



***2026-27 VISALIA UNIFIED SCHOOL DISTRICT
HIGH SCHOOL ATHLETIC HANDBOOK***

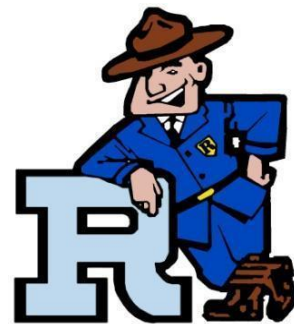




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Contact Information



High School Athletic Directors

- El Diamante High School
Athletic Director: Kimberly Watamura
Main Office: 735-3501
Attendance: 735-3516
Athletic Phone: 735-3521
- Golden West High School
Athletic Director: John DeLong
Main Office: 730-7814
Attendance: 730-7809
Athletic Phone: 730-7813
- Mt. Whitney High School
Athletic Director: Brent Hall
Main Office: 730-7610
Attendance: 730-7602
Athletic Phone: 730-7607
- Redwood High School
Athletic Director: Michael Wright
Main Office: 730-7367
Attendance: 730-7399
Athletic Phone: 730-7715

District Athletic Programs Department

- Main Office: 730-7300
Director: John Perez – 730-7469
Coordinator: Johnny Freitas – 730-7469

VUSD Athletic Philosophy

The Visalia Unified School District (VUSD) believes that an athletic program provides opportunity for students to acquire tools for lifelong personal growth and fulfillment of potential. These tools include: self-discipline, commitment to team, self-sacrifice/dedication, perseverance, and sportsmanship.



VUSD hires coaches who demonstrate the core values that support our student-athletes' social and physical development. VUSD commits to providing the broadest range of competitive programs for our student-athletes. At all times, VUSD's athletic programs will be complementary and supportive of the educational goals at VUSD.

The VUSD, as a member of the California Interscholastic Federation Central Section (CIF-CS), is committed to the exhibition of sportsmanship and ethical behaviors in and around all athletic events. All contests must be safe, controlled, fair, courteous and orderly for all student-athletes and fans. It is the intent of the VUSD and the CIF that violence in any form will not be tolerated. In order to enforce this policy, VUSD has adopted rules and regulations which set forth the manner of enforcement of this policy and the penalties incurred when violation of the policy occurs. VUSD shall require that the following Code of Ethics be issued to each student-athlete annually and will require annual signing by the student-athlete, parent/guardian, and coaches prior to participation.

VUSD Code of Ethics

All coaches, parents, and student-athletes will...

1. recognize and reinforce that academics are our student-athletes' top priority.
2. uphold the ideals of sportsmanship and fair play at all times.
3. show courtesy to visiting teams and officials.
4. respect the integrity and judgment of sports officials.
5. achieve a thorough understanding and acceptance of the rules of the game.
6. uphold the standards of conduct and the standards of eligibility.
7. recognize that the purpose of athletics is to promote the physical, mental and social well-being of all participants.
8. remember to keep athletics in perspective; an athletic contest is only a game, not a matter of life and death.

CIF Code of Ethics

1. To emphasize the proper ideas of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.



10. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

Expectations of Student-Athletes/In and Out of Season

1. Participation in athletics is voluntary.
2. Participation is a privilege and not a right.
3. Student-athletes will adhere to the standards of conduct as defined in the Activity Code, VUSD Code of Ethics, and the CIF Code of Ethics at all times.
4. Maintaining academic eligibility is the student's responsibility. Eligibility can also be lost because of poor attendance or citizenship.
5. The commitment a student-athlete makes to his/her team and coach requires that choices be made and priorities kept.
6. The student-athlete will show respect for all coaches, teachers, peers, officials, spectators, school facilities and equipment, and opponents at all times.
7. Student-athletes will be prepared physically and mentally for the upcoming sport's season. Preparation may include strength training, conditioning, and sport-specific skills training.
8. Student-athletes will arrive at all team practices on time, be ready to listen, and prepared to learn.
9. Student-athletes will communicate openly and honestly with coaches and school officials.
10. Student-athletes understand that coaches will make decisions based on what is best for the entire team/program.
11. Student-athletes will adhere to all team/program requirements set forth by the program's/team's coaching staff.

