BARONS POMS



|  |  |  |
| --- | --- | --- |
| Page | Description | Action |
| 2 | Expenses | Keep |
| 3 | Expectations | Keep |
| 4 | Constitution | Fill out and Return |
| 5 | Constitution | Sign and Return Page 8 |

Coaches Contact Information

Mary Ingram

(240) 750-4995

[mary.e.ingram@gmail.com](mailto:mary.e.ingram@gmail.com)

Jessica Prophet

(240) 888-9687

[jessicaprophet1@gmail.com](mailto:jessicaprophet1@gmail.com)

- 2 -

*Estimated Costs for BCC POMS*

**Required Uniform Accessories (TBD)**

Briefs

Navy (1)

Nike-Sideline Cheer Shoes

Warm-up jacket

Warm-up pants

Tank

T-Shirt

Above items totaling aprox. $300

Season Bows (aprox. $30)

White socks

Tan Jazz Shoes aprox $50

**Other Accessories**

Bag (Optional & can be ordered online)

Optional Spirit Wear

*The above costs are estimated and may be more or less than stated.*

- 3 -

**BCC POMS EXPECTATIONS**

1. *There will be only tryout for the entire year. The season will begin August 14, 2019 and will continue through mid-March to the end of winter season.*
2. *Members are expected to perform at all home football games including playoffs, 3 invitationals & the county competition, specified home basketball (men and womens) games, and any other specified event determined by the coach.*
3. *Members are expected to attend all away football games.*
4. *All members are expected to attend, be on time, and be prepared for EVERY practice and game/event. The Coach must be informed WELL in advance (at least 2 days) of any absence/interference with a team activity. Failure to attend a practice the day before a scheduled performance will result in sitting out during the performance. Three unexcused absences from practices will result in disciplinary action at the discretion of the Coach. Three absences from any scheduled game/event, excused or unexcused, will result in removal from the squad. The team cannot properly function when girls are missing. Each game/event is just as important as the next and should therefore be attended by EVERY dancer.*
5. *Dancers are expected to attend ALL athletic events in their COMPLETE uniform. They must wear their CORRECT skirt and shell, correct footwear, and have their hair pulled up with the CORRECT BOW. Every dancer is also expected to come to practice properly dressed. This includes shirts/shorts, proper shoes, no jewelry, and hair pulled up. Cell phones will not be used during practice/game events.*
6. *It is mandatory that all athletes maintain a 2.0 GPA. A pattern of absenteeism or tardiness in school will result in suspension from activities. If an athlete has an unexcused absence on the day of a game or event-INCLUDING PRACTICE, they will not participate in the game/event.*
7. *In case of injury/illness, a doctor’s note is required and must be given to a Coach before being able to return to practice and/or dance at a game.*
8. *All members will be given calendars of all events. All members are expected and required to stay up to date on all team events. THERE WILL BE NO EXCUSE FOR MISSING A SCHEDULED EVENT AND/OR BEING LATE FOR SCHEDULED EVENTS.*
9. *Members are expected to be available for practices over Winter Break.*
10. *Dancers are expected to carry themselves in a respectful manner at ALL TIMES. Each should demonstrate school spirit, responsibility, and friendship among the Bethesda Chevy Chase High School Community. All should promote friendship with one another, athletes from other schools, and schools with whom BCC competes. HAZING/BULLYING IN ANY WAY WILL NOT BE TOLERATED.*
11. *All Coaches strongly believe that all members should have the utmost respect and positive attitudes towards one another. In order for each squad to be successful, all members must work together. If any disagreeable actions take place, disciplinary procedures will be taken at the Coaches discretion.*

- 4 -

Bethesda Chevy Chase Pom Squad Constitution

1. **PURPOSE**- It is the purpose of the Bethesda Chevy Chase Poms squad to:
   1. Work together to promote and uphold school spirit.
   2. Represent Bethesda Chevy Chase High School to the highest degree.
   3. Set an example of good behavior AT ALL TIMES (whether in uniform or not) in class, at games, and at all school functions, whether performing or not. You are representing Bethesda Chevy Chase 100% of the time.
   4. Work together to promote friendship between all levels of other school teams (cheerleading, band, field hockey, soccer, etc.)
   5. Work together to promote friendship with schools which we compete, and perform with.
   6. Work together to promote friendship between members of the squad.
2. **REQUIREMENTS**-
   1. Poms must take PRIORITY over all other extra-curricular activities (including JOBS and clubs) from August through March.

