

# The Constitution of the Northview High School Cheerleaders 2019-2020

The name of the organization shall be “The Northview High School Cheerleaders.”

## The purpose of the organization shall be the following:

- A. promote and uphold school spirit,
- B. represent Northview High School to the highest degree,
- C. assist in developing good sportsmanship among the students,
- D. welcome visiting squads, teams, and fans, and
- E. set an example of good behavior, in and out of uniform, for all stakeholders.

## Tryouts and Selection

### A. Tryouts

1. Tryouts will be held each spring for the following year. The Coach will be responsible for these tryouts, with help from the senior cheerleaders on the current Varsity team squad.
2. All candidates must have a cumulative 2.0 grade point average (GPA). The FHSAA (Florida High School Activities Association) mandates a 2.0 GPA for eligibility for participation in all activities under its direction. In addition, Northview High School requires all candidates to have a GPA of 2.0 or higher for the current school year, **continuing through tryouts.**
3. **All school fines and previous cheerleading expenses must be paid and cleared before tryouts.**
4. Candidate must not have been suspended (out of school suspension) for any **serious or very serious\*\*** infraction for the 2018-2019 school year. Interpretation will be consultation with school dean and/or administration.
5. Tryouts will be closed to the public.
6. A meeting of all applicants for cheerleaders shall be called prior to tryouts to explain the standards and requirements of a cheerleader.
7. The permission of the candidate’s parents/guardians must be obtained in writing before tryouts. Parents and applicants must also sign a copy of the constitution. The form must be turned back in to the coach as directed.
8. A current physical examination must be presented, before participation in the practices, clinics, and tryouts, showing the candidate is in good health and would suffer no physical hardship through the expectations of cheerleading.

\*\* Please see student Rights and Responsibilities handbook for definition of **serious or very serious infractions.**

### B. Selection

1. The number of cheerleaders on each squad may vary from year to year depending on tryout cumulative scores and the position in which each individual will be trying out. The distribution of scores during tryout culmination will be the determining factor.

2. The Junior Varsity squad consists of 9<sup>th</sup>-11<sup>th</sup> graders. The Varsity squad consists of 10<sup>th</sup> – 12<sup>th</sup> graders.
3. The candidates will be scored/judged in the following areas:
  - a. Recommendations from teachers will equal **20 pts.** Coach will secure confidential report from each student's teachers.
  - b. Attendance will equal **10 pts. (one point will be subtracted for every absence exceeding 4 days. Check-ins and check-outs will also be counted against the applicant if they are in excess.)**
  - c. Discipline will equal **10 pts. (one point will be subtracted for each referral, and three points will be subtracted for every day in ISS.)**
  - d. Tryout physical participation scores by judges will be **20 pts.** (Judge Scores)
  - e. **Coach's Score will equal 40 pts.**

### **General Rules and Regulations**

1. A cheerleader will conduct her/himself as a member of the Northview Cheerleader Squad at all times, both on and off campus (**this includes social media.**) All posts must reflect a **high level of integrity** and be respectful in nature.
2. A cheerleader will abide by the constitution set forth, which contains all of the rules and policies.
3. A cheerleader will be responsible for all expenses deemed necessary by the squad and sponsor. This includes uniforms, summer camp, and any additional materials.
4. Gossip (on the part of the parent or cheerleaders) may lead to dismissal. **This includes all forms of social media.**
5. A cheerleader is required to attend **all games and all practices.** Schedules are given in advance and any conflict needs to be resolved. A cheerleader shall provide her own transportation to home games and practices. All trips made out of town will require cheerleaders to travel as a squad. Cheerleaders may receive permission to travel home with parents under special circumstances, if the parent fills out the appropriate county paperwork in advance. Under normal circumstances, cheerleaders are required to ride home, on the bus as a team. **Never** will a cheerleader be given permission to ride home with a boyfriend or anyone other than persons listed on the release signed by the parent. List may not include male student drivers other than sibling or relative. J.V cheerleaders may be required to find transportation to away games.
6. Demerits and/or dismissal may result from missed practices and/or games. Permissible absences include doctor verified illness or death in family **ONLY.**
7. All cheerleaders are required to attend summer camp. Every effort will be made to advise parents as soon as possible of camp dates. If the cheerleader needs to miss camp for medical/health reasons, it must be verified by a physical.
8. **Jobs, club activities, other sports, etc. will not take priority over cheerleading activities. Attendance is mandatory for all cheerleading activities, including competitions, fundraisers, and community service events. If you participate in another sport during cheerleading season, you must fulfill your duties as a cheerleader prior to attending another practice/event. Any absence must be approved in advance by the coach.**
9. Regular school attendance, including lack of tardies, is not only expected, but is also required. Excessive absences and/or tardies will result in demerits on a progressive scale.
10. **Cheerleading is not only for football, but also for minor sports.**
11. **Fighting as the aggressor will result in immediate dismissal.**
12. No hickeys, smoking, or inappropriate language will be tolerated at any time.

