2022-23 Saint Albert Cheerleading Constitution



Purpose: To cheer the Falcons and Saintes on to victory!

* Promote, develop and uphold school spirit
* Promote school-wide sportsmanship
* Encourage crowd involvement at school sporting events and pep rallies
* Uphold the highest personal and squad standards at all times
* Have fun and be proud to wear St. Albert green and gold!!!
* Serve as Ambassadors of St. Albert

Conduct:

* The Saint Albert Cheerleading Squad will follow the St. Albert Code of Conduct/Student Handbook. If a squad member must be disciplined because of infractions to the St. Albert Code of Conduct during school, cheerleading activities will be affected.
* All cheerleaders must comply with the grade standard set forth in the Parent/Student Handbook in order to participate in extracurricular activities like cheerleading.
* In accordance with the St. Albert Handbook, in order to participate in practice or any school activity on a school day, the student must be in attendance by 10:30 am unless the student is excused by school administration.
* Cheerleaders must agree to be present for the entire regular school day following games unless excused by school administration.
* Cheerleaders will not participate in car rallies.
* Cheerleaders must also be aware of their interactions with girlfriends/boyfriends (absolutely no physical contact) while in uniform or at anytime they can be identified as a St. Albert Cheerleader. Cheerleaders must always be aware that they have the responsibility to be positive role models for the younger students in our community.

* Cheerleaders are ambassadors of St. Albert High School so it's important to uphold the standard of a school leader. This includes being conscientious of what you post on Facebook, snapchat, twitter, text messages, etc and how it will affect your reputation and the reputation of the squad.
* Cell phone must be put away during practice sessions and while cheering at games.
* It is impossible to cover every incident that comes up. *AMENDMENTS TO THIS CONSTITUTION CAN BE MADE AS DEEMED NECESSARY. All matters not specifically addressed in this constitution shall be dealt with by the cheer coaches and the Athletic Director.*

Uniforms and Appearance:

* Uniforms will only be worn for Saint Albert School games and activities and in its entirety, including all hair up in a ponytail and away from the eyes (see Iowa Cheer Coaches Association (ICCA) Official Hair Rules). It is acceptable to wear your uniform to the mall, eating establishments, etc if it is between school hours and an evening game.
* Only a ***WHITE or BEIGE*** bra may be worn under the shell top when worn without a liner, NO EXCEPTIONS.
* If wearing make-up, the colors must be neutral looking. If coloring your hair, it must be a natural hair color (no pink, green, etc).
* No glitter make-up allowed according to ICCA rules.
* No visible tattoos are allowed.
* No body piercings including earrings or any other kind of jewelry are allowed during practice or at games. Fingernails can be no longer than fingertip length. Neutral color polish is fine, but glitter polish during games or when in uniform according to ICCA regulations.
* The coaches will inform squad members what to wear to each game.
* Cheerleaders must wear their full cheer uniform in order to cheer for each game/pep rally. This includes correct bow, white no-show socks, cheer shoes, etc. You must have poms and warm-up outfits etc available in your cheer bag to use as needed or you will not cheer at that game/pep rally; for example If it gets chilly and jackets are needed.
* Cheer jackets may NOT be worn during school hours. Approved cheer sweatshirts may be worn with the cheer uniform. If a cheerleader chooses to wear a jacket during school hours, it must be an approved school jacket/sweater, not a cheer jacket of any type. This includes when you're in your cheer uniform and school uniform. Infractions will be dealt with according to the St. Albert Dress Code Rules.
* Cheerleaders are required to wear cheer uniform/cheer warm ups when traveling TO and FROM away games; no exceptions. You must be GAME READY (hair, bow, jewelry, nails, uniform).
* All cheerleaders will wear their cheer uniforms to school and be GAME READY on Pep Rally days.

Communication:

* The primary way we communicate information is through "TeamSnap." Parents can sign up for TeamSnap as well. Anytime information is added into TeamSnap, you will get a notification. We also utilize text messaging for urgent information.
* When you mark yourself "unavailable" in TeamSnap, you must provide an explanation in the "Note" section; In addition, you must notify coaches.
* During the winter season, a trade of games is an exception. The trade must be approved by the coach and the reason must be valid/excused. The cheerleader must text coaches and include the cheerleader who traded.
* Playoff season assignments will be made during the playoffs. Cheerleaders should reserve that time off as the schedule is provided in real time and dependent on wins.
* If you are in another sport, the play, robotics, etc, we need to be made aware as does the other coach.

Practice Guidelines:

* The Saint Albert Cheer Squad is a TEAM....if members are late to practice or miss practice, it affects the entire team. In order to achieve the squad's potential and do stunting, routines and lines ups, girls must be present as a team to accomplish these goals.

* It's an expectation that you will arrive to practice on time. Plan to arrive about 5 minutes early to stretch and get your bags to the locker room, so we are ready to begin practice at the specified start time.

*If you miss a morning practice but still go to school, that practice is unexcused.

