

Centennial Spiritline
Contract
2026-2027



PURPOSE:

- ❖ To represent CeHS High School.
- ❖ To promote and generate interest, enthusiasm, support and pride in athletic teams, events, traditions, and Centennial High School.
- ❖ To maintain a high level of competitive excellence.
- ❖ To be a positive role model in/out of uniform and on/off campus.

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ELIGIBILITY:

- ❖ Must be enrolled at Centennial High School for the 26-27 season. . Exceptions for graduating seniors who have or are fulfilling graduation requirements and only need a few classes, and are on target to graduate.
- ❖ All students must have a passing grade in all classes.
- ❖ Coaches/School will check grades periodically. A student may not perform with incomplete class work, poor attendance, endanger of failing or failing grade.
- ❖ Students must follow all District and AIA guidelines.

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EXPECTATIONS:

- ❖ Athletes are expected to give 100% effort all season, even when it is difficult, athletes are challenged to go above and beyond..
- ❖ Athletes are expected to buy into the processes and traditions of Centennial Spiritline..
- ❖ Athletes are expected to participate fully each day, and do not get to choose to sit out.
- ❖ Athletes are expected to be models of kindness, work ethic, accountability, grit, and coachability.
- ❖ Athletes are expected to follow injury protocol, which includes alerting coaches immediately, and taking the proper steps to safely return to play.
- ❖ Athletes are expected to take accountability for their return to play process and communicate that process to their coaches within a timely manner.
- ❖ Athletes are expected to arrive 10 minutes before the start time of practice/events.
- ❖ Athletes are expected to be the main source of communication when needing to address a challenging subject with a coach supplemented with parent support.
- ❖ Athletes are expected to uphold and maintain standards set forth by the AIA, Centennial High School, the Centennial High School Contact, and Centennial High School Student Handbook.

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COMMUNICATION:

- ❖ Athletes are to be the first line of communication with coaches. This includes when they are sick, running late, or simply need to discuss an issue. **All must be in Student Square/Parent Square. No Text, group chat, or telling other athletes to let coaches know.**
- ❖ Parent(s) must be enrolled in the BAND app and on the team text/group chat, Athletes Must be in group chats on Square.
- ❖ Athletes are encouraged to initiate conversations with coaches if/ when issues arise.
- ❖ Athletes **must inform** their coach when they are running late to practice, or an emergency arises etc.
- ❖ Athletes are to inform their coach immediately if they know they have a field trip that will cause them to miss practice.
- ❖ Athletes are to inform their coach immediately of any injury during practice.
- ❖ Athletes are expected to communicate with coaches if they plan to participate in another activity/sport.
- ❖ No call no shows are **unacceptable** for practices. .
- ❖ If an emergency arises coaches must be informed prior to practice start time.
- ❖ If there is an issue at a practice or event Athletes are to set a time to speak with their coaches.
- ❖ **Open communication between athletes, parents, and coaches is valued and encouraged. Athletes are expected to first address concerns directly with their coach to promote responsibility and growth. Following this conversation, parents are welcome to contact coaches to discuss the matter further. We respectfully ask that parents allow up to 24 hours after the athlete-coach meeting before reaching out, when possible, to support effective communication and resolution.**
- ❖ Respectful communication is always encouraged. Disrespectful and attacking communication will be forwarded up the chain of command and responded accordingly.
- ❖ Parents are to communicate with coaches via e-mail or with ParentSquare app only. Parents are not to reach out to coaches via their personal cell phones. **(Except in the case of emergencies).** All communication between coaches, athletes, parents will all take place within Parent/Student Square. Parents, athletes, any parent contact please understand all communication must be with ParentSquare and/or email only.
- ❖ Parents are to allow coaches 24 hours to respond to their emails prior to sending another email or going up the chain of command.

Chain of command: Level coach > Head Coach > Athletic director > Principal

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ATTENDANCE:

- ❖ Coaches reserve the right to retrieve any school records regarding attendance in any class.
- ❖ Students may perform with one absence from practice in a week as long as it is not the day of a game, activity, or performance or Day before.
- ❖ If an athlete misses practice the day of a game they will not cheer that evening.
- ❖ Students must be present for the majority of the school day (1/2 of their classes), the day of a game in order to cheer that

