

HOMEWOOD HIGH SCHOOL CHEERLEADING CONSTITUTION

This constitution is not a complete list of any and all regulations and expectations concerning the cheerleaders; therefore, it is the prerogative and responsibility of the coaches to use common sense in dictating rules that cannot be written.

With any honor comes a certain degree of responsibility. The honor of representing the team, the students, and the community requires that a cheerleader maintain a conscientious attitude at all times, both in extracurricular and academic activities. Cheerleading must be your first extracurricular responsibility. Jobs, competition cheerleading or other after school activities should not interfere with cheerleading responsibilities. The rules and regulations of this constitution will serve as a guideline to help you successfully meet the responsibilities of being a cheerleader. However, the Cheerleading Program is by no means strictly confined only to activities, rules and regulations that are explicitly defined in this constitution.

The Homewood High School Cheerleading Program follows the AACCA High School Safety Rules and the NFHS Spirit Rules.

CHEERLEADER RESPONSIBILITIES:

All Varsity, Junior Varsity, and Freshmen Cheerleaders will:

1. Cheer at football games, basketball games and any other sporting events deemed necessary by the cheerleading sponsors. This will include regular season and play-off games.
2. Participate in Homewood and city parades.
3. Attend mandatory practices (in-season and summer).
4. Attend the entire school day (no check ins or outs) on the day of a game or a pep rally unless pre-approved (1 week) by the sponsor.
5. Attend all HHS Cheerleading sanctioned events beyond the activities described above.

Failure to comply with the above will result in consequences listed on demerit sheet.

CHEERLEADER BEHAVIOR:

As representatives and leaders of Homewood High School, cheerleaders shall conduct themselves in a responsible and dignified manner at all times. They should continually exemplify strong character and leadership qualities.

1. No smoking or drinking on or off campus.
2. No bickering among the individual squads or the program.
3. No breaking of any school rule that will result in suspension, in or out of school.
4. No violating the Homewood High School honor code.
5. No breaking camp rules during summer camp.
6. No exhibiting behaviors that are unbecoming of a HHS cheerleader.

If a cheerleader fails to abide by these rules, he/she will receive the following consequences:

1st offense – The cheerleader will sit out of the next two events.

2nd offense – The cheerleader will sit out of the next four events.

3rd offense – The cheerleader will be permanently suspended from the cheerleading squad.

*After the 2nd or 3rd offense, the cheerleading directors, athletic director and the administration will use discretion when determining whether the cheerleader will be allowed to try out for cheerleading the following year.

*The above consequences are based on infractions occurring all in the same year.

*Repeated infractions throughout the cheerleader's high school career may result in dismissal from the cheerleading squad and/or the inability to try out for cheerleading.

COACHES:

The coaches of these squads are appointed by the principal and approved by the Homewood City School Board. Throughout the year the coaches will inform the cheerleaders about all practices, games, meetings, and projects the cheerleaders will undertake. Because not every situation can be foreseen, it is the right and responsibility of the coaches to handle these situations with common sense and act in the best interest of the HHS Cheerleading Program.

TRYOUTS:

In staying consistent with the cheerleading expectations for grades, a candidate must have at least a 2.0 for the previous semester with no failed core classes. This rule applies to the average of 1st and 2nd nine weeks grades at HMS. Students enrolled in math team, pre AP and AP courses will have quality points included in their class averages in each class.

ACADEMICS:

Cheerleaders must maintain a "C" average in each class. Students enrolled in math team, pre AP and AP courses will have quality points included in their class averages. Grades will be assessed at the interim of each grading period and at the end of each nine weeks/semester.

2, 4 and 6 week progress reports:

D or F = study hours and other helpful measures will be assigned

End of 9 weeks and Semester:

D or F= The cheerleader will begin a probation period.

- The cheerleader will sit out of the next two events and attend star tutoring for two weeks. Following the two week probation period, the cheerleader will continue to sit out of events and attend star until grade is a C or higher. If a cheerleader remains on grade probation for an extended period of time, the cheerleading directors, athletic director and administration will use discretion when determining whether the cheerleader will be allowed to try out for cheerleading the following year and she may be permanently suspended from the cheerleading squad.

GRADES:

Grades in cheerleading will be determined by the demerit system. A separate demerit list will be provided to the cheerleaders.

PARTICIPATION:

Cheerleading is a team sport. In order for our squad to be successful, each member is required to give 100%. Responsibilities that are not met will result in demerits or other forms of punishment determined by the coaches depending on the situation. Acquiring a set number of demerits will result in suspension from cheerleading activities. Coaches will keep a record of each individual's infractions. Demerits will be reflected in the cheerleading grade. Demerits will start over at the beginning of each nine weeks.

- Nine demerits (91 average) – The sponsor will make a parent contact to discuss the demerits and develop a plan to minimize the number of demerits accrued in the future.
- Fifteen demerits (85 average) – Two week probation and parent conference.
- Twenty demerits (80 average) - Permanent suspension from squad. The cheer directors, athletic director and the administration will use discretion when determining whether the cheerleader will be allowed to tryout for cheerleading the following year.

FINANCES:

Each cheerleader will be issued a report that will include all of the expenses for the cheerleading season. The sponsors will enforce the payment of the deadlines.

TRANSPORTATION:

The cheerleaders will provide their own transportation to home, away area, and over-the-mountain games. Otherwise, the squads will travel together in provided transportation to be determined by the coaches.

ABSENCES AND TARDIES:

All practices, games and events are mandatory unless the coach specifically states otherwise. Excused absences are illness, death in the family, and scheduled school related function.

A cheerleader is not eligible to participate in any after school event if she does not attend a full school day due to illness.

Tardiness during the school day will be handled through the office. Tardiness to after school events will result in extra running and/or demerits.

GRIEVANCE PROCEDURE:

We expect and encourage communication between parents, cheerleaders, and coaches. We welcome discussion regarding any concerns or ideas that any party may have.

Please use the following order to communicate any cheerleading concerns:

1. Cheerleading Sponsor
2. Cheerleading Head Coach
3. Athletic Director
4. Principal