**CREAN LUTHERAN HIGH SCHOOL**

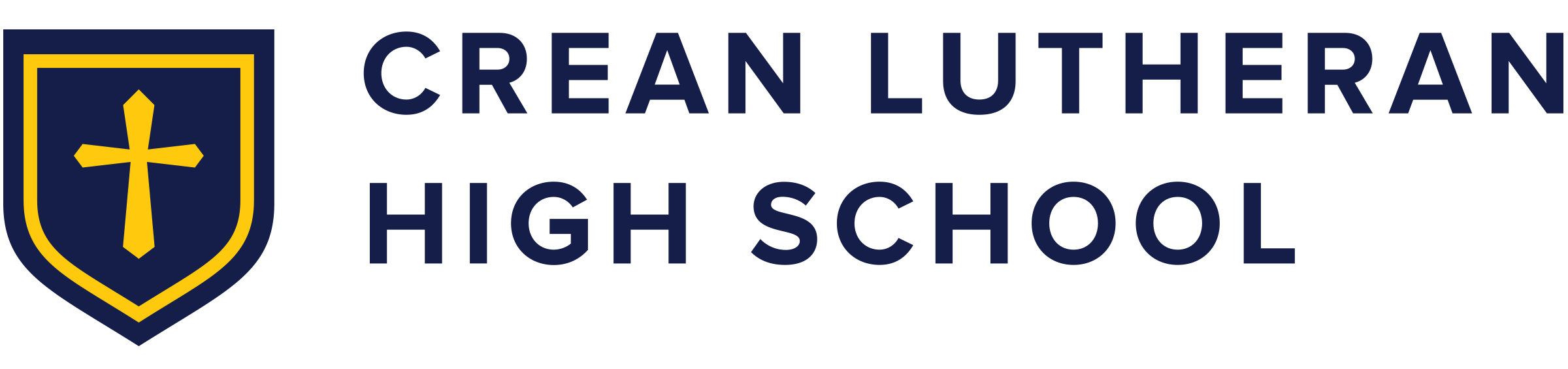
***Proclaiming Jesus Christ through Excellence in Education***

**SAINTS SPIRIT**

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**2021-2022 HANDBOOK**

*I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.* Philippians 3:14

**  
CLHS Spirit Program Handbook**

**PART I – PROGRAM OVERVIEW**

**SPIRIT PROGRAM MISSION STATEMENT**

The primary mission is to serve as ambassadors for Jesus Christ and for Crean Lutheran High School. Dedicated to upholding Christian values, team spirit, and servant leadership, the Spirit leaders interact with the crowds, the school and the community to generate Christ-like enthusiasm and encouragement. Our team participates in competitions for God’s glory. We are dedicated to raising up strong, empowered leaders with the heart of Christ, in order to develop a community of passionate and mature disciples who will transform the world by love, leadership, and service.

**PHILOSOPHY**

The SPIRIT Program at Crean Lutheran High School is an integral part of the school’s educational program. A strong spirit program that values the wellbeing and personal development of each athlete is vital to a well-rounded student. Athletics is the foundation for building healthy school pride and school spirit. We encourage the participation of all students in multiple sports and activities.

The Crean Lutheran High School (CLHS) Spirit program, composed of the Cheer and Song teams, shall serve as a support group for the yearly interscholastic athletic program for both male and female athletes. The teams shall strive to boost school spirit, promote good sportsmanship, perform at a high level while maintaining Christian integrity, develop good positive crowd involvement, and help athlete participants and spectators achieve the most worthwhile experience. Through spirit activities, spirit leaders will understand their worth in God’s eyes and to truly understand that they were “fearfully and wonderfully made.”

Being one of the most visible and recognizable representatives of a school, the spirit program is in a

position of great influence; therefore, high standards of conduct are essential. Positive personal

behavior and team cohesiveness demonstrate these standards. Appropriate behavior will help

earn the respect of the student body, which is the core of developing effective school spirit and

student involvement.

Participation in interscholastic athletics at Crean Lutheran High School is voluntary. It is a blessing and a privilege and not a right. With this privilege comes the responsibility to conform to the standards established by Crean Lutheran High School and the individual sports programs. The privilege to participate is expected to be taken seriously by all student-athletes involved.

Crean Lutheran High School athletic programs strive to teach the value of participation and hard work without overemphasizing the importance of winning and to impart positive citizenship traits among the spirit leaders it serves. The program will constantly strive to develop well-rounded Christian leaders capable of contributing to society.

