



**Tesoro High School
Song/Dance
Rules and Policies
2026-2027**

**PLEASE KEEP THESE RULES AND POLICIES FOR YOUR RECORDS
SIGN AND RETURN LAST PAGE ONLY**

Please carefully read the rules, sign & return only the last page with the Tryout Packet.

TESORO HIGH SCHOOL **Song/Dance Rules & Policies 2026-2027**

PHILOSOPHY

As a Member of the Tesoro High School Pep Squad you represent Tesoro High School and the Capistrano Unified School District in everything you do. It is paramount that you conduct yourself in an appropriate, respectful and polite manner at all times. It is a privilege to be a member of Tesoro Pep Squad and to be able to represent Tesoro High School.

PURPOSE

The purpose of the Tesoro Pep Squad is:

1. To support the THS athletic teams and to cheer at football and basketball games.
2. To positively represent THS at spirit/dance competitions both regionally and nationally.
3. To perform at pep rallies, games, and special events.
4. To promote school spirit and Titan Pride at Tesoro.
5. To be a leader on campus and serve the school and community through ACTIVE participation.
6. To show Wisdom, Strength, and Honor inside and outside the classroom.

MEMBERSHIP

1. 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 all Members, the team is incomplete. Each Member must be respectful and participate at all times with pride, respect and a positive attitude. This commitment is from May to May.
2. There are two teams: Varsity Song/Dance and JV Song/Dance. No Seniors will be on JV and no Freshmen will be on Varsity.
3. Members of Tesoro High School JV and Varsity squads may not be members of any other sports team at Tesoro High School without the written consent of the Head Coach.
4. All-Star teams and studio competition teams are allowed **ONLY** if THS is the **PRIORITY** when schedules conflict. If competing on an All-Star team, you may only compete at one level (2 routines) during our competition season if competing at the **SAME** competitions. Ex. Only Senior Pom & Senior Jazz. Please send All-Star coaches our competition schedule as we finalize those in August/September.
5. If a student quits, or is removed from the Pep Squad at any time during the year, for disciplinary or other reasons, she relinquishes her standing on the Pep Squad, will be dropped from the class, will not be a part of any Pep Squad activities, including the year-end banquet and lettering, and **will not be allowed to try out for the squad the following year**.
6. All Members must be enrolled in a minimum of 5 classes, one of which must be Pep Squad.
7. All Members earn PE credit for Pep Squad.
8. Varsity Members will be eligible for a Varsity letter upon successful completion of the year, in good standing including participation in all Varsity events and competitions.

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RULES AND RESPONSIBILITIES:

Each member is expected to follow the rules and responsibilities set by the coaching staff at all times. Disciplinary procedures are at the discretion of the coaching staff and/or Tesoro Administration.

