



Your child has shown an interest in trying out for Yorba Linda High School Cheer or Song Squad. Please keep the following in mind regarding your child's involvement in the tryout process and possible participation as a cheer/song squad member:

1. An assessment of your child's ability to handle the intensive time commitment involved with cheer or song relative to your child's ability to meet his/her academic demands and his/her involvement in other activities: extra-curricular, religious, family, etc. Students can't always do EVERYTHING! Please help your child prioritize.
2. Your child's psychological and physical ability to meet the rigorous demands of being a squad member.
3. Your child's feelings of involvement and accomplishment in being a part of this distinguished program.
4. The possible psychological impact of not being selected.

Students who are selected to be a YLHS cheerleader or songleader realize their time commitment to this program will not allow for their participation in other sports, co-curricular activities, or any activity that would interfere with their cheerleading/songleading responsibilities. This includes but is not limited to competing with all-star cheerleading programs during YLHS's competitive season and participating in YLHS's dance company . Be aware that dance studio convention teams can be problematic if the studio and students involved are not aware that conflicts that occur during the YLHS competition season , November-February, will not be tolerated. Traditional studio dance team involvement is only possible if it does not interfere with cheer/song responsibilities and does not take a physical toll on the participant.

A student may be a cheerleader/songleader for (4) four years. Members of the squad must enroll in cheer class 6th period which is worth five credits each semester. This class fulfills the Physical Education requirements.

Being a member of the cheer/song squad can be a rewarding part of a person's high school experience. Please review the following carefully. Call me at (714)986-7500 ext. 14350 or email me at sshube@pylusd.org (preferred method of communication) if you have further questions.

Thank you,

Stacy Shube
Head Coach/Advisor

YORBA LINDA HIGH SCHOOL
CHEER/SONG PHILOSOPHY AND CODE

The primary purpose of the Yorba Linda Cheer and Song organization is to generate spirit, pride, and leadership skills through support, performance, and personal conduct. The term “cheerleader” refers to all cheerleaders and songleaders. The role of a YLHS cheerleader includes but is not limited to both sideline cheering and competitive performances. Training for sideline occurs primarily from tryouts to the beginning of the school year. Training for competitive performances occurs primarily from mid-August through the end of Feb. and/or beginning of March. However, there are overlapping skills that are used in both sideline and competitive situations. Members of the YLHS cheer and song program (even competitive alternates) are expected to participate in practices for both or risk being removed from the program.

The conduct of the cheerleaders is closely observed by many. It is important that their behavior be above reproach in order that they might bring credit and honor to themselves and their school.

RESPONSIBILITIES AND OBLIGATIONS OF YORBA LINDA CHEERLEADER

1. All teachers, coaches, administrators, and parents are to be treated with respect at all times.
2. All cheerleaders will be directly responsible to their advisor, program coaches, or any adult supervisor for all actions at practices and performances or whenever representing the cheerleading organization.
3. Cheerleaders are subject to all of the rules and regulations of Yorba Linda High School. However, the YLHS cheerleader is a representative of the school and must be trusted to display appropriate conduct at many events on this campus and at locations away from campus. The coach/advisor retains the authority to suspend or dismiss from the team those cheerleaders who fail to meet expected standards of conduct.
4. Cheerleaders may not participate in any other sports including All-Star/Club type cheerleading programs that compete during the high school competitive season. Students may not be concurrently enrolled in YLHS Cheer and Song and the YLHS Dance Company. Dance studio participation is only permitted if it doesn't interfere with cheer and song responsibilities. Be particularly mindful of not committing to convention teams that have requirements that conflict with our competitive season, November-February.

5. ELIGIBILITY

- a. **All cheerleaders must maintain a 2.0 GPA.** In order for a cheerleader to participate in the cheer program, he/she must maintain a grade point average of 2.0 on a 4.0 scale. If at the end of the grading period, he/she has not maintained the 2.0 GPA, he/she will be placed on academic probation for the following grading period, with participation determined by coaches. If, however, at the end of the following grading period he/she still has not achieved a GPA of 2.0, he/she will become ineligible and will not be allowed to participate in practices beyond the conditioning and warm-up period. Students who fall below 15 units of credit for a grading period are automatically ineligible. All applicants must be eligible at the time of tryouts.

