



LOS ALAMITOS HIGH SCHOOL

Song & Cheer Competition Squads

Tryout Procedure Information 2026-2027

1. Program tryouts will be held at Los Alamitos High School on May 4, – May 9, 2026. There will be a skills portion as well as routines/cheers. **(There is a Tryout Information Night on Wednesday, April 1st at 6:30PM in the Los Alamitos High School College & Career Center. The orientation meeting is not mandatory, but answers general questions and all try out paperwork can be turned in that night.)**
2. Have five teachers complete the recommendation form and directly return them to Mrs. Ramirez, **no later than May 4, 2026**. These can be turned in at the parent meeting. (Do not return them unless they are in a sealed envelope.) **ALL RECOMMENDATIONS MUST COME FROM YOUR CURRENT TEACHERS!** Recommendations must go to the following current teachers: English, Math, PE/Sport, and TWO of your choice. If you're currently in Cheer or Song at LAHS, you must give one to Mrs. Ramirez and one to your coach. If in a PE/Sport at LAHS, you must have your coach complete a recommendation.
3. Turn in the information sheet with your picture attached.
4. Have your counselor fill out the grade check and absence report. Your grades are a part of your total score and a part of the final decision.
5. **Tryout finals are to be held, May 9, 2026, at Los Alamitos High school, the time is TBD.** If you make the program, you will be notified by phone that night.
6. There will be a Booster Club meeting on May 11, at 6:00PM, LAHS Media Center, for all parents. There will be a \$700.00 program donation and camp donation of \$700.00 at that time. This is the first Booster Club meeting of the new season for the parents and attendance is highly recommended.

ITEMS DUE BY APRIL 2nd:

Information sheet, Parent Permission Form, Picture, Grade Check and Teacher Recommendations

Los Alamitos Song and Cheer

PROGRAM INFORMATION

The Los Alamitos High School song and cheer squads are recognized as a sports activity. Today's cheerleader or songleader is an athlete with special talents, which include gymnastics and dance. All members of the cheer and song squads compete in local, regional and national competitions, as well as performing the duties of crowd leading at a wide variety of sporting events. They set an example for others with their school spirit, leadership, and commitment to their studies. **This program is not for the faint hearted** – it's demanding, both in time and talent. We expect athletes to maintain the highest GPA they are capable of, but all athletes must maintain a 2.0 GPA.

This information packet is designed to answer questions about song and cheer and provide necessary information needed for your son/daughter to participate in tryouts. If you have any questions or need clarification, please email Coach Jennifer Ramirez at JRamirez@losal.org.

1. If selected, in the Fall your student will be enrolled in 6th period Song/Cheer in (P.E credit for freshman and sophomores, an elective for juniors and seniors.)
2. Students must have a physical, this is even for returning athletes. Cheerleading and songleading are highly specialized and demanding physical activities, personal safety as well as the safety of others depends upon good health. Athletes will not be able to participate in summer activities until it is turned in.
3. There are four squads: Varsity Cheer, Varsity Song, Junior Varsity Cheer and Junior Varsity Song. The Varsity Cheer and Varsity Song quads are composed of students in grades 9-12. Squad numbers will vary according to the results of tryouts. Junior Varsity Cheer and Song is for students in grades 9-11.
4. Students and parents are highly encouraged to participate in various fundraising activities to help support the program. The program is dependent upon parent donations to operate. **OUR FIRST FUNDRAISING ACTIVITIES WILL BE THE CALENDAR FUNDRAISER AND VIVA LOS AL.**
5. After school practice is **MANDATORY** and work schedules, doctor appointments, haircuts, homework, and life in general, must be planned around cheer and song schedules. Crowd Leading at football games, basketball games and other sport events as assigned, are mandatory. *Failure to attend practice or assigned games will result in benching, a grade point deduction, and possibly removal from a competition squad. (See Grade Sheet)*
6. Practices in May and June, and summer practices/camp are mandatory.
7. Song camp is June 15-18 in Palm Springs.
8. Varsity Cheer camp is July 6-9 in Palm Springs. JV Cheer camp is 27-30 in Palm Springs. There is a Camp donation of \$700.00.
9. Everyone in song and cheer must plan on practice after school, on some weekends and in the evenings. **We work around coaches' schedules.**

- Ask Questions -

Don't wait until the last minute and then ruin your chances because you misunderstood.



