

# CVHS Falcon Pep-Squad Commitment Packet 2023 – 2024



Welcome and thank you for your interest in the 2023-2024 CVHS Falcon Pep-Squad!! Membership on the Falcon Pep-Squad offers a unique opportunity for personal growth, leadership, and participation in many school activities!

Please READ ALL enclosed information. Being a member of the CVHS Pep Squad requires a commitment for both the student and parents. If any questions, please do not hesitate to email

- Pep-Squad Head Coach, Alexandra “Lexi” Martindale Hemaiden [amartindale@gusd.net](mailto:amartindale@gusd.net)
- Advisor, John Pehar [jpehar@gusd.net](mailto:jpehar@gusd.net)

## **TRYOUT INFORMATION MEETING:**

Monday, April 17, 7:00pm – 8:30pm – North Small Gym

## **MANDATORY Tryout Clinics:**

Song and Short Flags: (Wed-Fri) April 19-21, 3:30-5:00 pm (CV Dance Room)

Cheerleading: (Tues-Fri), April 25-27, 3:30pm - 5:00pm (CVHS North Gym)

Enter campus through the gate on the corner of Glenwood and Prospect.

## **OFFICIAL TRYOUT:**

Song and Short Flags: Friday, April 21, 3:30 pm (CVHS North Gym)

Cheerleading: Friday, April 28, 3:30 pm (CVHS North Gym)

Results posted Sunday, April 31 on the South Gym Main Entrance Door at 5:00pm

## **MANDATORY NEW TEAM MEETING, Pep Squad Member & PARENTS:**

Monday, May 1, 7:00pm – CVHS South Big Gym

## **MANDATORY UNIFORM FITTING:**

Wednesday, May 3, 3:30 pm (Location: TBA)

## **FALCON PEP SQUAD PURPOSE**

CVHS Pep Squad program athletes are student leaders who exemplify and promote school spirit, pride and sportsmanship. Program participants enhance a positive school climate by exhibiting leadership skills such as respect for individual's differences, building consensus, academic excellence and modeling appropriate behaviors at all times, both in and away from school. Cheer-LEADERS are ambassadors for their school. Because of these responsibilities, members of their respective squads/teams will be expected to maintain a higher standard of behavior both on and off campus than that of their peers. In or out of uniform, are representatives and the pep squad and the school. We at CVHS believe in a culture of a TEAM and an idea of going above and beyond not just in our sport but in our community, in our academics, in our schools! We strive for excellence and bring honor to our school and have a deep sense of pride in our community.

## **TRYOUT PROCESS**

- Students must attend the tryout practice daily to be eligible to tryout for the CVHS Falcon Pep Squad.
- Tryouts are team specific. We encourage students to decide which team they prefer. Song and Flags tryouts are the week before Cheer. If the student does not make Song or Flags they will be allowed to try out for Cheer the following week.
- Students will learn team specific material at tryout practices including choreography, technical skills (stunts and tumbling) and cheers/chants that will be performed for the judges and coaches on Friday.
- Each student will receive a number and be asked to perform in front of a coaching and judging panel. Tryout week practices and official tryouts are closed to the public.
- Students must tryout in person.

## **GENERAL SKILL SETS FOR ALL TEAMS**

- Technique: Sharp, consistent motions, executing team specific skills mentioned below with proper technique and coordination
- Performance skills: eye contact, loud voices, and strong showmanship
- Must fulfill all duties as Pep Squad member including all competitions or an alternate if selected.

## **CHEER**

- Stunt and tumbling experience preferred but not required
- Jumps: toe touch, right/left hurdlers

## **SONG**

- Dance experience is preferred but not required
- Jumps: toe touch, leaps, fire bird, calypso
- Turns: double pirouette, three second turns into a double pirouette
- Flexibility: leg extension, leg hold turn preferred

## **FLAGS**

- Flag experience preferred but not required
- Good hand eye-coordination

## **ATTIRE FOR TRYOUT**

All students must meet the following guidelines:

- White top and black leggings/shorts - NO CVHS Cheer apparel / logos
- Appropriate cheer or athletic shoes and socks (Jazz shoes Song only)
- Hair pulled back in tight ponytail
- Hair color must be natural tones
- No gum or jewelry
- No acrylic nails or long nail length
- 'Game Day ready' makeup for day of official tryout

