

2009-2010  
Horizon High School Spiritline Contract

(revised May 13, 2008)

Membership on a Spiritline offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spiritleading. Members of the Spiritline must be committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, Spiritline members must demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

Spiritline Mission Statement

Spiritline Objectives

1. Provide opportunities for participation in a wide variety of activities during every sport and competition season.
2. Assist participants in the development of athletic and leadership skills.
3. Develop effective time management strategies.
4. Develop socially through cooperation, competition, and appropriate standards of behavior.

Spiritline Purpose

1. Promote and uphold school spirit, unity, and pride
2. Represent the school to the highest degree.
3. Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
4. Promote friendship with each other and with schools with whom we compete, perform, and attend camp.
5. Promote the development of lifelong values and skills.

Spiritline Code of Ethics

1. Ensure equal opportunity to all students without regard for gender, race, religious creed, color, national origin, ancestry, or economic capability.
2. Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
3. Abide by all school, district, and league rules.
4. Show courtesy to all visiting teams, competitors, hosts, and officials.

5. Respect the integrity and judgments of all sport and competition officials.

## Spiritline Descriptions

### COACHES:

1. The coaches will make decisions for the benefit of the Spiritline and see that the Spiritline guidelines are upheld and the objectives are accomplished.
2. The coaches will attend practices, games, and competitions.
3. The coaches will be responsible for: tryouts; ordering clothes or equipment, obtaining information regarding competitions, games, or community service work; handling paperwork, i.e. physicals, AIA permission slips, district required documents, etc.
4. The coaches will deal with members who are having grade or personal problems.
5. The coaches, working with the Athletic Director and Administration, will make the final decision on benching and suspension of any member.
6. The coaches will carry out all rules and act as the final authority.
7. The coaches will choose competition lines and may remove members not performing at the expected level.

### CAPTAINS:

1. The captains will be the example and not the exception!
2. The captains act as hostess to visiting teams.
3. The captains will be at practice before starting time and have practices start on time as well as assist with conditioning and practice schedule.
4. The coaches will activate the phone chain with change in plans or special information.
5. The captains will work together with the coaches to determine schedules, responsibilities, and goals.
6. The captains will stay after practice to work with members, if needed.
7. The captains will set a positive tone for the team. Captains will carry out duties assigned by the coaches in a fair manner. Favoritism and/or outside friendships should not factor into the leadership of the squad.

### SQUAD MEMBERS:

1. Squad members will contribute to the team concept by having a positive and considerate attitude at all times.
2. Squad members will be a responsible member by attending and being on time to practice, games, assemblies, fundraisers, and any special events.
3. Squad members take personal responsibility for obtaining information missed because of an absence at practice, meetings, or games.

## Spiritline Program Rules and Regulations

Spirit leaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Spirit leaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Spiritline Program Rules and Regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these rules and regulations are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual spiritleader. Participation on the Spiritline is not mandatory. It is a privilege, not a right, and may be revoked by school personnel when a member violates the rules and regulations.

### Eligibility:

1. A member's first responsibility is to academics. The educational process should not be compromised by participation on the Spiritline. For each semester, members must maintain good citizenship marks. In addition, members must not receive a failing grade in any class to comply with the AIA "No Pass, No Play" rule. If a member has a failing grade when grades are checked during the quarter, a member will be benched from all AIA activities until the member is in good standing.
2. Members must maintain good citizenship marks, attendance, and class performance and teacher recommendations during the time on the squad and for tryouts.
3. All members must have a physical and participate in the Informed Consent meetings before practice begins during the school year. Girls **who have seen** the Informed consent video with a parent will only have to fill out the paperwork available in the Athletic Department.
4. Spiritline must take priority over all extra-curricular activities for the entire time of commitment; including choir, Dance Company, work, etc.
5. All practices, camps, games, and fundraisers are mandatory.
6. Attendance at one community service activity per semester is mandatory.
7. Non-competition members are required to support and attend local competitions that Horizon competitive squads participate.
8. Being on the Spiritline one year does not guarantee placement on the squad for the following year. All first and second year members must go through the same audition/selection process the next spring. In addition to ability, each Spiritline member's cooperation, effort, and attitude will be considered via a teacher evaluation form and coaches' interview. The squad will be chosen by outside, professional judges whose decisions are FINAL.
9. The coaches will choose captains. Conduct, attitude, and student aptitude will be a part of the criteria for such individuals.

### Grades:

In our effort to maintain our Scholar Athlete Team status, and to better monitor and assist students, we will be requiring a weekly grade report from any member receiving a D or an F at the quarter or semester. This way we can offer assistance before D's turn into F's. Members who receive F's will be ineligible for a minimum of 3 weeks (AIA rule), and may be removed from competition squads indefinitely. Consequently, these members will be required to turn in a copy of their report card every quarter.

