

Rio Vista Middle School Pep and Cheer Detailed Contract

Introduction

To Students, Parent(s), Guardian(s), and Community:

Rio Vista Middle School has developed the pep and cheer program to be an important part of the school and community. Cheerleaders create and boost school unity, morale, spirit, and support athletic and co-curricular programs, along with competing regionally and nationally. Our school and community appreciate the pep and cheer squads' leadership and performance at athletic events, rallies, competitions, and other spirit activities.

It is our pledge to our students, parents, and community to organize, conduct and maintain a high quality of cheerleading at Rio Vista Middle School. To support that goal, this contract has been created in order to clarify the pep and cheer program guidelines.

Please read the contract carefully and contact me if you have any questions.

Sincerely,

Mrs. Leah Alvarado

Rio Vista Middle School

Pep and Cheer Advisor

lalvarado@centralusd.k12.ca.us

Organization

The Rio Vista Pep & Cheer Program is overseen by the Administrative Office, supported and coordinated by the Athletic Office, and managed by the Rio Vista Pep & Advisor, Leah Alvarado.

Rio Vista Pep & Cheer members are held to the highest standards of academics and behavior. Their main responsibility is to represent Rio Vista Middle School in a positive manner. Their duties will include cheering at various athletic events and playoffs, performing at rallies, fundraising and participating in other school and community functions.

There will be no minimum or maximum number of athletes that make the squads. The number of athletes chosen for any given squad will be decided at try-outs. Alternates will be chosen and or considered on as needed basis and can occur throughout the year with or without notice. Competition teams will be chosen this summer. Only students who have been selected for the pep & cheer squads will be eligible to try out for the competition teams.

Qualifications

To participate in try-outs for Rio Vista Pep & Cheer, a potential squad member must meet the following qualifications:

- Have at least a 2.0 GPA on the most recent progress report.
- Have no outstanding fines.
- Have an application and signed contract from the parent/guardian giving permission to try-out.
- Students not currently attending a Central Unified school must have copy of attendance, discipline, and grades and the signature of a school official at the bottom of their application.
- Have the parents assume the responsibility of their child and the guidelines of the handbook.
- Purchase accident insurance (either own or one available through the school) – *after try-outs*.
- Pass a physical – *after try-outs*.

Criteria for Selection

- ◆ Grades
- ◆ Teacher recommendations
- ◆ Advisor recommendations for current pep & cheer members (both middle and elementary school)
- ◆ Physical try-outs (technique, rhythm, personality, enthusiasm, overall performance)
- ◆ Participation and attitude at clinic
- ◆ Interview questions

Try-out Dates & Times

- ⇒ There will only be two try-out clinics to review the material and answer any questions. Clinic dates are Thursday, May 4 and Friday, May 5 from 5-6pm for 7th^h Grade Cheer and 6-7pm for 8th Grade Cheer and Pep in the Rio Vista Cafeteria.
- ⇒ Try-outs will be held on Saturday, May 6 beginning at 9am in the Cafeteria. All participants must wear, to clinics AND try-outs, a plain white T-shirt, navy blue shorts, tennis shoes (or dance shoes for pep), and white no-show socks to try-outs. Girls must wear their hair in a slick ponytail. If hair is too short for ponytail, then it must be worn out of the face. White Bows are allowed. No jewelry or artificial nails are permitted.
- ⇒ Judges for the try-outs will consist of, but are not limited to: Squad advisors, coaches, and outside judges (no affiliation to RVMS). Judges' decisions are final.

- ⇒ Results of try-outs will be posted on the Rio Vista Pep and Cheer website by 6pm. Try-outs and clinics are closed to all spectators.
- ⇒ Comp Try-outs will be July 28th after Choreography Camp. Results will be posted by 6pm that day.
- ⇒ **MANDATORY DATES!! Game Squad Choreography Week July 24-28th 2017**
- ⇒ **Competition Choreography dates are September 9th, 16th & 23rd time TBA**
These are mandatory dates and anyone who misses is subject to removal from the squad. Please make sure to plan accordingly.

