

Purpose of Spiritleaders

- To build and maintain school spirit
- To cheer and promote all athletic teams on campus
- To encourage and lead positive crowd participation
- To demonstrate support for school and community
- To be respectful, responsible, and safe
- To exhibit exemplary conduct on and off campus
- To always be prepared, punctual and work hard
- To show leadership
- To show commitment and dedication to the team and school at all times

Requirements for Spiritleaders at Ayala High School

- All Spiritleaders will be required to read, sign and abide by the 2022-2023 Spirit Handbook prior to acceptance on the team.
- All Spiritleaders must abide by the Palomares Sportsmanship Code of Conduct in the Ayala High School Student Handbook
- All Spiritleaders must abide by the NFHS (National Federation of High School Sports) and AACCA (American Association of Cheerleading Coaches and Administrators) High School spirit and cheer safety rules
- All Spiritleaders are responsible to abide by the contents of this handbook and any additional addendums that may follow
- All Spiritleaders are responsible to abide by the contents of the student handbook which can be found on the Ayala High School website

Part 1: Attendance Rules and Expectations

Attendance and promptness are a critical part of being on the spirit team. If a Spiritleader is absent, late, or leaves early it affects everyone on the team.

1. Spiritleaders must attend ALL practices, games and events that are scheduled by the coach/advisor
 - a. Any event with at least two weeks-notice is considered mandatory apart from CIF games
 - i. CIF games may not be scheduled until 24-48 hours before the game (in some cases) and are mandatory
2. Spiritleaders must be on time for all practices, games and events that are scheduled by the coach/advisor and must stay until dismissed
 - a. "On time" means you are at the location ready to practice or perform by the scheduled time. You are released when the practice, game or event is declared "over" and you have been dismissed by the coach or advisor.
3. Spiritleaders may be excused from **practice** upon approval from coach/advisor on the following conditions only:
 - a. You had a one-time previously scheduled event or vacation planned **before** submission of tryout application on 3/20/2022.
 - i. **All dates must have been submitted with tryout packet for approval**
 - ii. **Reoccurring events such as: work, volunteer, tutoring, studio/all-star practice, or any other extra-curricular activities/sports are not excusable reasons for absence**
 - b. You have a doctor's note stating that you are unable to practice or perform due to illness or injury
4. Each Spiritleader will receive 3 absences for practice only that will be excused if their absence is not in accordance with Rule 3a or 3b. After these three absences have been exhausted, the Spiritleader will receive 0 points for that practice regardless of the reason (unless excused under rules 3a and/or 3b)
5. If a Spiritleader misses a practice prior to a game or performance **for any reason (excused or unexcused)**, they will be ineligible to perform (halftimes, between quarters, before/after games, etc) at the game or event
6. Per the Student Handbook: "A student must attend a full day of school on the day(s) of participation in co-curricular or extracurricular activities (games, performances, field trips, etc...)" regardless of being excused / unexcused
 - a. If a Spiritleader does not attend a **full day** of school, they will not be allowed to cheer or perform at any event that day, the absence will be unexcused and they will be given a score of 0 for the game or event.
7. **If a spiritleader misses 3 games without a valid doctor's note, he/she will be removed from the team**
8. If a Spiritleader is removed from the team for any reason, they are allowed to request a reinstatement hearing with the exception of removal due to academic ineligibility

Part 2: Practices

1. Spiritleaders are expected to show up to every practice on time and they are not to leave until practice has been dismissed by a coach or advisor (see attendance rules and procedures)
 - a. "On time" means you are at the location ready to practice or perform by the scheduled time. You are released when the practice, game or event is declared "over" and you have been dismissed by the coach or advisor.
 - b. A point will be taken off the score for every minute a Spiritleader is late or leaves early, or does not return from halftime on time
2. **For Cheerleaders only:** Hair must be pulled back out of the face. No bangs, loose hair, jewelry of any kind or material, or acrylic/natural nails that extend more than 0.3 cm past the tip of the finger per the NFHS and AACCA High School Spirit Safety Rules.
 - a. If any cheerleader has jewelry and/or nails longer than 0.3 cm past the tip of the finger, they will not be allowed to stunt, tumble or jump and will automatically receive a 50-point deduction from their practice score. **Sitting out during this time may impact your position in stunt groups and routine formations for games and/or other events.**
 - i. **If a cheerleader cannot fully participate at practice, he/she may be ineligible to perform at a game or event.**
 - b. During stunting, no jackets/sweatshirts with hoods or zippers may be worn
3. A Spiritleader may be dismissed from practice and points will be deducted at the discretion of the coach or advisor based on the following behaviors: poor attitude, not following directions, disrespectful attitude or behavior toward coaching staff or fellow Spiritleaders
4. Should an injury occur, a doctor's note and/or clearance from the athletic trainer is required to clear a Spiritleader for return to participation