* **2022-23 Summer Practices**:

June, July and August:
Tuesday, Wednesday and Thursday: 7:00AM - 9:00AM

July 24th - 30th:
All Athletic Dead Week/No Practices for any sports

* **NOTE**: If you have flexibility with your vacation plans, please consider taking vacation during this week

* **2022-23 School Year Practices**:

Tuesday and Thursday: 6:00AM - 7:30AM

* Practices generally go down to 1 day a week (Tuesdays) once the winter season is underway. Exceptions are getting ready for Pep Rallies, Etc.
* Practice schedule may change as the year progresses and the team is where they want and need to be as far as stunting, cheering and chanting skills.
* Cheerleaders are expected to attend all practices. Illness, family emergencies such as funerals and other SA activities or sports the cheerleader may be involved in are the exception ie: cross country/volleyball/swimming/plays/etc. If you are ill and you are going to miss practice, you must call or text Lisa @ 402-301-4516 **AND** Theresa @ 402-681-5992 as soon as you realize you will not be at practice. If Lisa or Theresa are not contacted it will count as an unexcused absence. You are responsible for notifying Lisa or Theresa ahead of time when you will be at other school or club activities that require you to leave practice early or arrive late or when a family vacation is planned. Failure to let Lisa or Theresa know ahead of time will result in an unexcused absence and consequent marks or sitting out a game.
* **Excessive absences (even excused) will impact the cheerleader's ability to stunt, perform in games or pep rallies as we need team members present for planning and safely executing stunts.**
* The cheerleaders must bring a positive attitude and be prepared to put their best effort forward throughout the entire practice. If a cheer team member is not able or willing to do this, she/he will be given a warning. If it continues, she/he will be asked to leave practice. If this occurs, it will be counted as an unexcused absence and marks will be given.
* If a cheerleader has an unexcused absence and misses the practice prior to a pep rally, she cannot participate in the pep rally.
* If a cheerleader misses a practice before a game or pep rally, she cannot stunt for the next day's game. This is for safety reasons.
* Never perform a stunt without a coach present AND watching!
* Poms must be kept in your cheer bag and brought to ALL practices.
* Parents are welcome to observe practices any time.

Game Guidelines:

* It's important to be at the games early (as stated in TeamSnap) to stretch, warm up cheers, practice stunts, go to the bathroom, get a drink, put bags away and place poms on the field or in the bleachers where you will be cheering. If it is an away game, plan to be at school at least 15 minutes prior to the bus departure time.
* Be on the field/court ready to cheer 2 minutes before half time break ends.
* Remain with your squad until the end of the game.
* At away games: If a cheerleader is going to ride home with her parent, a signed note must be given to the coach by the parent; no exceptions.
* If the weather is bad and the team is still playing, cheerleaders will be cheering and coaches will be coaching. We're all in this together, rain or shine!!!
* During football season, it's a tradition for the cheer squad to attend pre-game dinners at one of the squad member's homes before every home game. It's a great way for the squad to bond as a team. Please let a coach know if you're interested in hosting a dinner.

* For state games, the state provides guidelines on number of cheerleaders allowed. Selection is made based on: attendance (games and practices), attitude, volunteer activity attendance and extra tasks, as well as skills and showmanship.

Marks (Minor and Immediate Marks Impact) Policy in General:

Cheerleaders will get 9 MINOR marks before they have to sit a game. Here are just a few examples of MINOR infractions that would receive a mark.

* Any ICCA IHSAA rule violation: jewelry, hair not fully pulled up, hair tie on wrist, etc.
* Tardy to practices or games
* Not ready for practice or games ie: wrong shoes, hair not up on the bus, wrong bow, etc.

Here are just a few examples of MAJOR marks that receive immediate action like being dismissed from practice or sitting a game, etc:

* Disrespectful to team member or a coach.
* Negative attitude at practice or game.
* Unexcused absence at practice or game; missing the bus to an away game, excessive excused absences.
* Inappropriate behavior, unbecoming of a St. Albert Cheerleader.

Additional Cheer Duties:

* Make locker signs and/or banners for games.
* Decorate the school/field for homecoming.
* Participate in ALL fundraisers: Hanging Flower Basket Sales (for uniform purchases only), Valentine Sales (for goodie bags, locker sign/banner materials, state game expenses, etc).
* Participate in the Mini Cheer Camp.
* Auction Cheer Party Donation
* Participate in Pep Rallies.
* Make goodie bags for state qualifying teams or individuals.
* Ambassador activities: CB Parade, Shamrock Shuffle, school or wider community activities, etc.
* Other duties as assigned when they come up.

Payment Responsibilities:

Cheerleading can be an expensive undertaking. Cheer uniforms are not paid for by the school and is the parent or child's responsibility to pay for their uniforms. A payment plan can be set up for the cost of uniforms. Everyone is expected to be prompt with their scheduled payments. Payments can be given to a coach or be given to the office for them to place in the "cheer mailbox." Bills must be paid in full by the end date of the payment plan. If a cheerleader moves or quits, the uniform must be paid for in full

at that time or turned into the coach. Questions regarding payments go to Lisa Dunning at: (c) 402-301-4516 or email Lisa at: lisa_dunning@cox.net
The cheerleaders will be doing a fundraiser to help greatly defer the cost of the uniforms. Everyone is expected to participate in the fundraisers (flower sales, mini cheer camp, valentine sales, etc) or they may not receive the funding towards their uniform or participate in, for example, handing out valentines during the school lunch.

Physical Exam Forms:
The Iowa State Law requires that each student athlete must have an annual physical examination. Forms are available from the school and must be turned in prior to the start of the academic school year. If the school does not have the form by the start of school, the student will not be able to practice or participate in games. Any questions regarding physicals should be directed to the athletic director.

Note: Throughout the season, cheerleaders are responsible for reporting to the coach any injuries or conditions which might be worsened by cheering. St. Albert has Certified Athletic Trainer on duty who will evaluate any injuries. St. Albert's Athletic Trainer is Nick. He is available at all home games and before or after school, depending on his schedule.

We ask that parents be involved with fundraisers and other activities throughout the year. Also parent, please make every effort to attend games and pep rallies and watch what your cheerleader is learning and how she is developing as a cheerleader. Cheerleading is a huge commitment. Reward your cheerleader's hard work by being there to watch her!

Thanks everyone for your support of the Saint Albert Cheer Team!

Sincerely,
Lisa Dunning~ Cell**:** 402-301-4515 email**:** lisa_dunning@cox.net
Theresa McBride~ Cell 402-681-5992 email: theresammcbride@outlook.com