a Coach. Short hair will be up and out of the face. No unnatural hair colors will be permitted without approval by coaching staff. HAIR MUST BE DONE BEFORE ARRIVING TO THE GAME/EVENT.

3) Nails will be kept at a safe and short length. Nail polish of any color/fake or acrylic nails will not be permitted throughout the cheer season with exception of Homecoming and Prom.

4) ABSOLUTELY NO JEWELRY! This includes but is not limited to necklaces, earrings, nose rings, tongue rings, anklets, finger, and belly rings! All items will be removed PRIOR TO ALL practices, games, events, and performances.

5) NO GUM AT PRACTICE OR PERFORMANCES! No food or eating during games or practice unless given permission.

C. ATTITUDE:

1) All squad members must cooperate fully with Team Members, Captains, Coach/Advisor, School Administration/Staff, or any other authoritative figures. This includes your teachers in and out of the classroom, as well as school Security and other staff members.

2) A squad member must be a willing worker who respects and works along with teammates.

3) All squad members will have a good positive attitude. Repeated problems with poor or negative attitudes will result in suspension. Continued problems may result in removal from the team.

4) Team members will complete all tasks, performances or appearances as set forth by the Coach/Advisor with a good attitude.

5) Athletes are expected to give 100% effort all season, even when it is difficult.

D. ATTENDANCE:

1) All team members are provided with **3 ABSENCES FOR THE ENTIRE 26-27 SEASON.**

i) EXCUSED ABSENCES include serious injury, death in family, family emergency, illness excused by doctor, COVID symptoms, vomiting, etc.

ii) UNEXCUSED ABSENCES include work, family dinners, birthday events, family in town, not being able to find a ride (ask teammates then a Coach-- we will find you a ride), etc. Use your best judgment; you have 3 freebees, use them wisely!

2) To be eligible to cheer at a game, squad members must attend at least 4 full periods of school on game day.

i) Unexcused absences will result in being benched for the first half of the next game.

ii) Absence from a game will result in being benched for a full game.

iii) If you are “kind of sick” or “not feeling well”, you are still expected to attend practice. You will be asked to sit and watch if you cannot participate.

3) Work, and all personal business including doctor/dentist appointments, must be scheduled around practice & game days, or the absence will be unexcused (family emergencies or sickness will be discussed and cleared on a case-by-case basis).

E. COMMUNICATION:

1) All absences/tardies must be cleared and communicated to a Coach via text or call.

2) Athletes are expected to be the primary source of communication when needing to address any sort of issues or conflict.

F. CONDUCT:

1) As a representative of SPHS, you agree to no smoking, no vaping, no drinking of alcohol, or the use of any ill substances at any time. Cheer squad members are advised to not attend events where alcohol, tobacco, and other drugs may be present.

2) Behavior that is inappropriate of a representative of SPHS (in or out of uniform, on or off campus) will not be tolerated. Failure to comply will result in immediate removal from the team.

3) Foul language will not be permitted during practice times, school hours, events, etc. Please remember to WATCH YOUR MOUTH!

4) **Bullying/Cyberbullying of any kind will not be tolerated whatsoever!** Instances or situations of bullying will be reported and dealt with by the school Administration.

5) Social Media:

i) A San Pasqual Cheerleader will avoid any inappropriate or negative behavior on all forms of SOCIAL MEDIA. This includes Twitter, Snapchat, Instagram, TikTok, Facebook, etc. Such negative behavior may result in removal from the team. BE MINDFUL OF WHAT YOU AND YOUR PEERS POST. PLEASE BE CONSCIOUS OF WHAT YOU SAY WHEN POSTING/BEING POSTED ON SOCIAL MEDIA.

ii) You are not allowed at any time to take inappropriate pictures/ videos ESPECIALLY while wearing any SPHS attire.

iii) Everyone with a TikTok, Twitter, Facebook, Snapchat, or Instagram account should follow the SPHS Cheerleading Account and must allow SPHS Cheerleading to follow them. By signing this contract, you are agreeing to allow the program to monitor your social media activity.

6) ABSOLUTELY NO PDA (public display of affection) while in uniform! San Pasqual Cheerleaders will conduct themselves appropriately whether in uniform or not.

7) You are not to loan any article of clothing that signifies being a SPHS cheerleader to anyone. This includes any piece of your uniform, pom poms, sweater, warm-ups, skirt, etc.

G. PRACTICES/GAMES/PERFORMANCES/EVENTS:

1) All team members will report appropriately dressed and ready to work at all scheduled practice/games/performance or events. ***Work and personal business must be scheduled around practices/games/performances/events***

2) Squad members will not participate in pep rallies, games, or performances if they miss practice scheduled prior to that event. Any team member who is not at practice will run the risk of being replaced or removed from their position in a performance or game.

i) Squad Members who miss a game or scheduled event will be benched and must sit out the following game. They will be required to sit with their Coaches during the time they are benched.

ii) It is mandatory for the JV squad to attend all Varsity home and away football games.

iii) No cell phones will be allowed for use after arriving at practice and/or a game/event.

iv) If late to a game, bus or event, team member(s) will be benched for all or part of the event.

3) Athletes must travel to and from ALL games and activities with their team and Coaches unless otherwise specified. Exceptions will seldom be made prior to the event and must be approved by the Athletic Director AND Coaches.

4) Students may not go into athletic stands to talk with parents/friends without receiving approval from a Coach first.

H. SAFETY:

1) All injuries need to be reported immediately to a Coach. Injuries will be assessed by athletic trainers/nurses. Trainer/Nurse will determine the need for medical attention.

2) Any new skills need to be pre-approved by coaches before performing.

3) When out with an injury Coaches will not return the athlete to participate until both the trainer and a physician have FULLY cleared them. Partial clearance is not accepted. A doctor's note WILL be required.

SPHS CHEERLEADING

CONTRACT/CODE OF CONDUCT FOR 2026-27

I, the undersigned, have read and fully understand the commitment, rules and regulations which will govern myself/my child for the upcoming cheer season. As a member of the SPHS Cheerleading Program I further understand that I/my child is required to attend all practices, games, pep rallies, performances, or events as requested by the Advisor/Coaches or school Administration. I understand and agree that if I/my child fails to comply in any way with this contract, they will face consequences as stated in the contract and the SPHS Student Handbook. I understand my financial obligations as stated in this contract. If I/my child is removed from the team or quits for any reason, I understand that they must wait the remainder of the current school year and the next full year before trying out again. If they are removed from the team for any reason, they are responsible to turn over any uniforms or other items deemed property of San Pasqual High School or the SPHS Cheer Boosters. My child/I agree to abide by this contract for the 2026-27 Cheerleading Season.

ATHLETE NAME (Print)

SIGNATURE

PARENT NAME (Print)

SIGNATURE