

Jal High School Varsity Cheerleading Constitution 2010-2011

The following constitution provides important information, specific goals, and key expectations for the Jal High School Varsity Cheerleading program.

A. Purpose

The primary purpose of members of the Jal High School Varsity Cheerleading squad is to support the student body and athletic functions involving Jal High School.

B. Mission

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Promote friendship with each other.
- Promote the development of lifelong values and skills.

C. Goals

- Cheer at football, volleyball, girls' & boys' varsity basketball games
- Participate in and support Homecoming week
- Support and perform at pep-rallies

D. Tryouts

Tryouts will be on April 5, 2010

- In order to be eligible to try out, a student must:
 - Work well with others
 - Show leadership qualities
 - Be dependable and responsible
 - Be passing all academic subjects
 - meet GPA requirements noted in school handbook
- Skills to be demonstrated include but are not limited to:
 - Communication skills (voice projection, eye contact)
 - Motion techniques
 - Jumps
 - Enthusiasm
 - Optimistic attitude (Smile, Smile, Smile)
- Candidates will perform a chant, a cheer, a dance, and a jump.
- Performance scores are accumulated through each candidate's presentation of cheer technique, gymnastics skills/jumps, communication skills/voice projection, and motion technique. Individual teacher recommendations and GPA ratings will also contribute to the overall scores.
 - A panel of judges will determine which candidates qualify to be on the 2010-2011 squad.
 - The 2010-2011 squad will have 8 members (& 1 mascot).

E. Practice

- The average number of practices will be determined by the sport.
 - During football season, practice will be 4 times a week for 1½ hours; however on occasion we may need more time.
 - During basketball season, practice may be 1 day a week depending on game schedule.
- Any **unexcused** absence from practice will be subject to disciplinary action.
- Be on time, wearing proper shoes and clothing.
- During the summer, the squad will meet 2 weeks prior to camp to practice and prepare for camp.

F. Uniforms

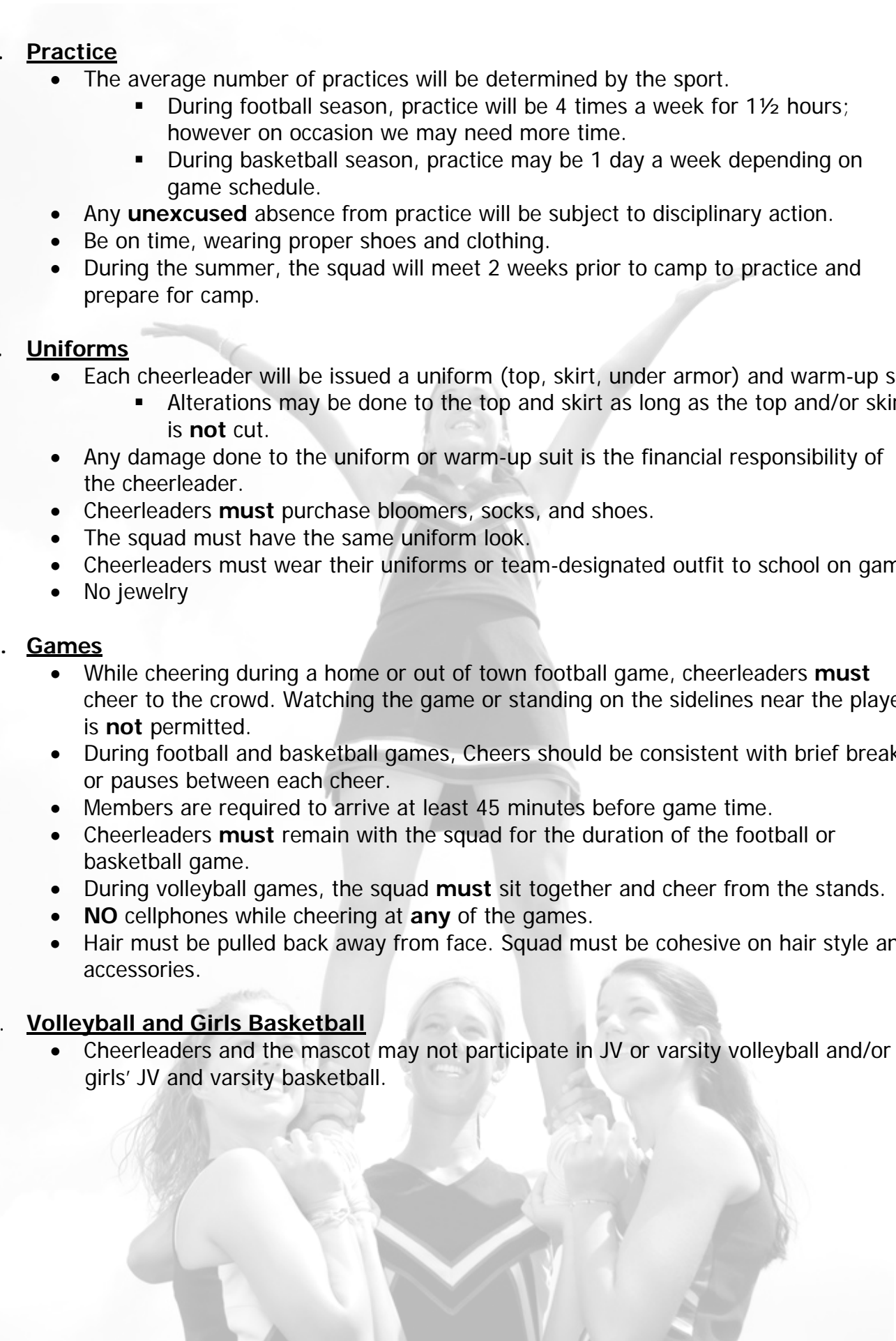
- Each cheerleader will be issued a uniform (top, skirt, under armor) and warm-up suit.
 - Alterations may be done to the top and skirt as long as the top and/or skirt is **not** cut.
- Any damage done to the uniform or warm-up suit is the financial responsibility of the cheerleader.
- Cheerleaders **must** purchase bloomers, socks, and shoes.
- The squad must have the same uniform look.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days.
- No jewelry