Part 3: Games/Performances

The main purpose of being a spiritleader is to attend games and events in support of the community and the school. There may be as many as 2-3 games a week ranging from Monday-Saturday.

1. Spiritleaders must attend all games and performances scheduled by the coach/advisor (See attendance section for more detail)
 - a. If a spiritleader is absent from a game or performance, they shall receive a 0 unless a doctor's note excusing them from practice is given to coach or advisor
 - i. All-Star/Studio practices, work, tutoring sessions, volunteering and other extracurricular activities are **NOT** excusable reasons to miss a game or performance.
2. Spiritleaders must be on time for all games and events and must stay until dismissed by coach/advisor (See attendance section for more detail)
 - a. Spiritleaders who arrive 10 or more minutes late or leave 10 or more minutes early from a game or event will automatically receive a 50-point deduction from their score
 - b. 1 point will be taken off for every minute a spiritleader is late or leaves early from game or event per time kept by coaches
3. Proper spiritwear must be worn. If proper attire is not worn, the spiritleader may not be able to perform and will receive a 50 point deduction
 - a. **Black** nike pros (or equivalent brief shorts) must be worn under any skirt (red pleated, unity and white varsity skirt)
 - b. **Clean white** game shoes (purchased through Varsity or equivalent) with laces with **white no show socks**
 - c. Correct hair with game bow (ex: high pony, low pony, half up/half down).
4. Spiritleaders must bring poms, megaphones, boxes (with all hardware) if required
 - a. If correct items are not brought or are deemed unsafe, Spiritleader may not be able to perform at coach's discretion, and points will be deducted
5. **ALL SPIRITLEADERS (SONG, CHEER):** Hair must be pulled back out of the face. No bangs, loose hair, jewelry of any kind or material, or acrylic/natural nails that extend more than 0.3 cm past the tip of the finger per the NFHS and AACCA High School Spirit Safety Rules.
 - a. If any spiritleader has jewelry and/or nails longer than 0.3 cm past the tip of the finger, they will be dismissed from the game or event, resulting in a 0 for the game/event. Nails will be measured at coach/advisor's discretion.
5. Spiritleaders may have points deducted and/or be dismissed from a game/event at the coach/advisor's discretion for the following behaviors: poor attitude, not following directions, disrespectful attitude or behavior toward coaching staff or fellow Spiritleaders
6. All cheers and dances must be mastered by each spiritleader prior to the start of the game or event. If a spiritleader is not prepared, at the discretion of the coach/advisor, they will be placed on a temporary suspension and will lose points until the coach/advisor feels the spiritleader is prepared which may ultimately result in removal of the team if not mastered within timeframe deemed reasonable by coach / advisor.
7. If a coach or advisor feels the spiritleader is unprepared or not performing up to high standards they may dismiss the spiritleader from the game or event and will lose points at coach's discretion which may ultimately result in removal of the team if not mastered within timeframe deemed reasonable by coach / advisor.

8. Should an injury occur, a doctor's note and/or clearance from the athletic trainer is required to clear a Spiritleader for return to participation
9. **If a spiritleader misses 3 games without a valid doctor's note, he/she will be removed from the team**
10. If a Spiritleader is removed from the team for any reason, they are allowed to request a reinstatement hearing with the exception of removal due to academic ineligibility

Part 4: Spirit wear

Spiritleaders will be required to dress in spirit wear to raise awareness of sporting events and promote school spirit.

