

## East Coweta High School 2019-2020 Cheerleading Constitution

### I. Purpose:

To promote and uphold school spirit, develop a sense of good sportsmanship among the students, and to build better relationships between schools during athletic events

To represent ECHS in invitational, regional, and state competitions

### II. Participation

Cheerleaders are expected to be at **all** cheerleading activities specified for their squad and specified by their coach. Excused absences are school related activities (with proper notice), death in the family, or major illness. **Unexcused absences include: non-school related activities, all-star practices, work, weddings, mild sickness (including headaches, cramps, colds, etc.).** Doctor/dentist appointments are **not** excused. These need to be planned around cheerleading practices and events. **ALL** scheduled practices, even LAST MINUTE practices, if needed, are mandatory after August 1<sup>st</sup>. There will be times that a coach has NO CONTROL over rescheduling a practice due to conflicts that may occur at the school throughout the day.

**If a VARSITY cheerleader agreed to cheer Football Sideline at the beginning of the season and decides to quit Football Sideline at any point in time, he/she will also be dismissed from the Varsity Competition team – NO EXCUSES!**

**The cheerleader may be considered for dismissal from the squad after TWO unexcused absences. Any unexcused absence or tardy may result in extra conditioning or sitting out of quarters, games, or competitions.**

- Extra practices may be called on late notice
- If you miss a practice it is up to the coach on what the consequence is
- Practices **will** be held on teacher work days and other days that students may have off throughout the season (such as holidays, summer break, etc.)
- **Typical practice schedule** for JV/Varsity sideline and competition: 3:45-6:00 (during the week)
- Please see tentative calendar on [www.echscheer.com](http://www.echscheer.com)

### III. Competition Alternates

All varsity alternates that attend the state competition at the end of the season will letter varsity even if they do not compete during the season. However, if a JV candidate gets pulled up they must compete in a minimum of 2 competitions to letter varsity OR if the coach decides to place them as a varsity alternate for the state competition. **We will have alternates for both competition teams and who those alternates are can change daily.** If a JV candidate is pulled up to compete with varsity they will still remain on JV sideline. We work our practices together so there will not be a conflict. Just like any team sport, we have 1st string, 2nd string, etc.

### IV. Tardies/Early Leave

**Tardies to practice or early leave from a practice or activity will result in extra conditioning (or other consequence set by the coach). If the requirements are not satisfied before a game, competition, or activity, the cheerleader will not be able to participate.**

**If this is a frequent problem or if late notice is given, the amount of time being late to/leaving from practice can add up to an unexcused day of practice.**

- Cheerleaders **MUST** be in attendance for at least 2 periods on the day of a competition/game/practice in order to participate. Should school be canceled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified.
- Cheerleaders must be at practice and any cheerleading activity **ON TIME** and be **PICKED UP ON TIME**. Late drop off and pick up can result in extra conditioning (or other consequence set by the coach). If this is a frequent problem the cheerleader may be considered for dismissal from the squad.

## V. Work and Other Activities Outside of ECHS

It is almost impossible for cheerleaders to have jobs. There are often situations in which we have to change our practice times daily. Work and other activities outside of ECHS are **never** an excused absence from any cheerleading activities.

## VI. Cheerleading Protocol

The following guidelines will be followed throughout the season:

- NO cell phones will be allowed out during practices or otherwise specified by the coach
- Cheerleaders will be prepared for practices and ALL cheerleading events dresses appropriately in the correct attire (shoes, bow, bloomers, practice outfit, etc.)
- If a cheerleader chooses to quit a team, he/she may not tryout the following year and they forfeit their spot on any other squad they are currently on
- Throughout the season, cheerleaders will be assigned certain duties to perform before/after games, events, competitions, etc.

By not following these guidelines or any of the above in excess may be grounds for dismissal from the squad, benching of game, and/or immediate consequence of extra conditioning.

*The following are not acceptable and will not be tolerated:*

- Talking excessively during games to other cheerleaders
- Talking during a game to spectators
- Chewing gum at games or practice
- Romancing with boyfriend/girlfriend while in uniform (no physical contact)
- Cursing or vulgar language
- Talking during the National Anthem, moments of silence, or while a player is injured
- Talking during instruction time during practice or game
- Complaining
- Gossip/disrespect to other squad members
- Not abiding by the cell phone policy – Cell phones will be collected during practices, games, and/or competitions

Any of the above in excess may be grounds for dismissal from squad, benching of games, and/or immediate consequence of extra conditioning.

If a cheerleader is benched, he/she will sit with the coach the entire length of the activity with no socializing.

