

DEL NORTE HIGH SCHOOL CHEER CONSTITUTION

PURPOSE:

1. Be a representative of Del Norte High School
2. Promote school spirit
3. Develop team responsibility, self-confidence, and enhance self-capacity through team participation
4. Promote a sense of good sportsmanship among students and adults

ELIGIBILITY:

1. A cheerleader must be a student currently enrolled and attending DNHS, enrolling for the 2017-18 school year, or have an inter/intra-district transfer approved PRIOR to tryouts for the school year.
2. During each grading period, cheerleaders must obtain at 2.0 GPA or better in order to be eligible to participate at games. All cheerleaders are expected to utilize tutorial sessions. Mandated tutorials will be enforced by the coaches for cheerleaders receiving below a 2.5 GPA.

DEFINITION OF SQUADS:

Squad members will be selected each year *strictly* on the basis of total points earned during the tryout process. **NO extra points will be given or made due to previous squad placement, however previous years on field/ court attitude and performance will be taken into consideration.**

1. **Varsity squad** will consist of Seniors, Juniors, or Sophomores.
2. **Junior Varsity squad** will consist of Juniors, Sophomores, or Freshmen.
3. In the case of a Freshman squad, Freshman will only be allowed to make the Freshman team.

RESPONSIBILITIES:

1. Cheerleaders are expected to complete a full term in that position. **Any cheerleader not completing a full term or missing more than 3 games/mandated events will be ineligible for any award, this includes a Varsity Letter.**
2. Cheerleaders may not hold a position within or outside the school that would be in conflict with the duties and time requirements of a cheerleader.
3. Cheerleaders must read and understand the DNHS Student Handbook (posted on the DN website, under "Student") and the DNHS Athletic Handbook (posted on the Athletic Home Page).
4. The rules and regulations of this constitution and the decisions of the advisor, coaches, Director of Activities, Athletic Director, and/or the administration will be final.

CAPTAIN & CO-CAPTAIN(1 Captain & 1 to 3 Co-Captains):

1. Work closely with the coaches/ advisor in planning cheer activities, performances and practices.
2. Start cheers and chants at games.
3. Act as a liaison between advisors and cheerleaders.
4. Call/text squad members as necessary.
5. Teach and lead dance routines when necessary.
6. Act as a role model to teammates.
7. May be demoted, at the discretion of coach/advisor, as a result of any problems that occur during season.

SUMMER CAMP/SUMMER PRACTICES: Camp attendance is highly recommended

1. **CAMP WILL BE AUGUST 4-7 @ University of California – San Diego**
 - A. Each cheerleader must have a physical on file, along with a signed Medical Release, and Permission to Participate form prior to leaving for camp
 - B. Coaches will be present at camp, acting as chaperones/advisors.
2. If under very special circumstance (pre-approved by advisor & coaches) a cheerleader must miss

practice before the start of school, the advisor/coaches, will determine when that cheerleader is prepared and able to safely participate with the rest of the squad at events.

3. It is up to each cheerleader to stay in shape and condition during the off season in the summer (**June 8 – July 4**) and winter break (**December 15 – January 2**). Optional practices will be held during summer and winter breaks.

UNIFORMS:

1. At no time will a cheerleader allow another student who is not a DNHS cheerleader to wear his/her uniform. This includes warm-ups and cheer apparel.

2. ABSOLUTELY NO PDA while in uniform. Cheerleaders will conduct themselves appropriately whether in uniform or not.

3. Uniform/cheer donation should be paid in full by the date specified on the individual cost sheet handed out at tryouts.

4. If a cheerleader quits the squad for any reason after uniforms have been ordered, she will be financially responsible for all items ordered, including camp expense.

5. If a cheerleader loses any part of the uniform, she will not be allowed to participate until the item is replaced/repurchased by cheerleader/parent.

PRACTICES and GAMES:

1. Cheerleaders will report *appropriately dressed* (cheer shoes, **no jewelry**, hair up, and athletic wear – including shorts over Spankies) and ready to practice at least five minutes before the time designated by coaches. Practices will be on Monday & Wednesday from 4:00-6:30, unless changes have been made by the coach. ***Ready to practice entails already having used the restroom, visited the trainer, if necessary for wrist/ankle wrapping, etc.**

2. All formations, music, and routines must be approved by the coaches prior to the game.

3. Varsity cheerleaders must attend and cheer all Varsity football games, all Varsity basketball games, CIF games, and any other events as determined by advisor/coaches (charity events, fundraisers, school spirit events, etc.).

4. Junior Varsity will cheer at all Junior Varsity football games, all Junior Varsity basketball games, and any other events as determined by advisor/coaches (see above).

5. Junior Varsity cheerleaders will attend the Varsity home football games through the third quarter.

6. At the Varsity football games, the Junior Varsity cheerleaders will report to their coach during the second quarter of the game, and will cheer during the Varsity third quarter.

