

Cheer Constitution

Ardmore High School



Program Rules & Regulations

Approved by the Ardmore Board of Education – April 21, 2015

*All changes or revisions to this document must be approved
By the Board of Education*



Constitution – AHS/AMS& AMS Cheer Squads

The members of the AHS/AMS Cheerleading Squad must adhere to the following articles. It must be understood that as a member of this organization, the student becomes a representative of Ardmore City Schools and of their individual school. Each member must maintain high moral and ethical standards. **Membership may be terminated at any time for unacceptable conduct at the discretion of the program coordinator.**

Program Contacts for the 2018-2019 School Year:

- Program Coordinator: Chauvin Aaron caaron@ardmoreschools.org 580.221.3010 Ext 2142
- AHS Spirit Coach: Eryn Denewellis edenewellis@ardmoreschools.org 580.222.3805
- AHS Spirit Coach: Morgan Manley mmanley@ardmoreschools.org 580.630.1388
- AMS Spirit Coach: Jaiana Holmes jholmes@ardmoreschools.org 213.312.7946

Article I - Purpose

The purpose of the AHS/AMS Cheerleaders is to promote school spirit through cheering at events, attending events, and showing support for all of your schools activities. The purpose shall also be to develop character, leadership, self-discipline, sportsmanship and individual responsibility in each member, while maintaining high moral standards. It is the individual cheerleader’s purpose to represent their school in a manner that will reflect positively upon the school, as well as upon the members of this organization. Each member agrees to abide by the rules and regulations set forth in this constitution.

Article II – Parent Permit

Each member must return the permission form from his/her parent/guardian permitting him/her to participate in the cheerleading and performances at any AHS/AMS sports event, social events and other performances for which the cheerleaders may be scheduled. In addition to this permission slip, a signed medical form shall be filled out and submitted to the coach. The parents and members are responsible for completion of all balances owed to the organization and school regardless of membership status. The parents must agree to support the member in complying with all regulations and rules of the school and organization. Parents must agree to help their cheerleader with fundraising.

Article III – Tryout Qualifications & Requirements

- Section 1. Membership in this organization shall be restricted to AHS/AMS students.
- Section 2. At least one parent/guardian of each candidate and the candidate must be present at the Orientation Meeting or must contact the coach prior to the meeting in order to be eligible to tryout.
- Section 3. All participants must meet AHS/AMS and OSSAA eligibility requirements as outlined in the AHS & AMS Student Handbook.
- Section 4. Tryout Clinic practice, mock tryouts, and Tryouts are closed to spectators.
- Section 5. If a candidate has met the criteria to tryout but has been dismissed or resigned from the AHS/AMS Cheerleaders in the past, he/she must have a conference with the program coordinator. It will be determined at this conference if the candidate will be permitted to tryout. Any candidate allowed to tryout under these circumstances will enter the AHS/AMS Cheerleading program with a signed probationary contract as determined by the program coordinator.
- Section 6. All candidates must attend the tryout clinic during tryout week. If any candidate has a school sponsored conflict during tryout week, he/she must get approval from the cheer program coordinator for a waiver one week prior to tryout week.
- Section 7. Cheer candidates will be expected to perform a specific required cheer, chant, jump sequence and dance at tryouts. Mascot candidates will be expected to perform a 1.5 minute spirit skit.
- Section 8. Selection of the team members is based upon a 90 point system. Coach evaluations will account for 25 points of their overall tryout score and the performance at tryouts evaluated by three

impartial judges that will account for 65 points of their overall tryout score. The coach evaluation will be conducted during the pre-tryout clinic

Section 9. By the first day of tryout clinic, candidates must have on file:
✓ Student/Parent Participation Contract
✓ Medical/Publicity Release Form
✓ Current Physical on file.

Section 10. Anyone who meets the above qualifications will not be discriminated against on the basis of race, color, national origin, sex, creed or disability.

Section 11. Tryout score sheet will be included in the tryout packet.

Section 12. "Volunteering" opportunities will be established by the cheer coach for the squad. It will be expected that each cheerleader participate in those volunteering activities; cheerleaders can choose other opportunities to volunteer if they miss a scheduled event due to a conflict.

