

# 2019-2020 ATLANTIC COAST HIGH SCHOOL CHEERLEADING CONSTITUTION & BYLAWS

The cheerleaders of Atlantic Coast High School are proud to represent their school. Our philosophy is to promote school spirit, unity, enthusiasm, and sportsmanship. The cheerleading squads are leaders in and out of school and they must project a positive image at all times. This image is reflected in cheerleaders' grades, conduct, behavior, attitudes, speech, dress, and relationships with others. The following is our ACHS Cheerleading Constitution.

## **SQUAD RESPONSIBILITIES**

### **Responsibilities-**

Members of an Atlantic Coast High Cheer Squads are responsible for cheering at all assigned events, participate in all cheer practices, participate at school assemblies, prepare posters, signs, or banners for assigned events/games, attend/participate in team fundraisers, and serve as representatives of Atlantic Coast High School. Members will also be required to attend other events selected by the coaches.

### **Grade Regulations-**

Atlantic Coast High School Cheerleaders are required to maintain a 2.0 GPA throughout the school year. Failure to do so will result in suspension and/or removal from the team. It is the ACHS coaches' expectations that all cheerleaders will strive to maintain a GPA of 2.0 or higher at all times. If a D or F is on any progress report/grade check during the cheer season, the cheerleader will have to attend a minimum of 2 study halls. If a D or F is on any report card during the cheer season, the cheerleader will sit out 1 game per failing grade, in addition to attending mandatory tutorials, as stated above.

### **Nondiscrimination-**

The Atlantic Coast High School Cheerleaders do not discriminate on the grounds of race, color, national origin, sex, or handicap.

## **ACADEMIC ELIGIBILITY & SCHOOL/EVENT ATTENDANCE**

A) Please refer to the Atlantic Coast High School Code of Conduct. Class 1 and 2 referrals will be reviewed and consequences issued at the discretion of the coaches.

**Please note: Any referral for fighting or cheating in the classroom will result in automatic dismissal from the squad.** There is a zero tolerance for any Class 3 or 4 referrals. If a cheerleader receives a Class 3 or 4 referral, he/she will be removed from the squad immediately (cheerleader will not be permitted to try-out the following school year).

B) Eligibility will be checked for every cheerleader periodically, throughout the season. Academic performance below standard is grounds for probation and/or dismissal, at coaches' discretion. Good behavior, prompt arrival to classes, and proper conduct are

a necessity. REMEMBER: As an ACHS student-athlete, academics are number one priority!

C) All cheerleaders must adhere to the following Extra Curricular Policy: smoking, consumption of alcoholic beverages, drugs, consistent use of vulgarities, pregnancy, inappropriate gestures (i.e. the middle finger), sexually suggestive activities on the internet or in public, **will result in removal from the team**. This is a zero tolerance policy. It is expected that the ACHS Cheerleaders carry themselves in the most respectful manner, on and off campus.

D) All cheerleaders must attend all practices and all scheduled games unless PREVIOUSLY excused by coaches.

Excused Absences from practices and/or games are limited to:

- Doctor/dentist appointments (Doctor's note required)
- Family emergencies excused by parent phone call or email
- If you are absent from school or leave school early due to an illness on the day of practice/game, you may not be allowed to practice, cheer, or participate in stunts at the game

E.) Tardiness and/or skipping class is not acceptable and may result in missing part or all of the next game/event.

Remember: Cheerleaders are an ESSENTIAL part of the team and full participation is required!

Excused Tardy to Practice is limited to:

- After school tutorials (Teacher note required)
- Academic meeting (NHS, Rays of Hope, etc. note required)
- Doctor/Dentist appointments (Doctor's note required)

If you are going to be tardy please inform your captains and coaches.

F) Arrive at practices, games, and activities at the requested time and be prepared to cheer/perform. Cheerleaders must be dressed in uniforms for games/activities with all equipment necessary to cheer, at all times. Cheerleaders are to arrive 30 - 60 minutes before each game, in designated location given by the coaches, unless otherwise notified. If a cheerleader is late to a game, he/she will sit out 2 quarters or entire game depending on circumstance. They must remain at the event and sit quietly with the coaches. Not adhering to this policy will result in a verbal or written warning.

Please note: **Any cheerleader with an UNEXCUSED absence to practice the week of a game/performance may be subject to being sidelined for set game/performance that week.**

G) The ACHS cheerleading teams will travel to various away games and events. A tentative schedule will be announced prior to the football and basketball seasons. Trips may be added or canceled. All members are committed to attending the away games. Failure to attend any away games without a pre-approved, valid reason may result in missing future trips and will result in warnings, possible suspension or dismissal from the team, per coaches' discretion.

H) All members of the ACHS cheerleading teams will be required to arrive on time and attend the following:

- All scheduled practices – 2-3 times per week unless notified otherwise
- All scheduled games - football, basketball, and others
- Summer cheerleading camps (MANDATORY)
- Community Service Projects and Fundraising Events

I) Make sure you have eaten and are hydrated before all practices and games. There may be selected dates for the team to attend a dinner together before games. Cheerleaders will be assigned dates to bring water and snacks for the team and visiting team. NOTE: Do not count on half time as your time for dinner or snacks.

J) PRACTICES: Please note that cheerleading practices are rigorous and cheerleaders stretch, run, and condition every practice. This is done before jumps, stunts, and cheers. It is VERY IMPORTANT that the cheerleaders bring plenty of water to practices. It will be their sole responsibility. **No carbonated beverages are allowed at practices or games.** Practices and meetings will be called by coaches and/or captains. There will be 2-3 practices each week during the football season and 1-2 practices each week during basketball season. Coaches will determine practice days/nights.

## **COMMUNITY SERVICE**

In efforts to support our community, the cheerleaders at Atlantic Coast High School make every effort to participate in community service projects when requested. It is the coaches hope that each cheerleader will be a valuable asset to the community. At all times, the ACHS Cheerleading Constitution and Bylaws will be applied during any event. The cheerleaders will receive community service hours for their efforts.

## **UNIFORMS AND APPEARANCE**

A) Cheerleaders are expected to adhere to the Atlantic Coast High School Dress Code at all times.

B) Approved uniforms will be purchased by Varsity cheerleaders. It is the responsibility of the cheerleader to maintain the cleanliness and upkeep of their uniforms. If a uniform is provided from the school, Varsity and JV cheerleaders, failure to return the school uniform at the end of the season in *good condition* will result in the cheerleader being responsible for the cost of the uniform totaling approximately \$550. Uniforms or Cheer-Shirts will be worn to school on game days and days of other activities to promote school spirit and attendance at games. Coaches and captains will determine which uniform to wear to school and may choose to dress up for special occasions. Uniforms must always be clean for all events and only altered with coaches' approval.

C) Cheerleaders will be required to purchase clothing for camp and for practices; socks, briefs, and bodysuits to be worn under uniforms and warm-ups.

D) Cheerleaders may only wear designated warm-ups while in uniform. No Spirit pack items (sweatshirts, and T-shirts) permitted. **Approved team warm-ups will be the only**

**gear allowed during cold weather games.** If determined by coaches that the weather could be a health hazard for a cheerleader who doesn't have the approved warm-up, he/she will be sent home and could possibly sit out the following game.

E) Each team member is responsible for his or her behavior while in uniform. Talking on the cheer line with fellow cheerleaders will be minimal. Your duty is to CHEER and keep the fans enthused and the teams motivated. Cheerleaders must maintain their energy from the start of the game to the end of the game. Violating any of these rules will result in warnings or removal from games.

F) Absolutely NO: jewelry, (including ear, tongue, belly, and facial piercings), gum, long fingernails (nail length should be no longer than where the skin of your fingertip stops), and/or glitter is permitted during practices, games, or cheerleading activities. Colored fingernail polish may not be worn while in uniform (outside of nude/natural colors, orange, black or white). Tattoos cannot be visible.

G) Make-up should be natural-looking, tasteful, and not overdone. As athletes and performers, cheerleaders need to achieve a look that is natural, yet has a touch of glamour and sophistication. If the coaches feel that your make-up is excessive or distasteful, you will be asked to remove and re-apply.

H) Long hair must be worn off the face and shoulders at all times during all practices, games, and cheerleading activities. Hairstyle will be determined by coaches and captains before each game/event. Extreme hair colors will not be allowed while in uniform or at cheer events (i.e. red, green, yellow, pink, etc.) Bangs must be pulled back tightly at all games and practices and cheer activities.

I) Team socks and hair bows must be worn with the assigned uniform. Team briefs must be worn under uniforms, at all functions.

J) Athletic shoes must be worn for practices and games. Cheer shoes are part of the uniform and must be worn at all games and cheer activities; this includes while in uniform during the school day.

## **TRANSPORTATION & CELL PHONE USAGE**

A) **Cheerleaders must ride bus to and from away** events if available; exceptions must be cleared through coaches by parent/guardian in person prior to departure from Atlantic Coast High School. If a cheerleader is leaving with parent/guardians, they must check out with coaches before leaving (emergency scenarios, only).

B) Cell phone usage is prohibited during all cheerleading activities including practices and games. Cell phones must be placed in the "off" or "silent" position prior to arrival at cheerleading event. In the event of a true emergency, parents/guardians may call coaches cell phone numbers (will be provided), or may come directly to the event location to inform coaches and pick up their cheerleader. Cell phone use may resume at the conclusion of the cheer event.

C) Please Note: It is NOT the coaches' responsibility to get the cheerleader home after they have returned to Atlantic Coast High School after an away event or after an event held at school. Coaches may **NOT** transport students in their personal vehicles. Please be considerate of everyone's time and pick your cheerleader up in a timely manner. The cheerleaders will be given the opportunity to contact parents 30-45 minutes before the conclusion of an event or 30-45 minutes away from ACHS. If tardiness of the parent becomes a habitual issue, unfortunately, cheerleaders will receive warnings and could be removed from the team.

## **ACCOUNTABILITY, WARNING, AND PROBATION SYSTEM**

When cheerleaders are non-compliant with the ACHS cheerleading constitution and bylaws, they will be held accountable and receive warnings before further discipline is implemented. Every effort is made to be clear and concise with all cheerleaders. All warnings and consequences will be discussed with the cheerleader at the end of the cheer event or at the next practice. A verbal warning will be provided to cheerleader initially, followed by a written notification and game suspension if additional occurrences, and finally a dismissal letter, if not corrected.

The Full Value Contract has great detail and explanations of expectations. The following is an initial but not an all-inclusive list of items which could result in warnings and probation:

- A) Unexcused absence to practice
- B) Unexcused tardy to practice & games (sit out part of the game)
- C) Unauthorized use of cell phone during cheer event
- D.) Not in required uniform on game day or during cheer event (sit out for game)
- E) Any uniform violation
- F) Not having a timely ride home after a game or cheer event
- G) No enthusiasm on the line (i.e. pouting, not smiling, and/or clearly unenthused)  
**REMEMBER** you are a cheerleader and your duty is to cheer and be enthusiastic!  
Please note that if you are warned about your attitude on the line and it doesn't change, you will have to sit out the remainder of the game.
- H) Being disrespectful of teammates/captains/coaches, causing hard feelings
- I) Failure to remove jewelry, throw away gum, or turn off cell phone prior to arrival at cheer activity
- J) Cursing in public or un-sportsman-like conduct
- K) Being uncooperative at practice/games or any other attitude that does not promote the image of our program
- L) Public displays of affection or poor behavior while in uniform
- M) Unexcused absence to a game or event
- N) Being disrespectful to ANY ACHS coach, teacher, administrator, or any adult
- O) Insubordination and defiance will NOT be tolerated and will result in automatic dismissal from the team

The above items can result in:

- 1) Verbal Warning 2) Written Probation 3) Team Dismissal

**Please note that if a cheerleader quits the team or is removed from the team, he/she will not receive any cheer paraphernalia. All monies will be forfeited. The cheerleader will not be allowed to try-out the subsequent school year. If a cheerleader is removed because of grades, they may try-out again the following year, if grades improve.**

## **LETTERING POLICY**

In order to receive a Varsity Letter in the sport of cheerleading, cheerleader must:

- A) Be a member of good standing on the Varsity team
- B) Attend all practices, games, and activities unless excused by the coaches
- C) Arrive for practices, games and activities with all parts of the required uniform
- D) Actively participate in all fundraising and community service events
- E) Cheer 90% of both fall and winter seasons for at least 1 year on Varsity
- F) Pay any outstanding financial obligations by required due dates (i.e. uniform charges if necessary, fundraising profits, boosters, etc.)
- G) Earn coaches' recommendation: dedication and commitment, good attitude, valiant effort, team player, etc.

## **CHEER CAPTAINS**

- A) **Cheer captains will be determined by coaches.** Each team will have 0-2 captains/co-captains depending on the size of the teams. Captains will be determined on skill performance at tryouts or in previous years, teacher recommendations, cheer experience, leadership potential, and overall attitude.
- B) All captains chosen must be shown the respect deserved for that position and will serve as the main go to between coaches and team mates. Disrespect to captain and co-captain will result in verbal or written warnings/suspensions.

### **Captain Responsibilities:**

- Report absences, tardiness, and bad conduct to coaches
- Enforce rules and regulations in this constitution & bylaws
- Run effective and organized practices, as needed
- Greet visiting teams and arrange needs for visiting teams
- Work with coaches to plan pep rallies, fundraisers, games, and activities
- Plan each practice session with the coaches in advance so that time is not wasted trying to decide what to do on any given day, as needed
- Promote a sense of togetherness and friendliness on the team. (The captain should never be overly critical or take sides in a cheerleading dispute.) The captain should strive to mediate and find a compromise in disagreements and should always display a mature, cooperative and selfless attitude.

- A captain must place cheerleading activities above all other school activities other than scholastic achievement. Other activities may not interfere with practices, games, or meetings. (Exceptions MUST be approved by coaches)
- Make sure that all squad members are informed of schedule changes or any other important messages
- Assist coach in any way needed

### **Co-Captain Responsibilities:**

- Help run effective and organized practices, as needed
- Help greet visiting teams and arrange needs for visiting teams
- Ensure the publicity of all fundraiser, pep rallies, games and events
- A co-captain must place cheerleading activities above all other school activities other than scholastic achievement. Other activities may not interfere with practices, games, or meetings. (Exceptions MUST be approved by coaches)
- Assume duties of Captain when called upon by the captain and/or coaches in the absence of the captain

### **FUNDRAISING**

- A) All cheerleaders are required to participate in fundraisers throughout the year. Fundraisers allow the team to buy cheer paraphernalia, banquets, socials, etc.
- B) If a cheerleader does not participate, they will have to **contribute the average per cheerleader dollars raised for that fundraiser** before participating in the next game or event.
- C) *Cheerleaders will not be able to participate in any upcoming events/games until debt is paid to program.*

### **CHEER COACHES**

Coaches will:

- Work closely and cooperatively with the team and captains and act as a liaison between administration, athletic coaches, band directors, and faculty to further the best interest of the cheerleading teams and school spirit at ACHS
- Enforce Constitution & Bylaws and reserve the right to discipline cheerleaders as needed for any infractions of the constitution/bylaws/school rules
- Evaluate grades at each grading period
- Attend activities with team
- With input from the team, make final decisions concerning camps, uniforms, fundraisers, and other activities in the best interest of the team
- Determine criteria for selection of cheerleaders, organize try-outs, and determine the number of cheerleaders selected for the season

- **If there are any questions or concerns regarding the Atlantic Coast High School Cheerleading Constitution & Bylaws, please contact coaches, first**

### **Cheerleader Commitment Form**

If you cannot commit to the time allotment for practice and performances, through the ENTIRE cheer season, please do not accept this opportunity. You are expected to participate and perform at 100% and also keep up your grades. Remember, school is a full-time job as well as cheerleading. Every time you add an activity, it is like adding another job. Once you become a member of a team, you have an obligation to the rest of your teammates, your school, and your coaches to be dependable and unselfish.

\*Varsity members are pledging to withstand the season: pre-season to competition, ending between February and April – with full commitment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Cheerleader Agreement**

- a.) I am interested in being a cheerleader at ACHS. I understand the commitment that cheerleading has and I agree to them.
- b.) I will read and sign the cheerleading bylaws given to me. I agree to follow the rules within it.
- c.) I have checked my other commitments and if there are any conflicts (i.e. work or outside activities), I will communicate with all parties involved in a timely manner.
- d.) I understand the financial responsibilities and agree to pay them on time, by set due dates.
- e.) I understand that I am expected to attend all practices, games, and events as scheduled by coaches including playoffs and championships.
- f.) I promise to abide by the school rules of grade eligibility, attendance, conduct etc.
- g.) I understand there are other rules that govern cheerleading such as FHSAA and NFHS rules, as well as team rules. I agree to adhere to these rules and realize there are consequences if I don't follow them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Constitution & Bylaws Agreement**

I have read and understand the policies outlined in the Atlantic Coast High School Cheerleading Constitution & Bylaws and will adhere to them to the fullest extent. I understand that not following these policies may result in removal from the team for the current season and/or following school year.

Cheerleader Name: \_\_\_\_\_

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

I have discussed the Atlantic Coast High School Cheerleading Constitution & Bylaws with my child and agree to the policies outlined. I expect my child to adhere to the fullest extent.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **THE FULL VALUE CONTRACT**

Full Value means taking care of yourself and others to the best of your ability...100%. It means recognizing and valuing everything that goes into making you the special, individual person you are, and acknowledging the same in others. In other words, full value is acknowledging, allowing, and accepting the differences that exist in other people without making fun of them or putting them down.

There are three commitments that make up the backbone of the Full Value Contract:

- 1) The agreement to work together as a group
- 2) The agreement to adhere to certain safety and group behavior guidelines

#### Emotional Safety

- One cannot feel emotionally safe if being threatened by physical harm or feeling that there is no trust in the group

#### Physical Safety

- One will not allow themselves to risk their physical safety in any environment or situation

- 3) To work toward individual and group goals.

- To adhere to safety and group behavior guidelines.
- The agreement to give and receive feedback, both positive and negative, and to work toward changing behavior as it is needed.
- It is the right and a responsibility of the group to build this element into the relationships of the team, regardless of how uncomfortable it may be.
- Any situation or issue needing attention will be dealt with promptly.

An issue may be a goal that is not worked on, an inappropriate behavior, or failure to fully listen to a teammates' idea. Examples of these three agreements are: No "put downs" of yourself or others, take physical safety seriously, participate in all activities, be on time, etc.

### **ACHS FULL VALUE CONTRACT ACCEPTANCE**

I do understand and agree to the above contract. I will work toward treating others in the manner in which I would like to be treated. I will look out for the interest of others, emotionally and physically, as well as myself. I will give 100% of myself and be honest.

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Cheerleader \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_