

East Coweta High School 2018-2019 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, death in the family, or major illness. **Unexcused absences are 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 1st. There will be times that a coach has NO CONTROL over rescheduling a practice due to conflicts that occur at the school throughout the school day.

After 2 unexcused absences, the cheerleader may be considered for dismissal from the squad. 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 JVFB, VFB, VC, and VBB- 3:45-6:00 (during the week), please see tentative calendar on www.echscheer.com

III. Tardies/Early Leave

Tardies to 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.

IV. 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 cheerleading.

V. 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 dressed appropriately in the correct attire (shoes, bow, bloomers, practice outfit, etc)
- If a cheerleader chooses to quit a team, she/he 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/Silent time or while a player is injured
- Talking during instruction time during practice or game
- Complaining
- Gossip/disrespect to other squad members
- Not abiding by 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 game 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 disrespect to **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 Cheer Squads 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 teachers about classroom behavior, etc
- Smoking, drinking, or using drugs while in uniform or at any cheer 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 that represents yourself and/or East Coweta negatively (note – actions/info on the internet should still follow East Coweta cheer 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, competition on that day which will result in other types of 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 Cheer Squad. Your actions reflect back on to your teammates and school.

VI. 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 worn 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 one squad member 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 squad is together. (Example: Do not wear your uniform to a restaurant unless with the entire squad. Sweat suit or wind suit is allowed)
- Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of 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 GA High School Association and National Federation of High School Associations. ECHS coaching staff has no control over these.

VII. 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.

VIII. Fundraising

Each year we will have several fundraisers to help 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.

VIII. Squad Responsibilities

Varsity Football Competition

- Pictures for the athletic program in June and seniors will also have pictures for cover shot in July
- Participation in all fundraisers
- Cheers at all home and away games, playoffs, or any additional games the coach requires (scrimmage) as well as competes in 5 invitationals, region, and state competitions
- Participation in pep rallies and parades
- Participation in showing school spirit (dressing up) for special events going on at the school (Ex: Homecoming Week)
- Participation in program ad sales
- Participate in any other events the coach or coaches specify.

JV Football Competition

- Pictures for the athletic program in June
- Cheer at all JV/9th grade home football games as well as 4 Saturday competition invitationals
- Participation in all fundraisers
- Participation in pep rallies the coach chooses.
- Participation in the homecoming parade.
- Participation in showing school spirit (dressing up) for special events going on at the school (Ex: 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 specify such as varsity playoff game if there is conflict between the competition squad having region or state tournament on the same weekend

Varsity and JV Basketball-

- Participation in all fundraisers
- Pictures for the athletic program in June and seniors will also have pictures for the cover shot in July
- Participation in program ad sales
- Cheer at all home and away games, tournaments, or any other game the coach requires the squad to attend ***Remember some games will be held on Saturdays, but mostly on Tuesdays and Fridays**
- Participation in homecoming parade
- Participate in any other events the coach or coaches specify
- Participate in selling programs and spirit items at **EVERY HOME** Varsity football game (Friday nights). **THIS IS MANDATORY and will follow the same guidelines as missing a practice.**

X. Chain of Command

If you have a question regarding your child's squad, if you have a problem or concern about your child's squad you must follow the chain of command stated in this constitution.

1. 1st notify the head coach of that squad. 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 wasn't acknowledged or dealt with properly then contact the 2nd person and so on.
2. Contact Jodi Guess- She is the head coach/director over the ECHS cheer program.
3. Contact Hap Hines- the athletic director: hap.hines@cowetaschools.net

XI. Parental Participation and Guidelines

Parental participation and support of the ECHS program is very important to the success of all of the cheerleading squads. 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 squad 1st and then that coach will get approval from the Head Cheerleading Coordinator (Jodi Guess). If it is approved by the coach that still does not REQUIRE any parent to participate or purchase those items unless willing too. All items needed and/or required for each team has been ordered by the coach.
3. No parent or cheerleaders can conduct a practice on school property. This is a liability and a GHSA rule and regulation.
4. If cheerleaders would like to take additional tumbling/stunt classes at local gyms that is allowed, but a cheerleading parent cannot require any other team member to attend or pay for that service.
5. Throughout the season parents will be asked to help donate items for fundraisers, games, competitions, etc.
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 been cleared.
7. Practices will be closed unless a coach states otherwise throughout the season.
8. If a parent has any concern and needs to speak to a coach this WILL NOT be done 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. If an emergency occurs that is an exception. Please allow a coach 24 hours to get back to you. Parents need to remember that coaches are teachers first, and have outside responsibilities (parent, 2nd job, college classes, etc) as well.
9. Parents may plan parties, etc for the teams. However, no cheerleaders are 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 skills but dedication. You must be willing to make sacrifices and choices. It also does not just require dedication from the cheerleader but also those that support him/her.

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 and Date: _____

Parent Signature and 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 that 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 on the school/team in a positive manner.
		Parent/Guardian- I understand that my lack of parent 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!**