

# WESTERN CHRISTIAN SCHOOLS

## Cheer Constitution

**I Peter 4:10 ...each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.**

The primary goal of our Spirit Program at Western Christian School is, first and foremost, to bring **honor** and **glory** to the name of God. Western Christian is a Christian School; you will be expected to act in a manner that would **encourage** others in their Christian walk with the Lord. You are also a **leader** on this campus, and as such you are in the unique position of being seen as a **representative** of Western Christian School.

The primary function of our Spirit Program is to **support interscholastic athletics** and **promote school spirit**. This means that each participant in the program **will be of service** to the school, encourage a sense of sportsmanship among students, work closely with ASB and student council, and serve as positive ambassadors for Western Christian School when interacting with other schools.

This constitution will outline all duties, obligations, and responsibilities required of the Cheer Program participants. The attached contract must be signed by each participant and a parent/guardian prior to tryouts.

### ELIGIBILITY

- All candidates must be enrolled as students at Western Christian School at the time of tryouts.
  - All new incoming students must have already received administrative approval for acceptance to Western Christian School prior to tryouts.
 

**Make sure to make an appointment for testing, turn in all your paper work, have your interview, and pay the registration fee by the date tryout forms are due.**
  - All returning students must have paid their registration fee.
- GPA (**see student handbook**)
  - A prerequisite for trying out for cheerleading is a 2.0 GPA or better.
- All students, before participation in tryouts, will need to give the following to the advisor by the tryout clinic or before: (**if your forms are not turned on the tryout date you may be disqualified from tryouts**)
  - Cheer Application and Permission form
  - Cheer Constitution Agreement
  - Teacher and Coaches Evaluations from all of your teachers and coaches
  - Copy of your recent Report Card
  - \$40.00 for Tryout Fee
  - Health Exam
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## TRYOUTS

- Tryouts will be held in the spring for the upcoming school year and will be selected by a break in the total score.
- Judges will use the utmost discretion in judging; a sample score sheet will be given to each candidate prior to tryouts.
- Scores will be tabulated by the number assigned to each participant. This will eliminate any familiarity a student and tabulator may have with one another.
- No student is guaranteed a spot on any squad prior to tryouts.
- Each returning student must tryout from year to year.
- Any student who is dismissed from the squad at any time during the year for disciplinary reasons, grades, or who quits for personal reasons must petition to the cheer staff prior to tryouts the following year.

**Cheerleaders who choose to take a year off may have a harder time trying out. Each year your cheer abilities do improve and if you are not cheering you are not improving your skills for your squad. To be a better athlete you need to work hard and not quit!**

- Tryout scoring is broken down in the following categories:
  - 20% Tryout committee evaluations (cheer staff will base this on tryout clinic, paperwork, school detentions, punctuality to clinic, coaches interview and etc.)
  - 10% GPA. (Overall GPA. multiplied by 2.5)
  - 10% Teacher and Coach Evaluations
  - 60% Tryout Score
- You must attend the tryout clinic
- Students must follow sports dress code for tryout cheer clinic (5 inch inseam on shorts and no stomachs showing)
- For tryouts, students are to wear a tee-shirt tucked into shorts or a skirt, athletic shoes, and have their hair pulled away from their face with a bow.
- All paper work must be turned on or before the tumbling clinic.
- There will be no video taping during tryouts.
- Pictures can be taken before the routines and after only.
- Tryouts are open to anyone. Please do not enter or exit during a routine. Please remain quiet or you may be asked to leave.
- We will hand out a flyer at tryouts with information announcing the new squad

## **DUTIES OF SQUAD MEMBERS - A flexible calendar is a must**

- Football Games
  - Cheer at all home and away football games (we have games every week starting Labor Day and ending the second week of Nov.)
  - Varsity will cheer at **all** CIF games
    - CIF game can go for 4 weeks after last league game
  - JV will cheer at **all home** CIF games
  - JV will perform ½ time at all home varsity football games
  - Varsity and JV will make posters and run-throughs
  - Varsity will make posters for senior games
- Basketball Games
  - Cheer at all home basketball games starting in Jan. and ending in Feb.
  - Varsity will cheer at all CIF basketball games
    - CIF games can go for 4 weeks after last league game.
  - JV will cheer at all home CIF games
  - Varsity will make basketball posters for varsity players
  - JV will make posters
  - Varsity will make posters for senior game
- Other Sports
  - Varsity and JV attend one home volleyball, soccer, softball and baseball game
  - Varsity and JV will make treats for all sports to hand out at Seasonal Meet the Teams
  - Varsity will make homemade treats for all teams going to CIF
  - Varsity will make senior posters for senior games

