

Tracy High School Cheer & Dance Team 2023-24

Parent/ Guardian & Squad Member Handbook

Our Mission/ goals:

- Promote school spirit at games, rallies, and other school events.
- Set a positive example for students, peers, youth, and members of the community.
- Strive for continual improvement and advancement of necessary Cheer or Dance skills (technique, leaps, flexibility, turns etc.)
- Develop sportsmanship and character.
- Serve as a host for school activities and build positive relationships with visiting schools and organizations.

Qualifications:

- Must maintain a **2.0 average and/ or no F's** for the following grading periods:
 - o 2nd semester (4th Quarter) of the 2023 school year (incoming freshmen are exempt.) If a member does not meet this requirement, they must attend summer school and/ or adult school to improve their academic record. Forms must be turned into the appropriate counselor to verify appropriate credit.
 - o 1st quarter of the 2023-2024 school year.
 - o 1st semester (2nd Quarter) of the 2023-2024 school year.
- If a member becomes ineligible, they may be placed on academic probation, please see section 1 of the Tracy Unified School District Athletic Handbook for more information.
- Members must be enrolled on: <https://www.familyid.com/organizations/tracy-high-school>.
- Must have a **current physical examination uploaded. REGISTRATION AND PHYSICALS DUE BY: JUNE 1ST!**
Members will NOT be able to participate at practice until completed.
- Must have **15 or fewer hours of Saturday school hours** throughout the season.
- *If a squad member becomes ineligible during the season (due to grades, Saturday school hours, misconduct, or school absences), **they are still required to attend ALL Cheer & Dance Team related activities (in proper attire.)***
- Must be a **member of the Tracy High School student body** and live within Tracy High School residence boundaries or have appropriate inter-transfer requirement/ approvals.
- Must meet all **attendance requirements** as well as maintain excellent attendance in school.
- Must be in financial "good standing" with the school. All payments are non-refundable.
- Must show evidence of the following **character descriptions and abilities**: Maturity, Good sound judgment, Capability to work well with others, Acceptance of constructive criticism, & Excellent citizenship

Dedication

- Dedication, a positive attitude, a willingness to work with others, strong work ethic, and sacrifices are required of each member if we are to have a successful year.
- You must remember that being a member of the Dance Team is a service to the school, peers, parents, and the community and you are expected to have excellent conduct and character **INSIDE and OUTSIDE of school.**
- This is your **NUMBER ONE non-academic school activity**; the Dance Team requires an immense amount of time and **CANNOT AND MUST NOT be placed secondary** to any other activity, besides academics.
- You are being put into the public eye and are to represent Tracy High School in a positive manner and become a positive role model in the community.

Expectations of Cheer and Dance Team members

- Good attendance, to be on time, and to be prepared for all Cheer or Dance Team related activities.
- To be properly dressed according to district and team dress codes.
- Always work hard and do your best.
- Be respectful to other members and coaches.
- Accept placement in routines and sideline positions, will knowingly understand that many factors go into choreography and will accept positions given to members by: coaches, captains, or outside choreographers.
- **YOU (member)** must inform your **COACH** with **PRIOR** notice of when you will be late or absent. (Prior notice is at least 24 hours or more)
- Inform parents of updates given from coaches.
- Check Tracy High Cheer or Dance BAND and other websites/ group pages for updates.
- Members/ coaches/ parents/ guardians are expected to follow the guidelines stated by the following regulations:
 - o The 2023-2024 Tracy High School Cheer or Dance Team Parent/ Guardian and Squad Member Handbook, The Tracy Unified School District Athletic Handbook, The San Joaquin County Athletic Association, The California Education Code, The California Athletic Code, The Universal Cheer or Dance Association, The

National Dance Alliance, and the National Federation of State High School Associations. If handbook rules are broken, there will be appropriate consequences, some including: conditioning, sitting out during games or performances, or removal from the team.

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Expectations of Parents/ Guardians

- Remain in financial good standing.
- Understand that many factors go into placement of athletes is routines including but not limited to: technique, turning ability, kick height, knowledge of material, showmanship, grade level, number of members, etc. and will accept placements given to athletes.
- Communicate any problems directly with coaches respectfully and in a timely and appropriate manner.
- Make sure your child is picked-up/ dropped-off from Cheer or Dance Team related activities at appropriate times.
- Understand that only you or district approved drivers are allowed to driver members to/ from Dance related events.
- Inform coach(s) of any health problems/ injuries that may affect your child's ability to practice or perform, and inform coaches of member absences in a timely manner.
- Follow through with volunteered/ assigned tasks.
- **Make every attempt to schedule non-emergent medical/ dental or other appointments, and vacations without interference to Cheer or Dance Team related activities/ events.**
- If issues arise, communicate directly with coaches via phone or e-mail (not through social media) and be sure it is at an appropriate time and manner.
- Any team activities, purchases, reimbursements, fundraising, or any events/ team related traditions must be cleared by the coach(es) prior to happening including but not limited to: homecoming, senior nights, and/ or any Cheer or dance team related activities.