Expectations of Parents

1. Emphasize that academics always come first.
2. Be supportive of your student-athlete, school, coaches, and program.
3. Understand the importance of the complete student-athlete which requires both mental and physical preparation.
4. Emphasize perseverance.
5. Attend all parent meetings that pertain to the team/program.
6. Consider scheduled practices and games when planning family appointments and/or events.
7. Parents will adhere to the standards of conduct as defined in the Activity Code, VUSD Code of Ethics, and the CIF Code of Ethics at all times.
8. Parents will understand the strengths and limitations of their student-athletes.
9. Parents will communicate openly, honestly, and at an appropriate time with coaches and school officials.
10. Parents will understand that coaches will make decisions based on what is best for the entire team/program.



11. Parents will accept all team/program requirements set forth by the program's/team's coaching staff.

Expectations of Coaches

1. Coaches will emphasize that academics always come first. As such, practice times and duration will be reasonable, age-appropriate, and well-communicated. Players shall not be penalized for missing practice for graded co-curricular events.
2. Coaches will use good judgment in dealing with all things related to their program and VUSD.
3. Coaches will give each student-athlete an opportunity to try out for the team.
4. Coaches will communicate in a positive manner.
5. Coaches will have an informational meeting prior to the season.
6. Coaches will be well-trained in teaching all aspects of the sport.
7. Coaches will be positive and enthusiastic.
8. Coaches will determine playing time.
9. Coaches will use honest, clear, effective, and appropriate verbal and multimedia communication with students and parents.

Conduct on and off the Field

At all times (on and off campus): Coaches and student-athletes represent their team, school, and community. Coaches and student-athletes should be conscious of their appearance, behavior, and citizenship at all times. Student-athletes can be held accountable for misbehavior in accordance with CIF Policy, [VUSD Board Policy 6145](#), Student Activity Code and a coach's team policy.

Letter Requirements

Because of the differences in many sports, each coach sets his/her requirements.

Quitting a Sport

The head coach may or may not allow a player that has quit the team to return. Student-athletes who quit a team may lose all rights of a team member including, but not limited to, physical education credit, awards or post season honors. A player who quits a sport after a two (2) week grace period during the CIF season of sport, may not go out for the next sport until the previous sport season concludes.

Responsibility for Equipment

Student-athletes shall assume responsibility for all athletic equipment issued to him/her and parents/guardians will be expected to pay for any damaged or lost equipment.



Release to Parents/Guardians/ and Driving Your Own Car

Student-athletes shall ride to and from all contests on school provided transportation. In special instances, student-athletes may ride home only with their parent(s) or guardian(s). Requests must state specific reasons and be submitted in writing, signed by a parent or guardian, and approved by the Athletic Director or the Principal at least 24 hours in advance of the contest. In addition to visual contact, a parent release card must be signed by the parent or guardian. We realize that there may be other commitments such as homework, tests, family emergencies & conflicts, work, or other legitimate reasons.

Under no circumstances will a student-athlete be released to another student driving a vehicle.

Playoff Participation Criteria

The following criteria will be used for Visalia teams to participate in the CIF Central Section Playoffs. Schools must meet one criterion.

- An overall 35 win percentage in all sports, except Football, which requires a 30 win percentage.

Note: Schools may choose not to participate in the playoffs in which a team qualified. Reasons for this decision may include competitiveness, safety, travel, and other concerns. The final decision on playoff participation rests with the Principal.

Complaint Procedure

Our athletic complaint procedure is intended to address concerns of student-athletes. It is our belief that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both student-athletes and coaches. It is the intent that problems be resolved at the lowest level.

The order of communication for the VUSD complaint procedure is as follows:

1. Current level Coach
2. Varsity Head Coach
3. Site Athletic Director
4. Site Principal
5. Coordinator of Athletic Programs
6. Director of Athletic Programs

Complaints against staff members will be investigated pursuant to the procedures set forth in BP 1312.1. Please contact your school's Athletic Director or access this link for more information:

[Complaint Procedure BP 1312.1](#)

The coach has full discretion in the following areas and complaints regarding coaching decisions in these areas will not be entertained:



- Student-athlete not given enough playing time
- Student-athlete not playing the right position
- Strategies used by the coach
- Win/loss record of the team or coach

Competition on an Outside Team (Club Sports)

Visalia Unified School District adheres strictly to all CIF-Central Section policies regarding competition on an outside team. Detailed information is available at: [CIF Article 60](#)

Pre-Season/Off-Season Practice and Season of Sport

Visalia Unified School District adheres strictly to all CIF-Central Section policies regarding Pre-Season/Off-Season Practice and Season of Sport. Detailed information is available at: [CIF Article 33](#)

Tryouts

Tryouts are in accordance with CIF guidelines and are an audition and a platform to demonstrate the required athletic skills for a position on a team. Tryouts are seasonal, and student-athletes should come to tryouts prepared for competition as there is no entitlement for returning players to make a team. Tryouts are only open to students who are currently enrolled at the school for which they are trying out. Contact your school's Athletic Director for more information.