13. Suspension, regardless of the reason, from school will result in probation and/or dismissal. Administrative committee will render decision of dismissal.
14. Cheerleaders should use proper protocol and feel free to discuss any issue with the captain or Coach. The Coach will **never** entertain student or parent complaints in public. Parents should consult with the Coach for concerns; however, parents must realize that the Coach works to promote the team and what is best for the team, not the individual cheerleader.

### **Academic Requirements**

Cheerleaders are expected to maintain a 2.00 GPA. Failure to maintain the required GPA at the end of the first semester will result in dismissal from the squad, effective seven days after the end of the last grading period in line with FHSAA guidelines.

If a cheerleader makes an “F” on the nine-week’s average, the cheerleader must bring the average up to a “C” the next nine weeks. If the average is not a “C” on the report card, the cheerleader will be dismissed, with **no** appeal.

**If a cheerleader has a 2.0 GPA at the time of tryouts and makes the squad but falls below the required GPA at the end of the year, the cheerleader will be dismissed as soon as possible, in order to make adjustments to the squad(s). The Cheerleader and parent will accept full financial responsibility for uniforms and other merchandise ordered in the cheerleader’s name.** The enforcement of quarter 4 grades will begin at the start of Quarter 1.

**Any replacement will take place on or before the first day of the first school term and is at the principal’s and coach’s discretion. Tryout rank scores will be the basis for re-evaluating possible replacements; however, other cumulative criteria and evaluations may be included.**

### **Practice Rules**

1. **Kind comments only – there is no room for personal conflicts.**
2. **Warming up is not optional....you must participate in order to cheer.**
3. **Tardiness is not allowed. Be on time, every time.**
4. **Hair must be worn away from the face and no jewelry. Socks and tennis shoes must be worn at all times.**
5. **Practices are closed to the public.**
6. **No gum is allowed at practice. Water bottles and light snack are mandatory. (Due to strenuous practice conditions)**
7. **Do not conduct a stunt or build a pyramid without the coach present while at school functions or without proper training. All stunts must comply with FHSAA rules.**
8. **Overly baggy or suggestive clothing will not be allowed.**
9. **Do not leave practice without the coach’s permission.**
10. **You must have a medical excuse in order to miss or sit out at practice. Cheerleaders must notify coach in advance if missing practice.**
11. **You must have someone to pick you up, at the specified time, after all events. A Coach having to wait with a cheerleader for pickup may result in demerits if no true emergency were the cause or the time was extensive: demerits would be incremental with time.**

### **Attire and Conduct**

1. Uniforms are to be clean and pressed. Shoes are to be clean and polished.
2. Cheerleaders shall appear in full uniform the day of the game for pep rally only and at all other official cheerleading functions.
3. Hair must be uniformly fixed, as decided, with designated hair ribbon.
4. No jewelry can be worn at any time.
5. Fingernails can be no longer than ¼ inch and have **clear polish only**.
6. **Visible body piercing and tattoos are not allowed.**
7. Gum chewing is not allowed at pep rallies, games, or competitions. Water bottles or Gatorade will be permitted at sidelines; however, eating is not allowed while cheering at games. Halftime is the official break for eating. You must be in place and ready to cheer two minutes before the second half.
8. Cheerleaders are to remain absolutely still and in parade rest during the invocation and national anthem.
9. No cheer shall be led when a member of either team is injured. Cheerleaders should kneel until the player rises and then lead the crowd in applause when the player is removed from the field or court.
10. Hair combing and primping in public is not allowed while in uniform.
11. Personal conversations are not allowed while cheering. Cheerleaders should not talk to other squad mates in between cheers and chants, except on official business.
12. JV cheerleaders will be assigned duties at all of the Varsity home games.
13. Cheerleaders will **not** loan any part of the official cheerleading attire to **any one** outside the squad. Each cheerleader is responsible for all pieces of cheer attire throughout the year.
14. Cheerleaders will sit in their designated section at all required games/activities. No one else will be allowed to sit in the designated section during game time.

**Duties of Officers – Captain(s) are voted on by their team members. Coaches have the right to approve or disapprove of the selection based on overall team performance. Coaches also reserve the right to have a leadership team in place of Captain/ Co-Captain.**

1. The captain(s) shall be responsible for the quality of the cheerleading performances. This will be accomplished through well-planned, well-executed, and well-led practices. The captain will strive to maintain good relationships with her squad and among the squad. The captain will enforce the constitution with all of the rules and regulations in an impartial manner. The captain is to always set a good example for the rest of the squad.
2. The captain(s) will work closely with the coach and co-captain(s) to plan activities and decide which cheers are to be used at games, pep rallies etc. The captain(s) and co-captain(s) are responsible for enforcing uniform regulations with pre-pep rally and pre-game inspections. With the coach's approval, the captain's decisions are final.
3. The captain(s) is responsible for the behavior and appearance of the squad.
4. The co-captain(s) will be responsible for handling the captain's duties, if she is not present.