Social Media Expectations

- Members should use Social Media appropriately. This is including but not limited to: Facebook, Instagram, SnapChat, Twitter, Etc.
- Inappropriate activity may include: vulgarity, age inappropriate actives, bullying, harassment, slander, defamation, etc. OR anything seen by coaches as bringing "DRAMA" to the team.
- Posts or other activities deemed inappropriate by coach(es) will result in the appropriate consequence which may include suspension and/ or removal from the team. Severity may have additional consequences to be determined by administration.

Attendance (Absences/ Tardiness)

- School Attendance on game days or before competitions.
 - o All Cheer or Dance Team members must attend school **ALL day on games days and can NOT be LATE (or on the last day of the week prior to a weekend competition or game.)** or member will be ineligible to Cheer or Dance. Absences due to doctor's appointments or funerals on a game day must have **PRIOR** approval with an Assistant Principal for a squad member to be considered eligible, usually 48 hours in advance.
- Practice Attendance
 - o Summer:
 - Team members will be excused for **2 days of practice** with PRIOR with notice to Coach Sheila Reasons for missing summer practices include (illness, death of immediate family members, pre-scheduled summer programs, or a pre-scheduled family vacation.) Vacation dates to be turned in at Uniform Fittings.
 - Summer Camp is scheduled for **July 17-20 FOR CHEER UC Davis** and **July 28th-31st FOR DANCE Rocklin Ca** please do NOT schedule vacations during this time.
 - If a squad member has already missed 2 days of practice for vacation and becomes ill, a doctor's note is required to excuse an additional practice.
 - **If a member is absent for more than 2 days of practice during summer, this will result sitting out during the first game of the season or more depending on number of days missed.**
 - o Fall, Winter, & Spring Practices
 - Members will be allowed **2** excused absences during the season.
 - **Doctor's note is required for a doctor's appointments and teacher's note is required for school related absences. PRIOR notice to coaches is required for it to be counted as an**

excused absence (24 hours or more). Without prior notice, member will be unexcused.

Failure to follow these guidelines will result in the following consequences:

- 1st offense will result in a verbal warning and sitting out of the subsequent game.
- Each offense after may result in suspension or removal from the team (to be determined case by case.)

- **If a member is gone during practice PRIOR to a game/ performance OR during major choreography learning/ reviewing/ reworking, they will be REMOVED from the routine that is to be performed (whether it be that week or for a future routine.)**

- Practice Tardiness

- A tardy is given if the member is not ready or at practice by the scheduled start time. (Ready meaning game hair, proper clothes and shoes on, no jewelry, etc.)
- A member will be marked tardy if they come into the gym unready.
- **If a member arrives to practice AFTER warm-ups have been completed (even as an excused tardy) they may be removed from/ not included in the routine.**
- A tardy will only be excused with a teacher's or doctor's note **AND** PRIOR notice FROM MEMBER to Coach Sheila.
- The consequences for Tardies are as follows:
 - 1st offense will result in a verbal warning.
 - 2nd offense and will result in sitting out for 1 quarter during the subsequent game.
 - 3rd offense will result in sitting out entire game.
 - 4th offense will result in suspension or removal from the team.

- Game Attendance

- ALL GAMES ARE MANDATORY,
- The **only** excuse for missing a game is serious illness (with a doctor's note) or a family emergency. Vacations or other Events are **NOT** included.
- **If a game is missed for an unexcused reason, member will sit-out of the next game.**

- Game Tardiness

- Members must arrive one hour prior to game time unless otherwise instructed by coaches or captains. **If a member is tardy, they will sit out during the 1st quarter of the game and may be excluded in the half-time performance.**

