



Welcome Packet



Desert Mountain High School Cheerleading Program 2024-2025

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COMMITMENT

Cheerleading is a time-intensive **TEAM** sport. Each individual plays a crucial role, and all routines are built around the entire team being present. Before an athlete commits to the Desert Mountain High School (DMHS) Cheer team, they must fully understand the time required and costs involved, and they must agree to make this team their top priority. No exceptions will be made for All-Star cheer or work conflicts. Exceptions will only be made for illness, school obligations and religious holidays.

The team will typically practice 3-4 times per week depending on the game and competition schedules. Attendance at all tumbling, conditioning, games and competitions is mandatory. A monthly calendar will be made available. The cheer pre-season workouts will begin May 6th, 2024, and will continue through the season until March 2025 (and may be extended depending on Nationals qualification). Each team will cheer at all Varsity or JV football games and Varsity or JV basketball home games. The team will also participate in Game Day and Show Cheer competitions. It is the goal of the program to qualify for the National Cheer Competition in either California, Las Vegas or Florida – this usually takes place in late February/March (dates TBD).

TRYOUTS

Current DMHS Students ONLY - April 22nd-25th - 4:30pm-6:30pm @ DMHS Main Gym
Freshman/Transfer students - July 22, 23th, 24th Time & Location TBD (This information will be posted on our website and Instagram)

GAME DAY CHEER

Game Day Cheer is a cheer category that highlights school spirit & crowd-leading abilities. Everyone will be required to participate in the Game Day events if we so choose to compete in the 24'-25' school year.

Traditional Comp Team

Traditional is a separate and highly selective category of cheer, which requires tumbling and stunting skills. Not every athlete on the team will be selected to compete in the Show Cheer category. If selected for the Show Cheer Team, attendance at all Show Cheer events is mandatory.

PRACTICE

Tentative Schedule: ***ALL SUBJECT TO CHANGE***

- o SEASON SCHEDULE (when school is in session):
 - o May 6th – March 2025: Time and Location (TBD) Varsity
 - o May 6th – March 2025: Time and location (TBD) JV

- o SUMMER PRACTICES BEGIN - June 1st – (V) - Tuesday, Wednesday, Thursday, Location TBD 7:30am-9:30am (TBD)
- o (JV) - Monday, Tuesday, Wednesday 9:30am-11:30am (TBD)
- o
- o SPRING PRACTICES BEGIN - May 6th - May 16th (V) Tuesday, Wednesday, Thursday, @ DM 6pm-8pm (TBD) (JV) 4pm-6pm

- o CHEER CAMP: UCA Varsity Spirit camp JV & Varsity June 30th-July 3rd, 2024
- o FIRST DAY OF SCHOOL - August 5th



- o In-Season:
Varsity football games-Friday nights (Home and away) /
- o Basketball games T, T, F (TBD) *Home only
JV home football games only- Wednesday nights
Schedules will be posted in BAND
- o There may be additional practices for choreography & camps/clinics (dates TBD)

- o **No Practice Dates:**
May 22nd - 31st - Memorial weekend
June 19th - Juneteenth
July 4rd - July 7th - Independence weekend
Sept. 2nd - Labor Day
Oct. 3rd - District Recess
Oct. 7th - 11th - Fall Break
Nov. 11th - Veterans Day
Nov. 27nd - 29th Thanksgiving Break
Dec. 18th - 20th - Exam Week
Dec. 23rd - Jan. 3rd -Winter Break
Feb 17th - Presidents Day
***Saturday practices may be added during competition season/choreography**

COMPETITION SCHEDULE

There will be approximately 3-5+ Traditional cheer competitions. Dates have not yet been established. (October-February)

PAYMENT PLAN

The following payment schedule does not include the DMHS fee of \$150 for Register My Athlete (due upon making the team), or the Nationals competition trip for athletes on the traditional comp team.

ALL UPFRONT PAYMENTS WILL BE COLLECTED VIA ZELLE TO DESERTMOUNTAINCHEER@YAHOO.COM; MONTHLY DUES FOR THE SEASON WILL BE COLLECTED THROUGH SPORTSENGINE.COM

PAYMENT SCHEDULE*

Team Members Joining the Team effective May 6, 2024: *NOT FINAL NUMBERS*

- **RETURNING VARSITY:**
 - o Initial Payment- \$459.00 - due April 26th, 2024
 - o Summer Cheer Camp payment \$400 due May 15th, 2024
 - o \$425 Varsity monthly dues June 1, 2023 - March 1, 2024 (10 payments totaling \$4,250, billed via SportsEngine.com)
 - o Summer Gym Rental (Billed by school district) TBD



- **NEW VARSITY EXISTING STUDENT:**

- Initial Payment- \$771.00 - due April 26th, 2024
- Summer Cheer Camp payment \$400 due May 15th, 2024
- \$425 Varsity monthly dues June 1, 2023 - March 1, 2024 (10 payments totaling \$4,250, billed via SportsEngine.com)
- Summer Gym Rental (Billed by school district)