**Attendance policy**

1. If you are not going to be at a practice or event, 24-hour notice is required to be given to the coach first hand. The only excuse will be illness or death in the family. Passing the information through another cheerleader will not be accepted. Parents are welcome to communicate, however, it is each cheerleader's responsibility to notify the coach, unless they are physically unable to.
2. **If you play for another sports team and have practice for both cheerleading and the other team, you will not be allowed to attend the other practice until cheerleading practice is over. Having a game on the same day will be the only time you will be allowed to miss practice. Once again, you must completely finish out cheerleading practice before attending the conflicting practice. Your coach is the one to release you.**
3. If you are found to be somewhere other than where you told the coach, you will be considered unexcused.
4. Cheerleaders must be on time for all events including games, performances, warm ups and practices. Consequence of being late is up to the discretion of the coach.
5. **Punishments from home (including grounding) are NOT to interfere with practice or competitions. We respect the punishment, but it is understood that as a team, each absence affects the team. 1 unexcused absence from any game (basketball or football), will result in immediate dismissal. 2 unexcused absences from practice will result in immediate dismissal. In either case, the person involved will be ineligible to try out the next year.**
6. Failure to attend at least half day on game day will result in the cheerleader being benched for that game. Absence must be excused if half day is missed. Cheerleader is still required to come dressed for the game.
7. No cheerleader is allowed to return home to retrieve a uniform.

### **Disciplinary Actions**

#### Explanation of demerits

1 demerit: given when a rule, regulation, uniform infraction or constitutional guideline is broken, (See constitution for more details.) or as otherwise deemed appropriate by the coach. Cheerleaders are responsible for knowing taught material. This includes inappropriate postings on social media as deemed inappropriate by the coach. (More information on demerits for inappropriate social media postings below.)

\*Depending on the severity and level of inappropriateness of the social media post, cheerleaders may receive demerits from 1 demerit up to dismissal from the team. **Every post that you post is a reflection of yourself, your team, and your school. You are expected to exercise the utmost integrity when posting on all forms of social media. Cheerleaders are a representation of Northview High School.**

3 demerits: given for unexcused absence from ANY cheerleading event, inappropriate conduct; unapproved clothing (not in uniform); repeated uniform infraction, harmful treatment of other squad members; questionable behavior; excessive absences from school and tardies; ISS for minor school violations; or otherwise deemed by the coach.

5 demerits: given for every "D" received on the 9 weeks report card.

7 demerits: given for unsupervised or unapproved stunting or tumbling; assignment to ISS for school violations above minor infractions, but not of drug or alcohol related offense; and otherwise deemed by the coach.

**Will also be given for every "F" received on the 9 weeks report card.**

10 demerits: given for every “D” received on semester grades.

14 demerits: given for every “F” received on semester grades.

**\*\*In a block class, you will not be punished twice for both a second 9 weeks grade and a semester grade. In this case, demerits will be given for the semester.\*\***

21 demerits **immediate dismissal**: given for drugs or alcohol\* use; jeopardizing the safety of squad mates; illegal activities by squad member; \*\*disruptive influence upon the squad; and otherwise deemed appropriate by the coach, including profanity at a game.

The coach will give the principal a monthly tally sheet of all cheerleaders and their demerits. The administration will work closely with the coach to ensure that every member of the squad is above reproach in attitude, behavior, and performance.

In addition the coach will request from the dean a discipline report and an attendance report on each cheerleader every 4 ½ weeks.

**\* See student Rights and Responsibility book; could lead to expulsion and immediate dismissal.**

**\*\*Any cheerleader who leaves the squad during a performance and who does so in a manner which reflects negatively on the Coach and/or team will face immediate dismissal. Cheerleaders must retain control over their emotions under all circumstances.**

### **Discipline**

A total of **3 demerits** results in meeting between the cheerleader and the coach.

A total of **7 demerits** requires a conference with cheerleader, parent and coach, and will result in suspension of ten calendar days (from report cards) from squad; however, attendance at practices and events is mandatory. A conference can be over the phone or in person.

A total of **14 demerits** will be outlined and notified by mail, requiring a conference between cheerleader, parent/guardian, and coach, and will result in suspension of six weeks (from report cards) from squad. Attendance at practices and events is mandatory.

A total of **21 demerits** will be outlined and notified by mail and will require **dismissal** meeting with cheerleader, parent/guardian, and coach.

Summary: A total of 21 demerits, accumulated in any way, will result in the permanent dismissal of the cheerleader from the squad.

Any cheerleader removed from the squad for disciplinary reasons during the current year will not be eligible to try out for the following year’s squad. She/he must sit out for one year and could regain tryout eligibility for the following year.

### **Uniform Selection and Payment/Fundraising**

1. Administration and coach will choose the uniform style.
2. Do not bleach your uniform!
3. Cheer shoes are to be worn with uniform only.
4. Do not loan out any piece of your uniform!
5. If uniform is lost, damaged, or stolen, the replacement is the responsibility of the cheerleader and parent.
6. A minimum of \$150.00 is due at the time uniforms are ordered, and the balance is due by uniform pickup. Failure to pick up uniform one week prior to the first football game will result in dismissal from the squad.
7. Fundraising will be coordinated by the Coach with approval from the administration.

### **Lettering**

Lettering begins on June 1 of each year. Cheerleaders who do not perform admirably, faithfully, and honorably and who do not maintain high standards will **not** be awarded a letter at the end of the season. The Coach determines when and how letters will be given.