Article IV – Personal Qualifications

- Section 1. A candidate must understand that it is a privilege, not a right, to be a member.
- Section 2. A candidate must abide by rules and follow directions from the coaches.
- Section 3. A candidate must demonstrate responsibility at all times.
- Section 4. A candidate must participate in fundraising projects.
- Section 5. A candidate must understand that any decision made by the coaches is in the best interest of the team.
- Section 6. A candidate must understand that the schedule and discipline of a cheerleader demands a high degree of determination, hard work, strength, dedication, self-discipline and loyalty to the team and school.
- Section 7. A candidate must be cooperative.
- Section 8. A candidate must have a current physical confirming that he/she is physically able to complete all requirements of cheerleading, including daily jumps, cheers, tumbling, stunting and/or conditioning.

Article V - Membership

- Section 1. The team will be chosen by point break. This will likely occur between 10 & 20 team members with possible alternates.
- Video is not allowed for judging purposes and may not be used as such.
 - Selection of the team members is based upon a 90 point system. Coach evaluations will account for 25 points of their overall tryout score and the performance at tryouts evaluated by three impartial judges that will account for 65 points of their overall tryout score.
 - The coach evaluation will be conducted during the pre-tryout clinic.
 - Neither the judges nor the cheer coach will calculate the scores. Two school employees will calculate the scores using the judges'/coach score sheets.
 - The judge's decisions are final. There will be NO appeals process. Score sheets will not be made available to the public.
- Section 2. Cheerleaders must tryout every year. Positions are not guaranteed each year.
- Section 3. Members will participate in all activities in which the organization is involved. This includes all practices, performances, competitions, fundraisers, and activities that the Cheerleaders are involved. Schedules will be provided as early as possible.
- Section 4. Members must exhibit and maintain compliance toward school policies and regulations.

- Section 5. All members are required to attend summer practice and cheerleading camp. No cheerleader may leave practice or camp for any reason unless approved by coach.
- Section 6. The term of membership shall be recognized as the time immediately following cheer tryouts to the time the next year's tryouts begin.
- Section 7. Members may be involved in outside activities. However, cheerleaders may only be a member of a sport/activity upon agreement between the cheer coach, coach/director of other activity, parent and cheerleader.
- Section 8. Members are required to have cheerleading scheduled as a class, and must be able to attend all additional practices.

Article VI - Grades

- Section 1. Academic Eligibility:
As specified in the AHS/AMS Student Handbook and by the OSSAA.
- Section 2. A student's eligibility will be determined on **Thursday of each week**. After eligibility is reported on Thursday an Eligibility Report is created. The period of probation and ineligibility will always begin the Monday following the day eligibility is checked and will run Monday through Sunday evening. If a student is placed on the ineligible listing, they may not participate in athletics or any extra-curricular activity until they achieve passing grades and are no longer listed as ineligible. ***See the complete rules on scholastic eligibility as provided and required by the OSSAA.***

Article VII - Attendance

- Section 1. The coach will determine the status of an absence.
- Section 2. Cheerleaders may not have more than (3) unexcused absences from class, practices, and meetings. Unexcused absences in excess of three (3) may be grounds for dismissal. In case of illness, a parent/guardian must notify the coach by telephone prior to class, practice, event or performance.
- Section 3. In the event of an absence, the member or parent must inform the coach of the absence and the reason for the absence **prior** to any scheduled cheer event. The member is responsible for obtaining any information that was given on the day of the absence.
- Section 4. Work, competition squads, and outside activities, should not interfere with class, practices, or performances and will be handled on a case by case basis.
- Section 5. Failure to comply with absence policies, falsifying reasons for absences or truanancies/unexcused absences may result in forfeiture of a performance, probation, suspension or dismissal.

Article VIII – Practice Responsibilities

- Section 1. Practice will be required and is **mandatory** each day as specified on the cheer calendar.
- Section 2. After school, before school, summer, night and other pre-approved practice sessions will be required if they are designated practice sessions. Time specifications for these will be established, such as camp dates and other school schedules as they become available to the coach. All practice sessions for all members will be mandatory upon notification of these dates and times.
- Section 3. Members will arrive on time to practice and stay until dismissed by the coach.
- Section 4. Gum and jewelry are not allowed in practice sessions. Hair must be pulled back and secured away from the face.
- Section 5. Members should attempt to schedule all tutorials, make-up tests, etc. at times that do not conflict with practice or performance, unless approved by coach.
- Section 6. On occasion, some routines will need some additional attention. If the coach feels more time is needed to perfect a routine, every effort will be made to notify the members of the extra time required to polish the routine.

