West Junior High School
Cheerleading Constitution

Being a cheerleader can be an exciting junior high experience. As a selected member of the West Junior High cheer squad, you will be a visible representative of West Junior High. With this honor and prestige comes many responsibilities and duties. Cheerleading is a full-time job, requiring total dedication. Extreme demands are made upon your time, energy, and personal resources. The purpose of these guidelines is to acquaint you and your parents/guardians with those demands and requirements.

I. Grades

A. The cheerleader must maintain a 2.5 cumulative grade point average during the school year, with no Ds or Fs. The advisor/coach will be reviewing your grades **routinely**.

*The first time your grades fall below the standard you will sit out of the next home game and work on school work next to the coach.

*On the second offense you will sit out of the next home game and work on school work next to the advisor and receive 1 strike.

*On the third offense you will receive 2 strikes and will be asked to leave the squad to focus on school work.

Academics should come before cheerleading, and it is your responsibility to work in and out of the classroom.

II. Major Responsibilities

A. Cheerleaders must be present and on time to all practice sessions. **You must notify the advisor, through a parent email prior to the practice, for any absences from practice.** While school is in session, practices will be held as often as three days a week (typically Tues-Thurs) after school (time TBD). More practices may be needed due to performances. All practices can be seen on the calendar via the cheer website.

B. If you miss practice without parent notification you will receive one strike and will be unable to perform at the game or performance that we are preparing for. Parent notification must be given the day of your absence prior to 2:30 or your position will be replaced for the performance.

C. **If you are late for a practice or a game without parent notification you will receive one strike**. Our time is limited and we need everyone ready to go at the right time. If you know you will be late due to an appointment, email the advisor before 2:30.

D. If you have more than six absences, without consulting the coach, you will be removed from the squad.

E. The only acceptable excuses for not cheering at games/performances are personal or family illness, family obligations and injuries. In these cases, notify the advisor in advance through e-mail so plans can be made for the rest of the squad. Family or personal vacations are not an acceptable excuse and will count toward the six absences before being removed from the squad. Please plan accordingly.

F. Cheerleaders are responsible for transportation home after practice sessions and games. The advisor is not permitted to transport students.

G. When appropriate, all cheerleaders are responsible for making signs and posters for games, assemblies, and other spirit activities.

H. In addition to athletic games, Cheerleaders are asked to participate in fundraising and school wide events: Other responsibilities may occur as well, so stay up to date with the calendar and coach emails.

I. All cheerleaders need to be present at/or participate in fundraisers. We only get new uniforms based off of fundraising and it is an essential element for our program.

J. Driver's Education should be scheduled either in the summer or the spring following the spring basketball tournaments so that it doesn't interfere with cheerleading.

K. Maintain a positive attitude. Remember, others look up to you.

III. Appearance

A. During games and performances it will be expected that the squad is in the same uniform, **without jewelry**, and hair is done the way the coach has asked them to do it. **Hair must be pulled up off the shoulders in order to participate in stunting, no exceptions.** Cheerleaders may not have body paint or other visible writing on their arms or legs. If you are in violation of these rules, you will be removed from the game and this will count as a strike.

B. Cheerleaders are responsible for keeping their uniforms clean and in good condition. Please follow the care instructions on your uniform. Cheerleading shoes should only be worn in cheer activities rather than for all physical activity (such as PE).

C. Cheer warm ups are part of the cheer uniform and should be treated accordingly. Please do not loan these out to friends. Due to our uniform policy in school, the cheer jackets and shirts should only be worn on spirit days or as part of our game outfit.

D. When not wearing your uniform, use good judgment in your attire and make the right choices. Cheerleaders are expected to follow the West Junior High dress code. Do not wear short skirts/shorts, yoga pants, or revealing tops. **For spirit days**, cheer shirts may be worn but not the cheer uniform.

E. Fingernail length should not exceed over the fingers. They need to be kept short for stunt safety. If nails are longer than the allowed length, the cheerleader will be asked to clip them immediately or sit out of stunting.

