

# 2018 South Pointe High School Cheerleading

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## Cheerleading Constitution

### I. PURPOSE:

*"It shall be the purpose of this organization to promote and uphold school spirit, to develop good sportsmanship among students, to support the football program as well as other athletic teams and develop positive relations in the community and between other schools during athletic events. The organization's goal is to work in harmony with the administration, faculty, and football teams as well as athletic teams and other school organizations. As a competitive member your duties are expected further, into the competition scene of South Carolina where you will be expected to be the face of South Pointe!"*

### II. ELIGIBILITY REQUIREMENTS

- A. A competition candidate can be a rising 7<sup>th</sup>-12<sup>th</sup> grader attending or zoned for South Pointe High School.
- B. A Game Day candidate must be a rising 9<sup>th</sup>-12<sup>th</sup> grader attending or zoned for South Pointe High School.
- C. Those candidates not selected for Varsity Game Day team are eligible for JV Game Day if they are a rising 9<sup>th</sup>-10<sup>th</sup> grader.
- D. A candidate must meet the eligibility requirements set forth by the state of South Carolina High School League
- E. Each candidate must have certification by a medical doctor stating that she/he has passed a **physical** examination and is capable of cheering. Physicals must be uploaded to Planet High School PRIOR to tryouts.
- F. Each candidate must carry school insurance or present a waiver signed by parents stating that they have adequate accident insurance.
- G. Each candidate must turn in completed parental permission form & medical release form (Planet High School)
- H. Each candidate must turn in proof of residency prior to any involvement in any athletic activities for the 2018-2019 year.

### III. MEMBERSHIP

- A. The Varsity team will consist of 24 members. The Varsity team will be both Gameday and Competition. (Possibility for Competitive alternates pending tryouts)
- B. The JV team will consist of 16-24 members per squad. The JV team will be both Gameday and Competition.
- C. Cheerleaders will be selected by a panel of judges/coach observations during the day of tryouts. Their academic and disciplinary history will be reviewed prior to tryouts. **You will be given the judges scale for reference.**
- D. Once selected, a cheerleader who fails to remain a member all season will not receive a Varsity letter.
- E. The entire Varsity team will cheer at **all** Varsity Football games (home and away).

- F. The entire JV Game Day team will cheer at **all** JV home football games, Varsity Homecoming game. Possibility of an away game depends on the 2018 9<sup>th</sup> grade/JV football schedule (Lack of home games)

#### **IV. ATTENDANCE REQUIREMENTS**

- A. All team members are required to be at **all** practices, **all** games, **all** competitions, and **all** fundraiser events.

*This is fundamental to the success of the team, as a whole!*

- B. Absences will not be excused with-out pre-approval from the coach.  
(Excused may be a death in the family or a graded school function. Coaches must be alerted of school functions in advance)  
**\*\* Please schedule doctors' appointments, tutoring, and other activities around the practice schedule. These will **NOT** be excused. \*\***

#### **V. Important Dates**

- **Tryouts:** Monday, April 16, through Thursday, April 19. 4:30-6:30pm. Results will be posted at 3:30pm, Friday, April 20.
  - o **PLEASE NOTE:** tryouts can last roughly 2-3 hours on the final day. Candidates will be notified of extended time the day of if necessary.
- **Summer Camp:**
  - o **Varsity: August 1-4, 2018- overnight @ Great Wolf Lodge.**
  - o **Jr. Varsity: Date June 23-24 Home @ South Pointe**
- **Choreography (Varsity): June 23-24 @ South Pointe**
- **Choreography (JV): August 4-5 @South Pointe**
- **STUNT CLINIC (Varsity): May 18 4:00-8:00pm**
- **STUNT CLINIC (JV): June 1 4:00-8:00pm (Time may change\*\*)**
- **\*\* DISCLAIMER\*\* Tumbling/practice days when school starts are tentative and final dates will be worked out after teams have been finalized. An email will go out with these dates, so that you can plan accordingly. This means making sure you can attend all dates once they have been given and also making sure that you are available for in season practices.**
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- **ATTENDENCE FOR CAMP, CLINICS AND CHOREOGRAPHY ARE MANDATORY!!\* ( A calendar will be distributed to all cheerleaders soon after tryouts )**