**CIF games for all sports can go 4 weeks after our last league game. Mark your calendar. You can go to [cifss.org](http://cifss.org) or [maxpreps.com](http://maxpreps.com) to get more information on games**

- Fundraisers (see AD Boosters and parent Participation)
- Actively participate in all rallies and spirit week activities
  - Spirit Week and Christmas Week
- Attend all practices
- Attendance of summer camp is mandatory (dates to be given prior to tryouts).
- Wear game polo to school on game day
- Participate in Cheer Competitions (see Competitions)
- All cheerleaders are required to take weekly tumbling classes
- We do have practice and games during finals in January, and they are mandatory. **Start studying ahead of time.**

## **PERFORMANCE AND PRACTICE ELIGIBILITY**

See Athletic handbook - Cheerleaders must be present for at least four periods the day of an event in order to practice or perform. This would apply to weekend or holiday events requiring, minimum attendance the previous school day. The only way this can be excused is if you talk to the coach or advisor (which they have to have approved from the AD).

## **GAMES**

- Eat before the game
- Always bring your cheer bag and what is listed in the checklist
- Arrive in your uniform or what your coach tells you
- Hair pulled back with cheer ribbon (captains with decide)
- Be on time - your coach will tell you time of arrival (5 minutes earlier).
- Jobs, social events, SAT test or classes, homework, church activities, appointments (doctor, dentist, car permit, driving lessons, driving test, hair, nails etc.) **ARE NOT** excusable reasons to miss a game.
- Game dates are subject to change and are still mandatory
- No food or gum during game time. Water is acceptable.
- **All cell phone must be turned off during games.**
- Cheerleaders may not permit anyone on the field or court with the squad unless permission is given by the advisor or coaches.
- Cheerleaders are not to visit with one another, family or friends during a game.
- JV meet on the field 5 minutes before ½ time for home Varsity football games.
- All cheerleaders must remain in the stadium or the gym during games they are cheering at.
- JV home football and basketball games you will be dismissed from class at normal time, but you need to quickly get ready, and then meet your coach on the field or at the gym.
- There is no bus for football away games, parents must carpool.
- Make sure all arrangements for rides are taken care of prior to the game

## **PRACTICES:**

- Eat before practice
- Bring water and snacks
- Come with proper practice clothes, hair pulled back and cheer shoes
- Be on Time (5 minutes early)
- All practices are mandatory.
- Practice schedules do change and are still mandatory.
- No gum during practice.
- Food only when coaches are okay with it
- Water and power drinks are acceptable
- All cell phone must be turned off during practice. If parents need to get a hold of you call the coach.
- **We do have practices off site in different areas do to weather, competition floors and other different reasons.**
- If you are sick and miss more than 2 practices we must have a doctor's note.
- The only excuse to miss practice for being sick is a fever and vomiting. All other sickness you must come and tell your coach.
- Jobs, social events, church activities, etc. are not excusable reasons to miss a practice.
- Additional practices are often called and are still mandatory.
- At times practice will run later than what the calendar says, due to practice starting late, cheerleaders messing around and working on stunts that need improvement.

## **COMPETITION - ICING ON THE CAKE**

**Our competition squads will vary from year to year and you must be open to what the cheer staff decides.**

**Our program is more expensive and we practice more because of competition not because of cheering at games.**

- Varsity and Junior Varsity will compete at least 6 times during the season and you must be available.
- We do travel for competitions
- ***All cheerleaders need to have their SAT's done before Dec. 1<sup>st</sup> due to competitions on Saturdays***
- AD Boosters offers fundraisers to help pay for travel competitions
- Girls may compete individually, duo's, stunt group or dance. The parents need to talk to cheer staff if they are interested.
- We do have practice during Christmas break. This is competition season. You will have a few days off around Christmas. Look at the December calendar for schedule.
- Thanksgiving – We have that week off
- Lettering in Cheer - If a JV cheerleader competes with Varsity they do not receive a School Varsity Letter. A Letter is reserved for cheerleaders who cheer at varsity games