- **JV:**

- Initial Payment- \$355.00 - due April 26th, 2024
- Summer Cheer Camp payment \$400 due May 15th, 2024
- \$350 Varsity monthly dues June 1, 2024 - March 1, 2024 (10 payments totaling \$3,500, billed via SportsEngine.com)
- Summer Gym Rental (Billed by school district)

- **NEW VARSITY TRANSFER STUDENT:**

- Initial Payment- \$771.00 - due July 27, 2024
- Summer Cheer Camp payment \$400 due May 15th, 2024
- \$425 Varsity monthly dues August 1, 2024 - March 1, 2024 (8 payments totaling \$3,400, billed via SportsEngine.com)
- Summer Gym Rental (Billed by school district)

- **Freshmen/Transfer Students:**

- \$165 if participating in summer practices to cover gym fees – this is a per month/per athlete cost for the months of June & July
- \$510 Cheer Camp due May 15th, 2024

ALL MUST purchase 2lb minimum thumb lock wrist weights and ankle weights AND 3-level fabric resistance bands (Amazon or any sports store) and have them for every practice beginning May 6th

Fees will cover the DMHS Cheer Program costs, which may include:

- Practice & camp clothes may include: sports bras, shorts, T-shirts, crew sweatshirt, hoodies, warmups, and leggings
- Practices with specialty coaches and gym rentals
- Team backpack personalized
- Cheer shoes
- Cheer bows
- Personalized team water bottle
- Game Day uniform: Shell, liner and skirt
- Varsity Comp Uniform
- One sets of pom poms
- Welcome Party
- Formal team & individual pictures with professional photographer
- Team dinners before home football games
- Team-building events
- Senior banners



- Special Event costs, e.g., Homecoming, Senior Night, etc.
- Holiday Party
- Holiday Party team gifts
- Overnight Cheer Camp
- Music for Game Day, Show Cheer competition, and school routines
- Professional Choreography for Game Day & Show Cheer routines
- Competition Fees
- Administrative costs and Booster fees
- Lunch/Snack Bags for every competition
- Misc. team wear for later in the year (TBD)
- Senior Gifts
- Season-end Banquet
- Season-end Team Gifts
- Other expenses as deemed beneficial to the Program

***All program dues are non-refundable, and no partial credits will be given if your athlete is temporarily injured, suspended, or unable to participate for any reason. Exceptions may be made for athletes that pay upfront for the entire season.**

There may be additional practices held at DMHS at the Head Coach's discretion. Any practices held at the school during the school year will be no additional charge. There may be fundraising opportunities to help offset the costs of the Nationals trip for athletes on the Game Day & traditional competition teams.

Sports Engine Payments:

- If you wish to use different accounts to pay monthly dues, you must log in to your Sports Engine account BEFORE the first day of the month to update your account information.
- Payments to DMHS Cheer Boosters are non-refundable. (Exceptions may be made for participants that have paid upfront for the season at the discretion of DMHS Cheer Boosters.)
- None of the above fees are optional.
- If your account is in arrears, your athlete will be put on probation and may be suspended from team events until the account is made current. Repeated offenses may lead to an athlete's dismissal from the team:
 - First offense – Warning with a one-week grace period. Failure to return the account to good standing after one week results in an automatic second offense.
 - Second offense – Immediate suspension from all practices, games, and competitions until account is current. (These will count as unexcused absences.)
 - Third offense – Automatic dismissal from the team.



POLICIES AND PROCEDURES

INTRODUCTION

Please read this packet in its entirety for full clarification on policies and intentions of the Desert Mountain Cheer Program. In all policy and program matters, members of this cheer team shall first be good, law-abiding citizens of the nation, state, and city; and secondly, shall be exemplary representatives of Desert Mountain High School (DMHS).

PHILOSOPHY

The DMHS Cheer Program is a student activity and is considered a sport. As a student activity, its first and foremost responsibility to the student is to support and not compromise the student's academic career. Secondly, the program should aid in developing the student participant into a responsible, confident, and independent maturing adult. Specifically, the program is a means of improving the student's mental and physical well-being. Cheerleading is an activity that is intended to provide students with leadership training; social development (e.g., awareness of oneself, development of self-confidence, development of interpersonal relationships); opportunity for student growth, change and maturity; and the potential ability to advance to a collegiate student athlete experience.

STATEMENT OF PURPOSE

The purpose of the Desert Mountain Cheer Program is to support the athletic teams at DMHS by generating crowd enthusiasm, building school spirit, and encouraging school pride. The DMHS Cheerleaders represent the School at a variety of alumni, civic, community and charitable events. The DMHS Cheerleaders are representatives of the High School and should always display a positive and courteous manner. The Cheer Program is governed by the Athletic Department and managed by the Head Coach and the Athletic Department Director or designee and NFHS & AIA guidelines.

PROGRAM DESCRIPTION

The DMHS Cheer Program currently consists of two teams: JV & Varsity, Game Day and Traditional Comp. This can change on a yearly basis depending on numerous factors. Members of each team are eligible to compete, depending on academic standing, athletic ability, and proven performance (*if the opportunity to compete presents itself for the squad*). Alternates may be chosen by the Head Coach, with approval from the Athletic Department Director or designee.