G. Games

- While cheering during a home or out of town football game, cheerleaders **must** cheer to the crowd. Watching the game or standing on the sidelines near the players is **not** permitted.
- During football and basketball games, Cheers should be consistent with brief breaks or pauses between each cheer.
- Members are required to arrive at least 45 minutes before game time.
- Cheerleaders **must** remain with the squad for the duration of the football or basketball game.
- During volleyball games, the squad **must** sit together and cheer from the stands.
- **NO** cellphones while cheering at **any** of the games.
- Hair must be pulled back away from face. Squad must be cohesive on hair style and accessories.

H. Volleyball and Girls Basketball

- Cheerleaders and the mascot may not participate in JV or varsity volleyball and/or girls' JV and varsity basketball.



I. Safety

Safety Regulations will be ensured by every member and will follow the accepted cheerleading safety guidelines put forth by the school district and cheerleading coach. Refer to the Student Handbook for details.

J. Summer Camp

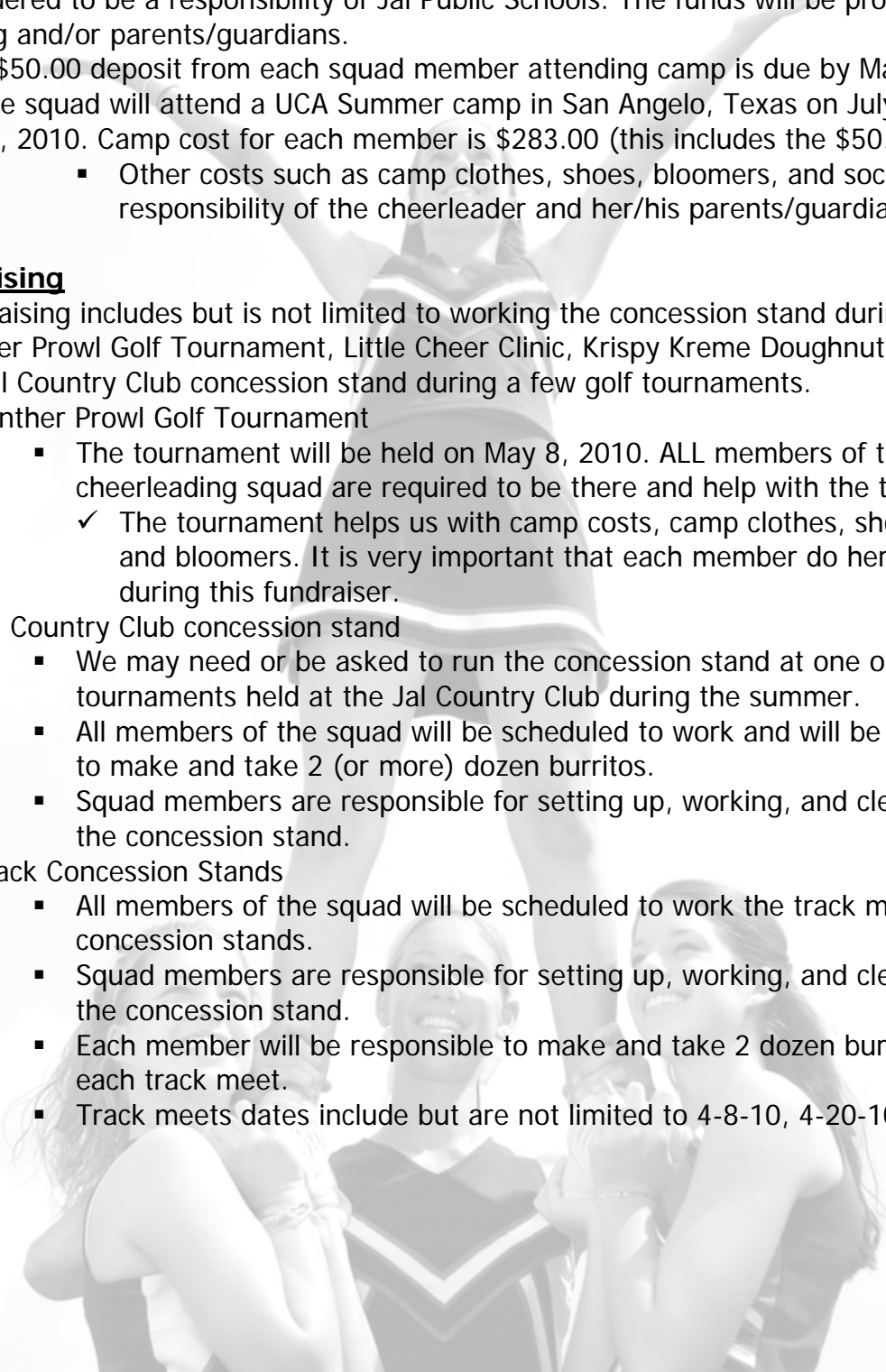
Summer Camp will be offered to each member of the squad including mascot. Each member is asked to attend the summer training camp where she/he will be instructed in many areas that will enhance and benefit the cheerleading program. The cost for attending camp is **not** considered to be a responsibility of Jal Public Schools. The funds will be provided through fund raising and/or parents/guardians.

- A \$50.00 deposit from each squad member attending camp is due by May 1, 2010.