- ❖ night.
- ❖ Students must be present the majority of the school day (1/2 of their classes) the day before a competition or event to be able to compete/perform.
- ❖ Attendance Expectations
 - Students must be at all additional practices. This includes break practices and all practices that occur two weeks prior to a competition.
 - If you are “kind of sick” or “not feeling well”, you are still expected to be at practice. You may sit and watch if you cannot participate.
 - If an athlete has a fever above 99.9 or is actively throwing up, they must contact their coach for next steps.
 - If athletes are injured or are ill and sitting out they still MUST be dressed out for practice.
- ❖ Tardies
 - Tardies are not acceptable and will result in consequences for the athlete including but not limited to; benching, point loss, or athletic conditioning.
 - All athletes need to help ensure mats are rolled out by practice start time on school days. Mats need to be rolled out by call time at outside of school hour practices. Failure to do so will constitute being tardy.
 - Athletes are expected to arrive ten minutes early to all call times to prepare for the practice or event. Failure to be early will constitute being tardy.
 - Failure to be prepared at the start of practice (dressed, jewelry out, hair up, shoes on, injuries taped) will constitute as being tardy.
 - **Example: Practice starts at 3:30PM, Athletes need to be ready by 3:20PM to set up mats, move tables, etc. Showing up at 3:20PM with Hair not done, shoes not on, Jewelry still in, will result in a tardy and demerits will be issued.**
- ❖ Excused/Unexcused Absences
 - Coaches do not have to excuse absences. The calendar will be evaluated and decisions will be made accordingly.
 - Exact dates listed on the tryout application will be excused if they do not conflict with camp/ competition prep/ competition or other major events. If the dates change those new dates are not covered.
 - In the event of an unexpected absences **ALL** coaches must be alerted **prior to practice start time by the athlete.**
 - Not attending and not alerting your coach prior to any absence will result in a consequence.
- ❖ For additional practices and break practices absences must be cleared by both **Head and Level Coaches**. Depending on reasoning and timing in relation to camp/ competition, the absence may be determined either excused or unexcused.
- ❖ When absences are unexcused athletes will complete the absent workout and may be benched from all or a portion of a game/ performance, or be pulled from competition.
- ❖ Attendance Discipline
 - Any student absent more than one day in a week may be benched, depending on the individual’s situation and the circumstances of that week.
 - **Students may be benched with an unexcused absence** from practice or a performance.
 - Students may be benched if they have excessive absences and/or tardies from practices.
 - If a student has a conflict with scheduled events, he/she must have their absence approved by **head AND level coaches two weeks prior** to the event, except for emergencies. Unapproved absences will have consequences.

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FINANCIAL OBLIGATION:

- ❖ All payments must be made on time.
- ❖ **If an extension is needed, parents should contact the program in advance. Our booster club is happy to work with families on payment arrangements when communication occurs ahead of time.**
- ❖ **Tax credits may be applied toward certain program expenses, such as camp, competitions, or nationals. We strongly advise the use of Tax Credits when available.**
- ❖ **The Booster Club will be doing extensive fundraising. This helps reduce a very large portion of the additional cost.**
- ❖ **Those selected for the competition team, please note cost will be presented at parent meetings in the fall after teams have been selected.**

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PRACTICES/GAMES/PERFORMANCES/ACTIVITIES:

- ❖ **Attire Expectations**
 - Students are responsible for ALL uniforms: CeHS uniforms, practice uniforms, game day attire, etc. Students are not to alter CeHS Uniforms/Gear without coaches permission. If a student does make an alteration to their gear, they will be made to replace it and will be responsible for the associated fees.
 - If using a school issued uniform students may have alterations made **ONLY IF** those alterations can be reversed at the end of the season. Students will be responsible for all associated fees **AND** must return an unaltered uniform when the time comes.
 - Students must wear assigned uniforms to be able to practice, perform or attend performances.
 - **Practices** – T-shirts/practice tanks are to be worn to and from ALL practices. T-shirts/practice tanks are to be worn during conditioning.
 - Practice attire – will be assigned after Fall Final Tryouts
 - Correct attire as set by the Program Head Coach posted on BAND/ Weekly Information on Square.
 - All cheer members will need running shoes, game/track shoes and competition shoes
 - **Games/Performances** – Uniform, spandex, no show sports bra, bow, shoes, and socks.
 - **Game Day Outfit** – Assigned jersey/t-shirt, assigned bottoms, white tennis shoes, and hair done as assigned.
 - CeHS uniforms are not to be worn outside of games and competitions or into any CeHS events unless directed

- by a coach. Athletes should never be in attendance at a game in uniform if they are not cheering.
- Being in uniform means you are in the right attire from head to toe for the event in question.
- If an athlete quits or is dismissed from the program, uniforms are due two days following dismissal

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❖ **Hair, Nails, and Jewelry**