Article IX – Routine Evaluation & Performances

- Section 1. Cheerleaders will perform in every game designated on their calendar. The coach reserves the right to pull any member from a performance due to absences, attitude or lack of effort.
- Section 2. In the event that a team advances to playoffs, the JV squad may be required to attend in uniform.
- Section 3. All members will arrive at the appropriate meeting places on time and in correct uniform in order to perform.
- Section 4. The AHS/AMS Cheerleaders are also responsible for attending a variety of events to support many different activities. If an event has been put on the calendar, each member is required to attend the event unless prior arrangements have been made with the coach.

Article X – Uniforms & Equipment

- Section 1. Each member will be supplied a variety of uniform pieces that are property of the Ardmore City Schools.
- Section 2. Members are held responsible for the care of these school-issued uniforms and should wash them as directed and keep them in good condition.
- Section 3. When in uniform or practice, **no** jewelry may be worn. All body piercings must be removed before all practices and performances. No exceptions will be made to this rule. Do not get a new piercing during the school year.
- Section 4. There will NOT be alterations made on the uniforms without permission from the coach.
- Section 5. Members are responsible for purchasing practice attire and other necessary clothing and accessories, as required.
- Section 6. Members will appear at activities with proper or designated uniforms and must wear all parts of designated uniforms while at an event/performance. This includes bow, uniform, bloomers, proper underclothing (that will not show), socks, and shoes.
- Section 7. For safety purposes, members must keep their nails trimmed. Any fake/acrylic nails must be "sport cut" and will be permitted by coach's approval only.
- Section 8. If any uniform article is lost or damaged, the cheerleader will be responsible to pay to replace the item.
- Section 9. All uniforms and characters will be returned clean.

Article XI – Transportation & Travel

- Section 1. Bus transportation will be provided for most games in which the AHS/AMS cheerleaders attend.
- Section 2. All members are required to ride to all activities by bus unless extenuating circumstances arise which require approval by the coach. In this case, a parental permission slip must be submitted to the coach.
- Section 3. If a member has requested an early release from an activity, departure may not occur until the performance events have been concluded unless extenuating circumstances occur. The coach must be contacted and approve prior to departure.
- Section 4. Each member will conduct themselves appropriately and abide by all bus transportation regulations and school rules.

Article XII – Finances & Fundraising

- Section 1. All financial obligations for camp and clothing must be paid in full prior to attendance at camp or receipt of clothing. Notification of deadlines will be given in advance.

- Section 2. Turning in money:
 A. All money shall be turned into the coach.
 B. Cash or Check should be placed in an **envelope** with the name of the member, amount enclosed and the purpose of the money written on the outside of the envelope.
- Section 3. Cheerleaders and parents/legal guardians are expected to participated in all fundraisers and fundraising events throughout the year.

Article XIII – General Conduct

- Section 1. Certain standards are necessary for the integrity and reputation of any organization. Each member should be a leader within the school and should set a good example at all times. Members are expected to have and maintain a character above reproach. Personal appearance, habits and actions of which there can be no criticism, are required as each team member represents Ardmore City Schools before the public at all times.
- Section 2. Cheerleaders must display appropriate behavior both in and out of school. Cheerleaders must notify coach when a principal referral or school detention is issued by other teachers or administration. If the cheerleader displays inappropriate actions, the coach will determine the consequences.
- Section 3. Ardmore City Schools’ rules will be strictly applied whenever the team is officially representing Ardmore City Schools, attending a school sponsored activity or while on a school sponsored trip. Each member must be aware that their conduct off-campus reflects on the team’s image and that any member who is guilty of engaging in any illegal activity will be subject to dismissal.
- Section 4. If an incident occurs during school or while on a team trip, during performance or activities, a member should expect disciplinary action from the school as well as from the AHS/AMS Cheerleading organization. If an incident occurs on a social media website that is deemed to be in conflict with the rules and expectations of this constitution, appropriate discipline will be determined by the coach.
- Section 5. Everyday Cheerleading Rules:
- ✓ Be responsible for your own actions
 - ✓ Bullying and/or gossiping will not be tolerated
 - ✓ No jewelry at any time for any reason, do not get a new piercing while on the squad.
 - ✓ Treat others with respect
 - ✓ No gum or candy during practices or performances
 - ✓ Cooperate at all times
 - ✓ Insubordination (Non-cooperativeness) will not be tolerated
 - ✓ If you do not like a decision, discuss it privately with the coach.
 - ✓ No public display of affection other than hand holding.
 - ✓ Listen to the coach at all times
 - ✓ Always say...please, thank you, yes ma’am/sir, no ma’am/sir
 - ✓ If you do not know what is expected of you, just ask!
 - ✓ Offer constructive criticism rather than complaints
 - ✓ Carry yourself with integrity in and out of school
 - ✓ Remain in dress code at any Ardmore City Schools or AHS/AMS Cheer sponsored event