- Disrespect to **administration, faculty, staff** or **cheer coaches** may result in dismissal from team. Talking back in any form to any of the above will NOT be tolerated! Talking back is DISRESPECT and will be handled in the form of extra conditioning, benching, probation, and/or removal from the team.
- It is a privilege to be a part of the East Coweta Cheerleading teams and each member will act in a respectable manner.
- No member is irreplaceable and will not be treated as such. Always remember: For every member chosen, there are many that would love to take their place.

### Other Grounds for Dismissal:

- Poor health (causing excessive absences and/or not being able to perform duties required)
- Breaking school rules
- Repeated emails from teacher about classroom behavior, etc.
- Smoking, drinking, or using drugs while in uniform or at any cheerleading or school activity
- Failing more than one subject per semester
- Getting in trouble with law enforcement
- Inability to get along with other cheerleaders
- Benched more than 3 times
- Inappropriate material on internet/social media that represents yourself and/or East Coweta negatively

- NOTE: Actions/information on the internet should still follow East Coweta cheerleading standards and constitution)
  - First offense: Benching of one game and probation status
  - Second offense: Considered for dismissal
- Any other behavior deemed inappropriate or detrimental to the team by the coach
- Repeated visits to ISS (if a cheerleader receives ISS they will be unable to participate in practice, game, and/or competition on that day which will result in other disciplinary actions)
- Coach's discretion/overall good of the squad

You start representing East Coweta High School the minute you become a part of any ECHS Cheerleading team. Your actions reflect back on to your teammates and school.

### **VII. Appearance, Uniforms and Equipment**

- \*\*Hair must be pulled back for all games/practices/competitions. Only a natural hair color is permitted. Blue, purple, pink, green, or feathers will not be allowed.
- \*\*Jewelry of any kind may not be to any game/practice/competition. This includes tongue rings, belly rings, earrings, rings, necklaces, or bracelets. (Medical alert charms and religious medals are exceptions but **MUST** be taped to the body). This is for safety reasons and **IS** a National Cheerleading rule!
- \*\*Cheerleaders may not have nails that can be seen over the fingertips (**NO ACRYLIC NAILS!**)
- All uniforms are property of ECHS
- No cheerleader may change out of the uniform during an event
  - Example: At a competition, everyone must remain in full uniform from the time we get off the bus until the time we return to the bus)
- Uniforms will not be worn except for games, competitions, and designated activities. Uniform will not be worn outside of these unless the entire team is together.
  - Example: Do not wear your uniform to a restaurant unless with the entire team; Warm up is allowed)
- Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of the replacing the uniform.
- All school uniforms will be returned cleaned at the end of the season. Any noticeable stains or damaged uniforms will be returned to the cheerleader to have repaired and cleaned. Letters, bars, and certificates will be held until the uniform is returned in the proper condition.

\*\* = Rules of Georgia High School Association and National Federation of High School Associations. ECHS coaching staff has no control over these.

### **VIII. Transportation**

Cheerleaders will be required to ride the bus TO and FROM all away games and competitions. NO EXCEPTIONS! This is the same rule as our football team and basketball teams and our program will follow the same as other sports.

### **IX. Fundraising**

Each year we will have several fundraisers to offset costs for the cheerleaders and the Booster Club. We depend on our fundraisers to purchase replacement uniforms for ALL squads, travel expenses, competition fees, new uniforms, supplies as needed throughout the year, etc.

Cheerleaders and cheer parents are **required** to participate in the following fundraisers to support the Booster Club: **Ad sales for the football program**, spiritwear sales, and any other fundraiser the program chooses to do.

### **X. Squad Responsibilities**

Varsity Football Sideline/Competition:

- Pictures for the athletic program in June; Seniors will also have pictures for cover shot in July
- Participation in all fundraisers

- Cheer at all home and away games, playoffs, or any additional games the coach requires (*Varsity Football Sideline ONLY*)
- Compete in 5 Saturday invitationals, region competition, and state competitions.
- Participation in pep rallies and parades
- Participation in showing school spirit (dressing up) for special events going on at schools (i.e., Homecoming week)
- Participation in program ad sales
- Participate in any other events the coach or coaches specify

