HIGH SCHOOL SPIRIT TEAM
______ spirit squad is going to work hard to be kind to each other and everyone around us.

Some days, life feels perfect.
Other days it just ain't workin.
The good, the bad, the right, the wrong
And everything in between.

Though it's crazy, amazing
We can turn a heart with the words we say.
Mountains crumble with every syllable.
Hope can live or die

So speak Life, speak Life.
To the deadest darkest night.
Speak life, speak Life.
When the sun won't shine and you don't know why.
Look into the eyes of the brokenhearted;
Watch them come alive as soon as you

SPEAK HOPE,
YOU SPEAK LOVE,

SPEAK LIFE
2017-2018
TOBYMAC

THINK AND BE SMART IT IS HARD TO FIX A WRINKLED HEART!
Before you share:

THINK

 launcher = Is it True?

 THINK = Is it Helpful?

 THINK = Is it Inspiring?

 THINK = Is it Necessary?

 THINK = Is it Kind?
S-tudent
P-ride
I-ncludes
R-eal
I-nvolvement
T-ogether
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Welcome to the 2017-2018 spirit team. This team has an established reputation… one to be proud of. We take on new challenges and are excited to grow together. This program requires hard work and commitment. Our main goal is to grow and work together to become a better team each year.

The following handbook describes the duties and expectations of being a Spirit Team Member. Please read it thoroughly! Ask questions and understand all aspects behind the development of YOUR SPORT.

Each member MUST commit themselves to hard work, dedication, and team unity. I recognize the purpose of the program as being one of promoting moral, physical, mental, social, and emotional well being of students. In return, I expect members to be responsible for committing themselves to the programs and our coaching philosophy.

Our Main Goals This Year Include:
1. To learn something new at each practice.
2. To challenge ourselves to be better people and better athletes.
3. To continue to promote spirit at _____
4. To be acknowledged and respected by our peers.
5. To work together as a spirit team to support the Athletics Department.

In order to reach our goals, each team member MUST meet high standards in academics and athletics. Our season is long and plentiful. Our number one goal is to unite, to be better athletes, and to be classy, successful young adults.

Welcome
And may your journey be a rewarding one!

Coach – Phone #
What is a spirit leader?

What do we do? Why are we here?

This squad is here to increase overall spirit at events that support _____. Such events would include athletic activities, games, and assemblies.

Our spirit comes in many fashions. We cheer on players, the student body and we motivate others to cheer on our teams. We motivate and encourage athletes, while recognizing their accomplishments. And we strive to be the best we can at our sport overall.

**The Specifics:**

**Summer**
- Practice 2-3 times a week
- Participate in team building activities
- Some type of camp
- Fundraising

**Fall**
- Practice 4-5 times a week
- Attend 2-3 games a week
- Participate in kids camp
- Homecoming activities and dance
- Fundraising

**Winter**
- Practice 5-6 times a week for state competition
- Attend 2-3 games a week
- Participate in kids camp
- Fundraising

**Spring**
- Practice 1 time a week
- Tryouts for next year
- Fundraising

**The Journey**

The journey between what you once were and who you are now becoming, Is where LIFE really takes place.
COACHING EXPECTATIONS
__ High School Image

1. Must be a good SPORTSMAN and always show good CHARACTER.

2. Must be totally and constantly COMMITED.

3. Must be SKILLED in your sport.

4. Must be PHYSICALLY FIT.

5. Must be PUNCTUAL.  BE ON TIME….. BE PRODUCTIVE AT PRACTICE.

6. Must show RESPECT for each other and the coaches.

7. Must be a good COMMUNICATOR with coaches and peers.

8. Must be RESPECTABLE.

9. Must be ORGANIZED and love calendars.

10. Must be a TEAM MEMBER in all aspects of the team.

TEAMWORK

- Teamwork is the ability to work towards a common vision

- The ability to direct individual accomplishment towards organized objectives

- It is the fuel that allows common people to obtain uncommon results
Team Captains

- The coaching staff selects team captains.