Article XIV – Probation, Dismissal, Resignation & the Appeal Process

- Section 1. **Probation** is a period designated in which the member may not participate in organizational activities. A probation contract will be written for the member and the member will be notified of their probationary regulations. Should it become necessary for a member to be placed on probation for a second time, dismissal could occur.
- Section 2. A cheerleader may be placed on Probation Status for:
- ✓ Failure of one course
 - ✓ Lack of respect towards the coach, other team members, faculty, school personnel, or school property
 - ✓ Behavior that discredits or jeopardizes the integrity of the team
 - ✓ Failure to abide by the AHS/AMS Cheerleader Constitution
 - ✓ Improper conduct/attitude

- ✓ Failure to follow school rules and policies
- ✓ Excessive absences or tardies
- ✓ Poor Sportsmanship

***any other action that is not deemed as appropriate by cheer coach or school administration is subject to probation.

Section 3. **Dismissal** involves the loss of membership from the Cheerleader organization. All equipment and uniforms must be returned and all financial obligations must be cleared within ONE week of dismissal. Once a member is dismissed, they lose all privileges of the Cheerleaders organization. All cases involving dismissal, the coach will confer with the on-site administrator. They will take into consideration the details surrounding the possible dismissal and will come to a conclusion regarding the dismissal. Their decision is final.

There will be no reimbursement of payments made to cheer account for any reason.

Section 4. A cheerleader may be dismissed from the program for:

- ✓ Severe discipline problems in school or cheerleading
- ✓ Disciplinary action involving any law enforcement agency
- ✓ Consumption of alcohol or use of narcotics concurrent with the district policy and Oklahoma State Law.
- ✓ Failure to follow school rules and policies. Failure to abide by the AHS/AMS Cheerleader Constitution.
- ✓ Lack of respect towards the coach, other team members, faculty, school personnel, or school property
- ✓ Assignment to ISS
- ✓ Any offense deemed severe by administration and/or the coach
- ✓ Suspension from school

Section 5. **Resignation** shall be defined as a choice made by an individual member that they no longer desire to participate in the Cheerleader organization. Resignation procedures involve a conference with the coach and a letter of resignation from the resigning member, signed and dated. All equipment must be returned and all financial obligations must be cleared at the time of resignation.

Section 6. In the event of dismissal or resignation during mid-semester, the student will be assigned to another class.

Section 7. Upon resignation or dismissal, the former member loses all privileges of a Cheerleader and may not be a guest at Cheerleader functions.

Section 8. Once dismissed from the Cheerleader organization, reinstatement will not be allowed during the current year, however the former member may tryout again at the next given tryout if allowed by the program coordinator.

Article XV – Disciplinary System

The following guidelines will be used for a demerit system where cheerleaders will receive consequences upon excessive accumulation of infractions. These infractions will be given and noted by the coach. This system will be implemented to encourage responsibility & accountability. It is hoped that this structure will foster a more positive role for cheerleaders at practice, games, and in the school environment. Demerits will be tracked and recorded by the coach using the form found on page 11 of this Cheer Constitution. Any time a demerit is issued, it will be discussed with the cheerleader and will be acknowledged by the cheerleader and cheer coach on the Demerit Acknowledgement Form. Cheer coach will keep the original, a copy will be given to the cheerleader and a copy will be mailed to the parent. There are only five demerits allowed per school year.

Actions that incur demerits are not limited to the following & can be given at the coach's discretion:

Section 1. Incorrect Uniform: If a cheerleader wears the wrong uniform top, bottom, skirt, bow, or shows to school/game, they will receive a demerit.

Section 2. Excessive Tardiness: If a cheerleader is continually late to practice, games or dressed out in time for practice.

- Section 3. Insufficient Knowledge: Cheerleaders must learn and sufficiently know all material for practices and games (cheers, dance, routine, etc.).
- Section 4. Failure to properly notify the coach of absence from school/practice: The cheerleader or parent must contact the coach to notify them of absence from school and therefore a game or practice.
- Section 5. School Incidents: If a cheerleader has issues in the classroom/practice and is assigned ISD or obtains other consequences, the coach will review the situation to deem demerit(s) as necessary.
- Section 6. Unexcused Absences: If a cheerleader misses any practice, game, fundraising event, competition, etc, at least one demerit will be given. The coach reserves the right to give more based on the situation.
- Section 7. On the spot conditioning may be substituted for a warning at the coach's discretion.

