



OAK PARK HIGH SCHOOL STUNT CONSTITUTION 2021-22

STANDARDS

As a member of the Oak Park High School Athletics Program, you are a representation of our school and Team. All team members are expected to uphold the high standards of OPHS, and be fine examples for fellow students at all times, on and off the mat.

EXPECTATIONS - OVERALL

- Sign and abide by the provisions of the STUNT Team Constitution.
- Set an example of good behavior at all times (whether in uniform or not; on and off the mat).
- Maintain a 2.0 GPA /no "F's"; possibility of probation one time in 4 years.
- **Attend ALL scheduled practices and games.**
- Arrive early to practice and pre-game set up and be ready to work.
- All stunt work, whether practicing or performing, is to be done with coach's supervision only.
- You must be present for ALL periods at school to participate in practice or play in a game. (*Absence lists will be checked on every practice and game day*).
- Give 100%, 100% of the time: be focused, BE PRESENT, and work hard!
- Understand that SAFETY IS EVERYONE'S RESPONSIBILITY.
- Be an active STUDENT OF THE GAME and contributor to the team: knowing all the rules of play & routines; respecting/cooperating with each other; listening to and following the instruction of the coaches.
- Communicate openly and directly with the coaches. Questions and concerns regarding STUNT should be first communicated directly from athlete to coach. **Coaches will not respond to parents regarding playing time, position, or stunt groups.**
- Athletes are expected to be accountable for themselves and required to report any questions or concerns directly to the STUNT Team Leaders or coaches.
- Be respectful of your uniform.

Athlete Initials _____ Parent Initials _____

EXPECTATIONS - SCHEDULE & ATTENDANCE

- Practices will be held in the Weight Room or in the gym (based on availability) and are always subject to change.
- Practices are cancelled, changed, or added by the coaches only. Reasonable notice of a change will be given.
- Arrive at least 10 minutes prior to practice start time to help set up practice mats.
- If you are going to be late or absent you must text the coaches in advance with an explanation of the reason.
- Doctor's notes are required for any extended absences due to illness or injury; otherwise you are expected to come to practice and watch.
- If injured, athletes must still attend practices/games to learn and support the team.
- Game schedule to be determined by the school athletics department in coordination with gym availability & CIF.
- MUST arrive at least 1-hour early on game day (specific time TBD) for pre-game set up/warm-up.
- AWAY GAMES: meet at the school at designated times TBD.

Athlete Initials _____ Parent Initials _____

EXPECTATIONS - PRACTICES & GAMES

- No phone usage at all during practices and games.
- Proper attire must be worn at all times: cheer athletic shoes, appropriate practice clothes, with hair up in a ponytail. Must wear team training apparel only.
- Backpacks, binders and water bottles are required at every single practice.
- No bows, no nail polish, no gum, ABSOLUTELY NO JEWELRY, and makeup should be minimal.
- Have complete uniform at all games – NO EXCEPTIONS. This means having black athletic cheer shoes, a CLEAN uniform, and hair up tightly in the specified style (ponytail, dutch braids, etc.).
- DO NOT socialize with parents, officials, or crowd members during the game.
- **Be a student of the sport & PAY ATTENTION!**
- After all games, help break down mats and return to storage location. **Dismissed with coaches approval only.**

Athlete Initials _____ Parent Initials _____

EXPECTATIONS – BEHAVIOR

- ALL team members will be held accountable and responsible for ANYTHING inappropriate that is posted and/or said on ANY type of social media, including but not limited to: instagram, twitter, tumblr, Facebook, snapchat, etc.
- There is absolutely no reference to or usage of alcohol, drugs, or any inappropriate behavior at all times. Usage of these substances is NOT tolerated.
- In uniform, there is no public display of affection or crude behavior, which includes foul language.
- Show respect for yourself, your team and your coaches. **There is absolutely NO arguing with coaches about ANY matter whatsoever** including, but not limited to: position, pod, or routine assignments, NO EXCEPTIONS.
- Negative Attitudes will NOT be tolerated.