* Practices during the fall season will be Monday – Thursday. All home and away football games will be MANDATORY
* We reserve the right to change practice times at any point
* Practices in the winter season will not reflect the same schedule
* ATHLETES WILL BE EXPECTED TO BE AVAILBLE FOR PRACTICE OVER WINTER BREAK
  1. Only students attending BCC High School may be members of the squad.
     1. Students of feeder schools will be informed of upcoming tryout dates.
     2. Students from other schools in the Montgomery County Public School System may not be recruited.
  2. Squad members will be selected for the next school year through a formal tryout conducted during the fall.
     1. Tryout dates are selected after consultation with other members of the athletic department and will be announced at least two weeks prior to the first day of clinics.
     2. The tryout procedures consists of:
        1. A series of clinics where routines and skills will be taught.
        2. An impartial and experienced panel of judges will select new squad members at the final tryout date.
     3. All prospective candidates must turn in a completed parent permission form and a completed physical form before participation in clinics.
     4. Being on the squad the previous year in NO WAY guarantees placement on the squad for the following year. Every dancer must go through the same tryout/selection process every spring. In addition to ability, each dancer’s cooperation, effort, attitude and desire to get along with other squad members from the previous year will be considered.
     5. The Coach has final authority in member selection.
  3. Eligibility
     1. Each member must maintain academic eligibility. Montgomery County Public School requires the athletes maintain a 2.0 GPA but Coaches would like to see all dancers maintain above a 2.5 GPA.
        1. A member with more than one failing grade on a report card or less than a 2.0 GPA is ineligible until the next report card is issued and grades are acceptable.
        2. A member with a failing grade on a grade check is ineligible for the next performance or until the grade is brought up.
        3. A member with an unsatisfactory report in behavior will be ineligible for the next performance or until the coach has received a written note from the teacher.
        4. If a member is having difficulty in school, it must be reported to the coach.
        5. Any captain who becomes ineligible relinquishes her position permanently and the squad may elect a replacement, or the coach will choose a replacement.
        6. More than one failing grade in the final grading period makes the member ineligible for the first grading period. Only one grade can be made up in summer school.
        7. Members must maintain good citizenship marks, attendance, class performance, and teacher recommendations during the time on the squad and for tryouts. Problems in any area will be disciplined harshly.
  4. Uniforms
     1. Each member is responsible for maintaining the quality of all uniforms issued.
     2. When noted, uniform irregularities are to be fixed as soon as possible.
     3. All uniforms are to be returned **CLEANED** at the end of the season on a given date. Failure to comply with this policy will result in a “failure to clear” notice at the end of the school year.

1. LEADERSHIP
   1. The leadership team shall consist of:
      1. The coach is selected by the principal and/or the athletic director.
      2. The captains will be determined after try outs
   2. Duties and responsibilities of the leadership team:
      1. The captains shall:
         1. Arrive at practice 5 to 10 minutes before the starting time to ensure a prompt start.
         2. Lead in the teaching and perfecting of each routine, technique, and warm-ups at practice.
         3. Conduct an inspection before each performance.
         4. Coordinate a practice schedule with the coach.
         5. Ensure the timely completion of routines.
         6. Coordinate spirit and positive activities.
         7. Ensure that all music is edited for performances and back-ups are made. Be responsible for the music equipment at practice.
         8. Choreograph football and basketball routines.
2. CONDUCT
   1. By accepting the privilege/honor of wearing a BCC Poms uniform, a dancer accepts that fact that her actions are more prominent than those not associated with such an activity.
   2. Due to this prominence and because members represent the school, EXEMPLARY behavior is mandatory at all times. This conduct applies anywhere in the community of BCC and at all functions where dancers are recognized as representatives of Bethesda Chevy Chase.
   3. Dancers are expected to carry themselves in a respectful manner at ALL TIMES. Each should demonstrate school spirit, responsibility, and friendship among the Bethesda Chevy Chase High School Community. All should promote friendship with one another, athletes from other schools, and schools with whom BCC competes. HAZING/BULLYING IN ANY WAY WILL NOT BE TOLERATED. We are expected to follow the MCPS No Tolerance Bullying Policy. Any form of bullying addressed by a parent will result into a meeting with the parent, dancer(s), coaches, Athletic Director, and if necessary, BCC Administration.
   4. Proper appearance is required at all times with clothing appropriate for the occasion.
   5. Members must not use foul language at practice, at school, at games, etc.
   6. Drug usage (INCLUDING ALCOHOL) is not allowed and WILL NOT BE TOLERATED at any time according to Bethesda Chevy Chase’s Athletic/Activities Code, EITHER ON OR OFF CAMPUS.
   7. Members may not smoke.
   8. Practices begin promptly, and all athletes need to be on time and READY TO GO.
   9. Members must bring appropriate athletic wear, running sneakers, jazz shoes, water bottle, ankle weights, dumbbells, and poms to every practice.
   10. Members are expected to be at practice from BEGINNING TO END.
   11. Only the coach may excuse a member from practice.
   12. Appropriate dress for practices and games include:
       1. Proper shoe attire
       2. Clothing and makeup appropriate for practice and games.
       3. NO JEWELRY! Including belly button rings, cannot be worn at ANY PRACTICE OR GAME or any poms function. No bandaids are allowed for covering up piercings.
       4. Hair must be pulled back and OUT OF FACE at all times.
   13. Captains and the Coach will have an inspection before every performance.
   14. If you are late to warm-ups/practices or games you will either run extra laps or you will not perform in a game. If a member needs to speak with a teacher and will be tardy to practice, Coach needs to be notified before the TARDINESS occurs.
   15. Members perform at home varsity games and matches, and will attend cheerleading competitions.
   16. A demerit system will be used to monitor the attendance and behavior of each member.
   17. Every attempt will be made to deal with each situation fairly/equally and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of the “crime” or repeated offenses may dictate harsher punishments.
   18. Because this constitution cannot encompass all situations, unforeseen events will be dealt with in a manner decided upon by the coach, with assistance from school administration if deemed necessary.
   19. The captains demand the same respect as the coach. They will be chosen by the coach. Therefore, they must be treated with the same respect and attitude the coach is given. If they are not, the offending party will be spoken to and action may be taken.
   20. **The entire team will function under a 36-hour policy. If a disruption occurs inside or outside of practice, all affected parties will have 36 hours to bring the issue to the coach’s attention. After 36 hours, both if the issue was addressed or not addressed, the disruption will need to be forgiven by the affected parties. This policy applies to coaches, athletes, and parents.**

