

West High School Cheerleading/ Stunt Team Constitution 2016-2017

Philosophy:

Cheer isn't only about bows and pom-poms, looking cute and matching uniforms. Cheer is about accomplishment, ambition, competition, example and pride. I believe there are several life lessons we can learn while being a part of WHS Cheer team. There are a lot of responsibilities I hope to teach, that will help you in your future. Leadership, team work how to handle conflicts with resolutions, and patience. My goal is to teach you the importance of accountability, discipline, trust, hard work, and sincere commitment.

Expectations:

Unlike some sports, cheer is a year round sport, which means, you need to be "on your A game" on and off campus. That is a big responsibility. Your peers will recognize you when you're out shopping, when you're at a game, or even taking a walk in your neighborhood, whether you're in or out of your uniform. Being an example and upholding the highest standards is absolutely required. You must show respect to your schoolmates, teachers and administrators at all times. You must always work your hardest to become the best student you can be.

Mandatory Commitment:

WH Cheer, as mentioned before, is a year round sport. It will require a lot of after school time and some weekend time. I understand that certain appointments (doctor, dentist etc.) must be scheduled. However, I will provide a monthly calendar for parents/students to look at. To be safe, please do not schedule your appointments during any of our 1st block classes, or during our Monday after school practice, or Friday evening game times. We cannot perform or practice at our full potential, if our entire team isn't there. Having 100% attendance is crucial for our routines. Please have a **PARENT** contact your coach with emergency situations and/or appointments.

Outside Comp Team Members:

Comp teams can be a very exciting extracurricular activity. I congratulate those who have made those teams. Please know that our rules and guidelines are not the same as theirs, which means you CANNOT practice the stunts and/or dance routines with members of the WHS cheer squad. Please note that making WHS Cheer activities, games, practices and other functions related to WHS Cheer are REQUIRED to come as first priority. If comp schedules interfere with WHS Cheer schedules, you will be asked to choose one team to cheer for. Again, attendance is crucial for our dance routines and stunts. We would love to share you, but realistically, WHS Cheer must come first in order to continue being on the squad.

Membership

Eligibility

The organization will consist of West High School students who have passed all requirements, and continue to maintain eligibility requirements.

- A cheerleader must have and maintain a 2.95 GPA throughout the academic year. Grades will be evaluated at midterms and at end of quarter reports. (4th qtr. grades will be used to determine participation in the fall)
- A cheerleader must be able to be present at and participate in all required games and/or other activities and should consider cheerleading their top after school priority
- Uphold the West High Cheerleading constitution, as well as all West High rules and regulations listed in the West High student handbook
- Sustain the rules and regulations of the Utah High School Activities Association (UHSAA)

Rules and Regulations

Attendance requirements: The coaches will strictly enforce attendance and promptness.

- Attendance at all classes, practices, games, and performances are required.
- Excusals must be pre-arranged in advance and may only be granted by the coaches
- Unexcused absences will result in loss of cheering privileges and loss of points
- Cheerleaders must be at assigned games as directed by weekly calendars
- In case of sickness, the parent, not the student must contact one of the coaches
- If the cheerleader misses school, the day of a game/event he/she will not be able to cheer at that game/event
- Exceptions will be made for medical and family emergencies with a call from a parent only
- Routine doctor or dental appointments, vacations, social plans etc.... should be scheduled during a time which will not conflict with practices, games or performances

Transportation:

Cheerleaders will ride on district busses to and from all games and events school related. Outside school activities (i.e. UXC, community events, personal practice etc.) can be carpooled amongst coaches, parents and students with valid Utah driver's license. Any parents who would not like their child to drive in peer's cars, must let both coaches know, and make other arrangements for them.

Grading

Students will be graded on class attendance, promptness and participation. Students grades will also reflect attendance, promptness and participation at games and events.

Class grading breakdown:

Each class is worth 100 points

- 33 points for being on time
- 33 points for being in the correct uniform/workout clothing
- 34 points participation* cooperation with coaches and peers as well as willingness to learn and work during the class period

Event/Game grading breakdown (also worth 100 points each)

- 33 points for being on time. Tardiness will result in forfeiture of cheering. For every 1-15 minutes late, the cheerleader will sit out one quarter
- 33 points for being in the correct uniform: no jewelry, nails clipped and hair in proper style according to captain's request
- 34 points participation *cooperation with coaches and peers as well as minimal talking, focus on game/event, timely return from breaks

PARTICIPATION POINTS MAY BE DOCKED AT THE COACH'S DISCRETION BASED UPON THE SITUATION AT HAND

Extra Credit

- Extra credit will be given out as it comes up. The opportunities are random and are based on a first volunteer basis.
- The opportunities may include extra events, extra promotional activities, as well as creating spirit posters etc.

