

# Welcome to the 2015-2016 Gunn Titans Varsity Cheer Team and Varsity Dance Team!

In this packet you will find everything you need to know about the season. Being on the cheer and dance teams is an honor and you will have the opportunity to increase school spirit here at Gunn and encourage fans to attend games to support your fellow athletes.

Meet the coaches...



**Lauren Bilich**  
*Head Coach*  
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**Kristen Leite**  
*Assistant Coach*  
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**Jennifer DaRosa**  
*Dance Choreographer*  
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## Expectations

### Practice

- Athletes are expected to arrive at their scheduled practices ON TIME
- Athletes are expected to arrive at their scheduled practices in appropriate practice attire
  - Workout shorts / capris / pants (no jeans, skirts, etc.)
  - Sports bra (female athletes)
  - Workout top
  - Socks
  - Athletic shoes tied tight (no converse, sandals, UGGs, etc.)
  - Hair up in ponytail / bun and bangs out of face
  - All body piercings removed (ears, nose, belly button, etc.)
- Consequences of unexcused tardiness:
  - Each 10 mins late to practice / game = 1 lap added to daily practice warm up run (ex. athlete is 20 mins late to practice, team is already running 2 laps, late athletes runs 4 laps)
- Consequences of unexcused absence:
  - First absence = 4 laps added to daily practice warm up run and parent / guardian notified
  - Second absence = 8 laps added to daily practice warm up run and parent / guardian notified
  - Third absence = termination from team
- Excused tardiness / absences:
  - School field trips
  - Making up GHS-related tests
  - Religious holidays
  - Family emergency
- Unexcused tardiness / absences:
  - Activities / meetings unrelated to GHS school work
  - Doctor, dentist, etc. appointments
  - Vacations
  - Non-attendance
- All Gunn coaches, teachers, administrators and staff agree that Gunn-related academic work is an interscholastic athletes' priority. As an interscholastic athlete, athletes are expected to handle all non-related Gunn activities outside of practice / game scheduling.

### Games

- Call time for home games will be 30 minutes before start time
- Call time for away games may be different for each game and will be posted on the Master Calendar and provided via Google-Docs to all athletes and parents
- Athletes are expected to be in full uniform with hair and make-up done by call time
- Unless an excused absence, athletes are required to attend all games and are not excused for outside club sports or activities

## **General**

- Good sportsmanship towards teammates and opponents is expected
- Athletes will exhibit responsible, respectful and trustworthy behavior to teammates and coaches
- Athlete must be physically able to handle workout and conditioning regimen
- Athletes are expected to maintain a reasonable GPA; two grade checks will be administered throughout the season by coach.
- Cheer / dance attire may not be worn to out of school/game activities (i.e. parties) and athlete should not demonstrate inappropriate behavior in uniform (i.e. PDA)
- Disrespectful language and put-downs towards teammates is unacceptable; after first warning athlete will be terminated from the team.
- Athletes will not post explicit language and inappropriate pictures on social media. If seen by coach the athlete must remove it when requested by coach.
- Responsibility with cheer and dance items is expected. Sharing clothes will not be allowed.

## **Assumption of Risk**

Participation in interscholastic athletic activities often includes intense competition and poses the potential for injury. Participants and parents / guardians are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment. We expect athletes to monitor their health and wellness, as well as keep coaches and athletic trainer up to date.

## **Hazing**

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, ridicule, etc. In some instances hazing constitutes a criminal act. Hazing may lead to immediate termination from a team.

## **Communication with Coaches**

The first line of communication should be between the athlete and the coach before or after practice (not during scheduled practice times). If a parents / guardians feels a need to communicate a concern or ask a question, the parent / guardian should send Coach Lauren an email. Parents / Guardians are NOT permitted to approach coaches during practice or game time unless an email has been sent and the coach has agreed to meet. Coaches have many responsibilities besides just practice and parents / guardians should be courteous and aware of this.

***AS A REMINDER – EVERY YEAR, EVERY RETURNING ATHLETE MUST FULLY PARTICIPATE IN TRYOUTS AND IS NOT GUARANTEED A SPOT ON THE TEAM BECAUSE THEY HAVE PREVIOUSLY BEEN ON THE TEAM. THIS ENSURES A FAIR TRYOUT, EVERY SINGLE YEAR FOR EVERY SINGLE ATHLETE.***

## Cost

Once teams have been selected, a mandatory meeting will be held to discuss the upcoming season, expectations and costs. We will be discussing all below costs, so bring your check books! An email will be sent out with a date / time once teams have been selected.

## Cheer

Athletics <b>highly recommended</b> donation	\$175
Uniform	
Skirt	\$25
Liner	\$44
Shell	\$59
Spanx	\$11
Shoes	\$87
Warm up jacket	\$77
Warm up pants	\$30
Poms	\$22
Bows	\$20
Backpack	\$30
Camp	\$120
Regionals	???
<i>TBD Nationals</i>	
<i>Flight</i>	\$200
<i>Hotel</i>	\$125
<i>Misc / Meals</i>	\$100

## Dance

Athletics <b>highly recommended</b> donation	\$175
Uniform	
Dance pant	???
Dance tank	\$39
Dance top	\$29
Shoes (sneakers)	\$87
Warm up jacket	\$77
Warm up pants	\$30
Poms	\$22
Bows	\$20
Backpack	\$30
Camp	\$200
Costume(s)	???
Regionals	???
<i>TBD Nationals</i>	
<i>Flight</i>	\$200
<i>Hotel</i>	\$125
<i>Misc / Meals</i>	\$100

**Practice Schedule**

*Practice scheduling subject to change. Once the cheer and dance teams have been finalized, all athletes and parents will have access to an online calendar for the entire season. This calendar will be frequently updated and can be referred to at any point for scheduling concerns.*

**Varsity Cheer**

Monday: 5:30pm-7:30pm

Tuesday: 7:00pm-9:00pm

Wednesday: 7:00pm-9:00pm

Thursday: 5:30pm-7:30pm

**Varsity Dance**

Monday: 5:30pm-7:30pm

Tuesday: 7:00pm-9:00pm

Wednesday: 7:00pm-9:00pm

Thursday: 5:30pm-7:30pm

### Commitment Form

I, \_\_\_\_\_ (print athlete's name), commit to the 2015-2016 cheer / dance team. I will participate in all practices, games, and events unless upon an emergency or an excused parent email has been sent to my coaches **24 hours** in advance. I will maintain a reasonable GPA (passing grades are C+ or better) and set a prime example to my fellow peers as a student athlete. I understand that the cheer and dance season is held in the fall through winter sports and will to commit until the **last scheduled basketball game before I can participate in other sports**. I am aware that I am allowed to participate in outside club activities, but that my coaches at GHS will expect 100% of my effort and attendance. I understand that once I sign this commitment form, I am responsible to follow all rules and regulations regarding the cheer team or dance team; my place on the team will be terminated if I cannot follow the guidelines listed in the cheer and dance packet.

Athlete signed \_\_\_\_\_ Date \_\_\_\_\_

Parent signed \_\_\_\_\_ Date \_\_\_\_\_

### Information Sheet

#### Athlete

Name: \_\_\_\_\_

Cell phone number: ( \_\_\_\_\_ ) \_\_\_\_\_

Email: \_\_\_\_\_

Team (circle only one): Cheer / Dance

#### Parent / Guardian

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Cell phone number: ( \_\_\_\_\_ ) \_\_\_\_\_

Email: \_\_\_\_\_

Interested in being a team parent (circle one): Yes / No

*An informational team parent meeting will be held once teams are selected for parents who are interested.*