** John’s Creek High School **

**Cheerleading Constitution**

JCHS Cheerleading Mission:

* To support Johns Creek High School and its athletic teams by promoting school spirit and good sportsmanship
* To support students as they enhance their academic goals
* To provide positive and supportive leadership to the community
* To promote athletes in the advancement of their skills at and beyond the high school level
* To carry on a tradition of excellence in the athletic arena by producing advanced spirit and competition cheerleaders

We are excited that you have chosen to take part in the tryout process for becoming a cheerleader at Johns Creek High School. It is very important that you sit down with your parents and read through everything that is expected of you carefully. At the end of the covenant/constitution, please sign each part that is required. Please initial below stating that you have read each section.

* \_\_\_\_\_\_\_\_\_\_\_\_**Expectations:** Please read them carefully and make note of the dates on your calendar. You will be expected to attend and take part in all functions
* \_\_\_\_\_\_\_\_\_\_\_\_**Constitution:** Please READ rules and regulations in the Constitution carefully. These will be strictly enforced on all teams. If you make a team, you must abide by all rules in the constitution, as well as, the GHSA & Fulton County rulebook. Signatures are required at the end.
* \_\_\_\_\_\_\_\_\_\_\_\_**Application/Signature sheet:** Please fill out this form completely with a photo attached. Make sure it is signed by BOTH you and your parents. Turn this sheet in with the remaining packet of required forms. No interview time will be given without this completed form.
* \_\_\_\_\_\_\_\_\_\_\_\_**Report Card:** A copy of your report card (your 1st semester report card for the current school year) must be submitted.
* \_\_\_\_\_\_\_\_\_\_\_\_**Physical:** you must have a physical good through the last day of tryouts in order to tryout. \*\*NO ONE will be allowed to enter the tryout area without a current physical. \*\*All athletes must register this information on the school website.
* \_\_\_\_\_\_\_\_\_\_\_\_**Parent Participation Form**
* \_\_\_\_\_\_\_\_\_\_\_\_**Emergency Medical Release & Copy of Insurance Card**
* **\_\_\_\_\_\_\_\_\_\_\_\_Assessment & Interview:** A cheerleading assessment will be given at the time of interview. The assessment covers basic cheerleading information along with information from the packet. The interview will be scheduled when the athlete has confirmed their participation by submitting the necessary paper. (Application/resume, physical, insurance waiver, emergency medical release, copy of insurance card…recommendations may be submitted as they are returned by teachers and coaches but no longer than the first day of tryouts)

**Expectations of Athletes:**

* Complete tryout packet
* Complete a cheerleading knowledge assessment
* Attend interview
* Attend all mandatory dates for tryouts
* Attend/Participate in summer camp, mini camp and summer conditioning
* Participate in all fundraisers
* Cheer **ALL** games regardless of holidays or breaks listed on the calendar
* Maintain high academic **AND** moral standards
* Represent John’s Creek at various functions
* Participate in all Pre-game preparations (Spirit Week, locker decorations, spirit banners, pep rallies, team sendoff, etc.)
* Attend all game and practices (See Constitution)
* JV, Freshman competition and sideline: Attend all competitions (including final varsity competitions, region, sectionals, and state)
* Varsity competition and sideline: Attend all competitions for JV if they are not at the same location and date of varsity competitions.
* Basketball Cheerleaders will attend region, sectionals, and state cheer competitions
* Side Line Pom cheerleaders will cheer on Friday night games and will participate with the football activities and some basketball activities.
* Football Competition Cheerleaders will attend region, sectionals, and state cheer competitions.
* Travel with the team to and from all football/basketball games.

**Expectations of Parents:**

* Review the constitution with your athlete and be sure they understand acceptable behaviors
* Provide transportation to various events required by the team
* Support your athlete and the team by attending football and basketball games
* Support your athletes by attending all competitions
* Volunteering in areas where you can make a difference and we can keep the program running effectively (we could not run this program without the numerous amount of volunteer hours that are provided, this should be shared equally by all)
* Helping in all fundraising activities (As with all high school sports, fundraising is an integral part of our program and a great chance to meet some new faces. Please, be a contributing Gladiator family member)
* Support the decision made by the coach even when it does not fall in favor of your specific athlete

**Johns Creek High School Cheerleading Constitution**

**Section I. Academics**

1. 6, 12, & 18 week progress reports: Failing one or more classes my result in the following consequences:
2. Detention, required help sessions or assigned lunch & learns as designated by the coach until grades are brought up to passing (duration, days and times will be determined by the coach)
3. Attendance without participation at games and practices.
4. Report of weekly progress until grades are brought up to passing.