## **SCORING SYSTEM FOR TRYOUT**

- Students will be observed throughout the clinic week on attendance, punctuality, attitude, ability to learn, enthusiasm, and overall performance.
- Students are evaluated by judges on skill level, flexibility, cooperation and performance skills, as well as showmanship.
- Pep Squad members from previous year; the previous year's attendance, tardies, event participation, observed attitude on the team, observed attitude/behavior outside Pep Squad, and commitment to the Pep Squad program will be weighted into your final score.
- Opinions of judging weigh heavily on team placements, as well as final tryout scores and coach recommendations. The head coach makes the final decision on team placement.



## **FALCON PEP SQUAD TIME COMMITMENT – MANDATORY**

1. Pep Squad members will be enrolled in one class period during which practices will be held
  - All Pep Squad, Cheerleading, Song, and Flags are enrolled in Period 1. Most practice days begin at 7 AM.
2. Members are required to be ON TIME EVERY DAY to class or will be marked late/tardy. Members who are tardy and have unexcused absences from practices/class/events will sit out during performances and will affect the team as well as the student's Academic, Participation and Citizenship Grades.
3. Practices will be held during the summer and Summer Camps.
  - VARSITY Cheer, Song and Flags attend UCA/UDA Resort Camp August 3-6
  - Junior Varsity will attend Home Camp August 11-13

## FALCON PEP SQUAD TIME COMMITMENT – MANDATORY Cont...

- Weekend practices may be scheduled for all squads as needed to prepare for upcoming performances and competitions.
- Football, Basketball, and other sporting events are scheduled throughout the year including playoff/championship games. Game schedules are released to the squad as soon as available and posted on the Pep Squad iCal Calendar.
- Falcon Pep Squad will compete in a minimum of THREE Spirit Competitions held on Saturdays with a goal of earning a bid to attend USA Nationals in February 16-18, 2024.
- Fundraising events such as Junior Cheer Camp, WeFund4U, Pep Calendar Sales, See's Candy, Dine Out Nights, and more are held throughout the year and require participation of all Falcon Pep Squad members.

### PEP SQUAD CALENDAR

- Stay updated on all Pep-Squad and Pep-Squad Booster Club events.
- Subscribe to Pep Squad iCal.**
- www.cvhsfalcons.com, Athletics, Pep Squad, Pep Squad Calendar

Pep Squad Photo Day  
Monday, August 14  
7:00am - 10:00am  
Deukmejian  
Wilderness Park

### **2023 Football Game Schedule**

- Varsity Teams Travel to both home and away games.
- JV Cheer – Attend JV and Soph/Frosh Home Games only
- Call times for buses vary depending on the game location, and 30 minutes prior to departure.
- Football games times are 4:00pm for JV, Frosh/Soph and 7:00pm for Varsity.
- Basketball Season Pacific League Schedule will be added to the Pep Squad Calendar in September.

#### Varsity 7pm Games

Friday, August 25, (A)

Friday, September 1 (H)

Friday, September 8 (A)

Thursday, September 14 (H)

Friday, September 22 (H)

Friday, September 29 (H)

Friday, October 6 (H)

Friday, October 13 (A)

Friday, October 20 (A)

Friday, October 27 (H)

CIF Playoffs – TBA

#### JV 4pm Games

Friday, September 1 (H)

Friday, September 22 (H)

Friday, September 29 (H)

#### Soph/Frosh

Friday, October 6 (H)

Friday, October 27 (H)

- Junior Cheer Camp - Saturday, September 23 – at TBA**
- Cheer with the Falcons! Friday, September 29 (First Half) at Moyse Stadium (Glendale HS)**