Attire/ Uniforms

- **Cheer Uniforms** consist of: cheer top, liner, cheer skirt, cheer shorts, warm up jacket, warm up pants, cheer shoes, bows and poms.
- **Dance Uniforms** consist of: dance top, liner, dance pants, dance jersey, motion-flex shorts, warm-up jacket, dance shoes, jazz shoes, bows, and poms.
- Team members must bring **ALL** parts of their uniform to games and performances.
 - **Lettermen jackets or Tracy Cheer/Dance sweatshirts are the ONLY other articles of clothing that may be worn with the Tracy Cheer/Dance uniform.**
 - NO T-SHIRTS are to be worn with uniforms (not even Tracy Cheer/Dance shirts)
 - TRACY HIGH CHEER and DANCE SHOES from the current season are the only shoes that may be worn with uniform (NO: uggs, flip-flops, vans, converse, slippers, etc.) Members are expected to keep shoes clean throughout season. Wearing improper shoes will result in sitting out during game/ performance.
 - **CHEER: white ankle socks** must be worn with uniform (**other colored socks will be asked to be changed or removed**). If member fails to comply, they will sit during game or performance.
 - **DANCE: Black ankle socks** must be worn with uniform (**other colored socks will be asked to be changed or removed**). If member fails to comply, they will sit during game or performance.
 - Liner must never be worn alone.
 - Uniforms should NOT be altered. Alterations must be approved by coaches. If uniforms are ill fitting or too short, a new uniform must be purchased.
 - Uniform is to be worn ONLY to school related functions when directed by coaches.
 - Uniforms are to be worn on game days or appropriate Spirit Days.
 - Members must wear appropriate undergarments with uniforms (even when wearing liners). Miss colored bras or bra straps showing will result in sitting during game or performance.
 - Uniforms must be worn with no midribs showing and members may not "roll" skirts or warm-ups.

FAILURE TO COMPLY WITH UNIFORM GUIDELINES MAY RESULT IN SITTING OUT OR REMOVAL FROM THE SQUAD

- Practice clothes should be worn on the appropriate practice day or member will stay after practice for extra conditioning.

- **No JEWELRY during practice or games. NO TAPING OVER. Jewelry can include: Rings, necklaces, bracelets, earrings (traditional or alternate), nose rings, belly rings, etc.)**
- Tattoos (permanent or temporary) must be covered and non-visible at all times while in uniform or member will sit during game or performances.
- Proper game hair should be worn during games.
 - o Game hair is to be described by coaches.
 - o Members must notify coaches of ANY MAJOR changes to hair (in cut or color). If cut or color is distracting and unsafe, member will be asked to wear hair in a bun or possibly change coloring.
- During practice, hair should be pulled back away from face (no fly-aways).
- Members cannot wear Cheer or Dance uniforms to school dances.
- **ONLY CURRENT TRACY HIGH SCHOOL CHEER and DANCE TEAM MEMBERS ARE TO WEAR/ USE THE UNIFORM AND PRACTICE CLOTHES FOR THE 2023-2024 SEASON. (Including poms, shoes, bows, etc.)**

Game Expectations

- Be on time and game ready or tardy/ absence consequences will be taken into effect.
- Cheer Members will Cheer at Home, Away and Inner-City Football Games and Basketball Home/ Inner City away games on the sidelines or stands and during halftime.
- Dance Members will Dance at Home and Inner-City Football Games and Basketball Home/ Inner City away games on the sidelines or stands and during halftime.
- Members must bring their own water to the games (not all locations have “snack bars”).
- On Duty Time will begin 10-15 minutes prior to kick-off. Members are to be prepared for the game at this time (bathroom, warmed-up, and half-time performance perfected). On duty time continues until team breaks in huddle and is dismissed by coaches.
- Members must eat PRIOR to “on duty” time, no eating during half-time.
- Members are expected to perform at their highest level and are on duty until **AFTER** coaches break squads for the evening.
- Socialization during games MUST and will be kept to a minimum while on duty.
- Members should not be on cell phones during on duty time.
- Members who are not putting their full effort into performing or that will not comply with directions will be asked to sit during the game.
- Members who are INELIGIBLE: are still required to attend all home games, be on time, be in UNIFORM, have GAME HAIR, must sit in stands with coaches, and should not eat or be on cell phone during game. Ineligible members cannot eat, sit with friend, or be on their phones during the game.

Athletic Misconduct & Consequences

- Exhibition or conduct unbecoming of a Tracy High Cheer and Dance Team member will result in Athlete Misconduct consequences. This includes, but is in no way limited to disregard to the requirement as stated in this handbook, as well as inappropriate behavior towards peers, staff, and/ or coaches. Consequences for athletic misconduct may include, but are not limited to the following:
 - o Verbal or written warning.
 - o Restricted performances or removal from a Dance Team related activity.
 - o Removal from the squad.
- Any member who quits or is removed from the team after the completion of try-outs will be deemed ineligible to try-out for the following season (unless coach approved circumstances apply.)

