

## Saint Louis High School Cheerleading Constitution 2019- 2020

**(Must sign all pages by the parent/student, and submitted on the first day of tryout week)**

### Purpose

The purpose of SLC cheerleading is to create, promote, and uphold school spirit in accordance with school rules and to represent SLC in a Christian manner. SLC cheerleaders must exemplify behavior suitable to their position of leadership. These guidelines of the cheerleading constitution outline details of behavior responsibilities, uniform information, expense obligations, parent involvement, and tryout procedures. This document is designed to inform administration, faculty, students, and parents of important details pertaining to the SLC cheerleading program.

1. The SLC cheerleaders will be divided into two squads. Varsity consists of juniors & seniors; Junior Varsity consists of freshmen & sophomores. Their purpose is as follows:
  - a. To promote school spirit, cooperation, and communication among faculty, students, and parents.
  - b. To promote healthy and sportsmanlike conduct.
  - c. To create a positive, inviting, and upbeat atmosphere for the school community.
  - d. To develop character, leadership, and commitment in each member.
  - e. To be goodwill ambassadors between SLC and the community.
  - f. To demonstrate Christian behavior and to set an example with positive representation of the SLC cheerleading program.
2. In addition, each cheerleader agrees to promote good relationships with rival schools and to participate at the following events:
  - a. All sporting events when requested including but not limited to football, volleyball, basketball, soccer, and baseball.
  - b. Summer camps
  - c. Jr. cheer clinics
  - d. Pep rallies
  - e. Charitable events
  - f. Any other events placed on the cheerleading calendar

### Cheerleader Tryouts

Tryouts are open to anyone who plans to attend Saint Louis Catholic High School rising to 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> grade. Candidates must be enrolled at Saint Louis Catholic High School on the date of tryouts.

1. Each candidate must secure an information packet and provide the following on the first practice day of mandatory practice leading to tryouts.
  - a. Signed copy of the SLC constitution signed by candidate and parent.
  - b. Signed registration form by candidate and parent.

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Cheerleader Signature

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Date

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Parent Signature

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Date

- c. Candidates are expected to attend tryout workshops to learn the tryout material. Attendance is expected, failure to participate in the workshop could severely hamper the candidate's ability to learn the material used for judging at the tryouts and therefore will/could impact their ability to make the squad.
  - d. Candidates must turn in a current report card by tryouts or he/she **will not** be able to tryout. Must have a minimum of a 2.00 GPA.
  - e. Candidate must be able to execute and land a back handspring on the cheer mat, no exceptions.
  - f. Video tryouts may be allowed for **temporary extreme medical conditions** which cannot be older than 4 months. A doctor note (not from an urgent care facility or parent/family member) must be presented stating the diagnosis, specific limitations, and when the candidate may return to participating in all athletic requirements such as tumbling, jumps, stunts, etc. by Wednesday the week of tryouts. The injured candidate must attend all practices, tryout and perform all skills that are not prevented by the injury. Judges will refer to the video for any skills that the candidates are unable to perform. Tumbling videos submitted will have the same requirements each candidate will adhere by on the day of tryouts. If cheerleader does not regain required tumbling skills he/she will be placed on probation until they can execute the skill properly in front of the sponsor/coach.
2. As a group, each class will spirit into position and perform a chant for the judges. The group will then be asked to go back to the waiting room. He/she will then spirit into position (perform his/ her running tumbling pass if desired). He/she will be asked to throw a back handspring on the cheer mat. This will be mandatory, and the judges will either circle yes or no. The judges will then ask the candidate to begin when they are ready to start. Each candidate will be judged on the following and will be worth 10 points each except for running tumbling worth 20 points.
- A. Running Tumbling: roundoff back handspring(s) 1 – 5, front walkover roundoff back handspring X2, roundoff back handspring tuck, or roundoff tuck 6- 10, roundoff back handspring whip through or roundoff backhandspring layout 11-15, roundoff back handspring full 16-20
  - B. Standing Tumbling 0-10
  - C. Spirit & Enthusiasm 0-10
  - D. Jumps 0-10
  - E. Motions Technique 0-10
  - F. Voice projection 0-10
  - G. Chant 0-10
  - H. Cheer Memorization 0-10
  - I. Overall Impression 0-10
  - J. Although it is mandatory to throw a back handspring on the cheer mat, this skill must be executed and landed on two feet for my own safety. I will not attempt the skills throughout the tryout process if I am not comfortable in doing so. I understand Saint Louis High School, nor the Saint Louis Cheer Organization is making me throw any skill that I am uncomfortable doing including but not limited to standing or running tumbling skills, and jumps on or off the gym mat. We/I understand it is our decision to try out for Saint Louis Cheerleader, and at any time during the process the candidate does not want to continue with tryouts he/she reserves the right to forfeit tryouts at any time for the current year but may return and tryout the following year.

