**DON LUGO HIGH SCHOOL SPIRITLEADER**

**Constitution and Code of Conduct**

**Don Lugo High School Spirit leaders Constitution and Code of Conduct** **2025-2026**

The purpose of the Don Lugo Spirit leaders is to:

1. Develop school spirit

2. Encourage and lead positive crowd participation

3. Strive for excellence in routines and performances

4. Serve as student role models by displaying

      a. Academic good standing

      b. Outstanding citizenship

      c. Sportsmanship

d. Quality leadership by being a positive example at all school activities while representing Don Lugo High School.

**Qualifications of a Don Lugo Spirit Leader are:**

The student must:

1. Understand and agree to all requirements set out in this contract

2. Maintain a 2.0 GPA

***Falling below a 2.0 will result in a 6-week suspension from Spirit leading; failing to have a 2.0 GPA a second time will lead to dismissal from the squad.*** A suspended squad member may not dress for the given period and may not represent the school at any rally, game or competition.

3. Be cooperative, dependable, and maintain a good attitude

4. Be of good health and stamina showing a positive physical

School Involvement

Spirit leader members cheer at:

      1. All football games

      2. All basketball games

      3. Other sporting events as time allows

      4. Rallies and other school activities, community affairs as scheduled.

5. competitions

Our purpose is to provide leadership and school spirit for all athletics at Don Lugo High School.  At times, the squad will be split to cover overlapping events.  AS A SQUAD MEMBER IT IS YOUR RESPONSIBILITY TO TREAT EVERY EVENT AS EQUAL IN IMPORTANCE.

**Athletics other than Spirit leading**

Spirit leaders should think seriously about participating in any other sports or school activities (for example pageantry, other school sports and athletic trainer) during the Fall, Winter and Spring seasons.  This also includes all-star teams and studios.  This is because many of these activities occur simultaneously with events that Spiritleaders cover.  Spiritleading takes priority. Students who feel they have a special circumstance should speak to the advisor PRIOR to the start of try-out clinics. Spiritleaders who choose to miss practices for performances and games will not be guaranteed a spot in any routine and spiritleaders may be asked to leave the squad.

**Parent Involvement**

The success of our program is intrinsically tied to the involvement of our parents and family.  Parents are requested to be active members of the Spirit Booster Parent Group.  The spirit boosters are organized to support the program, including the advisors, coaching staff and spirit leaders.  There are a variety of opportunities for parents to volunteer.  A few examples include squad parents, chairs for various committees such as fundraising and carpool organization.  If we want to continue having a successful program it is important that every spirit leader be represented in the Boosters.

**Fundraisers**

Spirit leading is not fully funded by DLHS ASB, athletics or district programs. It is not a Title IX program. Therefore, the success of the program is dependent on fundraising and parent donations.  Donations help pay for:

1. Uniform

2. Choreographer/Coach

3. Other various spirit items

Fundraisers are needed to supplement donations for the spirit family and the program.  It is the intention of the program to have different opportunities for families to balance the cost of Spirit leading.

The Spirit leaders will take part in several program fundraisers this year.  Program fundraisers need the full support of parents and Spirit leaders.

\* Parents are encouraged to become involved and help make your child’s Spirit leading experience all it can be.  The Spirit leaders will also put on a Mini-spirit leader camp for the community.

**Athletic PE**

It is our intention to have 6th period athletic pe. This will allow more time to prepare for games, performances and competition. A roster will be given to administration. It depends on student numbers and teacher approval.

**Competition**

Competition is a part of being a DLHS spiritleader and is seen as an integral part of positively representing Don Lugo High School in the 2025-2026 school year.

**The competition squad may be formed by combining Varsity and JV members together. Varsity members may be placed on a JV team for competition and junior varsity may be placed on a varsity competition team.**

All spiritleaders will compete in HOPEFULLY a minimum of 3 competitions which may include USA Nationals if they qualify. (This qualification does not include academic and health limitations).

CIF Regional- January

JAMZ-February

SHARP- January/February

USA Regional-November/December

USA Nationals- February

It is at the discretion of the DLHS spirit advisor and coach to work with boosters to use funds raised for hotel rooms, food or other events/activities. Fun activities planned and provided by Boosters are a privilege, not a right. Parents should participate in booster meetings to have their voices heard.

**Most competition dates are not confirmed by the competition companies until Fall.**

**Donations**

Spirit leading is supported by parent donations.  In order to keep our program at the level we have always had, we need to raise approximately $1,600 per family over the course of 10 months.  Donations are not required to be on the team, however if we do not raise enough money, some programs such as holiday parties, and banquet will be cut.  The last thing that will be cut will be performances, including any future competitions and coaching for such performances.

**Uniforms and Camp**

Uniforms are required by all spirit leaders. Each uniform is to be purchased by spirit leaders' parents.

If camp is not attended, all camp material must be learned by the Wednesday prior to the first football game.  All sideline cheers must be learned by the Wednesday prior to the first Football game.  *It is at the discretion of the DLHS spirit staff to remove a spirit leader from any performance*.

**Program Time Commitment EXAMPLES:**

Spirit leading is a yearlong activity and it is expected that spirit leaders treat all events with equal importance.

