

East Coweta High School 2020-2021 Cheerleading Constitution

I. Purpose

- To promote and uphold school spirit, develop a sense of good sportsmanship among the students, and to build better relationships between schools during athletic events.
- To represent ECHS in invitational, regional, and state competitions.

II. Participation

Cheerleaders are expected to be at **all** cheerleading activities specified for their squad and specified by their coach. Excused absences are school related activities, death in the family, or major illness. **Unexcused absences are non-school related activities, all star practices, work, weddings, college visits, mild sickness (including headaches, cramps, colds etc.)** Doctor/dentist appointments are **not** excused. These need to be planned around cheerleading practices and events. ALL scheduled practices, even LAST MINUTE practices if needed are MANDATORY after August 1st. There will be times that a coach has NO CONTROL over rescheduling a practice due to conflicts that occur at the school throughout the school day. ALL GAMES/COMPETITIONS are MANDATORY!! If a cheerleader agreed to cheer football sideline at the beginning of the season and decides to quit football sideline at any point in time, he/she will also be dismissed from the Varsity competition team- NO EXCUSES! (and this is vice versa with quitting competition)

After 2 unexcused absences, the cheerleader may be considered for dismissal from the squad. Any unexcused absence or tardy may result in extra conditioning or sitting out of quarters, games, or competitions.

*Extra practices may be called on late notice.

*If you miss a practice it is up to the coach on what the consequence is.

*Practices **will** be held on teacher work days and other days that students may have off throughout the season, such as holidays, summer break, etc.

Typical Game/Competitions-

- JV- Thursday game day, Friday- you will sell programs at every home game, Saturday- competitions (Aug/Sept/Oct/Nov)
- Varsity- Friday game day, Saturday competitions will be held (Aug-Sept-Oct-Nov)

*Typical Practice Schedule for JV/V 3:30-6:00 daily (during the week), please see tentative calendar on www.echscheer.com

III. Tardies/Early Leave

Tardies to or early leave from a practice or activity will result in extra conditioning (or other consequence set by the coach). If the requirements are not satisfied before a game, competition, or activity, the cheerleader will not be able to participate.

If this is a frequent problem or if late notice is given – the amount of time being late to/leaving from practice can add up to an unexcused day of practice.

☞ Cheerleaders must be in attendance for at least 2 periods on the day of a competition/game/practice in order to participate. Should school be canceled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified.

☞ Cheerleaders must be at practice and any cheerleading activity ON TIME and be PICKED UP ON TIME. Late drop off and pick up can result in extra conditioning (or other consequence set by the coach). If this is a frequent problem the cheerleader may be considered for dismissal from the squad.

SAT/ACT- we try to schedule our competitions around at least one SAT and ACT date for those cheerleaders that need to take the test. This is not an EXCUSE to miss a competition. If you sign up for a test and there is a football game the night before you will not be allowed to leave the game early unless the game is an hour away from ECHS, and a coach must be notified at least 1 month prior to test date. If criteria is met, you will be allowed to leave with a parent/guardian at HALFTIME. If there is a special circumstance the coach reserves the right to handle the situation differently at their discretion.

IV. Work and other activities outside of ECHS

It is almost impossible for cheerleaders to have jobs during season. There are often situations in which we have to change our practice times daily. Work and other activities outside of ECHS are **never** an excused absence from cheerleading.

V. Cheerleading Protocol

The following guidelines will be followed throughout the season:

- No cell phones will be allowed out during practices, games, competitions, or any other time specified by the coach
- Cheerleaders will be prepared for practices, and ALL cheerleading events dressed appropriately in the correct attire (shoes, bow, spandex, practice outfit, uniform, etc)
- If a cheerleader chooses to quit a team, she/he may not tryout the following year and they forfeit their spot on any other squad they are currently on.
- Throughout the season cheerleaders will be assigned certain duties to perform before/after games, events, competitions, etc.
- Medical documentation of any injury will be followed per doctor's order.