6. TRANSPORTATION

- a. Cheerleaders are expected to travel to and from away events on school provided transportation. If this is not available, **cheerleaders must travel with a designated parent driver who has an up-to-date driver's registration form on file with the school.**
- b. Conduct on the bus while traveling is important, and all district rules and regulations shall be adhered to at all times.
- c. Bus transportation forms shall be completed and fee paid by the first bus usage (typically the first away varsity football game).

7. APPEARANCE AND UNIFORM

- a. Uniforms/costumes shall be kept neat and clean at all times. If a uniform/costume is damaged, lost, or stolen, the uniform must be replaced by the user.
- b. Under no circumstances is a cheerleading uniform to be worn at non-designated activity or by a non-cheerleader without special permission from the coach/advisor.
- c. All uniform requirements must be met (hair, appropriate shoes, correct uniform, etc.)
- d. Cheerleaders will refrain from engaging in physical contact with boyfriends/girlfriends while in uniform/at cheer events.
- e. Cheerleaders are to wear tennis shoes or jazz shoes (song only) while in uniform, no flip flops, sandals, Uggs or slippers. This includes while wearing warm ups and comp/game uniforms.
- f. For safety reasons, at practice and performances, no cheerleader shall wear jewelry or chew gum.
- g. **Cheerleaders will not get body or ear piercings that can not be removed for practices and performances. Plugs are not permitted. Piercing must be completely removed. Therefore, new piercings are strongly discouraged.**
- h. The length of fingernails shall not exceed fingertips for cheer (must be kept at a moderate length, one cm over fingertip, for song). For safety reasons, cheerleaders may not wear acrylic or false nails; songleaders can only if the length is kept moderate.
- i. Colored fingernail polish will not be worn at performances.
- j. **For performances, hair will be styled in a uniform as required by all squad members and maintained in a "natural" hair color. Cheerleaders will not have tattoos or body art that is visible while in uniform. These must be covered or the cheerleader will be removed from the performance.** Cheerleaders shall pay strict attention to their crowd responsibility during performances. No food, drinks, or gum while performing.
- k. Cheerleaders shall stand at parade rest or sit in the stands as a group and act in a professional manner. Cheerleaders will stand at attention during the playing of the National Anthem.

8. SUMMER CAMP

- a. All cheerleaders and songleaders are required to attend camp; it's mandatory. Dates listed in this packet.

9. SUSPENSIONS/EXTRA DUTIES

The following infractions of cheer rules will result in suspension/extra duties:

- a. Inappropriate conduct while in uniform or representing Yorba Linda Cheerleading.
- b. Failure to wear YLHS uniform as assigned including game-day uniforms.
- c. Failure to follow all rules established by:
 - Yorba Linda High School Cheer Code
 - Yorba Linda High School
 - CIF
- d. Unauthorized transportation to or from away events.
- e. Inappropriate posting on social media

* Suspensions apply to performances only, not practice. Length of suspension will be determined by the cheer coach/advisor. Suspended cheerleaders are expected to attend and observe all performances.

DISMISSALS

The following rule infractions will result in dismissal from the cheer program:

- a. Failure to attend cheer camp(s).
- b. Use of tobacco, alcoholic beverages, or illegal drugs at any time.
- c. Consistent inability to meet time commitments of cheerleading (excessive tardies/absences).
- d. Any behavior excessively incongruent with the YLHS Cheer Philosophy and Code as perceived by the cheer coach/advisor.
- e. Becoming involved in other sport or co-curricular activity which interferes with the cheerleader's responsibilities or overlaps with the high school competitive season.

COMPETITIONS

- a. The cheer coach(es) will determine the size, members, and divisions of all competing teams.
- b. The cheer coach(es) may adjust the competition of the squad to allow for maximum competitive success.
- c. The coach(es) may designate certain members of the squad as alternates to the competitive team. These individuals will be called on to compete in case of injury, ineligibility, or any other changes in the status of the competing member of the team. Alternates may be added, or competing members may be designated as alternates in order to increase or decrease the size of the competitive team based on the restrictions of various competitions.
- d. There are no guarantees that any cheerleader will get to compete. However, cheerleaders who are diligent about meeting their cheerleading responsibilities, come to practice regularly, and show adequate skill development will be given every consideration.
- e. Competitions are a privilege not a right. All cheerleaders interested in competing are expected to abide by and comply with the Yorba Linda High School Cheer Philosophy and Code.