- Students must wear makeup and hair correctly and must make changes if asked by a coach. Hair must be pulled up out of the face. When cheering, hair must not touch shoulders.
- Nails must be kept short (not to be seen over fingertips) AT ALL TIMES. If an athlete has nails that are not short they may be asked to sit out.
- Nails must be short and clean of any and ALL polish for competitions and performances. This includes but is not limited to; traditional nail polish, gel nail polish, acrylics etc.
- **Students are not allowed to wear any kind of jewelry.** This includes but is not limited to spacers, clear jewelry, bandaids over jewelry, medical bracelets or necklaces that are not securely affixed to the body.
- **Hair must not be dyed any unnatural hair colors during the season.**

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❖ **Game/Performance/ Activity Behavior Expectations**

- Athletes are expected to be on their best behavior at all events. Failure to do so may result in being pulled from the event, future benching, or other disciplinary action.
- Athletes are expected to maintain pride in their performance at all cheer events regardless of its nature.
- Students must come dressed for all practices, games, and performances
- Students must be on time to all practices, games, and performances. Call times will be given in advance.
- Coaches may pull a student from games/performances/activities at any time.

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❖ **Belongings**

- **Centennial High School, PUSD, and Coaches are not responsible for any lost/stolen items.**
- Students may bring their cheer bags to football games. Only the essentials will be taken out onto the track.
- Students may bring their cheer bags to performances/activities when traveling. Students may not bring valuable items to off campus events.
- Phones must be put away during all practices/games/performances/activities. If a student needs to use his/her phone for an emergency he/she must have permission from a coach.

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❖ **Games and Activities**

- Athletes must travel **to and from** all games and activities with their team and coaches. **Exceptions will seldom be made prior to the event and must be approved by head AND level coaches.**
- While in uniform at games/performances/activities, the attention of the squad must remain on the game/performance/activity at all times. Captains will be the only ones communicating to call chants, cheers, stunts, or dances.
- Students may not go into football/basketball/competition stands to talk with parents or friends without receiving approval from a coach first.
- At half time athletes are required to remain with the team unless they receive explicit permission from their coach.

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❖ **Breaks**

- Due to the importance of Summer Camp, athletes must receive approval from a coach if they are not able to attend **upon tryouts.**
- There are often games and events over break. These are mandatory unless prior approval has been received.
- **Break practices are mandatory, unless approved by a coach upon tryouts.** If a student does not attend break practices, they may be removed from the next competition, game, or performance at the coach's discretion.

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COMPETITIONS:

- ❖ Squads will fulfill the "Philosophy of Spiritline" stated in AIA bylaws 36.3 before competing.
- ❖ Varsity, JV and Freshman cheer will compete. It is up to the head and level coaches' discretion which members will compete. Coaches reserve the right to add/replace a student for competition.
- ❖ CeHS Spiritline competes in the Traditional, Game Day divisions, Pom, Jazz, Group Stunt
- ❖ Athletes must be present for choreography to compete.
- ❖ Athletes may be listed as an alternate. Athletes may also be made alternates at any point during the season for not throwing required skills, not throwing the same skills they threw at tryouts, or breaching their contract in any way.
- ❖ Athletes are expected to trust that the coaches will place them where they can be the most successful during the season. Athletes are expected to commit to, and fully embrace any role that they are assigned placing the utmost trust in program coaches, their decisions, and the process.
- ❖ All program members not put on mat for game day will be considered alternates.
- ❖ Alternates are required at all competition practices and performances. Alternates may be called to compete at any time; therefore, alternates do still pay all competition fees due to still attending all competitions with the team.
 - Those that are on the competition side, please note that we will have a meeting to go over all costs, and details including dates, fundraisers, and what the team goals are for the season
- ❖ All athletes will have additional expenses for competitions; Fundraising will always be offered to help with costs.
- ❖ If any athlete misses a practice two weeks prior to competition, he/she may be replaced, and he/she will not compete for that competition. (Coach's discretion)

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MANDATORY SPIRIT EVENTS: will be referred to as MSE's

- ❖ All members are expected to be at all MSE's.
- ❖ MSE's include but are not limited to outside of school hour's practices, games, competitions, fundraisers, and community service. Schedules are released by coaches as they become available. Athletic schedules (including practices) can and often do change.
- ❖ Coaches will post schedules on the cheer band app. It is expected that athletes and parents stay up-to-date on the calendar and look ahead. Will also send on Square and all details posted on our website.
- ❖ Athletes are responsible to attend all MSE's unless cleared through the head coach **at least 2 weeks in advance**. If a student is approved to miss any MSE's they need to understand that can include possible losing out on credit towards nationals cost. Coaches will work on a case by case basis with parents and students on such events.