Fundraising

- Each member should participate in fundraising efforts in order to make for a successful season. Fundraising money will go towards many expenses such as: Choreography, music, homecoming activities, parades, spirit supplies, equipment, end of the season banquet, team gifts, senior nights, senior gifts, pink items, etc.
- Each member will be responsible for raising approximately \$500 profit for these expenses.
- Competition Team will be responsible for raising additional funds to be discussed at comp. team meeting.

Expenses

- New members should expect expenses of approximately: \$1,500 & Returning Members approximately: \$1,000.

Awards

- Eligible members will be awarded certificates and patches at the conclusion of season.
- Block T's will be awarded to Upper Classmen (11th/ 12th grade) AND/ OR 2 year members who remain eligible for a Varsity Letter.

Estimated Expense Breakdown for 2023-2024 Season

#	Date Due	Payment to	Where to pay	Method	Amount*	What Payment is for
1	Approx 1 week After Fittings Early April	VSF (Varsity Spirit Fashions)	ONLINE	Credit/ Debit Card	Approx. \$700	Initial Uniform Payment & Practice Clothes
2	5/26/2023	Boosters	Boosters		\$575	Cheer or Dance Camp
3	5/26/2023	Boosters	Boosters		\$60	Bows
4	7/15/2023	VSF (Varsity Spirit Fashions)	ONLINE	Credit/ Debit Card	Approx. \$450	Final Uniform Payment
5*	Before 1 st Game	OmniDance.com	Website	Credit/ Debit Card	Approx. \$60	Cheer or Dance Backpack & Rain Jacket

NOTE THAT PRICES ARE ESTIMATED AND ARE SUBJECT TO CHANGE

BACK PACK/ RAIN JACKET ORDERING INSTUCTIONS:

- Go to www.omnicheer.com
- Order Items: **BAG NEW THIS YEAR ORDER NUMBER TO FOLLOW-** RC450 Chasse Clear Rain Jacket with Hood
- Item shipping time (Ground or Cheer Saver) usually 2 days.
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Payment # 1:

- Cheer or Dance Top
- Lettering
- Liner
- Skirt (CHEER ONLY)
- Leggings (DANCE ONLY)
- 2 Sports Bras
- 2 Motion Flex Shorts
- 1 Dance Short "Biker"
- 2 Camp Tanks & 1 Camp Shirt
- Cheer of Dance Shoes
- Jazz Shoes (DANCE ONLY)

Payment #2:

- UDA or USA Camp

Payment #3:

- 3 Cheer or Dance Bows

Payment #4:

- Poms
- Warm-up Jacket (*optional for returners*)
- Lettering (*optional for returners*)

Payment #5: (*optional for returners*)

- Dance Backpack
- Rain Jacket

Coach Contact Information

Head Coach: Sheila Soares 209-815-6187 tracy.cheer.dance@gmail.com

Tracy High School Dance Team 2023-2024 Parent/ Guardian and Squad Member Handbook Agreement

By signing this agreement, I agree that: I have read and understand the rules and regulations as stated in the Tracy High School Cheer and Dance Team 2023-2024 Parent Guardian/ Student and Squad Member Handbook. I will, in so far as I am able, assist in every way to see that these rules and regulations are followed. I agree to contact Coach Sheila Soares for clarifications whenever I have a question, comment, or concern. I understand that my daughter/ son must attend all expected meetings, practices, games, competitions, photo session, parades, and rallies. I give my permission for the above named daughter/ son to travel on school-authorized transportation during the season. I understand by the very nature of the activity, Cheering and Dancing carries a risk of physical injury. I understand these risks and will not hold Tracy High School, Coach Sheila Soares, Coach Mackenzie Rhinehart , Approved Volunteers, or any of its personnel responsible in the case of an accident or injury at any time. I understand that Coach Sheila Soares and/ or Mackenzie Rhinehart will provide additional information including but not limited to: practice clothing schedules and game/ competition/ rally schedules and agree to abide by any additional requirements.

I also understand the obligations. I understand that all remaining balances MUST be paid in full no later than August 1, 2023. I also understand that if I miss a deadline my uniform will be delayed and member will pay additional shipping cost

Parent/ Guardian Printed Name

Parent/ Guardian Signature

Date

Member Printed Name

Member Signature

Date

Member Birthdate: _____

Member Cell: _____ Grade Level for the 2023-2024 year: _____

Member E-mail: _____

Member Address: _____

Parent Guardian Cell: _____ E-mail: _____

Pre-Scheduled Vacation Dates: _____

Please sign, complete information portion, and return to coach Sheila no later than our first scheduled meeting.