Financial Responsibility

A \$300.00 uniform/camp deposit will be taken during the uniform fittings on Saturday, May in the Rio Vista Library. Subsequent payments of approximately \$200 will be due once a month until the balance is paid. All financial responsibilities must be met by October 1st.

Estimated costs:

Camp	\$110/40
Camp Clothes	\$150
*Shoes	\$ 80
*Skirt	\$ 80
*Shell top	\$100
*Body liner	\$ 40
*Bow	\$ 30
*Warm-ups	\$190
*Briefs	\$ 15
*Backpack	\$ 80
^Pom-poms (pep only)	\$ 50

New members	\$915
New Pep members	\$965
Returning members	\$300

** Costs listed above are approximate and can vary.*

**These items will be the same as last year so will not need to be purchased for returning squad members.*

According to district policy, uniforms may be provided for those who cannot afford them. The uniform will be a loaner, in a general size (not custom fit to your child), and cannot be altered in any way. Loaner uniforms are limited and are on a first come first serve basis. You must let your advisor know before the uniform fitting date if you choose to have a loaner uniform. Once you have been fitted for a uniform, you are responsible for the cost.

Returning pep members will not be required to purchase new pom-poms; however, due to the wear and tear they receive, it is highly recommended that new pom-poms be purchased.

Pep and Cheer Finances:

- A price estimate will be given for each team prior to tryouts. Please note that this is an estimate and that prices may vary.
- Uniforms are required for participation on the spirit squad. The cost of the uniform must be paid in full prior to receiving the uniform.
- Uniforms are to be kept in good condition and clean at all times. Uniforms/pom-poms ruined, lost or stolen will be replaced by the individual at their own expense.
- **If your child is fitted for a uniform you must pay for it!**
- **If a member is removed from or chooses to quit the squad, they are still responsible for payment of the balance owed for uniforms ordered.**
- **Fund-raising opportunities are available; however it is the individual's responsibility to pay all expenses.**
- The competition teams require additional time and financial commitments from participating cheerleaders and families. These amounts will be discussed prior to competition team tryouts in the summer.

Communication:

- Weekly reminders may be given at school during the morning announcements for the upcoming week. It is the responsibility of the cheerleaders to share this information with parents/guardians.
- .
- Remind updates will attempt to go out weekly. This will only work if the Pep and Cheer parents download the free app Remind on their phones.
- Please note that if there are multiple parents/guardians for a cheerleader, all parties will need the app in order to share information with all participating parties.
- Parents should communicate:
 - Concerns regarding a son/daughter directly to the coach at the appropriate time and place.
 - Issues appropriate for discussion:
 - Member plan for success
 - Member behavior
 - Member safety
 - Issues not appropriate for discussion with a coach:
 - Squad selection of cheers, chants, or elements of a performance.
 - Any situation that deals with other students/squad members.
- Communication between parent, school and coach:
 - If at any time a cheer member or parent/guardian feels he/she needs to discuss a problem or complaint, please follow the appropriate channels:
 - Campus cheer coach (set up an appointment).
 - Do not confront coach before, during or after any event.
 - Only enter cheer practice with permission from the campus principle or his/her designee.

Practices and Game Responsibilities:

- Cheerleaders are required to attend all practices, games and events.
- Game cheer practices will be held each week Tuesday & Thursday after school from 2:30-4:30pm. Wednesday's from 1:30- 4pm. Cheerleaders may ride the bus home or be picked up by a parent or guardian. Practices for the game teams will run from August through December. All Pep & Cheerleaders are required to sign up with ASP. Weekly practices for Game Teams will cease after Winter Break.
- Football Games: each team will cheer at their assigned football game each week. Games are held on Saturdays with time depending on teams and locations. Football season is from August through November. Our goal is for each team to perform during half time at each home game (weather and other circumstances permitting).
- Basketball Games: each team will cheer at approximately one game per week and teams will alternate cheering responsibilities. Basketball season is from December through February.
- Additional Events: Cheerleaders/teams may be asked to participate at other events throughout the 2015-2016 school year. Some of these events may include but are not limited to the following: rallies, Back to School Night, Orientation, fundraisers, Open House, Central Spirit Night, etc. **It is important to highlight that the game teams are separate from the competition teams and game cheerleaders will not compete or perform at competition events, unless otherwise informed by the Rio Vista Pep and Cheer coaches.**
- Pep and Cheer is a multi- season program that occurs throughout the year. Team members may not participate in other sports that conflict with pep and cheer practice, games, performances and/or duties.