SQUAD COMPOSITION

- a. Seniors *may only* participate on the Varsity Squads.
- b. Juniors, Sophomores, and Freshman may participate on either the Varsity or Junior Varsity Squads and will be placed according to skills, attitude, and squad need.
- c. Under extenuating circumstances and at the coach's discretion, a student may try out at a later date. If added to the cheer program, this student becomes subject to all rules outlined in the Cheer Philosophy and Code from that day forward.

OTHER RULES/REQUIREMENTS

- a. **Cheerleaders are expected to condition regularly, including running and other aerobic conditioning. If an athlete is too sick or injured to run/condition for more than a week, he/she must get a doctor's note. He/She also risks being pulled from competition or any other routines being worked on at that time due to his/her limited ability to participate.**
- b. Cheerleaders will register in the cheer/song class and will meet all obligations asked of them during this time by the coaches or advisor including making posters and run-throughs.
- c. Cheerleaders should understand that they will be expected to carry out their duties until the end of the year for which they serve. They will make every effort to support all sports, women's and men's, whenever asked during the regular season and CIF play.

TARDIES AND ABSENCES

PRACTICE	is defined as any organized meeting of cheerleaders called by a cheer coach/advisor.
PERFORMANCE	is defined as any occasion when a cheerleader is in uniform and asked to perform his/her duties and responsibilities. This includes sideline events, competitions (even those attended to support other YLHS cheer/song squads), or any event that the cheer coach/advisor has asked the cheerleader to attend.

- The cheerleaders and songleaders will be given 1 grade point for attending every practice, tumbling class, one week's worth of technique class, CrossFit session scheduled by the coach/advisor per week.
- Students will be given 2 grading points for every game, assembly, or other performance/support type situations they attend in a given week.
- Only absences excused by a doctor's note will not negatively impact a student's grade. The note must be provided from a licensed MD.
- Injured cheerleaders and songleaders are expected to attend all practices and performances.
- Cheerleaders or songleaders who come late or leave early from a practice or performance will only receive half credit for that practice or performance.
- Cheerleaders or songleaders who miss more than half of a practice or performance will receive a zero for that practice or performance.
- Cheerleaders or songleaders who do not participate fully to the established expectations of a particular practice (ie. skip running or conditioning) will only receive half credit for that practice (exceptions made with a note from a licensed MD).
- Students whose grade falls below a C will be dropped from the program.
- Cheerleaders or songleaders who miss two or more practices will be in jeopardy of being pulled from the competition routine. Cheerleaders or songleaders who miss practice the week prior to and/or the week of a competition or performance risk being pulled from the competition team and/or performance.
- Technique classes/ tumbling classes/CrossFit sessions can be made up if another similar class/session is taken (up to two per semester). **Practices and performances can not be replicated and therefore can not be made up..** Technique classes and tumbling sessions that are used to practice comp routines or assembly performances are considered practices and can not be made up.

*** Squads will not have practice Thanksgiving Day (we practice or have games the rest of the week). We will not practice Memorial Day, Spring Break, or the first week of Winter Break. Practices WILL be scheduled over all other holidays including and especially the last week of Winter Break, Martin Luther King Holiday in January and the Presidents' Holidays in February as these occur right in the middle of our competition season.**

- **some particular holiday dates that we will have practice include but are not limited to Thanksgiving week - 11/21/22, 11/23/22 ; winter break 1/2/23 and 1/4/22; Martin Luther King Holiday 1/16/22; Lincoln's birthday 2/13/23, and President's Day 2/20/23. These holidays all occur during or lead up to our competition season. We need the kids available for these practices in order to adequately prepare for competition. Missing these or other practices that occur during the months of November- February will particularly put your position in competition routines in jeopardy.**

*** Absences that occur the week of and/or the week prior to a competition/performance are particularly problematic. Students who are absent the week of and/or the week prior to an assembly performance or competition risk being removed from that performance/competition. Students who are removed from routines will only be reworked back into routines at the coaches' discretion.**

***During summer practices (those that run from tryouts to the week school starts), since no grade is given, cheerleaders and songleaders will be held accountable for practices in the following way: cheerleaders will have to sit out of a football game for every four practices they miss. The same rules regarding missing partial practices or failure to practice fully apply.**