- Team captains are selected on:
  1. How well they work with the coaches.
  2. Their ability in their sport.
  3. How well they communicate with others.
  4. How well they listen and do as they are asked.

- Captains are not selected by: Their grade, or how long they have been on the team. Do not assume you are going to be the captain for these reasons. Seniors do not always make captain.

- Coaches need a captain they can trust and count on. They are the right hand to the coaching staff.

Captain positions are not up for discussion!

Remember you must learn to follow before you can lead.
Communication…..Talk to me

- COMMUNICATION is the essence/DRIVING FORCE behind a successfully managed team.
- BE RESPONSIBLE for all lines of communication. For yourself, the team, and the coaches. (DON’T ASSUME)
- BE RELIABLE. Complete and follow through with your responsibilities for yourself and your team.
- Contact the coach in case of emergency. (ANY EMERGENCY)
- Notify the coach immediately if an INJURY occurs.
- Notify a CAPTAIN of all of the above in the coach’s absence.
- The coaching staff uses the OPEN DOOR POLICY of management. (come to us about anything)
- Utilize the team phone tree, to be a CLEARER COMMUNICATOR.

MY DOOR IS ALWAYS OPEN

REMEMBER

LACK OF PLANNING ON YOUR PART

DOES NOT MEAN AN

EMERGENCY ON MY PART
PRACTICE AND RULES

Practices:
▪ All Practices are MANDATORY
▪ It is each team member’s responsibility to know practice schedule, attend, and be on TIME. Contact the coach in ADVANCE if you will not be at practice. Call and leave a message if we don’t answer.

The phone numbers are:
Coach – Phone #
Coach – Phone #
Coach – Phone #

▪ Selected Mandatory SATURDAY practices may be called for competition season.
▪ Team members who miss practice or arrive late may jeopardize their spot at the next game. If you miss practice the day before a game you will lose your spot.
▪ Injured team members are expected to come to practice and watch.

RULES...PRACTICE FOR EVERYDAY

▪ Team members should BRING:
  1. Water bottles (you are not going out the doors to get a drink)
  2. Appropriate clothes and shoes (NO JEANS) WORK OUT CLOTHES
  3. A GREAT ATTITUDE

▪ Team members should NOT BRING:
  1. Food
  2. Gum
  3. Jewelry
  4. Cell phones
  5. I-Pods
  6. Boy Friends- Girl Friends
  7. BAD ATTITUDE

TEAMWORK

It is a fact that in the right formation,
The lifting power of many wings can achieve
Twice the distance of any bird flying alone.
**Purpose**
A. Promote and uphold school spirit.
B. Represent ________ High School to the highest degree.
C. Set an example of positive behavior at all times, in uniform or out of uniform, in class, at games and at all school functions.
D. Promote friendships with schools with whom we compete.
E. Promote friendships between members of the squad.

**Requirements**
A. ________ High School spirit squad will consist of all grade levels.
B. Team members MUST attend ALL required activities, such as practice, games, competitions, shows, fundraising events, unless the team member is ill or has an excused absence due to another ________ High School event. Failure to attend a mandatory event will result in a benching for the next event. Unless noted, all events are mandatory.
C. Student must maintain a grade point average and eligibility as set by CHSAA and ________ High School.
D. All members must have a physical each year.
E. Being on the spirit squad one year in no way guarantees placement on the squad for the following year. All members must go through the tryout process.
F. The coach will choose captains.

**Conduct**
A. By accepting the privilege/honor of being a member of the ________ High School spirit team, each member accepts the fact that her/his actions, are more prominent then those of persons not associated with such activity.
B. Proper appearance is required at all times, and with clothing appropriate to the occasion.
C. Members must not use *foul language* at practice, in school, at games, camp, competitions, etc.
D. Excessive *public display of affection* is never considered appropriate, especially in uniform, at games, or in school.
E. *Smoking or drug usage (including alcohol)* is not allowed at any time, either on or off campus.
F. To even be with people who are in possession of alcohol or drugs could result in disciplinary action.
G. Merits and demerits will be issued for dealing with minor infractions. A merit may be earned for behavior above and beyond that which is expected of a spirit squad member.
H. Demerits will be issued for such offenses as tardiness, wearing jewelry, cell phones, I-pods, talking, chewing gum, missing props or uniform items, missing return dates of certain items, failing to listen to instructions, etc.

I. **Members of the team are responsible for knowing all rules**
J. Breaking rules WILL result in demerits
K. 4 demerits will result in a benching
L. Each case will be judged individually.
M. Every attempt will be made to discipline fairly and equally, and make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of the offenses may dictate harsher actions.
N. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coach and administration.
O. Poor conduct/behavior under any of the above circumstances could result in warnings, demerits, plus suspension/removal from the squad.

**Uniforms and other Expenses**
A. The school will supply parts of the uniform.
B. Uniforms are to be kept clean, neat and in good repair at all times.
C. Some parts to uniforms will need to be paid for by each team member.
D. Attend summer camp. A fee will be involved
E. If a squad member quits or is removed from the squad, she will be held responsible for all costs and must return the school provided portion of the uniforms immediately.
F. Squad members must pay for competition fees. The team will try to raise these fees through fund raising activities.
G. If a squad member is delinquent in fee payments and has not made arrangements with the coach, the team member may be benched.

**Learning/Teaching Routines**
A. Members are expected to be attentive and cooperative when learning cheers and routines. Repeated disruptions, especially during the same practice, will result in warnings, demerits, and possible removal from the next game or performance. Continued problems will result in calls to parents, additional game suspensions and possible removal from the team.
B. Constructive criticism/suggestions in a polite manner are welcomed. Complaining and rudeness to the coaches or team members are disruptions that will carry demerits.

**Practices**
A. Mandatory after school practices will be held. You will receive a calendar for each month.
B. Additional practices may be scheduled as needed. This will be done with as much notice as possible.
C. Missing a scheduled practice before an event will result in the team member not cheering or performing for that event and she may receive a benching for the following event as well. A benching will not occur if the member was ill or at another school function that was scheduled ahead of time.
D. If a member does not know the cheers or routine by the practice before the game, they will not be cheering or performing at the event.
E. Members must dress out in practice attire for all practices unless otherwise notified. No baggy shirts/pants are allowed.
F. Members must not leave practice early unless given prior approval: this will carry a demerit. *Don’t schedule work too early!*!!!!!!
TEAM CONDUCT

- All team members are required to stay through the **ENTIRE DURATION** of a game/event/practice.
- **NO GUM** chewing and eating in uniform or during an event.
- **AVOID** group and private discussions. They reflect upon the reputation of the entire squad.
- All must **FOCUS** their attention on the game/event at all times. Don’t talk to each other or others in the stands while on the field/court. Stay at attention at all times.
- **NO VISITING** with spectators or boyfriends/girlfriends during the game/event.
- **NO JEWELRY** can be worn. **EVER**.
- **NO DRINKING** alcohol. **NO SMOKING**.
- At all events, team members must arrive **45 MINUTES PRIOR** to a game or event, unless otherwise noted.
- **BE PROFESSIONAL**........ You always have an audience, even if you’re not at a game or performing.
- **NO FOUL LANGUAGE** ........**EVER**

*Failing to follow this code of conduct will result in demerits being implemented.*

“A **REPUTATION** once broken may possibly be repaired, but the world will always keep their eyes on the spot where the crack was.” Joseph Hall.

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Today.... A new sun rises for me  
Everything lives  
Everything is animated  
Everything seems to speak of my passion  
Everything invites me to cherish it  
Lenclos
TUMBLING AND STUNTING

Tumbling and stunting are necessary activities in this sport. As in any sport we will take all precautions to see that athletes do things correctly and stay free from injuries. However, as in any sport injuries sometimes occur. Please understand that your child will be participating in these activities as a part of this sport.