### Conduct:

1. Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, etc.
2. Excessive public displays of affection are never considered appropriate, especially in uniform, at games, or in school.
3. Proper appearance is required at all times, with clothing meeting Horizon dress code.
4. Members must cooperate with all faculty members, squad members, game officials, and coaches.
5. Each case of discipline will be judged individually. The coaches, with the assistance of the administration if deemed necessary, have the final decision in any discipline situation.
6. Every attempt will be made to discipline fairly and to make consequences of actions known ahead of time. Parents will be kept apprised of situations, the severity of, or repeated offenses which may dictate harsher action.
7. The squad member must not use or have possession of tobacco, alcoholic beverages, narcotics, steroids, or dangerous drugs. This will result in an automatic dismissal from the squad.

### Absences:

1. One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
2. Absences should always be avoided when possible.
3. A note must excuse absences if absence is known ahead of time or a phone call if the absence is last minute (such as illness). Messages left on the coach's voice mail are acceptable. Messages to the captains or other squad members are not acceptable.
4. A verbal message delivered by another squad member is unacceptable.
5. Missing a scheduled game practice before a game will result in the member not performing at the game.
6. Attendance at a game or practice without proper shoes, clothes, or uniform will be considered an unexcused absence.

7. Absence from school on game day may result in the squad member not performing at that day's game. Members must be in school for at least four classes to participate in the game.
8. Spiritline practices and games come before work. Conflicting schedules must be discussed with one of the coaches. Members missing practice, games, or competitions due to work will receive an unexcused absence.
9. Missing practices due to commitments to other Horizon extracurricular activities should be brought to the attention of the coaches at least 24 hours prior to the absence.
10. Missing games or practice due to extracurricular activities outside of Horizon also need coach's approval at least 24 hours prior to those activities.

### **Practices:**

Practice and conditioning is extremely important for safety, strength, agility, and flexibility, and endurance to perform at an optimum level with minimum injuries.

1. Safety is our first priority.
2. Members must arrive to practice on time wearing proper shoes and clothing.
3. Members must be prepared to start on time.
4. Hair needs to be out of the eyes and in a secured ponytail if chin length or below. For those with chin length hair or shorter, the top portion of hair should be secured with hair ties, bobby pins, clips, etc.
5. There is no chewing gum during practice.
6. No jewelry may be worn including a piercing of any kind.
7. Nails should be trimmed and unpolished. Clear or natural color polish is permitted. No acrylic nails are permitted, no matter how short.
8. Should a practice or event be cancelled, it is the responsibility of the captains to initiate the phone tree to inform all members.
9. All practices should begin with warm-up exercises. Social-talk should be minimal for the most productive and safe practice.
10. Cell phones will be turned off during practice and should not be checked until after practice is complete.
11. Any Spiritline member who misses a scheduled practice or performance is responsible for learning missed choreography and contacting a captain in order to be notified of announcements.
12. No practice shall be scheduled without the consent of the official coach from that line/squad.
13. No practice shall be scheduled on a Sunday.
14. A certified coach shall be present at ALL scheduled practices. No tumbling or stunting shall occur without a certified coach present.

## Discipline:

1. Members should be present at all scheduled practices, camps, and games during the summer and throughout the year. Other activities should be scheduled around these practices or discussed with the coaches.
2. The only valid (legitimate) excuses for missing practice, games, or competitions are illness, death in the family, or religious holiday. After school jobs, babysitting, transportation, and excessive homework are not considered valid excuses. The coaches may consider individual cases.
3. Missing practices that have valid excuses can still lead to being removed from routine position or stunt, due to not physically being available to practice.
4. A demerit system to deal with minor infractions will be used throughout the school year. This system occurs as follows:
  - a. One demerit will be issued for such offenses as wearing jewelry, talking, chewing gum, missing uniform items (including bows), missing return dates of certain items, failing to listen to instructions, etc.
  - b. A benching will occur when a Spiritline member receives three demerits during a season, or for more serious offenses such as missing a practice without notifying the coach.
  - c. A dismissal will result from a member receiving three benching marks.
5. A tardy is issued when a member is up to 30 minutes late. If a member received three tardies, it is considered an unexcused absence.
6. Should a member receive three unexcused absences, a dismissal will result.
7. Members receiving excessive excused absences may be dismissed from the line.
8. The "three strikes and you're out" rule applies with the Spiritline discipline systems - as with any suspension or expulsion, the Athletic Director and/or the Administration will be consulted prior to final outcome.
9. Disrespect for other Spiritline members or the coaching staff will not be tolerated. Observance of such behavior will be dealt with on an individual basis and a conference will be held with the member, coaching staff, Athletic Director, and Administration if deemed necessary.
10. During game suspensions the squad member will sit (in full uniform) with the coaches for the entire game and may not talk to friends during that time.
11. Suspension from a game prohibits dressing out at school on game day.