**STATEMENT OF PURPOSE**The primary purposes of the Spirit Program at Crean Lutheran High School are as follows:

1. Provide and facilitate a Christ-centered spirit program that will create and continuously foster an environment where each student-athlete’s welfare and development come first! This means that faculty, staff, and coaches are committed to enhancing spiritual growth and promoting positive character-building, while providing a safe environment for spirit leaders to learn, compete, and have fun.
2. Provide a spirit program that satisfies both competitive needs as well as the developmental needs of spirit leaders.
3. Provide opportunities for all spirit leaders to learn, develop, and contribute to the team’s success.
4. Provide a spirit program that will promote physical well-being, spiritual growth, and emotional maturity as it prepares athletes to become leaders. Coaches are responsible for monitoring the leadership and sportsmanship of both the participants and spectators.
5. Facilitate a spirit program that is an integral part of the entire high school educational experience.
6. Coaches are expected to understand the importance of using their sport as a platform or avenue to teach and develop Christian character and life skills.

**ACADEMIC ELIGIBILITY STANDARDS**

Because a successful season can be ruined by the playing and participation of an ineligible student-athlete, the coach must closely monitor the eligibility of team members. It is the responsibility of head coaches to monitor their athletes’ grades and to confirm with the Spirit Coordinator and Spirit Manager each spirit leaders’ eligibility status. The Spirit Manager will publish a list of probationary and ineligible spirit leaders.

**\*If a coach knowingly allows an ineligible spirit leader to compete, the team will forfeit the competition and the coach is subject to suspension or termination.**

The Spirit Program is a year round commitment in which participants must maintain an overall **2.0 GPA**. Student-athletes must meet the eligibility standards and rules/regulations set by CLHS. GPA will be determined by dividing the total number of grade points by the total number of courses (A=4, B=3, C=2, D=1, F=0).

1. **Freshman**

All entering freshman student-athletes from any junior high must have a 2.0 GPA on their last 8th-grade report card. Students entering Crean Lutheran High School with less than a 2.0 GPA will be placed on probation. After the first six-week progress report, if the GPA is 2.0 or higher, the student-athlete will be taken off probation. If the student’s GPA is still below the required 2.0, he/she is not eligible to compete.

In order to be eligible for tryouts with the CLHS spirit team, your student must be fully through the admissions process, having been accepted and completed the enrollment process. If you have any additional questions about your status of enrollment, please contact [*admissions@creanlutheran.org.*](mailto:admissions@creanlutheran.org)

1. **Returning and Current**

All student-athletes must maintain a 2.0 GPA or higher. A spirit leader that falls below the 2.0 GPA at any progress reporting period will be placed on academic probation. If that same spirit leader was on probation already, the spirit leader will be declared **academically ineligible** to participate in any interscholastic contest but will be allowed to practice. After the next progress reporting period, if the spirit leader is in good academic standing (2.0 or higher), he or she will be eligible to once again for sideline/competition participation.

**ATHLETIC STUDY HALL**Saints student-athletes who’s GPA falls below the CIF requirement of a 2.0 will be required to attend Study Hall 3 hours per week. Student-athletes who are on probation or CIF ineligible are required to attend Study Hall 3 hours per week. Failure to attend Athletic Study Hall, may result in suspension from the team including practices, competitions, and sideline events or dismissal from the team.

**STUDENT-ATHLETE CODE OF CONDUCT**

CLHS administration encourages all parents to assist in fairly and equitably upholding this policy for all students by mutually cooperating with school personnel regarding violations of this policy.

1. **Each student-athlete represents his/her family and his/her school, therefore…**
   1. Meets the academic and citizenship standards of CIF and CLHS.
   2. Shows respect for teachers, adults, and fellow students.
   3. Maintains a good attendance record.
   4. Makes arrangements for all assignments missed due to a contest.
2. **On campus, a student involved in an extracurricular program…**
   1. Helps to promote school spirit.
   2. Sets a good example for others to follow.
   3. Works for the improvement of the school.
   4. Is respectful of personal and school property.
3. **At a contest or competition, a student in an extracurricular program…**
   1. Respects the rules and the decisions of the officials and judges.
   2. Is modest in victory and gracious in defeat.
   3. Controls temper at all times and never uses profanity.
   4. Shows respect for visiting teams and their equipment.
   5. Conducts himself/herself in such a manner that he/she is a good representative of Christ, CLHS, the community, and the student body while away from school on trips.
   6. Helps take care of school equipment.
   7. Respects the regulations as well as the property of the host school.
4. **Participation in athletics is a privilege that carries with it special responsibilities:**
   1. On the field/court
   2. On-campus
   3. In the classroom
   4. On trips
5. **CLHS student-athletes are expected to embody the core values of a follower of C.H.R.I.S.T.**: **C**ommitment; **H**onor; **R**esponsibility; **I**ntegrity; **S**ervice; **T**eamwork

**DANCE / CONDITIONING TRAINING SPIRIT LEADERS**

All incoming and JV sideline cheerleaders and song leaders are required to be in a dance class. This “class” is an extension of their practice and will be part of their conditioning as an athlete. These dance courses will be focused on stamina, core strengthening, sharp movements, simple dance routines that are used for game time, and improving showmanship for the sidelines. Students could potentially audition for a higher level class if they choose to do so.

\*The academic scheduling for Traditional Competitive Cheer (TCC) and Competitive Song will be decided by the coaching staff and counseling department.