IV. Conduct

A. Be an example of the Mustang Traditions: Compassion, Courage, Honesty, Integrity, Respect, and Teamwork

B. Cheerleaders are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrates these standards. Cheerleaders are expected to be mature, well mannered, courteous, respectful and considerate at all times, **especially in class, at practice, games, and assemblies.** If the coach has to talk to you about your behavior or attitude, it counts as a strike.

C. Cheerleaders are role models: cooperative and positive classroom behavior is mandatory. At the end of every month the coach will send out a staff email asking if there are any behavior problems from squad members. If a teacher reports disorderly conduct or rudeness, you get a strike. The second time you get 2 strikes which equals removal from the squad.

D. Rudeness, name-calling, foul language, misuse of school, community, or other student's property are considered rule infractions and will result in appropriate discipline. Subsequent infractions may result in suspension or expulsion from the squad.

E. Cheerleaders should plan to cheer the entire game period. At times breaks will be given, but listen to the coach for time limits and be back promptly.

F. **There is no cell phone use during practice or games.** A cell phone may be confiscated by the coach and returned by the end of the event. If a problem continues, the phone will be given to a parent and a strike will be given.

G. Cheerleaders should use common courtesy when directing cheers. During tournaments, when another squad is cheering, do not cheer. Cheerleaders must follow the rules/etiquette of the sport. If a player is injured, please make sure to kneel and then clap when the player is escorted off the playing surface.

H. No eating, drinking, except for water, or gum chewing **while** cheering. It is essential to stay hydrated. Bring a bottle of water so you are not running to the drinking fountain. Other snacks/drinks should be kept well away from the cheer area and should only be consumed during breaks. **Please make sure you eat lunch on game days and bring extra snacks.**

I. The consumption of alcoholic beverages is not permitted, either on or off campus. The taking of illegal substances is also not permitted, either on or off campus. Receiving a ticket for being in the presence of minors drinking alcohol is not permitted. Discipline will be in accordance with the Boise School District policy, but will result in suspension and possible expulsion from the squad. Be aware of your behavior, word travels quickly.

J. Cheerleaders will follow the rules and safety guidelines as stated by the National Federation of State High School Associations adopted by the Idaho High School Activities Association. Stunting will only be done in the presence of the coach and with cheerleaders who have been approved by the coach..

V. Consequences

A. Junior High is a learning opportunity for life. Cheer does ask students to show more maturity and responsibility than other activities. If it becomes apparent to the coach/advisor that you're unwilling to work on improvement, you will be asked to leave the squad.

Category	Offense	Strike Amount
Grades	Grades have fallen below a 2.5 GPA for a second time	1 strike
	Grades have fallen below a 2.5 GPA for a third time	2- removed from squad
Practices	Missed practice without parent notification	1 strike
	Late for practice or game without notification	1 strike
	6 absences	Removal from squad
Appearance	Violation of game dress code (not matching the squad)	Removed from game and 1 strike

	Violation of school dress code during school hours	1 strike
Conduct	Behavior or attitude is immature or disrespectful	1 strike
	Disorderly conduct, rudeness, disrespect reported by a teacher	1 strike
	Disorderly conduct reported by teacher a second time	2- removed from squad
	Cell phone use during game or practice without permission	1 strike
	Drug or alcohol use	Removal from squad

VI. Parental Support

A. Your major role is to support and encourage your daughter. Please plan family vacations with the cheerleading schedule in mind. You should be willing to provide transportation to all practices, fundraisers, and any other activities when necessary.

B. Please contact the coach in cases of illness or family emergency, and provide her/him with an email for game/practice absences. Your obligation should also include financial support for cheerleading items.

Please sign and return this sheet to the coach. A copy of the constitution is also available on the website.

I look forward to a fun and rewarding cheer year! After reading through, discussing, and agreeing to the constitution, sign below and return to the coach.

Student Name _____

Student Signature _____

Parent Signature _____

Date _____