## PEP SQUAD EXPECTATIONS

### UNIFORM POLICY

- Uniforms are made to order. **Fitting Day Wednesday, May 3.** Uniform, Practice Clothes, Warmups, Shoes, Poms (Varsity Cheer and Song Only) and Backpacks.
- Uniforms consist of the following Varsity Brand Official Uniform items: 'CV' long sleeve (full body liner), 'FALCONS' shell, skirt, navy briefs, current season cheer shoes, Varsity Warmups, and Varsity Backpack.
- Spirit Bows: Gameday bows (Navy, Columbia Blue, White, and Pink) and Competition bow.
- Low ankle white or no-show, or team socks only while in uniform.
- No jewelry while in uniform.
- Hair color must be natural tones and worn in the specified team style with bow while in uniform/spirit wear.
- Nails must be short, no longer than tips of fingers.
- Failure to have any of the correct uniform/spirit wear items on game day or at a performance/competition will result in sitting out.
- Uniforms are to be always kept in good condition and clean. If a member's uniform is damaged, lost or stolen, the uniform must be replaced at the Pep Squad Member's own expense.
- Uniforms are to be worn for athletic events, school day gameday and approved events ONLY.
- DO NOT LEND YOUR UNIFORMS to friends/family members for any reason.

### PRACTICES

- Practice Gear will be worn to all practices.
- Hair in a secured ponytail before start of practice
- No gum
- No jewelry is permitted during practice
- No acrylic nails
- Members are expected to participate at every practice to the best of their ability. If the coach feels that you are not doing so, you will be asked to sit out of games/performances at the coach's discretion.
- All students with injuries must present a Doctor's note to Health Office
- The Health Office informs coaches of injuries and when cleared to return.

### SCHOOL PERFORMANCES / GAME DAYS / SIDELINE

- Members must know all cheers, sideline band dances and halftime performances. Failure to do so will result in sitting out and will not be able to perform until the material is learned.
- All members must understand the rules of the games for the sports we support.

## **SCHOOL PERFORMANCES / GAME DAYS / SIDELINE Cont...**

- Members to arrive ON TIME 'GameDay Ready' -- fully dressed in assigned uniform, team makeup and hair up with bow. Members will be marked tardy if late and grade points deducted if not adhered to instructions.
- When a bus is provided, all Pep Squad members are required to ride team bus to/from events, with exception of a written permission from parent given to coach 24 hours prior to event. Buses leave at approximate times. If students miss the bus, he or she must ride with parent/adult to the event and required to ride the bus back for the return trip.
- If there is an emergency / bus strike; parents and/or guardian volunteers can drive students to games/events. **Students are NEVER permitted to drive themselves or others.**
- Everything students bring to an event/game must fit in their backpack.
- Bring water bottles for games. Water is not always provided.
- Remain engaged with team, positive and spirited in all situations.

## **COMPETITION SEASON**

- Being on CVHS Pep Squad does NOT guarantee member will compete.
- Competition Season: November-February. STUNT Season is March-May
- Competition choreography practices are mandatory and may take place on weekends if necessary.
- All competition members are expected to compete with their team at all Regional and National Competitions unless you are chosen as an alternate but must be in attendance for all events.
- Excessive tardies/absences or lack of work ethic in competition practices can result in the member being placed by an alternate.

## **ALTERNATES**

- Alternates are chosen based on team member's technique and skillset execution. If a student shows strong performance and technique for game day material but not for competition, they will be placed as an alternate. Alternates will always be given the opportunity to improve. Alternates placement in the competition routine is based on coaches discession.
- Alternates and Competitive Team Members are never promised a spot in the routine. Students are expected to show up with a positive attitude and work hard.
- Alternates and students with injuries must attend all practices and competition related events in warmups with uniform components packed.

## **GRADING, POLICIES & PROCEDURES**

- All Grading, First and Second Semester on a points system (100 Points = 100%)
- Grade points deducted for missing assigned football/basketball and other assigned events, late to practice or call times (late/tardy),
- Grade points deducted for unauthorized use of cell phones, wearing jewelry during practices, and jewelry when in uniform.
- Grade points deducted for not following established uniform and practice wear policy.
- Cell phones are to be silenced and placed in backpacks during practices and events this way students remained focused on the task at hand.

