



DIAMOND BAR HIGH SCHOOL PEP PROGRAM
Cheer & Song

2018-2019 Handbook
Rules, Policies, and Expectations

Diamond Bar High School Pep Program Handbook 2018-2019

Welcome to the Pep program at Diamond Bar High School! This handbook has been designed to help you understand the commitment, dedication, and expectations we are looking for in a member of the DBHS Pep Squad Program. Diamond Bar High School has had a long tradition of excellence and we want to add to that excellence! Being a Brahma Pep Squad Member is an **honor** and a **privilege**. Being a Pep Squad member requires a tremendous amount of time and dedication not only from the individual, but from the entire family. In order to create a well-organized and successful Pep program, all stakeholders must be aware and compliant with the Pep Squad rules, policies, and responsibilities. The DBHS Pep Squad Program has experienced many changes in the recent past and we wish to solidify and strengthen the Pep program to earn respect from the school and the community!

PHILOSOPHY

The DBHS Pep Squad Program philosophy is guided by the four following principles:

- 1) Provide positive leadership for the student body and DBHS community by developing school spirit and pride at all athletic events and student activities.
- 2) Pep Squad is to provide team members with a vehicle for developing personal poise, physical strength, stamina, coordination, showmanship and teamwork.
- 3) Pep Squad members will focus on being positive role models for those in the Pep program, their peers at school, and the DBHS community.
- 4) Pep Squad members will demonstrate and model the 13 commandments of the DBHS Athletic Department.

PURPOSE

The purpose of the Diamond Bar Pep Squad is:

- 1) To promote school spirit at Brahma Pride at Diamond Bar.
- 2) To support all DBHS athletic, arts, and academic programs.
- 3) To positively represent DBHS at cheer and song competitions.
- 4) To perform at various school events, activities, and community events.
- 5) To be a leader on campus and serve the school and community through ACTIVE participation.

MEMBERSHIP

Membership on Pep Squad is membership of a TEAM. As such, each member must be available to attend ALL practices, events, games, pep rallies, competitions, etc. Without members, the TEAM is incomplete. Each member must be respectful and participate at all times with pride, respect, and positive attitude. This commitment is for one year.

There are three teams that comprise the DBHS Pep Squad: Varsity Cheer, Varsity Song, and JV Cheer.

If a student quits or is removed from the Pep Squad at any time during the year, for disciplinary or any other reason, she/he relinquishes her/his standing on Pep Squad, will be dropped from the class, will not participate in any Pep Squad activities or events, and will not be allowed to try out for Pep Squad the following year.

EDUCATIONAL CREDIT & GRADING

Pep Squad is a CLASS. Everyone who makes the team will be enrolled in Pep Squad for the entire year. Pep Squad members will be graded on a point system. This is a participation-based class. To earn credit, students must fully participate every day. Everything Pep Squad does is for a grade!

ACADEMIC COMMITMENT

In order to participate in the program, Pep members must have a GPA of 2.0 or higher on their most recent grading report. Members must maintain a minimum GPA of 2.0 to participate. Should Pep members fall below 2.0 at any time, they will be placed on an Academic Success plan and are subject to DBHS ineligibility rules and any additional consequence at the discretion of the Pep Director.

We encourage academic excellence at all times – not just when the deadline approaches. Pep members should be strong, positive leaders inside and outside of the classroom (that means turning in your homework ON TIME, ALL THE TIME).

Diamond Bar High School is a comprehensive school with many programs. The Pep Squad requires dedication and attendance. Academics are **VERY IMPORTANT** to the Director, Coaches and the overall Pep Squad program; however, members must learn how to prioritize and do all necessary academic and extra-curricular work outside of practice time. Members will be provided with calendars in advance in order for them to plan effectively.

RULES, REGULATIONS, AND RESPONSIBILITIES

Each member is expected to follow the rules, regulations, and responsibilities as set by the Pep Director, Athletic Director, and/or Coaching Staff.