1. It is up to the spiritleader to refer to the calendar to make sure they are dressing on appropriate days
2. Spiritleaders must wear proper attire
 - a. Spiritleaders may be required to check in with a coach or advisor to verify correct dress at coach/advisor's discretion
 - b. If a spiritleader is in incorrect or incomplete attire, they will be given a 0 for the day
3. When in uniform or red pleated skirt: (a) spiritleaders must wear **white** closed toed shoes with white no show socks. (b) must wear black nike pros (or equivalent brief shorts)
4. In cold weather, any jacket or sweatshirt worn must be from Ayala (letterman jacket, unity jacket, spirit sweatshirt, TCC or Song comp jackets, Ayala windbreaker, etc)
5. The only acceptable substitutions for uniforms skirts are unity jacket and unity pants

Part 5: Grades and Citizenship

It is the spiritleaders responsibility to maintain at least 2.0 GPA and Satisfactory or Outstanding citizenship grades in their classes.

1. Not having a 2.0 GPA, and more than 1 Unsatisfactory Citizenship grades will put the spiritleader on the academic ineligibility list.
 - a. They will be unable to wear spirit attire, perform and/or travel with the team until the next grading period
 - b. If the spiritleader is academically ineligible 2 grading periods within one school year, they will be dismissed from the team
2. If spiritleader has lower than a 75% in their spirit score the following measures will be taken:
 - a. At the first offense, contact with the spiritleader and parent/guardian will be made
 - b. At the second offense, the spiritleader will be removed from the team
3. If a Spiritleader is removed from the team for any reason, they are allowed to request a reinstatement hearing with the exception of removal due to academic ineligibility

Part 6: Misc

1. Spiritleading is a full time, year-round commitment. Spiritleaders that leave or are removed from the team prior to the completion of the season will not be invited to the end of the year banquet, receive any patches, cords, letters or recognition
2. Any spiritleader departing from the squad prior to the end of the spiritleading season for any reason (voluntary, dismissal, medical, academic, behavior, etc.) must have a meeting with the coach, advisor and possibly administration for approval to tryout for the following season.
3. **It is the spiritleaders' and parents' responsibility to be on "remind" messaging to receive important information from coaches/advisors.**

Grading system

A gradebook will be set up on Google Classroom and parents will be able to monitor grades. Grades will be weighted as the following:

Category	Percentage
Games/performances	60%
Practices	30%
Spiritwear	10%

Administration, coaches and advisors may assign point deductions or remove a spiritleader from the team at their discretion if conduct is unbecoming to Ayala High School regardless of current spirit grades or standings. This may include but not are limited to:

- Demeaning, bad mouthing or disrespecting another team member, captain, coach, advisor or any school personnel
- Misconduct on campus
- Inappropriate messages or social media postings-see attached agreement
- Misconduct on / off campus while in Ayala Spirit clothing

Spirit Uniforms

Once the applicant is placed on the spirit team, he/she will have the option of purchasing a personalized uniform to use and keep after every season. Items that are too tight, too short, ripped or deemed unacceptable by the advisor/coach may not be worn. Skirts may NOT be rolled up and black shorts must be worn underneath. If a spiritleader elects not to purchase their own personalized uniform, a loaner uniform will be provided. This uniform may not be altered and must be cleaned and returned at the end of each season. If a Spiritleaders briefs are visible when she is standing or walking, it is unacceptable.

Transportation

- Parents are required to arrange transportation to and from all practices.
- Parents are required to be prompt for all drop off and pick up times
- Per CVUSD, all Spiritleaders performing at an event are required to ride district buses to and from school sporting events. No additional people may be on the bus.
- Additional information regarding the district's requirements for transporting Spiritleaders will be provided by the coach/advisor at the first spirit booster meeting.

Parent Conduct

Parents are expected to:

- Actively monitor Spiritleaders grades, attendance and behavior in school and the sideline points system
- Refrain from any negative comments during games/events
- Notify the coach/advisor of any concerns via district email
- Attend monthly booster meetings to stay informed
- Volunteer whenever possible to help with the success of the teams