SAFETY WILL ALWAYS COME FIRST!
PERFORMANCE AND COMPETITIONS

PERFORMANCE:

▪ Attendance at all assigned games, and scheduled events are MANDATORY!
▪ Football, homecoming and other things as assigned to support the athletics department happen in the fall. Basketball and competition season is during the winter. Spring is light practice, team building, and tryouts. All team members are expected to attend the game/competition for the ENTIRE DURATION of the event, regardless of weather you are cheering/performing or not.
▪ If assemblies are conducted at the school we may participate in theses as well. We will participate in all school unity programs as well.
▪ Calendars will be passed out every month with updates as needed. Team members are expected to wear the appropriate uniform and hairstyle to all games/events. Bring water bottles and warm-ups to all games/events.

COMPETITION:

▪ We will be participating in the state competition the first weekend in December. Plan around this date now. This team is selected from varsity members. This is by selection only. We may also compete in one or two other competitions through out the year.
▪ Each member of the team must pay competition fees. We will try to raise the funds for these competitions.

THE PRICE OF GREATNESS IS RESPONSIBILITY
HOMECOMING

It is the responsibility of the spirit squad to fund, plan, and organize the homecoming dance each year. **YOU MUST SUPPLY ADULTS TO HELP WITH CLEAN UP.** We all so need each of you to supply an adult to help CHAPERONE. If you don’t supply a person to clean up then you must stay after the dance to help clean up or you will be charged a $50.00 fee to hire someone to help clean up.

WE MUST ALL WORK TOGETHER TO MAKE A PROJECT SUCCESSFUL
DISCIPLINE

Demerit Policy

▪ An athlete will be notified upon receiving a demerit.
▪ On the 3RD demerit, parents will be notified.
▪ On the 5th demerit, the athlete may be removed from the team for the year.

EXCUSED ABENCES

Illness - the parent/team member must notify the coach by phone PRIOR to practice or designated event. Coach - Phone # / Coach – Phone # / Coach – Phone #
▪ Family emergency or death in the family - parent notification is required.

UNEXCUSED ABENCEES

▪ An unexcused absence occurs if a member is more than 10 minutes late or they leave more than 10 minutes early, Without PRIOR notice, for any practice or designated event.
First offense = 1 demerit
Second offense = 1 demerit
Third offense = 2 demerits

UNEXCUSED TARDIES

First offense = 1 demerit
Second offense = 1 demerit
Third offense = 2 demerits

MISCELLANEOUS

▪ Inappropriate dress for practice, events, games, or school = 1 demerit
▪ Inappropriate behaviors during practice and games/ events = 1 demerit
SEVERE DISCIPLINE PROBLEMS/ DISCIPLINE PROBLEMS/DISMISSAL FROM THE SQUAD

- Problems with a team member on any of the following will immediately be evaluated. A mandatory conference with the team member, parent, coach, and AD will be called. Evaluation, suspension, and possible expulsion will be reviewed and determined.
  1. Drinking
  2. Drugs
  3. Smoking
  4. Attitude

- A team member may be suspended/ benched from the squad for the following:
  1. Failure to maintain eligibility required by CHSAA and ____
  2. Disciplinary problems with the team or ____
  3. Has received 4 demerits in a season

- If this occurs the athlete must still be at all scheduled games/events on the bench with the coach.

- A team member may be REMOVED from the squad for the following:
  1. Has received 5 demerits, suspension, and previous evaluations.
  2. Team member is under the influence of alcohol or drugs in uniform or at a school event.

- A coach or school administrator reserves the right to dismiss a team member from the squad at any time if deemed necessary.

- All disciplinary rules will apply to ALL team members IN AND OUT OF SEASON!

- Team members are expected to refrain from use of illegal drugs, alcohol, and smoking, etc. Choosing to disregard these expectations in school or out of school will result in disciplinary action. Contact and notification will be made to parents, AD, and administration. Results of these actions may lead to expulsions from the team.