#### **VI. Selection of the Captain(s)**

- A. Each team will have a captain/captains. The coaches will make the selection of the captains and co-captains on the basis of leadership abilities, attitude, peer respect and general abilities, and general knowledge of skills. The teams will also have a vote that will be taken into consideration. Prior involvement and seniority in Cheerleading at SPSHS will be considered although not necessary. All seniors will be expected to assume extra responsibilities and to provide leadership for other squad members. Further responsibilities regarding captains will be discussed at the selection time.
- B. In the event that the captain is not able to perform her duties, another senior cheerleader will be appointed via the coach and will take over until the captain is able to return.

#### **VII. Transportation**

- A. Each cheerleader is responsible for securing transportation to and from all practices and HOME GAMES. Cheerleaders need to be picked up no later than 15 minutes after a practice/game/competition.
- B. Each cheerleader is responsible for securing transportation to and from the school to ride on a bus with the TEAM to all AWAY GAMES.
- C. Cheerleaders who do not arrive within 15 minutes of the scheduled time to leave on the bus for an away game **WILL BE LEFT!**
  - a. They are therefore **not permitted** to secure transportation to and from the away game on their own!

#### **VIII. Purchase and Care of Uniforms**

- A. All uniforms are school property and **MUST be returned at the end of the season.** Uniforms that are turned in late will result in a late fee.
- B. Any damage done to the uniform or missing pieces must be paid for by the cheerleader. Any uniform damaged beyond repair must be replaced at today's cost. \*Grades, letters, and graduation will be affected until the issue is taken care of.
- C. The cheerleader is responsible for any alternations deemed necessary by the coach, and all upkeep of uniforms.
- D. Cheerleading uniforms should not be worn at any time other than at a game/Competition/pep-rally/team event decided by the coach.
- E. Purchased cheer attire should be worn when specified to ensure its durability for possible future years on the Cheerleading team.
- F. While Cheerleading practice attire may be worn in public, every cheerleader must be aware of their behavior, as you are a representative of the school and the Cheerleading Program! Inappropriate behavior in public could lead to dismissal at the coaches and/or Athletic Departments discretion.

#### **IX. Appearance- (all at Coach's discretion)**

- A. Uniforms and shoes should be kept clean at all times. Uniforms should be neatly pressed and in good repair.
- B. It is a **SC High School League rule** that **no jewelry** can be worn while **practicing, dancing, cheering, stunting, or tumbling!** This includes post earrings and ALL CLEAR RETAINERS! PERIOD!
- C. Game day make up and competition makeup will be up to the coaches' discretion. All makeup is the same for the whole team. **What is decided must be worn!**
  - Game day- **Game day makeup (Heavier than day to day) and Red Lips**
  - Competition- **Black Liner, Mascara, Heavier makeup than day to day, Red lips**
- D. All hairstyles during practices must be pulled back and out of the face. Hair should not inhibit stunting ability and/ or safety. Hair is worn the same on gamedays & competitions. Those will be discussed after team selection. **What is decided must be worn!** No hair colors other than natural hair colors is allowed during games. (This means, although its cute, no purple, pink, blue highlights, etc)
- E. Nails should be kept **short and fingernail polish free** for all games, competitions, & pep-rallies.  
SCHSL Rule

F. Please keep personal hygiene (underarms) in mind as our game day uniforms are sleeveless.

G. Appropriate, supportive sports bras should be worn with all uniforms. No bra straps should be visible.

Have a neat and kept appearance at all times! You are the face of South Pointe.