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 Cheerleader Signature

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 Date

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 Parent Signature

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3. The attire for all candidates must be the same: All black shorts or nike pro's, all white tank tops (no pictures or school related clubs/team names) white sports bra, white crew socks, white tennis/cheer shoes, white bow, and high ponytail.
4. Squad selection will be determined by the top scores and will be selected by using the natural break of scores.
5. Results will be posted on the SLC cheerleaders Facebook page and Instagram page by NUMBER ONLY!

### **Captains & Co-Captains**

1. Candidates must have a mature leadership skill, maintain good organizational skills, demonstrate a strong sense of responsibility, adhere to the constitution, and be willing to set a good example on and off campus always. Varsity Captain(s) must have one year of varsity cheerleading experience. Junior Varsity Captain(s) must have one year of junior varsity cheerleading experience.
2. Candidates will be selected based on judges scores, spirited, team oriented, leadership skills, positive attitude, cooperation, energetic, committed, respectful, works well with others, and missed less than 25% of games/practices combined.
3. All candidates must write a two-paragraph paper explaining why you would be an asset as cheer captain of the squad. List a few positive and negative things about the cheer program and what you would suggest making it better.
4. All captains are required to attend summer camp.
5. Captains are required to bring call sheets to all games.
6. Captains are to assist the coaches including but not limited to pep rallies, camp, practices etc.

### **SLC Cheer Requirements**

1. Cheerleaders are expected to have excellent school attendance.
2. Attend and participate in ALL practices and activities listed on the cheer calendar.
3. Cheerleaders must attend school to participate in any performances.
4. Must attend all mandatory scheduled practices included but not limited to, school games, pep rallies and other scheduled events or activities as notified by their sponsor.
5. Cheerleaders are required to participate in all fundraisers.
6. Cheerleaders are required to participate in nonprofit community events determined by sponsors/coach.
7. MUST attend and complete summer cheer camp. Failure to complete camp will result in one unexcused absence and will not be able to perform any camp routines throughout the year. Cheerleaders will be required to attend all practices even if they are unable to attend camp.
8. All cheerleaders are required to be on time and stay the duration of the scheduled event unless excused by the sponsors/coach.
9. Varsity is required to cheer at all varsity football games no exceptions.
10. Junior Varsity is required to cheer at all JV football games and varsity home games. JV will travel with varsity to away varsity games and sit/stand together as a team.
11. Varsity (Juniors) are required to bring flags, stereo, and megaphones for student section to all varsity football games.

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Cheerleader Signature

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Date

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Parent Signature

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12. Junior Varsity (Freshman) are required to bring/hang banners, poms, and medicine bag to all football games. (Banners go to varsity games only)
13. Junior Varsity must pull all banners down/ gather pom poms and put in wagon at varsity home football games before/after attending the alma mater. (Must bring backpacks and belongings to alma mater, sponsor/coaches are not responsible for unattended personal belongings)
14. Buses – All cheerleaders who ride the bus to an away game are required to return on the bus unless they have a written letter approved by the sponsors/coach. Cheerleaders WILL NOT be allowed to ride home with a student driver with or without a note. (Adults only)
15. JV will cheer at girls varsity basketball games.
16. Varsity will cheer at boys varsity basketball games.

### Competition

1. Competitions are not mandatory, however, if the squad is unable to form a safe competitive team with the number of cheerleaders wanting to attend, the sponsors/coach reserve the right to forfeit competition for that year.
2. The participation and work ethic along with your skill level will determine where you will be placed in the routine for the competitiveness and safety of the cheer squad.
3. Must have a signed form by student and parent agreeing to participate in competition by September 27<sup>th</sup> turned into the sponsor.
4. Sponsors/coach will know by the first of October if SLC Cheerleaders will attend competition for that year. All practices will be mandatory even through some weekends and school breaks. Practice dates and times will be announced by October 1<sup>st</sup>. We will not practice during Thanksgiving or the week leading up to Christmas. We will start back practices after the new year. We are done by the middle of February.

