

Spiritline Program

2022-2023



Coaching

Philosophy

Spiritline is a means to develop an athlete into an integral part of society. We help athletes develop goals that are achievable within a team environment. Athletes develop self-confidence through striving towards those goals that are set with high standards. The team environment is built to celebrate success and learn to overcome obstacles through accountability to each other.

Purpose

School Purpose: Strive for the Impossible and Be Extraordinary

ACP Spiritline's purpose:

- Support the school spirit, activities, and athletics on our campus.
- Establish and engage in traditions that build school spirit on our campus.
- Develop a team mentality to support and encourage young athletes.
- Maintain high academics.
- Develop pride and confidence through campus performances.
- Establish a work ethic that builds a competitive team.

Coaching Staff

IVP Fingerprint Clearance Card

CPR Certified

NFHS Heat Acclimatization and Heat
Illness Prevention

NFHS Accredited Interscholastic
Coach Certification

NFHS Concussion in Sports

NFHS Fundamentals of Coaching

NFHS Fundamentals of Coaching

Cheer and Dance

NFHS First Aid, Health and Safety for
Coaches

Arizona 101- FREE

USA Cheer Safety Certification (4 years)

NFHS Spirit Rules Course (Yearly)

USA Cheer Background Screening

Athlete Protection Course

USA Cheer Waiver

USA Cheer Member Code of Conduct
Agreement

Coach Skaff - Varsity Cheer Coach and Head of Program

Involved in the cheer community for 20+ years

14 years high school cheer coaching experience

Two adult children

Married to love of my life for 20 years

Coach Derrica - Varsity Pom Coach

14 years of studio dance experience

Was on the Quincy Senior High School Dance Team all 4
years of high school

6 years of experience in teaching dance and choreography

Currently finishing up my master's degree in nursing

Additional coaches are being hired

*posted teaching positions and coaches may be pulled from
candidates

Expectations

Expectations

- Commit to the entire season and attend all games, spirit events, practices, and competitions.
- Build your skillset by attending practices and classes that increase your ability to compete at a high level.
- Maintain academic integrity in the classroom by turning in assignments on time, attending class, and developing respectful relationships with staff and students.
- Demonstrate a commitment to health by engaging in safe training, eating to develop a healthy body, and following guidelines for injury prevention.
- Demonstrate maturity by demonstrating time management, communication, and prioritizing skills.
- Commit to the process. Maintain a positive attitude, accept critique/instruction, grow as an athlete in the program, respect the program, believe in yourself, and develop gratitude for the opportunities afforded to you.

Communication

Athlete

- BAND App (schedule, messages, updates)
- Weekly Newsletter (upcoming events, committee updates, practice wear/focus)
- Level Practice Plans
- Game Plan/Competition Plan (outfits, responsibilities, performance selections)
- Game/Practice Reflections (coaching notes and athlete reflections/goals)
- Instagram

Parent

- Weekly Newsletter (upcoming events, committee updates, practice wear/focus)
- Booster emails
- Injury/incident emails
- Trainer phone calls/emails

Communication Process

1. Athlete to level coach
2. Athlete to head coach
3. Parent/athlete to level coach
4. Parent/athlete to head coach
5. Parent/athlete/coach to athletic director
6. Parent/athlete/coach/athletic director to administration

Commitment

Commitment

CHEER - SPRING

During our Spring practices, we are building skills to prepare for camp, building team, and building strength and flexibility. Squad members are expected to attend practices held April 12th - May 11th Tuesday and Wednesday from 4:45-6:15.

Pom - SPRING

During our Spring practices, we are working on strength and conditioning related to dance skills and technique. Squad members are expected to attend practices. We will practice three days a week from 7-8:10am

Commitment

Cheer - Summer

We learn material, build skills, and choreograph halftimes and assembly performance. Athletes are expected to attend practice Monday-Saturday June 6th - 29th. Times are being determined. Athletes are expected to attend summer camp June 30th - July 3rd. Athletes **MUST** attend summer camp to be considered for competition teams and to attend nationals.

Pom - Summer

We learn material, build skills, and develop team spirit during our summer practices. Athletes are expected to attend camp and practices. UDA camp is July 14th-17th.

Commitment- Summer Camp General Schedule

Cheer

Day 1 11am arrival

- Motions/props
- Camp Dance/Band Chants
- Stunts

Day 2 8:30am start

- Cheer
- Stunts/pyramids
- Sideline Evaluations

Day 3 8:30am start

- Game Day
- Pyramids
- All-American Tryouts

Day 4 8:30am start

- Parent performance 9:30-11am
- Closing awards 11-11:20am

Pom

Day 1

- Warm Up
- Learn "A" Routine
- Home Routine Performance and Evaluation
- Drill downs

Day 2

- Warm Up
- "A" Routine Review
- Learn "B" routine
- Team technique
- All-American Selections
- Team building

Day 3/4

- Performances and Evaluations
- Spirit Themed Night
- Drill Downs
- Final Awards

Commitment

Season - Cheer

Athletes are expected to commit to a full year of spiritline. All teams cheer at home football and mens and womens basketball games. Varsity cheers at away football games. Both JV and Varsity members may be called upon to cheer at playoff games. All teams are required to be at assemblies and any other mandatory spirit event designated by the coaches.

All teams are expected to be in first hour spiritline (practice begins at 7am), additional after school practices, and tumbling /technique practices. We will hold after school practices, tumbling practices, and lifting sessions. That schedule will be set at the beginning of the school year. There will be additional practices called before a big game, performance, and/or assemblies. Weeks prior to competition will have additional practices scheduled.

