



Info Packet 2026-2027

Hello Prospective Pommies and Parents,

Thank you for your interest in becoming a member of the Casteel High School Pomline for the 2026-2027 season. Please read over the packet carefully as it contains important information regarding tryouts as well as dates and other details for the season if you make the team. A more comprehensive calendar will be provided to help you prepare for events in advance.

Attendance is MANDATORY at tryouts. Please speak with coaches if extenuating circumstances prevents you from being present. Tryouts are closed to family and friends. Music or videos of the material taught at tryouts will not be distributed to participants. There may be opportunities for candidates to record material learned during tryouts. Pommie candidates will be judged by a panel made up of our Pom coaches and/or outside judge(s). All team placement and tryout results are FINAL. If a parent/student would like to request feedback on what the candidate could have done to improve the results, we will provide a general overview of that information via email, but at no time will the scores of candidates be provided.

Tryouts can be stressful, so it is important that candidates get plenty of rest, eat regularly, and stay hydrated. Candidates should include a conditioning and stretching routine prior to tryouts to reduce any incident of injury.

It is an honor and privilege to be a Casteel Pommie, and your role on the team should be an exciting time. As a team, we do much more than cheer at games. We take part in community and school service, and we are considered role models and representatives of our school and community. We expect all athletes AND parents to conduct themselves in a positive and respectful manner that would represent the high image of Casteel Colts

We take pride in our Pomline at Casteel High School and we will expect the same from our athletes and parents. It's going to be a great season! If you have any questions as we prepare for the tryout process, please feel free to contact Coach Cyprien: thecoachcyp@gmail.com

Cheerfully,

Coach Cyp

Casteel High School Pom

Mission: The Casteel Pomline is an elite, competitive program dedicated to excellence in performance, character, and representation. We set the standard for school spirit while building a powerful and positive presence within our school and community.

Our athletes are committed to disciplined training and continuous growth—academically, personally, and athletically. Every member is held to the highest expectations and is expected to lead with integrity, resilience, accountability, and unwavering dedication to the team.

We do not settle for average—we pursue excellence, demand consistency, and represent Casteel with pride, professionalism, and purpose.

Performance: Pommies will perform at Football games, select basketball games, other select sporting events, school assemblies and rallies. They will also perform at competitions as determined by Coaches. Pommies should always check the BAND app for uniform information, meeting times/place and any additional information they may need. If for some reason there is no uniform posted/updated our **DEFAULT uniform will be sidelines uniform, white shoes/jazz shoes, white bow, and gold poms.**

Games/Halftimes: When attending games, members should have only their team backpack and poms on a hanger. No additional bags, food, etc. Keep everything tidy.

- Set up/Bathroom/Pictures done by 6:20
- Team picture/phone collection 6:25-6:30
- Team warmup/halftime review - 6:30-6:40
- Tunnel set by 6:50 immediately into 1st half.
- Individual water breaks down the line
- 2nd quarter - leave line with 2 minutes left to get ready for half. STAY AND WATCH CHEER.
- Take treats to the opposing team.
- Remainder of the time for bathroom/snacks/rest.
- Back in line on time - consequences if late.
- Team chat/phone return.

Competitions: Pommies must wear all parts of their warmups with their uniforms underneath and tucked in front and back to keep the uniformity. There will be consequences for those who have additional items or wear attire incorrectly. Members should have only their team backpack and poms on a hanger. No additional bags, food, etc. Keep everything tidy.

- USA Regionals - warmups will be worn to awards. Captains will accept awards.
- AIA Gameday - Uniforms will be worn to awards. Captains/seniors in front of lines.
- AIA State - Warmups will be worn to awards. Captains/seniors in front of lines.
- Nationals - Uniforms will be worn by ALL members (alternates included) Captains/on mat performers in front of lines.

Assemblies: Pommies must wear all required parts of their uniforms and bring Poms to assemblies. NO PHONES. We are performing from the moment students enter the gym to the time they leave. Pommies will stand in front of student sections and welcome students in and will stand/sit during the activities to keep students engaged.

Commitment: Membership on the team does require a time commitment and there is an expected level of dedication. Our program will run from July 2026 - March 2027, and joining the team means committing to the whole season and scheduling personal commitments around Pom. We may opt to cheer at other sports games and continue our season if decided upon by the coaches. 6th hour attendance will remain required for the entirety of the year.

Teams: Team placement varies each year based on the number of athletes and overall skill readiness. Depending on team size, the program may operate as a combined “Varsity Sidelines & Game Day Team.” In this structure, both Junior Varsity and Varsity athletes will perform together at football and basketball games, including sidelines and halftime routines.