ELIGIBILITY

To be eligible for the DMHS Cheer Program, the applicant must meet the following eligibility requirements:

- Be presently enrolled as a student at Desert Mountain High School
- Complete AIA requirements and “Register My Athlete”
- Maintain a GPA of 2.0 or higher. Athletes with a GPA that falls below 2.0 will be placed on academic probation. GPA and attendance will be monitored by the Head Coach.
- **Agree to cheer the entire academic season.**

A cheerleader found to be academically ineligible will be notified in writing that they have been placed on academic probation. If GPA requirements are not resolved within a two-week period, the athlete will be dropped from the squad, at which time, ALL UNIFORMS FOR JV ATHLETES AND EQUIPMENT THAT ARE PROPERTY OF DMHS MUST BE RETURNED. A cheerleader found academically ineligible and removed from the cheer program may enter the next tryout provided their GPA has been raised to meet the established requirements.

SELECTION PROCEDURE

There is no tenure in the DMHS Cheer Program; yearly tryouts are required and Cheerleaders are selected by the DMHS Head Cheerleading Coach. At the Head Coach’s discretion, a panel of experienced judges may be brought in to assist with team selection. This panel will be chosen by the Head Coach with approval from the Athletic Department Director or designee.

TEAM PLACEMENTS WILL BE EMAILED THE EVENING OF THE FINAL TRYOUT DAY. THE COACHING STAFF WILL NOT DISCUSS PLACEMENTS WITH PARENTS. THIS INCLUDES EMAILS, CALLS, TEXTS AND MEETINGS.

Applicants may be judged on any of the following criteria:

- Personal interviews
- Stunting
- Tumbling (standing & running)
- Fight Song
- Sideline dance
- Presentation/showmanship (e.g., cheers, chants, etc.)
- Overall performance & appearance (All black shorts, black sports bra, black T-shirt, cheer shoes or athletic shoes—please no street shoes, hair up in pointy tail with maroon or white **tied ribbon**—not a cheer bow)
- Cumulative GPA and academic standing
- Overall attitude and work ethic

****The Head Coach and/or Athletic Department Director or designee will be present during tryouts and score tabulations AND will have the final decision on applicants’ acceptance into the program. The DMHS Head Cheer Coach and/or Athletic Department Director or designee may also***



exempt members of the squad from tryouts at their discretion based upon injury, academic conflicts, additional commitments, past history or issues that go against program culture, blatant disregard for communicating via the proper chain of command, and other issues or circumstances determined to be in conflict with program goals.

Individuals cannot try out for the cheer program after leaving, or having been dismissed from, the squad on a previous occasion, with the exception of academic eligibility. After leaving the program for academic eligibility reasons, individuals must be granted special permission from the Head Coach and/or Athletic Department Director or designee to try out again for the team. Both being dismissed and voluntarily leaving the program immediately disqualifies students from participating in team activities – no exceptions. No refunds will be provided. The Head Coach will have full discretion regarding these decisions.

Visitors may be present for the tryout informational meetings. However, the selection process will be CLOSED to the general public.

FUNDRAISERS

The DMHS Cheer Program may have fundraising opportunities. If a fundraiser is mandated by all, each member will be held personally financially responsible for their contribution to the fundraiser regardless of absence or non-participation.

TIME COMMITMENT

A cheerleader must be organized to fulfill student obligations and Cheer Program responsibilities. Commitment to the Cheer Program includes participation at required practices, competitions, fund-raising, school sponsored functions, required workouts, tumbling and extra credit/tutoring as required by the Head Coach.

Being a DMHS Cheer Program member always takes priority over ALL other non-academic activities. **This includes club teams, jobs, and other competitive programs.** Cheerleaders will be given an athletic events calendar for each month/semester. Each member must schedule work, dates, and other events around the athletic calendar. Members who have other serious commitments (other than academics), such as a 20-hour or more work week, etc., are strongly encouraged to discuss their commitment with the Head Coach before trying out for the team. Similarly, persons in academic programs that have significant time-consuming demands are encouraged to do the same.

GENERAL RULES/ REGULATIONS/ EXPECTATIONS

Cheerleaders must sign an agreement signifying their willingness to abide by



all rules and requirements set forth in the Cheer Program Policy and Procedures. After academic commitments, the DMHS Cheer Program should be the primary commitment for squad members.

All squad members **MUST** demonstrate good sportsmanship; good moral and ethical behavior; enthusiasm; respectful attitudes; and cooperation with coaching staff, DMHS administrators, and other squad members at all practice sessions, games/events, and community functions. Cheerleaders serve as public relations ambassadors for DMHS and must always remember this. Use of profanity at a game or practice, taunting of players/officials, theft, fighting, possession of weapons, and general misconduct will not be tolerated and will result in disciplinary action, including removal from the squad at the discretion of the Head Coach and/or Athletic Department Director or designee.