### Unexcused – Tardy or Absence

1. Cheerleaders are not to miss any scheduled event including but not limited to practices, school games, pep rallies or other scheduled events on the cheer calendar.
2. Examples of unexcused absences including but not limited to tutoring outside of school, sports outside of Saint Louis High School, jobs, friends & family parties, and extracurricular activities outside of SLC. Note: If a scheduled event is rescheduled, you must notify the sponsors/coach immediately if you are unable to attend.
3. Tardiness will not be accepted. You are to report in with the sponsor and in your designated place on time. That does not mean in the vicinity, that means in place, with the team. Plan to arrive early if you tend to run late. If you are late more than fifteen minutes without pre-approval by a sponsor, you will be required to sit out in a designated area.

### Excused- Tardy or Absence

1. For any absence to be considered approved, it must be cleared by a sponsor prior to an event unless there are extenuating circumstances including but not limited to a death in the family, hospitalized etc.
  - a. If a cheerleader is absent or tardy for any athletic function that is school related, meeting with a teacher/administrator, and makeup test will be considered an excused absence. Illness or injury with doctors' excuse will be considered an excused absence.
  - b. If a cheerleader is ill or injured under doctors' care, a written doctors excuse should specifically dictate the type and degree of physical limitations.
  - c. If cheerleader is ill or injured and shows up for practice or an event then released by a sponsors/coach, he/she will be excused. Cramps and headaches **are not** excused, cheerleader may sit out at sponsor's discretion.

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- d. Vacations must be submitted one month prior to departure date for it to be excused however vacations are unexcused during camp season (practices leading up to camp), football season, and competition season, with the exception of the one week between Christmas and New Year.
- e. Sports, organizations, and clubs within Saint Louis are excused and encouraged. Cheerleaders will be responsible for communicating with all sponsors.
- f. Cheerleaders are responsible for letting the coach/ sponsor know if they will be late, have a vacation, sick, etc., not his/ her parent.

### Uniforms and Expenses

1. Cheerleaders are responsible for purchasing and maintaining all necessary items including but not limited to workout clothes, uniforms, warmups, and accessories as required.
2. All personal items should be labeled with the cheerleader's name. Uniforms shall ONLY be worn by the cheerleader approved activities.
3. All cheer clothing and accessories must be clean and in good order before each cheer activity.
4. Jewelry may not be worn while a cheerleader is in uniform. Diamond, pearls, or clear studs only and cannot hang past your earlobe.
5. Uniforms are to be worn on the hips and **NOT** pulled up over the belly button. If you see the attached brief under the skirt the uniform is too small.
6. Uniforms must be approved by sponsors/coaches mandated by administration. If a uniform becomes too small throughout the year and is deemed inappropriate, the cheerleader will not participate in any activities the uniform is to be worn.
7. All cheerleaders will be issued poms and face stickers as part of their uniform before the first football game and must return poms after the last football game. If the poms are damaged the cheerleader will be responsible to pay for a replacement pair. Each cheerleader is responsible for their own poms for every football game NO exceptions. If a cheerleader forgets any part of their uniform, they will dress in full uniform minus the articles they have forgotten and sit out in a designated area.
8. When in uniform at school or in public, the proper cheerleading attire but not limited to shoes, socks, bows, and other accessories shall be worn always. If not in full uniform, you will sit out in a designated area during the duration of the game or event.
9. School owned uniforms or accessories including but not limited to borrowed items, ribbons, bows, poms, pink socks, pink shoelaces etc. must be returned clean and unharmed or cheerleader will pay a replacement cost for the item determined by sponsor/coaches and **WILL NOT** be discounted as used. Example poms will be \$25.00 each etc.
10. Cheerleader **WILL NOT** be able to attend the following cheer function including but not limited to game, parties, banquets etc. until all items are returned clean and unharmed.
11. It is the discretion of the sponsor/coaches to determine the proper fit of the uniform.
12. A list of expenses will be distributed at the first parent meeting that will include but not limited to uniforms, accessories, camp fees, sponsorships, program ads, and fundraisers etc.
13. All uniforms, practice apparel, and camp fees are due prior to camp in May, date to be announced.
14. Uniforms, practice apparel, and other accessories will be held until payment has been received.

### Conduct

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. All Cheerleaders should be aware that in or out of uniform they are representatives of the cheerleading squad and Saint Louis High School, and should act accordingly in maintaining a higher standard of conduct. Cheerleaders will abide by school codes of conduct both in and out of uniform, both at and away from school.