Fall sports include Boys' and Girls' Cross Country, Boys' and Girls' Water Polo, Football, Girls' Golf, Girls' Tennis, Girls' Volleyball, and Sideline Cheer.

Winter sports consist of Boys' and Girls' Wrestling, Boys' and Girls' Soccer, Boys' and Girls' Basketball, and Competitive Cheer.

Spring sports feature Softball, Baseball, Boys' and Girls' Swimming and Diving, Boys' and Girls' Track and Field, Boys' Tennis, Boys' Golf, and Stunt Cheer.

Eligibility

Student-athletes must satisfy all eligibility as described below:

Residential Eligibility

A student has residential eligibility upon initial enrollment in:

- The ninth grade of any CIF high school or;
- Tenth grade of any CIF high school from ninth grade of a junior high school or;
- Any CIF school as a member of an approved foreign exchange program as outlined in CIF bylaws



Note: Any student “recruited” or “encouraged to attend” a school by anyone connected directly or indirectly with that school will lose athletic eligibility at that school. In addition, the school may be sanctioned by CIF.

Linked Learning Academies

- All CIF eligibility rules will be enforced for students who participate in athletics.
- Students must participate in the athletic program in which their academy resides.
- Students attending an academy outside of their home school boundary are considered students of that academy high school and can participate only in that academy high school’s athletic program.
- Any student who transfers from an academy high school outside of their home school boundary back to their home school boundary high school or another high school is subject to all CIF eligibility rules regarding transfers.

Visalia Technical Early College (VTEC) and Visalia Charter Independent Study (VCIS) High School Participation in Athletics

- All CIF eligibility rules will be enforced for VTEC and VCIS students who participate in athletics.
- Participation in athletics for VTEC and VCIS students is open only to students who reside in the VUSD boundaries. Students who attend VTEC or VCIS and reside in a district outside of VUSD will not be allowed to participate in athletics at any VUSD high school.
- Students will be allowed to participate in athletics only at the high school in their home school boundary. A student will not be allowed to transfer to a non-home school boundary athletic program at any time.
- VTEC and VCIS students and parents will be responsible for their own transportation to all practices, games, and bus departures for away games at the home school boundary high school.
- All VUSD attendance and discipline policies in regards to extracurricular participation will apply to VTEC and VCIS students and will be enforced by the home school boundary high school athletic program.
- VTEC and VCIS students need to contact the Athletic Director at their home school boundary high school for information regarding physicals, practices, off-season workouts, etc.

Age Limitations

No student, whose nineteenth birthday is attained prior to June 15, shall participate or practice on any team. To request for waiver please complete the following form: [CIF Age Limit Waiver](#)

Changing Schools/Transfers

1. Student transfers follow CIF guidelines. Transfer resources: [CIF Transfer Eligibility](#)



Academic Eligibility Criteria

In order to emphasize the importance of academic achievement, the following constitute *minimum* requirements for student participation in athletics:

1. The student shall be enrolled in at least 20 semester units of work.
2. The student passed at least 20 semester units of work at the completion of the previous regular grading period. **(No probationary period granted without this criterion met.)**
3. The student has maintained at least a 2.0 grade point average (with no more than one "F") on a 4.0 scale—calculated from grades in all enrolled classes—during the previous grading period. If a student-athlete falls below the 2.0 requirement, a grading probationary period will be provided to allow the student to bring up his/her grades. If unsuccessful in bringing the grades up to the standard required, the student will not be eligible for participation in student activities throughout the next grading period.
4. All incoming ninth grade students are eligible for participation through the first grading period. Those students who were academically ineligible (or on probation) in the eighth grade will enter the ninth grade on probationary status. This includes all students who were required to attend eighth-grade summer school as a condition of promotion.

Previous and Current Grade Eligibility Scenarios

If a student **did not meet all requirements** for athletic eligibility on both the **previous six-week progress card/report card** and the **most recent six-week progress card/report card**, the student is **not athletically eligible**.

