

San Juan Hills High School  
Cheer Team Information Packet



2025-2026

# CHEER APPLICATION

## 2025-2026



San Juan Hills High School

### Athlete Information

Full Name:	Date of Birth:
Address:	
Email:	Cell:
Grade 2025/26:	Preferred Name:

### Parent/Guardian Information

Parent/Guardian 1 Name:
Parent/Guardian 1 Phone Number:
Parent/Guardian 1 Email:
Parent/Guardian 2 Name:
Parent/Guardian 2 Phone Number:
Parent/Guardian 2 Email:

### Health/Medical Information

Health Insurance Company:	
Policy Number:	Phone Number:
Family Doctor Name:	Phone Number:
Emergency Contact:	Phone Number:
Allergies (If applicable.):	

### Attachments

<input type="checkbox"/> Proof of Insurance (photocopy of front and back of card)	<input type="checkbox"/> COPY of Athletic Clearance Form
<input type="checkbox"/> Rules and Policies Parent/Athlete Agreement	<input type="checkbox"/> Fall 2024 Semester's Transcript

San Juan Hills High School  
Cheer Team Rules and Policies 2025-2026

**Philosophy**

As a Member of the San Juan Hills Cheer Team you represent San Juan Hills High School and the Capistrano Unified School District in *everything* you do. It is paramount that you conduct yourself in an appropriate, respectful, and polite manner at all times. It is a privilege to be a member of San Juan Hills Pep Squad and to be able to represent San Juan Hills High School.

**Purpose**

The purpose of the San Juan Hills Pep Squad is:

1. To support SJHHS athletics and to cheer at football and basketball games.
2. To positively represent SJHHS at spirit/cheer competitions both regionally and nationally.
3. To enthusiastically perform at pep rallies, games, and community/special events.
4. To promote school spirit and RFTB at San Juan Hills High School.
5. To be a leader on campus and serve the school and community through ACTIVE participation.
6. To show wisdom, strength, and honor inside and out of the classroom.

**Membership**

**By becoming a member of the San Juan Hills High School Cheer Teams, you are agreeing to the dates the coaches and school choose, regardless of your personal schedule.**

1. Pep Squad is a membership of a TEAM. As such, each member must be available to attend ALL practices, events, games, pep rallies, etc. Without all members, the team is incomplete. Each member must be respectful and participate at all times with pride, respect and a positive attitude. This commitment is from May to June.
2. There are three teams:
  - a. VARSITY CHEER
  - b. JV CHEER
  - c. FROSH/SOPH CHEER
3. All Star teams are allowed ONLY if SJHHS is the PRIORITY when schedules conflict.
4. If a student quits, or is removed from the Pep Squad at any time during the year, for disciplinary or other reasons, they relinquish their standing on the Pep Squad, will be dropped from the class, will not be a part of any Pep Squad activities, including the year-end banquet and lettering.
5. All members can earn PE credit for Pep Squad.
6. Varsity members will be eligible for a Varsity letter upon successful completion of the year, in good standing including participation in all Varsity events and competitions (if on a comp team).

## **Rules and Responsibilities**

Each member is expected to follow the rules and responsibilities set by the coaching staff and school administration at all times. Disciplinary procedures are at the discretion of the Head Coach and/or Administration.

### **I. General Rules:**

- A. Co-Curricular-** Cheer Teams must take priority over other co-curricular activities. Members may engage in jobs, school clubs, and departments and outside activities only if they DO NOT interfere with participation in Cheer Team activities, including ALL practices, games, and events.
- B. Behavior-** Cheer is a team sport. Members must be respectful and supportive of coaches, captains, and all teammates at all times. Failure to do so may result in a one-on-one meeting with the coaches. Consequences will be given accordingly at the discretion of the coaching staff.
- C. Uniforms-** Members may not let others use their Pep-Squad clothes or supplies. This includes practice clothes, shirts, poms or any part of your uniform or costume. Uniforms may only be worn by members and at Pep Squad events.
- D. Jewelry-** Rings, necklaces, piercings, etc. MAY NOT be worn during any Pep Squad team performance including games, rallies, or in practice.
- E. Hair/Tattoos/Nails-** Hair must be natural colors. No wild colors. No tattoos are allowed on areas of the body visible by our uniform or costumes. If a member has a tattoo it must be covered for performances and nails suitable for stunting/tumbling. For any performances without poms, athletes must have neutral colored nails. If there are questions about hair color or nail colors, ask coaches.
- F. Social Media-** Pep Squad members must refrain from representing themselves on any website or social media in association with:
  - a. Vulgar/inappropriate language
  - b. Degrading team members/coaches/peers
  - c. Cultural appropriation
  - d. Reference to use of drugs and/or alcohol
  - e. Sexual innuendo or showing too much skin
  - f. Graffiti/gang affiliations/wads of money
  - g. No filming explicit TikToks or Reels in San Juan Hills uniform
  - h. Failure to adhere to these social media rules may result in consequences being taken as outlined on the grading section and last page of this document.**
- G. Discipline-** Pep Squad Members will follow San Juan Hills High School and CUSD's Disiplinary policies and procedures.
  - 1. GPA-** Students must maintain a 2.0 GPA and may only have one 'unsatisfactory' on previous report card/progress reports in order to remain a member of Pep Squad. IF a student drops below a 2.0 at the end of the semester, the student will be put on academic probation for the next semester.
  - 2. Substance Abuse-** Any cheerleader that has unlawfully possessed, used, sold, or otherwise furnishes, or been under the influence of any controlled substance, an alcoholic beverage, or intoxicant on campus or at any school function will result in appropriate disciplinary action through the school and at discretion of the coach. Disciplinary examples include: school suspension and/or removal from the team.