Spirit leaders must be available:

**Fall Season**: TBD AS SPIRIT ADVISING AND COACHING POSITIONS ARE FILLED.

Tuesdays and Wednesdays 3:40-5:30 pm

Thursdays for JV games (JV)

Friday nights (all JV and Varsity).

Tuesday and Thursdays for Rivalry games for volleyball and water polo.

**Winter Season:**

Tuesdays, Wednesdays and Fridays for basketball/water polo/soccer season.  (Anywhere from 3-8:30pm)

**Spirit leaders who cannot meet the required days for games and practices may be replaced in routines or removed from the squad.**

**Practice and Game Expectations:**

*Spirit leaders should be respectful to DLHS spirit staff, DLHS teachers and parents always.*

As in a classroom setting, talking should be at a minimum when instruction is occurring.  Spirit leaders will be asked to run, do other forms of conditioning or be asked to leave if the attitude of the spirit leader(s) is negatively affecting the goals of practice or a game/performance.

No food is allowed in or around the cheer mats or dance area.  Any snacks should be consumed prior to practice.

Be on time and in correct game/practice attire.  Cheer shoes must be worn at all times.

Midriffs and short shorts are not allowed. Briefs or “spankies” must be worn underneath shorts. Excessive rolling of waistbands is not permitted.   Hair must be pulled back in a neat ponytail at all times.

Cell phones need to be put away and are not allowed around the practice area. See cell phone guidelines below.   Spirit leaders may text/call parents during appropriate break times at the discretion of the spirit staff.  Practice is closed. Friends/family may attend if set up with DLHS spirit staff prior to the visit.

**The spirit staff has the right to replace a spirit leader in any routine or stunt to advance the success of said routine or stunt at any time.**

Spirit leaders who miss practice at any time during a minimum of one week prior to any rally may be removed or placed in an alternative spot of the routine at the discretion of the spirit staff.

Any spirit leader who does not comply with practice/game expectations may be asked to leave and his/her absence will be unexcused.

Spirit leaders will abide by all dress codes in and out of uniform.

Spirit leaders must attend school on the day of a game/rally and/or 4 periods of the school day.  This is a school/district policy.

**Code of Conduct and Dismissal from Squad**

We believe that spirit leaders are responsible for their conduct and involvement in their high school experience.  This means that spirit leaders should be responsible for knowing their call times, dress requirements, etc. The DLHS spirit staff expects parents to support this. Dedication to the program and a squad is important for success.  A squad is only as strong as its weakest link. DLHS Spirit leaders would like to think that there is no weak link.  Squad members should be dependable and work together for a common goal, whether it is to perfect a stunt or routine, or get the crowd pumped at a game. Spirit leaders will be subject to disciplinary action for the following.

1. Lack of dependability.

2. Inappropriate behavior

a. Dress code and grooming standards should be followed as enforced by the Chino Valley Unified School District and Don Lugo High School.

b. example: School dances and other events while the spirit leader is NOT in uniform and is included in this.

3. The breaking of rules/regulations as noted in the DLHS Constitution.

4*. The DLHS spirit staff does not condone negative representation of the spirit leader, spirit program and or DLHS High School.  Social Media use (such as pictures taken on phones and messaged to others, website postings, Facebook, Instagram, Twitter, Tik Tok etc.) should be used positively and should not reflect poorly on the spirit, pride and integrity of the school.*

              a. Alcohol or drug use will be grounds for immediate removal from the squad. This includes pictures posted to any and all social media with associates who are also holding/using/displaying alcohol and or drug paraphernalia and use.

              b. Any disciplinary action that incorporates school suspension or legal and criminal action outside of Don Lugo High School will be grounds for immediate removal from the squad.

5. The DLHS spiritleaders follow the CELL PHONES AND ELECTRONIC DEVICES ON CAMPUS protocol as established by the CVUSD and Don Lugo High Administration.  This includes the use of texting and social media that can be used to harass, bully or provoke spiritleaders and/or their families.

**Participation in Program**

***JV and Varsity spirit leaders are required to participate in 85% of all scheduled games that are on the calendar or scheduled by the athletic director, school administration, or the activities director 1 week in advance.  Spirit leaders who do not participate in 85% of games will be sanctioned and lose banquet/end of the year honors and privileges. This may also result in dismissal from the squad.***

Spirit leaders who do not attend practice at least 85% of the time may not earn a varsity letter or all squad patch at the end of the year. This may also result in being dismissed from the squad. Non-participation due to medical releases will be reviewed on an individual basis.  Only extreme illness covered by a doctor’s note will be excused or a family emergency such as a funeral.  *Unique circumstances regarding this policy may be reviewed by the spirit staff on an individual basis.*

Spirit leaders and their families receive the spirit calendar and schedule at least one month in advance in most cases.  CIF play-off game schedules may impact calendars and spirit families will be notified ASAP when schedules have been changed.

All JV spirit leaders are required to participate at all Varsity home games in the Spirit section “GOLD RUSH” next to the Student section or on the track with Varsity.  Games that jv will be expected to cheer at: Varsity Milkcan and Homecoming games. It is not a right but a privilege for jv and frosh to participate in. JV will travel to select varsity football games and will be in the spirit section “GOLD RUSH” for all play-off games.

By signing below, you agree to the expectations set forth in the Spirit constitution and it’s Spirit Staff.

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Spirit Leader Signature Date

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Parent/Guardian Signature Date