If a student **did not meet all requirements** on the previous report but **did meet all requirements** on the most recent report, the student is **athletically eligible**.

If a student **met all requirements** on the previous report but **did not meet all requirements** on the most recent report, the student is **athletically eligible but on probation**.

If a student **did not meet all requirements** on the most recent report and is **already on probation**, the student is **not athletically eligible**.

If a student is **on probation** and **meets all eligibility requirements** on the most recent report, the student is **athletically eligible**.

** The student must pass at least 20 semester units of work at the completion of the previous regular grading period. **(No probationary period granted without this criterion met.)***

Additional Information

- Transfer students from outside of the district have one grading grace period, but they must satisfy the "passing 20 credits" stipulation to be eligible. (See page 10.)



- Students are not declared re-eligible or off probation until the Monday following the issuance and distribution of the district generated grade report to the Athletic Director. There will be absolutely no exceptions to this CIF rule such as obtaining hand written grades by the student's instructors, counselors or administrators.
- It is the responsibility of the student-athlete to check with his/her Counselor or Athletic Director at the beginning of the fall semester if they feel that their summer school grades have affected their eligibility.
- Summer school grades may not necessarily improve eligibility. The following factors are to be considered:
 - An "F" on an end-of-semester report card may be replaced by taking the exact same class in summer school. This might satisfy the GPA and
 - A summer school class will be added to the semester classes if it is not a duplicate. This would affect the GPA but not the "no more than one F" rule.
 - Students, if eligible under CIF rules, may compete in athletics at the time of first enrollment in a high school in the Visalia Unified School District.

Attendance

Student-athletes shall be in attendance for all periods of the day of the event/practice (or in attendance the day prior on a weekend event/practice) unless excused by the Principal or Athletic Director in advance or be ineligible for the first event following administrative contact.

Suspension from Participation

Student-athletes suspended from school for disciplinary reasons will be suspended from extracurricular activities for a period proportional to their time of suspension. (1 day of disciplinary suspension = 1 week of athletic suspension)

VUSD Cheer Program

It is an honor and privilege to be selected as a member of the VUSD Cheer Program. Being a member of this squad requires a tremendous amount of dedication, time, and personal responsibility that other activities may not require; consequently, a student must be cooperative and self-disciplined.

Statement of Purpose:

- To provide positive school spirit
- To foster leadership and teamwork skills
- To provide a positive role model
- To support all athletic and co-curricular activities
- To provide opportunities to participate and perform



Tryout Procedures

In order to declare your candidacy for cheerleading, you must complete the following steps:

Eligibility to try out: GPA must be at least a 2.0.

You must bring the following forms to the designee in the Attendance Office before 4:00 p.m. on the date to be announced. Only students with completed applications will be allowed to go through the try out process

1. Tryout Application Form #1
2. Parent and Student Agreement Form #2
3. School Officials Clearance Form #3
4. Assumption of Potential Risk Form #4

You must attend all try out clinic dates, or you will not be allowed to try out. Tryouts are ONLY open to 8th grade students who have registered to be a 9th grader at high school which they are trying out or 9-11th grade students who are currently enrolled at the school for which they are trying out. If you cannot attend, you must check with the advisors/coach to check if it will be excused. Attendance is mandatory for all clinic dates.

Cheer Tryouts

Tryout Attire

For tryouts, you must wear a white T shirt, school color, black colored shorts, tennis shoes & your number which will be provided. Hair must be up in a ponytail with no bangs. No jewelry of any kind and no cheer attire (shirts, shorts or shoes from prior cheer participation).

The results of the tryouts will be posted the next day on the outside of the main office/locker rooms.

Squad Structure

Junior Varsity: May be a freshman, sophomore, or junior with 2.0 GPA or better. All Junior Varsity applicants will be expected to demonstrate jumps (toe touch, pike, right and left herkies, etc.), motion technique, dance ability, tumbling (if applicable). To try out for JV you must be able to commit to games and practices, as the squad will be very demanding of your time.

Varsity Cheer: May be a freshman, sophomore, junior, or senior with a 2.0 GPA or better. All Varsity Cheer applicants will be expected to demonstrate jumps (toe touch, pike, right and left



herkies, etc.), motion technique, dance ability, tumbling (if applicable). To try out for Varsity Cheer you must be able to commit to games and practices, as the squad will be even more demanding of your time than at the Junior Varsity level. Varsity Cheer will be learning much more material throughout the season at a more rapid pace than on the JV team.