**\*\*REMEMBER:** We are a close working team. Your conduct towards one another sets the tone for the entire squad and season. Please help your Coaches and Captains as much as possible, they have a difficult and demanding job and need you support

1. HANDBOOK GUIDELINE COMPLIANCE
   1. All rules and regulations imposed on any BCC student will be imposed on pom squad members. Members are responsible for knowing these rules.
   2. The squad will function within the guidelines set forth in the current MCPS Athletic Handbook and Poms Coaches’ Handbook which may not have been expounded upon in this document.
2. BCC POMS DEMERIT SYSTEM
   1. If you are late to ANY practice or game and/or leaving early without properly notifying the coach at least 2 days prior, if you are improperly dressed, not prepared, not cooperative, any/or disrespectful at any event, a demerit will be given and signed by the member. Once 5 demerits are received a meeting with the athlete, athletes parents, and coach will be arranged. After 10 demerits are received the Athletic Director will be informed and further consequence will be discussed.

**CAUSE FOR PROBATION OR DISMISSAL**

* 1. Suspension from school
  2. Failure to participate in required squad activity
  3. Using drugs, alcohol, or smoking outside of school
  4. Missing practice the 7 days before a competition

**10 DAY SCHOOL SUSPENSION**

* 1. Coming to a game, practice, or other school function under the influence of illegal drugs or alcohol

**DISMISSED**

* 1. Using drugs, alcohol, or smoking in uniform on school grounds………….
  2. Chronic tardiness or resistance of Constitution rules……………………………….

**IF ADMINISTRATION OR ANOTHER TEACHER SPEAKS TO THE COACH ABOUT A DISCIPLINARY ACTION, DEMERITS, NOT PERFORMING AT A GAME. AND/OR DISMISSAL WILL BE FORTHCOMING!**

\*Other demerits may be given at the discretion of the coach.

\*Members face consequences from the school discipline policy as well.

There are few reasons that dancers will be EXCUSED from practices and/or games. Examples may include; being home sick from school, doctor’s appointments (PLEASE TRY NOT TO SCHEDULE DURING PRACTICES OR GAMES), and of course family emergencies. They all require a phone call or note from a parent/guardian and/or doctor. Other excuses will be dealt with on a case by case bases.

\*DRIVING SCHOOL AND JOBS ARE **UNEXCUSED** & WILL RESULT IN DEMERITS AND/OR PUNISHMENTS.

**DANCERS: PLEASE RETURN THIS PAGE after SIGNING**

\*\*As a possible member of the Bethesda Chevy Chase High School Pom Squad, I agree to abide by the rules outlined in this Constitution & Demerit System

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete’s Signature

\*\*As a possible parent of a Bethesda Chevy Chase High School Pom Squad, I have read and discussed this Constitution & Demerit System with my athlete

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature

**\*\*THANK YOU FOR YOUR SUPPORT & COOPERATION\*\***

Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ID#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DOB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade Next Year\_\_\_\_\_\_\_\_\_

Parent/Guardian Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Cell Phone #’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian E-mail Addresses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_