- The squad will attend a UCA Summer camp in San Angelo, Texas on July 27, 2010 to July 30, 2010. Camp cost for each member is \$283.00 (this includes the \$50.00 deposit).
 - Other costs such as camp clothes, shoes, bloomers, and socks are the responsibility of the cheerleader and her/his parents/guardians.

K. Fundraising

Fundraising includes but is not limited to working the concession stand during track, the Panther Prowl Golf Tournament, Little Cheer Clinic, Krispy Kreme Doughnut sales, and working the Jal Country Club concession stand during a few golf tournaments.

- Panther Prowl Golf Tournament
 - The tournament will be held on May 8, 2010. ALL members of the cheerleading squad are required to be there and help with the tournament.
 - ✓ The tournament helps us with camp costs, camp clothes, shoes, socks, and bloomers. It is very important that each member do her/his part during this fundraiser.
- Jal Country Club concession stand
 - We may need or be asked to run the concession stand at one or more golf tournaments held at the Jal Country Club during the summer.
 - All members of the squad will be scheduled to work and will be responsible to make and take 2 (or more) dozen burritos.
 - Squad members are responsible for setting up, working, and cleaning up the concession stand.
- Track Concession Stands
 - All members of the squad will be scheduled to work the track meet concession stands.
 - Squad members are responsible for setting up, working, and cleaning up the concession stand.
 - Each member will be responsible to make and take 2 dozen burritos for each track meet.
 - Track meets dates include but are not limited to 4-8-10, 4-20-10, and 5-1-10.