## X. Guidelines for Cheerleaders

### **SQUAD RULES and Expected Behaviors**

**\*\*\*Punishment will be the discretion of the coach. If the behavior is severe, benching or dismissal may occur.**

1. Be an asset to the squad.
2. **Don't talk negatively about fellow cheerleaders or behave in any manner to promote disunity on the squad. –SOCIAL MEDIA**
3. **Be able to take constructive criticism from the squad and/or coaches.**
4. **Abide and follow all rules and policies as stated in the South Pointe High School Student Handbook**
5. Be familiar with Football and competition rules
6. Do Not Call cheers if a player is injured.
7. Pay close attention to cheerleading calendars. Bring calendars to practice to make any necessary changes. Failure to attend a practice/game will not be excused just because a cheerleader did not know it was scheduled.
8. Uniforms are to be worn for games, pep rallies, and competitions only. No uniform should be worn out in the community without a covering, and no one other than cheerleaders should wear any part of a cheerleader's uniform, warm-up, or other official clothing.
9. Cold weather is a given during football season. **Warm ups or cold gear are to be brought to every potentially cold game.** Designated apparel for all games is decided by the coach.
- \*\*\*10. Arrive at all football games 1 hour before kick-off! These times will be announced in advance.(Stallion Walk)
11. No jewelry may be worn at games, practices, or Competitions
12. **No Cell phones visible or being used during practice, games, or any other cheer related event. The phone will be taken and returned after the event.**
13. Nails must be kept short at length at all times. (fist should be able to made comfortably) No nail polish!
- 14.No eating, drinking, or gum chewing while cheering.
15. **No leaving the field during a football game, Or the building of a competition site, unless approved by the coach.**
16. **Cheer at all times when the team is playing, along with timeouts & even when we are losing ☹**
17. **Take care of all personal needs before and during half-times of football games.**
18. **Be respectful to visiting cheerleaders and fans.**
19. **No conversations with the crowd while cheering.**
20. **Stand at attention when not verbally cheering.**
21. **PDA will not be tolerated.**
22. **Payments are due when announced. The cheerleader will sit-out until payment has been received.**
23. **Blatant disrespectful behavior and language are not allowed toward other members, captains, and/or coach**

24. Be dressed and ready beginning of practice (This means shoes on and tied and beginning stretching when role is called or you will not practice)

### **Grounds For Benching**

25. Absent to a game/competition/practice without permission

26. Grades- any "F" on a report card, or progress report, will result in benching until further updates from the teacher in which the F is received.

27. OSS from school- If a cheerleader is suspended from school for an infraction of school rules she can be dismissed. This will be handled on a case-by-case basis. A final decision will be made after speaking with administration.

28. If as cheerleader wears the wrong attire for a game, she **will not cheer** unless/until she receives the proper attire, this is specific as a bow.

29. Repeated insubordination toward coaches, captains or school personnel.

30. As much as the school does not want to punish a student because of finances cheerleading costs and the cheerleader will be benched until payments are caught up/ and or working with the coach at her discretion!

### **XI. Dismissal-** (Offences that result in dismissal)

- A. Arrest- If a cheerleader is arrested by a law enforcement official for any reason, she will be dismissed from the team.
- B. The second "F" on a report card or progress report
- C. Conduct unbecoming of a SPS Stallion Cheerleader which reflects upon the reputation of the school and squad.
- D. Repeated insubordination toward coaches, captains or school personnel.

1. A cheerleader that is dismissed or resigns during a year for reasons other than health will not be eligible for tryouts the next or for receiving a varsity letter. (Circumstances will be considered)

2. School suspension, of any kind, could deem you ineligible to tryout. At the discretion of the coaches and Athletic Department

3. School suspension is defined in the Student Handbook

(Please alert coaches of issues prior to tryouts so that those issues can be discussed with counselors if necessary)

### **XII. CONSEQUENCES**

**-These guidelines are in place to ensure that our team will always be the best in appearance, attitude, and performance. When one Cheerleader fails to abide by the guidelines, the entire team suffers. Therefore consequences will be administrated for behaviors that do not comply with our guidelines.**

### **XIII. FINANCIAL RESPONSIBILITY**

The cheerleader and parent are responsible for purchase of all items on the finances list. A cheerleader might have occasional additional expenses such as; photos, ETC ; other items will be discussed prior to the payment being due. This is an ESTIMATED price list. The prices are subject to change. Exact prices will be given after tryouts. \*Items do not necessarily have to be purchased if still in good condition.

## South Pointe High School Varsity Payment Information/Schedule

Athletic Fee	\$60.00
UCA Camp	\$450.00
Tumbling	\$245.00
Poms- Silver	\$20.00
Poms- Red	\$20.00
Nfinity Competition Shoes	\$85.00
Game Day Shoes <b>**New**</b>	\$65.00
Choreography and Stunt Clinic	\$40.00
<b>TOTAL</b>	<b>\$985.00</b>

\*\*\*Payments are due ON THE DUE DATE (no exceptions). Please mark these dates on your calendar in advance.