## II. Game & Performance Responsibilities:

**All Pep Squad members are expected to attend and be on time to all practices, games, and other scheduled activities. The participation of all athletes is required for proper and effective performances and for the TEAM to be complete.**

### Varsity Cheer:

- A. Home/away football games and home/away boy/girl basketball games as determined by the coach.
- B. All CIF playoff games, which are given with short notice. THESE GAMES TAKE PLACE OVER THANKSGIVING HOLIDAY AND THE FEBRUARY PRESIDENTS' WEEKEND HOLIDAY. MEMBERS SHOULD NOT PLAN TRAVEL OVER THESE DATES.
- C. Pep rallies, community events, fundraising events and outreach activities
- D. All June, July, and August practices are mandatory, as athletes are learning material used for camp, games, and first pep rally. If practices are missed an athlete could be pulled from games, rallies, etc.
- E. Practices during class time are required.

### JV Cheer:

- A. Home JV football games and home boy/girl basketball games as determined by the coach.
- B. Pep rallies, community events, fundraising events and outreach activities.
- C. All June, July, and August practices are mandatory, as athletes are learning material used for camp, games, and first pep rally. If practices are missed an athlete could be pulled from games, rallies, etc.
- D. Practices during class time are required.
- E. Varsity Homecoming football game.

### FROSH Cheer:

- A. Home flag football home games and home boy/girl basketball games as determined by the coach
- B. Pep rallies, community events, fundraising events and outreach activities.
- C. All June, July, and August practices are mandatory, as athletes are learning material used for camp, games, and first pep rally. If practices are missed an athlete could be pulled from games, rallies, etc.
- D. Practices during class time are required. Varsity Homecoming football game.

## III. Competition Teams:

- A. We will have a Varsity and a JV competition team. Tryouts for these teams will be held at a later date in the Summer. **Members may be placed as alternates in one or both routines at any time throughout the season based on work ethic, skills, attitude, injury, missing practice or breaking any of these rules.**
- B. All competition members are expected to attend ALL competitions (including those that are injured or alternates).
- C. The competition dates will not be negotiated. Competitions generally occur November through February and will impact Presidents' weekend. Competitions are held on weekends. **By becoming a Member of the competition team, athletes are agreeing to the dates that the coaches choose regardless of their personal schedule.**

- D. Only members in good standing may compete. Good standing is defined as a member who is not curtailed by any disciplinary action that would prohibit a member from participating.
- E. Skills that are demonstrated at tryouts are expected to remain as such or improve throughout the year. Members may be placed on the competition team, however if skills regress or do not improve that member may be pulled from the competition routine(s) and be placed as an alternate or lower level. Coaches will schedule a one-on-one meeting with the athlete to give a warning before this happens.
- F. Coaches determine who competes at what level and who will be alternates. Competition level may differ from gameday level.

#### **IV. Injuries**

- A. It is the member's responsibility to notify the coaching staff of an injury as soon as it occurs and provide a doctor's note either clearing or sidelining the member.
- B. Soreness does not count as an injury and all pre-existing injuries must be communicated prior to practice in an email or Band chat.
- C. Members are responsible for following doctor's orders.
- D. Any injured/sidelined member will need a doctor's written release in order to resume participation.
- E. Any injured member must still attend all practices and events.
- F. If a member is removed from routines due to an injury, it is NOT guaranteed that she will be worked back into the routine(s). It will depend on the length of time before the next competition/performance and the impact it will have on the entire team. Members may be worked back into one routine, both routines, or no routines depending on the injury and the impact on the athlete/team. The injured member is also not guaranteed she will be placed back into the same spot prior to the injury.