Meetings:

- Parents are REQUIRED to attend scheduled parent meetings. Cheerleaders are encouraged to also attend meetings. Meetings help to run our program efficiently and keep both parents and cheerleaders updated and involved in the Pep and Cheer program and decisions.

Additions to the Pep and Cheer Program:

- Each pep and cheer team member will be required to pass a test before being permitted to cheer at football games.

Transportation:

- Transportation is the responsibility of the individual for attendance to home games, home school events, and events within a 20 mile radius of the school.
- Transportation will be provided by the school to away games. All cheerleaders **must** ride the bus to away games. Students who ride home with a parent must sign out with the coach before leaving the game.
- Leaving an away game other than on the bus without approval or signing out with the coach will result in an automatic suspension and docked points.
- Cheerleaders must be picked up at the end for each practice and/or event by a parent or guardian. Coaches will not leave cheerleaders unattended even if asked by a parent/guardian.
- **It is expected that cheerleaders will be picked up promptly at the end of each practice and/or event. If parents are consistently tardy, cheerleaders will receive disciplinary consequences as a result.**

Pep & Cheer Fantastic Four

Be There; Be Ready

- * Attend all practices and assigned games on time and ready to cheer.
- * Excused absences from game or practice must be cleared with advisor at least 2 weeks in advance and made up in a timely manner. Excused absences are limited to: family emergency or illness (with a doctor's note).
- * Anytime you are asked to be in uniform, it must be complete (hair in ponytail with bow, no jewelry, cheer shoes, etc.)
- * Being a member of the pep & cheer squads means that you are a part of a TEAM. This is not an individual sport or activity. All members are required to abide by all rules set forth by the advisors & coaches.
- * Remember that when you miss practices or games, you are letting down your entire TEAM.

Be Responsible:

- * Think about how you represent your school. You are the face of Rio Vista Middle School!
- * Always have a positive attitude and put forth your best effort.
- * You represent Rio Vista even when not in uniform.
- * Uniform and other cheer apparel may not be worn by others.

Follow Directions:

- * Absolutely no jewelry is allowed at practice or at games.
- * Be sure to get your ears pierced either over winter break or spring break so that you can safely remove them for practice or PE. You are not allowed to simply cover them with band-aids or use clear plastic place holders.
- * Be focused at practice and at games – if you are talking or not paying attention, someone can get hurt.

Be Respectful:

- * Treat your coaches, advisors, fellow squad members, yourself and others with respect and kindness.
- * Be very careful about what you post on social media. Once it is out there, it can never be taken back.
- * Respect yourself – do not use profanity or show excessive affection while in or out of uniform.

Responsibilities

1. Abide by the pep & cheer fantastic four, Rio Vista Middle School rules, and athletic code of ethics.
2. Participate proudly and represent Rio Vista Middle School at all school, athletic, and community events.
3. Maintain at least a 2.0 GPA.
4. Attend Pep & Cheer practices – missing 1 or more in one week may result in being benched.
5. Participate in fundraisers and assume financial responsibilities.

Discipline

Each squad member is given 20 points to start the year. Penalties will be assessed as listed below. When a squad member reaches zero, it will result in removal from the squad. Advisors have the right to adjust points during the year as they deem necessary.

It is recommended that squad members do their best to save up as many points as possible so that they are available when games or events need to be missed for any reason other than illness or family emergency.

Offenses that result in point loss:

1 point

- Improper uniform (missing bow, sloppy hair, etc.)
- 1-15 minutes late for practice/game/bus
- 1-15 minutes leaving early from practice/game
- Loaning your pep & cheer attire to someone other than a pep & cheer member
- Not being ready to go at the assigned time (need to use restroom, apply makeup or lotion, etc.)

2 points

- 16-30 minutes late for practice/game/bus
- 16-30 minutes leaving early from practice/game
- Missing check-in at break on game day
- Improper behavior while in uniform or pep & cheer attire (excessive affection, use of profanity, talking during national anthem, etc.)

5 points

- More than 30 minutes late for practice/game/bus
- Leaving practice or game more than 30 minutes early
- Unexcused absence from practice – anything but an illness or family emergency
- Failure to notify an advisor when you will miss a practice with an excused absence – Must submit absence request form in advance.
- Failure to have parent/approved adult sign squad member out for away games – adult must be listed on emergency card to sign out

10 points

- Missing a game for any reason other than illness or family emergency

Offenses that result in immediate removal from squad (on or off campus):

- * Use and/or possession of alcohol, drugs, or tobacco
- * Stealing or possession of stolen goods
- * Use and/or possession of weapons.
- * Defiance of advisor, coach, teacher, or administrator.
- * Two grading periods below a 2.0 GPA.
- * Passing less than 20 credits during one grading period.
- * Fighting on or off campus.
- * Any suspendable offense.
- * Any violation of the athletic code of ethics.
- * Anything deemed inappropriate posted on Twitter, Instagram, Facebook, etc.

Parent and/or athlete has the right to request a hearing regarding this action. The hearing will be held as soon as possible with a panel consisting of an administrator, advisor, and athletic director. The member and parent will be given the opportunity to present reasons for this action to be voided. **The decision of the panel will be final. Anyone who is removed from the squad for discipline issues will not be allowed to try out for the next year's squad.**

Rio Vista Middle School Pep & Cheer Application

(Type or print neatly - turn in to the Rio Vista Office along with signed contract by April 28th 2017)
Transfer students must attach a copy of current grades, discipline, and attendance

Name _____ Current School _____ Grade (next year) ____

Parents' name(s) _____

Address _____

Home Phone # _____ Parents' Cell # _____ your cell # _____

Parent's e-mail address _____

Your e-mail address _____

Squad (circle one): **Varsity Cheer** (8th) **JV Cheer** (7th) **Pep** (7th -8th)

School/Community involvement (clubs, leadership, sports, performing arts, volunteer work, etc.): _____

List three words that describe you: _____

List any previous gymnastics/dance experience and any classes that you may have taken: _____

List any tumbling/stunting skills or dance technique that you have (ex. back handspring, tuck, scorpion, full down, main base, back spot, flyer, turns in second, triple pirouette, leg hold turn, etc.):

Which of the Pep & Cheer Fantastic Four do you think is most important and why? _____

For transfer students only:

I verify that I have attached the grades, discipline, and attendance records for above student who is not currently attending Central High.

School official's name

Signature

of pages

Rio Vista Middle School Pep & Cheer Squad Contract

I, _____, parent or guardian of _____, assume the responsibilities that go with being a Rio Vista pep & cheer squad member.

I have read the handbook and contract and will abide by these rules.

I accept all responsibility for any injury that may occur during clinics, practices, and games. I release Rio Vista Middle School, Central Unified School District, and Rio Vista Middle School Pep & Cheer advisors and coaches from liability.

I understand that I am encouraged to participate in the support of fundraisers sponsored by the Rio Vista pep & cheer program.

I agree to pay in full any expenses incurred by my son/daughter while he/she is a member, even if he/she is removed from the squad or quits.

I understand that if my child chooses to be fitted for a custom uniform, that I will be required to pay for that uniform.

I understand that if I let the advisor know before fittings, the school will provide a uniform for my child. If a uniform is provided by the school, I am not allowed to alter it in any way, shape, or form. If I do alter it, then I understand that I will have to pay the cost of the uniform to have it replaced. I also understand that if the uniform is not returned at the end of the season, that I will be placed on the fines list.

I understand that if my child makes the squad and does not pass the cheer test they will not be allowed to cheer at a game until they successfully pass.

