

# Estrella Foothills High School Spiritline (Pom & Cheer) Constitution

## I. Purpose

The purpose of the EFHS Spiritline program is to develop leadership, promote unity within the school and to generate school spirit and enthusiasm.

1. The Spiritline members shall promote and uphold school spirit.
2. They shall develop a sense of good sportsmanship among the students.
3. They shall promote the crowd's involvement during school activities.
4. They shall strive to build better relationships between the schools in the conference.
5. They shall strive to uphold the highest personal, as well as, cheerleading and dancing standards.

## II. Requirements

1. A new BUHSD/EFHS Athletic packet must be completed each year before camp for returning members, and before the first open gym/summer activity for freshman and new Spiritline members.
2. Spiritline members may not participate in any extra-curricular activities that conflict with the Spiritline season (Fall-August-November and Winter-November-February season). Unless it has been approved by both team's coaches.
3. All Spiritline members will be required to attend at least one of each sporting event as a team. This includes those sports that the squad does not perform at.

## III. Tryout Procedure and Criteria

1. The Spiritline squads will be selected in August for the school year.
2. Pre-training clinics will be held on the days preceding tryouts.
3. During these clinics, exact material and tryout procedures will be taught. All clinics are **MANDATORY** and must be attended.
4. **ALL CLINICS AND TRYOUTS ARE CLOSED TO PARENTS, PUBLIC, AND STUDENT BODY.**
5. Each prospective Spiritline participant will perform and be judged on what is taught and learned at these clinics.
6. All material taught is new and original to give all trying out a fair chance with the exception of the fight song and camp dance.
7. There should be no EFHS cheer/dance/Spiritline clothes worn at tryouts. This is to ensure fair tryouts for all.
  - a. For tryouts: black shorts or bottoms (pants/capris) and a solid white color shirt must be worn. All clothes must meet school dress code. If they do not, you will not be allowed to tryout.

## IV. Captain/Co-Captain

1. The coaches will decide if there are captains and how many.
2. Captains are the **EXAMPLE NOT THE EXCEPTION.**
3. In the event that a captain is not fulfilling their leadership role they will be suspended from the position for one game and/or event.
4. More than one suspension can result in the loss of the captain position.
5. Receipt of more than one warning form will result in the loss of captainship.
6. If a captain fails, more than one grade check their position will be reviewed at the discretion of the coach(es).

## V. Benching & Dismissals

1. A spiritline member may be benched for the following reason.
  - a. Not knowing material
  - b. Excessive amounts of absences
  - c. Missing a Game
    - i. If you miss a game, the athlete will sit the next 1st half of the next game. If you do not fulfill your commitment to a full game, you will sit the next 1st half of the game.
  - d. Excessive amounts of tardies
2. Repeatedly being unprepared, disruptive or disrespectful behavior.
3. A member can only be benched for 2 games per season (football and basketball) before they are dismissed from the squad.
4. Three consecutive Ineligible grade checks or four total will result in dismissal from the team.
5. A Spiritline member who receives three Warning Documents will be dismissed from the team.
6. The appropriate dress for a benched member: Spiritline team t-shirt, warm-ups, shorts, leggings, hair in the appropriate bow. No jewelry, no phone. All team rules still apply.

## VI. Absences

1. Absences. Upon receiving **5 absences** (per season, 10 total for Fall and Winter seasons) the team member will be dismissed from the squad.
2. The only other excused absence would be a doctor's note for illness or injury.
3. Doctor's Appointments should be scheduled around practices and games. Game days are excellent days to schedule appointments, because teams do not have to report until a later time.
4. It is the Spiritline Member and Parent/Guardian responsibility to contact the Coach and let them know of the absence in writing, email, or through a phone call. Contact should not be made through social media sites.
5. Excused absences during a school day does not mean that a practice/event/game is excused during extra-curricular (Spiritline events.)
6. A tardy not communicated PRIOR to a Coach will be considered an absence.
7. An absence of a game during season will result in a benching for the next game.

## VII. Practices

1. It is the Spiritline member's responsibility to be ready by the time that practice begins.
2. If a Spiritline member is going to be late to practice, the coach must be notified PRIOR to practice by that member that will be late.
3. An absence at practice the day before a scheduled event will result in not participating in the quarter performances and halftime, as well as sitting out of the 1st half of the game/event (At the Coaches discretion.)
4. Spiritline members will be expected to participate at any scheduled event, even if it happens to fall on a Fall break, Spring break or a day where there is not school.
5. **HOME COMING 2021 : Friday October 1<sup>st</sup>, 2021**
  - a. **Fall Break 2021: October 4<sup>th</sup>-8<sup>th</sup>, 2021**
  - b. **There are home games the week of Fall break. All members will be expected to attend practice and games over break.**
  - c. **Spring Break 2022: March 7<sup>th</sup>-11<sup>th</sup>, 2022**
6. Any member not knowing the material is subject to being benched during performances.
7. ALL PRACTICES ARE CLOSED TO PARENTS, PUBLIC AND STUDENTS UNLESS INVITED OR OTHERWISE STATED.