#### **V. Attendance**

- A. Attend and be on time to all practices, games, competitions (if on comp team), and other scheduled Pep Squad activities. Each member and their family should plan activities/vacations around the Pep Squad schedule, this includes college visits.
- B. Any member who is too sick to attend practice i.e fever, vomiting, Covid symptoms, or other severe illness, must notify the coaches by sending an email PRIOR to the beginning of practice. The ONLY acceptable reason for an unexcused absence is an emergency. If a member is non-contagious, has tested negative for covid, and does not have a fever, we ask the member to come practice and watch, take notes and learn corrections.
- C. Doctor/dentist appointments, driving lessons, work, college trips, tests, and family events are not accepted excuses for missing practice or games. Any members who are out and miss practice may be removed from the upcoming game, pep rally, performance, and/or competition.
- D. If a member misses the practice before a game, for an unexcused reason, the member will be removed from sideline performances at that game.
- E. Each member is allotted 2 absences for the summer and 2 absences for each semester. A member with 3 or more absences throughout one of those time periods or recurring absences during the

school year due to any reason that is not illness and or emergency related, may be removed from an upcoming performance, competition, or game at the discretion of the coach.

1. Each non-emergency absence must be communicated to the coach at least 1 WEEK in advance. If communicated less than a week in advance, points will be taken off and absences will be accrued towards the allotted 2 excused absences allowed.
- F. Excessive absences may be cause for suspension and/or removal from events and/or squad including class time in off season.
- G. Competitions may never be missed, as they require the entire TEAM in order to compete. Any member missing a competition may be removed from future competitions at the Coaches' discretion.
- H. Failure to adhere to attendance rules will result in consequences taken as outlined on the last page of this document.

## VI. Grading Policy

- A. All Members can earn **25 points** each day in the gradebook. If no infractions are incurred, members will earn an "A". It is their responsibility to maintain their grade by adhering to the above rules. In Addition to other consequences, point deductions will be made for the infractions listed below.
  1. Skill Evaluation (once a semester)
    - a) 30 points per eval.
    - b) Members will be evaluated on skills given at tryouts.
    - c) If skills regress and are not improved upon consequences may be given at the discretion of the coaching staff.
  2. Minor Infractions:
    - a) Tardies or leaving early from practice, games or events - 5pts
    - b) Out of Uniform (Incorrect practice clothes, wearing incorrect jewelry, no poms, hair in incorrect style, no shoes) - 10pts
    - c) Failure to be prepared on time - 2pts
    - d) Failure to submit required items on date assigned (i.e competition waivers) - 2pts
    - e) Communication less than a week in advance for absences - 2pts
  3. Major Infractions
    - a) Each unexcused absence - 25pts
    - b) Defiant or disrespecting behavior -5pts
  4. Athletes can make up points by attending other sporting or performing arts events. A selfie at the event in front of or with a signifying element (scoreboard, playbill, etc...) will need to be sent to a coach to verify attendance.

## VII. Transportation

- A. ALL members will ride to and from away games on a team bus when applicable. (Unless parents are going and they will check out the student through the coaches who are supervising that event.)
- B. Members are responsible for arranging transportation to away games, events, and **competitions when a team bus is not provided.**

## VIII. Communication

- A. Members are expected to check the BAND app frequently for weekly updates. Members are responsible for all information posted to the app.
- B. If at any time the member has an issue that needs to be addressed, please have the first point of contact be directly from the **Member to Coach**. If not resolved, then we will set up a meeting with the Member, Coach, and Parent.
- C. If the member has a question regarding report times, what to wear, etc. they should text their team captain(s) or check the BAND app.
- D. Parents should NOT be communicating to coaches via text messaging or social media. BAND app or email are the only acceptable forms of communication from parents.
- E. HEAD COACH'S EMAIL : [jdneville@capousd.org](mailto:jdneville@capousd.org)

## IX. TENTATIVE Schedule - All dates including weekly schedules, games, and competitions will be posted on BAND and are subject to change.

### A. MAY

- 1. May 14 || Cheer Info Meeting || 5pm || SJHHS Library
- 2. May 27-28 || Cheer Clinic || Check-In 3:45 Clinic 4:15-6:15|| SJHHS Gym
- 3. May 29 || Cheer Tryouts || SJHHS GYM || Times announced for each girl during clinic
- 4. May 31 || You Made it Party!