Cheer and Song Cost Estimate 2022– 2023

*Cheer and Song is funded entirely by the participants, with the exception of one head coach –Stacy Shube who is paid with a stipend by the district. The expenses listed below are a per person estimate of those necessary to run the program at the competitive level it has been run in the past. Therefore, cheerleaders are asked to make the following contributions to offset these costs. **The extent to which the program can provide access to participation in competitions, outside coaching, involvement in extended field trips, and a variety of uniforms/clothes will be adjusted based on the amount of contributions received and funds raised.***

Per Person Expenses

	Var. Cheer	Var. Song	JV Cheer	JV Song
*Uniforms / Clothes	\$1600	\$1600	\$1600	\$1600
Camp(s)	\$500	\$500	\$500	\$500
Summer Program fee	\$250	\$250	\$250	\$250
Dance class		\$900		\$900
Gym Fees/CrossFit	\$1200		\$600	
Transportation Fee	\$100	\$100		
<u>Additional routines</u>		\$700		\$700
Total	\$3650	\$4050	\$2950	\$3950
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**Fair Share Dept	\$2000	\$2000	\$2000	\$2000
<u>Out of State trip</u>	\$1700	\$1700		
(Without fundraising or sponsors)				
Total	\$7350	\$7750	\$4950	\$5950

- The above expenses are for girls new to the program; returning girl's uniform expenses will be lower. Buying used uniforms can also lower expenses.
- The Booster club holds some fundraising opportunities designed to lessen program expenses.
- Projected Required Fundraising
 - Booster Club will require an approximate \$100,000 budget next year (covering coaches' stipends, competition fees, banquet expenses, choreography fees, music edits, etc.)
 - If we have 50 students in the program, that makes $\$100,000/50 = \2000 per person

TRYOUT PROCEDURES – CHEERLEADERS AND SONGLEADERS

The coaches/advisors of the cheer and song program will choose who is selected for the squads. The following criteria will be used in the selection:

1. Evaluation of the applicants progress and skills as demonstrated throughout clinic week and previous experience with the applicant's skills (if applicable). Please note, for the cheer squads, especially varsity cheer, applicants are trying out for a position: flyer, sidebase, backspot. Applicants are trying out against other applicants who may fit that position, not against the whole pool of applicants.
2. Evaluation of squad needs in terms of particular skills or specialties needed on the team.
3. Evaluation of the applicant's attitude and behavior as demonstrated throughout clinic week and previous experience with the applicant (if applicable).
4. The applicant's discipline/behavior history as seen in his/her discipline file and citizenship grades.

Dress for Tryouts:

Wear clothes that will allow you to participate safely

- tennis shoes and jazz shoes (song only)
- athletic shorts/leggings fitted t-shirt/sports bra
- nails must be trimmed and unpolished
- no jewelry/watches
- hair in ponytail

New squad list will be posted on Stacy Shube's staff page on the YLHS website.

Hints for Success for Cheer/Song Parents

Parents whose child finds the program to be a good fit

- Support their child and celebrates all the kids in the program
- Back the coaches and realizes there will inevitable be bumps in the road
- Are cognisant that this is a life-lesson environment that will help their child grow and build character
- Realize that this in a team sport/program and allows their child to make sacrifices for the betterment of the group
- Understand that their child is on the team and they are not. Allow their child to advocate for him/herself and take personal responsibility
- Involve themselves in appropriate parental areas: boosters, fundraisers, planning fun activities like parties and banquets.

Parents whose child finds the program not suited his/her needs

- Are constantly comparing their child to others and criticizing others to make their child look better
- Constantly inserts themselves in the process and tries to fix everything
- Become distressed when their child experiences setbacks or comes home unhappy
- Try to have exceptions made for their child and consistently thinks of their child's needs above the needs of the group
- Try to do everything for their child...to the point where even they don't encourage their child to engage in simple communication and/or bring up concerns directly with the coaches/advisor
- Try to involve themselves in coaching matters like who is competing or in what capacity, what competitions the squad is attending, or who should make what team.

Yorba Linda High School
2022-2023 Cheer and Song Tryout Schedule

March 30 - **Cheer and Song Tryout Meeting -meet at the lunch tables in the center quad**

April 13 Check Stacy Shube's staff page on the YLHS website to find tryout material videos.