Cheerleaders **MUST** attend all DMHS Football games and home Boys Basketball games. Select home Volleyball or Girls' Basketball games may also be assigned. Not participating in mandatory events will result in disciplinary action and the potential forfeit of team opportunities. Additional infractions will be evaluated by the Head Coach and/or athletic department designee.

Squad members **MUST** maintain proper physical condition and full range of ability to perform. Failure to do so may result in suspension or being placed as an alternate on the squad. Arrangements will be made by the Head Coach and/or Athletic Department Director or designee for a place/time to condition. A fitness exam may take place at the first of each semester at the Head Coach's discretion. This exam must be passed to maintain a position on the team.

Participants try out for a year-long commitment to the DMHS Cheer Program; if unable to make full commitment, a cheerleader will forfeit their position and not be allowed to try out again unless given special permission by the Head Coach. Special consideration will be given for family emergencies.

UNIFORM

While in uniform* and representing themselves as DMHS athletes, cheerleaders **MUST** refrain from:

- Using foul language/gestures or taking inappropriate pictures
- Using drugs, tobacco, Nicotine Vapes or alcohol
- Using cell phones on the sidelines or at appearances
- Chewing gum or eating while on the sideline or actively cheering
- Any lack of compliance with Full Uniform Requirements*
- Other actions deemed inappropriate by the Head Coach and/or Athletic Department Director or designee (actions will be addressed on a one-on-one basis)

*UNIFORM REQUIREMENTS – “Full Uniform” includes the following:

- Approved shell, liner, skirt, shorts, shoes and poms



- Matching team practice wear when requested
- Matching team hair for Game Day/Competitions--cheerleaders may be mandated to maintain their natural hair color or redo hair/make-up to uphold team image (special accommodations may be made at the discretion of the Head Coach)
- Groomed, short nails with clear/nude polish only for competition (long nails are not acceptable for safety reasons).
- Practice hair must be pulled back, away from the face and off the shoulder
- No jewelry, metal-framed glasses, or visible tattoos (tattoos must be covered)
- Performance make-up is required for women at ALL appearances/performances

Infractions of this policy will result in disciplinary actions as determined by the Head Coach.

SOCIAL MEDIA

Social Media will be monitored. DMHS Cheerleaders must refrain from cursing; drug/alcohol posts; negative posts demeaning other individuals, programs, or opposing schools; inappropriate pictures; or any sexual content. DMHS Cheerleaders are not to post anything that would negatively represent themselves or DMHS. Inappropriate posts may affect a cheerleader's position within the program. These decisions will be made on a one-on-one basis at the discretion of the Head Coach and the Athletic Department Director or designee.

TRAVEL

TRAVEL IS A PRIVILEGE FOR THE CHEER PROGRAM. Travel to away camp, comps, games, and events is considered a privilege and will be in accordance with budget restrictions and the DMHS Athletic Schedule. Each travel team will be selected by the coaching staff. No one is ever guaranteed to travel, regardless of team status, position or seniority. If a cheerleader is injured, not meeting skill requirements, or benched from a game, they will not be considered for travel.

The travel roster will be determined by the Head Coach and/or Athletic Department Director or designee, and will be chosen based on classification, attendance at practice and functions, grades, skill level, attitude and previous disciplinary actions.

For significant competitions/events, an itinerary may be prepared and provided to each traveling cheerleader. The itinerary will include times of departure, arrival, important numbers (e.g., hotel), appropriate articles of clothing, etc. **CHEERLEADERS MUST ADHERE TO THE ITINERARY.**

Cheerleaders must abide by curfews when travel is required. Curfews will be set at the discretion of the Head Coach and/or Athletic Department Director or designee. Cheerleaders will dress appropriately and in accordance with trip mandates, unless otherwise notified.

The primary emphasis of this policy focuses on the behavior of cheerleaders when traveling as representatives of DMHS. At all times, cheerleaders'



behavior shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or discordant, unruly, or shameful, shall subject a cheerleader to disciplinary measures.



APPEARANCES/FUNCTIONS/EVENTS

All appearances by the cheerleaders shall be approved in advance by the Head Coach. DMHS Cheerleaders shall appear only at events/activities that reflect positively on them as individuals and as representatives of DMHS and its Athletic Department. Cheerleaders that appear or attend events without prior approval will be subject to disciplinary actions.

GAME DAY

All Cheerleaders will be tested on all sideline cheers, dances, and fight song by a captain, leader, or coach before being allowed to perform at games. This is a one-time test that can be taken as many times as needed in order to pass. Each individual will be tested and scored with the final say of the Head Coach. If the Head Coach is not present during testing, the test will be filmed and sent in for further review with a score sheet. This is to ensure a clean and cohesive sideline.

All DMHS Cheerleaders will arrive at games on time, as scheduled. Cheerleaders are required to show up Game Day ready with full uniform, warmups, team shoes, water bottle, and bag.

Any Cheerleader that is not fulfilling their DMHS Cheer duties will be removed from the sideline and benched for the remainder of the game. If a Cheerleader is benched from a game, they are still required to attend the game, sit on the sidelines and support the team in full hair, makeup, and uniform. A Cheerleader may be removed from the sidelines at any time for talking, inappropriate behavior, bad attitude, lack of skills, appearance, poor Game Day showmanship, or any other reasons determined by DMHS Cheer coaching staff, Pom coaching staff, Band Directors or Athletic Department Administration.

Any Cheerleader, at any time, may be required to hold signs, run flags, tumble, etc. Anything a captain, leader, or coach requests will be mandated. At every half time, and for the duration of the game, the team will meet before being dismissed for bathroom breaks or speaking with family/friends. The team will not be dismissed until Game Day equipment is accumulated and transported to its designated spot. No cell phones are allowed during pregame, game time or half time. **All phone usage requires permission.**

UNIFORMS/GEAR

Uniforms and equipment that are property of DMHS will be returned unless instructed otherwise. Cheerleaders must maintain their uniforms and equipment. Uniforms shall not be altered or embroidered in any way without the permission of the Head Coach. Each DMHS Cheerleader is responsible for alteration expenses (including buttons, zippers, etc.) as needed.



Uniforms may only be worn for performances and approved events. Squad members are not to wear ANY part of the uniform as street clothing (including sweatshirts, warm-up suits, shoes, etc.). Athletes found ineligible, or otherwise removed from the squad, must return all school-owned gear and equipment at the time they are notified in writing. Practice wear and select attire may be exempted as determined by the Head Coach and communicated each year.

Failure to return any DMHS uniform or equipment will result in the cost of that uniform/equipment being charged to the individual that checked it out. Damage to, or loss of, uniforms and equipment will be the responsibility of the team member and must be replaced by the team member at his/her expense.

There will be no consumption of food in uniform in front of fans on Game Day unless scheduled and given permission by the Head Coach. Snacks/food will be provided on multiple occasions at designated times, e.g., pre-game meals, post-game meals, and game-time snacks.

INJURIES/ILLNESS

Any injury or illness must be reported to the Head Coach immediately. Any injury suffered during practices, games, or other official functions will be treated by the Athletics training staff and/or physicians.

If any injury or illness incapacitates a team member, he/she shall not be permitted to practice or cheer for a period of time determined by the Athletics training staff or physicians. Return to practice or Games/Competitions will be determined by the Athletics training staff and/or physicians.

If a trainer or physician recommends that a team member no longer cheer due to injury or health problems, the team member shall be removed from the competitive squad but will retain their position for that season so long as they continue to participate at functions/events and attend practices/meetings. If chronic illness or injury causes a team member to miss practice or games repeatedly, the team member may be removed from the squad at the Head Coach's discretion.

STRENGTH & NUTRITION

The DMHS Cheer Program is committed to promoting and fostering healthy lifestyles and eating habits for its squad members. Conduct that opposes this philosophy and/or conduct that poses unacceptable risk and disregard for the health, safety and welfare of participants is in violation of this policy and will result in appropriate discipline and/or counseling.

DMHS cheerleaders will be required to lift weights and condition on a regular basis. The Cheer Program encourages healthy eating habits as physical activity requires nutrient-rich food to fuel the body. If a nutrition program is needed, please contact the Head Coach and training staff.



- All team members MUST purchase their own thumblock wrist weights for each wrist weighing AT LEAST 2 pounds
- All team members MUST purchase their own ankle weights for each ankle weighing AT LEAST 2 pounds
- All team members MUST purchase their own fabric leg resistance band

FLYERS

A flyer, also known as a top girl, is a crucial part of the DMHS cheerleading program as stunts and pyramids bring in most points during competitions. While there are a variety of skills flyers perform, coaches look for consistency, proper technique, and overall confidence in each. All flyers need to have body control, balance, flexibility, and strength. Flyers must be able to pull at least three different body positions and a full down from extended one-legged stunts.

TUMBLING

Tumbling instruction is a requirement for all individuals on the cheerleading roster. Standing back handsprings and back tucks are requested and running tumbling must be solid to maintain a spot on the Traditional competition team. Tumbling practice is considered a team practice and is mandatory. Skills must be maintained and progressed in order to stay on the team. Athletes may lose opportunities if tumbling requirements or goals are not met.

NATIONALS/COMPETITIONS

Any competition or Nationals attendance for the DMHS Cheer Program is a privilege. The priority of the DMHS Cheer Program is to support DMHS Athletics and serve as an ambassador to the School. Competition and Nationals attendance will not be guaranteed each year. This is determined by qualification status and the discretion of the Head Coach.

If the DMHS Cheer Program is provided an opportunity to compete, there will be 8-12 spots assigned to the Varsity Traditional competition team. Being on the cheer team roster does not result in the opportunity to practice, travel, or attend Nationals as part of the Nationals team. This opportunity may be given or taken at any time. No spot is guaranteed, and all spots are replaceable at any time. Team seniority does not secure a spot on the competition team. Selection for any Competition Team is based solely on skills and position at the Head Coach's discretion. All decisions will be made in the best interest of the program. DMHS Cheer competition attendance takes priority over any other club, all-star sport, or other scheduled competitions, including national-level attendance. Any costs associated with camps, clinics, events or competitions will not be covered by DMHS, with the exception of AIA fees. Each DMHS Cheerleader is responsible for fundraising to cover costs or paying such fees as needed.