**SPIRIT PROGRAM AND OTHER SPORTS**

Because the spirit program cheers for both Fall (football) and Winter (basketball) season, it may be difficult for a member to do another sport in addition to the spirit program. The Head Coach must be notified of any dual sports participation in advance. Spirit leaders do have the opportunity to cheer for a single season if they are involved in another sport and they will still be eligible to participate in the end of the year banquet.

**RISK FOR SPIRIT**

Cheer and song incorporates acrobatic, tumbling, stunt, and precision movements that are very

difficult and could potentially be extremely dangerous. Moderate to severe injuries can occur in

any activity involving motion and increased height or force. Please be aware that each individual can maximize his/her own safety and the safety of others by following our CLHS Spirit rules. Staying focused and living a healthy lifestyle such as eating a well-balanced diet, drinking plenty of water, staying physically fit, and getting plenty of rest also aids in injury prevention. Spirit coaches reserve the right to make any and all adjustments and changes to the routines to keep cheerleading safe. Changes may be discussed after practices or at a later time to not disrupt the flow of practice.

**HEALTH**

Cheer and Song are both rigorous activities, which require its participants to be in top physical and mental shape.

1. Both are performance-oriented teams; full participation is expected.
2. Athletes with serious health problems that are aggravated by exercise and/or which limit full participation for a substantial amount of time should not try-out and may be grounds for dismissal by the coaching staff. This policy has been enacted in order to protect both the potentially ill member as well as other team members from injury.
3. Members are responsible for self-medication such as inhalers, braces, athletic tape, and Tylenol.
4. Ongoing injuries limiting participation will be assessed on an as-needed basis. Removal from the team may be a possibility depending on the severity and limitations of the injury.
5. Medical clearance is required for all levels of injuries in order to resume full participation.
6. Each team member will be required to obtain a CLHS physical examination at our annual **Athletic Clearance Day (June 3rd, 2021).**

**FINANCIAL COMMITMENT**

The Spirit Program involves a huge financial commitment on the parents/guardians. Be responsible for your commitment – avoiding deadlines or refusing to clear accounts is unacceptable and hurts everyone involved.

1. Cost breakdown provided on the estimated budget handout.
2. Payments will be scheduled throughout the year beginning **July 31** and again on **January 30**.
3. We will be billing all payments through the business office FACTS system.

**PART 2 – SPIRIT PROGRAM GUIDELINES & EXPECTATIONS**

**DEDICATION**

In and out of uniform, CLHS Spirit Program members are expected to be ambassadors on campus and in the community and behave in a way that exemplifies the good standing of the school. **The dedication level of each team member is a vital part in the operation of our program.**

\*If at any time you terminate or are removed from your position as a CLHS Spirit Program member, for whatever reason, **you may not wear your uniforms/spirit wear at any time thereafter or be involved in any spirit program scheduled activities.** Also, you may not attend the spirit banquet at the end of the year.\*

**TIME COMMITMENT**

Please be aware that dedication from each team member is necessary in order to have a

successful practice, performance, game, and year! **The team cannot function properly without every member present.** Please be aware of this when planning family events and other commitments.

* **If we make CIF, our season will extend to March!**
* **CIF games are required to attend, unless communicated to the coach for their absence.**

1. **Summer Practice**

Participation in the summer program, including at-home material memorization homework, is extremely important for material review and skill progression. Missing summer practices will impact the athlete’s participation at games and participation in routines and the sideline. See the practice schedule, and contact the coach before trying out to discuss any conflicts.

1. **Summer USA Camp - TBD**
2. **CLHS Summer Spirit Youth Camp**

This camp will teach turns, jumps, leaps, motion technique, sideline routines, and dance technique. Students will learn half-time performance routines.

1. **Football and Basketball Season**

During these seasons, in addition to weekly game(s), practice hours/day will be at the Staff’s discretion. Schedules will continually change especially for playoff games and weather conditions. On game days, coaches may often call a practice that morning.

1. **Off Season Sports**

Attendance at these events for off season sports will be determined between the athletic department and spirit manager.

1. **Fundraising**

There are **MANDATORY** events to raise money to help pay for the high cost. See Spirit Program Fundraising section at the back of this packet for the buyout if the minimum isn’t sold. Dates will be scheduled and noted on the practice calendars and the website.

1. **Outside Commitments**

These should not conflict with any athlete’s cheerleading duties. Please consult the website and the practice calendars BEFORE making personal appointments. Outside commitments that conflict with any athlete’s cheerleading duties may result in a deduction of his/her class grade along with changes to placement in routines and overall participation of performances.

**TRYOUTS**

Tryouts will be held to determine the athletes' placement on either JV or Varsity. No prior experience is necessary to be a part of our spirit program. For returners, skill level, behavior/attitude, attendance, coach-ability, and sportsmanship will be noted throughout the year and determine your place on the team. As much as we would love to accept all students that are interested in the Spirit program, unfortunately we may not be able to do so due to timing issues with ordering equipment and the logistics of learning the required material. Participation in the Spirit program will be at the coaches and staff’s discretion.