### B. JUNE

- 1. PRACTICE - June 10, 11, 12 - 9am-11am
- 2. TEAM VACATION - June 13 - July 7

### C. JULY

- 1. PRACTICE - July 8, 9, 10 - 9am-11am
- 2. PRACTICE - July 15, 16, 17 - 9am-11am
- 3. USA SUMMER CAMP - July 21, 22, 23, 24
- 4. TEAM VACATION - July 25-August 10

### D. AUGUST

- 1. PRACTICE - August 11, 12, 14, 15 - 9am-11am
- 2. SCHOOL STARTS - August 19

### E. Games

- 1. Check your BAND app for specifics.

## X. Tryouts

**\*\*All signed paperwork must be returned NO LATER than 3:00PM Friday, May 23, 2025 in a manilla envelope with “Attn: Pep Squad - John Neville/Cheer Tryouts” written on the front to SJHHS front office. Please refer to the tryout checklist on page 9 to ensure everything that is needed is submitted.\*\***

### → Clinic:

- ◆ May 27th and 28th
- ◆ SJHHS Gym
- ◆ Check in: 3:45PM to 4:15PM
- ◆ Clinic: 4:30PM to 6:30PM

### → Tryouts:

- ◆ May 29th from 4PM to 7PM
- ◆ Tryout times will be broken down by grade (grade is based on the 2025-26 school year).
- ◆ Please show up 30 minutes prior to your grade’s timeslot.
  - **SENIORS:** 4:00PM
  - **JUNIORS:** 4:45PM
  - **SOPHOMORES:** 5:30PM
  - **FRESHMAN:** 6:15PM

→ All athletes must wear San Juan Hills HS colors - Navy, Gold, Grey, Black. No midriff. Hair must be in a high ponytail. Makeup should be performance presentable. We recommend and suggest not leaving in order to not miss the chance for a call back! Bring lots of snacks and water.

a) Please don’t leave and wait for the coaching staff to dismiss you from tryouts.

- Please arrive in plenty of time to stretch on your own.
- Athletes will be called 3 at a time(based on grade).
- Athletes will be performing the material learned at the clinic, a tryout run through will happen throughout the clinic so that all athletes are prepared.
- There will be judges from outside areas with extensive backgrounds. The judges scores will be combined for the total score. Tryout results **cannot be negotiated and are final.**
- Team Announcements will be posted on the Team Instagram @sjhhscheerandsong no later than May 30th at 3:30PM.

## Tryout Checklist

**\*\*All signed paperwork must be returned NO LATER than 3:00PM Friday, May 23, 2025 in a manilla envelope with “Attn: Pep Squad - John Neville/Cheer Tryouts” written on the front to SJHHS front office. Please refer to the tryout checklist below to ensure everything that is needed is submitted.\*\***

- Cheer Application** (Please make sure that all information is clearly written.)
- Rules and Policies Parent/Athlete Agreement**
- COPY of Completed Athletic Clearance Form** (signed, dated, and stamped by physician)
  - ★ Please keep the original form for your records, and submit a COPY for your tryout. In addition to providing a COPY of your athlete’s Athletic Clearance Form, it must also be uploaded to <https://www.athleticclearance.com/>. If an athlete’s Athletic Clearance Form is still valid and uploaded to <https://www.athleticclearance.com/>, a new one does not need to be completed. However, once it expires, athletes will need to complete a new Athletic Clearance Form. Athletes without completed Athletic Clearance Forms will not be able to participate in tryouts, games, performances, or competitions.
- Proof of Insurance** (photocopy of both the front and back of insurance card)
- Fall 2024 Semester’s Transcripts** (showing a 2.0 or above)

### Rules and Policies Parent/Athlete Agreement

1. *We understand the decision of team placements are FINAL and non-negotiable after tryouts.*
2. *We understand tryout results will be posted on our social media by May 30th at 3:30pm*
3. *We understand that teams are chosen on a basis of skill level & performance impression demonstrated at the tryout which includes attitude/work ethic, academic standing, and overall team needs.*
4. *We understand that all communication needs to be done respectfully. At no time is it ok for a parent or team member to berate or yell at the coaching staff or other team members. Parents are not allowed in practice spaces unless invited.*
5. *We understand that the cheer team must become the 1st priority in terms of co-curricular activities on and off campus.*
6. *We understand that if our son/daughter has been in the program in the past, they will still need to try out every season and that their position on the team is not guaranteed. Improvement, skill-level, attitude/work ethic, performance quality, academic standing and team dynamics all play a part in whether she/he is chosen to be a member and/or a competing member.*
7. *We understand that if our athlete makes the program, he/she is representing San Juan Hills High School and San Juan Hills Cheer at all times. On San Juan Hills' campus, outside of school, and on social media. Failure to represent SJHHS Cheer or teammates in a positive light will result in consequences as stated.*
8. *We understand that if any of our rules are broken, consequences will be given accordingly.*
9. *We understand that an athletic clearance form must be uploaded to <https://www.athleticclearance.com/> in order to participate in any game, competition, pep rally, or any other performances.*