By not following these guidelines or any of the above in excess may be grounds for dismissal from the squad, benching of game and/or immediate consequence of extra conditioning.

The following are not acceptable and will not be tolerated:

- Talking excessively during games to other cheerleaders
- Talking during a game to spectators
- *Chewing gum at games or practice
- Romancing with boyfriend/girlfriend while in uniform (no physical contact)
- Cursing or vulgar language
- Talking during the National Anthem/Silent time or while a player is injured
- Talking during instruction time during practice or game
- Complaining
- Gossip/disrespect to other squad members/Coaches this includes social media accounts
- Not abiding by cell phone policy- Cell phones will be collected during practices, games, and/or competitions.

Any of the above in excess may be grounds for dismissal from squad, benching of game and/or immediate consequence of extra conditioning.

If a cheerleader is benched, he/she will sit with the coach the entire length of the activity with no socializing.

☞ Disrespect to **administration, faculty, staff** or disrespect to **cheer coaches** may result in dismissal from team. Talking back in any form to any of the above will not be tolerated! Talking back is DISRESPECT and will be handled in the form of extra conditioning, benching, probation and/or removal from the team.

-It is a privilege to be a part of the East Coweta Cheer Squads and each member will act in a respectable manner.

-No member is irreplaceable and will not be treated as such. Always remember: for every member chosen, there are many that would love to take their place.

Other grounds for dismissal

- Poor health (causing excessive absences and or not being able to perform duties required)
- Breaking school rules
- Repeated emails from teachers about classroom behavior, etc
- Smoking, drinking, or using drugs while in uniform or at any cheer or school activity
- Failing more than one subject per semester
- Getting in trouble with law enforcement
- Inability to get along with other cheerleaders
- Benched more than 3 times
- Inappropriate material on internet that represents yourself and/or East Coweta negatively (note – actions/info on the internet should still follow East Coweta cheer standards and constitution)

-First offense – benching of one game and probation status

-Second offense – considered for dismissal

- Any other behavior deemed inappropriate or detrimental to the team by the coach.
- Repeated visits to ISS-if a cheerleader receives ISS they will be unable to participate in practice, game, competition on that day which will result in other types of disciplinary actions
- Coach's discretion/overall good of the squad

☞ You start representing East Coweta High School the minute you become a part of any ECHS Cheer Squad. Your actions reflect back on to your teammates and school.

VI. Appearance, Uniforms and Equipment

- *Hair must be pulled back for all games/practices/competitions. Only a natural hair color is permitted. Blue, purple, pink, green, or feathers will not be allowed. Hair embellishments (beads, metal adornments) are not allowed. Hair length must be short enough that when stunting/tumbling it is not in violation of GHSA rules and guidelines.
- Hair will be worn in a style specified by the coach- All cheerleaders need to be able to adjust hair accordingly on a day to day basis- EX- one week may be high ponytails, next week may be low pony tails, one week may be half up half down COMPETITION hair will be high pony tails for both squads this upcoming season
- *Jewelry of any kind may not be worn to any game/practice/competition. This includes tongue rings, belly rings, earrings, rings, necklaces, clear spacers, or bracelets. (Medical alert charms and religious medals are exceptions but must be taped to the body) This is for safety reasons and **IS** a National Cheerleading Rule! **DO NOT GET A PIERCING DURING THE SUMMER or DURING THE SEASON!**
- *Cheerleaders may not have nails that can be seen over the fingertips. (NO ACRYLIC/SNS/ GEL NAILS). No polish will be worn on game day or competition day, no matter how "NATURAL" the nail color is
- All uniforms are property of ECHS
- No member may change out of their uniform during an event. (Example: At a competition, everyone must remain in full uniform unless a coach decides otherwise)
- Uniforms will not be worn except for games, competitions and designated activities. Uniform will not be worn outside of these unless the entire squad is together. (Example: Do not wear your uniform to a restaurant unless with the entire squad. Sweat suit or wind suit is allowed)
- Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of replacing the uniform. This includes practicewear.
- All school uniforms will be returned cleaned at the end of the season. Any noticeable stains, or damaged uniforms will be returned to the cheerleader to have repaired and cleaned. Letters, bars, and certificates will be held until the uniform is returned in the proper condition.
- Letterman jackets should be purchased for Varsity sideline cheerleaders- when the weather gets EXTREMELY cold we will wear these jackets at the games, however this needs to be purchased by the cheerleader ON THEIR OWN. Jackets are not included in our overall cheer cost.