DMHS Cheer must be a priority above all other club teams or competitive



programs. All team members are required to dedicate themselves to DMHS Cheer on an annual basis. Any team members on a competition team other than DMHS Cheer must seek the Head Coach's approval prior to participation. An individual may be removed from the program for not seeking approval prior to joining a club or competitive team. This is to ensure safety and overall dedication to DMHS Cheer as a priority due to the team commitments required.

SAFETY

The athletic activities required in cheerleading (e.g., tumbling, partner stunts, etc.) in addition to crowd-motivation and crowd-control activities and the use of megaphones, pompoms, and signs to encourage the crowd involve a certain amount of risk of personal injury. Cheerleaders are placed on notice that cheerleading accidents may result in catastrophic injury, paralysis, or death. By becoming a participant in this program, a cheerleader voluntarily assumes the risk involved by participating in cheerleading practices, games, competitions and other activities. Spotting is a very important aspect of cheerleading. If the coach feels a squad member is not spotting safely, the cheerleader will be subject to disciplinary actions up to, and including, termination from the squad.

The DMHS Cheer program has adopted the American Association of Cheerleading Coaches and Advisors (AACCA) Cheerleading Safety Guidelines. When possible, all coaches will be AACCA and First Aid/CPR-certified. Furthermore, all members of the athletic team should become thoroughly familiar with and shall carefully abide by the AACCA Cheerleading Safety Guidelines. Members should also be aware that failure to abide by AACCA Cheerleading Safety Guidelines, AIA Rules or DMHS guidelines may result in immediate action, including dismissal from the squad.

All scheduled practices will be under the direct supervision of the coaching staff. There will be no scheduled practices without the presence of an AACCA certified coach and/or member of the athletic training staff.

ORGANIZATIONAL STRUCTURE

Any and all questions, concerns or problems will follow the hierarchy of authority (chain of command) listed below. Any breach of the chain of command may result in immediate dismissal from the program. This rule applies to all members of the squad as well as parents/legal guardians.

The lack of availability of a contact within the chain of command is not an excuse for breaching the chain of command. All communication is to be originated from the DMHS athlete first – not parent/guardian of the athlete. This is set forth to encourage Cheerleaders to ask questions, self-advocate,



face adversity, and grow into successful adults.

Step 1 - DMHS Athlete to Leadership or Cheerleading Coaching staff

Step 2 - DMHS Athlete to DMHS Head Cheer Coach

Step 3 - DMHS Athlete with Parent to Coaching Staff and/or Head Coach*

*Special situations may require a conversation between Parent & Head Coach

Step 4 - DMHS Athlete with Parent to DMHS Athletic Director

Step 5 - DMHS Athletic Director elevates the concern to DMHS Administration

ALCOHOLIC BEVERAGES/NICOTINE/TOBACCO/FIGHTING

As highly visible members of the community, both in and out of uniform, cheerleaders' actions and behavior are under constant observation and scrutiny. Cheerleaders can easily become the objects of criticism for their behavior or actions, in particular, for indulging in alcoholic beverages or fighting.

DMHS cheerleaders are mandated to NOT consume alcoholic beverages, use tobacco or have involvement in physical altercations. Tobacco includes smokeless tobacco, vapes, cigars, pipes, as well as cigarettes or any form of e-cigarette. In addition, cheerleaders are not to possess or consume alcoholic beverages in a car, van or bus; shall not consume alcoholic beverages before or during a game, practice, or appearance. This will result in disciplinary action and potential removal from the program.

Cheerleaders that violate these rules shall be subject to serious disciplinary measures, up to and including dismissal from the squad. A fight or arrest issued to a DMHS Cheerleader at any time or place may result in termination from the squad.

DRUGS/ILLEGAL SUBSTANCES

Conduct that involves the unlawful possession, use, dispensation or manufacture of a controlled substance by a Cheerleader while traveling for DMHS or at any official squad function shall result in appropriate discipline, up to and including dismissal from the team. Any sanction for such a violation outside of squad functions shall be with consideration to the potential embarrassment or degradation of image or reputation of the DMHS Cheer Program and/or DMHS. The legal use of prescribed medicines under the direction of a licensed physician is permitted and should be on record with the athletic training staff.

Illegal substance activity will result in serious disciplinary actions, up to and including dismissal from the squad. These actions are at the discretion of the Head Coach, Athletic Department Director or designee, and/or DMHS administration.



HAZING

Hazing by any member of the DMHS Cheer Program will not be tolerated. The DMHS Cheer Program abides by the DMHS hazing policy as outlined in the DMHS Student Handbook. Cheerleaders should refer to the student handbook for a detailed description of policies regarding hazing.

“Hazing” is any activity that recklessly or intentionally endangers the mental health or physical health or safety of a student for the purpose of initiation or admission into an organization. Cheerleaders that violate these policies shall be subject to serious disciplinary measures, up to and including dismissal from the squad.