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Cheerleader Signature

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Date

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Parent Signature

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1. Cheerleaders will not eat food, candy or chew gum while performing or at practice.
2. The use of phones is not allowed at practice, during a game or performance.
3. All cheerleaders are not allowed to leave practice without thoroughly cleaning up the practice area including mats, clothing etc. or the whole team will run 3 up down and arounds at the next practice. The only exception is when a squad is released earlier, they will not be required to stay and clean up.
4. Cheerleaders will demonstrate good sportsmanship always.
5. Cheerleaders will refrain from public displays of affection while in or out of uniform. Cheerleaders will be courteous and respectful to their teammates, sponsors, coaches, teachers, classmates, and all school administrators always.
6. For the safety of our students, hazing will result in punishment determined by sponsor/coaches and administration. The definition for haze or hazing is as follows: To intimidate by physical punishment, to harass or try to embarrass or disconcert by banter, ridicule, or criticism, treatment intended to put in ridiculous or disconcerting positions without consent.
7. Cheerleaders will not be involved in any incident involving alcohol, drugs, tobacco, or engage in any illegal activity brought forth to the administration with proof. Violation of any of these rules will result in benching for a period of time or dismissal from the squad and will be determined by the sponsors/coaches and administration.
8. As a SLC cheerleader, you understand the misuse of any social media including but not limited to Facebook, Snap Chat, Instagram, Finsta, Twitter, Tumblr, etc. will result in harsh punishment and possible dismissal from the squad. Punishment will be determined by the sponsors and administration. Examples include but are not limited to the use of drugs, alcohol, bullying, foul language, derogatory or inappropriate comments, racism, or sexual conduct.
9. If a cheerleader is removed from the squad all issued uniforms or accessories are to be returned immediately.
10. All cheerleaders must adhere to the regulations and the expectations set forth in the student handbook.
11. Violations of these rules and all others will result in consequences, and possible removal from the squad upon the determination by the sponsor/coaches and administration.

### Miscellaneous

1. A cheerleader must be covered by a family medical insurance policy. Verification of insurance coverage must be given to the sponsor.
2. If a cheerleader at anytime injures themselves or has an issue, they are to let the sponsor know right away and are to not leave the area where the squad is, without letting the coach know.
3. Cheerleaders are to not leave the area where the team is, without permission from the coach/ sponsor, to ensure the safety of all athletes.
4. A cheerleader must pass a physical examination stating that he/she is in condition to participate in cheerleading activities including by not limited to tumbling, stunting, jumping, etc. A copy must be given to the sponsors/coach by April 20th prior to summer camp.
5. Cheerleaders are responsible to turn in a current report at the end of each grading period. Every cheerleader must maintain a 2.00 GPA.
6. For the safety of the athlete all positions on the SLC Cheer Squads are determined by sponsors/coach and there is to be no questioning their placement or position.
7. Visitors are not allowed with the squad while cheering at a function. Cheerleaders will be required to take a one hour group or 30 minute individual private tumbling class, per week with a reputable gym or private coach that teaches multiple students and approved by the

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Cheerleader Signature

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Date

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Parent Signature

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sponsors/coach. A tumble contract will be due every Friday. If you can throw a standing tuck **AND** a round off back handspring layout on the cheer mat, you will be exempt from turning in a tumble contract.

8. Every cheerleader is required to tryout every year regardless of whether he/she has previously been an SLC cheerleader.
9. CHEERLEADERS are responsible to notify sponsors for any absences and/or tardiness via band or text.

### Sponsor(s)

The sponsor(s) are appointed by the principal and approved by the Saint Louis Catholic Administration. They are employees of Saint Louis Catholic High School and have completed the Safe Environment Course required by the Diocese of Lake Charles School Board. They are responsible for coaching cheerleaders in the areas of motions, jumps, and stunting techniques. They are also responsible for all cheerleading activities including but not limited to games, fundraisers, camps etc. They are to adhere to the cheerleading constitution and provide a positive atmosphere for all cheerleaders. Because not every situation can be foreseen, it is the responsibility of the sponsors/coach to handle these situations with common sense and to act in the best interest of the Saint Louis Catholic High School Cheerleading Program. All cheerleading decisions are up to the discretion of the sponsors, coaches and or administration.

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Cheerleader Signature

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Date

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Parent Signature

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Date

