



LOS ALTOS CHEER

ATHLETE / PARENT AGREEMENT FORM

Your daughter/son has indicated an interest in trying out for the Los Altos High School Cheerleading Team.

It is important that all athletes and parents/guardians of future cheerleaders, know the responsibilities of earning a position on the cheer team. Parents/Guardians, must also understand the degree to which you will also be involved in this program.

Please read ALL the attached information. It is especially important that all squad members enter with the same goals to make it through the season.

COMPETITION

season runs from JUNE-MARCH with competitions beginning as early as OCTOBER.

FALL - SIDELINE

season runs from JUNE-NOVEMBER (Football season)

WINTER - SIDELINE

season runs from NOVEMBER - MARCH (Basketball+Wrestling season)

Students who make the team are expected to commit for the entirety of that sport season.

ATTENDANCE

Attendance is extremely important for learning materials and formations. Every athlete is expected to attend every practice, game, events.

*** If you DO NOT attend school, you cannot come to practice. ***

If a student is sick, they are responsible for learning the material they missed to be prepared when they return to practice.

If a student is to miss practice due to **UNFORESEEN CIRCUMSTANCES**, athletes need to communicate with coaches immediately. It is up to the coaches discretion to determine if a sudden absence is excused or unexcused.

All medical appointments, family events or school meetings/makeups should be scheduled OUTSIDE of team practice times.

3 unexcused absences (per semester) will result in removal from the squad. Coaches have the discretion to remove any individual due to excessive tardiness and/or poor attendance.

ACADEMICS

Students must have at least a 2.0 GPA during the current semester.

Grade checks will occur after every grading period. If students do not maintain a 2.0 GPA average by the end of the grading period, they will be placed on probation and will not participate in games/performances until the next grading period.

If grades do not improve by the following grading period, the student will be removed from the squad.

COSTS

Each athlete/parent is responsible for covering individual costs throughout the season. When signing this form you are agreeing to make all payments in full and ON TIME. See **FINANCIAL EXPECTATIONS** on the program website for each team breakdown.

FUNDRAISING

We encourage all students to participate in fundraising. We will try to offer as many fundraising opportunities as possible. All money raised will go to the team. There will also be various fundraisers and other events that may take place on the weekends during the season. We will do our best to keep you informed as early as possible for fundraisers/events.

BEHAVIOR

Students are expected to act as leaders on campus, as they are ambassadors of the team and school. Students on the squad are expected to adhere to strict standards in both their classes and with the team. They must be committed to both each other and to the program.

Any violation of school and district rules that leads to suspension may result in immediate dismissal from the squad.

- * Members will be dressed out properly and ready to practice
- * Members will know all sidelines and routines
- * Members will not use cell phones, ipods, or other devices during practices, games, or other spirit events.
- * Members will be respectful of themselves and others
- * Members will be responsible for their actions, attitudes, and performances. Coaches have the right to pull a spirit member from games/events if they feel any member is not performing up to their expectation or he/she is not reflecting the **appropriate attitude**
- * Members will use appropriate displays of affection, especially in uniform or spirit wear at games and at school
- * Members will ALWAYS represent themselves with class on/off campus & **ALL SOCIAL MEDIA.**

Foul language, inappropriate pictures, endorsing drugs, alcohol, and paraphernalia, hazing or harassing on any social media will not be tolerated.

SOCIAL MEDIA/BULLYING

This issue is taken extremely seriously, any bullying/cyber bullying issues or social media conflicts will result in an automatic bench from performance or game. The student will be written up and notified of their consequences.

Depending on the severity of the issue, this can be a major or a dismissal from the squad which is left up to the discretion of the coaches.

GAMES

Competition athletes will have the opportunity to attend several Sideline games. It is the athlete's responsibility to learn all sideline cheers if interested in participating. Attendance is not guaranteed.

Athletes are NOT ALLOWED to drive themselves or any teammate(s) to/from away games.

Expect to be at our away games for 4-6 hours, on selected Friday evenings.

UNIFORM

Athletes are expected to maintain a clean and organized appearance.

No cheerleader can loan any portion of their uniform to anyone not currently on the squad at any time.

Athletes are responsible for ordering their own uniform. Competition uniforms are NOT on loan from the school. Links and due dates will be made available through the team app.

Uniforms are provided by a 3rd party vendor. Production can take up to 10 weeks so if an athlete does not order it on time, there is simply no way to get it in time for our competitions.

Failure to submit uniform payment (ON TIME) will result in an athlete being dropped from the roster.

If you leave the squad before the season is over for any reason, you are no longer representing the team and are not allowed to wear the uniform or warm-ups for the rest of the season.

HAIR

Hair must be up at every practice with bangs back and with the proper accessory at every game / performance. Improper hair is considered being out of uniform and will result in a less points for that day. See **ACADEMICS + GRADES** to review grade breakdown.

NAILS

Must be trimmed and kept short. Clear, natural tone colors, or French tip are the only colors allowed during the COMPETITION season.

Students are not allowed to have long fake nails at any time during the season.

MAKE-UP

Make up should be light, clean, and fresh looking.

GROOMING

Please practice proper grooming etiquette.

I have read, understand, and agree to the Los Altos High School Cheer Program's Rules & Regulations.

Participant's Name: _____ Participant's Signature: _____ Date _____

Parent/Guardian's Name: _____ Parent/Guardian's Signature: _____ Date _____