LOS ALAMITOS HIGH SCHOOL

Song & Cheer Information Sheet

2026-2027

PLEASE ATTACH PHOTO

This form is to be returned no later than **April 2nd, 2026** along with the rest of the tryout paperwork. **A student cannot try out without this form, the permission slip, counselor grade check, and teacher recommendations.** A student cannot try out if they are not currently enrolled in the Los Alamitos School District for the 2026-2027 school year. The try-out roster is compiled from this information sheet - make sure to include both parent/guardian first names, phone numbers, and email addresses.

Student Name: _____ Shirt Size: XS S M L XL XXL

Address:

(Street) (City) (Zip code)

Cell Phone: _____ Email Address: _____

(Parent/Guardian #1) Name: _____

Email: _____ Cell Phone: _____

(Parent/Guardian #2) Name: _____

Email: _____ Cell Phone: _____



LOS ALAMITOS HIGH SCHOOL

Song & Cheer Tryouts

Parent Permission to Participate

Dear Parent and/or Guardian,

It is imperative that you understand what the commitment to Song/Cheer involves. The Los Alamitos Song/Cheer Program is treated as a sports activity. It's therefore highly competitive, and the overall commitment expected from both parents and students is tremendous. I believe it is an honor and a privilege to be a part of the Los Al tradition. We are recognized around the nation as one of the leading song/cheer programs, and I believe that the benefits of belonging to such an outstanding program far outweigh the sacrifice, but read on and make sure you understand exactly what you are committing to before tryouts.

In the past, problems have arisen, different in nature each year, but most having to do with... "I really wish we had been told about this in the beginning." To that end, I am trying to communicate exactly what is involved, and what the coaches, booster club, and I will be expecting from both you and your son/daughter if he/she makes one of the four squads. There is no way that I can cover every situation, but this letter is an attempt to make the demands and expectations of participation in this program known **BEFORE** the tryout and before you and your student invest a great deal of time and energy.

Prior to the tryout, read the following conditions, rules and expectations. If both parent and student can agree to the following terms, please sign (*both parents, where applicable*) along with your student, and return prior to tryouts. **In order for your student to be allowed to try out, this permission form must be on file no later than April 2nd, 2026.**

Los Alamitos Cheer and Song Leaders are expected to be excellent examples of good sportsmanship, integrity, leadership, school spirit and academic excellence. **We have a no tolerance rule for alcohol, drugs, tobacco or fighting.** While I cannot police every move of every cheer/song leader, if any cheer/song leader is caught in uniform or at a cheer/song or school function using alcohol, drugs or tobacco, that cheer/song leader will be removed from the squad for the remainder of the year. Suspension from school for any reason will also result in either suspension from the team or immediate removal from the squad. Cheer/song leaders are expected to be leaders in all areas of school life.

1. We understand the decision of the judges is FINAL and NOT negotiable after tryouts.

2. We understand that there is the potential for injuries in both Song and Cheer, and we agree to provide the necessary insurance policy and copy of the insurance card.
3. We understand that there are **several major fundraisers** and that we will be expected to participate as the program is reliant upon fundraising to operate. We also understand that further fundraisers will be added if necessary. The incoming Booster Executive Board will work out details of each of these. A formal fundraising packet will be handed out at the first Booster Club meeting, outlining all of the planned fundraisers for 2026-2027. The first two major fundraisers of the season will be:

❖ Calendar

Each spirit leader is encouraged to fundraise \$500 through calendar sales/sponsorships. This can come from selling ads, sponsorships or calendars or any combination of the above. More details will be given at the first Booster Club meeting on May 11th at 6:00PM.