The accumulation of demerits will receive consequences as follows:

- 3 Demerits:** Benched from next event (game, competition, etc). The cheerleader is expected to be dress out and present at the event, but will stay with the coach.
- 4 Demerits:** Benched from the next two events and parent/coach conference.
- 5 Demerits:** Removal from cheer squad for the remainder of the season and ineligible to try out next year.

Article XVI - Managers

- Section 1. There may be one or more managers as determined by the coach. The manager(s) will be selected by the coach.
- Section 2. Managers are **non-performing** team members and must uphold all duties, rules and regulations presented in this constitution.
- Section 3. Managers will attend all practices, performances and activities. Lack of attendance, excused or unexcused may result in dismissal from the team.
- Section 4. Managers are responsible to the coach.
- Section 5. Managers will wear uniforms designated by the coach.

Article XVII – Constitutional Changes

- Section 1. The interpretation of this constitution is the sole right of the coach and administration.
- Section 2. We have the right to add or change those things which we feel must be changed for the benefit of the organization or for the situation itself followed by Board of Education approval.
- Section 3. This constitution is meant to be a basic operating instrument and is not intended to cover every operating policy.
- Section 4. The constitution is subject to change at any time due to OSSAA rule changes or with approval from the Board of Education.
- Section 5. The Coach may enforce other rules as they become necessary during the school year for the benefit of the organization.

Ardmore High School - Cheerleading Participation Contract

Participation in the AHS/AMS Cheerleading Program is a privilege, not a right. In order for the cheerleader to retain this privilege, the policies and procedures contained in the constitution must be adhered to in the spirit of discipline, education and overall goals and objectives of the Ardmore City Schools and the AHS/AMS Cheerleaders.

The policies and enforcement procedures are relative to the AHS/AMS Cheerleading Program and will be administered accordingly. The rules, regulations, and polices are all outlined the AHS/AMS Cheerleading Constitution.

I, _____, will do my best as an AHS/AMS Cheerleader to always set a positive example for the AHS/AMS student body. I plan to follow the rules set forth in the AHS/AMS Cheerleading Constitution and understand the consequences if I fail to adhere to the rules and regulations. I will commit myself to attending all practice, fundraisers, and performances and will always strive to have a positive attitude. I will respect my sponsor, captains(s), and fellow squad members at all times.

Student Candidate Signature

Date

I, _____, have read the AHS/AMS Cheerleading Constitution and am fully aware of the time, expense, and discipline that membership would include to my child. I understand and agree to abide by all provisions of the AHS/AMS Cheerleading Constitution. I further stipulate that I will assist the AHS/AMS Cheerleader Coach and AHS/AMS in the monitoring and enforcement of the constitution policies and procedures. I support my child in this endeavor and understand the implications that will result in the event that the rules and regulations are not followed.

Legal Guardian Signature

Date

Demerit Acknowledgement

Name of Cheerleader
Given

Date Demerit

Reason for Demerit as Authorized in the Cheer Constitution

- Section 1 Violation** **Incorrect Uniform**
If a cheerleader wears the wrong uniform top, bottom, skirt, bow, or shows to school/game, they will receive a demerit.
- Section 2 Violation** **Excessive Tardiness**
If a cheerleader is continually late to practice, games or dressed out in time for practice.
- Section 3 Violation** **Insufficient Knowledge**
Cheerleaders must learn and sufficiently know all material for practices and games (cheers, dance, routine, etc.).
- Section 4 Violation** **Failure to properly notify the coach of absence from school/practice**
The cheerleader or parent must contact the coach to notify them of absence from school and therefore a game or practice.
- Section 5 Violation** **School Incidents**
If a cheerleader has issues in the classroom/practice and is assigned ISD or obtains other consequences, the coach will review the situation to deem demerit(s) as necessary.
- Section 6 Violation** **Unexcused Absences**
If a cheerleader misses any practice, game, fundraising event, competition, etc, at least one demerit will be given. The coach reserves the right to give more based on the situation.
- Section 7 Violation** On the spot conditioning may be substituted for a warning at the coach's discretion.

Other:

This is the _____ demerit out of the five allowable for the school year.

Signature of Cheerleader

Signature of Cheer Coach

Original to be kept by cheer coach with (1) copy for cheerleader & (1) copy mailed to parent