Tryouts will be held on **April 19th-21st** and consist of two parts: the clinic and the judged tryout. The cheer athletes will be judged on various stunts and dance movements. All spirit leaders should be dressed in appropriate attire for their tryout (white shirt, black shorts, and bow).

Use this check-list to guide you through all the required paperwork that **MUST** be submitted **after** tryouts and **before** the Saints Spirit Fitting Meeting. A student-athlete cannot participate in any Spirit-related activities until all paperwork has been signed and turned in.

1. Sign the last page of this handbook and return to Ms. Lindsay Cerulle
2. Submit two teacher letter of recommendations
3. Complete the Understanding of Financial Obligation Form
4. Complete the Tryout Application Form (Personal information, transcript, previous experience, and summer conflicts)
5. All Admissions paperwork must be submitted

Athletic Clearance Forms need to be completed before any student-athlete practices or competes. Families are able to get a sports physical from their doctor or on campus on **June 3rd**.

**ATTENDANCE AND PARTICIPATION**

All necessary paperwork must be completed **BEFORE** spirit leaders begin practicing (application form, tryout agreement signature sheet, and athletic clearance form). If paperwork is not turned in, **you CANNOT participate.** Your account must be current in order to continue to participate– See **Mrs. Nicholas** if you need to check your balance.

Failure to maintain the academic standards will result in the student-athlete being placed on probation or declared ineligible for competition until the next grade report. At that point, grades are reevaluated. If the student-athletes GPA averages a minimum of a 2.0, he/she is again eligible to compete.

It is expected that appointments (doctor, dentist, etc.) will be scheduled around the practice schedule. CLHS Spirit Program policy requires that student-athletes **MUST** attend a full practice **one full week prior** game day to fully participate or members will be benched for that game.

1. **Parents/guardians must also notify the attendance office and the coach within 48 hours to clear absences in order avoid grade deductions.**
2. Any member on suspension, grade ineligibility, or probation will not be allowed to wear their uniform to school or attend games/practice until cleared through the coach.
3. The entire team must be at practice, games, performances, events, and rallies on time as stated by the coach.
4. Individuals must provide transportation to events in which school transportation is not available.

|  |  |
| --- | --- |
| **Excused Absences** | **Unexcused Absences** |
| \* Due to illness (absent from school) | \* Truant |
| \* Injury-related appointments | \* Personal appointments |
| \* Funeral | \* Serving Saturday School |
| \* School appointments and meetings | \* Job |

**Mandatory participation:** practice,games, community events, fundraisers, rallies, and other events deemed mandatory by the coaching staff.

**Communicating absences:** If you are sick or have an excused absence you must notify your coach and have your parent/guardian contact the attendance office no later than 1 hour prior to practice via phone, text, or email.

**GRADE POINT SYSTEM (GRADES)- Spirit**

Points will be used as both the CLHS Cheerleading/Song grade and a disciplinary tool given by the Coach. If at any time a CLHS Cheerleader/Song acts inappropriately, fails to obey handbook rules, or causes harm to another athlete, the coaches/advisor reserves all rights to choose the appropriate consequences. *We will be using Canvas to keep a record of points so grades can be properly given.*

10 points will be earned for each day at practice and at games.

1. **One point will be taken off for:**

1. Tardiness at any team activity.

2. Unnecessary use of cellphones during practice or games.

3. Chewing gum in uniform

4. Disrespect toward Coach or team leaders/captains.

5. No identification on uniform or its accessories.

6. Inappropriate practice uniform

A. This would include any piece of the uniform.

B. This would also include inappropriate hair.

7. Forgotten necessary accessories (shoes, poms, etc).

8. Absence which will also result in removal from performance.

1. **Three points will be taken off for:**

1. Unexcused absence

2. Use of inappropriate language in uniform.

3. Gossiping or public displays of affection in uniform.

4. Inappropriate use of social media.

1. **Six points** **will be taken off for**:

1. Violation of above infractions totaling six points

2. Lack of minimal grade requirements.

3. Bullying on any platform.

**Absent Notification Procedure**: Phone and/or email to coach and attendance.

**BEHAVIOR GUIDELINES**

***These guidelines pertain to school, events, practices, Facebook, Instagram, Tumblr, Pinterest, TikTok, Snapchat, blogs, other social networks, and any electronic communication.***

A CLHS spirit leader is expected to adhere to all Crean Lutheran High School policies listed in the CLHS Student Handbook. Discipline or removal from the team or sporting activity can transpire if a spirit leader commits any of the following acts, which are prohibited by the California State Education Code and the CLHS behavioral policy:

1. Team problems and conflicts should be discussed only with the coaching staff, not with people outside the team.
   1. Parents should **NOT** get involved with team problems nor involve team members in parental problems. This can be **VERY** damaging to the unity of the team.
   2. Ways to communicate parental concerns regarding the program only to the staff: E-mail, written notes, or phone.
   3. Practice time is **NOT** a time to discuss issues with other teammates or decisions being made by the coach.
2. Cellular phones should be **turned off** for the duration of practices, games, spirit prep, and performance at any spirit related event.
3. Cooperation and teamwork are imperative in building a great team.
4. No profanity, fighting, gossiping, and other forms of rudeness is ever tolerated.
5. Use of alcohol, drugs, or tobacco will **NOT** be tolerated. A spirit leader will be **automatically** **dismissed**.
6. Spirit leaders suspected of substance abuse can be suspended until investigation of the matter is cleared/confirmed by administration. Any disrespect or defiance shown to teachers, coaches, rules, administrators, or school officials, which results in an action form of a disciplinary referral, will result in possible team dismissal.
7. No public displays of affection are ever considered appropriate, especially in uniform/spirit wear at games or at school.
8. All girls are expected to behave in a manner that **brings** **glory to God,** builds others up, does not cause others to stumble, and upholds the Christian values of CLHS.

***Remember – You are school representatives at all times. You represent not only yourself, your school, and those who support the program – Ultimately, you represent the Lord.***

**UNIFORM GUIDELINES**

The Coach will make the decision on dress for spirit events. Therefore, the purchase of uniforms, spirit wear, and other accessories are **MANDATORY**.

**\*Uniforms/spirit wear will not be distributed until all uniform payments have been made.**

**All team members must be dressed the same during practices, games, performances, rallies, and other spirit events.**

1. Hair must be pulled back away from the face and secured in a full ponytail. Natural hair color ONLY.
2. Chewing gum is prohibited while at any practice or game.
3. No jewelry in or on any part of the body including toe, belly, ear, and tongue rings.
4. Nails must be kept at a sport length (When looking at the palm, nails must not be visible above the tip of finger). Clear or natural color nail polish only may be worn.
5. Team athletic shoes must be clean/white at all times. It is never appropriate to wear UGGS or the like while in uniform.
6. Natural make-up unless asked by the coach for a special performance.

**Practice Days:** sports/supportive bra, team shoes, no-show socks, briefs, no jewelry, and required practice shorts/shirt. **NO** jeans, street shoes, jewelry, exposed stomachs, or chewing gum is permitted at our practices. Until the 2021-2022 practice gear arrives, any workout shorts and t-shirts, and tennis shoes with backs or cheerleading shoes must be worn. Hair must be up, and may have a bow.

**Game Days (at school) and Spectator Days (at games):** TBD by spirit leaders and approved by coaching staff.

**Games:** Full uniform. This includes arriving/departing events in full uniform as well (i.e.

no flip flops/UGGs in place of shoes and socks etc.) body liners, and warm-ups need to be brought also.

**Rally Days:** TBD by spirit leaders and approved by coaching staff.

**Other Events:** You will be notified on what to wear since everyone must look the same.

**Presence at a school, practice, or games without dress code will result in a deduction**

**of the athlete’s grade and/or benching.**

**PRACTICE GUIDELINES**

1. You are to arrive promptly and immediately begin set-up and warm-up.
2. For safety reasons, the Coach will designate practice areas. Mats or a grassy area will be used for mastering stunting and tumbling techniques.
3. All stunts and tumbling must be practiced under the supervision of the Coaches. Safety guidelines set forth by the National Federation of State High School Associations should be followed.
4. Be aware that the tumbling and stunting performed is at an accelerated level, but will in no way be permitted at games unless mastered in practice.
5. Any additional practices scheduled by the athletes are not mandatory. They cannot be held on school property and the cheer staff will not be in attendance. CLHS, and/or Coach will not assume liability for injuries resulting from athlete-scheduled practices**.**
6. Taking part in a stunt without the coaching staff’s approval or presence is prohibited. If a spirit leader stunts outside of practice, she is violating policy and therefore releases the coaches, advisors, administrators, school, and district from any responsibility of injuries, etc.

**GAME GUIDELINES**

1. Family and friends may sit behind the spirit leaders in the stands only during games and avoid interrupting performances. If an emergency occurs, please make contact with coaches rather than interrupting members during games.
2. For games, spirit leaders are to arrive 1 hour prior to the start of a game, unless told otherwise. Once you arrive, you should be ready to begin stretching with the captains/coaches.
3. Spirit leaders should be in position one minute prior to start and half time.
4. Spirit leaders should be in full uniform and hair/makeup done before entering the stadium/gym.
5. There may be occasions when the team is split to cover numerous events scheduled on the same day.
6. All levels of performance (stunting, cheers, chants, dances, etc…) will be monitored by the coaching staff and will only be allowed for performance with their approval.
7. Spirit leaders may not cheer/dance at a game if they are sick for the last practice leading up to the game. Coaching staff will need to re-choreograph and organize formations. Should the spirit leader feel better, they may cheer from the stands with the coach or assist with music on the sideline.