❖ Viva Los Al Fundraiser

Viva Los Al will be held either in August, September or October. Each spirit leader is encouraged to sell four or more tickets to the event and to gather silent auction donations.

4. We understand that making one of the four squads does not mean you automatically become a member of the competition squad. Coaches and advisors reserve the right to determine the size of the squad that will compete. Some students may be designated as alternates. Alternates will be required to maintain their skills, attend all practices, games, and competitions.
5. We understand that the coaches (*with the advice and consent of the advisors*) will determine the number of members that will be competing on any competition squad.
6. We understand that our daughter may make a Varsity squad, however, by the time competition season begins, coaches have the right to select a squad that may include members of Junior Varsity replacing members of Varsity, if they feel that it will provide the team with the best possible chance of success. This would in no way impact your daughter's participation in football games, basketball games, pep assemblies, etc. Once you have made Varsity, you remain a Varsity member even if you are not competing with the Varsity team.
7. **We understand and agree that coaches and the advisor will NOT enter into any discussion with parents regarding coaching decisions about selection for the competition squads.** We make every attempt to talk with parents on an individual basis if problems arise; however, once decisions are made - they are final.
8. We understand that the coaches and advisors will be happy to discuss our student's strengths and weaknesses, with him/her, in order to help each student increase their

skills. We also understand that we (the parents) are not always the best judge of our student's talents - we think they are perfect - and that the coach and advisor have to consider the team as a whole rather than each individual.

9. We understand everyone may not be on a competition squad; however, everyone is responsible for all fundraising events.
10. We understand that practice begins on May 11, 2026, and continues through June (plan your vacations in July), resumes again on August 3, 2026, and continues throughout the year. Practices are long and demanding, sometimes involving evenings, vacations and weekends. Your son/daughter needs your help in developing time management skills in order to maintain his/her grades. ***[CHEER WILL RESUME JULY 27th FOR JV and Aug 3rd FOR VARSITY - WILL ALSO HAVE JUNE 1ST-5TH***
11. We understand that song and cheer must become the 1st priority in terms of co-curricular activities. Jobs, other clubs, organizations, etc., must be arranged around practice and activities for song/cheer. Failure to do so may result in removal from a competition squad, benching at games and/or lowering of grades.
12. We understand that if our student misses a practice for an unexcused reason, he/she may be benched for the following game/competition and their grade will reflect the absence. Unexcused summer practices will result in removal from the program.
13. We understand that our son/daughter is expected to be in 6th period each day for roll and failure to do so will result in an absence and absences from class may result in a lower grade. We understand that we can expect a grade of "A" for participation in song/cheer, but it is not automatic. Absences from practice and attitude issues may affect the ending grade.
14. We understand that Junior Varsity is not the same as Varsity. JV Song and JV Cheer are expected to cheer for Freshman Football, JV Football, JV Basketball, and other games as assigned.
15. We understand that Varsity Cheer and Varsity Song will be required to cheer for Varsity Football and basketball games, wrestling, water polo, girl's basketball, and volleyball.
16. We understand that if our son/daughter is selected this year, he/she will still have to try out again next year, and his/her position on the squad is NOT guaranteed. Improvement, attitude, and talent all play a part in whether or not he/she returns. A bad attitude in the classroom will almost guarantee that he/she will not be returning; a bad attitude at practice will probably assure it.
17. We understand that teams are chosen on a basis of grades, teacher recommendations, talent, and overall team needs.
18. All official college visits for Stunt and Acro must be cleared and approved by the coach and advisor.

I sincerely hope that you understand that while we love every one of our athletes, it is impossible to make them happy all of the time, especially when it comes to selection of competition squads. Competition seems to become tougher every year, therefore we cannot guarantee a place on the squad even though they may have been on the squad the previous year. Outside judges are used to making scoring as objective as possible. If you look carefully at the scoring guide, you'll see that because of teacher recommendations and GPA, talent alone will not determine if your daughter makes the squad. We are looking for students who can represent Los Alamitos High School, both as excellent cheer/song leaders, and as excellent role models for the student body.