\*\*\*All payments must be paid online. A \$4.00 convenience charge will be applied to each transaction .

### Payment Schedule

Payment Date	Amount Due
Wednesday, April 25	\$250.00
Wednesday, May 23	\$250.00
Wednesday, June 27	\$250.00
Wednesday, August 22	\$235.00

**\*\*\*ALL APPAREL AND MISC GEAR MUST BE PURCHASED SEPARATELY THROUGH VENDOR AND ARE MANDATORY REQUIREMENTS. TAX WILL BE APPLIED AT CHECKOUT\*\*\***

## South Pointe High School Junior Varsity Payment Information/Schedule

Athletic Fee	\$60.00
UCA Camp	\$210.00
Silver Poms	\$20.00
Game Day Shoes	\$65.00
Nfinity Competition Shoes	\$85.00
Choreography and Stunt Clinic	\$40.00
<b>TOTAL</b>	<b>\$480.00</b>

\*\*\*Payments are due ON THE DUE DATE (no exceptions). Please mark these dates on your calendar in advance.

\*\*\*All payments must be paid online. A \$4.00 convenience charge will be applied to each transaction.

### Payment Schedule

Payment Date	Amount Due
Wednesday, April 25	\$200.00
Wednesday, May 23	\$120.00
Wednesday, June 27	\$80.00
Wednesday, August 22	\$80.00

**\*\*\*ALL APPAREL AND MISC GEAR MUST BE PURCHASED SEPARATELY THROUGH VENDOR AND ARE MANDATORY REQUIREMENTS. TAX WILL BE APPLIED AT CHECKOUT \*\*\***

**All apparel, bags, bows will be ordered through Sweet Tea in York, SC. All orders are to be made online. They will be shipped directly to the school. Orders can be made as pleased, as long as everything has been ordered and received by the deadlines.**

**2018 Apparel- Varsity**

Black Pros	\$15.00
Red Pros (used also as bloomers)	\$15.00
Black Capris	\$22.00
Grey Running Shorts	\$15.00
Red VARSITY Shirt	\$10.00
Light Grey Shirt	\$10.00
Colored Shirt	\$15.00
White Tank	\$20.00
Black Dry fit Shirt	\$11.00
Comp Jersey shirt	\$32.00
Rain Jacket	\$35.00
Warm Up Jacket	\$40.00
Warm up Pants	\$30.00
Book bag	\$32.00
Competition Bow	\$20.00
Game day Bows(home and away)	\$20.00
Plain Bows red, black, white	\$5.00/each

**2018 Apparel- Jr. Varsity**

Black Pros	\$15.00
Red Pros (used also as bloomers)	\$15.00
Black Capris	\$22.00
Grey Running Shorts	\$15.00
Colored Shirt	\$15.00
Grey Tank	\$20.00
Black Dry fit Shirt	\$11.00
Comp Jersey shirt	\$32.00
Rain Jacket	\$35.00



Warm Up Jacket	\$40.00
Warm up Pants	\$30.00
Book bag	\$32.00
Competition Bow	\$20.00
Game day Bow	\$15.00
Plain Bows red, black, white	\$5.00/each

**Deadline to order all apparel is June 4<sup>th</sup>. If you need assistance with dates, please contact Coach McAteer.**

**Apparel sizing will be held on April 25<sup>th</sup> during the team parent meeting.**

**Team Fundraisers-** All team members on both squads must participate in all team fundraisers. These funds cover cost of bus travel, meals during choreography and camps, cost of Choreography, additional team wear, uniform alterations and cleaning, etc.

**Jr. Cheer Camp- June 19-21 6-7:30-** All cheerleaders must sign up 2-3 girls to attend this camp.

**Snap Raise-** All cheerleaders must participate (incentives included)

**Sponsors**

**Spirit Nights-** 2 nights, each team will be present at least one night

**Car Wash-** Date TBD

**YPA Cheer Camp**

**Region Competition**