**\*\* Note: Fall semester grades will determine eligibility for the next season; therefore, any cheerleader who fails 2 of his/her 6 classes fall semester will be ineligible to try out for the next season as per Georgia High School Athletic Association’s policies and procedures.**

**II. Participation:**

Cheerleaders are expected to be at **all** cheerleading activities and are expected to fulfill their commitment of participation and support. Excused absences are school related activities, death in the family, or major illness. Unexcused absences are non-school related activities, work, mild sickness (including headaches, cramps, etc.) Doctor/dentist appointments are **not** excused. These need to be planned around cheerleading practices and events. Unexcused absences from practice will result in the cheerleader NOT being allowed to cheer at the next game and/or pep rally, and/or competitions. A cheerleader who misses a practice and who is NOT absent from school MUST discuss the situation with the coach prior to the absence. The coach may then require written documentation pertaining to the reason of the absence and will determine if the absence is excused or not.

After 2 unexcused absences, the cheerleader may be benched from games or dismissed from the squad.

**III. Tardiness/Early Leave**

Being tardy or leaving early from a practice or activity will result in extra conditioning (or other consequences set by the coach). If the requirements are not satisfied before a game, competition, or activity, the cheerleader will not be able to participate.

If this is a frequent problem or if late notice is given – the amount of time being late to/leaving from practice can add up to an unexcused day of practice.

☞Cheerleaders must be in attendance for all **4 periods** on **the day of** a competition/game/practice in order to participate. Should school be canceled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified.

**IV. Punctuality/Practice**

Cheerleaders are expected to be on time ALWAYS! Consequences will occur for every minute a cheerleader is late to a designated activity. Consequences can range from conditioning to benching during games and/or pep rallies. Repeated tardiness may result in removal from the team.

1. The coach MAY call additional practices as the need arises. Practice times are merely a guideline and the coach reserves the right to extend practice at any given time. Football/Competition teams can expect to practice DAILY for approximately 2 hours. Do not plan other after school activities during practice or game times. If you are participating on an all-star team, you should be aware that those practices and competitions may not interfere with your participation in your high school cheerleading activities or you may be replaced or removed from the team.
2. Proper attire for practice MUST be worn at all times: shorts, sports bras, t-shirt, cheerleading shoes, and hair pulled back in a high pony tail. Also, NO jewelry may be worn while in uniform, or while participating in any cheerleading activity. (This includes jewelry that may not be visible such as belly button rings.) NO acrylic nails and all nails MUST be kept short for all practices, games, pep rallies, competitions, etc. as per GHSA regulations.
3. Practices are CLOSED to all individuals with the exception of the team and school coaches and staff. This includes summer conditioning, as well. Communication with the coaches needs to be arranged and completed outside of practice hours.
4. Practice locations may vary and a coach may require practice to take place off campus in order to address the needs of the team. In these events, transportation may need to be provided to and from these locations.

**V. Work**

It is almost impossible for cheerleaders to have jobs. There are often situations in which we have to change our practice times daily. Work is **never** an excused absence from cheerleading.

**VI. Cheerleading Protocol/Standards**

Certain standards and expectations are necessary for the integrity and reputation of the cheerleaders of John’s Creek High School. Cheerleaders should be leaders within their school and set a good example at all times.

When young people seek leaders, they rely on the ability and talents of people in their age. When leaders fail, the moral fiber of the group as a whole falls apart. This leadership responsibility becomes yours when you become a high school cheerleader. As long as you maintain the position of cheerleader, you will be looked upon as leaders. You are placed in the public light and your life is no longer just your own. Therefore, **READ THE FOLLOWING INFORMATION CAREFULLY**. Think about the responsibilities you will have as a high school cheerleader and decided if you will be able to abide by these expectations. You will be ambassadors and your actions will reflect on your school both positively and negatively. While you are expected to conduct yourself in an appropriate manner at all times, visibility is heightened while you are in uniform. Cheerleaders are expected to have and maintain a character above reproach and to exhibit personal appearance and habits that will reflect a positive image. Cheerleaders must never put themselves in a compromising position. If others around the cheerleader are not acknowledging the proper social or moral standards and values outlined in these expectations, the cheerleader will be expected to remove herself from the situation immediately.