Students need to also consider their priorities. While song and cheer are considered competition squads, cheering for school activities and representing Los Al is a first priority. If crowd leading at games isn't something that is important to them - there are all-star cheer teams and studio dance teams in the area, which are made up of members who prefer competition to crowd leading, and are not as concerned with school behavior and/or grades.

Please take the time to re-read this; once you sign and return the attached permission form, I will hold you responsible for the agreed upon items. I realize this is a lot to take in - especially those of you who have never participated before, but at the same time, I'd like to be as clear as possible to prevent misunderstandings. If you have questions, please email me as soon as possible. We hope to see you at the Song & Cheer Tryout Information Meeting on Thursday, April 2nd, 2026 at 6:30PM in LAHS College & Career Center, where all questions and/or concerns can be addressed.

Sincerely,

Jennifer Ramirez

Los Alamitos High School
Song & Cheer Advisor
JRamirez@losal.org



Song & Cheer Booster Club

Parents- Read this before tryouts!

The Booster Club is an association of the parents of cheerleaders and song leaders dedicated to the support of the Los Alamitos Song & Cheer program. In order for the program to participate in competitions, provide music and choreography, hire coaches, provide safety measures, and hold the year-end banquet, etc., a great deal of money must be raised. ***The program is completely reliant on parent fundraising and donations to operate.***

Therefore, we ask that the following donations be made in the time frame below. ****This amount to be adjusted based on the success of all fundraising efforts***

| |
|--|
| May 11th - 1st Parent Program Donation \$700* and \$700 Camp Payment |
| May 13th - Online Uniform Payment |
| May/June - Secure Calendar Ads/Sponsorship (\$500 minimum), Transportation Payment Due |
| August - October: Viva Los AI Fundraiser (Exact Date TBD) |
| September/October - Competition Uniforms, Shoes, Etc. |
| October - 2nd Parent Program Donation \$650* |
| November - VARSITY ONLY FL Ground Package* |
| January - 3rd Parent Program Donation \$650* |

The list provided above only covers a portion of the total amount needed to run a program at a national competitive level. In addition to these donations, the program still needs to raise additional funds to cover the cost of competition entries, outside choreographers, Homecoming, Banquet, miscellaneous equipment, and other numerous small expenses during the year. ***Spirit leaders are expected to participate in all program events - clinic, exhibition, competition, etc. Parent fundraising is a key component to providing a quality program.***

New Booster Club Officers will be selected by the outgoing Booster Board and will be presented at the first Booster Club meeting on May 11th. During the booster meeting, we will also be forming committees; the more people who volunteer to help, the easier it is to raise the funds we need. We also manage to have quite a bit of fun in the process. Everyone will need to volunteer on several committees to make this a successful program.

If there are any questions, please feel free to email Coach Ramirez, JRamirez@losal.org.



LOS ALAMITOS HIGH SCHOOL

Song & Cheer Tryouts

PARENT PERMISSION TO PARTICIPATE 2026-2027

We have read and we understand, we had the opportunity to ask any questions regarding the rules, regulations and expectations of becoming a member of the 2026-2027 Los Alamitos Song and Cheer program.

We also understand that all decisions of the judges at tryouts are final and students who make the squad will receive a phone call the day of tryouts. The program will post on Instagram when all phone calls have been made and the tryout process is formally completed. If a tryout participant has not received a phone call when the Instagram post is made announcing the completion of 2026-2027 tryouts, you will know that your son/daughter did not make the squad and we can go about the task of making him/her feel better. There are dozens of other activities at Los Al!

We understand that the first booster club meeting for the 2026-2027 season will be held May 11, 2026 and it's imperative to be present.

We/I give permission for our son/daughter, _____, to tryout for the Los Alamitos High School Song & Cheer program.