1. General Rules

- a. Pep Squad must take priority over co-curricular activities. Members are encouraged to participate in other campus groups, but they must not interfere with DBHS Pep Squad events and activities.
- b. Members may not let non-Pep Squad members use Pep Squad uniforms or supplies. **Uniforms are to only be worn by current Pep Squad members and as designated by Director or Coaching Staff.**
- c. Pep Squad members should refrain from representing themselves on any website or social media in regard to vulgar language, reference to smoking/vaping or the use of drugs/alcohol, sexual innuendo, or negative comments about the team or any DBHS program.
- d. Pep Squad members must agree and abide by the Brahma Code of Conduct and the DBHS Rules, Policies, and Responsibilities as set forth in this handbook.
- e. Pep Squad members must maintain a 2.0 GPA at all times. Any Pep Squad member who drops below a 2.0 or has a D or F in any class risks loss of participation in team events and activities.

2. Attendance

Attendance is a crucial element of any successful TEAM. We realize that many of our Pep members love to be involved in as many activities as possible. However, if we excused every member who was involved with something we would NEVER have a full TEAM for complete

practices. We are teaching Pep members the importance of time-management, planning, and self-responsibility skills.

- a. Attend and be on time to all practices, games, competitions, and other Pep Squad activities.
- b. The Pep Director and/or Coaching Staff determines the summer schedule. Each member should plan activities/vacations around the Pep Squad schedule.
- c. Any member who is too sick to attend practice must notify the Pep Director by email PRIOR to the beginning of practice or it will be considered unexcused.
- d. Doctor/dentist appointments, driving classes/tests, summer school, work and or family events are not considered excused absences.
- e. If a member is missing practice for another DBHS event, the pep member must communicate in writing to the Director no less than 2 weeks prior. A member who has 2 or more unexcused absences during summer or recurring absences during the school year may be removed from an upcoming performance or event at the discretion of the Director and/or Coaching Staff.
- f. Excessive absences may be cause for suspension and/or removal from the team.
- g. Competitions may never be missed, as they require the entire TEAM to compete. Any member missing a competition may be removed from future performance events, competitions, activities at the Directors discretion.

3. Game & Performance Events

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

4. Injuries

Pep is an intensively physical sport. In order to complete all components of the program, Pep members should be in peak physical health.

- a. All Pep members must have an Athletic Clearance on file.
- b. It is the members responsibility to notify the Director and/or Coach of an injury as soon as it occurs.
- c. Any member who is injured must have a doctor's note sidelining the member.
- d. If any member refuses to be seen by a doctor for an injury, Director reserves the right to send student to DBHS Athletic Trainer.
- e. Any injured/sidelined member will need a doctor's written release of full participation in order to resume participation.
- f. Any member who is sidelined due to medical excuse is expected to still attend all practices, events, activities.
- g. Any limitations on participation may keep the member sidelined and he/she may be removed from routines and is NOT guaranteed that he/she will be placed back into routine.

5. Competitions

- a. All teams compete, however not all members may compete. Members may be placed as alternates at any time throughout the season based off work ethic, skills, attitude, injury, attendance, or breaking of any rules.
- b. All members are expected to attend ALL competitions (even if sidelined, injury, or alternate).
- c. The Pep Director determines competition dates. Competitions generally occur December through March. Competitions are held on Saturdays and Sundays. By

becoming a Pep Squad member, you are agreeing to the dates as selected by Director regardless of your personal schedule.

- d. Only members in good standing may compete. Good standing is defined as a member who is not curtailed by any disciplinary actions that would prohibit a member from participating.
- e. Skills that are demonstrated at tryouts are expected to remain as such or improve throughout the year. However, if skills regress or do not improve, a member may be pulled from competition routine(s) and placed as an alternate at any time throughout the season.

6. Transportation

- a. All members will ride to and from away games when a team bus is available.
- b. Anytime members are required to travel on a team bus, they must return on the team bus.
- c. Parents of Pep Squad members are responsible for transporting their own student to any away game, competition, or event when a team bus is not provided.

7. Communication

All communication will be going directly from the Director and/or Coaches to the Pep Member. We are teaching Pep Members to be responsible young adults.

- a. Members are expected to check Pep website regularly for weekly updates. Members are responsible for all information posted.
- b. If at any time a Pep member has an issue that needs to be addressed, please have the first point of contact be directly from the Member to the Pep Director.
- c. Parents are expected to communicate with Pep Director and/or Coaches in a professional and appropriate manner and to set a positive example for their student.
- d. If a Pep Member has a question regarding report times, uniform, etc., please communicate with your team Captain(s) or check the website.

