**CHATTAHOOCHEE HIGH SCHOOL CHEERLEADING CONSTITUTION**

# Section I Academic

**All cheerleaders will be required to demonstrate and maintain a certain level of academic performance.**

1. Grades will be checked at the 6, 12, & 18 week points in the semester. Failing one or more classes may result in the following consequences:
   1. Detentions as designated by the coach until grades are brought up to passing (Days and times will be determined by the coach).
   2. Attendance without participation at games and practices. This time will be used to work on academic studies.
   3. Reports of weekly progress until grades are brought up to passing
   4. Any cheerleader failing 2 classes will be ineligible to cheer, and must return her uniforms to the school. Any ineligible cheerleader also forfeits any monies paid into the program as well as any ordered cheer merchandise and/or accessories.

# \*\*Note: Fall semester grades will determine eligibility for the next season: therefore, any cheerleader who fails 2 of his/her 6 classes in the fall semester will be ineligible to try out for the next season’s squad per the Georgia High School Athletic Association’s policies and procedures.\*\*

**Section II Absenteeism**

1. All cheerleaders must have a good school attendance record.
   1. If a cheerleader is absent from school, she cannot cheer at any practices or games and is responsible for informing the coach prior to practice or the game. Being considered present is being in attendance at least 4 consecutive class periods.

# \*\*IT IS THE RESPONSIBILITY OF THE CHEERLEADER TO NOTIFY THE COACH IN THE EVENT THEY ARE ABSENT FROM SCHOOL VIA EMAIL OR A PHONE CALL.\*\*

* 1. Coaches will address team consequences for absences prior to start of season.

1. Practices
   1. Cheerleaders are required to be at practice in practice clothes unless absent from school. \*\*All appointments should be made on days that practice is not occurring. No other non-academic school activity may interfere with cheerleading practice. An agreement must be made between teachers/coaches for simultaneous school-related activities.
   2. A cheerleader who must miss a practice and who is **NOT** absent from school **MUST** discuss the situation with the coach **PRIOR** to the absence. The coach may require written notification prior to the absence once it has been discussed with the coach. The coach will determine if the absence is excused or not.
      1. An unexcused absence from practice will result in consequences to be determined by the coach. EXCUSED ABSENCES ARE AS FOLLOWS:

-sick with a doctor’s note -school activity (pre-approved)

-death in the family -college campus visit (pre-approved)

1. Two unexcused absences from practice will result in further consequences from the coach that could include but not be limited to: additional conditioning, benching from football games, benching from competitions, or removal from the squad. The final decision will be made by the coach.
2. A third unexcused absence will result in a meeting being held between the coaching staff, cheerleader, and her parents to discuss her future with the program.
3. In the event that a cheerleader does miss a practice (excused or unexcused) she is responsible for obtaining information that may have been given during practice.
4. Missing a gym day will have a higher consequence for an unexcused absence.
5. Cheerleaders who do not dress out for practices will be counted as absent (unexcused) and will given the afore mentioned punishments.
6. Additional activities: Cheerleaders are required to attend **ALL** cheerleading activities. If any activity is missed, the same rules will apply as missing a practice. Attendance will be recorded at all functions to verify if the athlete fulfilled their commitment of participation and support.
7. Games
   1. Cheerleaders are required to attend **ALL Scheduled** games including post season (if applicable). Basketball Cheerleaders are expected to attend all Basketball Games relating to their Cheer squad. A cheerleader who must miss a game and who is **NOT** absent from school **MUST** discuss the situation with the coach. **NO EXCEPTIONS!!** The coach will determine if the absence is excused or not.

# \*\*UNEXCUSED GAMES WILL RESULT IN THE REMOVAL FROM THE TEAM.\*\*

1. Competitions
   1. All Varsity and JV competition squad members are required to attend each competition. Including region. **NO EXCEPTIONS!!**
   2. All cheerleaders will be required to attend the Region Competition.
   3. All cheerleaders are highly encouraged to attend the all competitions (other than region) in support of their peers.