(Parent/Guardian #1)

Signature: _____ Date: _____

(Parent/Guardian #2)

Signature: _____ Date: _____

Student Signature: _____ Date: _____

LOS ALAMITOS HIGH SCHOOL

Song & Cheer Competition Squads

PARENT PERMISSION FORM & MEDICAL RELEASE (2026-2027)

Student's Full Name, Birthdate, Grade in School

Home Address, City, Zip

Parent/Guardian #1: Name, Cell Phone

Parent/Guardian #2: Name, Cell Phone

Emergency Contact Name (Alternate Relative/Friend) Cell Phone

Health Insurance Company Policy Number

Family Physician Physician Phone

Allergies/ Prescription Drugs/ Corrective Lenses/ Current Medication

The undersigned hereby authorize Song/Cheer Advisor or Coach to act as agents for the undersigned and to consent any x-ray, anesthetic, medical, dental or surgical diagnostic, treatment or hospital care for the above named minor which is deemed advisable by and to rendered under the general or specific supervision of any physician and/or surgeon licensed under the Provision of Medical Practice Act or any dentist licensed under the Dental Practice Act. We the undersigned also accept full responsibility; financial liability for any such care as outlined above or for emergency rescue vehicles as may be needed. We the undersigned also agree to release Los Alamitos High School, the Advisor and coaches of all liabilities associated with our child's participation in this program. The undersigned also acknowledges that the above-named minor must have his/her own travel/accident/medical insurance. The company and policy number must be listed. Students without insurance will not be allowed to participate in the program.

Parent/Guardian #1

Signature _____

Parent Guardian #2

Signature _____

Return to Mrs. Ramirez NO LATER than May 4th, 2026.

2 Copies of this paper please

LOS ALAMITOS HIGH SCHOOL SONG & CHEER COMPETITION SQUADS TRYOUTS 2026-2027

The following skills and expectations are part of the tryout process. If you have questions, please talk to a coach or the advisor the week of clinic/tryouts.

VARSITY CHEER

- ❖ Standing Back Tuck and a round-off back tuck (minimum gymnastics requirement). Points are awarded to those with more advanced gymnastics skills.
- ❖ Perform and execute an elite jump combination including but not limited to a Toe Touch, Pike, Front Hurdler.
- ❖ The ability to either fly, base, or back spot at an elite level. The coaching staff will make the final decision of which position(s) your child tryouts for based on the needs of the team.
- ❖ Sharp, consistent cheer/dance motions
- ❖ Elite performance skills: eye contact, smile, enthusiasm, confidence, showmanship, etc. ❖ GPA: minimum of 2.0, 2.5 or above is preferred.
- ❖ Positive teacher recommendations- Good attitude – willing to take directions.
- ❖ Crowd involvement and performance of tryout routine at an elite level during crowd leading and performance of skills.

JUNIOR VARSITY CHEER

- ❖ Standing back handspring and or round-off back handspring
- ❖ Points are given to those with more advanced gymnastics skills.
- ❖ Perform and execute an elite jump combination including but not limited to a Toe Touch, Pike, Front Hurdler.
- ❖ The ability to either fly, base, or back spot at an elite level. The coaching staff will make the final decision of which position(s) your child tryouts for based on the needs of the team.
- ❖ Sharp, consistent cheer/dance motions
- ❖ Superior performance skills: eye contact, smile, enthusiasm, confidence, showmanship, etc. ❖ GPA: minimum of 2.0, 2.5 or above is preferred.
- ❖ Positive teacher recommendations- Good attitude – willing to take directions.
- ❖ Crowd involvement and performance of tryout routine at a superior level during crowd leading and performance of skills.

