



## Sprayberry High School Cheerleading Constitution

### **Section 1                      Financial Obligations**

- A. The Sprayberry High School Cheerleading program does not received funding from the Cobb County School District and therefore must fund the costs of the program from within. All costs incurred by the program must be covered by the Sprayberry High School Cheerleading Booster Club which is financed by membership fees and payments.
- B. Each cheerleader is required to pay an initial booster club fee. This fee is used to help with program costs such as new mats, mat cleaning, banner replacement, sponsor gifts, coaching expenses, pre-game meals, banquet, equipment, rentals, etc. that may not be covered by school funds or fundraisers. Failure to pay the booster club fee will result in a cheerleader not receiving the goods and services provided by the SHSCBC.
- C. Additional items required for participation in the sport will be purchased by the individual cheerleader (uniform, warm-up, practice clothes, bags, approved cheerleading shoes, etc). Cheerleaders will not receive these items until full payment has been made. Cheerleaders without the required items will not be permitted to participate in cheer activities.
- D. All payments will be made directly to the Sprayberry High School Cheerleading Booster Club (SHSCBC).
- E. Money paid to the Booster Club is non-refundable. If a cheerleader quits or is removed from the team for any reason the money paid if forfeited.

## Section 2 Academic

**As student athletes, all cheerleaders will be required to demonstrate and maintain a certain level of academic performance.**

- A. 6, 12, and 18-week progress reports will be reviewed for all cheerleaders. Failing one of more classes may result in the following consequences:
  - a. Detentions as designated by the coach until grades are brought to a passing level.
  - b. Attendance without participation at games and practices. This time will be used to work on academic studies.
  - c. Reports of weekly progress until grades are brought up to passing.
  
- B. Students must accumulate units towards graduation according to the following criteria in order to be eligible:
  - a. First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 units the previous semester in order to participate.
  - b. Second-year students must have accumulated five (5) total units in the first year, AND passed courses carrying at least 2.5 units in the previous semester.
  - c. Third-year students must have accumulated eleven (11) units in the first and second years, AND passed courses carrying at least 2.5 units in the previous semester.
  - d. Fourth-year students must have accumulated seventeen (17) units in the first three years, AND passed courses carrying at least 2.5 units in the previous semester. (e) Students may accumulate the required units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

## Section 3 Absenteeism

**Just like any other team sport attendance at practice and games is a necessity if the team intends on meeting its goals for the season. When one athlete is absent from practice or a game, the "team" is not a whole which can affect the overall dynamic of the remaining members.**

- A. All cheerleaders must have a good school attendance record.
  
- B. Practices
  - a. Cheerleaders are required to be at practice in practice clothes unless absent from school.
  - b. All appointments should be made so that they do not interfere with practice and/or games.
  - c. No other non-academic school activity may interfere with cheerleading activities. An agreement will be made between teachers/coaches for simultaneous school-related activities.
  - d. A cheerleader who must miss a practice and who is **NOT** absent from school **MUST** discuss the situation with the coaching staff **PRIOR** to the absence. The coaching staff may require written notification prior to the absence once it has been discussed. The coaching staff will determine if the absence is excused or unexcused.
    - i. An *unexcused* absence from practice will result in a punishment to be determined by the coach.
    - ii. Two *unexcused* absences from practice will result in further punishment from the coach that could include but not be limited to: additional conditioning, benching from games, benching

from competitions, or removal from the squad. The final decision will be made by the Director of Cheerleading.

iii. A third *unexcused* absence will result in a meeting being held between the coaching staff, cheerleader, and his/her parents to discuss his/her future with the program.

iv. In the event that a cheerleader does miss a practice (excused or unexcused) it is *his/her* responsibility to notify the coach and to obtain any information that was given during practice.

v. Any absence without communication with the coach can result in immediate removal from the team.

- C. Cheerleaders who do not dress out for practices will be counted as absent (unexcused) and will be given the before mentioned punishments.
- D. Cheerleaders are required to attend **ALL** cheerleading activities. Attendance will be recorded at all functions to verify athletes are fulfilling their commitment and support to the program. Absences from activities will be treated as a missed practice.
- E. Games
- a. If a cheerleader is absent from school, he/she cannot cheer at any practices or games and is responsible for informing the coach prior to the game. Being considered present during the school day is being present in at least  $\frac{1}{2}$  of the school day (2+ class periods).
    - i. **IT IS THE RESPONSIBILITY OF THE CHEERLEADER TO NOTIFY THE COACH IN THE EVENT THEY ARE ABSENT FROM SCHOOL VIA EMAIL OR PHONE!**
  - b. Cheerleaders are required to attend **ALL** games/competitions including post season (if applicable). 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.
    - i. Failure to communicate with the coach and not attending a game can result in removal from the squad. (No Call / No Show).
  - c. Cheerleaders who are not eligible to cheer a game for discipline reasons are required to attend the game, in the appropriate attire as determined by the coach, and in the appropriate area for the duration of the game. Failure to meet the before mentioned criteria results in the game not being recognized as having the punishment served which will result in additional discipline.