I. General Rules

1. **Co-Curricular-** Pep Squad must take **priority** over other co-curricular activities. Members may engage in jobs and outside activities (including participation in choir, ASB, drama or other school clubs) only if they **DO NOT** interfere with participation in Pep Squad activities, including ALL practices, games, competitions, and events. If participating in an outside activity, our schedule must come first and be communicated to outside organization.
2. **Behavior** – Song/Dance is a team sport. Members must be respectful and supportive of coaches and teammates at all times. Failure to do so may result in a one-on-one meeting with the coaches. Consequences will be given accordingly at the discretion of the coaching staff and as stated in the Rules and Policies.
3. **Sportsmanship** – Song/Dance Members are expected to demonstrate good sportsmanship toward opposing teams. This includes at camp, games, competitions, or events.
4. **Uniforms-** Members may not let others use their Pep Squad clothes or supplies. This includes practice clothes, shirts, poms or any part of your uniform or costume. Previous year poms may be used with approval of Head Coach. Uniforms may only be worn by members and only at Pep Squad events.
5. **Jewelry-** Rings, necklaces, earrings and/or nose rings **MAY NOT** be worn during any Pep Squad team performance including games, rallies and competitions or in practice. Exception- Costume earrings for Song/Dance may be worn when assigned by coach.
6. **Hair/Tattoos-** Hair must be in natural colors and/or highlights. No wild colors or chunky blocks of colors. No tattoos are allowed on areas of the body visible by our uniform or costumes. If Member has a tattoo, it must be covered for performances.
7. **Social Media-** Pep Squad Members must refrain from representing themselves on any website or social media in association with:
 - a. Vulgar/inappropriate language
 - b. Degrading team members/coaches/peers
 - c. Cultural appropriation
 - d. Reference to use of drugs and/or alcohol
 - e. Sexual innuendo or showing too much skin
 - f. Graffiti/gang affiliation/wads of money
 - g. No filming tik toks in Tesoro Song uniform
 - h. **Failure to adhere to these social media rules may result in consequences being taken as outlined in the grading section and last page of this document.**
8. **Discipline** - Pep Squad Members will follow Tesoro High School's Code for discipline.
9. **GPA-** Students must maintain a 2.0 GPA and may only have one 'unsatisfactory' on previous report card/progress report in order to remain a Member of Pep Squad. If student drops below a 2.0 GPA at the end of the semester, student will be put on academic probation for the next semester. Academic probation is only allowed for one semester throughout the entire four-year membership period. For purposes of determining Athletic eligibility, only one PE class (Pep Squad) may count towards semester GPA.
10. **Substance Abuse** – Any Songleader that has unlawfully possessed, used, sold, or otherwise furnished, or been under the influence of any controlled substance, an alcoholic beverage, or intoxicant on campus or at any school function will result in appropriate disciplinary action through the school and at the discretion of the coach. Disciplinary examples include: school suspension and/or removal from the team.

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II. Game & Performance Responsibilities:

1. All Pep Squad Members are expected to **attend and be on time to all practices, games and other scheduled activities, even after competition season has ended.** The participation of all athletes is required for safe, proper, and effective performances and for the TEAM to be complete.

Varsity Song/Dance:

- a. Home/away football games and home/away boy/girl basketball games as determined by the coach.
- b. **All CIF playoff games.** THESE GAMES TAKE PLACE OVER THANKSGIVING HOLIDAY AND THE FEBRUARY PRESIDENTS' WEEKEND HOLIDAY. MEMBERS SHOULD NOT PLAN TRAVEL OVER THESE DATES.
- c. Pep rallies, community events, fundraising events and outreach activities.
- d. Scheduled competitions. Competitions often take place on Saturday and/or Sunday. The Varsity team may travel to Orlando, Florida or other state TBD to compete nationally.
- e. Summer workouts, summer camp and all summer practices (June-August).
- f. Practice including those beyond class time, off campus, and weekends.

JV Song/Dance:

Responsibilities are the same as above with the exception of pep rallies, away games, & out of state travel.

III. Competition Performance Requirements

1. All teams compete, however not all members may compete. Members may be placed as alternates in one or both routines at any time throughout the season based off work ethic, skills, attitude, injury, missing practice or breaking any of these rules.
2. All members are expected to attend ALL competitions (includes those that are injured or alternates).
3. The Head Coach sets competition dates. Competitions generally occur December through March and will impact Presidents' weekend. Competitions are held on Saturdays and Sundays. **By becoming a Member of the Pep Squad you are agreeing to the dates that the coaches choose regardless of your personal schedules.**
4. Only Members in good standing may compete. Good standing is defined as a Member who is not curtailed by any disciplinary action that would prohibit a Member from participating.
5. Skills that are demonstrated at tryouts are expected to remain as such or improve throughout the year. Members may be placed on the competition team, **however if skills regress or do not improve, that member may be pulled from the competition routine(s) and be placed as an alternate at any time throughout the season. Coaches will schedule a one-on-one meeting with the athlete to give a warning before this happens.**
6. Coaches determine who competes at the JV and Varsity level and who will be alternates.

IV. Injuries

1. It is the Member's responsibility to notify the coaching staff of an injury as soon as it occurs and provide a doctor's note either clearing or sidelining the Member.
2. Soreness does not count as an injury and all pre-existing injuries must be communicated prior to practice in an email or Band chat.
3. Members are responsible for following doctor's orders.
4. Any injured/sidelined Member will need a doctor's written release in order to resume participation.
5. Any injured Member must still attend all practices and events.
6. If Member is removed from routines due to an injury, it is **NOT** guaranteed that she will be worked back into the routine(s). It will depend on the length of time before the next competition/performance and the impact it will have on the entire team. She may be worked back into one routine, both routines, or no routines depending on the injury and the impact on the dancer/team. The injured member is also not guaranteed she will be placed back into the same spot prior to the injury.