General Rules

- A. Sideline, competitive and stunt cheer student-athletes are not permitted to compete in multiple sports during the season in which they are competing in the cheer program.
- B. Cheer Squad members needing to wear orthopedic braces or having other problems which might become a factor during practices or games must bring a written note from their doctor to the advisor/coach explaining when the brace is to be worn and/or other special instructions.
- C. Cheer Squad candidates must have a 2.0 grade point average or better in the grading period prior to the tryout and must have a satisfactory standing in citizenship with Assistant Principal approval. Squad members must maintain eligibility to remain on the squad.
- D. Cheer Squad members must remember that they are responsible for their behavior under the Visalia Unified School District activity code that they have signed.
- E. Excessive absences, tardiness, or unacceptable behavior may result in disciplinary action/removal or referral to school administration.
- F. For practice, squad members will wear approved clothing and will wear it as was designed (i.e. no rolling of shorts, no tying up shirts, etc.)
- G. Cheer Squad members who are not properly groomed for all performances may be removed from the performance.
 - 1. Hair must be styled neatly and out of the eyes for the entire performance. Hair will be neatly pulled back in a ponytail with the required bow.
 - a. No jewelry will be worn (i.e. earrings, rings, necklaces, bracelets, belly button rings, anklets, toe rings). No facial piercings---No Exceptions.



- b. Fingernails will be kept trimmed as a safety precaution, with no colored polish (must not be seen above the tip of the finger). No acrylic nails. Exceptions may be made during the week of Formal with prior approval from the advisor/coach.

Summer Practices (vary by site)

- A. Summer practices will begin in June and continue until school starts. Practices may be scheduled for mornings or evenings, depending upon the discretion of the coaches and the advisor.
- B. Students may be excused from one week of summer practice if a member is on a family vacation. One week notification must be given to the appropriate advisor/coach. Summer vacation is limited to five practice days. These days may not be during the time of cheer camp.
- C. School trips may be excused with a minimum of one week notification has been given to the appropriate advisor/coach.
- D. Practices will be held two to three times a week and they may run as long as three hours. Additional practices, including some weekends, may be required. All members must stay for the entire practice time unless prior arrangements have been made with the advisor one week in advance.
- E. Excessive absences or tardiness from summer practices may result in dismissal from the squad. If a squad member misses 40% of the scheduled summer practices, that squad member may be dismissed from the squad.

Attendance and Tardiness

- A. Cheerleading is a group activity and the success of the group is only as strong as the weakest link. If poor attendance of an individual is a hindrance to the progress of the squad, they may be suspended or released from the program.
- B. Practice and Game Attendance: Attendance by Cheer Squad members at assigned events is absolutely mandatory. Lack of attendance by a member prevents the group from functioning as a total unit. Only an illness or family emergency will be considered an acceptable reason for non-attendance. Notification of the absence must be provided to the appropriate coaches/advisor.
- C. At the discretion of the coaches/advisor, a squad member who is late twice to practice in one week may not be allowed to perform at the next game or scheduled event.



- D. Team captains may be chosen for each level of cheer. These squad members must have excellent attendance and present a good leadership example. They will work directly with all cheer coaches/advisors.
- E. All Cheer Squad members are required to support their school by attending meetings and working closely with the sponsors and officers for rallies and other activities.
- F. When a student's participation in a school-sponsored event conflicts with a scheduled Cheer Squad practice, game, performance, or other event, it is the student's responsibility to notify both the cheer advisor/coach and the coach/advisor/teacher in charge of the conflicting event as soon as the conflict is known. Both coaches and students will meet and make a good faith effort to work out a compromise. If a workable compromise is not found, the student's first commitment is to the Cheer Squad. The decision of the coaches may be appealed to the school Athletic Director. The decision of the Athletic Director is final.