#### Section 4

#### Punctuality

- A. Cheerleaders are required to be on time **ALWAYS!** Consequences will occur for every minute a cheerleader is late to a designated activity. Consequences can range from (but not limited to) 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 5 Practice

- A. The coach **MAY** call additional practices as the need arises. Practice times are merely a guideline and the coach reserve the right to extend practice at any given time. Football/competition teams will practice **DAILY** approximately 2-3 hours (practices will occur on game days as well). Basketball teams practice three (3) to four (4) days per week and then decrease the amount of practices as the season progresses. Athletes should not plan other after school activities during practice or game times. If you are participating on an All-Star cheerleading 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.
- B. Proper attire for practices **MUST** always be worn (cheer shorts, t-shirt, cheerleading shoes, and hair pulled up). **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). Any device designed to be inserted into an opening caused by a piercing is jewelry and must be removed. **NO** acrylic nails or colored nail may be worn, and all nails **MUST** be kept short for all practices, games, pep rallies, competitions, etc. as per GHSA regulations.
- C. Practices are **CLOSED** to anyone other than the current team members and coaches. All others must have permission from the coach to attend.
  - a. Parents who need to enter practice areas during practice must have it cleared with the coach **PRIOR** to the beginning of the practice.
  - b. Open practices and performances will be determined at the discretion of the coach and will be announced in advance so friends and family can plan accordingly.
- D. Cell Phones – Cell phones are **NOT** allowed to be used or in a cheerleader’s possession during cheerleading activities. Cheerleaders will be required to leave their cell phone in the team locker room (The team locker room will be locked for the safety of the athlete’s items).
- E. 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, individual transportation may need to be provided to and from these locations. Refusal to attend off-site practices will count as a missed practice and disciplinary consequences will be handled in accordance with the before mentioned situations.

## Section 6 Cheerleading Standards

Certain standards and expectations are necessary to uphold the integrity and reputation of the cheerleaders of Sprayberry High School. Cheerleaders should always be leaders within their school and set a good example. 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 will begin to deteriorate. This leadership responsibility becomes yours when you become a high school cheerleader. If you maintain the position of a cheerleader, you will be looked upon as a leader. You are placed in the public light and your life is no longer just your own. Therefore, **PLEASE READ THE FOLLOWING INFORMATION**

**CAREFULLY** and 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 always expected to conduct yourself in an appropriate manner, visibility is heightened while you are in uniform.

#### A. General Behavior

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 himself/herself from the situation immediately.

The following behaviors are **NOT ALLOWED** by high school cheerleading standards and violations will be evaluated by the coaching staff and administration with appropriate punishments 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:**

- a. Profane language
- b. Fighting
- c. Cheating in academic subjects
- d. Unlawful acts
- e. Bullying
- f. Over-Display of affection
- g. Undesirable and immoral behavior
- h. Undesirable language and gestures
- i. Undesirable pictures
- j. Violation of school dress code
- k. Any behavior considered inappropriate by a school representative
- l. Failure to follow NFHS, GHSA, or team policies.
- m. Refusal to follow directives from the coaching staff or any school personnel
- n. Chemical Use
  - i. A student regardless of quantity shall not:
    1. Buy, be in possession of, or use/consume a beverage containing alcohol.
    2. Be in possession of or use tobacco products.
    3. Use/consume, possess, buy, sell, or distribute any controlled substance at any time.

**\*\*CHEERLEADERS WHO ARE DISCOVERED (by his/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 PUNISHMENT CONSISTENT WITH THE POLICIES SET BY THE COBB COUNTY SCHOOL SYSTEM.**

**\*\*\*Please note that we do not advise, encourage or approve 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. Athletes and their parents should consult with their physician 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 athletes.\*\*\***

**B. School Behavior**

- a. A cheerleader **MUST** maintain good behavior in all academic classes and school activities. Office referrals regarding discipline are treated with serious attention and will be dealt with by the coach on an individual basis. A cheerleader may be removed from the team as a result of discipline referrals.
- b. A cheerleader should strive to make the best grades possible by completing class work/homework, listening and participating in class, and setting a positive example for others to follow.
- c. Cheerleaders are to obey **ALL** school rules without question.