From this combined game day team, athletes will be selected to compete at different levels:

Junior Varsity athletes will compete in the Pom division only

Varsity athletes will compete in the Pom division and depending on team size - Game day division.

Competition placements are determined by the coaching staff based on skill level, performance readiness, and team needs.

Competition Placement: As necessary, our athletes will be designated as an “on mat” or “alternate” competition member. “On mat” members are the members expected to perform/compete at the competitions. The role of an alternate is to practice all aspects of the routine mentally and physically in order to be prepared to enter the routine at any time as needed or asked by the coach. Alternates are important members of the team. They are needed to make the team strong and should not be discouraged by the position. Alternates practice and act just as any competing member, whether they perform in front of the crowd or not. They are being trusted with the responsibility to jump into the routine on short notice to fulfill their team's responsibilities. As an alternate, the athlete should be supportive of the “on mat” members, just as the “on mat” athletes should support the alternates. Competition teams will not be selected until after Fall tryouts. Separate tryouts may be done throughout the season within the team to determine “on mat” and alternate athletes. Coaches reserve the right to move athletes to a different position based on their performance and participation during the season.

USA Spirit Nationals: Casteel Pomline plans to attend USA Spirit Nationals in February 2027. At this competition we have the opportunity to compete with other schools in surrounding states for a chance at the National title. USA Nationals is held in Anaheim, California. In order to attend, our teams must first qualify at USA Regionals. Coaches will make the final decision on Nationals attendance based on team qualification, administration approval and team readiness. *Check the website for a sample Disneyland outline and contract. This will change but is there for you to get an idea of what to expect.

Season Commitments

Please note this is not a fully comprehensive list. Everything will be uploaded to the BAND app with all necessary communication regarding events, times, attire, etc. Competition teams may have practice during CUSD breaks. Practice schedules, once set, may periodically adjust pending practice space and other events. Tardies and absences incurred for any reason will count against the dancer and are expected to remain minimal. Consequences or make ups should be expected. While outside technique is not required, advanced skills will be in routines and it is up to the Pommie to be practicing them as needed.

- Home and away Football Games (Oregon Game and playoffs Thanksgiving weekend are not guaranteed).
*If a playoff game falls on the same day as competition, the team will make every effort to attend both but the game will take precedence.
- Select Basketball Games (this is our Competition season and will take priority over games/halftime performances)
- Assemblies 1st-4th quarter (4th quarter performance with athletes)
- Practice during fall break - week 1 - days TBD

- Practice during winter break - 12/19, 12/22, 1 /2 and 1/6,
- USA Regionals *If able to be registered...
 - October 31st*
 - January 16th (Pending AIA)
- USA Nationals - *official dates have not been released
- USA or DTU - December 5th
- AIA Game Day - *official dates have not been released
- AIA State - *official dates have not been released
- Caps and Crayons - February *date has not been released
- Parade with Band and Cheer - TBD
 - Other events...
 - News coverages
 - End of year performance
 - Nationals send off

Class: Pom is held during 6th hour, and athletes receive weekly participation points based on daily performance and strict adherence to class expectations. Points will be deducted for violations including, but not limited to: improper dress-out attire, poor attitude, chewing gum, wearing jewelry, long nails, phone use, failure to communicate absences, excessive absences or not bringing required shoes/accessories.

In addition to point deductions, consequences will be enforced in both class and practice. The first two infractions will result in conditioning, and a third infraction will result in benching for one quarter. If games are not applicable, the athlete may lose the opportunity to perform at another Pom event. Depending on the severity or frequency of the infraction, consequences may escalate immediately, including skipping conditioning and moving directly to benching or removal from performance.

Excused absences may be made up through Thursday conditioning. However, any points lost due to failure to meet class expectations (including dress code, behavior, preparedness, or unexcused absences) will be documented and cannot be made up under any circumstances.

Repeated or ongoing violations will result in a parent and administration meeting to determine further disciplinary action, which may include suspension or dismissal from the program.

During Semester 1, athletes are required to attend weights once per week, increasing to twice per week in Semester 2.

Homework

Pommies will be given weekly homework including over breaks. Assignments will be given on Mondays and are expected to be turned in by Sunday evening. This can range from a quick video, conditioning or writing out counts. This will be a grade and is expected to be done by all members. Failure to complete will result in point loss and a consequence.