## **APPEARANCE**

- We will order new uniforms and warm-ups when needed. If you cheer for 4 years you will only buy 2 uniforms and 2 warm-ups. If you wash on delicate and hang dry they will last longer.
- Wear a clean and pressed uniform, cheer shoes and hair ribbon designated by the advisor or coach to all games.
- Hair must be pulled away from your face. All hair ribbons must be uniform as a squad. It is very important to present a polished appearance. Ribbons and rubber bands must be kept in each girl's cheer bag at all times so that no one can say she forgot.
- No jewelry due to safety issues
- No long nails (length to be approved by coach) due to safety issues
- No nail polish for competitions – we can have points deducted
- Makeup is to be worn to reflect a wholesome appearance. Any excessive make-up, as determined by the advisor or coach, is to be removed. Coaches will determine makeup for games and competitions
- Wear your game day shirts on football and basketball game days

## **CHEERLEADER CONDUCT (see Student Handbook and Athletic Handbook)**

- Good sportsmanship must be displayed at all times (encourage one another in love, be in prayer together for each other).
- Laugh with each other not at each other
- Remember it is not what you say but how you say it.
- There will be no yelling or raising your voice at your Advisor, Coach or other squad members.
- When there is a problem with another squad member it will be handled with the Mathew 18 principle. Go to that person and if it does not work bring the coach with you.
- Some cheerleaders may be put on cheer probation in the beginning or during the year for different reasons. This is between their parents, athletic director, cheer advisor and coaches not the entire squad.
- If at any time the advisor or coaches feel the problem can not be handled by the cheer staff, the parents will be notified and the athletic director brought in.

**See Discipline Procedure**

## **FINANCIAL OBLIGATIONS (see budget)**

- Parents agree to pay all duties as outlined in the estimated budget.
- Parents must realize that this is an estimated budget and may go over or under the total given
- The est. budget is given to you in April and additional cost might occur.
- Parents realize that there additional costs
  - Singups for food for practice, camp, games and competition
  - Game entrance fees for Families
  - Competition Entrance fee and parking for families
  - Social Events
  - Cheer Banquet (any monies leftover in the cheer account will go to the cheer banquet or something else for the cheerleaders)
- We have a **Athletic Booster Club** that raises funds. This is not an optional club but requirement of all parents to partake in.
  - You will be required to sell 4 Concert under the Stars tickets (this will go to pay for general cheer expenses)
  - All other fundraisers will go for Nationals in Florida to reduce your cost
    - Work and donate to all Meet the Teams
    - Sell 5 Entertainment Books
    - Work and donate to game snack bars
    - Participate in Golf Tournament
    - Do whatever is needed for additional fundraisers
- There is a cost for tumbling classes. (See Budget)
- There is no refund on cheer when you are ineligible or for any other reasons you are removed or leave the squad.

## **DISCIPLINE**

**Please note that the cheer staff has the right to change the discipline procedure according to the situation.**

- When we have discipline problems during practices or games the coaches make the girls do pushups, run, sit-ups and cleanup.
- Discipline in addition to points
  - Unexcused absence from practice during the summer or school year (this means no phone call)
    - **The entire squad will have an additional practice to make up for loss time in stunting practice.**
    - If this happens more than once you could be asked to leave the squad
  - Prearranged unexcused absences (Parents must get approval from coach)

- **The entire squad will have an additional practice to make up for loss time in stunting practice.**
  - If this happens more than once you could be asked to leave the squad.
- **Any absent after cheer camp the entire squad will have an additional practice to make up for the lost time in stunting practice**
- Not having the proper uniform at a game
  - *You may be asked to sit out the game*
- Forgetting part of your competition uniform
  - **Someone will have to bring it to you at the competition**

### **DISCIPLINE PROCEDURE**

- **FIRST OFFENSE** – Two cheer coaches will talk to the cheerleader
- **SECOND OFFENSE** - The cheer coach and advisor will talk to the cheerleader.
- **THIRD OFFENSE** – Parents will be notified
- **FOURTH OFFENSE** – The AD will be notified and you may be removed from the squad

We have the right to take girls off the squad if the cheerleader or parents are not cooperating

**We also have the right not to let any cheerleader compete**

It is a privilege to be a cheerleader at our school

**The cheer staff are not the parents and are not babysitters,  
parents must discipline their cheerleaders**

If a cheerleader or parent creates problems you may have a hard time making the squad the following year

**Once you are off the squad for any reason you can not come back and compete unless the cheer staff agrees to let you**

**PLEASE KEEP CONSTITUTION FOR YOUR RECORDS**  
**Sign this page and return to the Advisor!**

I have read and agree to abide by the Cheer Squad Constitution accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I as a parent cannot change or alter these rules and I am allowing my child to try out for this team knowing that these are the rules and I am agreeing to the terms of the program as it stands.

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Student Signature

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Date

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Parent Signature

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Date