## **GRADING, POLICIES & PROCEDURES Cont...**

- Cold mornings/days: CV Pep Squad warmups, non-descriptive gray, navy or black sweatpants/joggers or black leggings only. **PJ's are not permitted**
- Being late to class, students given a 2-late/tardy grace. Point deductions begin with the third late/tardy. Points for missing assigned events hold a greater weight because it involves more hours. Like any academic class, you are excused from missing that day, but with the understanding you must do make up assignments. The grading scale is as follows, 90-100 A, 80-89 B, 70-79 C, 60-69 D, and 59 or below is an F. We expect every student to get an A.
- Falcon Pep Squad Tardy policy is "if you are on time, you are late."
- Arrive to practices 5 minutes before call time to ensure proper warm-up.
- Call times for all games, home and away (bus travel), 30 minutes prior.
- **Absences: One person being absent affects the entire team!**
- Excused absences will be for illness, weddings, funerals, or religious holidays. Proof of event must be provided to the coach (Doctor's note, wedding invitation, funeral announcement, etc.)
- Regardless of absence reason, missed events must be made up.
- If you miss a scheduled practice before the week of a game, school performance or competition, the coach reserves the right to decide if you will perform at the game/competition.
- Rules, policies, and guidelines will be reviewed at the beginning of the school year.

## **CONDUCT**

- All Falcon Pep Squad Members must maintain a 2.0 GPA or higher AND always passing 4 classes (D or higher). Failure of academic good standing will result in sitting out for the remainder of the academic semester.
- Always promote good sportsmanship by way of example.
- **Head Coach and Advisor reserve the right to dismiss students from the team if any of the following rules are not followed:**
  - Members must always abide by the CVHS Standard of Student Conduct.
  - Members must be respectful of Coaches, Parents, Teachers, Administrators and Team Members always (24/7/365).
  - Members must not use foul language or have inappropriate conversations at practices, games, and competitions or in school.
  - Public displays of affection are never considered appropriate in uniform.
  - Gossip, harassment, bullying of any kind will not be tolerated on or off campus.
  - Cell phones and or other devices should be silenced during practices, performances, and games. Please alert your coaches to any emergency that would require monitoring of your phone.
  - Absolutely no use of alcohol, tobacco, vaping, or drugs.
  - **SOCIAL MEDIA:** The actions of ONE team member reflect on the whole team. What you post on social networking sites can and will be seen by everyone. Posting inappropriate comments, derogatory language, and/or photos of alcoholic beverages, illegal substances, suggestive positions or provocative images, or images deemed inappropriate.
- If a member is removed from Pep Squad for rule violations, the individual will be ineligible to participate in the team selection process (tryouts) for the following year.

## **PARENT RESPONSIBILITIES**

- Attend Parent meetings and be involved in the Falcon Pep Squad Booster Club Fundraising Activities and attend your student's events.
- Maintain your role as a supportive parent/guardian. This team is made up of not only the students, but also the parents/guardians. We need your help to give the program the little extras that make the members experience so special.
- You are **"THE TEAM BEHIND THE TEAM"**
- Keep up on communications from the coaches, advisor, and Booster Club.
- Ensure your student is in academic good standing.
- Parents who negatively affect the environment of the program will be asked to leave. Negative chatter will only damage the overall spirit of the program and will not be tolerated.
- PLEASE give your student the opportunity to work out problems and issues with the coaches and/or advisor. This includes but not limited to absences, grading, and consequences for rule violations.
- If a student is to be absent for personal reasons, we want the students to communicate with the Head Coach or Advisor using the google form and direct conversations.
- If and only after the student has made communication with coaches/advisor and you believe there is a need to intervene, please do so by email.
- Pep Squad members are leaders, and we want them to learn how to be leaders and act for themselves.

## **PEP SQUAD TEAM COMMUNICATION**

- All parent questions and concerns are to be emailed directly to the head coach. Please allow 24 hours for a response.
- It is the responsibility for the Pep Squad member to communicate with their coaches and advisor.
- Parent text messages to coaches will not be acknowledged and no response will be made.
- All basic questions from Pep Squad Team Members should be directed to the Pep Squad Captains. Only as a last resort or absolute emergency will students be permitted to contact coaches by text.
- Advisor messages use the REMIND.
- Coaching messages use the Band App.
- Parent emails regarding absences accepted only when the Pep Squad member is unable to send will be read but no reply.
- It is the responsibility of the Pep Squad member to communicate with coaches and advisor.
- Pep Squad Members must inform their coach by Band App no less than 24 hours before absence. A verbal message delivered by another team member, or a text message is unacceptable.