JV AND VARSITY SONG

- ❖ Dance experience
- ❖ Toe touch, pike and other jumps, kick line
- ❖ Leaps: scissors, side (2nd), split
- ❖ Turns: axle, triples, quad, advanced second turn combos
- ❖ Flexibility, splits, leg hold (right and left), leg hold turns
- ❖ Performance of tryout routine
- ❖ Sharp Clean Motions
- ❖ Performance skills: eye contact, smile, enthusiasm, confidence, showmanship ❖ GPA: minimum 2.0, 2.5 or above is preferred
- ❖ Positive teacher recommendations-Good attitude—willing to take direction

Grading Policy for 2026-2027

Your grade for this course is broken down into 4 areas. Everyone starts the course with 250 points. **The good news is everyone starts with an “A”!** The bad news is you can lose points very easily. Each time you don’t comply with the requirements of one of the four areas, you lose 10pts. That means if you get five marks against you, your grade goes down to a “B”. The following are the four graded areas:

- ❖ Being on time- Being on time to everything! Practices, buses, competitions and games etc.
- ❖ Being properly prepared at practice, games and other events- you must be dressed in proper dress out uniform and performing uniform at all times. If you lose an article of your uniform, you must purchase another. No special items added to your uniform. (no flip flops, jeans, or jewelry.
- ❖ Having a positive attitude- You must have a positive attitude at all times. A positive attitude includes respect towards your fellow teammates and coaches.
- ❖ Having regular attendance- you must attend class, games and other mandatory events as listed in the packet and on your calendar. If your absence is unexcused or you leave early thirty points will automatically be subtracted from your grade. If you have more than three unexcused absences, you may be removed from a competition team and or benched from games. Leaving an event unexcused will result in removal from the program.

The grading scale is as follows:

- 100-90% of total points=A
- 89-80% of total points =B
- 79-70% of total points=C
- 69-60% of total points=D

I understand the grading policy for the Song and Cheer Program at Los Alamitos High School. I understand this is a huge commitment and I am willing to put forth the effort to continue the excellence of this program.

Student Signature: _____

Parent/Guardian Signature: _____

LOS ALAMITOS HIGH SCHOOL
Song & Cheer Competition Squads
2026-2027

COUNSELOR GRADE CHECK

Have your counselor complete this form and return it to Mrs. Ramirez at Los Alamitos High School no later than April 2nd. Your final acceptance on the squad depends upon meeting the GPA requirement. Because of the huge time commitment, we are looking for students with a 2.5 GPA or above. You will be allowed to try out if you aren't currently eligible. However, grades are a part of the total points of the final score so someone with a higher GPA may have the advantage. If you fall below a 2.0 you risk probation and ineligibility. Grades are checked every six weeks so expect to be nagged if your grades drop. Song/Cheer is great, but your grades are more important! If you become ineligible, you will be dropped from the squad.

_____ is trying out for the 2026-2027 Song and Cheer Competition Squads.

At the conclusion of the fall semester (Semester I) his/her GPA was _____.

(Please attach all transcripts to back of paper.)

Number of absences 1st semester _____.

To the Counselors: Any additional comments would be greatly appreciated thank you for your time and help. Please list any discipline problems with student.

**DO NOT SHOW THE COMPLETED FORM TO THE APPLICANT.
RETURN COMPLETED RECOMMENDATIONS BY APRIL 2nd TO JENNIFER RAMIREZ
AT LAHS. THANK YOU AGAIN FOR YOUR TIME AND HONESTY!**

LOS ALAMITOS HIGH SCHOOL
Song & Cheer Competition Squads
2026-2027 Teacher Evaluation

STUDENT NAME: _____

TRYING OUT FOR: _____

TEACHER NAME: _____ SIGNATURE: _____

TO THE TEACHER: These evaluations are important to the tryout selection process. Your comments can make the difference in whether or not a student makes the squad. Please be as honest as you can; we really do read each one of these. I know you have limited time, and your help is appreciated.

Scale: 10- Superior (highly recommend) to 1- Poor (Not recommend)

10 9 8 7 6 5 4 3 2 1 Academic performance

10 9 8 7 6 5 4 3 2 1 Responsibility/Leadership/Integrity (Are they effective role models for other students?)

10 9 8 7 6 5 4 3 2 1 Do you enjoy teaching this student?

10 9 8 7 6 5 4 3 2 1 Does this student work hard or is he/she lazy?