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V. Attendance:

1. Attend and be on time to all practices, games, competitions and other scheduled Pep Squad activities. Each Member and their family should plan activities/vacations around the Pep Squad schedule, this includes college visits.
2. Any Member who is too sick to attend practice i.e fever, vomiting, covid symptoms, or other severe illness, must notify the coaches by sending an email PRIOR to the beginning of practice. The ONLY acceptable reason for an unexcused absence is an emergency. If a member is non-contagious, has tested negative for covid, and does not have a fever, we ask the member to come to practice to watch, take notes, & learn corrections with a mask on.
3. Doctor/dentist appointments, driving classes, work, college trips, tests and family events are not accepted excuses for missing practices and will be counted as unexcused. Please schedule these at times/days that don't conflict with practice or games. Any Member who is out and misses practice may be removed from the upcoming game, pep rally, performance and/or competition.
4. **If a member misses the practice before a game, for an unexcused reason, member will be removed from sideline performances at that game.**
5. Each member is allotted 2 absences for the summer and 2 absences for the school year. A Member who has 3 or more absences throughout one of those time periods or recurring absences during the school year due to any reason that is not an emergency, will be removed from an upcoming performance, competition, or game at the discretion of the coach and as outlined in the Rules and Policies. See Grading Policies and Signature Page for details.
 - a. Each non-emergency absence must be communicated to the coach at least 1 WEEK in advance. If communicated less than a week in advance, points will be taken off and absences will be accrued towards the allotted 2 excused absences allowed.
6. Excessive absences may be cause for suspension and/or removal from the squad including class time in our off season.
7. Competitions may never be missed, as they require the entire TEAM in order to compete. Any member missing a competition may be removed from future competitions at the Coaches' discretion.
8. **Failure to adhere to attendance rules will result in consequences taken as outlined in the Grading Policy section and on the last page of this document.**

VI. Safety Rules (Taken from NEHS Spirit Rules)

1. All Members are required to follow and adhere to all safety guidelines and directions given by coaches.
2. NO JEWELRY or GUM CHEWING is allowed during practices, games or other Pep Squad events. Only costume earrings are allowed for Song/Dance performances.
3. Hair must be tied up and secured off the face as a safety precaution.
4. Tumbling of any kind is only permitted when a coach is present.
5. Nails must be short (near the end of the fingers) for **ALL MEMBERS at ALL TIMES**. French or clear nail polish may only be worn for competitions.

VII. Transportation

1. ALL Members will ride to and from away games on a team bus when available.
2. Any time Members are required to travel on a team bus they must return on the team bus.
3. Members are responsible for arranging transportation to away games and competitions when a team bus is not provided.

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VIII. Costs of Running Program, Fundraising & Donations

1. The Song/Dance program is COMPLETELY funded through parent donations, corporate sponsorships and fundraising. The district does NOT pay for any part of the program. Each member's participation donation (competing a full season) is **approx. \$3200** (not including camp or clothing). Parent contributions are necessary for the program to exist & function.

Breakdown of Expenses:

Without needed contributions, some items below will be eliminated.

- \$3200- General Participation- coaches' salaries, choreography fees, guest teachers, digital critiques, music licensing & editing costs, competition registration fees (2 routines at around 6 competitions), game expenses, senior recognition, program ads/printing, website domain & maintenance fees, equipment updates, banquet venue and decor, banquet patches/awards, team meals, team bonding/goodie bags, décor at Nationals/Camp, transportation to games/camps, etc.
 - Approx. \$650- Overnight UDA or USSL Summer Camp (lodging, instruction, lunch, and dinner)
 - Approx. \$400-\$1300: Clothing/Uniforms (varies based off items ordered and if new member or not)
 - Approx. \$2000: Varsity Only: Out-of-state travel (Usually every other year)
2. Fundraising opportunities are held throughout the season. Banner Ad Sales and the letter-writing campaign are examples of individual based fundraisers. The following fundraisers are examples of team-based fundraisers: Freshman Pizza Party, Jr. Titans Kids Clinic, USSL Competition Hosting, Tryout Prep Dance Clinic & Restaurant Fundraising Events. Full team participation in these fundraisers is needed to help raise adequate funds for the season.

