

# **Cheerleading Constitution**

## **Overall Rules and Regulation**

1. Always put the safety of yourself, and your teammates FIRST. Please take stunting and tumbling seriously to reduce the possibility of injury.
2. Be on time to practices and events. If you will be late or absent, it is your responsibility to notify a coach as soon as possible.
3. Cheerleaders will conduct themselves as members of the Spring Lake Park Cheer Squad at all times. This includes – school and other activities. Cheerleaders will to their best to promote school spirit and welcome opposing teams and their cheerleaders.
4. Cheerleaders will encourage and uphold good sportsmanship on and off of the field or court.
5. Cheerleaders and their parent or guardian must agree to, and sign the constitution.
6. Cheerleaders will respect their leaders; this includes coaches, captains, and co-captains.
7. Cheerleaders must have a current sports physical on file.
8. Cheerleaders need to keep in mind that cheerleading is a privilege.
9. If a cheerleader decides to quit or is dismissed, no refunds will be given, and that cheerleader is on probation if she/he returns, for one season.
10. Absolutely no use of drugs, alcohol, or will be tolerated. Use of any of these could result in the immediate dismissal from the squad.
11. Gossip can tear a team a part. If there is an issue; it is to be shared it with a coach not another team mate.
12. All cheerleaders are strongly suggested to become enrolled in a tumbling class.
13. Transportation to practice/events is a cheerleader's responsibility. Please plan ahead.
14. Excessive tardiness can result in sitting out of a game or practice.
15. All cheerleaders are strongly suggested to obtain ankle weights, for jump conditioning.
16. Cheerleaders will be required to attend the weight room for strength training. Cheerleaders are athletes and need to work to improve their strength, most importantly, for safety reasons.

## **Practice Rules & Regulations**

1. Fingernails must be kept short – no fake nails.
2. Practice wear must be modest and safe.
3. No jewelry of any kind – please leave it at home.
4. Cheer shoes and socks must be worn at all times during practice; cheer shoes only no tennis shoes, no canvas shoes, and no slip in shoes.
5. Hair must be tied back, and off of shoulders. Short hair must be restrained as much as possible, and completely out of the eyes.
6. No gum chewing.

7. Practices are mandatory unless pre-approved by a coach.
8. All requests for missing a practice or event must be put in writing and received at least 24 hours in advance, unless cheerleader misses school due to illness, in which case, a coach needs to be notified **asap**.
9. The golden rule reigns supreme. Treat your team members like you want to be treated: positive encouragement only please.
10. Warming up is not optional – Cheerleaders can not practice with out warming up first.
11. Squad members and coaches only at practice – exceptions can be made if need be, please talk with a coach.
12. **No stunting** unless a coach is present, mats are down, and all stunt group members are in proper practice attire.
13. If a cheerleader is injured and can not practice they are still expected to come to practice/other events to support their teammates.
14. Cheerleaders are expected to be on-task at practice/events, not chatting with one another which wastes a lot of time. If a cheerleader cannot abide by this expectation they may be asked to sit out of the practice/event.

### **Game/Event/Competition Rules and Regulations**

1. Events and Competitions are mandatory.
2. Uniform/Warm-ups must be clean and all parts of uniform must be present!
3. Shoes must be clean.
4. Cheerleaders need to perform their own bag check to make sure each uniform item is accounted for the night before an event.
5. No nail polish.
6. No jewelry.
7. Hair must be tied back.

### **Attendance Policy**

1. All practices, events, and competitions are mandatory.
2. Family emergencies and contagious illness is excused.
3. Please notify a coach asap regarding any absence.
4. If there is a question about whether or not an absence will be excused, please ask a coach. Work is not an excused absence.
5. Excessive absences due to illness or family emergency will result in a conference and possible dismissal from the team or sitting out during events or practices.
6. 3 unexcused absences could result in a conference with parent, cheerleader, and coach.
7. 4 unexcused absences could result in dismissal from squad.
8. Cheerleaders are only allowed 1 unexcused absence from a practice or event to earn a letter award for that season. Cheerleaders do have the opportunity to waive 1 unexcused absence by performing or participating in a charitable/volunteer event of their choosing, and completing a ½ page

description/response to the event. This needs to be turned into a coach within 2 weeks of the unexcused absence, and can only be used once.

**Uniform Care**

1. Do not loan out pieces of your uniform.
2. If a uniform is lost, damaged, or stolen it is the responsibility of the cheerleader to replace the lost items.
3. Do not bleach your uniform.
4. Do not iron your uniform.
5. Cheer shoes must be worn with uniform.
6. Coaches will choose uniform style and items.
7. Uniform must be paid in full at the time of order.
8. Please remember that you represent Spring Lake Park High School and need to be positive leaders in your school and community, in and out of uniform.

**Finances**

1. Each cheerleader is responsible for a fundraising goal. These funds are for the team...anything made over the goal, goes into individual accounts for each cheerleader. Fundraising events will be planned to help achieve this goal.
2. Uniforms are property of the school (unless you choose to purchase your own) but you will need to purchase shoes, briefs, warm ups, socks and other misc. items. There will be individual fundraisers for these items.
3. Any Competitions will be covered by fundraising.
4. Camp is an individual cost. \$90.00/cheerleader will be due asap prior to camp.

**SLP Cheer Constitution Acknowledgement and Agreement**

I have read and understand the Spring Lake Park Cheerleading Constitution. I will follow the rules that have been set forth in the constitution.

Name \_\_\_\_\_

Date \_\_\_\_\_

I have read and understand the Spring Lake Park Cheerleading Constitution. I will support my son/daughter and help them follow the constitution. I have also read through the finance requirement, and understand the costs involved.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_