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SAFETY:

*** The safety of all of our athletes is our number one concern.***

- ❖ Any new skills need to be pre-approved by coaches before performing. Coaches will be doing skills tests periodically.
- ❖ All injuries need to be reported immediately to a coach. Injuries will be assessed by athletic trainers/nurses. The trainer/nurse will determine the need for medical attention.
- ❖ At any time if an athlete hits their head they need to report the suspected injury to the Head and Level coach REGARDLESS of if they are having concussion like symptoms.
- ❖ When out with an injury coaches will not return the athlete to play until both the trainer and a physician have FULLY cleared them. Partial clearance is not accepted. A doctor's note will be required/Cleared by CEHS Trainers. . Exceptions made for concussions not referred out to a physician- The trainer has the ability to clear these.
- ❖ Coaches will work on a case by case basis to allow athletes practice with modifications. However, if there are recurring issues athletes will be required to see a physician. If there is no injury, the athlete will be expected to participate at full capacity.
- ❖ A doctor's note from a family member does not suffice when athletes are either out injured or returning to play.
- ❖ When out with an injury an athlete will not compete or practice on another team prior to being cleared by a physician. Doing so can result in dismissal.
- ❖ All athletes are required to take the Brain book concussion course. Athletes are expected to follow the protocols stated in the course

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COMMITMENT:

***Spiritline members will be bound by their contract from the day of selection until the last day of school. Once an athlete is selected their 110% commitment is expected through the end of the year. The season DOES NOT end with Nationals and continued investment from all members of the program is expected.**

- ❖ **CeHS Spiritline commitments should come before other obligations—second only to academics.** The Spiritline schedule must ALWAYS come before other activities; other teams, jobs, clubs, vacations, family parties etc. This includes not leaving practice early or coming late due to an outside activity. If a schedule conflict arises, Centennial/ your team MUST be your first priority. Coaches will work on a case-by-case basis with parents and students on such events.
- ❖ While the AIA allows being members of both all-star and high school cheer, all-star cheer schedules must never interfere with CeHS schedules if athletes choose to do both. **If an athlete intends to participate in all-star cheer at any point in the season they must alert head and level coaches.** Out of respect, this includes after nationals. Athletes must never continue to practice with their all-star team if deemed unfit to practice by our trainer, nurse, or a physician. Families need to make thoughtful, informed decisions when deciding what is best for their athlete.
- ❖ Athletes are encouraged to be involved in other school activities, but they must come second to CeHS Spiritline. Athletes must alert coaches prior to tryouts if they plan to tryout/participate in a second sport or school activity that may conflict with Spiritline. Campus coaches/sponsors will determine if dual participation is feasible.

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DISCIPLINARY ACTION:

Benching/Removal may occur for any of the below reasons:

- ❖ Required level skills are not met. This includes not being performance ready in terms of material knowledge, sharp correct motions, and overall performance confidence.
- ❖ Failing a course
 - To regain eligibility...
 - The athlete **must** work with the teacher to do what is needed to earn a passing grade
 - The athlete must screen shot passing grade and sent to ALL coaches in Square once passing
 - **COACHES CANNOT MAKE EXCEPTIONS TO THE ELIGIBILITY RULES**
- ❖ The athlete is injured (must have doctor note)
 - Injured students will be benched until coaches have a doctor's note clearing him/her to participate 100% with **NO RESTRICTIONS**. Exceptions only for return to play progressions that have been specifically outlined.
- ❖ **Athletes are not in full uniform and apparel including but not limited to bows,shoes, poms etc.**
- ❖ Athlete displays insubordination or disobedience towards any coach, captain, or squad member with delegated responsibilities.
- ❖ Poor attitude.
- ❖ Missing practices and/or performances without an approved excuse.
 - Last minute absences will result in benching from AT LEAST 1 quarter of the next game or be benched from

- assemblies, or competition.
- When benched from games for disciplinary reasons the athlete with demerits
- ❖ Excessive absences and/or tardies.
- ❖ Ditching any classes.
- ❖ Not attending school the day of a game, performance, or activity.
- ❖ Breaking school policies.
- ❖ Not following the rules of the CeHS Spiritline Contract.
- ❖ Inappropriate pictures, videos, captions, comments etc. on the internet, on **ANY** social media forum/ or text messages, etc.
- ❖ Any form of bullying.
- ❖ Disrespect toward teachers/ coaches/ school staff
- ❖ **Any other situations that may arise and are unbecoming of a Centennial Spiritline.** Benching will occur at the discretion of the head and level coaches on a case-by-case basis.