**Section III Punctuality**

1. Cheerleaders are required to be on time **ALWAYS!** Consequences will occur every time a cheerleader is late. Consequences can range from conditioning for the individual, team, or entire program to benching of the individual during games and/or pep rallies. (A safe rule to follow is “You are on time if you are 15 minutes early. You are late if you are on time.)

# Section IV. Practice

1. The coach **MAY** call additional practices as the need arises. Practice times are merely a guideline, and the coach reserves the right to extend practice at any given time. All teams will practice DAILY approximately 2-3 hours (practices will occur on game days as well). Do not plan other after school activities during practice or game times. If you are participating on an All- Star team, you should be aware that those practices and competitions cannot interfere with your participation in your high school cheerleading activities or you may be replaced or removed from the team. \*\***If you work, a safe rule to follow is not to schedule a shift that starts before 7pm.\*\***
2. Proper attire for practices **MUST** be worn at all times (cheer shorts, t-shirt, cheerleading shoes, and hair pulled up/back). **ABSOLUTELY NO JEWELRY MAY BE WORN WHILE IN UNIFORM OR WHILE PARTICIPATING IN ANY CHEERLEADING ACTIVITY.** (This includes jewelry that may not be visible such as belly button rings.) **NO** acrylic nails or colored nail polish may be worn and all nails **MUST** be kept short for all practices, games, pep rallies, competitions, etc. as per GHSA regulations.
3. Practices are **CLOSED** to anyone other than current team members and coaches. All others must have permission from the coach to attend.
   1. Parents who need to come into the cafeteria (ie. for pregame food setup, uniform fittings, etc.) or gain access to the cheer closet during a practice time need to make arrangements with the coaching staff prior to the start of practice.
   2. Open practices/performances will be announced at the discretion of the coach.
4. Parent initiated communication with the coaches need to be arranged and completed outside of practice hours and games.
5. For Comp Squads ONLY: Practice locations may vary and a coach may require a practice to take place off campus in order to address the needs of the team. In these events, transportation may need to be provided to and from these locations. Refusal to attend off-site practices will count as a missed practice and further disciplinary consequences.

# Section V Fundraising

1. Fundraising is an integral part of our program and aids individuals in affording the costs of participating. Each cheerleader is required to participate in all fundraisers decided upon by the coaches, squads, and/or booster club. A personal fundraiser to offset the financial burden of a cheerleader’s costs is open and available, but not mandatory to each cheerleader once per cheer season.

# Section VI Cheerleading Standards by Coaches Discretion

Certain standards and expectations are necessary to uphold the integrity and reputation of the cheerleaders of Chattahoochee High School. Cheerleaders should be leaders within their school and set a good example at all times. Cheerleaders are expected to have and maintain a character above reproach and exhibit personal appearance and habits that will reflect a positive image.

When young people seek leaders, they rely on the ability and talents of people in their age group. When leaders fail, the moral fiber of the group as a whole will begin to deteriorate. This leadership responsibility becomes yours when you become a high school cheerleader. As long as you maintain the position of cheerleader, you will be look upon as leaders. You are placed in the public light and your life is no longer just your own. Therefore, **PLEASE READ THE FOLLOWING INFORMATION CAREFULLY**.

Think about the responsibilities you will have as a high school cheerleader and decide if you will be able to abide by these expectations. You will be ambassadors and your actions will reflect on your school both positively and negatively. While you are expected to conduct yourself in an appropriate manner at all times, visibility is heightened while you are in uniform.

1. General Behavior
   1. Cheerleaders must **NEVER** put themselves in a compromising position. If the present company of the cheerleader is not acknowledging the proper social or moral standards and values outlined in these expectations, the cheerleader will be expected to remove herself from the situation immediately.
   2. The following behaviors are **NOT ALLOWED** by high school cheerleading standards. Violations will be evaluated by the coaches and administrators and appropriate punishment will be given. Punishment may include, but is not limited to: benching, suspensions, and/or removal from the squad.