IX. Grading Policy

1. All Members earn **10 points** each week in the gradebook. If no infractions are incurred, Member will earn an "A". It is their responsibility to maintain their grade by adhering to the above rules. In addition to other consequences, point deductions will be made for the infractions listed below.
 - Skill Evaluations 2x during Fall Semester
 - Worth 30 points per evaluation. Fall semester total of 60 points.
 - Members will be evaluated on the skills necessary for their team level.
 - If skills regress from tryouts and are not improved upon by the next grading period – consequences may be given at the discretion of the coaching staff.
 - Minor Infractions:
 - Tardies and/or missing part of practice/games/events (i.e. leaving early)- 2 points
 - Unexcused Absence past allotted 2 absences (Unexcused Absence 1-3) including practice/games/events – 2 points
 - Out of Uniform (Incorrect practice clothing, wearing excessive jewelry, no poms, hair not secure in practice) - 2 points
 - Failure to be prepared for practice by specified start time (hair not ready, not in dress, etc) – 2 points
 - Failure to bring/submit required items on date assigned - 2 points
 - Communication less than a week in advance for absences – 2 points
 - Failure to communicate with coaches/captains in Band app past 24 hours – 2 points
 - Social Media Minor Infractions – 2 points per infraction
 - Inappropriate picture or story
 - Curse words on social media
 - Etc, some may be up to the discretion of the coach
 - Major Infractions:
 - Unexcused Absence past the allotted 2 absences (Unexcused Absence 4+) including practice/games/events - 5 points
 - Social Media Major Infractions – 5 points per infraction
 - Degrading self, teammate, peers, or coaches
 - Inappropriate material in Song Uniform
 - Drugs, alcohol, gang affiliation
 - Cultural Appropriation
 - Hazing/Bullying
 - Etc, some may be up to the discretion of the coach
 - Non Dress/Non Participation*- 5 points
 - Defiant or disrespectful behavior- 5 points

*Non Dress/Non Participation= no shoes or practice wear, wrong uniform, so unable to participate at practice or games.

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X. Communication

1. Members are expected to check the BAND and app and Dance Corner www.tesoropepsquad.com regularly (specifically every Sunday after 7pm) for weekly updates. Members are responsible for all information posted there.
2. If at any time the Member has an issue that needs to be addressed, please have the first point of contact be directly from the Member to the Coach.
 - a. If not resolved, then we set up a meeting with Member, Coach, and Parent.
 - b. If still not resolved, then we set up a meeting with Member, Coach, Parent, and Athletic Director for a final resolution to the issue in accordance with our Rules and Policies and Tesoro's Disciplinary Policies.
3. If the Member has a question regarding report times, what to wear, etc. please text/email your team captain(s) or check Dance Corner/Band first.
4. Members are responsible for checking Band app regularly and responding in a timely manner.
 - a. Responses past 24 hours or non-responsive will result in a minor infraction.
5. Members and parents should **not** be communicating to coaches via social media or text messaging. Email or Band App is the only acceptable form of communication from members and parents to the coaches.
6. We ask that parents respond to coaches in a timely manner. A coach should not have to hound a parent for a response to an email.
7. Please allow coaches 24 hours to respond to an email or concern.
8. Current Head Coach Contact- Coach Bri Eubanks- bleubanks@capousd.org *Pending New Coach*

XI. TENTATIVE Schedule- All dates including weekly schedules, games, and competitions will be posted on Dance Corner and the BAND app.