#### JV Football Sideline/Competition:

- Pictures for the athletic program in June
- Cheer at all JV/9<sup>th</sup> grade home football games (*JV Football Sideline ONLY*)
- Compete in 4 Saturday invitationals
- Participation in all fundraisers
- Participation in pep rallies of the coach's choosing
- Participation in the Homecoming parade
- Participation in showing school spirit (dressing up) for special events going on at the school (i.e., Homecoming week)
- Participation in program ad sales
- Participate in selling programs at **EVERY** home Varsity football game (Friday nights). **THIS IS MANDATORY and will follow the same guidelines as missing a practice.**
- Participate in any other events the coach or coaches specific such as Varsity playoff game if there is conflict between the Varsity competition team having region or state tournament on the same weekend

#### **XI. Chain of Command**

If you have a question, problem, or concern regarding your child's team, you MUST follow the chain of command stated in this constitution:

- 1) First notify the head coach of that team. Please give the coach 24 hours to respond back to you if you have to leave a message. Do not just skip over and go to the next highest person in the chain of command. If you still feel like your concern was not acknowledged or dealt with properly, then contact the second person and so on.
- 2) Contact Jodi Guess (ECHS Cheerleading Head Coach/Director): [Jodi.Guess@cowetaschools.net](mailto:Jodi.Guess@cowetaschools.net)
- 3) Contact Hap Hines (ECHS Athletic Director): [Hap.Hines@cowetaschools.net](mailto:Hap.Hines@cowetaschools.net)

#### **XII. Parental Participation and Guidelines**

Parental participation and support of the ECHS program is very important to the success of all of the cheerleading teams. However, certain guidelines must be followed:

- 1) No additional ordering of any items will be allowed unless it is to be a donation in which that parent must give the item to all team members of that squad.
- 2) No parent has the authority to ask any parent for money to purchase additional items throughout the season unless it has been approved by the head coach of that team first. The head coach will then get approval from the head cheerleading coordinator (Jodi Guess). If it is approved by the coach it is still not REQUIRED for any parent to participate or purchase those items unless they are willing to. All items needed and/or required for each team has been ordered by the coach.
- 3) No parent or cheerleader can conduct a practice on school property. This is a liability and a GHSA rule and regulation.
- 4) Cheerleaders are allowed to take additional tumbling/stunt classes at local gyms, however, a cheerleading parent cannot require any other team member to attend or pay for that service.
- 5) Parents will be asked to help donate items for fundraisers, games, competitions, etc. throughout the season.

- 6) Any outstanding balances that are still open will result in your child not being allowed to cheer at games/competitions until the balance has been paid for and all checks have cleared.
- 7) Practices will be closed unless a coach states otherwise throughout the season
- 8) Parental concerns that require a conversation with a coach WILL NOT be addressed during practice time or games/competitions. An appropriate appointment will be made with the coach. Email is the best way to reach a coach during the school day. Emergencies are exceptions. Please allow a coach 24 hours to get back with you. Please remember that coaches are teachers first and have outside responsibilities (children, second job, college classes, etc.) as well.
- 9) Parents may plan parties for the teams. However, no cheerleader is required to attend or purchase anything for that event unless it has been approved by the head coach of that team.

NOTES: The success of these teams is not necessarily due to skills but dedication. You must be willing to make sacrifices and choices. It also does not just require dedication from the cheerleader but also his/her supporters.

**ECHS Constitution Contract and Permission Agreement**

I have read the ECHS Cheerleading Constitution and I agree to follow the stated rules and regulations.

**Cheerleader Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please read and **initial** each of the following (cheerleader and parent):

| Cheerleader | Parent |                                                                                                                                                                                                                  |
|-------------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|             |        | I understand that I will be expected to bear the expense of uniforms, camp, clothing, clinics, and other costs that may arise during the season. I will also participate in all fundraisers throughout the year. |
|             |        | I understand that I must respect my/my child’s coaches, teammates, administration and faculty at all times. I understand that I must be a team player at all times.                                              |
|             |        | I understand I/my child must attend all practice sessions, activities, and games scheduled throughout the season.                                                                                                |
|             |        | I understand I/my child must attend summer camp and other activities/practices planned during the summer and other holidays throughout the season.                                                               |
|             |        | I understand that I/my child represent East Coweta High School and will act in a way that will reflect the school/team in a positive manner.                                                                     |
|             |        | Parent/Guardian: I understand that my lack of parental participation in parent meetings, booster meetings, etc. forfeits my right to make further comments about decisions that are made.                        |
|             |        | Parent/Guardian: I understand that if my child quits or is removed from a squad no matter the reason that no refunds will be issued.                                                                             |

**YOU MUST TURN IN ON THE FIRST DAY OF TRYOUTS OR BEFORE!**

**MAKE SURE YOU HAVE SIGNED ALL APPROPRIATE BOXES – CHEERLEADER AND PARENT!**