# BEHAVIOR NOT ALLOWED INCLUDES BUT IS NOT LIMITED TO:

Profane language, Fighting, Cheating in academic subjects, Unlawful acts, Bullying, Over-Display of affection, Undesirable immoral behavior, Undesirable language or gestures. Undesirable pictures, Violation of school dress code, Any behavior considered inappropriate by a school representative, Chemical Use.

* 1. We will uphold a **ZERO TOLERANCE POLICY**.
  2. A student regardless of quantity, shall not:
     1. Buy, be in possession of, or use/consume a beverage containing alcohol at any time.
     2. Be in possession of, or use tobacco at anytime.
     3. Use/consume, possess, buy, sell, or distribute any controlled substance at anytime.

# \*\*CHEERLEADERS WHO ARE DISCOVERED (by her admittance or other proof) TO HAVE POSSESSED/USED/CONSUMED/BOUGHT/SOLD/ETC A CHEMICAL SUBSTANCE (i.e. drugs or alcohol) WILL BE SUBJECT TO PUNISHMENTS CONSISTENT WITH THE POLICIES SET BY THE FULTON COUNTY SCHOOL SYSTEM. This may or may not include ISS, OSS, Saturday School, etc.

# \*\*\*Please note that we do not advise, encourage or approve of the use of performance enhancing or dietary supplements. Student-athletes who are found taking part in the consumption of potentially harmful products will be reported to school officials and may be removed from the team. Students and their parents must consult with their physicians before using any supplement or prescription and will be expected to report any use of these to their coach and provide this information on their physical signed by their physician. Any changes in health may require additional medical attention if a coach determines these changes could be harmful to the students.\*\*\*

1. School Behavior
   1. A cheerleader **MUST** maintain good behavior in all school classes and activities. Office referrals regarding discipline are treated with serious attention and will be dealt with by the coach on an individual basis.
   2. A cheerleader should strive to make the best grades possible by completing class work and homework, listening and participating in class, and setting a positive example for others to follow.
   3. Cheerleaders are to obey **ALL** school rules without question.
2. Squad Behavior **\*\*Includes but is not limited to\*\*** Cheerleaders should:
   1. Leave all personal issues outside of practice.
   2. Leave all practice issues outside of personal life.
   3. **NOT** talk about your current team members or another cheerleading squad in a negative way. Talk problems over with the coach and keep matters among the team. **\*\*THIS INCLUDES SOCIAL NETWORKING SITES SUCH AS FACEBOOK, MYSPACE, TWITTER, ETC.\*\***
   4. Show respect for each other’s opinions.
   5. Be willing to go the extra mile to improve the squad.
   6. Be willing to sacrifice time, interests, talents, and perhaps personal feelings for the good of the squad.
   7. Cooperate with and respect each other.
   8. Do your share of the work. Volunteer without having to be asked!!
   9. **NEVER** argue as a squad in public….**EVER!**
   10. Show good sportsmanship at all times.
   11. Give 110% in all aspects of cheerleading at all times.
   12. Understand that all cheerleaders are **REQUIRED** to ride the bus to and from functions **UNLESS** directed otherwise by a coach.
   13. Refrain from chewing gum while in uniform or at practice.
   14. Be neat in appearance and follow the school dress code when attending any function that represents the school.
   15. **NOT** wear jewelry while cheering at any time or while in uniform (body piercings included).
   16. Keep hair neat and away from face (up and off the shoulders when practicing or cheering).
   17. **NOT** wear nail polish on fingernails while in uniform.
   18. **NOT** complain…..**EVER!!**
   19. **NOT** make excuses for anything.
   20. **NOT** accept a job or take on an additional task that will interfere with cheerleading.

**Section VII Safety**

1. Any athlete who is injured will receive medical attention immediately. If a parent cannot be reached, emergency personnel will be called if necessary (911). A medical release form must be signed by the parent prior to tryouts for this purpose.
2. Safety instruction for athletes will be provided prior to the beginning of each season. For some teams, this may occur during summer camp; therefore camp is mandatory when this is provided.
3. Safety guidelines will be enforced (jewelry, nails, hair, etc.) in addition to working in/on safe weather conditions and performing surfaces. Only once a skill is mastered will the athlete be allowed to perform the skill.
4. Any injured cheerleader must be cleared by a physician before returning to practice, games, or competitions.