**PARENT RESPONSIBILITIES**

1. **Forms**

Sign any mandatory forms before the start of summer practice.

1. **Financial**

Financial responsibilities as stated in the estimated budget handout. Deadlines will be set for financial dues (**July 31 and January 30)**. If these obligations are not fulfilled consequences for members may result in limited participation of spirit events.

1. **Parent Participation**

Parents are required to participate by signing up for a committee to help with activities and events throughout the season.

1. **Communication**

It is imperative that the lines of communication between parents and advisors remain completely open. **Open lines of communication allow for a better spirit program**.

1. **Notification procedures**

Phone, email to coach, and/or written notes. Please allow a grace period to address concerns, unless it is an emergency. Notify attendance within 48 hours of an absence.

1. **Other forms of communication**

Website, practice/game calendar, email, verbally at practices/games

1. **Complaint Procedure**

For complaints regarding Spirit Program issues, please communicate directly with coaching staff. For complaints/issues involving others, follow the model set forth in **Matthew 18:15-17**:

1. Go directly to the person with whom you are in conflict – do this in person and privately – **seek to reconcile**. Do not use email – this often adds fuel to the fire.
2. If they don’t respond, bring one or two more people along to discuss the matter. **Continue to seek reconciliation**.
3. If the issue is still not resolved and the issue is not with the coaching staff, get the coaching staff involved. If the issue is with coaching staff and the other steps have not worked, approach the CLHS leadership; again, **with reconciliation in mind**.
4. **REMEMBER:** Be careful with this process. Carefully examine your motives and be sure you are **confronting with love and humility** with the desire to better the other person.

**EXPECTATIONS OF PARENTS**

**Parents must positively support, enforce, and cooperate with decisions made by the**

**Advisor/Coaches regardless of personal feelings/opinions.** Without positive support of the

program, parents may cause unintentional damage to the morale at all levels of the program.

1. **Support Your Student-Athlete**
2. Encourage participation by both girls and boys. Provide a pressure-free environment.
3. Be supportive of your spirit laeder; see that his/her medical needs are met; see that he/she has proper equipment; and attend as many of your child’s contests as possible.
4. Stress the importance of the complete athlete, both mental and physical preparation.
5. Promote and celebrate effort before winning and losing. Promote teamwork and selflessness in your son or daughter.
6. **Support Your Coaches**
7. Support the coaching staff in the decision making process.
8. During the season, please consider practice and games when planning family events.
9. Understand the needs of the particular sport. Some sports require more equipment, some take more time, and others may call for some form of year-round preparation.
10. **Support Your School**
11. Promote sportsmanship, never yell or address officials, athletes, or coaches.
12. Support the CLHS policy of no profanity, alcohol, illegal drugs, or tobacco.
13. Model positive behavior by helping promote a safe and nurturing environment.

**DISCIPLINARY ACTIONS**

CLHS does not need to resort to progressive discipline but may take whatever action it deems necessary to address the issue at hand. However, what follows will be the normal course of disciplinary actions:

1. **First Offense**

The spirit leader may be suspended from competition and/or participation in practice. The spirit leader may participate in practice at the discretion of the Coach and Spirit Manager. Parents are notified by the coach.

1. **Second Offense**

The spirit leader may be suspended from competition and/or participation in practice. Prior to returning, the spirit leader, coach, and parent must conference regarding future eligibility. Participation in practice shall be at the discretion of the Coach and Spirit Manager.

1. **Third Offense**

The spirit leader will be removed from the team and further participation. The offender will not be permitted to participate in any CLHS sports programs.

1. **Substance Abuse**

CLHS adopts **a zero-tolerance policy** in regard to substance abuse. The SPIRIT program follows and supports the student rules outlined in the CLHS Student Handbook.

**SUSPENSION**

**Suspension means not attending any team function for two weeks.**

1. Upon resuming team activities, the member will become an Alternate for one week and be ineligible to perform.
2. After completion of the “Alternate’s Week” the member can resume regularly scheduled activities.
3. Two suspensions will result in dismissal from the team.

**DISMISSAL FROM A TEAM**

Dismissal from a team is the last action a coach should take in attempting to discipline a spirit leader. Suspension, additional work, and counseling are alternative ways of dealing with discipline problems. The following reasons may warrant dismissal:

1. Failure to maintain the required academic standards.
2. Violation of CIF league rules governing eligibility, age, or residence.
3. Suspension from school for reasons other than athletic, such as truancy or fighting.
4. Smoking, chewing tobacco, using drugs, or drinking alcoholic beverages.
5. Absent from practice or a contest without a legitimate excuse.
6. Improper conduct.
7. Stealing.
8. Use of obscene language and/or profanity.
9. Insubordination to coaches or other school personnel.