Each team will compete. Making the program does not guarantee you a spot in competition. Coaches will evaluate and put forth the team that best represents our school and squad. Both JV and Varsity will have stunt teams. This will require extra time, money, and commitment. Competitions will be in November, December, January, and February. Dates will be provided once released.

Teams practice during CUSD breaks. We will always practice during the second week of the break. Spiritline members are

Commitment

Season - Pom

Athletes are expected to commit to a full year of spiritline. All teams cheer at home football and mens and womens basketball games. Pom cheers at away football games. All dance members may be called upon to cheer at playoff games. All teams are required to be at assemblies and any other mandatory spirit event designated by the coaches.

All teams are expected to be in first hour spiritline (practice begins at 7am), additional after school practices, and technique class. There may be additional practices called before a big game, performance, and/or assemblies. Weeks prior to competition will have additional practices scheduled.

Each team will compete. Making the program does not guarantee you a spot in competition. Coaches will evaluate and put forth the team that best represents our school and squad.

Teams practice during CUSD breaks. We will always practice during the second week of the break. Spiritline members are expected to attend their scheduled games and practices during those breaks.

Commitment - Attendance (Make Up Assignments on Website)

Excused

- Illness
- Funeral/death
- Wedding*
- School Events*

Unexcused

- Trips/vacations during school year
- Work
- Social Gatherings
- *Failure to inform coach two weeks prior

Tardies

- Mats not rolled out by practice start
- Failure to be prepared (hair not up, jewelry in, etc.)

Attendance Discipline

- Absent 1+ day/week = game benched
- Unexcused Absence = practice/game benched
- Excessive absences/tardies = practice/game benched

GAME DAY ABSENCE

- Game Benched
(Must attend majority of school day to participate in games)

Tardies Discipline

- Benching/loss of points/athletic conditioning

Important Rules

AIA/District Rules

Mandatory Spirit Events

- Class
- Lifting
- Outside of school hour practices
- Games
- Competitions
- Fundraisers
- Community Service

Hair, Nails, & Jewelry

- Nails short at all times
- Cheer hair must be up at all times
- No jewelry ever

Injuries

- Athletes must notify coach
- Incidental Reports will be emailed to parents
- Athletes must see trainer and follow their directions

Parent/Guardian Expectations

Parent/Guardian Expectations

- Parents/guardians are expected to support the coach in following this Handbook understanding it is put in place for the best interest of the team.
- Parents/guardians are expected to make sure their cheerleader arrives at practices, games, and other activities at the designated time.
- Parents/guardians agree to ensure the athlete has notified the coach as far in advance as possible or as soon as they know about absences or tardies to practice, games, events, etc.
- Parents/guardians agree to carefully check the weekly newsletter update and notify the coach if they see a conflict with another school activity or if they see a mistake on the cheer calendar.
- If a parent/guardian has a concern, it is important they take the concern directly to the coach and not discuss it with other parents or cheerleaders.
- Parents/guardians understand decisions regarding the team and each individual cheerleader are made in the best interest of the team.
- Parents/guardians understand if they create conflict among the team, other parents, coaches, or administration, and it cannot be worked out with the coach, it will be taken to the administration.
- Parents/guardians will understand the elected Spiritline Booster Club Executive Board in conjunction with the coach will have the final say in how funding and fundraisers will be spent and distributed.

Investment

INVESTMENT

Date	New	Returning	Item
4/19/22	\$275	\$275	Camp Deposit
5/3/22	\$450	\$200	Camp Gear
5/17/22	\$275	\$275	Camp Payment
6/7/22	\$250	\$0	Game Day Uniform
6/21/22	\$300	\$300	Choreography
7/12/22	\$300	\$0	Competition Uniform
8/2/22	\$50	\$0	Poms
8/19/22	\$400	\$400	Student Activity Fee
9/16/22	\$30	\$30	Comp Bow
9/24/22	\$200	\$200	Nationals
10/1/22	\$200	\$200	Nationals
11/1/22	\$200	\$200	Nationals
12/1/22	\$200	\$200	Nationals
1/1/23	\$200	\$200	Nationals

These numbers are estimates and based on size of the squad they may change. Fundraising is also open to all to reduce costs.

Tryouts

Tryouts

Athletes **MUST** complete the following to tryout:

- Cleared through Register My Athlete with a physical dated after March 1st, 2022
- Pick up a tryout packet from Coach Skaff
- Join the Tryout Band App (this is for athletes only)
- Fill out the application by the due date
- Sign the handbook consent page and bring it to tryouts (emailed the week before tryouts)
- Attend one of the parent meetings with a parent/guardian

*all links are in the bio of our instagram page

Tryouts

Tryouts are clinic style Monday - Thursday

Friday is a tryout performance in front of a judging panel

Spring Sport Athletes are receiving cheer material the same day as those trying out via the Band app (all videos will be placed there). They have the choice of trying out formally on Thursday 4/7 via video for the judges to evaluate or in person 4/8 as the first groups to tryout

Injured athletes may begin their 5 day tryout after they are fully cleared to return to practice

Tryouts

Squad sizes will be determined during tryouts

Alternates may be chosen for any squad

Cheer

Cheer
Chant
Dance
Stunting
Tumbling
Motions
Voice
Jumps

Pom

Leaps
Turns
Dance
Tumbling/Acro (optional)
Timing
Musicality
Rhythm
Performance
Showmanship