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Responsibilities of Benched Student Athlete:

- ❖ A student benched must attend all practices, games, performances, and activities unless suspended from school in which case they will lose the privilege of being with the team at that time.
- ❖ A student benched may lose privileges to wear a CeHS uniform during this time.
- ❖ A student benched must follow all rules of practices, games, performances, and activities.
- ❖ A student that does not follow the requirements of benching may be benched for a longer period of time or dismissed from the squad.
- ❖ A student benched more than three times may be dismissed from the program..

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Social Media:

- ❖ You are not allowed at any time to take inappropriate pictures/ videos especially while wearing anything saying CeHS on your outfit.
- ❖ You are not allowed at any time to post or send any inappropriate pictures/ videos via social media or text messages.
- ❖ You are not allowed to post any pictures with “red cups”, vape pens, drug paraphernalia, at parties, or engaging in inappropriate behaviors.
- ❖ You are not allowed to share, or retweet, or make TikToks of anything of a vulgar or inappropriate nature this includes mouthing lyrics to inappropriate words.
- ❖ There will be no negative words exchanged on Facebook, Instagram, “Finstas”, Twitter, Snapchat, etc.
- ❖ **Fake accounts are not acceptable.**
- ❖ Social media bullying will NOT be tolerated.
- ❖ Any violations of our social media conduct guide will result in benching or immediate dismissal from the team at the coach’s discretion.
- ❖ Serious/ Multiple offenses will result in immediate removal of the team and no refund of fees paid.

Initial: _____

Dismissal:

- ❖ A student **may be** dismissed from the squad at the discretion of the coach and/ or administration for such actions set in the Spiritline Contract, AIA Rules and Regulations.
- ❖ A student receiving an “F” in any class on a progress report, or semester grade **may be** dismissed.
- ❖ A student **may be** dismissed of such actions that include, but are not limited to smoking, drug use, vape use, alcohol use, profanity at any event or at school, ditching classes, disrespecting teachers, coaches, school personnel, or teammates, breaking school rules, inappropriate use of internet, Facebook, Snapchat, Instagram, Twitter, etc., and/ or text messages.
- ❖ A student who has been unable to commit to the Centennial Spiritline program or has excessive absences due to another demanding outside activity **may be** dismissed.
- ❖ A student who receives a school suspension **may be** dismissed.
- ❖ **Bullying/ cyber bullying of any kind will not be tolerated and may lead to dismissal.**
- ❖ A student that has been dismissed or has quit the team:
 - Must turn in his/her uniform and all school property.
 - Does not letter.
 - Is not eligible for any end of the year awards.
 - Will not attend the end of the year banquet.
 - Is responsible for all expenses on his/her behalf prior to being dismissed.

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LETTERING:

In order for a member of Varsity Spiritline to receive a letter or patch and qualify to purchase a jacket, he/she must remain academically eligible, remain in good standing, perform in all required events, and be a member of the Varsity Program for a full consecutive year.

Students will receive a Participation Certificate, Megaphone Pin (one time only) and a Varsity Letter (one time only) if they have successfully met the requirement. All ensuing years after a Varsity Letter is earned, a 'Bar' will be given to the athlete. All student-athletes who compete will receive a separate certificate of participation. Athletes must also complete 85% of assigned Games.

Example: Athlete A has been assigned 9 basketball games (85% of 9 is 7.65 (We will round up))

Athletes must be present to cheer at game 8 out of the 9 assigned games. If an athlete was to miss more than one day, they will not letter at the banquet.

The athlete is Red Carded and needs to sit out, this will count as a missed game, and will affect overall lettering. Athletes must talk to coaches to get a make up game.

Initial: _____

By signing this agreement, I acknowledge that I fully understand and will abide by the rules and regulations of the Centennial Spiritline Contract, in addition to AIA, NFHS, and USA Cheer rules and regulations. Athletes will not be permitted to begin practice until this agreement is on file with CeHS Cheer Coaches. I understand that it is expected I read this contract thoroughly and I understand that if I/my child chose to not follow these rules disciplinary action shall be enforced.

Athletes: I understand the expectations set forth by this contract and agree to them. By signing this, I accept my spot on the team and agree to be a model of student behavior and citizenship. I understand that any breach of this contract will result in disciplinary action such as conditioning, benching, or dismissal.

STUDENT (Print)

STUDENT SIGNATURE

DATE

PARENT (Print)

PARENT SIGNATURE

DATE

Please sign and return to coaches. Please note there are additional initial spots throughout the contract. Be sure to initial each spot as well. A copy of this contract can be found on the team BAND and team Website.