8. Contributions & Fundraising

- a. The Pep Program is funded entirely through parent contributions, and fundraising. The district does not pay for any portion of the program.
- b. Fundraising opportunities are held through the year to help offset costs.
- c. Fundraisers and contributions are essential throughout the year in order to help fund a high-quality program that exceeds expectations. Expenses include professional coaching, music, competition fees, games, costumes, banquet, etc. **If the program is unable to reach the various donation goals to fund team expenditures, experiences and opportunities offered to the students will be adjusted to reflect budget constraints.**
- d. Full participation in fundraisers is expected and needed to help raise adequate funds from the year.

The Pep Program anticipates incurring costs this year of approximately \$40,000 in order to provide the highest caliber program for our students. The Pep Program plans to achieve this goal through both fundraising and contributions. ***If the goal amount is not reached, the quality of the program will be impacted, and cuts will have to be made.*** For this reason, we are requesting fundraiser participation and will accept contributions to the program.

2018-2019 Projected Per Student Contributions

Items Included	Per Student Contribution	Deadline (exact dates TBA)
USA Camp	\$475.00	April 2018
Pep Summer Program	\$275.00	June 2018
Spirit Pack	\$200.00	July 2018
Uniforms	\$400.00 (approx.)	June 2018
Choreography	\$150.00	July 2018
Year-Round Coaching	\$275.00	September 2018
Competition Contribution	\$400.00	October 2018
Competition Costumes	\$125-\$225.00	November 2018

SCHEDULE

During the school year, Pep Squad will meet daily during 6th period. Pep Squad is a class and members earn educational credit. This is for the entirety of the academic year (August – May). Pep Members will be practicing at least 4x/week during 6th period. One day per week may be reserved for team meetings, bonding activities, leadership development, etc.

Each team will have additional practices and rehearsals after school and on select weekends throughout the year. Final schedule TBD.

2018 Summer Program Schedule (tentative based on funding and Coaches availability)

All Pep Squad members are expected to be at all Summer Program practices. It is during this time that members learn all sideline and rally material. Students who do not participate may not be eligible to participate in select Pep events, games, or performances.

Summer Program Schedule (tentatively 3x/week. Time TBD)

June 18-June 22

June 25-June 29

July 16-20, July 23

Dead Weeks/Vacation Schedule:

(no practices; enjoy your Summer)

June 1 – June 15

July 2-July 20

USA Song/Pom Camp of Champs at Knotts Berry Farm

July 24 – 27, 2018

Cost per participant: \$475

Pep Heck Weeks (time TBD)

July 30 – August 2

August 6 – August 9

Practice schedule subject to change (addition and/or cancellation) based on funding and coach availability

If you have any questions regarding this handbook or the Pep Program in general, please direct them to the Pep Director – Kari Simonson via email ksimonson@wvusd.k12.ca.us

Disclaimer: The Pep Director, Athletic Director, School Principal, and/or Instructional Dean may change any section of this handbook at their discretion, providing all parties are in agreement.



**DIAMOND BAR HIGH SCHOOL
PEP SQUAD 2018-2019**

Rules & Policies Acknowledgement

1. We understand and agree to uphold the philosophy, purpose, and membership standards of the DBHS Pep Squad Program.
2. We understand and agree to uphold the academic commitments of the DBHS Pep Squad and understand that, as a class, everything done for Pep is worth a grade.
3. We understand that attendance at all practices, events, and activities is vital to be a complete TEAM. We agree to uphold attendance rules and expectations.
4. We understand and agree that competitions are an honor and privilege and that members can be placed as alternates at any time during the season at the discretion of the Director and/or Coaches.
5. We understand and agree to uphold the communication expectations of being a Pep Member.
6. We understand and agree to uphold the rules, policies, and responsibilities of being a Pep Squad Member.
7. We understand that teams are chosen on a basis of grades, teacher evaluations, talent, and overall team needs.
8. We understand that Pep must be the first priority in terms of co-curricular activities. Including other teams, if approved.
9. We understand and agree to abide by the Brahma Code of Conduct and will accept any consequences as set forth by DBHS Administration, Pep Director, Instructional Dean, and/or Athletic Director should any Pep member not abide by the rules.
10. We understand and agree that the Pep Director makes all program decisions.

I have read and agree to abide by the Pep Program Rules and Policies, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I, as a parent, cannot change or alter these rules and I am allowing my child to try out for the Pep Program knowing that these are the rules and expectations and I agree to the terms of the Pep Program as it stands.

Student Name: _____

Student Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____