1. **Spring** (April/May): Tentative Dates... Subject to Change with New Coach.
 - a. April 29th: I Made It Meeting and Uniform Fitting
 - b. Tues/Thursdays in May
 - May 5th, May 7th, May 12th, May 14th, May 19th, May 21st, May 26th, May 28th
2. **Summer** (July-August): Tentative Schedules Coming Soon.
 - a. Tentative Summer Practices: June 8th – August 15th
*Freshmen Orientation August 17th
 - b. Tentative Summer Break: June 19th-July 12th
 - c. Varsity and JV UDA Camp: June 15th-18th
 - d. Potential Captain and Officers Camp: End of July
3. **School Year:**
 - a. Tentative Practices:
 - b. **Varsity:** Monday, Tuesday, and Thursday 6th period - after school
 - c. **JV during football season:** Tuesday, Wednesday, and Friday after school
 - d. **JV after football season:** Tuesday, Wednesday, and Thursday after school
4. **Games:**
 - a. JV Football - Thursdays 4pm-6:30pm
 - b. JV Basketball- varies throughout the week, 5pm-7pm for JV and Sophomore boys basketball games
 - c. Varsity Football- Fridays 5pm-10pm
 - d. Varsity Basketball- varies throughout the week, 6:30-9pm.
 - Note: Varsity Members may be asked to stay 15 minutes after a Varsity Basketball game to block spacing of competition routines in big gym before upcoming competitions.
5. **Competition Schedule:**
 - a. Saturdays and Sundays- December-March. (Released over Summer).
 - b. Regional competitions: only one day and tends to last for more than half a day.
 - c. National competitions: will last 2-3 days depending on spending the night.
 - d. Florida Nationals*** (Varsity only): Thursday – Monday timeframe.

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Rules and Policies Signature Page

1. *We understand the decision of team placements is FINAL and non-negotiable after tryouts.*
2. *We understand tryout results will be posted on our website and/or social media by April 26th at 5pm.*
3. *We understand that teams are chosen on a basis of skill level & performance impression demonstrated at the tryout which includes attitude/work ethic, academic standing, and overall team needs.*
4. *We understand that all communication needs to be respectful. A parent or team member may never berate or yell at the coaching staff or other team members. Parents are not allowed in practice spaces unless invited.*
5. *We understand that if issues arise, we will follow this communication pathway: Athlete will speak with coaching staff. If still not resolved: athlete, coaches, and parents will set up a meeting. If still not resolved: athlete, coaches, parents, and athletic director will meet to find a final resolution. We will then work with the athletic director to find a final resolution in accordance to the Rules and Policies and Tesoro's Administration.*
6. *We understand that the song/dance team must become the 1st priority in terms of co-curricular activities on & off campus. Ex.) All-star teams/studio, Choir, work, ASB, etc.*
7. *We understand that if our daughter has been in the program in the past, she will still need to tryout every season and that her position on the team/competition team is NOT guaranteed. Improvement, skill level, attitude/work ethic, performance quality, academic standing, and team dynamics all play a part in whether she is chosen to be a member and/or a competing member.*
8. *We understand that if our daughter makes the program, she is a representative of Tesoro Song at all times. On Tesoro's campus, outside of school, and on social media. Failure to represent Tesoro Song or teammates in a positive light will result in consequences as stated below.*
9. *We understand that if any of our rules are broken, consequences will be given accordingly:*
 - *Grading Policy for points off regarding minor and major infractions.*
 - *1st unexcused absence (past the 2 allotted absences) – removal from a sideline/performance & 5 points off*
 - *2nd unexcused absence – removal from 1st half of game plus sidelines & 5 points off*
 - *3rd unexcused absence, 3+ Minor Infractions, and/or 1 Major Infraction- 5 points off per absence/infraction & placed on a behavior contract*
 - *4 or more unexcused absences, 2+ Major Infractions, and/or failure to adhere to behavior contract from previous step – suspension/removal from team at the discretion of coaches and/or Athletic Director/Tesoro Administration.*
 - *Zero Tolerance Policy – Tesoro Song has a zero tolerance policy for alcohol/drug/vaping use of any sort. Athlete may be removed from squad if found with this rule break.*
 - *Hazing – Athlete may also be removed from squad if found with this rule break.*

**Only illness with doctor's note, related to covid, or family emergency/grievance will be excused.*

I have read and agree to abide by the Song/Dance Team Rules and Policies, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I understand that COVID-19 restrictions may change or alter our program as stated above. 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 this team knowing that these are the rules and I agree to the terms of the program as it stands.

Student Signature

Date

Parent Signature

Date

Parent Signature

Date