1. **School Behavior:**
2. A cheerleader MUST maintain good behavior in all school classes and activities. Office referrals regarding discipline are treated with serious attention and will be dealt with by the coach on individual basis. However, 2 or more office referrals or disciplinary actions given by the coach may result in a cheerleader being removed or prevent a cheerleader from being able to tryout.
3. A cheerleader should also strive to make the best grades possible. This means doing homework, listening, participating in class, and setting an example for others to follow.
4. Cheerleaders are to obey ALL school rules.
5. Cheerleaders who have been benched from previous seasons should note that this will serve as their first offense for the entire years of participation and further offenses may result in dismissal from the team for the remainder of their high school years

**B. General Behavior**

The following behaviors are **NOT ALLOWED** by high school cheerleading standards. **VIOLATIONS** will be evaluated by the coaches and administrators and consequences may be given. (Consequences may be, but is not limited to: benching, suspensions, removal from the program or preventing a student from participating in the tryout process):

* Smoking, drinking, or using drugs
* Failing more than one subject per semester
* Getting in trouble with law enforcement

(Students who have been charged with public offenses will NOT be considered for participation.)

* Inability to get along with other cheerleaders
* Repeated consequences for various behaviors/actions
* Talking excessively during games to other cheerleaders
* Talking during a game to spectators
* Chewing gum at games or practice
* Romancing with boyfriend/girlfriend while in uniform (no physical contact)
* Cursing or vulgar language
* Talking during the National Anthem/Silent time or while a player is injured
* Talking during instruction time during practice or game
* Complaining
* Gossip/disrespect to other squad members
* Inappropriate material on internet that represents yourself and/or John’s Creek negatively (note – actions/info on the internet should still follow John’s Creek cheer standards and costitution)

Any of the above in excess may be grounds for dismissal from the team, benching or conditioning. If a cheerleader is benched, he/she will sit with the coach the entire length of the activity without participation or socializing.

☞Disrespect to **administration**, **faculty**, **staff** or disrespect to **cheer** **coaches** may result in dismissal from the team. Talking back in any form to any of the above will not be tolerated!

**Chemical Use:**

* A student regardless of quantity shall not:
* Buy, be in possession of, or use beverage containing alcohol at any time
* Be in possession of, or use tobacco at anytime
* Use, consume, possess, buy, sell, or distribute any controlled substance at any time

A ZERO tolerance policy for chemical use will be enforced during the season. In season dates are determined by GHSA and will be published on the team’s calendar. However, chemical use outside of the season may result in consequences, as well. (See GHSA rules for further clarification of out of season standards)

\*\*Please note that we do not advise, encourage, or approve of the use of performance enhancing or dietary supplements. Student-athletes who are found taking part on the consumption of potentially harmful products will be reported to the school officials and may be removed from the team. Students and their parents must consult with their physicians before using any supplement or medication and will be expected to report any use of these to their coach and provide this information on their physical signed by their physician. Any changes in health may require additional medical attention if a coach determines these changes could be harmful to the students.

**Team Behavior:**

* Do **NOT** talk about another cheerleader or cheerleading squad in a negative way. Talk problems over with the coach and keep matters among the team.
* Show respect for each other’s opinions
* Be willing to go the extra mile to improve the team
* Be willing to sacrifice time, interests, talents, and perhaps personal feelings for the good of the team
* Cooperate with and respect each other
* Do your share of the work. Volunteer without having to be asked!
* DO NOT argue as a team in public. EVER!
* Show good sportsmanship at all times
* Give 110% in all aspects of cheerleading
* Refrain from chewing gum while in uniform or at practice
* Be neat in appearance/follow the school dress code when attending any function representing the school

\*\*You may have extra conditioning, be benched, suspended, or removed from the squad for failure to follow any of the above expected behaviors.

**VII. Safety**

We understand that there are dangers and risks of practicing and competing in the sport of cheerleading. These may include, but are not limited to, sprains and strains, bruises, injury to bones and joints, ligaments, muscles, organs, brain damage, serious neck and spinal injuries leading to complete or partial paralysis and even death. No amount of reasonable supervision, training, or protective equipment can eliminate all risks and dangers.

Any athlete who is injured will receive medical attention immediately. If a parent cannot be reached, emergency personnel will be called if necessary (911). A medical release form must be signed by the parent prior to tryouts for this purpose.

It is the athlete’s responsibility to notify their coach of any medical needs or injuries that may arise. Athletes that may have received medical attention will be required to provide documentation before returning to participate.

Safety instruction for athletes will be provided prior to the beginning of each season. For some teams this may occur during summer camp therefore, camp is mandatory when this is provided. Safety guidelines will be enforced (jewelry, nails, hair, etc…) in addition to weather conditions and performing surfaces. Once a skill is mastered the athlete will be allowed to perform the skills.

**VIII. Forms of communication**

• Never display pictures that show you in a negative way on emails, face book, phone messages, or any other form of social media outlets. If in uniform all pictures must uphold the standards outlined in the constitution.

