

WMCHS Cheerleading Constitution

2013-2014 Season

As a member of this team you will be expected to fulfill certain obligations and responsibilities. A cheerleader's job is to improve student morale and boost team spirit. You are expected to direct the student body in the support of your school's team and develop loyalty to the school and team, regardless of an outcome. This role makes you a strong influence in guiding student conduct at games and other performances.

Physicals

- To participate all WMC cheerleaders are required to have a current physical and concussion test.

Academic Responsibilities

1. Each cheerleader is required to maintain a certain GPA. (WMC handbook). Should their be a failing overall grade in any subject at any time the cheerleader will be benched from practices and games until that grade is brought above passing.
2. Each cheerleader must also be in school before a certain time of his/her daily academic classes to participate in any cheerleading activities that day. (School athletics rule)

Appearance

1. Uniforms must be kept neat and clean. The cheerleader must replace/pay for any loss of a uniform.
2. Hair must be tied back in a tight ponytail so it is off the face and shoulders, including bangs.
3. Fingernails/tips must always be kept to a sports length (filed to tip of finger). No nail polish at games or competitions (French and light pink nail polish is allowed for games). Inappropriate nail color will result in being benched.
4. NO jewelry can be worn during practices, games or performances. The ONLY exception is a medical medallion or religious charm, which must be worn, taped to the skin with no chain.
5. Appropriate length in shorts (flyers must wear spandex under their shorts) Shirts must completely cover stomach.
6. No visible undergarments (underwear, bras)
7. One must wear the correct outfit on the correct day, failure to do so will result in a check.
8. Cell phones must be kept on silent during camp, practices and games. They are only allowed to be used during breaks and half time.

Attendance

1. A calendar will be given to each cheerleader by the coach. All cheerleading activities are mandatory.
2. In an event of a suspension from school, the cheerleader cannot attend practice or games.
3. Be responsible for learning all material missed due to absence.
4. **ABSENCES**
 - a. EXCUSED ABSENCES = sickness (must be on attendance list or dismissed from the nurses office), Extreme family circumstances (to be determined by coaches), and college visits (two per year)
 - b. UNEXCUSED ABSENCES:
 - i. 1 unexcused absence allowed
 - ii. Should be used for work, family reunions, weddings, family birthdays, etc.
 - iii. Requires a phone call or email ATLEAST 1 day in advance TO COACH!
 - c. Please remember the COMMITMENT you made to this program.
 - i. The unexcused "freebie" is not to be used for:
 - a. Parties, Concerts, Sporting events, or any recreational events
 - d. 2 unexcused absences = sit out for half of the upcoming game.
 - e. 3 unexcused absences = immediate dismissal from the team

*Doctors visits should be scheduled around practices and games.. they are not excused.

5. TARDINESS

- a. Cheerleaders are expected to be on time always.
 - b. TO BE FIVE MINUTES EARLY IS TO BE ON TIME, TO BE ON TIME IS TO BE LATE.
 - c. If one late without notification to the COACH, the cheerleader will get a check
6. Parents/cheerleaders must call in, text or email all lateness and absences BEFORE the practice/game/event.
 - a. If not notified prior to the scheduled event, then the absence will remain unexcused.

Checks

1. Checks will start at 0 every season
 - a. 3 checks = sit out for quarter of the upcoming game
 - b. 4 checks = sit out for half of the upcoming game
 - c. 5 checks = meeting/email with/to coaches and parents to issue a punishment

2. Reasons a check can be given: Wear the wrong practice outfit, doesn't wear uniform to school on game day, shows up late to practice/camp/game, not prepares for practice/game, does not hang up poster for their football player

Injuries/ Preexisting Conditions

1. Coaches must be made aware of all injuries occurred outside practice as soon as possible.
2. Please be sure that coaches are aware of any existing medical conditions/ allergies that may affect your child's participation in cheerleading.
3. If a serious injury occurs at a game or at practice, parents will be contacted via phone immediately. At this time, we may have already contacted Emergency Medical Services.
4. In the event of an injury, the cheerleader will still required to attend all games, practices and functions in full uniform. An injured cheerleader is expected to sit with the coach in the stands, not with friends

Camp- It is mandatory for all cheerleaders to attend summer camp.

Games

1. Be prepared for all games and appearances (know cheers, dances)(bring poms and right wardrobe)
2. **Home Games-** Girl are to be at the school in the wrestling room at 5:30 all ready in their uniform/make up (including paw print and hair done)
 - a. Cheerleaders are to wear their full uniform to school for all home games; excluding performance sneakers.
3. **Away Games-** Girls are to meet at the school outside at the blue benches between H wing and the field house at the designated time in their full uniform/make up (including paw print and hair done).
 - a. ALL CHEERLEADERS must ride the bus provided by the school district to and from games. Friends, family or visitors will not be permitted on the bus.
 - b. If the cheerleader misses the bus, it is her responsibility to find transportation to the game, resulting in sitting out for one quarter.
 - c. If a cheerleader chooses to leave with her parents for any reason from the game a written note must be given to the head coach **prior** to the game.
 - d. Parents should be waiting for their child before the bus arrives back at the High School.
 - e. For Away games, girls are to wear some sort of denim with their game day jerseys. (must be warn with a tank top underneath).
4. **Post Season Games-** Teams must be aware that they are expected to cheer during any regional, sectional or state events.
5. **Practices:** Summer (July on): Mondays and Wednesdays from 11:00a.m. to 12:30p.m. at WMC on track in appropriate practice attire. Football season (September on): Thursdays from 3:00p.m. to 5:00p.m. on the track in specific practice attire, and before each game.

*In the event that it is raining the girls should meet in the wrestling room

*Paws will be distributed to each cheerleader at camp for the whole season (one per game)

*Hair will be in a pony tail, out of ones face

Conduct

1. Whether at home or away games, WMCHS cheerleaders must display proper conduct before, during and after all games. Each cheerleader is expected to maintain good moral behavior, show cordial courtesy to visiting teams, spectators and each other. Squads must be respectful of visiting cheerleaders and of the game officials. WMC Cheerleaders are important representatives of our school and are very visible to everyone.
2. Possessing/ Using: alcohol, tobacco or other drugs- SEE WEST MORRIS CENTRAL HIGH SCHOOL CO-CURRICULAR CODE. No tolerance policy; immediate dismissal will result if policy is broken.
3. Obscene language and gestures will not be tolerated.
4. Disrespect to any member of the cheerleading squad/staff will result in immediate dismissal at the discretion of the cheerleading staff. Inappropriate behavior, defiance and lying will NOT be tolerated.
 - a. Leave all issues at the door and outside of practices/games/performances!
5. Cheerleaders must wear the same outfit that is assigned.
6. Attention must be given to the coaches and captains at all times during practice.
7. Be motivated, committed and put in extra effort whenever necessary.
8. Communication between cheerleader and coach is extremely important. THERE IS AN OPEN DOOR POLICY!
9. A coach must be present to supervise during all stunting or tumbling activities.
10. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of the athletes.
11. Cheerleaders will be required to participate in warm up and conditioning to maintain strength and flexibility and prevent injury. (Expected outside of practice as well)

Constructive Criticism-

Cheerleaders must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole. Negative attitudes towards suggestions from coaches and teammates are not appropriate or accepted and will result in a check or other punishment seen fit to the situation.