

DANA HILLS HIGH SCHOOL
33333 Golden Lantern
Dana Point, CA 92629
496-6666

Dana Hills Pep Squad 2016-2017

PHILOSOPHY

To support all DHHS athletic teams and to promote school spirit is the paramount priority for a productive pep program. Teams will encourage school spirit by cheering/performing at athletic events, performing at pep assemblies, and assisting at school and community functions.

TO BECOME A MEMBER

Any interested 8th, 9th, 10th or 11th grade student may tryout for pep squad and may attend an informational parent/student meeting on March 30th. To be eligible for tryouts students must tryout clinics on May 12, 2014 from 4:30pm-7pm, May 13, 2014 from 4:30pm-7pm, and actual tryouts May 14, 2014 from 8am-12pm.

This is a closed tryout.

Tryouts are mandatory. No exceptions! NO 2nd TRYOUTS

Per CUSD Board policy (61455(a)) all candidates must have a minimum 2.5 G.P.A. with not more than one unsatisfactory citizenship mark from the fall semester for High School students and 2nd quarter for incoming freshmen.

Candidates must complete and turn in all required paperwork by 4pm **April 29th** in order to be eligible for tryouts. The required paperwork consists of the following:

CHECK OFF LIST TIME STAMPED (if placed in box)

- A. Tryout Cover Sheet
- B. CUSD Physical Screening Form (must have a doctor's stamp)
- C. CUSD Risk of Concussion Form
- D. CUSD Athletic Insurance Verification (with a copy of Medical Insurance Card)
- E. CUSD Athletic Code of Honor
- F. CUSD Sports Waiver and Release of Liability
- G. Medical Release Form
- H. Pep Squad Application: signed by ASU Account Clerk (DHHS students only)
- I. Copy of 1st semester grades ONLY!
- J. DHHS Consent Form
- K. Tryout donation* if possible, not mandatory. Receipts will be available at tryout and given to the student.

Candidates must have e-mailed evaluations sent in before **May 1st** to Ashley Ortiz at aeortiz@capousd.org. Please see attached form in packet for details.

Each candidate is responsible for following up on their teacher evaluations. You must have **four** evaluations turned in for scoring purposes. (More than four is fine, but four are required)

Squad sizes will be determined by the “natural break” in total points. This “natural break” will be determined by the advisor and coaches.

Squads will be comprised of the following:

Varsity Cheer	10 th */11 th /12 th grade students – natural break
Varsity Song	10 th */11 th /12 th grade students – natural break
J.V. Cheer	9 th /10 th grade students – natural break
J.V. Song	9 th /10 th grade students – natural break

***10th grade students who are eligible for the varsity squad must score within the 1st natural break.**

Levels will be determined by ability:

Tumbling and stunting

Technique dance skills

Coachability: focused, disciplined, participation & dedication.

Spirit*: energy, creativity and a positive role model. The ability to engage a crowd and create positive excitement.

*spirit is not to be confused with clowning around.

TRYOUT PROCESS

Tryout Packets:

- Packets are to be time stamped unless handed to Mrs. Ortiz
- Physical forms must be signed and stamped by the doctor’s office
- Insurance current with proof that the STUDENT is covered on the information (front and back of insurance card)
- **Points will be deducted for late and/or incomplete packets**

Clinic and Tryout attire:

- PLAIN white t-shirt (no midriff showing when they raise their arms up)
- PLAIN royal blue soffe shorts (no shorts with zippers) (plain black shorts or “yoga” pants are acceptable for clinic ONLY)
- **No attire with other teams, schools, or studios logos printed on them**
- Athletic sneakers or dance shoes
- Plain white ribbon with hair completely tied back in neat ponytail
- NO jewelry (including piercing of any kind)

Points will be deducted for improper attire

Clinic Days: (May 12th and 13th)

Students check in at the front entrance table and receive tryout number

Students will stretch, learn 2 cheers and a dance routine

Routine will either have tumbling or dance technique

Cheer will work on stunting

Song will work on across-the-floor combination and technique

Tryouts: (May 14th) **Closed tryout in the gym.**

Students will try-out in groups of three, starting with Varsity.

Rally in, cheer and dance routine

Tumble, technique dance skills or spirit specialty*

Jumps

*Any tumbling, technique dance skill or spiriting displayed will be expected at all practices, games, and pep squad events. Student will be benched for not using the skills they tried out with, including tumbling, stunting, technique, smiling and spirit. If a member refuses to do a skill they had at tryouts they will have 1 week to regain the skill or be asked to leave the team.

Posting of the Pep Squad:

An email will be sent out to all students with how to access list of those that made the team

Names will not be posted in any particular order

Make it Party to follow and "Make It" shirt will be handed out at party

If your name is on the posted list, a following email will be sent to you with information regarding the location of the "Make it Party"

The party is a closed event for pep members only.

Candidates must choose to try out for either Cheer or Song, not both.

Cheer and Song:

Showmanship: spirit/ rally 20 points

Spirit: creative, engaging crowd with positive energy

Rally: loud, clear voice

Facial expression, showmanship and clean appearance

Appropriate attire

Technique & execution of cheer 20 points

Technique & execution of dance 20 points

CHEER:

Jumps 5 points

Stunting (judged at clinic) 10 points

Tumbling:

Standing tumbling 10 points

Running tumbling 15 points

*Girls who tumble at tryouts MUST tumble at all games. Candidates may earn up to 25 points for tumbling.

SONG:

Across the floor including:

Triple pirouettes, axle, various leaps/jumps, kicks and a la seconde ability 45 points

Teacher's recommendations 30 points

Completed packet/attitude and work ethic during clinic 20 points

Total 150 points

Recommendations are confidential.

Each candidate is responsible for following up on their teacher evaluations. You must have four evaluations turned in for scoring purposes. Any missing teacher evaluations will be figured in as a zero!

MEMBERSHIP REQUIREMENTS

- Maintain a minimum 2.5 G.P.A. with no more than 1 unsatisfactory citizenship mark throughout the duration of her commitment to pep squad. Members who do not meet this requirement at any grading period will be benched until the next grading period. If a student does not meet the 2.5 G.P.A. requirement for a second semester (the end of the probationary period), then that student will be permanently removed from the pep squad and may not attend the banquet or other events.
- **Warnings are not required before enforcing rules.**
- **All skills performed at tryout are mandatory to perform at games/events.**
- Inadequate performances, lack of enthusiasm, or any display that could be deemed sub-standard may result in disciplinary action.
- The commitment for pep squad is from May 2016 until June 2017.
- Must be enrolled in a minimum of 5/6 classes both fall and spring semesters, one of which must be pep squad.
- Pep Squad is an elective PE course and will meet during 5th period. Occasionally they will have an extra after school practice.
- All students who are currently attending Dana Hills must be in good standing with the Associated Student Union. All debts must be cleared before attending the tryout. The clearance form must be signed by the ASU Account Clerk.
- Candidates previously dismissed from the pep squad due to grades will be allowed to tryout one year later from when they were removed. Members cannot ask for a grade change, grades posted at semester are the only grades permitted. Candidates who were once members of pep squad who resigned or quit from pep squad will not be allowed to tryout.
- Members **MUST RIDE BUS** to and from any activity when a bus is scheduled.
- **JV Members DO NOT TRAVEL to games.**
- Uniforms are to be worn only for designated school activities/functions. You may not loan your uniform to any non-member.
- All students who would like to be a member of the pep squad will not be denied because of financial burden. If such a situation exists, please notify the advisor about fundraising opportunities. Uniforms will be checked out at the beginning of each season and returned at the end of the year. If you would like to keep your uniform, you are more than welcome to purchase your own. Approximate cost of the uniform is (\$500.00) (pending new/previous member) **Purchased uniforms are non-refundable.**
- Members are to keep pep squad their priority. You must understand and agree PEP SQUAD comes first. Participation in any other activities and organized teams including those independent of DHHS activities **may not at any time conflict or interfere with the scheduled or rescheduled activities** of the school squads. DHHS spring sports or activities are feasible upon approval and communication between athletes, coaches and advisors. This includes jobs.

- You are NOT PERMITTED to let ANY others use your pep squad supplies. **THIS INCLUDES GAME DAY SHIRTS OR ANY PART OF THE ATTIRE FOR ANY REASON.**
- **You are not permitted to wear your pep squad uniform or any attire associating you with Dana Hills Pep Squad in any advertisement without expressed written consent from the Activities Director.**

SUMMER COMMITMENTS

The only summer commitment is camp which will be from Tuesday, July 26 to Thursday, July 28. If a member misses camp, it is the member's responsibility to learn what they have missed from a team member, not the coach. If camp is missed, the member may be pulled from games or performances until they have mastered all missed material.

Members are not allowed to have visitors at camp.

Camp costs are non-refundable.

ATTENDANCE

The Grade for Pep Squad is based on attendance and participation.

Each member is given the opportunity to earn 25 points per week.

Missing a class or being tardy will affect points. Not dressing out or participating will also affect points. Only school related misses, such as field trips, or college visits for SENIORS only are excused and will not affect the students' points for the day. Only SENIORS are excused for College visits with proof of visit from the school they are visiting.

College visits must be planned a week in advance in writing from the student's parents.

Consequences may include, but are not limited to: being omitted from a routine/pep rally, additional games and dismissal from the squad.

All CIF games are **mandatory for varsity**. This includes possible female sports and non Basketball/Football CIF games (i.e. waterpolo). It will be considered a miss if you do not attend and a loss of 20 points. Please be aware of this when scheduling vacations.

Members are required to attend ALL GAMES, league or NON LEAGUE, scheduled or NON SCHEDULED the advisor or administration assigns.

If you are benched you must attend and sit in the stands with the Advisor/Coach.

You must wear your uniform, sneakers, hair with ribbon same as your team.

Participating in Pep Squad Community Activities for a minimum of 8 hours per year (ex: Tall Ships Festival) Community service requirements are only assigned Dana Hills services.

A pep member who does not attend school on a given day will not be able to participate in any Pep Squad activity scheduled for that day. This includes benched members. If a member misses the day they are benched, they are benched for the next event/game.

Varsity and JV squads are obligated to perform in pep rallies when assigned. Girls may be removed at the coaches/ advisors discretion.

All members will perform at assigned games. The only exception will be a specific medical note from a physician. An alternate assignment will be assigned to members who are absent from a pep rally/event for non-medical reasons. Students who cannot participate physically at the games will have alternate games to attend to represent pep squad. They are not allowed to attend the pep rally/event as a pep squad member and will not be excused from class.

***IF YOU ARE ON A MEDICAL EXCUSE AT THE BEGINNING OF THE PEP RALLY PRACTICES YOU WILL NOT BE ALLOWED TO PARTICIPATE IN THE PEP RALLY.** Chronic absences cause undue hardship to the other members. This is a team sport that requires participation of all athletes for safe, proper and effective performances. If a member is released from a medical excuse before the event, they will still participate in practices with the team. It is the coach's decision whether they can be placed in the formation pending the time limit before event. Members still need to dress out completely to receive points.

MEDICAL/ NON-PARTICIPANTS

Medical notes must be a clear doctor's note with specific release dates.

The note must have the doctor's office stamp on it or letterhead from the office.

If an injury causes a member to be out for an extended period of time, the district PE injury policy will be enforced. Members who cannot participate for any reason who are sitting out will have essays **to write during practices** in lieu of participating for practices. Members who are sitting out may not eat, use cell phones, etc. Forms will be due completed at the end of each practice/game, event. They will be obligated to attend alternate sporting events/games where they are able to sit and represent Pep Squad for participation merits for missing game participation. If they are on medical excuses they will sit in the bleachers with the JV team and support Varsity.

REASONS FOR REMOVAL FROM TEAM

- Members who are on step 4 of a Behavior Contract will be removed from pep squad.
- Members in the possession of drugs or alcohol at school or at school events will be recommended for expulsion from the Capistrano School District. Any member suspected of being under the influence of drugs/alcohol will be taken to an administrator. IF they are intoxicated or on drugs at school/camp/events they will be tested with an administrator present. They will be sent home and removed from pep squad permanently and lose their eligibility to tryout.

- Members who are suspended during their membership term for any reason may be dismissed from the pep squad and may not be allowed to tryout the following year.
- Pep members who are dismissed or have resigned from the pep squad or walk out of practice/games without speaking to the advisor relinquish all participation privileges. *This includes pep rallies, social events and the banquet.* You may be obligated to pay for all outstanding debts.
- Excessive personal displays of affection.
- Inappropriate behavior in uniform, including outside of school hours if member is in pep attire.

PRACTICES

Practices are 5th period.

All members are required to dress out every 5th period in dress code appropriate attire. No jeans, no clothing that promotes other cheer/dance programs. Only dance shoes and cheer shoes are allowed. Hair must be up and off the face at all times. **No jewelry allowed for safety reasons.** Students have to be DRESSED and ready to practice 10 minutes after the bell rings. Members should be done eating by check in time, and dressed out completely.

If you are ill or injured and feel the need to sit out, you will be required a written assignment. To receive all points for the day, students on medicals still need to dress out. Students are not allowed to eat, socialize, talk on cell phones or do homework.

***Members who miss any practices the week of a Pep Rally forfeit their position in the rally. This includes excused misses.**

Classes will be organized as the following:

Monday: Conditioning.

Tuesday & Thursday: Prepare for upcoming games or events.

SENIORS DROPPING THE CLASS

Seniors that wish to drop the 5th period class may do so upon the **completion** of the basketball season. They can no longer drop at the semester.

LEADERSHIP POSITIONS

- Pep squad captains and co-captains will be chosen by the advisor and coaches and voted upon by squad members.
- Captains will be interviewed and apply for the position.
- **The advisors reserve the right to remove the captains and callers from their position anytime during the season.**

GAME DAY

All members are required to wear Game Day attire.

If a member is not in Game Day attire they will be benched for the game/event.
Game Day attire: (decided by captains) Game Day shirt, Make It Shirt or uniform & Cheer shoes

JV AWAY Games:

Game Day shirt or Make It Shirt with jeans with no holes.

GRADING POLICY

Members receive 25 points a week for practices.

Points are affected by the following:

1. Non-Participation
2. Tardies
3. Dressing out completely
4. Behavior
5. Absences

1. Non-Participation: Sitting out for any reason.
2. Tardies: Late for practice (including moving the tables) events, tutorial.
3. Dressing out completely:
Cheer sport shoes or jazz shoes for Song. NOT slip on type shoes or Converse.
Shorts with no zippers and appropriate fitting.
Yoga type pants or work out pants are acceptable. NO JEANS
T-shirt or work out attire, No midriff showing.
Hair should be completely back WHEN PRACTICE STARTS.
No jewelry AT ALL. Band aids are NOT acceptable for cheer due to safety issues. ALL earrings need to be removed.
4. Behavior: Includes those sitting out.
Attitude problems, disrespect, defiance of ANY kind.
Not paying attention anytime during practice. Excessive talking.
Eating, drinking (other than water) during practice time
Cell phone usage/ Ipod
Doing homework
Chewing gum
Talking to friends during practice who are not on pep squad.
Signing up for an event and cancelling 24 hours before event.
5. Absences:
If any members miss the week of an event, they will removed from the event.

POINTS

Behavior: 10 points off grade and benched for next event

Inappropriate Behavior

Not properly dressed out for game day.

Not dressed out properly for game. (including hair/ribbon/shoes/spankies)

For every cheer you do not know

No box (varsity)

Leaving before game has ended

Cell phone usage/ I-pod during game

Packing up/ changing out before game/event ends

Unnatural hair color for all events/games

Not tumbling/technical skills/spirit displayed at tryouts

Not paying attention during game

Chewing gum, eating or drinking during game

Doing homework anytime during game

Jewelry

Tardies:

Late for game 10 points off and benched 1st quarter (BB entire game)

Absence/ MISSES

20 points off for games/event

5 points off for a Monday 5th

10 points off for a Tuesday/Thursday 5th

JV who are sitting in bleachers at Varsity Home Games:

It is considered a MISS for not attending Home Varsity games.

Arrive 15 minutes before game/check in with advisor

Dressed appropriately:

Make It Shirt or Game Day Shirt

Pants/jeans with no holes, frayed edges. Must be blue or black

Cheer/sport shoes

White ribbon in hair pulled back.

NO food, drinks, cell phones/ Cell phones will be taken away and they will be benched.

Return to bleachers 2 minutes before 3rd quarter begins.

Girls are expected to cheer when varsity is cheering and not talking to people in bleachers.

Squads must adhere to these guidelines

UNIFORMS

- Uniforms are to be worn for designated school activities/functions. You may not loan your uniform to any non-member. Uniforms are checked out at the beginning of each season and returned at the end of the year. If you would like to keep your uniform, you can purchase one to keep. Approximate cost of the uniform is \$500.00

Yearly donation requested \$650.00

Donations will be discussed at the Parent Meeting after tryouts.

- If a uniform is lost, damaged or stolen you will need to replace them.
- No student will be denied to tryout or be a pep squad member due to financial concerns.
- Uniforms are non-refundable.
- Hair is to be natural and worn as assigned by coaches/advisors.
- Make up is to be natural, tasteful and simple.
- While in uniform any inappropriate behavior is not permitted.
- While in uniform/pep squad attire at all times, no public display of affection is not permitted. This includes during school hours when representing Pep Squad.
- On game days uniforms may only be worn with warm up pants underneath when cold. (skirt and top are to be worn with the warm ups underneath.)
- If any part of the uniform is lost or damaged, it is the responsibility of the member to replace it immediately. Members will need to sit out until uniform is replaced.
- If a member is attending a game/event after cheering they must change out of uniform if they are not participating with squad.

SUPPORTING PEP SQUAD

Pep Squad participates in many yearly events such as The Tall Ships Festival, the creation of a calendar, Graduation Water Bottles, etc. Students must attend / participate in these events a minimum of 8 hours each school year. These events will be finalized at the parent meeting following tryouts. Parent support and organization is necessary for pep squad to succeed.

Calendar: May 2016 through August 2017

Tall Ships Festival: September 2016

Possible Festivals and parades

Secondary games throughout the school year