Discipline Step System

- A. Warnings and suspensions are given to Cheer Squad members who:
 - 1. Are out of complete uniform at school.
 - 2. Do not have the correct equipment with them (lipstick, gloves, poms, megaphones, etc...) at games.
 - 3. Demonstrate irresponsibility as determined by coaches/advisors.
- B. Minor violations of the cheer rules and guidelines consist of: unexcused absences, poor attitude, unsatisfactory conduct, tardiness, uniform violations, and/or irresponsibility as determined by coaches/advisor (Progressive Discipline Step System).
 - 1. Cursing, unsportsmanlike conduct.
 - 2. Failure to remove jewelry, throw away gum, or unauthorized cell phone use.
 - 3. Being disrespectful to fellow teammates, coaches, teachers or administrators.
- C. Procedures for handling minor violations of the cheer contract/code of ethics are as follows:
 - 1. First violation: warning and coach meeting
 - 2. Second violation: parent contact and possible game suspension
 - 3. Third violation: parent contact and one-game suspension from cheer squad
 - 4. Fourth violation: parent contact and one-week suspension from cheer squad



5. Fifth violation: removal from cheer squad

Uniforms/Fundraising

- A. Uniforms must be kept clean and in good condition at all times.
- B. Uniforms are to be worn only when assigned by the advisor/coach.
- C. Do not loan uniforms and equipment to members of the crowd.
- D. When in uniform, all assigned items must be worn.
- E. Game uniforms and sweats are not to be worn for practice.

VUSD High School Cheer program will provide each cheerleader with a standard uniform which consists of: 1 long sleeve top, 1 short sleeve top, 1 skirt, and 1 set of poms. For those who would like to purchase additional "personalized items" and/or keep the cheer uniform at the end of the season, we have developed several option packages:

The following Options and prices are **estimates** and based on Current Catalog pricing. Additionally, schools may offer above and beyond what is listed below.

- Option A \$0 School issued uniform issued by school site (**no customization**)
- Option B (costs vary site to site) Spirit pack: shoes, camp, sweats
- Option C (costs vary site to site) Spirit pack: shoes, camp, sweats, bag, and new uniform
- Option D Spirit pack: shoes, camp, sweats, bag, uniform, combine (optional per site)

Orders will be taken during the spring and initial payments due during this time. All option package prices must be paid in full by the due date in order to process your personalized item option package request. If the amount is not paid in full, the personalized items will not be ordered/delivered.

Fundraising

We will hold fundraisers through the year to help defray the costs of personalized items ordered/purchased.

_____ Option A

I wish to take advantage of Option A only. I understand that the school will check out a standard uniform which consists of: 1 long sleeve top, 1 short sleeve top, 1 skirt, and 1 set of poms and that I will be responsible for keeping the uniform in good repair and returning it to the school at the end of the



season. I understand that I could be charged for any alterations or damage to the uniform or if I do not return the uniform.

For those who would like to purchase additional "personalized items" and/or keep the cheer uniform at the end of the season, we have developed several options.

I wish to order personalized items and would like to purchase the following options *(please check an option below)*:

- ☐ Option B
- ☐ Option C
- ☐ Option D

I agree and know that an initial payment is due at the time of ordering the personalized items in these option packages. Full payment must be made by the due date in order to process my request. If the amount is not paid in full to the uniform company (through Parent Portal), the personalized items will not be ordered/delivered.



CHEERLEADER TRYOUTS

WHAT WE LOOK FOR – PERFORMANCE

A positive display of **poise** includes confidence, preparedness, a genuine smile, and a well-groomed appearance that shows the individual has it together. In contrast, a negative display of poise might include being shy, unprepared, not smiling, or appearing disorganized.

When it comes to **entrance**, a positive impression is made by entering with enthusiasm, a smile, and knowing the beginning position. A negative entrance, on the other hand, might appear intimidated, unsure, or lacking a smile and direction.

Spirit is shown positively through enthusiasm, high energy, excitement, and playing to the crowd with good showmanship. A lack of spirit might be seen in a performer who is not excited, appears dull or introverted, and lacks showmanship.

Strong **projection** is characterized by loud and clear words, a strong voice, and expressive excitement. Poor projection may be recognized by soft or muffled words and a boring delivery.

Precision is demonstrated by someone who knows the routine well, uses sharp and correct positioning, avoids bent wrists, maintains good timing, and performs jumps with pointed toes. Their movements are tight, controlled, and display good technique. In contrast, poor precision includes being unprepared, presenting a sloppy routine, showing no technique, and having poor timing.

Finally, **ability** is reflected in someone who quickly learns routines, remembers choreography well, uses good form and technique, executes strong jumps and tumbling skills, and stays focused. A lack of ability may be evident in someone who is forgetful, lacks form or technique, cannot tumble, and shows a lack of focus.