Athlete Initials _____ Parent Initials _____

EXPECTATIONS – FINANCIAL COMMITMENT

- Athletes must obtain the necessary team uniform/gear, stunt shoes, game day apparel, and practice wear. Purchase and borrow options are available. Team members cannot borrow any optional uniform items.
- Once the uniform orders are placed, there are NO REFUNDS. If an athlete chooses to quit or is removed from the team, they forfeit all apparel items and money spent.

Athlete Initials _____ Parent Initials _____

CONSEQUENCES

Any violation of the STUNT Constitution STANDARDS & EXPECTATIONS including conduct deemed improper and unsuitable for a team member and/or causing any tension that jeopardizes team harmony may result in one or more of the following consequences, administered at the discretion of the STUNT coaches and/or athletic director.

Coach's Discretion: All OPHS STUNT standards, expectations, and consequences will be interpreted and carried out by OPHS STUNT coaches, under the guidance of the OPHS athletic director. Interpretation of these rules is at the strict discretion of the OPHS STUNT coaching staff.

CONSEQUENCES - DRESS CODE VIOLATION

- Lack of assigned uniform at a practice counts as a “tardy” and will result in extra conditioning.
- Lack of any uniform item at any Game = Benched.

CONSEQUENCES - ATTENDANCE

- All specialized schedule requests must be coordinated with the coaches at the beginning of the season. Coaches are at no obligation to approve these requests.
- Tardy to practice 4 times = 1 missed practice.
- Game Tardy = Benched for a portion of the game at coaches discretion.
- 3 unexcused absences = Removal from the team, not including injury with note from doctor or other extenuating life circumstances (these, however are not to be used excessively).
 - Must submit Excused Absence Request Form to coach **at least one week prior to planned absence** (examples include: other organized school activity, illness in family, religious obligations).
 - Excessive use of “excused absence requests” is subject to removal from the team.

CONSEQUENCES - BEHAVIOR

- GPA below 2.0 GPA /or any “F”; possibility of probation one time in 4 years. Suspension or removal of an ineligible player is a decision made by the athletic director, not the coaching staff.
- Phone usage during practice or game = confiscation of phone until end of practice/game.
- Mistreatment of another team member will be investigated by coach and could result in removal from the team.
- Disrespectful/Rude/Use of Profanity during practice = One Warning.
- Continued disrespect = Removal from practice; counts towards a missed practice; must sit out at the next game not in uniform and work the game in an non-athletic role (music, complete stat sheets, set up and clean up, etc.).
- Inappropriate Behavior or Substance Abuse = Removal from the team.
- Inappropriate use of Social Media, if brought to coaches attention by any party = removal from the team.

Athlete Initials _____ Parent Initials _____

GROUNDNS FOR AUTOMATIC DISMISSAL

- Disrespect shown to coaches **by either athlete or parent.**
- Inappropriate online behavior including provocative pictures, threats, bullying, foul language, and “bad mouthing” will be grounds for dismissal.
- Out of school suspension.
- Evidence of ANY smoking and/or drinking (on campus, at school, on social media sites, in pictures, or in any team clothing). Smoking, drinking, and/or drug use will not be tolerated. Stunt members caught breaking this rule will be dismissed from the squad IMMEDIATELY. Evidence of drinking or smoking, including but not limited to photographs, will be grounds for dismissal.
- An F in any subject during any report card period will result in automatic benching and possible dismissal.
- Excessive tardies to school or in any one class.
- Excessive unexcused absences to school or to any one class.
- 3 unexcused practice absences.
- **Missing 1 league game.**

**Missing any games, including scrimmages, without pre-approval from the coaches will result in removal from the team.*

Athlete Initials _____ Parent Initials _____

2021–2022 Oak Park High School STUNT Team Constitution Team Member & Parent/Guardian Agreement

Please sign and return to coach by requested date.

I, _____, have read and understand the above standards and expectations for participation on the Oak Park High School STUNT Team, and I accept them as governing my participation.

(Print team member's name)

I, _____, parent of above STUNT team member, declare that I have read all of the standards and expectations of this Oak Park High School STUNT Team and agree to all terms in support of my child's participation.

(Print parent's name)

Team Member's Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____