

EASTSIDE HIGH SCHOOL CHEERLEADING CONSTITUTION

Philosophy and Objectives

The Eastside High School Cheerleading program is a student activity. As a student activity, its first and foremost responsibility is to support the student's academic career (however, students must learn to manage their time so they can meet demands of this activity without compromising their academic career). Secondly, the program should aid in developing the student athlete into a responsible young adult. The primary purpose of the cheerleader is to be a member of a team that has as its goal the support of high school athletes at Eastside High School. The support is directed into (3) three major areas as follows: (1) athletics; to lead in positive vocal support for the teams, as well as, involving the crowd and fans in that support; (2) to participate in the athletic event known as cheerleading by performing gymnastics, partner stunts, motions, pyramids, and dance movements; to practice and perfect this athletic event for both entertainment and competitive purposes; and (3) to promote good spirit, good sportsmanship, as well as, uphold, reflect, and protect the goals and ideals of Eastside High School.

Academic Scholarship/Requirements

- A. In accordance with the South Carolina High School League regulations for all athletes, all cheerleaders must maintain a 1.0 GPA and receive no F's in required subjects for graduation. If, at any time, a cheerleader drops below the GPA or receives an F in a subject required for graduation, (s)he will be removed from the Eastside High School Cheerleading Squad.
- B. In accordance with the Eastside High School Cheerleading Constitution, all cheerleaders must have no grades below a C in any subject. If at any time a cheerleader receives a D or F in any subject, (s)he will be placed on probation until the following grade report is issued. If the grade has not improved to a C or better, (s)he will be removed from the Eastside High School Cheerleading Squad.
- C. When necessary, each cheerleader must have weekly grade behavior reports completed by all of their current teachers and turned in by Friday afternoon; unsatisfactory reports or failure to turn in weekly reports will warrant negative consequences. These consequences may include, but are not limited to: 'study/reflection' time, physical punishments (see below), suspension from a game, or removal from the squad.
- D. Each cheerleader must show his/her official grades to the coach within two days of issue. Failure to present grades to the coach will result in suspension until the obligation is met.

Team Rules and Regulations

- A. The consequences for being **tardy** for any planned activity including meetings, practices, pep rallies, games, departure times, etc. are as follows:

# of unexcused	CONSEQUENCES
1	Warning
2	Physical Punishment (PP)
3	Sit out of 1 game + PP
4	Sit out of two games + PP
5	REMOVAL from the squad

Tardy means that you are not dressed, taped, etc. BEFORE the time the activity is to begin and may also include leaving early from an activity. Just because you are in the gym or designated practice area does NOT mean that you are on time; you must be prepared to start immediately to be considered on time. Tardies are NOT acceptable without prior notice to the coach. DO NOT SEND WORD of a tardy, or expect that a call to the coach will automatically excuse the tardy. Only reasonable, unavoidable tardies, which have been given prior approval will be excused.

PHYSICAL PUNISHMENTS (PP) may include, but are not limited to:

- Running an additional timed mile
- Running stairs/bleachers
- Burpees and Up Downs
- 200 crunches/50 push ups

Attendance Policy

CLASS A – Excused Absences

Excused absences may include, but are not limited to:

- Illness or Injury with DOCTORS EXCUSE
- Death in the immediate family

CLASS B – Excused Absences

Class B absences are other than those listed above and may be excused only with prior approval from the coach. **NOTE:** Just because you request a Class B absence does not automatically excuse an absence. The absences must be reasonable and unavoidable (ex- an out of town wedding). It is at the coach's discretion to approve a Class B Absence. YOU MUST REQUEST A CLASS B ABSENCE AT LEAST *TWO(2) ACTIVITIES/FUNCTIONS PRIOR TO THE MISSED EVENT.

CLASS C – Unexcused Absences

Class C absences are absences that have not been approved by the coach. **NOTE** – Even if you are sick and have a Doctor's excuse, you must notify the coach at least (1) hour before that scheduled activity or function...otherwise, the absence will be considered UNEXCUSED! *TWO (2) CLASS C ABSENCES WILL RESULT IN REMOVAL FROM THE SQUAD

Practices

* Practices are always subject to change but notice will be given in advance *

- A. Spring practices will be held after the incoming squad has been chosen
- B. Summer practice will be determined and scheduled by the coach
- C. Summer Routine camp will be announced at try-outs. ROUTINE CAMP IS MANDATORY!! You must be present for the entire camp in order to cheer at Eastside High School. **2011 Camp will be July 14-16th from 9 am to 4 pm.**

Games and Competitions

- A. Attendance
 1. The Varsity squad will cheer at **all** Varsity football and basketball games, pep rallies, sell Booster club programs at designated games, as well as represent Eastside High School at the AAA Competitive Level.
 2. (If applicable) the JV squad will cheer at **all** JV home football and basketball games, pep rallies, cheer at the Varsity Homecoming football game, sell Booster club programs at designated games, as well as represent Eastside High School at the AAA JV Competitive Level.
- B. Responsibility
 1. In addition to promoting school spirit and sportsmanship, cheerleaders will act as host to visiting teams and squads. Cheerleaders will behave in a manner as to promote good will between schools at all times!

2. Each cheerleader will be expected to stay in his/her place while games are in progress. Fraternalizing with personal friends WILL NOT BE TOLERATED! Fraternalizing with family should be kept to a minimum during cheerleading functions. Except for emergencies, short breaks will be taken during half time periods.
3. Each cheerleader will be required to purchase school insurance

Uniforms

- A. Each cheerleader will be financially responsible for briefs, bags, bodysuits, shoes, ribbons, etc. for all of their uniforms
- B. All uniforms should be clean, complete, and in good repair. Each cheerleader IS responsible for any damage to uniforms.
- C. Cheerleaders should bring only their “cheer pack” with them. This should contain any and all necessary items.
- D. NAILS must be kept SHORT for SAFETY purposes – THERE ARE NO EXCEPTIONS! Cheerleaders will not be permitted to have acrylic/fake nails at anytime!
- E. NO jewelry is to be worn when you are in uniform (including games, competitions, school, or during practice.)
- F. No gum or candy will be consumed during practice or while cheering
- G. Hair is to be in a ponytail away from face during all practices and cheering functions with proper bow in place. (to be determined according to outfit) If hair is too short to be placed in a ponytail, it must be clipped away from the face and off of the neck.

Transportation

Cheerleaders must arrive at and depart from away games, competitions, and other functions with the coach or other school representatives. Cheerleaders should have arranged timely transportation from EHS upon return.

Coach's Record:

The following must be on file for every cheerleader:

- Copy of Birth Certificate (only needs to be turned in once or all years at EHS)
- SCHSL Physical (2 pages)
- EHS Information form
- GHS Athletic Trainer Consent to Treat form (2 pages)
- Athletic Insurance Forms (Paid)

I agree to abide by the rules and guidelines set forth above in this cheerleading constitution. I understand that I may be removed from the squad if I fail to abide by these rules and guidelines.

Signature of Cheerleader: _____ Date: _____