10 9 8 7 6 5 4 3 2 1 Attitude toward fellow students (Are they helpful and kind or do they tend to gossip and complain?)

10 9 8 7 6 5 4 3 2 1 Attitude toward authority (Do they follow directions and respond with a smile or mumble under their breath?)

10 9 8 7 6 5 4 3 2 1 Overall Impression - Should this student represent Los Alamitos High School?

Comments:

DO NOT SHOW THE COMPLETED FORM TO THE APPLICANT. PLEASE RETURN COMPLETED RECOMMENDATIONS BY April 2nd TO JENNIFER RAMIREZ AT LAHS. THANK YOU AGAIN FOR YOUR TIME AND HONESTY!

LOS ALAMITOS HIGH SCHOOL
Song & Cheer Competition Squads
2026-2027 Teacher Evaluation

STUDENT NAME: _____

TRYING OUT FOR: _____

TEACHER NAME: _____ SIGNATURE: _____

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Song & Cheer Competition Squads
2026-2027 Teacher Evaluation

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TRYING OUT FOR: _____

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Song & Cheer Competition Squads
2026-2027 Teacher Evaluation

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10 9 8 7 6 5 4 3 2 1 Attitude toward fellow students (Are they helpful and kind or do they tend to gossip and complain?)

10 9 8 7 6 5 4 3 2 1 Attitude toward authority (Do they follow directions and respond with a smile or mumble under their breath?)

10 9 8 7 6 5 4 3 2 1 Overall Impression - Should this student represent Los Alamitos High School?

Comments:

DO NOT SHOW THE COMPLETED FORM TO THE APPLICANT. PLEASE RETURN COMPLETED RECOMMENDATIONS BY April 2nd TO JENNIFER RAMIREZ AT LAHS. THANK YOU AGAIN FOR YOUR TIME AND HONESTY!

CODE OF CONDUCT
for Athletics, ASB, Performance and Competition Groups

This form is **REQUIRED** from all students because most Los Alamitos High School Students participate in some sort of co- or extra-curricular activity in the course of a year.

An important aspect of high school athletics and activities is learning behavior appropriate to circumstance. Athletes, ASB members, performance and competition groups often represent the school publicly, causing their behavior to be subject to more than the usual scrutiny. Keeping in mind that participation in extra- and co-curricular activities is a privilege and not a right, some behaviors are subject to standard consequences, including removal from the program.

I. The Following Rules & Consequences Apply to ALL Athletes, ASB, Performance & Competition Groups, etc.

DRUGS, ALCOHOL, TOBACCO, NICOTINE, CONTROLLED SUBSTANCES OR INTOXICANTS OF ANY KIND or CHEMICALS

Unlawful possession, use, transportation or provisions of drugs, alcohol, nicotine products, electronic cigarettes and other vapor-emitting devices with or without nicotine content, chemicals or intoxicants or any controlled substance pursuant to Ed. Code 48900, at school, going to and from school, or at a school event shall result in the following:*

1st Offense -

*An immediate removal from all athletic teams, ASB, performance and competition groups for a period of three weeks. During the suspension the student is **NOT allowed to attend practices and CANNOT attend games/competitions/events**.*

2nd Offense -

*An immediate removal of the student from all athletic teams, ASB, performance and competition groups for a period of nine weeks or the season of sport/activity, ** whichever is greater.*

DRUGS, ALCOHOL, TOBACCO, NICOTINE, CONTROLLED SUBSTANCES OR INTOXICANTS OF ANY KIND, CHEMICALS or WEAPONS

*The unlawful sale of drugs, alcohol, tobacco, nicotine, controlled substances, chemicals or intoxicants of any kind and/or the use, sale, or possession of weapons pursuant to Ed. Code 48900, at school, going to and from school or at a school event shall result in the immediate disciplinary action subject to the site administration's discretion accompanied by the immediate removal of the student from all athletic teams, ASB, performance and competition groups for a period of nine weeks of the season of sport/activity, ** whichever is greater.*

* Possession of alcohol, drugs, tobacco, nicotine products, electronic cigarettes and other vapor-emitting devices with or without nicotine content, intoxicants or a controlled substance or weapons/chemicals is a serious offense. The term "possession" is so broad that it covers certain cases where you may not have physically touched or you may have had only momentary contact with the alcohol, drugs, intoxicants or controlled substance or weapons/chemicals. You need only have a small degree of control over the situation, i.e. the ability to leave. In short, if you are in the presence of alcohol, drugs, intoxicants, or a controlled substance or weapons/chemicals, you may be charged with unlawful possession.