• Never put in text format any negative information about your cheer team, coach, or school.

• You may not distribute or use emails or phone numbers of coaches, students or parents without the consent of the school or individual. Coaches, team moms and booster presidents will be the only ones with access to team emails or team phone numbers.

• When an email is sent to the team, a reply may not be made to the team but only to the sender (Coach, team mom or Booster President).

• JCHS cheerleaders are never to engage in dialogue on message boards, vents, etc… about their cheer program or other cheer programs.

\*Cheerleaders will be required to notify a coach in person if they will be absent from any activity. They will also be required to contact a coach 2 hours prior to the event/practice if they will not be able to make the event due to illness. This means making actual contact and NOT leaving a message or text or telling a team mate.

\*Cheerleaders will be required to join GroupMe to receive updated communications from coaches.

**IX. Appearance, Uniforms and Equipment**

* Hair must be worn up in a high pony tail with appropriate bow for all uniform events.
* Sports bras and biker shorts must be worn for games and practices but will not be worn in isolation away from the practice floor.
* Approved footwear must be worn while in practice or game attire. (No Uggs, bedroom slippers, etc…)
* Jewelry of any kind may not be worn while in uniform or while practicing. This includes tongue rings, belly rings, earrings, rings, necklaces or bracelets. (Medical alert charms and religious medals are exceptions but must be taped to the body)
* Cheerleaders may not wear nail polish or have nails that can be seen over the fingertips. (*NO ACRYLIC NAILS)*
* Each cheerleader will be provided a uniform. A non refundable rental fee of $50.00 per season may be required for each cheerleader. Each cheerleader will be expected to sign a uniform contract when they are first issued. Should any cheerleader quit the team or be removed, the upfront rental fee will not be reimbursed at any time regardless if the season is not complete or yet started.
* For any cheer fee, there will be no financial restitution made if a cheerleader is removed from the team for any reason or quits the team at any time. All fees must be paid prior to participation or else the student may be pulled from participating until the fees are brought to date.
* Lost or damaged uniforms will result in replacing the uniform at full cost.
* Athletes may NOT change out of uniform during an event and must follow uniform guidelines as established by the coach.
* Uniforms may only be worn for JCHS activities scheduled by the coach.
* Cheerleaders who leave the program, quit or are removed from the team must turn in any articles that indicate Johns Creek Cheerleading on the item.

**X. General**

* Cheerleaders are expected to attend a banquet at the end of their season. Football cheerleaders may be invited to the football banquet but will also be invited to attend the cheerleading banquet. Basketball cheerleaders may be invited to attend the Basketball banquet and the cheerleading banquet.
* All cheerleaders understand and acknowledge their commitment to any team; therefore, if a cheerleader does not complete the full season with a team, then the cheerleader may forfeit her opportunity to participate on any cheerleading team for the duration of her time at JCHS.

**COMPETITION TEAMS**: You MUST MAINTAIN or ADVANCE your tumbling skills throughout football/competition season and are encouraged to develop a course of action that will assist you in making these improvements. If you fail to do so, an alternate may replace you or you may be dismissed from the team. The coach may also request that you adhere to a weekly schedule with the team to advance tumbling. It is expected that athletes will continue to work on their skills outside of the normal practice schedule and a coach may request verification of this on a weekly basis. In addition, if you fail to follow ANY of the guidelines set forth by the high school constitution, the coach may substitute another team member into your position.

**XI. Lettering/Awards**

Lettering and Awards will be based on the following criteria:

1. Uphold guidelines outlined in the Constitution and finish the season in good standing

2. Participate in 90% or more of all squad activities

3. Varsity Sideline and Competition cheerleaders will receive letters for their participation in the sport of Cheerleading

4. Varsity Competition Cheerleaders may receive further recognition for successful completion in the sport of competition cheerleading (i.e. State and/or Region patches and medals for competitions they were rostered for and participated in, gold stars for their participation in at least one varsity competition during the season)

5. Competition Awards (region/state patches and medals, rings, etc…) will only be awarded to those performing on the competition floor during the competition season at the Varsity level

6. Letters will only be awarded to girls rostered at the Varsity level. (Junior Varsity cheerleaders who are “invited” to cheer with Varsity at Varsity level games are not considered a rostered Varsity athlete.

7. Cheerleaders who are benched for any reason may forfeit the opportunity of being awarded various awards during and at the end of the season.