DISCIPLINARY PROCEDURES

Certain procedures have been or will be established by the Head Cheer Coach to maintain discipline. Promptness and regular attendance are an imperative part of each athlete’s commitment to the team. The Head Cheer Coach and/or Athletic Department Director or designee have sole authority to excuse absences or tardiness. **All absences from practices or events MUST BE COMMUNICATED IN ADVANCE BY BOTH ATHLETE AND PARENT to the Head Coach for approval (one week’s notification is preferred).** Acceptable excuses include academic classes, death in the family, and illness of the Cheerleader. Illness will require a doctor’s statement and/or notice from the athletic training staff.

Excessive absences or tardiness from practices or events will be managed at the discretion of the Head Coach and/or Athletic Department Director. Should any member leave the squad due to disciplinary reasons, the individual will not be allowed to try out again at any point in the future. See the DMHS Cheer Attendance Policy.

SUSPENSION & DISMISSAL PROCEDURE

Violations of the DMHS Cheer Program Policies and Procedures and rules established by the Head Cheer Coach may result in a written warning or dismissal, as determined by the Head Coach and/or Athletic Department Director or designee. Suspension and/or dismissal from the team may be enforced at any time at the discretion of the Head Coach and/or Athletic Department Director or designee without warning.

Other causes for suspension or dismissal include:

- Academic ineligibility
- Lack of cooperation and/or poor attitude or language
- Missing scheduled appearances (e.g., games, competitions, pep rallies, etc.)
- Misconduct deemed to be embarrassing or reflecting poorly on the DMHS Cheer



Program and/or DMHS

- Non-compliance with chain of command
- Involvement with illegal drugs or any other unlawful activity
- Failure to pay monthly dues on time, after first warning

ALL DMHS CHEERLEADERS WILL BE HELD TO THE SAME STANDARDS AS ALL DMHS STUDENT ATHLETES AND MUST ADHERE TO ALL POLICIES LISTED OR DISTRIBUTED. IF YOU DO NOT UNDERSTAND OR FEEL COMFORTABLE WITH ALL OF THE REQUIREMENTS, PLEASE DO NOT PARTICIPATE IN THIS PROGRAM. THESE REQUIREMENTS WILL BE ENFORCED.





DMHS CHEER ATTENDANCE POLICY

Attendance is essential to the success of each season. Attendance will be taken at the beginning of each practice, game or event. Each Cheerleader's 100% commitment is required, as each position on the squad is dependent on the other. When one Cheerleader is absent, it places hardship on the entire squad and can become a serious safety issue. It is for these reasons that both the Cheerleader and their parents must be advised of the importance of compliance to the policy.

The DMHS Cheer Attendance Policy is as follows:

1. All practices, games, camps, choreography, and competitions are MANDATORY.
2. Athletes are expected to be on time and remain throughout the entire event. On time means at least 5 minutes prior to the time designated by the Coach in order to practice dressed and be ready to begin on time, participate in stretching and warm-up, etc... If an athlete is going to be late, we MUST be notified in advance. All late arrivals will result in full team conditioning for the team member who was late.
3. **Athletes AND parents MUST notify the head coach 2 hours or more prior to scheduled meeting time if the athlete cannot make it. Less than 2 hours notice will result in an unexcused absence.** If an athlete has a pre scheduled appointment or vacation, parents must turn in an Absence Request Form (ARF) at least one week in advance of the requested date in order for the absence to be considered excused. The Form is available via BAND.
4. Excused absences include medical circumstances, mandatory school functions, and family emergencies. If an athlete is too sick to attend practice and sit out, a parent MUST send a message or email to excuse the athlete. **The athlete then must return with a Doctor's note.**
5. In the event that an athlete is injured at home or during other extra curricular activities, please notify us as soon as possible so we can get the necessary information to the coaching staff. Based on the athlete's injury and length of recovery, we will re-choreograph and make changes prior to practicing. Once the individual has fully recovered, he or she may or may not be choreographed back into the routine. DMHS coaches reserve complete discretion in replacing such individuals for the rest of the season. All injured athletes must continue to attend DMHS Cheer practices and events and pay their monthly dues.
6. Athletes cannot miss any practices the week leading up to a competition or miss the practice before a game, no exceptions.
7. We understand things may come up throughout the season. For that reason, athletes will be allowed four(4) EXCUSED absences throughout the August - March season. Absences



May - July are permitted provided coaches are notified in advance with proper documentation submitted (no more than three days).

8. Head Coaches and the cheer committee will make final decisions on each absence status. Excessive absences/tardies will be taken into consideration in competition choreography.

9. Examples of excused absences:

- Athlete is sick but returns with a doctor's note;
- Serious illness or death in the family;
- Mandatory school event;
- Planned vacation with prior 1 months' notice to the head coach. Summer vacations within prior 2 weeks' notice.

When an athlete knows they are going to be absent or late, they have the responsibility to notify their coach in advance **(No later than two hours prior to commitment)**. Otherwise, it will be treated as an unexcused absence. Also, Coaches understand that occasional school conflicts arise, and we prioritize academics first. However, we also expect cheerleaders to use good time management skills to both complete school work and make it to practice.