Practice: 10 minutes early. On time is late. Wear correct practice attire, no jewelry (even in class), short nails, hair pulled back in a tight ponytail or bun. Phones away in box and to not be used during the entire practice session. Coaches will have phones if parents have emergencies. Bring water to practice space.

- Practices will be 2:30-4 on Wednesdays and may be dedicated to only certain routines or teams. Information will be on BAND a week prior so you know what to expect at that given practice.

- Pommies should plan to stay until 3pm on Fridays.
- If there is a need for makeup/conditioning - Pommies will stay later on Thursdays.

Conduct

Social Media: Represent yourself, your team, school, and district positively at all times—including texting and social media.

You are responsible for anything posted on your accounts, including photos, messages, or posts by others involving you.

No mean, derogatory, or inappropriate content. Posts implying drugs, alcohol, vaping, or sexual content are strictly prohibited and may result in immediate dismissal.

Coaches may bench, suspend, or dismiss members for violations. All Instagram accounts are monitored; any new accounts must be shared with coaches.

Snaps, pictures, and chats must remain appropriate; all communication with teammates should be respectful and supportive.

Team Unity: We have each other's backs—put differences aside and prioritize the team. Communicate issues directly with coaches promptly.

Behavior & Accountability: All Casteel athletes are expected to represent both their school and district as positive student leaders. Athletes must demonstrate sportsmanship, respect, responsibility, and teamwork at all times—toward teammates, coaches, staff, and the community. A positive attitude, strong character, and the ability to work through differences are expected both on and off campus.

The following behaviors are strictly prohibited:

- * Disrespect, profanity, or inappropriate language/gestures
- * Use, possession, or association with drugs, alcohol, vaping, or illegal substances
- * Fighting, bullying, hazing, harassment, or intimidation (including cyberbullying)
- * Theft, vandalism, dishonesty, or any illegal activity
- * Insubordination or misconduct toward coaches, staff, or peers
- * Inappropriate public behavior, including excessive PDA while in team attire
- * Unauthorized cell phone use during practices, games, or events

Any behavior that negatively impacts the team, program, or school will be addressed immediately. Coaches will meet with the athlete and may involve parents and/or administration to determine appropriate action. All consequences will be enforced based on the severity of the situation and at the discretion of coaches and administration.

Team Accountability Guidelines

* Minor Infractions (jewelry, incorrect outfit, excessive talking/behavior issues, eating during practice, phone use, or being under 15 minutes late):

Each infraction = 15 burpees

3 of the same infraction = benching

- * Unexcused Absences (not communicated/cleared at least one week prior):= Friday conditioning
- * No Call / No Show (over 15 minutes late):= Benched and Friday conditioning
- * Negative Attitude (eye rolling, gossiping, whispering, disrespectful behavior):= Immediate benching + pulled from performance
- * Excused Absences (communicated at least one week prior):= No penalty
(Missed class may be made up with a video assignment)

Dismissal/Resignation Policy:

- * All payments and fundraising contributions are non-refundable
- * Any outstanding balances must be paid in full
- * All team-issued items must be returned within 48 hours
- * Personal team-affiliated items should no longer be worn after departure

Performance Expectations: Pom team members are expected to know all cheers, chants, and routines and be able to perform required skills. Athletes who are unprepared or unable to execute necessary skills will not participate in performances. All performances require coach approval and are not guaranteed. Readiness and participation are determined at the coach's discretion, with decisions made in the best interest of the team. All decisions must be respected.

We hold our Pom program to a high standard and expect professionalism, preparedness, and strong presentation at all times.

Communication: Communication is essential throughout the season. Athletes are expected to advocate for themselves and communicate directly with coaches regarding any concerns, including practices, skills, placement, injuries, tardies, absences, routines, competitions, or personal matters affecting the team or program.

The BAND app will be used for all team updates, including schedules, events, and attire. Athletes and parents are responsible for downloading the app and staying up to date. BAND is not to be used for personal concerns—all questions or issues must be communicated via email.

Athletes and parents must follow the proper chain of communication by contacting the coach first before reaching out to administration. Coaches will make every effort to respond to emails within 24 hours during the school week (Monday–Friday).

Please respect that coaches have responsibilities outside of the program. Do not contact coaches through personal devices (texting, calling, or social media). Email is the only approved form of communication for team-related matters.

Coaches will not discuss other athletes under any circumstances. Feedback may only be requested regarding the individual athlete.

Financial Obligations

Pom is an expensive endeavor but should never be a reason not to try out. Every effort will be made to accommodate everyone's different financial situations. We are continuously working to keep costs low and provide opportunities for students to fundraise to support their success as a Pommie. Following is an overview of costs for the season. Prices are estimates and subject to change.