** Each sport, ASB, performance and competition group defines in writing its "season of sport/activity."

Note: Parent support for this Student Code of Conduct is crucial to its success. Parents who directly or indirectly participate in providing alcohol to students and/or knowingly permit students to drink alcohol are a major concern. These parents are potentially responsible for the adverse consequences to their own child, as well as to the group he/she represents.

II. The Following CIF Rules & Consequences Apply to Athletes:

INTERACTION WITH OFFICIALS

If an athlete physically assaults an official, the athlete shall be banned from interscholastic athletics for the remainder of the student's eligibility. (CIF Blue Book Sect. 522)

UNSPORTSMANLIKE CONDUCT

If an athlete is ejected from a game for any reason (unsportsmanlike conduct, fighting, etc.), the athlete shall be prohibited from participating in the next contest. (CIF Rule)

** In addition, many teams, ASB, performance & competition groups have their own written standards for participation for which a student may be suspended or removed from the program.

Student Name (Print Legibly) _____

I have read the Athletic/Activities Code of Conduct and I will abide by the code.

Student Signature

Parent/Guardian Signature

Date

ELIGIBILITY

All students must be living with the parent/guardian within the boundaries of the school attendance area. If not, the student must be eligible under an inter-district permit.

ALL STUDENTS (except ASB)

Los Alamitos Unified School District Board Policy 214 provides that participants with less than a 2.0 average for the last semester grade period are placed on "Academic Probation" for the subsequent semester. Students on Academic Probation will work with school staff to monitor progress and provide guidance and support. Two semesters of less than a 2.0 average will result in ineligibility for the subsequent semester and continue until a 2.0 average is attained. During the four high school years, no student will be placed on academic probation more than once.

ASB

Students elected or appointed to ASB offices have a more stringent academic eligibility requirement. The ASB President and the ASB Vice-President must have a cumulative 3.0 GPA in order to run for office and then must attain at least a 3.0 each semester beginning the semester they are elected. Students elected or appointed to all other ASB positions must have a cumulative 2.5 GPA in order to run for office and then must attain a 2.5 at each semester beginning the semester they are elected or appointed. There is no provision for academic probation for students enrolled in ASB.

ATHLETES

Los Alamitos High School is a member of the C.I.F. Southern Section and Sunset League. TO be eligible to participate in C.I.F. athletics, a student must meet the following criteria:

- Before a student can participate in a sport, he/she must have a clearance from the athletic director stating the student athlete has a physical exam, health insurance, parent consent form, and has signed the Code of Conduct form. (CIF Rule 306)
- Athletes must have passed a minimum of 20 units during the previous semester grading period. Only 5 units can be in physical education. (CIF Rule 204)
- Have proper district residency or be attending on a valid inter-district permit.
- Have proper insurance.
- Be currently enrolled in classes worth 20 credits, only 5 of which may be from Physical Education.
- Be under 19 years of age as of June 15th of a student's junior (or third) year.
- Refer to the 2.0 Rule below.

The 2.0 Rule - Any student participating in extra- or co-curricular activities must maintain a GPA of 2.0 or above each semester. If the student falls below a 2.0 for a semester, s/he is given probationary status. If the student again falls below a 2.0 for another semester during his/her high school career, s/he will be ineligible to participate until a 2.0 semester GPA is achieved at a semester grading period.

Code of Ethics - Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 524).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 200 D, there could be penalties for false or fraudulent information. We also understand that the _____ (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.