8. To receive an academic achievement award, an athlete must obtain an 85 or better cumulative GPA

9. Scholar athletes earn a patch if their GPA is 90 or higher. (This is for Varsity only athletes)

**XII. Selection of teams**

The coaches will make team selections based on athletes they feel can best suit the needs of the team and who show the highest proficiency in the following areas: (may include but not limited to)

\*Previous experience \*Required Skills

\*Interview skills \*Assessment

\*Commitment level \*Flexibility of various roles

The tryouts will require attendance by all athletes. If an athlete misses more than one day of tryouts due to illness, they will need to provide notification to the coach and defer tryouts until after the last day of school. A student who does not make a team will not be allowed to tryout at a later date when tryouts are held for new or move in students.

If placement is given to multiple teams (i.e. FB and BB cheer) the athlete and parent recognize that this is a commitment to the program. Therefore, complete participation is expected for both teams. Failure to complete one will result in dismissal from the program.

A coach will determine what team an athlete would be best suited for and trying out for the cheer program indicates a desire to accept the placement given. In other words, an athlete does not choose what team they would like to try out for. Athletes who are involved in another sport will be considered for the seasons that will less likely effect their participation. However, the coach for the additional sport will be contacted to verify their participation. (We encourage athletes to be involved in other sports if they so desire, however, they will have to fulfill their duties of the season prior to attending the next seasonal sport, club or activity).

Competition cheerleaders will also serve as the Football Cheerleaders. Therefore, tumbling skills will be emphasized for all football cheerleaders.

All grades may be considered for Varsity level cheer teams.

9th-11th graders may be considered for Junior Varsity level cheer teams.

9th -12th graders may be considered for Varsity level cheer teams.

Because we are also training all of our athletes, especially our varsity athletes, to be collegiate level cheerleaders; we will be following many of the same requirements that are currently being adhered to by some of our local college cheer programs. Thus, the need for the varsity program to exhibit the highest level of skill to be both a competitor and sideline cheerleader.

During tryouts, coaches will be evaluating skills to make placement decisions. Some girls may be considered for both seasons if they indicate this desire to the coach. A coach may ask an athlete their seasonal preference but will explain that choosing this preference is not a guarantee for placement. At the conclusion of the tryout period, placements will be posted on the website by the girls tryout number provided the first day of tryouts. For football/competition teams, there could be some athletes who are given Varsity placement initially and others who are given Sub Varsity placement. Determination as to who will take the remaining Varsity slots will be made as skills are achieved after the tryout period. A coach reserves the right to move athletes at any time to and/or from Varsity and Sub Varsity.

\*\*\*\*\*Understand that the rules and regulations follow at least the minimum requirements as outlined by the Fulton County/GHSA policies; however, a coach has the authority to impose consequences above the minimum at any time. Once placed on a team, you will be required to read and sign your understanding of the Fulton County policies, as well.

**XIII. Transportation**

Cheerleaders are to ride the bus to and from all games and competitions. Cheerleaders will not be allowed to ride home with parents unless prior approval has been arranged with the coach and release forms are completed. This is a rule of the Athletic Department and is supported and upheld by the JCHS cheer coaches.

**XIV. Fundraising**

Each cheerleader will be required to participate in fundraisers decided on by the coaches, teams, and/or booster club. Cheerleaders are required to participate in all fundraisers

The Rules of the Georgia High School Association and National Federation of High School Associations are established to regulate participation and create a safe environment for all athletes. The JCHS coaching staff has no control over these rules but will enforce them to ensure safety and compliance by all.

I have read the John’s Creek High School Cheer Covenant/Constitution and I agree to follow the stated rules and regulations.

Cheerleader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature and Date

Parent:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature and Date

Please read and initial each of the following: **(Cheerleader and Parent)**

\_\_\_\_\_\_\_\_\_\_ I understand that I will be expected to bear the expense of uniforms, camp, clothing, clinics and other costs that may arise during the season. I will, also, participate in all fundraisers throughout the year.

\_\_\_\_\_\_\_\_\_\_ I understand that I/my child must respect the coaches, teammates, administration and faculty at all times.

\_\_\_\_\_\_\_\_\_\_ I understand I/my child must attend all practice sessions, activities and games and be a

Team player.

\_\_\_\_\_\_\_\_\_\_ I understand that I/my child are encouraged to attend summer camp and other

activities/practices planned during the summer and holidays throughout the season.

\_\_\_\_\_\_\_\_\_\_ I understand that I/my child represent John’s Creek High School and will act in a way

that will reflect on the school/team in a positive manner.

\_\_\_\_\_\_\_\_\_\_ Parent/Guardian - I understand that if I am not present at the Booster Club

meetings – I forfeit my right to make further comments about decisions that are made.