10. Examples of unexcused absences:

- Planned vacation during competition season;
 - Conflict with other sport/activities;
 - Birthdays;
 - Camps, other teams, including try-outs, practices, etc., with other sports organizations.
- *Unless prior commitment to college teams, we can plan accordingly for those seniors.

11. After four(4) excused absences, the fifth absence will result in an automatic unexcused absence.

TARDINESS or LEAVING EARLY three(3) times will be considered one(1) UNEXCUSED absence.

12. Consequences for Unexcused Absences:

1st unexcused absence – A warning is issued to the athlete and parent.

2nd unexcused absence – Athlete is ineligible to compete with the team at competitions or games.

3rd unexcused absence – Dismissal from the team.



Cheerleaders are expected to attend all daily school classes, skipping class WILL NOT be tolerated. If a cheerleader chooses to skip class resulting in an unexcused absence, this will also count as an unexcused absence for cheer practice, and the above listed consequences will take effect. School attendance will be sent to the Head Coach by DMHS administration.

*** PLEASE DO NOT EVER USE CHEERLEADING ATTENDANCE AS A PUNISHMENT FOR YOUR CHILD. THIS IS A TEAM SPORT AND DOING SO PUNISHES THE REST OF YOUR CHILD'S TEAM, INTRODUCES SAFETY CONCERNS, AND JEOPARDIZES THE DMHS CHEER PROGRAM ***

DMHS Cheer Attendance Policy

I have read and agreed to all rules and regulations stated in the attendance policy:

Name of Cheerleader (print) / Date

Signature of Cheerleader / Date

Name of Parent (print) / Date

Signature of Parent / Date



PARENT/GUARDIAN ACKNOWLEDGEMENT OF POLICIES AND PROCEDURES

I, _____ (parent/guardian) of _____ (athlete), have read the guidelines and cost sheet carefully and understand what is required for my athlete to participate in the Desert Mountain High School (DMHS) Cheerleading Program.

_____ I understand that all program costs are non-refundable, and no partial credits will be given if my athlete is temporarily injured, suspended, or unable to participate for any reason.

_____ I understand that my athlete's Booster account (dues) must be kept up to date.

_____ I will abide by the proper chain of command and understand that breaching this chain of command may result in my athlete's dismissal from the program.

_____ I understand the inherent risk involved with cheerleading and agree to allow my athlete to participate in all cheerleading activities in accordance with American Association of Cheerleading Coaches and Advisors (AACCA/USA CHEER/AIA) safety guidelines. I understand that DMHS has enlisted the support of a certified athletic trainer and that emergency services will be on call. I thereby release DMHS and any DMHS personnel of all responsibility for any injuries that may be incurred by my athlete during participatory activities.

_____ I will follow all AIA guidelines associated with being a parent and/or guardian.

_____ I give all personnel associated with the DMHS Cheerleading Program permission to view my athlete's academic record and information necessary to determine eligibility to participate in the program. DMHS personnel may release this information to the Head Cheer Coach or Athletic Director.

DMHS Cheerleader Name

Parent/Guardian Name

DMHS Cheerleader Signature

Parent/Guardian Signature

Date

Date



ATHLETE ACKNOWLEDGEMENT OF POLICIES AND PROCEDURES

I, _____(athlete), have read the guidelines and understand what is required to participate in the Desert Mountain High School (DMHS) Cheer Program.

_____I understand that attendance at all practices, games and competitions is mandatory.

_____I understand that I and a parent need to give 2 hours minimum notice for missing mandatory events.

_____I understand skipping classes or the school day will have attendance disciplinary consequences towards my position on the cheer squad.

_____I will always abide by the rules and regulations of the DMHS Cheer Program.

_____I will promise to uphold the high standard of my school and always conduct myself in a way that will be a credit to myself and DMHS.

_____I will abide by the proper chain of command and understand that going against this chain of command may result in my dismissal from the program.

_____I have read and understand the social media and drug & alcohol policies and will positively represent DMHS, the DMHS Cheer Program, fellow team members, and all DMHS coaches and staff.

_____ I understand the inherent risk involved with cheerleading and will participate only in those activities that are in accordance with American Association of Cheerleading Coaches and Advisors (AACCA/USA CHEER/AIA) safety guidelines. I understand that DMHS has enlisted the support of a certified athletic trainer and that emergency services will be on call. I thereby release DMHS and any DMHS personnel of all responsibility for any injuries that may be incurred during participatory activities.

_____I will follow all AIA guidelines associated with being a student athlete. I will abide by the rules and policies of this program regarding my behavior, attitude, and health.

_____I give all personnel associated with the DMHS Cheer Program permission to view my academic record and information necessary to determine my eligibility to participate in the cheerleading program. DMHS personnel may release this information to the Head Cheer Coach or Athletic Director.

DMHS Cheerleader Name

Parent/Guardian Name

DMHS Cheerleader Signature

Parent/Guardian Signature

Date

Date