# Section VIII Forms of Communication

The main communication method will be via email and it is the responsibility of both the cheerleader and parents to check their email accounts for important updates. Text messages and phone calls can also be used by the coaches to communicate with the cheerleaders. There are times when the entire team will receive a text from the coach and these messages will have important information.

1. Do not display any pictures of yourself that might represent yourself, your team, or your school in a negative manner.
2. Never put in text format any information about your cheer team, coach, or school.
3. You may not distribute or use emails or phone numbers of students or parents without the consent of the school or individual.
4. When an email is sent to the team, a reply may NOT be made to the team, but only to the sender.
5. Chattahoochee High School cheerleaders are never to engage in dialogue on message boards, vents, etc about the cheer program or other cheer programs.

# Section IX Selection of Teams

The coaches will make team selections based on athletes that best suit the needs of the team and who all show the highest proficiency in the following areas:

1. Previous experience
2. Interview responses
3. Commitment level
4. Flexibility in roles
5. Skills (tumbling, stunting, jumps, etc) progression/level
6. Floor presence/performance
7. Recommendations

Team placement will follow these guidelines:

**Competition AND Football Sideline:** Should have or be working toward developing tumbling

skills. NOTE: Tumbling is NOT a “black and white” fixed requirement. Having a certain skill (ie. a tuck, a handspring, a full) does not guarantee a cheerleader placement on a certain team. The “minimum” tumbling skill(s) for different teams may change from year to year based on the talent pool. For Varsity a solid standing back tuck is recommended. For Junior Varsity a back handspring is recommended. They will also be evaluated on their performance of a cheer, chant and dance (all taught at tryouts) as well as their tumbling, motions, jumps, “cheer voice,” attitude and enthusiasm.

**Varsity Football Sideline Only:** Only rising seniors who have a previous commitment to Chattahoochee Cheerleading of no less than 2 years are eligible for this squad. The minimum tumbling requirement is a back handspring. They will be evaluated on their performance of a cheer, chant and dance (all taught at tryouts) as well as their tumbling, motions, jumps, “cheer voice,” attitude and enthusiasm.

**All Basketball Sideline and Freshman Football**: They will be evaluated on their performance of a cheer, chant and dance (all taught at tryouts) as well as their tumbling, motions, jumps, “cheer voice,” attitude and enthusiasm. Tumbling is not mandatory.

**Additional Considerations**

Chattahoochee does not “cheer for peers.”

Skills are an important factor in squad placement, but they are not the only factor. As coaches, we try to create the most competitive teams we can through a combination of talents and abilities. Attitude and work ethic are also considered in squad placement. Placements may be changed at the discretion of the coach based on the cheerleaders’ actions and abilities as well as the needs of the team and program, no discussion.

Tryouts will take place over a period of ten (10) consecutive days requiring attendance by **ALL** athletes. If an athlete misses more than one day of tryouts due to illness (or other excusable reason), they will need to provide notification to the coach and make arrangements for later evaluation.

The coach will determine the team an athlete would be best suited for and trying out for the cheer program indicates a desire to accept the placement given. Athletes who are involved in another sport at the time of tryouts will be considered for the upcoming cheer season; however, the coach for the current sport will be contacted to verify their participation. We encourage athletes to be involved in other sports if they so desire; however, they must fulfill their duties of the cheer season prior to attending the next seasonal sport, club, or activity.

Members of the competition teams **MUST MAINTAIN** or **ADVANCE** their tumbling skills throughout the season and are encouraged to develop a course of action that will assist them in making these improvements. Failure to maintain or advance skills from the time of tryouts (early March) to the time of Choreography Camp (early to mid summer) and on to the start of mandatory practices (August 1st) can result in the cheerleader’s roster assignment being changed.