**PART 3 – ESTIMATED COSTS – CHEER & SONG**

All program fees will be billed through **FACTS** and parent(s) will be notified by email. You can pay this fee by submitting an online payment or telephone payment through FACTS. If you have selected AutoPay in FACTS, the fee will automatically be paid on the due date. Our preference for payment is through your FACTS account, but you may submit a check to the front desk. Please include your student name and program name on the check. **All PAYMENTS are NON-REFUNDABLE.**

**PARTICIPATION FEES**

Participation fees are **NONREFUNDABLE** as uniform and associated equipment are custom to the individual. The participation fee will be considered a valid fee once an order is placed for your daughter’s uniform and associated equipment. **No credit is given for not participating in the full season.**

Participation fees will be billed in two equal installments with the first payment due by **July 31** and the second installment due by **January 30**. Fundraising opportunities to help reduce the participation fee will be offered - see fundraising below.

1. **Incoming Cheer Spirit Leader Fees………..………………………………………..…….………...……...….. $1,136**

**\*Additional Seniors Only Fee…………………………………………………………………………………..…..… $100**

(HOCO wreaths $35, Senior Night Gifts $20, Banquet Gifts $15, Banner $30)

* 1. **Uniform:** (Shell/Skirt $164, Warm-Up Set $221, Sleeves $70, Briefs $16, Shoes $70).. $541
  2. **Practice Gear:** (Tank $20, Long sleeved spirit $28, Jersey $55, T-shirt $20, Personalized Team Backpack $60) purchased directly from Perfect Impressions from you…............. $123
  3. **Transportation Fee**………………..………………………………………………..……………………………………... $150
  4. **Spirit Leader Banquet Fee**………………………………………………………………………………………………. $40
  5. **Summer Camp Fee** (3 day event: instruction and new routines, team bonding, fun events, camp gifts).…………………………………………………………………………………………………...……………………...……... TBD
  6. **Football & Basketball Spirit Week Supplies**…………………….……………………………………………. $30
  7. **Misc Expenses** (Program Advancement, Away game meals, 5th qtr pizza, summer practice lunches, team bonding events).................................................................................... $215

1. **Incoming Song Spirit Leader Fees…………………………...……….…………………..…………………….. $1,148**

**\*Additional Seniors Only Fee……………………………..……………………………………………………..…… $100**

(HOCO wreaths $35, Senior Night Gifts $20, Banquet Gifts $15, Banner $30)

* 1. **Uniform:** (Shell/Skirt $176, Warm-Up Set $221, Sleeves $70, Briefs $16, Shoes $70).. $553
  2. **Practice Gear:** (Tank $20, Long sleeved spirit $28, Jersey $55, T-shirt $20, Personalized Team Backpack $60) purchased directly from Perfect Impressions from you…............. $123
  3. **Transportation Fee**……………………………………………………..…………..……………………………………... $150
  4. **Spirit Leader Banquet Fee**……………………………………............………………………………………………. $40
  5. **Summer Camp Fee** (3 day event: instruction and new routines, team bonding, fun events, camp gifts)………………………………………….………………………………………………………...……………………...……... TBD
  6. **Football & Basketball Spirit Week Supplies**…………………………….……………………………………. $30
  7. **Misc Expenses** (Program Advancement, Away game meals, 5th qtr pizza, summer practice lunches, team bonding events).................................................................................... $215

1. **Returning Spirit Leader (Cheer/Song) Fees…………………………….……………………………..……... $505**

**\*Additional Seniors Only Fee……………………………………..……………………………………………..…… $100**

(HOCO wreaths $35, Senior Night Gifts $20, Banquet Gifts $15, Banner $30)

1. **Transportation Fee**………………………………………………..…………………….……….………………………... $150
2. **Spirit Leader Banquet Fee**………………………………………………………………………………………………. $40
3. **Summer Camp Fee** (3 day event: instruction and new routines, team bonding, fun events, camp gifts)…………………………………….……………………………………………………………….....…. TBD
4. **Football & Basketball Spirit Week Supplies**……………………………….…………………………………. $30
5. **Shoes**…………………………………………………………………………………………………………………………………. $70
6. **Misc Expenses** (Program Advancement, Away game meals, 5th qtr pizza, summer practice lunches, team bonding events).................................................................................... $215
7. **Cheer Optional Fees**
   1. Replacement Schell…………………………………………………………………………………………………………. $134
   2. Replacement Skirt……………………………………………………………………………………………………………... $77
   3. Replacement Shell & Skirt……………………………………………………………………………………………….. $164
   4. Warm-Up Jacket Replacement………………………………………………………………………………………... $175
   5. Warm-Up Pant Replacement………………………………………………………………………………...………….. $70
   6. Warm-Up Set Replacement...…………………………………………………………………………………………... $221
   7. Sleeves………………………………………………………………………………………………………………………………. $70
   8. Briefs…………………………………………………………………………………………………………………………………... $16
   9. Backpack Replacement……………………………………………………………………………………………………. $60
   10. Bow Replacement……………………………………………………………………………………………….. $10 per bow
   11. Practice Gear (can be purchased directly from Perfect Impressions)
       1. Tank Top………………………………………………………………………………………………..……………….. $20
       2. Long Sleeved Spirit……………………………………………………………………………………………….. $28
       3. Jersey……………………………………………………………………………………………………………………... $55
       4. T-Shirt……………………………………………………………………………………………………………………... $20
8. **Song Optional Fees**
   1. Replacement Schell…………………………………………………………………………………………………………. $122
   2. Replacement Skirt……………………………………………………………………………………………………………... $90
   3. Replacement Shell & Skirt……………………………………………………………………………………………….. $176
   4. Warm-Up Jacket Replacement………………………………………………………………………………………... $175
   5. Warm-Up Pant Replacement………………………………………………………………………………...………….. $70
   6. Warm-Up Set Replacement...…………………………………………………………………………………………... $221
   7. Sleeves………………………………………………………………………………………………………………………………. $70
   8. Briefs…………………………………………………………………………………………………………………………………... $16
   9. Backpack Replacement……………………………………………………………………………………………………. $60
   10. Bow Replacement……………………………………………………………………………………………….. $10 per bow
   11. Practice Gear (can be purchased directly from Perfect Impressions)
       1. Tank Top………………………………………………………………………………………………..……………….. $20
       2. Long Sleeved Spirit……………………………………………………………………………………………….. $28
       3. Jersey……………………………………………………………………………………………………………………... $55
       4. T-Shirt……………………………………………………………………………………………………………………... $20