Applicants are responsible for:

1. Prompt attendance at parent meetings
2. Prompt attendance at all practices
3. Learning a cheer
4. Learning a chant
5. Learning a dance and learning jump momentum
6. Arriving and being picked up **ON TIME**
7. Submitting all paperwork and completed/signed forms

Returning JV/Varsity cheerleaders are required to participate in all tryout practices. Returning JV/Varsity cheerleaders are not guaranteed a spot on the JV/Varsity squad.



Form 1: Cheer Tryout Application

Please complete all the information requested and obtain all necessary signatures for you to be able to participate in the VUSD Cheer Squad Tryout process.

First Name _____ Last Name _____

Birthdate _____ Current Grade Level _____

Address _____ Home Phone _____

Student Cell Phone _____ Parent email _____

Parent's Signature

By signing below, I am giving permission for my child to try out for the Cheer Squad. I have read the information and I understand that my child must be able to commit to the time factor involved to be a cheerleader, is encouraged to participate in fundraisers, and must abide by all Cheer Rules and Regulations, the Activity Code, Conduct Code and Athletic Code.

Parent's Signature _____ Date _____

Student's Signature

By signing below, I am expressing my intent to try out for the Cheer Squad. I have read the information and I understand that I must be able to commit to the time factor involved to be a cheerleader, which I am encouraged to participate in fundraisers, and must abide by all Cheer Rules and Regulations, the Activity Code, Conduct Code and Athletic Code.

Student's Signature _____ Date _____



Form 2: Cheer Parent and Student Agreement Form

Please sign only after you have read and have a complete understanding of the Cheerleading Handbook, and are willing to agree with and support its enforcement.

PARENT PERMISSION: _____ has my permission to try out for the Cheerleading Squad. I have read and understand the Cheerleading Handbook, and understand that if my child is selected for the squad, I agree to comply and to support the Handbook and its policies. I understand that if my student does not abide by the rules of the Handbook and loses his/her position on the squad, the money spent on camp, uniform and fundraising is not refundable. I also understand that fundraisers will be held to provide opportunities for cheerleaders to attend camp, and have spirit packs. Participating in camp and fundraising for spirit packs is optional and options are explained in the Parent/Cheerleader Handbook.

PARENT/GUARDIAN SIGNATURE

DATE

.....

CHEERLEADER OATH: I have carefully read and understand the Cheerleading Handbook, and if chosen as a member of the squad, I will abide by these rules and regulations. I recognize that cheerleading is a privilege, and that a cheerleader serves as a leader and a role model. I accept the responsibility to uphold the high standards of VUSD and pledge to follow all behavioral and school rules, and meet all uniform, attendance, and academic requirements. I further pledge to conduct myself at all times in a manner that promotes school spirit, character, unity, and sportsmanship. I agree to arrive and be picked up on time. Participating in camp and fundraising for spirit packs is optional and options are explained in the Parent/Cheerleader Handbook.

STUDENT SIGNATURE

DATE

THIS FORM MUST BE COMPLETED AND ENCLOSED WITH CHEER APPLICATION.



Form 3: School Officials Clearance

STUDENT NAME: _____ GRADE: _____

ACADEMIC CLEARANCE

Candidates must have a 2.0 grade point average or better the grading period prior to the tryouts and must have a satisfactory standing in citizenship. The above named student's grade point average for the official grading period (Session 4) of the school year prior to tryouts is _____.

AUTHORIZED SIGNATURE

DATE

.....

DISCIPLINE & ATTENDANCE CLEARANCE

By signing this form, I am giving the above named student discipline/attendance clearance to try out for the VUSD Cheer Squad. Attendance report will be pulled for verification.

Number of days absent: _____ Number of Tardies (YTD): _____

AUTHORIZED SIGNATURE

DATE

FINANCIAL CLEARANCE

The above named student does not have any outstanding bills at the school.

AUTHORIZED SIGNATURE

DATE



**Form 4: Voluntary Activity Participation Form
Acknowledgment and Assumption of Potential Risk**

_____ wishes to participate in the district-sponsored activities of the Cheer Squad which will occur in the current school year.

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that some of the injuries/illnesses, which may result from participating in these activities, include, but are not limited to, the following:

1. Sprains/strains
2. Fractured bones
3. Unconsciousness
4. Head and/or back injuries
5. Paralysis
6. Loss of eyesight
7. Communicable diseases
8. Death

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the district.

I understand and acknowledge that in order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that the district, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by me which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read this VOLUNTARY ACTIVITY PARTICIPATION FORM and that I understand and agree to its terms.

STUDENT SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

DATE