The coach may also request that you adhere to a weekly schedule with the team to advance tumbling. It is expected that athletes will continue to work on their skills outside of the normal practice schedule and a coach may request verification of this on a weekly basis.

# Section X Uniforms

1. Each cheerleader will be provided a uniform and will be required to sign a uniform contract when they are first issued. All uniforms are property of the cheerleading program. It’s is a privilege, not a right, to wear the uniform-- cheerleaders are expected to take care of their uniform and return it in good condition.
2. You may only wear your uniform at designated events outlined by the coach. You may not use any uniform other than that uniform assigned to you and you may not loan out your uniform. Any alteration to the uniform must be reversible and approved by the coach **prior** to having the professional alteration done. All alteration costs are incurred by the athlete.
3. Lost or damaged uniforms will result in replacing the uniform at full cost.

# Section XI Lettering/Awards

Lettering and Awards will be based on the following criteria:

1. Cheerleader upholds guidelines outlined in the Constitution and finishes the season in good standing.
2. All cheerleaders listed on a Varsity roster will receive a letter if they complete the season in good standing. (Letters are awarded for the first year/season at the Varsity level and bars are given for each subsequent year completed.) **2 Unexcused absences from games may result in forfeiture of letter at the discretion of the Coach.**
3. Cheerleaders who compete in at least one Varsity Competition will receive a special patch reserved for Varsity Competition cheerleaders.
4. Letters are reserved for Varsity roster members only. JV and Freshmen squad members do not qualify for Letters even if they assist in Varsity sideline activities.
5. Competition Cheerleaders may receive further recognition for achievements in the sport of competition cheerleading (i.e. State and/or Region patches and medals) for competitions they were on the roster for and participated in. Competition Awards (and/or Region patches, medals, rings, etc) will only be awarded to those performing on the competition floor during the competition season at the Varsity level.

# Section XII General

1. Any cheerleader who does not complete the season in good standing and/or resigns from her team forfeits the right to any awards or recognition. Any cheerleader who does not complete the season (resigns) must discuss the possibility of returning to the sport (trying out) with the coach.
2. For any cheer fees, there will be no financial restitution made if a cheerleader is removed from the team for any reason or quits the team at any time. All fees must be paid prior to participation or else the student may be pulled from participating until the fees are brought to date.
3. **Volunteer Fee**: Throughout the Cheer season, there are parent responsibilities and volunteer opportunities needed in order to make the season run smoothly. Team Moms are selected at the beginning of the season but they require the assistance of other parents to help with carpools to the practice gym, coordinating meals and carpools for the season, assisting with team squad celebrations, fundraising, community service projects, etc. **The Cheer Squad will collect $100 from each Cheerleader at the start of the new school year to ensure that at least 2 parent volunteer items are accomplished (per Cheerleader) throughout the season**. The Team Moms will keep track of the parent volunteer assignments and if the parent has assisted with at least 2 Volunteer opportunities, the $100 will be rolled over to the Cheerleader’s account for the following year, or if the Cheer is a senior, a $100 check will be reimbursed. If 2 volunteer opportunities have not been met at the end of the season, or if a Cheerleader is removed or withdraws from the squad for any reason, the $100 will be forfeited. There will be NO proration of funds if less than 2 volunteers assignments are completed.

# Understand that the rules and regulations follow at least the minimum requirements as outlined by the Fulton County/GHSA policies; however, a coach has the authority to impose consequences above the minimum at any time. Once placed on a team, you will be required to read and

**sign your understanding of the Fulton County Policies as well.**

**CHATTAHOOCHEE HIGH SCHOOL CHEERLEADING CONSTITUTION**

Signature Page

I have read the most recent version (2/10/2014 12pm) of the Chattahoochee High School Cheerleading Constitution in its entirety, and I consent to adhere to all of the policies, regulations, commitments, and responsibilities involving Chattahoochee High School Cheerleading.

*\*\*Please return this page with your packet and keep the Constitution for your reference.*

Cheerleader (print name):

Cheerleader signature:

Date:

Parent (print name):

Parent signature:

Date: