

SSHS Cheerleading Program Vision, Mission and Objective:

- A. The mission of the Sulphur Springs High School Community is to provide our young adults a learning environment, both physically and philosophically, that fosters their growth as students, citizens, and individuals through opportunity, accountability, encouragement and security.
- B. In addition to assist participants in the development of athletic and leadership skills
- C. To develop effective time management strategies.
- D. To develop socially through cooperation, competition and appropriate standards of behavior.
- E. Set an example of good behavior and sportsmanship at all times (in uniform or not)
- F. Promote the development of lifelong values and skills.

SSHS Cheerleading Goals:

- A. Cheer at all football and home district boys and girls basketball games along with supporting other SSHS athletic teams.
- B. Participate in all activities related to the spirit and support of the school.
- D. Perform community service, through different methods of participation:
- E. Build personal and team growth.

1. SSHS Cheerleading Contract

Each candidate is given a contract to read and sign so that parents and students know what to expect as a SSHS Cheerleader/Mascot.

2. SSHS Cheerleading Constitution:

Cheerleaders must understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders need to be dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the cheer program rules and regulations is vital to achieving these goals. All members must realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

A. Squad Membership ...

- a. Tryouts will be held in the spring for the following year and will be professionally judged.
- b. Cheerleading squads will be as follows:
 - i .. Varsity - 12 members
 - ii. Junior Varsity - 6 members
 - iii. Freshman Squad - 6 members
- c. The numbers on each squad will be determined at tryouts based on the top scores. Varsity Cheerleaders are twelve in number, consisting of four Juniors and

four Seniors and four remaining top scores. Junior Varsity Cheerleaders are six (6) in number, and are tenth graders. Freshmen Cheerleaders are six (6) in number, and are ninth graders.

d.. Judging will be based on the following criteria:

Cheer/Chant

- Entrance (spirit, enthusiasm)
- Arm motions(sharp, crisp)
- Execution (correct fist, flow of cheer/chant)
- Timing(flow of cheer/chant)
- Vocal projection
- Facial expressions

Dance

- Execution (arms level)
- Rhythm (keeps beat)
- Precision (sharp motions)
- Facial Expressions

Jumps

- Execution(preparation. And landing)
- Form (proper jump technique)
- Height
- Toes Pointed
- Arm Placement

Appearance

- Neatness
- Poise
- Posture
- Self-Confidence

Over all Enthusiasm (pep, smile, eye contact)

Over all Presentation (confidence, overall execution, recovery)

Bonus Points

Tumbling

- Execution (legs together, overall look)....**10 possible points awarded**
- Difficulty level of tumbling.....**5 possible points awarded**

e. Tryouts will be closed to the public. The only people to be present at tryouts will be the candidates, coaches, school administrators, judges, and current seniors.

f. An injured candidate will be expected to perform everything physically possible at tryouts. A medical doctor's note describing the limitations of the injured candidate will be required. This will be taken in consideration by the coaches at judging time but will not determine the candidate's position on the squad one way or another.

g. **Membership to the squad is a year long duty. Any cheerleader dismissed from or quitting the squad will not be allowed to tryout the next year.**

i. All cheerleaders will abide by the duties, responsibilities and rules as stated in the next portion of the constitution.

j. There will be a separate tryout for a "Competition Squad" . Making one of the 3 squads does allow the cheerleader to be on the "Try Out List" for the Competition Squad. However, a spot is NOT guaranteed.

B. Duties, Responsibilities and Rules

a. A physical exam or proof of prior exam, signed cheerleader/parent/coach contract and informed consent is required immediately after selection to the team for school records. These must be completed before a cheerleader can participate.

b. All cheerleaders are required to attend summer camp, all practices, fundraisers, games and any other cheerleading event designated by the coach.

c. Cheerleaders must adhere to all SSHS policies.

d. Cheerleading is your first responsibility after academics. Jobs and outside activities are not excused absences. Based on a case by case basis there may be exceptions.

e. Cheerleaders should always be improving their skills. A decline in skills could result in suspension from a game, performance, or routine until the skills are improved. **Outside gymnastics is highly recommended but not required.** ...

f. Cheerleaders are to conduct themselves as representatives and leaders of their school at all times. Absolutely no use of drugs, alcohol, or tobacco products. Absolutely NO public display of affection in or out of uniform.

g. Respect will be shown at all times to coaches, teachers, peers, and teammates in and out of uniform.

h. Cheerleaders will adhere to and abide by the safety rules and conduct at all times.

i. A cheerleader should never leave the floor or field at a practice or a game without permission from the coach. All must be back on the floor/field at least 2 minute before half time ends.

j. All correct practice and game uniforms should be worn. This includes work out clothes, socks, sneakers, and hair ribbons. Hair must be placed in an appropriate manner to reduce risk. Nails should be kept to an active length and should not be painted during a game or competition.

k. If a cheerleader is absent it is his/her responsibility to find out what information was covered. and to learn any new material that was

missed.

l. A trainer or doctor's note is required after an injury for a cheerleader to resume practice/performance. A cheerleader will be required to work out as usual without a doctor's note. Students with asthma or other medical conditions are responsible for carrying their own medication to practice/events.

m. Parents, family and friends should understand that the cheerleaders have responsibilities during games, pep rallies, and other events and should allow these responsibilities to take place before meeting.

C. Grades

a. If a cheerleader fails a subject for the 6 weeks, the "No Pass No Play " will be followed. You will be required to participate in practices but will not be allowed to cheer during games. After 3 weeks if grades are passing then you will be allowed to cheer.

D.. Practice/Games

a. Practices will be held regularly as planned by the coach. All cheerleaders must attend unless excused by the coach and/or administration. Unscheduled practices may be called 48 hours in advance.

b. Summer practices will be required, but absences will be evaluated on a case-by-case basis.

c. Practices will consist of the following: stretching, jumping, running, weight training, tumbling, stunting, cheers/chants, routines, and any other conditioning skills.

d. There will be no gum chewing or jewelry allowed. ...

e. Cell phones are to be turned off. at practice and games. Exceptions ... need to 'be addressed with the coach.

f. Proper attire must be worn to practice.

g. Cheerleading sneakers are to be worn at practice.

E. Uniforms

a. No part of a cheerleader's school issued uniform or equipment is to be worn or used by another person without the coach's permission.

b. No uniform part or equipment is to be worn outside of school or required activities without the coach's permission.

c. Cheerleaders will perform in the uniform selected or approved by the coach

d. Each cheerleader will assume complete responsibility for his/her uniform. He or she is responsible for any damaged or lost uniforms.

e. Uniforms will not be bought, made or altered in any way without the permission of the coach.

f. Each cheerleader will have his/her uniform cleaned and returned to the coach at a designated uniform hand in time. Please DO NOT have uniforms dry cleaned.

F. Transportation

- a. Cheerleaders must travel as a group to away games, events or competitions. They must ride the school-approved transportation in order to participate.
- b. A cheerleader must travel to and from a location by the same means unless they are released by the coach to their parent only.
- c. All cheerleaders are expected to be picked up from practice/games within a reasonable time. **Coaches have to stay with your child until they are picked up. Please be kind.**

G. Behavior

- a. The SSHS cheerleading coaches have the authority to discipline any member for not upholding the cheerleader constitution, school policy and/or instructions set forth in the contract that was signed at tryouts.
- b. Disciplinary action for misconduct is outlined on the last page of this constitution.
- c. Parents should remember that cheerleading is a team sport. Suspending cheerleading activities **from** your child as a punishment will hurt the entire team and absences associated with the punishment will be unexcused.

H. Safety

- a. Cheerleaders will not be allowed to wear jewelry during practice, games, and/or events due to safety purposes and maintaining an athletic appearance.
- b. Chewing gum is prohibited at all practices, games and events.
- c. Cheerleaders must take their role seriously and always provide for safety of teammates at all times especially when stunting. Goofing off, laughing, and other unsafe behavior is unacceptable.
- d. Cheerleaders must practice and perform in shoes selected or approved by the coach.
- e. Safety mats must always be used when trying a new skill. No skill that has not been perfected in practice will be performed at a game.

I. Absences

- a. In order not to receive documentation for an absence you must do the following:
 - i. Call the coach ahead of time to let them know of the absence. If the coach is not available leave a message.
 - ii... Have a doctor's note for illness or injury upon return.

.1 11. Learn any missed material.

iv. Excused absences are as follows:

1. Illness (out of school or long term), injury (with a doctor's note), family emergency, senior college visit or religious event. All other absences will be unexcused. Other absences will be evaluated on a case-by-case basis.

b. An absence when the squad is practicing a stunt, creating a routine, or revamping a performance may result in being removed and/or moved to a different position.

c. The following will not be excused for missing a practice: oversleeping, not having transportation, not being a morning person, work, or drivers-ed. These are just a few examples. Please make every effort to be on time and at all practices and performances.

d. Missing the practice before a game will result in the individual not performing in the game. This may also include performances.

The coach will decide if an absence is excused or unexcused.

e. Involvement in other school activities is encouraged. At the time that the involvement may, at some point throughout the year, interfere with the cheerleading schedule it must be discussed with the coach. Please realize we encourage members to be well rounded and like to see involvement in many areas. Just visit the commitment before moving ahead. **Any** questions can and should be discussed with the coach.

J. Cheer Camp

a. Cheer camp is mandatory for all members of the team.

b. We attend an organized camp put on by a National Company.

2. Disciplinary Actions for Conduct Violations

Demerit System is as follows...

1 point demerits:

- Chewing gum at practice or while in uniform
- Tardiness, absences, or not attending entire practice/performances
- Being uncooperative (mildly)
- Wearing jewelry during any performance or practice
- Painted nails/or extremely long fingernails
- Not having required items for practice, activities, or games
- Assignment of AM or PM detention
- Not standing still or paying attention during Pledge of Allegiance, School Song during a performance or event
- Improper Uniform (anytime) or improper practice clothes
- Cheering/Talking while a player is injured on the field

2 point demerits

- Socializing with students, parents and each other during a performance event.
- Not standing at attention during games when squad is not cheering
- . Violations of safety guidelines and duties and responsibilities
- Uncooperative behavior (more extreme)
- Tardy to a game or event

3 point demerits:

- Public display of affection (kissing, hugging, etc) while in uniform or at an event/performance/practice.
- Use of inappropriate language in and outside of uniform at practice, event/performance.
- Gossiping while in uniform
- Uncooperative behavior (extreme)
- Leaving the floor/field with out coaches permission

6 point demerits:

- Disrespect of ANY KIND towards Coach or other personnel that may be assisting with cheerleaders.
- SAC referral for ANY reason

9 point demerits:

- Suspension from school for ANY reason

Consequences

- **For every demerit point 5 "ladders" will assigned.**
- **3 demerits**
 - Cheerleader will NOT participate in an entire game or the equivalent of any other activity.
 - Parent will be contacted
- **6 demerits**
 - Cheerleader will be suspended for entire 6 weeks.
 - Parent will be contacted
- **9 demerits**
 - Cheerleader will be dismissed from the squad.
 - Parent will be contacted

**** I CANNOT foresee every situation that may arise throughout the season. These are just a few. However, 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.**

Every attempt will be made to discipline fairly and equally and to make consequences of actions know ahead of time. Parents will be kept informed of problem situation. Please refer to the demerit handout for further information concerning discipline.