- Little Cheer Clinic
 - The clinic takes place during Homecoming week. All members of the squad are expected to help plan, prepare, and teach the little cheerleaders during the one-day training.
 - The squad will also decorate a float for the girls to ride in during the Homecoming parade.
- Krispy Kreme Doughnuts
 - The squad will sell doughnuts in October. More information will be given at the time of the fundraiser. All members will be expected to participate and will have a certain amount of doughnuts to sell.
- In the event that we need to do more fundraisers, all members of the squad are expected to do her/his part.

L. Code of Conduct

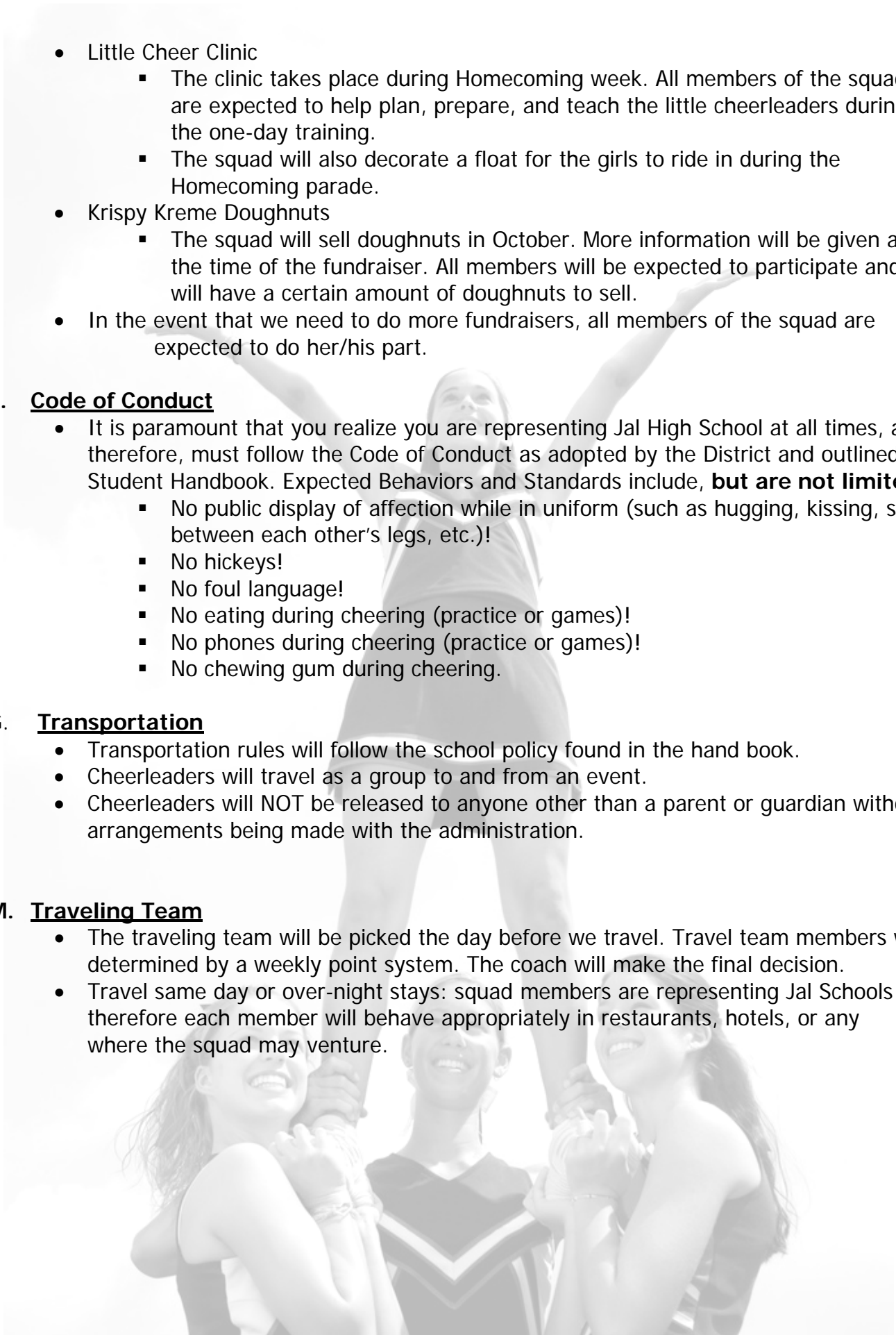
- It is paramount that you realize you are representing Jal High School at all times, and therefore, must follow the Code of Conduct as adopted by the District and outlined in the Student Handbook. Expected Behaviors and Standards include, **but are not limited to:**
 - No public display of affection while in uniform (such as hugging, kissing, sitting between each other's legs, etc.)!
 - No hickeys!
 - No foul language!
 - No eating during cheering (practice or games)!
 - No phones during cheering (practice or games)!
 - No chewing gum during cheering.