## VIII. Games

1. The Spiritline members will be required to cheer and dance at all pep assemblies, all home games, and many away games. Varsity teams will travel to select away games.
2. A calendar of events will be provided to the team on a monthly basis or semester basis. Game times often change; please check the website for the most current game dates and times.
3. Spiritline members are expected to be in their lineup when the time clock reads 1:30 before the game and before the start of the next period of play, after halftime.
4. During the game the Spiritline members shall stand in the chosen stance, watching the game.
5. There shall not be excessive talking at ANY time during a game.
6. At no time should any Spiritline member practice a chant/sideline in front of a crowd before it is called.
7. At no point should a Spiritline member enter the stands during a game or performance.
8. Spiritline members will not be allowed to visit the concession stand or eat during a game. Snacks and food should be eaten before or after games.
9. Spiritline members should come to games/events completely ready (including uniforms on, zipped up, socks, shoes, hair up, bows on, jewelry out) to each game. If a member is not game ready at reporting time, that member will have to sit out the first half of the game and will not be allowed to perform.

## IX. Spiritline Competitions (AIA Regional/AIA State Championships/USA Regionals/Nationals)

1. The EFHS Spiritline will compete at the AIA State Spiritline qualifier and possible State Championship competitions, as well as USA Regionals and possible USA Nationals.
2. To participate in this event, members will be required to try-out for the AIA competition squad.
3. All members of both JV and Varsity teams are eligible to compete on either the dance, cheer team or both.

## X. Transportation

1. All members need to be picked up from the school **no later than 15 minutes** after an event is over for safety of the Spiritline member.
2. Transportation to away games and events must be with school transportation.
3. It is preferred that all members ride home with the team from away games and events. In the event that a member must go home with their parents, written permission to their Coach must happen 48 hours in advance through email or handwritten note. Only legal guardians or parents are able to take their own child home.

## XI. Uniforms

1. The school will own all uniforms, poms, signs, and megaphones.
2. Each Spiritline member will be responsible for the care of the uniform; uniforms must be kept clean, neat and complete.
3. Uniforms are only to be worn at games, pep assemblies, and competitions, and to school on game days unless the coach grants permission.
4. Lost or damaged uniforms must be paid for by the Spiritline member whom the uniform was loaned to.

5. **Uniforms will be washed at school and by coaches. If for some reason a uniform must be washed by a Spiritline member all uniforms should be washed in cold water and laid out to dry. DO NOT dry clean any of the school uniforms.**
6. **Do not put any uniforms in the dryer. Do not iron or put bleach on any article of clothing.**
7. Spiritline members will purchase their own accessories, summer camp, practice/camp clothes, shoes, and any other miscellaneous items.
8. The appropriate undergarments must be worn and not visible while in uniform at all times.

## **XII. Conduct/Social Media/Photos/Videos**

1. Spiritline members are expected to be present at all times, participating fully in any Spiritline event.
2. Spiritline members shall lend support to all Spiritline activities and projects.
3. All Spiritline members will respect each other, captains, and all coaches. Warning sheets will be given if not followed.
4. Consistent violation of team rules could result in dismissal from the squad.
5. There shall be no posting on ANY social media site with regards to negative comments, disrespecting team members or coaches. This applies to anything regarding EFHS, BUHSD, or EFHS Spiritline or other teams/team members.
6. There shall be no posting of team performances, games or videos on to public social media websites. Examples (but not limited to): Twitter, Vine, Instagram, Facebook, YouTube, Snap Chat, Tiktok, etc.
7. Violations of any of the following may result in dismissal from the squad;
  - a. Suspension from school for violation of school policy
  - b. Causes of suspension will determine the severity of the consequence.

## **XIII. Parent Expectations/Communication**

1. Parent communication with coaches should occur through email, phone call, or in person. At no time should parents be contacting coaches through text message, Facebook, Messenger, or any other social media site.
2. When contacting coaches please allow for time to respond. Coaches will get back to parents as soon as possible. Please keep in mind that coaches have other full time jobs and families in addition to their coaching duties. We will be respectful of your time, and ask for you to be respectful of ours.
3. EFHS Spiritline members should subscribe to Remind, Twitter, EFHS Spiritline Instagram, EFHS Webpage, and EFHS Spiritline Facebook page.
4. All parents/guardians should lend help and support to their child and the entire EF Spiritline program throughout the entire year.
5. If a parent or athlete has an issue in regards to Spiritline activities, it will be taken up with their coach first (following chain of command) prior to contacting the principal or athletic director.
6. EFHS Spiritline coaches will only discuss situations/issues in regards to your child, and not any other Spiritline member.

## **Financial Expectations**

1. All Spiritline members should lend help to every fundraiser.
2. Fundraisers are held to help support team fees, and individual fees for each Spiritline member for the course of that year.
3. Fundraisers can either be for each individual or collected for the entire team. It will depend on each fundraiser.

4. All individual funds left at the end of a year will stay in the team club account and be used towards team items.
5. Funds raised will not roll over year to year for individual members.
6. There are two EF Spiritline accounts: Club account and Tax Credit account
7. All checks should be written out to EFHS Spiritline and will be paid through the EFHS School accounts.
8. Tax credit payments can be used for various items, events, travel, and will be decided by the Coaches.
9. Tax credit donations can come from individual families or friends and be designated for a certain Spiritline member.

# Estrella Foothills Spiritline Rules (Practice/Games/Events)

## AIA (Arizona Interscholastic Association) Spiritline Rules

**All rules must be obeyed during practices, games, and team events, functions and any time a spiritline member is in uniform. No exceptions!**

**IF YOU VIOLATE ANY AIA OR EF SPIRITLINE TEAM RULE YOU WILL BE BENCHED FOR THE NEXT GAME.**

1. No glitter
2. No nails longer than the fingertips
3. No acrylic nails
4. No bare midriiffs
5. No jewelry
6. No gum
7. Hair must be off the shoulders when stunting and secured away from the face
8. Closed toed shoes must be worn for stunting and practices

## EFHS Spiritline Rules

1. No short spandex worn at practice without shorts worn over them
2. School dress code applies for all practices/games/events (No spaghetti straps, halter tops, bare midriiffs or strapless tops)
3. No visible tattoos. If visible they must be covered with make-up or tattoo cover up.
4. No nail polish during the season on events or game days.
5. Hair color should be a natural shade/hair color. We are a team and we don't want to see anyone stand out or draw attention that could be considered negative.
6. All members need to be stretched and ready for practice 10 minutes before each practice begins.
7. All tumbling mats must be laid out and ready 10 minutes before each practice begins.
8. Hair must be worn up in a ponytail at all practices and games.
9. Appropriate athletic shoes are required for practice (No bare feet or non-athletic shoes)
10. During games all members must be in their lineup by 1:30 seconds on the time clock before the game and after halftime.
11. No eating during halftime (All meals must be consumed before or after practices and games)
12. At no time may a spiritline member go into the audience or stands during a game (We are there to do a job)
13. No personal belongings or bags/purses are allowed on the football field track or on the benches at basketball games (All personal belongings will be stored in the locker room prior to games)
14. No cell phones at practice or games (They must be on silent or turned off)
15. When arriving for games everyone should arrive "game ready". Game ready is uniform on, zipped up, hair done, appropriate bow and shoes on.
16. All members must have the appropriate bow, uniform, and shoes for all games or they will not be allowed to cheer/dance.
17. No public displays of affection while in uniform.
18. No boots or flip flops will be worn with the uniform.
19. No non-spiritline members are allowed to wear a uniform or any spiritline team clothing
20. All uniforms are property of the school and must be taken off immediately after games
21. All spiritline members are responsible for the uniform checked out to them. Should anything happen to that uniform they will be required to replace it.

# EFHS Spiritline Parent/Guardian Code of Ethics

## Parent Expectations

### Communication

- Parents should communicate student absences and concerns regarding Spiritline member directly to the individual Coach at the appropriate time and place (i.e. not at competitions or games, events).

Issues appropriate for discussion:

1. Spiritline member/student plan for success
2. Spiritline member/student behavior
3. Spiritline member/student safety
4. Insight from you in the development of your Spiritline member that might benefit the coach.

Issues not appropriate for discussion with a coach:

1. Selection of cheers, chants, stunts, or elements/choreography of a performance.
2. Any situation that deals with other students/Spiritline members, that is not your student athlete.
3. Coaching philosophy

\*Personal or student specific issues should be discussed in individual conferences with coaches and not in front of the entire team or public.

- Please follow this chain of communication to avoid miscommunication and misunderstanding
  1. Contact in email the appropriate coach first: if unresolved, then speak to Head Spiritline Coach. If still unresolved, contact Athletic Director.
  2. Please contact coaches by email, phone call, or in person, and not through text message or social media.
- Please do not negatively discuss issues with other parents- **Keep it Positive!**
- Negative banter in the parent community deflates the program.
- Please do not post negative comments about our team or coaching staff on social media.
- Check with coaches if you are unclear about information brought home by your student as it sometimes can be incomplete or misunderstood.

## Parent Responsibilities

- Read all weekly emails to stay informed in the team's events and your child's responsibilities
- Provide any necessary funds needed in a timely fashion
- Volunteer for needed support positions

## **Estrella Foothills Spiritline Constitution & Code of Ethics**

I have read the Spiritline Constitution/Code of Ethics and understand the responsibilities and privileges of being a member of the Estrella Foothills Spiritline. I will abide by these rules and regulations to the best of my ability.

I will cooperate fully with the coaches and all persons and organizations concerned to promote school spirit and good sportsmanship.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students, programs, and faculty at Estrella Foothills High School.

**Please click on the following link to complete the sign-off that you have read the constitution and code of ethics. GO WOLVES! :**

**[https://docs.google.com/forms/d/e/1FAIpQLScbxI1c7IZ7V6bd-LNWtvKtuw-ZMh1NdO7eXiZYbf3B9WSLbA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScbxI1c7IZ7V6bd-LNWtvKtuw-ZMh1NdO7eXiZYbf3B9WSLbA/viewform?usp=sf_link)**

- This constitution is subject to revisions throughout the school year.