Fund Raising

We are very lucky to have a Booster Club ran by Jenny Welsh. (You may contact her for only Booster Club purposes at 801-678-4982)

The club provides many opportunities for the students to earn money to pay off their fees.

- Fundraising is mandatory until the student pays off their individual cheerleading fees
- All monies collected with cheer fundraising stays with the program.
- If for any reason the student leaves or is removed from the squad, the student/parent/guardian is still responsible for monies due
- If not participating in a specific fundraiser, you will need to make a payment of equal value at the same time fundraiser ends

Uniform and Camp Fees

Uniform

- Uniform fittings happen in the spring; at this time the students sign a contract with the uniform vendor stating that the uniforms are being fitted specifically to them. These uniforms cannot be returned or refunded.
- Students **will not** be able to receive their cheering uniform until their cheer balance has been paid off and shows a zero balance with the WHS treasurer. A receipt from the treasurer is required to receive the uniform
- August 10, 2016 is the payoff due date. The uniforms can be paid off prior to that day. School starts on August 22, 2016

Camp Fees

- Cheer Camp is scheduled for June 28-30, 2016. The camp will take place in Logan Utah on the campus of Utah State university. This experience is an excellent opportunity for the students to learn new material and **bond as a team**. The school cannot require the students to attend, but can highly encourage if possible. The cost of camp is \$250.00 fund raising in the spring can assist in paying off this extra fee.
- Camp must be paid for prior to attending

Suspensions/Dismissals

Suspensions from a game/event or cheer team may occur due to cheerleaders not abiding by the rules and expectations outlined in this constitution, as well as:

- Falling below a 2.65 GPA at midterms and below a 2.95 GPA at end of quarter report cards
 - If grades fall below required GPA a second time, the student will be removed from the squad
- Suspension from school for any reason
- If any inappropriate behavior occurs, at the discretion of the coach, advisor, or school administration, a cheerleader may be dismissed or placed on probation

When a cheerleader is on probation they are still expected to attend all classes, practices, games/events and support their team from the bench with the coaches. A study time may also be required for falling below GPA requirement.

AUTOMATIC DISMISAL will occur but NOT limited to the following:

- Drinking, smoking, or use of any illegal substances. (many times students will post or be tagged on social media engaging in illegal behavior or inappropriate behavior)
- If any pictures (of any social media or public form) are sent to the coaches' phone or email they may be used in the dismissal of the student
- Bullying/ cyber bullying
- Physical Fighting
- Stealing
- Gang affiliation

Continued –Automatic Dismissal-

- Cheating
- Participation in any inappropriate behavior, that at the discretion of the coach, advisor or school administration is deemed unacceptable the cheerleader may be dismissed

WHS Comp Team:

Requirements beginning Dec 5, 2016 ending March 27, 2017:

ATTEND ALL PRACTICES (only 1 excused, 1 emergency absence will be allowed during that time)

- Mondays: 2:45pm-4:45pm
- Friday 2:45-4pm
- All 1st block classes on WHS schedule
- Assigned sports games/events
- Assigned conditioning
- Attend Regional Comp Dec 3, 2016 (possibly others i.e. Jan 7th, 2017)
- Travel to USA Nationals from March 23-27, 2017 to Anaheim, CA
- All previously stated requirements outlined in the constitution
- Complete all homework assignments given by coaches and/or leadership

WHS Spirit Cheer Team:

ATTENDANCE

- ALL 1st block classes
- Assigned sports games/events
- No after school practices
- Extra conditioning is optional
- Attend Regional Comp Dec 3, 2016 (possibly others i.e. Jan 7th, 2017)
- All previously stated requirements outlined in the constitution
- Complete all homework assignments given by coaches and/or leadership

We are all STILL of the same 2016-2017 WHS Cheer squad. We are all on the Varsity team, but 2 squads. All team nights, activities, and events will be done as an entire team. This is an opportunity for those who want to stay on this great team, but cannot give the time commitment of a competitive team. Also, an opportunity for those who want to participate on a competitive team, who do not have the capability to join a professional comp team. We, as coaches, believe this is the best option for everyone involved. Any further questions, please contact your coach.

Please return the last page, with your final decision, signed by both the parent/guardian and the cheerleader participating on their team.

Thanks again for such a great year so far, and looking forward to meeting all our goals!

Sincerely,
Your coaches

Jenny and Mario Cadenas

Date: _____/_____/ 2016

Cheerleader Name: _____

Parent/Guardian Name: _____

I have read and understand the terms of this constitution. By signing, I am agreeing that my child must follow the standards required in order for them to participate in this year's WHS Cheer program. You also understand the rules and time commitment for whichever squad you both choose to participate in.

By both parent and cheerleader initialing, we agree to be part of the:

_____/_____ **WHS Comp Team**

or

_____/_____ **WHS Spirit Cheer Team**

Parent/Guardian Signature

Cheerleader Signature