## Games:

1. All games are mandatory.
2. Members are required to arrive at least 45 minutes prior to the game or at the time designated by the coaches.

3. Varsity away game buses will leave at the time designated by the coaches. The bus will not wait for latecomers, you will be unexcused if you miss the bus.
4. All members must know all the cheers and routines for the game. Those who don't will be benched and attend the game, dressed in uniform, seated with the coaches.
5. Members who do not know the halftime well enough to perform will NOT perform, and the alternate, if prepared, will take their place.
6. No negative type cheers or chants will be done during games or assemblies, even from the stands as a spectator. This also applies to JV watching varsity games and varsity watching JV games.
7. Members are required to dress in full (clean and pressed) uniform.
8. Hair must be pulled back away from the face and secured in a ponytail if chin length or below. Hair bows need to be uniform.
9. No jewelry or nail color. Nails must be trimmed.
10. Members must be free of body piercing or be willing to remove the piercing for games to comply with AIA regulations.
11. No chewing gum during games.
12. There is a two person maximum for getting drinks during games; permission from the captain must be granted prior to leaving the track
13. Restroom breaks prior to a game or during half time require the member to take a buddy. No traveling alone, especially at away games.
14. Failure to comply with the guidelines for games, competitions, assemblies, or events will result in being benched from the remainder of that event and/or the next game or event.

#### Transportation:

1. Transportation to home games, competitions on campus and practices is the responsibility of the individual.
2. The school will provide transportation to away games and competitions. Spiritline members must ride the bus *to and from* away games. Students may ride home with a parent if prior permission is requested, in writing and confirmed by the parent at the game.
3. Leaving an away game other than on the bus without approval and written permission will result in immediate suspension.
4. Members must board the bus without stopping to talk immediately following an away game.

#### Miscellaneous:

1. Uniforms are to be kept in good condition and clean at all times. Uniforms ruined, lost or stolen will be replaced by the individual at their own expense.

2. Shoes must be clean for all performances.
3. Camp attendance is mandatory for ALL squad members. Camp fees are the responsibility of the member. Private on-campus camps are mandatory for all members. Camp fees are to be paid in full unless cancelled prior to cancellation deadline.
4. If a member is removed from or chooses to quit the squad, they are still responsible for outstanding balances owed. They must return their uniforms in good condition to Horizon Athletic Department under the coach's name. They may forfeit their opportunity to tryout for the following season.
5. If a member chooses NOT to participate in the competition team, they MUST notify the coach of their decision to compete or not to compete in writing by the **first official day of summer practice**. (This date is selected based on the start date for choreography.) Any decision made after this deadline negatively affects the line. If a member chooses to quit the competition after this deadline, they have also chosen to quit the squad.
6. Deposits made for uniforms, camp clothes, and/or camp fees are non-refundable.
7. Additional expenses such as hair ties, socks, camp clothes, warm-ups, etc. are the responsibility of the squad member.
8. Competition costs including regionals, state, and nationals are the responsibility of the squad member.

### Competition Lines

Horizon may compete in Pom, Jazz, Hip Hop, Show Cheer, and All-Girl Stunt categories throughout the season.

1. Not all members will be chosen for a competition line. Coaches will choose the lines. Competing is a privilege and is not guaranteed.
2. Coaches reserve the right to choose alternates.
3. Competition members must be willing to commit up to five days per week to practice for a competition. Practice should be a first priority. Coaches will try to work around other schedules.
4. Competition members must be committed to the team all year. If a member quits the competition line after the members have been chosen, they are choosing to remove themselves from the Spiritline as well. No exceptions! If the coaches remove a girl from the competition line, she may or may not remain on the Spiritline.
5. Competition members must maintain a positive attitude and good work ethic.
6. Competition members must be free of body piercing or be willing to remove the piercing for practices and competitions.

7. Competition members must have natural looking hair color at a length long enough to secure in a ponytail. Funky hair styles/colors stand out at competition when our goal is to look uniform.
8. Members will do extra fundraising to defray costs of gymnastics, dance, and competition fees.
9. Members who are continually disruptive at practice will be asked to leave practice and a behavior report will be sent home. (Excessive talking, fooling around, etc. is a safety hazard to those trying to move to "counts".)
10. Members who are not performing at the expected level may be removed from the competition line at any time at the coach's discretion.
11. All competition cheer members must demonstrate and perform to the ability level shown at the tryout, or they will NOT compete.
12. Any competition cheer member who cannot perform the required stunts for any given competition will NOT compete.
13. Any competition pom member who cannot perform the technical skills required of them and demonstrated at the tryout will NOT compete.
14. Members may also be removed at any time for negative attitude, disruptive behavior, or lack of motivation or effort.
15. Any competition member whose extracurricular activities prevent them from participating in a practice, game or competition will result in an unexcused absence.