April 18 - Applications due through google forms
https://docs.google.com/forms/d/e/1FAIpQLSeh26FFtEWmSVSL-eUw6ZwcdVr5WLRWZxLVOp4qxkAmqU0dSg/viewform?usp=pp_url

April 20 All athletic clearance must be complete and submitted to Athletic Clerk, Jesus Jimenez in the YLHS front office. **Physical forms and copies of health insurance cards (front and back) need to be turned in to the YLHS front office on or before this date.** If there are any changes in requirements to try out by Covid protocols, Stacy Shube will send out announcements through Remind Text. Parents of applicants and applicants should join the 2022 Tryout Remind Text. <https://www.remind.com/join/3a2a9d> or text @3a2a9d to 81010

Complete clearance packets must be handled online (see below). The link can be found on the YLHS website:

Click on Athletics
Click on Clearance Forms
Click on the LINK...
Click on Athletic Registration 2022-2023
The different sports will pop up; pick Cheer and Song.

You can also type in the URL:
<https://www.familyid.com/yorba-linda-high-school/2022-2023-athletic-registration-3>
Please register for the 2022-2023 school year. Two items must be completed through the on-line system: the clearance packet and the DMV paperwork. Two items have to be submitted in person: the complete physical and copy (front and back) of the health insurance card. **Please do not leave physical forms or health insurance card copies in Stacy Shube's mailbox. Those must be turned in to the front office.** Check with Jesus Jimenez in the front office if you have any questions. **Here is the link for the physical form.** Be sure the box for full contact collusion level is checked (bottom right-hand side). **Be sure the doctor's stamp is placed on the bottom left-hand side.**
<https://1.cdn.edl.io/qqJRPSTBrPgS7n475S0kC6gtitKb7ndQ2MIPOqDXmVCwL7PY.pdf>

Be aware that that the Covid Clearance through Aeries must also be updated -

- 1.) Go to Aeries...(AERIES PARENT PORTAL)
 - 2.) Click on the Student Info.
 - 4.) Click on Data Confirmation
 - 5.) Click on Documents.
 - 6.) Click on Athletic Documents...(PYLUSD Informed Consent)
 - 7.) Check the Box for the Confirmation Documents.
 - 8.) Click on Authorization..**(go back to the left column to click on "Authorization")
 - 9.) Scroll to the bottom of the page.
 - 10.) In the box check..."YES"...then click "SAVE"
- ** (The box reads, "My student and I have read..PYLUSD informed consent Agreement for Moderate and High Contact sports"..etc.)

Check List:

- Application/google form submitted**
- Clearance paperwork submitted through Family ID**
- Physical and copy of insurance card (front and back) turned into Mr. Jimenez in the front office**
- DMV paperwork submitted through Family ID**
- Covid Clearance Form updated through Aeries**

**OTHER DATES AND TIMES FOR THE 2022-2023
CHEER AND SONG SQUADS**

Please be aware that these dates are subject to change.

April 25, 26, and 27	Song tryouts 4:30-7:00 in the practice gym
May 3, 4, and 6	Cheer tryouts 4:30-7:00 in the practice gym
May 11	parent/students meeting for new squads in the YLHS center quad at 7:00pm (please bring \$500 check made out to YLHS Cheer and Song Booster Club)
May 16-June 10	All Squads practice: Mondays and Wednesdays 4:30-7:00, plus tumbling/dance technique classes
June 13-16	No practice due to 8th grade promotion, high school graduation, finals, etc.
June 20-23	Required UDA Camp for Song - Esmeralda Indian Wells, Indian Wells.
June 20-July 8	only scheduled vacation time for cheer (dead period)
June 27-July 15	only scheduled vacation time for song (dead period)
July 26-29	Required UCA Camp for Cheer - Margaritaville Resort, Palm Springs
July 11(cheer)/ July 18 (song) - Aug. 26	All Squads summer practices: Mondays and Wednesdays 2:30-5:00, plus tumbling/dance technique classes
Aug 18 and 19	First JV and Varsity football games respectively.
Tuesday nights	JV Cheer tumbling class
Thursday afternoon/nights	Varsity Cheer CrossFit/tumbling class
Tues. and Thurs. afternoons	Song technique class

*You are expected to attend all practices regularly or face the consequences including being benched from football games, being removed from routines, and in severe cases being removed from the squad.