



# Poston Butte High School Spiritline Code of Conduct

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FALL ATHLETIC SEASON 2019-2020

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## Poston Butte High School Spiritline Code of Conduct

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Congratulations on making the 2019-2020 Spiritline. We are so very proud of each and every one of you who worked so hard during tryouts. You are here because you showed us you have what it takes to be a dedicated part of this Spiritline. We are so excited for this year but before we can start we have to go over what is expected of you now that you are a part of the Poston Butte High School Spiritline.

This is the Code of Conduct set forth by the Poston Butte High School Spiritline Program. These standards of academics, eligibility, behavior, responsibility, etc. shall apply to all of Poston Butte's Spiritline members.

Our goal as a team is to support other athletic groups on campus, boost school spirit, promote good sportsmanship, and induce positive crowd participation during games. You, as the athlete, have made a commitment to your team, school, family and yourself. We, as your coaches, expect you to honor that. You are to do that all while maintaining your grades and being a productive member at school and at home.

### **Academics/Eligibility:**

You are now a member of the PBHS Spiritline, but more importantly you are a *student* first. Academics will always come before athletics, and it is important that we as a team remember that and abide by district rules as well as this team's rules.

With that being said, you must maintain a minimum 2.0 GPA or 75%. As your coaches we are going to push you to do your best and that includes maintaining the proper grades needed to participate in this sport, because we believe you can do it. You cannot have any Fs and your GPA must be maintained throughout the duration of your season. We understand the school only requires you to have a 60% to pass, but we strongly believe in academics being your priority.

What it means to be ineligible on this team is, when grades come out on Monday morning and you are below the percentage set by the PBHS Spiritline, you are ineligible for the entire week. If there is a grade that needs to be made up, you have a week to get the grade up or you will be considered ineligible for the following week. **Three ineligible notices in a single season (not to be confused with "3 weeks in a row") and you will be dismissed from the team.**

### Ineligibility

- ☞ First Week: If you drop below 75% you will be benched from games ONLY until the grade is brought up. You will still be required to come to every practice and games dressed out in FULL uniform.

- 👉 Second Week: If you are still ineligible after the next grade check, the same process will repeat. You will be placed on Academic Probation and sent home with a 'Notice of Academic Probation' letter that is to be signed by you and a parent and returned to a coach the following day.
- 👉 If it happens more than 3 times in a season you will be dismissed from the team.

Grades will be checked by the athletics office every week. We may require a progress report at any given time. Failure to provide the progress report or meet progress report standards will be cause for benching for a one game minimum.

As a team, we will have a mandatory scheduled study practice once a month. You will be required to attend the same as you are required to attend a regular practice and a game. While we are here to help you become a better athlete, we are also here to help you become the best student and future self you can be. You are a student first and an athlete second. Your academics are more important than hitting a stunt and you will be challenged to strive for academic success throughout the season.

## Practices:

During practices we expect for each and every one you to work hard and push harder to grow and improve on a personal level as well as team. We will put all that we can into ensuring you have the skills it takes to be success inside and outside of cheer. We expect you to be just as devoted as we are to you.

We love to have fun as a team and we also love spirit days. That means some practices we will have a spirit day for us to have fun and dress up. Spirit days are mandatory as a team. We expect you to do your best but to also participate in team activities.

Practices will be Mondays through Friday 5:30am to 6:50am and Tuesdays and Thursdays after school from 2:30pm to 5pm ONLY if decided by your coach. It is mandatory to show up to practice on time every single day!

On time means that you should be arriving no later than 5:25. You should be dressed out, starting your stretches **AT 5:30pm**.

Dressed out includes but not limited to:

- 👉 NO Jewelry (body jewelry included)
- 👉 NO Gum
- 👉 NO Jeans/Booty shorts/Spandex
- 👉 NO Spaghetti straps/Low Cut/Crop Tops
- 👉 Hair is up/Pulled back/Out of face
- 👉 Cheer shoes

\*Failure to comply with any of these guidelines on game day will be cause for immediate bench.

If for any reason any coach is going to be late, we expect that you are still ready and waiting for the coach fully dressed out!

If you are going to be late, please send a coach a text message or email **before** the scheduled practice time to keep them informed. You will only be considered “Excused” if the text or email is timestamped before the scheduled practice times.

In the event that you are absent from practice or a game due to illness, you will need to provide a valid doctor’s note upon your return to practice or game. **Failure to provide a note will result in one unexcused absence.**

#### Tardies:

- 👉 One Unexcused Tardy = One warning
- 👉 Two Unexcused Tardies = One benched game
- 👉 Three Unexcused Tardies = One Unexcused absence

#### Unexcused Absences:

- 👉 One Unexcused absence = One warning
- 👉 Two Unexcused absences = One benched game and Notice of Probation
- 👉 Three Unexcused absences = Removal from the team

Each person is a crucial part of this team and for that reason we are expecting every cheerleader to attend every practice and game. When you miss a day your teammates suffer. You signed up to be a part of a team and we need you to perform your part to make this team and season go smoothly.

In the case of you missing practices/games, if you are sick then you will need a note from your doctor the **very next practice**. If you are not sick but missing a practice or game, your parent will need to call/text your coach directly before the time of practice or a game to be considered excused.

### **Game Days:**

Game days are a time to show and exhibit our school spirit as well as promote good sportsmanship. Like practices, game days are mandatory for attendance.

We will ride to away games together as a team. Before you get on the bus you are to be dressed out in your FULL uniform. That includes your hair and makeup being done before you step on the bus. We need to arrive to the game ready to go.


If your parent chooses to transport you home after an away game, your parent must fill out and return a *Parental Transportation Release Form* **before** the day of the game. You parent must also sign you out with the coach before you leave. **Parents may only sign out their own child**, unless previous consent prior to game day is set up with your coach and parent.

### **Game Day Uniform Requirements:**




Students will not receive uniform if the \$100.<sup>00</sup> athletic fee is not paid **before** their first game. You will be responsible for their specific uniform issued to them. You are also responsible for making sure you have a clean uniform each week for the games.

Your uniform will include:

#### School issued

-  Shell
-  Liner
-  Skirt
-  Pom-Poms

#### Purchased by Athlete

-  Briefs
-  Cheer shoes
-  WHITE NO-SHOW socks (NO neon, multicolored/pattered, or mixed-match socks are permitted)
-  Bows
-  Bag (optional)

Your hair is to be pulled back completely out of your face and in the style decided prior to the game.

\*Failure to show up to a game out of uniform will be cause for immediate benching until athlete can appear in complete uniform.

At the end of the season, it is your responsibility as an athlete to return your CLEAN uniform back into the Head coach. Athletes that turn in a uniform **not issued** to them will be billed for their specific uniform if it is not turned in by someone else.

### **Fundraising:**

Cheerleading is one of the most expensive sports. We as coaches understand that not every family can come straight out of pocket for every expense this sport demands. That is why fundraising is essential to maintaining this team and its success. We want to make sure that we are doing everything we can as coaches to keep money in your parent's pockets for the items



our athletes will need. We also want to ensure that we offer the same opportunities to every athlete regardless of money.

There will be several fundraisers that will be held throughout the year to pay for any costs that have been set aside for this season. Depending on what we need and what is going on at that point in a season, some fundraisers will overlap others.

Spiritline members are held fully responsible for their own individual fundraising. They will be given a goal for each fundraiser we do and it is crucial for each athlete to complete and turn in all fundraisers in the allotted time frame given by the coaches. Each fundraiser is important and goes towards a specific need for the team. If a cheerleader does not complete their fundraiser goal in the allotted time, the athletes will then condition at the coach's discretion.

Because fundraisers are set up to go towards a specific need, should a Spiritline member not meet their goal, **funds from a previous or future fundraiser will not roll over to cover or supplement the costs that were not met from the current fundraiser.** If for whatever reason a Spiritline member is not able to complete their goal on time, there are two options:

1. The Spiritline member can opt. out and not receive the gear that the team is purchasing or participate in the event the fundraiser was delegated for. (Unfortunately, that makes participation not applicable.)
2. The parent/guardian can pay out of pocket for the remaining balance due on any fundraiser to meet the goal set by coaches.

If for any reason, an athlete is still struggling to raise funds after doing everything in their power, please come talk to the coaches. We will try to help you to the best of our ability.

We strongly encourage participation across the board from every member of the Spiritline. Understand that it is very hard to order gear, pay for choreographers, or plan for future events if we do not have the funds in our account. We expect full participation and effort from athletes in order to complete fundraising on time.

## **Conditioning:**

Having endurance and stamina is a vital part of any sport. In order to improve and strengthen up throughout the season conditioning will be mandatory for every member of the Spiritline. Running will be a big part of our conditioning and you will be required to run anywhere between a ½ mile to 2 miles. Other forms of conditioning will occur at the coach's discretion.

Skipping practice on a conditioning day without a doctor's note excusing you is inadvisable and could result in being benched for a game. A Spiritline member will only be excused from conditioning if a coach has received a doctor's note or the school's Athletic trainer has excused them due to an injury.

## Injuries:

We try our very best and use our best judgment and what we have learned as coaches to prevent injuries from happening. Unfortunately, the possibility of injury is inevitable for an athlete.

Should an athlete sustain an injury, before they can return to play they must get cleared by the school's Athletic Trainer. Only once she clears you to play, will you be allowed to return to practices. Depending on the severity of the injury you can still attend practices and game to observe and support your team.

## Cell phones:

**CELL PHONE USE WILL NOT BE PERMITTED DURING GAMES OR PRACTICES.** If you need to schedule a ride it needs to be done before or after practices/games. If it is an emergency, your parents will have the coaches' numbers. Absolutely no cheerleader will record or take pictures of any practice or game with their personal phone unless given permission by a coach. While you are at practice or a game your attention needs to be on the team and not what's going on outside of the gym or practice area.

## Attitude/Behavior:

Your attitude and behavior in and out of uniform is by far the most important factor in being a part of this cheer team. You are not only a role model for this school but also for your community and family. You are expected to maintain the highest degree of character and integrity at all times.

Any Spiritline member disciplined by the administration or security, sent to the office for disciplinary reasons or given a referral, will be benched a **minimum** of one game. Some examples of behavior that is unacceptable of team members and could lead to removal from the team includes, but not limited to the following:

- ☞ Talking behind a teammate's back (or the coaches) or undermining the team in any way. That goes for your social media presence as well.  
*Be careful of what you post online*
- ☞ Inappropriate behavior to the coach or any other adult.
- ☞ Inappropriate behavior towards any teachers or students at any time.
- ☞ A continuous negative attitude at games or during practices.
- ☞ Foul or inappropriate use of language.
- ☞ Bullying of any shape or form

As a representative of your school, your conduct must be exemplary at all times, both on and off campus. You will display responsible citizenship at all times and serve as an ambassador for Poston Butte High School. It is imperative that you are respectful of Poston Butte High School

and all individuals at all times. Uphold the Poston Butte High School Code of Conduct at all times is part of being a part of this team and failure to do so will result in disciplinary actions.

We ask that since you are a part of this team that you will support us, the coaches, and administration. You will not instigate or be a part of any verbal or physical aggression towards your peers or school staff.

## **Dress Code:**

As young adults, particularly young women (males are included as well), we expect you to not only act appropriate but also dress appropriate as well. While it is okay for you to wear whatever you like on the weekend, when you are not in uniform but at school you are expected to abide by the school's dress code.

If you are dress coded by your coach, any member of faculty, including security, here are the consequences:

- 👉 First Offense = One Benched game
- 👉 Second Offense = Two benched games and Notice of Probation
- 👉 Third Offense = Removal from the team

We, the coaching staff, strongly believe that young ladies and even young men should dress appropriately especially while in school. The dress code is there to protect you and your safety, make sure you are able to focus in class, as well as to prepare you for your future in whatever career you may chose.

## **Drug and Alcohol Use:**

Any use of chemical substances, stimulants, drugs, cigarettes, e-cigarettes, alcohol, or any other controlled substance will be grounds for immediate suspension from participating in all Spiritline activities and from the team. The period of suspension will consist of school attendance days and may be a total of nine weeks or one scholastic quarter whichever is longer in duration. If the incident occurs during vacation time, the suspension from the Spiritline will begin on the first day that school resume.

If you are suspended from Poston Butte High School, you will be temporarily suspended from the Spiritline until your actions have been reviewed by the administration. The administration will determine if you are allowed to continue the season on the Spiritline.

It is very important that we as a team abide by these guidelines. These guidelines are in place in order to have a successful season free of injury and physical/verbal conflicts and to set you up for present and future academic success. They are also there to make sure we can have clean, safe, fun without the fear of athletes being left out.



Any violation of the Code of Conduct may result in disciplinary action, including immediate removal from the Spiritline, as determined by the coaches and administration of Poston Butte High School.

To ensure that all parents and students are aware of the expectations for the student leaders of Poston Butte High School, please sign this contract and return it to the coach with the signed PBHS Emergency Contact Form.

If you need to contact me here are the best ways to reach us.

Coach Brandi Turner:

Primary - bturner@fUSDaz.org

Secondary - 480.243.3417

Coach Jay Mullen

Primary - jtmullen@fUSDaz.org

Secondary - 480.452.4611

Coach Christina Calomino

Primary - ccalomino@fUSDaz.org

Secondary - 480.310.2873

**In the case of an emergency, please call us directly.**



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## *Poston Butte High School Spiritline Team Contract*

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### **Cheerleader Commitment:**

I, the undersigned cheerleader, has read and fully understand the Poston Butte High School Spiritline Code of Conduct. I promise to abide by this code of conduct as long as I am a member of the PBHS Spiritline.

\_\_\_\_\_  
Name of Cheerleader (Please print)

\_\_\_\_\_  
Signature of Cheerleader

\_\_\_\_\_  
Date

### **Parent/Guardian Commitment:**

I, the undersigned parent/guardian has read and fully understand the Poston Butte High School Spiritline Code of Conduct. I support my student's decision to seek a position as a school leader and cheerleader and will encourage her participation and involvement in all required activities.

\_\_\_\_\_  
Name of Parent or Guardian (Please print)

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

### **Coach's Commitment:**

I, the undersigned coach has read and fully understand the Poston Butte High School Spiritline Code of Conduct. I understand that as a coach that it is my responsibility to promote a positive academic atmosphere as well as exhibit good sportsmanship and school spirit. I promise to be there for my student-athletes and support them in as much as I can before, during, and after the season. I also promise to be a role model to these young women and exemplify what it means to be an influential woman in school, sports, and everyday life.

\_\_\_\_\_  
Coach Brandi Turner (Please print)

\_\_\_\_\_  
Signature of Coach Brandi Turner

\_\_\_\_\_  
Date

I, the undersigned coach has read and fully understand the Poston Butt High School Spiritline Code of Conduct. I understand that as a coach that it is my responsibility to promote a positive academic atmosphere as well as exhibit good sportsmanship and school spirit. I promise to be there for my student-athletes and support them in as much as I can before, during, and after the season. I also promise to be a role model to these young women and exemplify what it means to be an influential woman in school, sports, and everyday life.

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Coach Jay Mullen (Please print)

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Signature of Coach Jay Mullen

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Date

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Coach Christina Calomino (Please print)

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Signature of Coach Christina Calomino

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Date

Let us all have an amazing season full of fun, growth, new experiences and beautiful memories made together as a team! Let's Go Broncos!