I have read and agreed to abide by the Cheer Team Rules and Policies, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I, as a parent/guardian, cannot change or alter these rules and I am allowing my athlete to try out for this team knowing that these are the rules and I agree to the terms of the program as it stands.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### SJHHS Cheer Team Contribution Breakdown 2025/26

The Cheer program is COMPLETELY funded through donations. The district does NOT pay for any part of the program. Each member’s participation donation (competing a full sideline season) is **\$2,800** (2 installments of \$1,035), or \$1,870 when paying in full. Camp is a separate donation of \$730. This price does not include uniforms.

ALL MEMBERS	PAYMENT RECIPIENT	COST	Due Date	NOTES												
Practice Wear (1 long sleeve, 2 t-shirts, 2 tank tops, and 1 hoodie)	SJHHS Boosters	\$150	05/31	Must size at “You Made it Party”												
Poms (set)	Varsity	\$55	06/02	New poms are purchased each year.												
Bows (5)	SJHHS Boosters	\$90	05/31	New bows are purchased each year.												
Coach Stipends	SJHHS Boosters	\$995	05/31													
Game Expenses	SJHHS Boosters	\$65	05/31	Homecoming Halos Themed Apparel/Accessories Decor												
Banquet Venue and Decor/Holiday Luncheon	SJHHS Boosters	\$90	05/31													
Choreography/Guest Teachers	SJHHS Boosters	\$50	05/31													
Media	SJHHS Boosters	\$60	05/31													
Music Licensing and Editing	SJHHS Boosters	\$30	05/31													
MISC	SJHHS Boosters	\$30	05/31	Yard signs & equipment needs												
<b>Total</b>	<b>25/26 Cheer Participation Contribution Plan</b>		All donations can be made via check written out to <b>SJH Boosters: Memo: Athletes Name + “installment number/full payment”</b> or online using the QR code below.													
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Paying in Full</td> <td style="width: 15%;">\$1870</td> <td style="width: 15%;">\$730</td> <td style="width: 15%;">5/31</td> </tr> <tr> <td>1st Installment</td> <td>\$1035</td> <td>\$730</td> <td>5/31</td> </tr> <tr> <td>2nd Installment</td> <td>\$1035</td> <td></td> <td>8/01</td> </tr> </table>		Paying in Full	\$1870	\$730	5/31	1st Installment	\$1035	\$730	5/31	2nd Installment	\$1035		8/01		
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2nd Installment	\$1035		8/01													

UNIFORM	PAYMENT RECIPIENT	COST	DUE DATE	NOTES
Shell	Rebel Athletic	\$166.13	06/02	Must size at “You Made it Party”
Sleeves (VARSITY)	Rebel Athletic	\$105.21	06/02	Must size at “You Made it Party”
Sleeves (JV)	Rebel Athletic	\$83.96	06/02	Must size at “You Made it Party”
Sleeves (FROSH)	Rebel Athletic	\$76.42	06/02	Must size at “You Made it Party”
Skirt	Rebel Athletic	\$110.75	06/02	Must size at “You Made it Party”
Shoes	Varsity	\$130	06/02	Must size at “You Made it Party”

After attending the uniform fitting, you will receive info via email with a link to purchase uniforms/shoes/poms. Tax and shipping may be added to balance.

OPTIONAL ITEMS	PAYMENT RECIPIENT	COST	DUE DATE	NOTES
Camp and Transportation	SJHHS Boosters	\$730 Cost of camp and transportation is subject to change based on the final number of attendees. Non refundable.	05/31	4 day Elite Camp, hotel, meals, coaching, & transportation to and from Palm Springs.
Backpack	Rebel Athletic	\$125	N/A	OPTIONAL

### Current Fundraising Opportunities

- Future Stallion Clinic (Fall)
- Prep Clinic (Spring)
- eTeamSponsor
  - ◆ Please see attached parent letter.
  - ◆ Pep Squad will begin utilizing eTeamSponsor during the first week of summer practice in which a rep will come to SJHHS to get the girls set up with an account and ready to fundraise.