G. Transportation

- Transportation rules will follow the school policy found in the hand book.
- Cheerleaders will travel as a group to and from an event.
- Cheerleaders will NOT be released to anyone other than a parent or guardian without prior arrangements being made with the administration.

M. Traveling Team

- The traveling team will be picked the day before we travel. Travel team members will be determined by a weekly point system. The coach will make the final decision.
- Travel same day or over-night stays: squad members are representing Jal Schools therefore each member will behave appropriately in restaurants, hotels, or any where the squad may venture.



Rules/Consequences/Merit System

RULE:

* Be a **PRO**... **P**repared, **R**espectful, & **O**n Time!!! This **one** rule is all we really need.

CONSEQUENCES:

* *Minor* infractions

- May include but not limited to tardy to practice and/or games, not prepared, not helping, not cooperating, etc. will result in disciplinary measures such as push-ups, crunches, laps, etc.

* *Serious* infractions

- May include but not limited to being disrespectful at school or at practice, unexcused absences, habitual tardiness, not showing up to scheduled events, lying, etc. will result in **1 demerit** and will not be allowed to cheer at **one** game.

* *Severe* infractions

- May include but not limited to engaging in illegal activity, failing grades, fighting, school suspension, etc. will result in **2** demerits, will not be allowed to cheer at **two** games, and will be excluded from traveling with the team for the next **two** out of town games.
- A. Each case of discipline will be judged individually. The coach, with the assistance of the administration if deemed necessary, has the final decision in any discipline situation.
 - B. Every attempt will be made to discipline fairly/equally, and to make consequences of the actions known ahead of time. Parents will be kept informed of problem situations.

MERIT SYSTEM:

At the onset of the season, each cheerleader begins the year with a total of **5** merits. Infractions of **The Rule** will result in demerits being deducted from this total. If at any point during the season, a cheerleader has a balance of 0 merits, she will be permanently removed from the squad, and therefore, will not letter.

TRAVEL POINTS SYSTEM

Travel team members will be determined by a weekly points system. Travelers will be picked the day **before** we travel. Members of the squad will be judged by 0-2 point system.

0 = Requirement not met.

1 = Met requirement.

2 = Exceeded requirement.

Requirements:

- ✓ Attendance - 1 pt for each attended practice and/or meeting (4 pts possible)
 - During football season, practice will be Monday-Thursday from 4pm to 5:30pm
 - Volleyball games during the week will count as an attendance
 - Practice absences must be excused
- ✓ Participation – 0-2 pts may be achieved during practice and/or meeting (8 pts possible)
 - Includes but is not limited to: conditioning, planning events, practicing and learning cheers, sidelines, & dance routines, creating posters, decorating lockers, and cleaning up.

- ✓ Conduct at school – 0-2 pts may be achieved for conduct during school and/or a school event (8 pts possible)
 - Conduct that will not be tolerated and will affect points include but are not limited to: discipline referral by a teacher, obtaining a detention, and/or the principal recommends disciplinary action.

Total points possible are 20. Cheerleaders must score 16 or more points to be considered for travel.

Final decision is made by the coach.

ACCEPTANCE:

I have read and understand the above policies for participation on the cheerleading squad, and I accept these rules as governing my participation and pledge my responsibility to abide by them.

Cheerleader Signature: _____ Date: _____

I have read and understand the Jal High School Varsity Cheerleading Contract. I agree to support these standards and policies.

Parent/Guardian Signature: _____ Date: _____