Team Pay Breakdown

The Pom ECA Fee is \$400.

Poms/Attire/bows etc - \$200-\$400 (depending on if new to the team)

Music Fee - \$50

Choreography Fees - Approx \$600 per Pommie

Competition Uniform - \$380

Competition Fees - \$275

Nationals - \$1600

****Exact costs relating to the team will be sent via email. Should something come up that you need to purchase, you will be notified. All athletes and their families are responsible for their individual costs. If items are lost or damaged, athletes are responsible for purchasing and replacing these items at their cost. There will not be any refunds after money is paid into the pom accounts. There will not be any refunds if an athlete quits or is dismissed from the team.**

Individual Purchases

Game Day Tennis Shoes

Jazz Shoes

Turners

Payment Due Dates:

- August 10th - \$400 ECA fee due
- August 24th - Uniform fees
- September 14th - Choreography fees
- October 12th - 1st Nationals Payment (\$400)
- November 9th - Competition fees
- December 14th - 2nd Nationals Payment (\$400)
- January 11th - 3rd Nationals Payment (\$400)

- February 1st - Remainder of Nationals Payment due

TAX CREDIT: Tax donations are eligible for the Arizona state income tax credit as allowed by Arizona Revised Statutes § 43-1089.01. This process allows donors to receive a credit towards Arizona state taxes due. Joint tax returns may not exceed \$400 tax credit. Individual tax returns may not exceed \$200 tax credit. These donations can be made by any AZ State tax payer toward the pom program or a specific athlete.

BOOSTER: Our Casteel Pomline Booster Committee is part of the Casteel High School Athletics Booster Club and is set up to support the efforts of our Pom program. They volunteer at events, facilitate select payments, and help raise money to better enhance the team's culture and performances. The job functions of the Booster includes the following - welcome, holiday and end of year parties, gifts, new poms/attire, ordering materials in a timely manner, managing funds in the Booster accounts, paying for specialty items, setting up fundraisers and keeping books up to date. They will connect via email to plan ahead for next events. If you have any requests regarding fundraising ideas and attire ideas please reach out to the Booster president.

FUNDRAISING: Fundraising is important to help alleviate requests for additional funding from families. Money raised during team fundraisers will go directly to the program for full team needs and activities. Individual fundraisers will be available for families to take advantage of as they desire to help offset their expenses. Athletes will receive 100% of profit money raised from individual fundraisers. If your child is removed from or quits the team ANY money paid or fundraised will not be reimbursed.

CUSD ATHLETIC FEE: This payment is not paid directly to Casteel Pomline. This payment is required of all athletes and is paid to Athletics to help cover athletic costs associated with our program. If fee is not paid by specified due dates, athletes will be unable to perform or compete until payment is made. Fundraising money cannot be used to cover this expense. Directions have been provided below.

-Log in to Parent Portal on Infinite Campus

-Click on the "More" section on the bottom left

-Select "InTouch Fee Payments." You will now be redirected to the "Fee Payment" website

-Select your student. There will be a red highlighted area at the top where unpaid Fines and Fees will be listed

-Check the box for the items to be added to the cart

-Proceed to cart to make payment

Reminders

Uniforms & Spirit Attire:

- * Team-issued uniforms are school property (excluding purchased items) and must be returned at the end of the season unless paid in full.
- * Athletes are responsible for any lost or damaged items.
- * Uniforms may only be worn as designated by coaches and may not be altered without approval.
- * Athletes must be properly dressed to perform—failure to do so will result in non-participation.

- * Uniforms may not be worn for non-team events or by non-team members.
- * Proper undergarments must be worn and not visible.

Videos & Choreography

- * All routines and choreography are confidential and may not be shared outside the program.
- * Posting videos or material on social media is not allowed without coach approval.
- * Approved posting may occur after the season, if it reflects the program positively.

POM Varsity Letter Policy: Varsity athletes who remain in good standing throughout the full season are eligible to earn a varsity letter as long as they compete in a varsity routine (varsity pom and/ or gameday) for required competitions. Athletes must participate fully, attend all practices and events and maintain a hardworking and positive attitude.

Eligibility: Student-athletes are expected to maintain passing grades, consistent attendance, strong academic performance, and positive teacher recommendations both for tryouts and throughout their time on the team. Grades of D or F are not acceptable and will result in ineligibility in accordance with district policy. Any athlete receiving a D or F on a quarter or semester report card will be ineligible. Academic progress will be monitored through weekly grade checks.

In addition, inappropriate classroom behavior or declining academic performance may lead to interventions such as a reflection or redirection plan, and/or reduced participation in practices, performances, or games. Continued academic ineligibility may result in an academic contract, which could ultimately lead to removal from the team if expectations are not met.

Academic responsibilities must remain a priority. While schoolwork is important, academic concerns (such as low grades, upcoming tests, or studying for exams) are not considered valid reasons to miss scheduled practices, games, or team events. Athletes and parents are encouraged to communicate proactively with coaches regarding academic needs when necessary.

Students are expected to prioritize their role as learners first. Whenever possible, tutoring should be scheduled on non-practice days or at times that do not conflict with team commitments. If tutoring must occur on a practice day, athletes must communicate with coaches in advance to make appropriate arrangements.

Injuries: Athletes are required to report any pre-existing or new injuries to their coaches immediately. If an injury occurs during the season, athletes must be evaluated by the athletic trainer and may also seek evaluation from a physician, unless otherwise directed by the coach and/or athletic trainer.

A detailed doctor's note is required for any reported injury and must clearly outline all diagnoses and activity restrictions. Clearance from a medical professional must also be followed by approval from the Casteel athletic trainer before the athlete may return to participation—no exceptions.

Unless otherwise directed, injured athletes are expected to dress out and attend all practices, games, competitions, and team events as they would if they were not injured. Any exceptions to this policy will be made at the sole discretion of the Head Coach.

Other:

- Pom team members are expected to travel on school-provided transportation for all events.

Approval of an athlete arriving or leaving an event with a parent/guardian or in their own vehicle will be approved on a case-by-case basis and will require further documentation that requires parent signatures prior to the event. MUST be at least 1 week in advance and it is not guaranteed to be approved.

- Pom team members should never be alone. They should be with the coach at all times or with a buddy if the coach has allowed it. Keep the coach informed.
- Pom adheres to policies outlined by the NFHS and AIA and there is no exception to these rules. You can follow the links below to stay up to date on rules and regulations.

<https://nfhs.org/sports/spirit/rules>

<https://aiaonline.org/activities/spirit-lines>

CASTEEL POMLINE

Athlete & Parent Contract (2026–2027)

“Commitment • Character • Teamwork • Excellence”

COMMITMENT _____ / _____

- I understand the season runs **July–March** and requires full commitment.
 - I agree that Pom is a **priority over outside activities**.
-

ATTENDANCE _____ / _____

- I will attend all **practices, games, competitions, and events** (including weekends/breaks).
 - I will **communicate absences in advance** through email.
 - I understand excessive absences/tardies may result in **loss of performance or dismissal**.
 - I understand injured/ineligible athletes must still **attend events**.
-

PERFORMANCE & PARTICIPATION _____ / _____

- I will learn all routines and maintain required skills.
 - I understand **participation is not guaranteed**.
 - I understand roles may include “**on mat**” or “**alternate**” (competition team).
 - I understand all decisions are made **at the coach’s discretion**.
-

BEHAVIOR & CONDUCT _____ / _____

- I will represent Casteel with **respect, integrity, and professionalism**.
 - I will not engage in **bullying, gossip, disrespect, or inappropriate behavior**.
 - I will maintain **positive conduct in person and online (social media)**.
 - Parents and athletes will communicate **respectfully at all times**.
-

APPEARANCE & PREPARATION _____ / _____

- I will follow all **dress code and appearance expectations**.
 - I will arrive **on time (early), prepared, and ready to participate**.
-

ACADEMICS _____ / _____

- I will maintain **passing grades and strong academic standing**.
 - I understand academic ineligibility may result in **loss of participation**.
-

COMMUNICATION _____ / _____

- I will communicate **directly with coaches first** (athlete responsibility).
 - I will follow the **24-hour rule and proper chain of command**.
 - I will stay updated through **the BAND app and express concerns through email**.
-

CONSEQUENCES _____ / _____

- I understand violations may result in:
 - Conditioning, benching, or loss of performance
 - Suspension or dismissal (following a meeting with administration)
 - I understand all consequences are **at the coach's discretion**.
-

FINANCIAL RESPONSIBILITY _____ / _____

- I agree to meet all **financial obligations**.
 - I understand payments and fundraising are **non-refundable**.
-

ACKNOWLEDGMENT

We have read, understand, and agree to uphold the expectations of the **Casteel Pomline program**.

Athlete Name: _____

Athlete Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____