*=Rules of GA High School Association and National Federation of High School Associations. ECHS coaching staff has no control over these.

VII. Transportation

Cheerleaders will be required to ride the bus TO and FROM all away games and competitions. NO EXCEPTIONS. This is the same rule as our football team and basketball teams and our program will follow the same as other sports.

VIII. Fundraising

Each year we will have several fundraisers to help offset costs for the cheerleaders and the Booster Club. We depend on our fundraisers to purchase replacement uniforms for ALL squads, travel expenses, competition fees, new uniforms, supplies as needed throughout the year, etc

Cheerleaders and Cheer Parents are **required** to participate in the following fundraisers to support the **Booster Club: Ad Sales for the football program**, spiritwear sales, and any other fundraiser the program chooses to do. EX: Spirit Nights, Kiddie camp, rivalry shirt sales, carwash, etc

VIII. Squad Responsibilities

Varsity Football Competition

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

- Participation in program ad sales
- Participate in any other events the coach or coaches specify.

JV Football Competition

- Pictures for the athletic program in June
- Cheer at all JV/9th grade home football games as well as 4 Saturday competition invitationals
- Participation in all fundraisers
- Participation in pep rallies the coach chooses.
- Participation in the homecoming parade.
- Participation in showing school spirit (dressing up) for special events going on at the school (Ex: Homecoming Week)
- Participation in program ad sales
- Participate in selling programs at **EVERY HOME** Varsity football game (Friday nights). **THIS IS MANDATORY and will follow the same guidelines as missing a practice.**
- Participate in any other events the coach or coaches specify such as varsity playoff game if there is conflict between the competition squad having region or state tournament on the same weekend

X. Chain of Command and Coach's Responsibility

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

1. 1st notify the head coach of that squad. Please give the coach 24 hours to respond back to you if you have to leave a message. Do not just skip over and go to the next highest person in the chain of command. If you still feel like your concern wasn't acknowledged or dealt with properly then contact the 2nd person and so on.
2. Contact Jodi Guess- She is the head coach/director over the ECHS cheer program.
3. Contact Hap Hines- the athletic director: hap.hines@cowetaschools.net
4. ANYTHING in this constitution can be changed based off our coach's discretion. Every situation is an INDIVIDUAL situation and will be handled by the coaches best judgement and fairness. This constitution is used as a guideline not an absolute.
5. A coach's responsibility is always to make decisions based on what is BEST FOR TEAM, NOT THE INDIVIDUAL.

XI. Competition Alternates

All varsity alternates that attend the state competition at the end of the season will letter varsity even if they do not compete during the season. However, if a JV candidate gets pulled up they must compete in a minimum of 2 competitions to letter varsity OR if the coach decides to place them as a varsity alternate for the state competition. WE WILL HAVE ALTERNATES FOR BOTH JV/V COMPETITION TEAMS AND WHO THOSE ALTERNATES ARE CAN CHANGE DAILY. If a JV candidate is pulled up to compete with varsity they will still remain on JV sideline. We work our practices together so there will not be a conflict. Just like any team sport, we have 1st string, 2nd string, etc.