\*All fees are subject to change based on current equipment pricing.

\*We will continue to use the online spirit store for our spirit leader practice gear and optional apparel. Parents may enjoy as well and support our athletic teams with some fun Saints gear!

**ADDITIONAL FEES**

1. **COMPETITION FEE:** (If student makes the TCC or competition song, fee is nonrefundable) **$375**

*Billed through FACTS in November/December*

This fee is for those athletes that are interested and qualified for competing in song or cheer. This fee includes all competitions, Music, Choreography, replacement competition uniforms throughout the year.

1. **ATHLETIC OPERATION FEE**……………..……………………….………………………….……….…………….………….. **$200**

All athletes are required to pay one annual Athletic Operation Fee, regardless of the number of sports an athlete participates in. This fee will be charged in the fall with a due date of **October 15** and covers the usage of the athletic facilities (cost of officials, Athletic Trainers, coaches stipends, custodial, and maintenance costs).

**PART 4 – SPIRIT PROGRAM FUNDRAISERS**

The following team fundraisers will be held this year. Each member is expected to participate in all fundraisers, or you will be billed through FACTS for the buyout fee. Fundraising is essential to assist in equipment purchases (i.e. mats, costume accessories), food at away games, and other incidentals.

**PROGRAM FUNDRAISERS**

All profits go to cover program costs and may reduce your participation fees

1. **Football Media Guide TBD**……………………………………………………………………. Buyout: $200, **August 15**

(Athletes are asked to sell $200 in ads or pay the buyout. Any amount sold after the $200 can be earned toward participation fees after cost of print). **TENTATIVE INFORMATION**

1. **Christmas Trees**…………………………………………………………………...………………………. October - November

(Trees for Troops is an opportunity for spirit leaders to reduce their participation fees by selling Christmas Trees).

\*If all fees have been paid, any additional fundraising dollars will support the program.

**Crean Lutheran High School**

**Spirit Program Creed**

**I WILL ALWAYS:**

1. Show up on time and be ready to work hard.
2. Listen carefully to what my coach/advisor is saying.
3. Be an enthusiastic member of the team.
4. Pack my bag with everything I need for practice, the game or any other performance.
5. Turn the ringer on my cell phone off so that my focus is on the practice or game.
6. Be a steady advocate to everyone on my team.
7. Stay in shape in order to perform safely and correctly.
8. Pack an extra pair of briefs, extra elastics for my hair and be generous to friends who didn’t.
9. Project a positive image of my team, whether in uniform or street clothes.
10. Be a positive example to all other athletes.
11. Make the most of camp and listen to everything the instructors tell me.
12. Project a healthy self-image.
13. Maintain modesty.

**I WILL NEVER:**

1. Try a stunt or new skill without my coach or a trained instructor.
2. Teach a stunt or a tumbling skill to another member of the team.
3. Push anyone to try something they are not comfortable doing.
4. Belittle the efforts of anyone on my team.
5. Be a negative influence on my teammates.
6. Be petty or turn my back on a teammate.
7. Participate in hazing or mean-spirited initiation activities.
8. Harm the reputation my team has worked hard for.
9. Forget that it’s a privilege to represent my school team.
10. Contribute to negative stereotypes.

UPDATED: 4/1/2021 *The content in this document is subject to change throughout the year.*

*I have read and understand the time and financial commitment to the CLHS Handbook. Please sign and email this bottom portion to* [*cerulle@creanlutheran.org*](mailto:nicholas@creanlutheran.org)*.*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Student signature Date*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Parent Signature Date*

*Thank you!*

*Your Saints Spirit Coaches & Advisors*