**C. Squad Behavior****\*\*Includes by not limited to\*\***

- a. Follow ALL national, state, program, and team guidelines without question.
- b. Follow ALL directions given by a member of the coaching staff or school personnel.
- c. Leave all personal issues outside of practice.
- d. Leave all practice issues outside of personal life.
- e. **DO NOT** talk about your current team members or another cheerleading squad in a negative way.
- f. Show respect for each other's opinions.
- g. Be willing to go the extra mile to improve the squad.
- h. Be willing to sacrifice time, interests, talents, and perhaps personal feelings for the good of the team.
- i. Cooperate with and respect each other.
- j. Do your share of the work. Volunteer without having to be asked!
- k. **NEVER** argue as a squad in public...**EVER!**
- l. Always show good sportsmanship.
- m. Always give 110% in all aspects of cheerleading.
- n. Ride the bus to and from functions **UNLESS** directed otherwise by a coach.
- o. Refrain from chewing gum while in uniform or at practice.
- p. Be neat in appearance following school dress code when attending any school related function
- q. **DO NOT** wear jewelry while in your cheerleading uniform or when you are participating in a cheerleading activity. Any device designed to be inserted into an opening caused by a piercing is jewelry and must be removed.
- r. Keep hair neat and away from your face (up and off the shoulders when at practice, game, or function).
- s. **DO NOT** wear nail polish on fingernails while in uniform.
- t. **DO NOT** have fingernails that are longer than fingertip length.
- u. **DO NOT** complain...**EVER!!**
- v. **DO NOT** make excuses for anything.
- w. **DO NOT** accept a job or take on an additional task that will interfere with cheerleading.

**Section 7                      Safety**

Any athlete who is injured will receive medical attention immediately. If a parent cannot be reached then emergency personnel will be called and if necessary (911). A medical release form must be signed by the parent prior to tryouts for this purpose.

Safety instruction for athletes will be provided prior to the beginning of each season during the summer practices.

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.

**Section 8                      Forms of Communication**

There will be many different methods of communication used throughout the season to make sure that all cheerleaders and parents are fully informed of the goings on of the program.

A. [SprayberryCheerleading@gmail.com](mailto:SprayberryCheerleading@gmail.com)

This email account has been setup by the program and will be used to communicate information to the parents and cheerleaders.

B. [SprayberryCheerBoosterClub@gmail.com](mailto:SprayberryCheerBoosterClub@gmail.com)

This email account will be used by the Board of the Sprayberry High School Cheerleading Booster Club to communicate booster club business with the parents and cheerleaders of the program.

C. GroupMe

The mobile app GroupMe will be used by the coaching staff to directly communicate with the cheerleaders in the program and specifically on each team. This application is good for quick information that is to be sent directly to the cheerleaders. The coaches will use this application for day to day information with the cheerleaders.

D. Remind

This is a mobile application that will be used by the program to send text messages and emails to the program members. This application allows for quick and instant communication for updates throughout the program.

D. Sprayberry Cheerleading Website

The Sprayberry Cheerleading Website can be found at [www.sprayberrycheerleading.com](http://www.sprayberrycheerleading.com).

D. Online Calendar

The online calendar can be found at [www.sprayberrycheerleading.com](http://www.sprayberrycheerleading.com). This is a live document that contains all cheerleading activities for not only the current season but also upcoming seasons (as dates are known). Athletes and parents are encouraged to familiarize themselves with this calendar.

## Section 9 Selection of Teams

The program will roster its cheerleaders based on the overall cheerleading abilities of each cheerleader.

Team placement will follow the following guidelines:

**Varsity Competition:** The top 12-20 cheerleaders in the entire program (grades 9-12) will be placed on the Varsity Competition team. These cheerleaders represent the top tier and best overall cheerleaders in the program. Varsity Competition "alternates" will also be selected and will be used in a fashion that is most beneficial to the program. These cheerleaders will be placed on the Varsity Sideline team.

**Varsity Sideline:** The Varsity Sideline team will consist of those members on the Varsity Competition roster and any additional team member (most likely seniors) who will be considered to be "Sideline Only" cheerleaders.

*\*\*Varsity football games are traditionally on Friday evenings throughout the season but may be held on other days depending on various circumstances.*

*\*\*\*The coach may allow at any time for cheerleaders who are not rostered on Varsity to cheer at a Varsity football game.*

*\*\*\*\*All cheerleaders will cheer at the Homecoming Game*

**Junior Varsity Competition/Sideline:** These squads will be made up of the remaining eligible cheerleaders (9-11<sup>th</sup> grades) who were not selected for Varsity. The decision about if this team will serve as a competition team or strictly as a sideline team will be based off of team skills, evaluation of the coaching staff and best interest of the program. The number of cheerleaders for this team will be determined based on the number of cheerleaders in the program

*\*Any 9<sup>th</sup>-11<sup>th</sup> grade cheerleader who is rostered for Varsity Competition but not currently on the floor can be used for JV Competition.*

**Freshman Sideline:** Members of this team will be selected from any remaining 9<sup>th</sup> grades who have not been selected for Varsity or Junior Varsity. The number of cheerleaders on this team will be determined based on the number of cheerleaders in the program.

*\*\*Junior Varsity and Freshman football games are traditionally played on Thursday afternoons/evenings but may be held on other days depending on various circumstances.*

**Varsity Basketball:** Tryouts for the Basketball Cheerleading Program are held separately from the Football/Competition Program. The top cheerleaders in the entire program (grades 9-12) are eligible to be placed on this team and the number of spaces available vary depending on the needs of the team.

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:

- A. Previous experience
- B. Interview responses
- C. Commitment level
- D. Versatility in roles
- E. Skills (tumbling, stunting, jumps, etc) progression / level
- F. Floor and sideline presence and performance
- G. Recommendations

Tryouts for the Football/Competition Program will take place over a period of ten (10) consecutive days requiring attendance by **ALL** athletes. Basketball tryouts take place over a three (3) day period. 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 defer tryouts until the last day of the school year. A student who does not make a team will not be allowed to tryout later when tryouts are held for new or move-in students.

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. In other words, an athlete does not choose which team they would like to tryout for. 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.

Competition cheerleaders will also serve as Football Cheerleaders. Therefore, tumbling and stunting skills will be emphasized for all the football cheerleaders.

Members of the competition teams **MUST MAINTAIN** or **ADVANCE** their tumbling skills throughout the football/competition 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 to the time of Choreography Camp and on to the start of mandatory practices 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 10. Uniforms**

- A. Due to the nature of cheerleading and the requirement for proper fitting uniforms each cheerleader will purchase their uniform at the beginning of each new uniform season. Uniforms will be redesigned every two years. The uniform will belong to the athlete and be theirs to keep however it will be required to be worn in accordance of the guidelines and standards of Sprayberry Cheerleading.
- B. Uniforms are only to be worn at designated cheerleading events that will be outlined by the coach.
- C. Upon receipt of the uniform, cheerleaders will be provided with a guide for uniform care and appropriate usage.
- D. When in uniform, cheerleaders are required to be dressed in full uniform which is commonly referred to as "Bow to Toe." Cheerleaders are required to wear the appropriate bow, shell, skirt, socks, and shoes for games and appearances. Additional looks that are approved are wearing the warm-up jacket over the uniform shell and wearing the warm-up pants and jacket together. At no time should the cheerleader wear the warmup pants without the jacket. At no point should a cheerleader wear their uniform skirt over their pants. Per GHSA policy, no jewelry can be worn during games. Any device designed to be inserted into an opening caused by a piercing is jewelry and must be removed.

**Section 11. Lettering / Awards**

Lettering and Awards will be based on the following criteria:

- A. Cheerleader upholds guidelines outlined in the Constitution and finishes the season in good standing.
- B. All cheerleaders listed on a Varsity roster will receive a letter if they complete the season in good standing (Letters are awarded for first year/season at Varsity and service bars are given for each subsequent year completed).
- C. Competition cheerleaders who compete in at least one Varsity competition will receive a special patch reserved for Varsity Competition cheerleaders.
- D. 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.
- E. 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 12. Booster Club**

The purpose of the SHSCBC is to provide support to the cheerleading program in all areas that fall outside of general coaching duties. All families in the SHS Cheerleading Program become members of the SHSCBC through annual payment of their booster club fees. The SHSCBC is directed by a Board made up of parents.

**Section 13. General**

- A. Cheerleaders are expected to attend the end of the season banquet. Any cheerleader with a financial balance at the time of the banquet will not be allowed to attend.
- B. All cheerleaders understand and acknowledge their commitment to any team; therefore, if a cheerleader does not complete the full season with a team, the cheerleader forfeits his/her opportunity to participate on any cheerleading team for the duration of his/her time at Sprayberry.
- C. 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 items or events occur (uniforms, warm-ups, camps, etc).
- D. Understand that the rules and regulations follow at least the minimum requirements as outlined by the Cobb County / GHSA policies. However, a coach has the authority to impose consequences above the minimum at any time.
- E. Changes to this constitution can be made at any time by the Director of Cheerleading when the need is present. The Director of Cheerleading will work with the appropriate individuals (coaches, board members, administration, etc).

**Section 14. Removal from Team**

Being a member of the Sprayberry High School Cheerleading Program (Football/Competition or Basketball) is a privilege and not a right. Upon acceptance of their placement in the program, cheerleaders agree to follow ALL national, state, program, and team rules without question for the duration of their time as a member of the program.

Failure to abide by these rules will call for appropriate consequences (school administrative discipline can be given if required) up to the removal from the program.

Each case of team removal is unique to each athlete and upon review of all information from the coaching staff, the Director of Cheerleading will make the final decision regarding removal.