A WINNER IS SOMEONE WHO SETS THEIR GOALS. COMMITS THEMSELVES TO THOSE GOALS. AND THEN PURSUES THEIR GOALS WITH ALL THEIR ABILITY!
TOPICS OF DISCUSSION
Periodically during the season we will discuss areas of concern regarding the team. Discussion of these topics will help you become a better team member.

1. Team Image
2. Nutrition/diet and physical conditioning
3. School
   - Homework
   - Grades/Eligibility
4. Communication
5. Manners/Respect for others
6. Injuries/Prevention
7. Behavior with other athletes and ourselves
8. Competition season

These discussions will provide you with the necessary information to guide your actions during your high school career, to help increase your level of SUCCESS!

UNITY

“STRENGTH IS DERIVED FROM UNITY.

THE RANGE OF OUR COLLECTIVE VISION IS FAR GREATER

WHEN INDIVIDUAL INSIGHTS BECOME ONE”
QUOTES TO THINK ABOUT

“YOU CAN NEVER CHANGE WHAT YOU DON’T ACKNOWLEDGE.” UNKNOWN

“YOU NEVER FIND YOURSELF UNTIL YOU FACE THE TRUTH.” PEARL BAILY

“HOLD YOURSELF RESPONSIBLE FOR A HIGHER STANDARD THAN ANYBODY EXPECTS OF YOU. NEVER EXCUSE YOURSELF.” HENRY WARD BEECHER

“IF YOU DON’T LIKE SOMETHING, CHANGE IT. IF YOU CAN’T CHANGE IT, CHANGE YOUR ATTITUDE AND DON’T COMPLAIN.” MARY ANGELOU

“TO GET NOWHERE, FOLLOW THE CROWD.” CHARLIE BROWN

“THERE IS POWER IN FORGIVENESS.” UNKNOWN

“IF YOU CAN DREAM IT, YOU CAN DO IT.” WALT DISNEY

“THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.” ELEANOR ROOSEVELT

“I DO NOT TRY TO DANCE BETTER THAN ANYONE ELSE. I ONLY TRY TO DANCE BETTER THAN MYSELF. “MIKHAIL BARYSHNIKOV

“CONTRARY TO POPULAR BELIEF

CHEERLEADING/DANCE IS NOT A HOBBIE

IT IS A SPORT!!!!!!” COACH ELLIOTT
I have read the handbook and understand the rules, goals, and requirements of being a part of the _______________ High School Spirit Squad. I also understand that this sport has risk like any other sport. Being a part of this team comes with many responsibilities and by singing this contract, you accept the responsibilities associated with the _______________ High School Spirit Squad and agree to abide by the handbook.

Athlete signature_____________________________________________________________

Parent / guardian signature ___________________________________________________

Date________________________
CELL PHONES/ I-PODS
OTHER ELECTRONIC DEVICES

Please make sure that you put cell phones on silent. Our phones will be on ring in case a parent needs to reach you before practice ends. Again, our numbers are:

Coach – Phone #
Coach – Phone #
Coach – Phone #

All other devices should be turned off for practice!

**REMEMBER**
*SILENCE IS GOLDEN*
FACEBOOK/INTERNET

PLEASE REMEMBER THAT WHAT YOU PUT OUT THERE ON FACEBOOK CAN BE VIEWED BY MANY PEOPLE INCLUDING YOUR COACHING STAFF. THINGS GET BACK TO US SO NEVER EVER PUT ANYTHING NEGATIVE ABOUT OUR TEAM, TEAM MEMBERS, COACHES, ADMINISTRATION, OR ANYONE ELSE THAT WILL CAUSE YOU TO VIOLATE YOUR CONTRACT.

YOU CAN AND WILL BE DISMISSED FROM THIS TEAM!!!

REMEMBER

THINK BEFORE YOU SPEAK

WOULD MY COACHES WANT ME TO SAY THIS???????????????
SPIRIT TEAM PHONE LIST

1. Coach – Phone #
2. Coach – Phone #
3. Coach – Phone #
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