Signature of parent/guardian date

I understand that if I do not maintain satisfactory citizenship, school attendance, and academic standards, I may be removed from the squad. I have read the handbook and contract and agree to comply with the rules. I understand disciplinary action or removal from the squad will result if I do not adhere to the rules. I understand that if I make the squad and do not pass the cheer test that I will not be allowed to cheer at a game until I successfully pass.

Signature of student date

*Any transfer student must be registered and approved prior to try-outs.

*A current grade report, discipline, and attendance records must accompany the application and contract if not currently a student in Central Unified.

*A student must have and maintain a 2.0 GPA or better and be passing five classes each grading period to be eligible.

RIO VISTA PEP AND CHEER DISCIPLINE CONTRACT

I have read and understand the Rio Vista Middle School Pep and Cheer Squad Contract. I agree to follow these rules and policies and cooperate fully with other members of the squads and coaches.

Student's Signature _____

Print _____ Date _____

I have read and understand the Rio Vista Pep and Cheer Squad Contract. I agree to support these rules and policies.

Parent's/Guardian's Signature _____

Print _____ Date _____

Rio Vista Pep and Cheer
Information Questionnaire

(Please print ALL information)

Team:_____

Name:_____

Age:_____

Primary Address:_____

Primary Phone Number:_____ Other Numbers:_____

Cheerleader email:_____

Parent Name:_____

Address:_____

Home Phone:_____ Work Phone:_____ Cell:_____

Email:_____

Additional Contacts:_____

Address:_____

Home Phone:_____ Work Phone:_____ Cell:_____

Please circle the number that is best for us to call

Email:_____

Please list any illness or allergies that we need to know

about:_____

Notes/ Questions:

Rio Vista Pep & Cheer Teacher Recommendation

Student's name _____ School _____

Teacher's name _____ Subject _____

	Outstanding 5 points	Good 3 points	Fair 1 point	Poor 0 points
1. Responsible <i>completes work, good attendance, good effort, accountable, on time, etc.</i>				
2. Respectful <i>good manners, considerate, tolerant, shows respect for students and teacher, etc.</i>				
3. Trustworthy <i>reliable, has the courage to do the right thing, doesn't gossip or spread rumors, tries to build a good reputation, etc.</i>				
4. Attitude <i>kind, compassionate, positive, willing to help others, always tries their best, etc.</i>				
5. Cooperative <i>Works well with others, shares, open-minded, listens, doesn't blame, etc.</i>				

TOTAL POINTS

Teacher Signature

- Please justify the above ratings by writing comments in the boxes provided or on the back. These will be used in helping to select next year's pep & cheer squad members.
- **Do not give it back to the student.** These are confidential so please be candid.
- Send recommendation through intra-district mail, e-mail, fax, or mail to:

Leah Alvarado
Rio Vista Middle School
6240 N. Palo Alto Fresno, CA 93722
Fax: 276-3199

Please return by April 28, 2017

If you have any questions, please feel
free to contact Leah Alvarado
276-3185
lalvarado@centralusd.k12.ca.us

Rio Vista Pep & Cheer Teacher Recommendation

Student's name _____ School _____

Advisor/Coach name _____

	Outstanding 5 points	Good 3 points	Fair 1 point	Poor 0 points
1. Responsible <i>good attendance, good effort, accountable for choices, on time, etc.</i>				
2. Respectful <i>considerate, tolerant, pays attention in practice, is coachable, respected by peers & coaches, etc.</i>				
3. Trustworthy <i>reliable, on-time, has the courage to do the right thing, doesn't gossip or spread rumors, tries to build a good reputation, etc.</i>				
4. Attitude <i>kind, compassionate, positive, willing to help others, always tries their best, etc.</i>				
5. Skill <i>Motions, jumps, stunt or dance technique, knowledge of material, coachable, learns quickly</i>				

TOTAL POINTS	
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Would you recommend this student?

YES

NO

- Please justify the above ratings by writing comments in the boxes provided or on the back. These will be used in helping to select next year's pep & cheer squad members.
- **Do not give it back to the student.** These are confidential so please be candid.
- Send recommendation through intra-district mail
- You can submit recommendations for current squad members all at once.

Please return by April 28, 2017