XII. Lettering/Certificate of Participation Guidelines

All varsity participants will letter as long as the following criteria is met:

- Cheer at all football games deemed by the coach
- Cheer at all competitions deemed by the coach
- Participate in all fundraisers deemed by the coach this includes Kiddie Camp
- Participate in a minimum of 3 spirit nights deemed by the coach
- Participate in all mandatory clinics, choreography camps
- Participates at practices on a regular basis

All JV participants will receive a certificate of participation as long as the following criteria is met:

- Cheer at all football games deemed by the coach
- Cheer at all competitions deemed by the coach
- Participate in all fundraisers deemed by the coach this includes Kiddie Camp
- Participate at ALL home games selling programs
- Participate in a minimum of 3 spirit nights deemed by the coach
- Participate in all mandatory clinics, choreography camps, etc.
- Participates at practices on a regular basis

XIII. Parental Participation and Guidelines

Parental participation and support of the ECHS program is very important to the success of all of the cheerleading squads. However, certain guidelines must be followed.

1. No additional ordering of any items will be allowed unless it is to be a donation in which that parent must give the item to all team members of that squad.
2. No parent has the authority to ask any parent for money to purchase additional items throughout the season unless it has been approved by the head coach of that squad 1st and then that coach will get approval from the Head Cheerleading Coordinator (Jodi Guess). If it is approved by the coach that still does not REQUIRE any parent to participate or purchase those items unless willing too. All items needed and/or required for each team has been ordered by the coach.
3. No parent or cheerleaders can conduct a practice on school property. This is a liability and a GHSA rule and regulation.
4. If cheerleaders would like to take additional tumbling/stunt classes at local gyms that is allowed, but a cheerleading parent cannot require any other team member to attend or pay for that service.
5. Throughout the season, parents will be asked to help donate items for fundraisers, games, competitions, etc.
6. Any outstanding balances that are still open will result in your child not being able to receive items ordered until the balance is paid and cleared.
7. Practices will be closed unless a coach states otherwise throughout the season.
8. If a parent has concerns and needs to speak to a coach this WILL NOT be done during practice time or games/competitions. An appropriate appointment will be made with the coach. Email is the best way to reach a coach during the school day. If an emergency occurs that is an exception. Please allow a coach 24 hours to get back to you. Parents need to remember that coaches are teachers first, and have outside responsibilities (parent, 2nd job, college classes, etc) as well.
9. Parents may plan parties, etc for the teams. However, no cheerleaders are required to attend or purchase anything for that event unless it has been approved by the head coach of that team.
10. **If a parent has a concern, that concern needs to be addressed in a timely manner.** Coaches will not discuss situations that happened months prior or after the completion of a season.

Notes: The success of these teams is not necessarily skills but dedication. You must be willing to make sacrifices and choices. It also does not just require dedication from the cheerleader but also those that support him/her.

ECHS Constitution Contract and Permission Agreement

I have read the ECHS Cheerleading Constitution and I agree to follow the stated rules and regulations.

Cheerleader Signature and Date: _____

Parent Signature and Date: _____

Please read and initial each of the following: (Cheerleader and Parent)

Cheerleader	Parent	
		I understand that I will be expected to bear the expense of uniforms, camp, clothing, clinics and other costs that may arise during the season. I will, also, participate in all fundraisers throughout the year.
		I understand that I must respect my/my child's coaches, teammates, administration and faculty at all times. I understand that I must be a team player at all times.
		I understand I/my child must attend all practice sessions, activities, games, competitions scheduled throughout the season.
		I understand that I/my child must attend summer camp and other activities/practices planned during the summer and other holidays throughout the season.
		I understand that I/my child represent East Coweta High School and will act in a way that will reflect on the school/team in a positive manner.
		Parent/Guardian- I understand that my lack of parent participation in parent meetings, booster meetings, etc forfeits my right to make further comments about decisions that are made.
		Parent/Guardian- I understand that if my child quits or is removed from a squad no matter the reason that no refunds will be issued.

**YOU MUST TURN IN ON THE FIRST DAY OF TRYOUTS OR BEFORE!
MAKE SURE YOU HAVE SIGNED ALL APPROPRIATE BOXES,
CHEERLEADER AND PARENT!**