7. Junior Varsity cheerleaders are to help with spirit during Varsity football/basketball and any other events as determined by advisor/coaches.

8. Cheerleaders must check in with advisors and/or coaches at the designated location one hour before game time unless otherwise specified.

9. When arriving to a game, cheerleaders will wear **specified cheer attire, warm ups, and cheer shoes**. When cheering, the squad will wear the official uniform designated for that game or event. If any part of the uniform, including Poms or bow, is missing, the cheerleader will not perform at the game. This includes wearing proper spirit wear to school on game day.

10. All cheerleaders, when not performing, will sit in full uniform in the area designated by the advisor/coach and will actively support the squad that is performing.

11. For away games, if a bus is provided, cheerleaders must ride to and from the game on the bus. The coaches must be contacted directly 48 hours prior to the game if this presents a problem and it will be up to their discretion on how to handle the specific situation.

12. All cheerleaders, who are benched/injured, will sit in full uniform (warm ups) in the area designated by the advisor/coaches and actively support the squad that is performing.

EXPECTATIONS/STANDARDS:

1. Appearance:

- A. All parts of the uniform must be kept neat and clean.
 - B. Hair must be out of the face and off the shoulders. HAIR MUST BE ARRANGED BEFORE ARRIVING TO THE GAME/ EVENT. Hair preparation will be decided by the coach and failure to follow instructions will result in suspension of game.
 - C. **NO JEWELRY WILL BE ALLOWED at practice and/or games. If worn, you will be told to remove jewelry before you begin. Repeated requests to remove jewelry will result in disciplinary action.**
 - D. Cheerleaders will arrive in uniform/warm-ups prior to each event. **No flip flops, slippers, boots, or sandals will be allowed.**
 - E. Cheerleaders will abide by the dress code rules as stated in the DNHS Student Handbook.
2. Attendance:
- A. To be eligible to practice or cheer at a game, squad members must attend at least 4 full periods of school that day.
 - B. In the case of off-roll periods, squad members must attend at least 3 full periods of school that day.
 - C. **Work, and all personal business, including doctor/dentist appointments, must be scheduled around practice days, or the absence will be unexcused.**
 - D. **Unexcused absences will result in sitting on the bench for the first quarter of the next game.**
3. Attitude/Conduct:
- A. A cheerleader must be a willing worker and perform duties, including conditioning, without complaining or indifference.
 - B. A cheerleader must work as a team member.
 - C. Cheerleaders must be patient and helpful with each other at all times, especially when learning new stunts.
 - D. A cheerleader must be willing to take constructive criticism, reprimands, and suggestions, with grace.
 - E. **Cheerleaders must avoid derogatory conversation regarding DNHS, the cheer program, the advisor/coaches, DNHS staff, students or other cheerleaders; THIS INCLUDES ON TWITTER/FACEBOOK/INSTAGRAM/ANY FORM OF SOCIAL MEDIA. Such negative behavior can result in removal from the squad. All constructive comments are welcome and should be communicated directly to the advisor/coaches independently.**
 - F. No reference to alcohol or drugs on public domains (any form of social media) will be permitted and will result in suspension, parent conference, and/or removal from squad.
 - G. Any offense that involves law enforcement contact will result in parent conference, suspension, and/or immediate removal from squad.
 - H. No public display of affection (PDA) at school, games, or any other events while in uniform.
 - I. As representatives of the DNHS, you agree to no smoking, no drinking of alcohol, or use of any illegal substance at any time. Cheer squad members are advised to not attend student parties where alcohol, tobacco, and other drugs may be present.
 - J. Problems with poor attitudes or poor conduct at any event, whether it is school related or not, may result in parent conference, demotion, and/or immediate removal from the squad.
 - K. Cheerleaders will treat their captains, coaches, and advisor with the utmost respect.

CONSEQUENCE: *in coordination with the DNHS Student Handbook

If you quit or are removed from the team (by coach, advisor or admin), you will not be eligible to tryout for the following season.

Problem Area	First Occurrence	Repeated Occurrence
Violation of cell phone use in class*	Goes on record; pick up cell phone in the Admin Office	2nd violation - parent pick up 3rd violation - benched for two quarters
Unexcused tardy to game/event/practice	Subject to disciplinary action by coach/advisor, including suspension from game(s).	Demotion or possible removal from squad.
Excessive tardies to school (both excused and unexcused) *	Detention/Tuesday school (as determined by Attendance Office)	2-3 detentions - benched for next game 4+ detentions - benched until end of season
Unexcused absence from school/ game/event/practice	Subject to disciplinary action by coach/advisor, including suspension from game(s).	Demotion or possible removal from squad.
Unsatisfactory citizenship or grades at school, practice, or event.	Mandated Tutorial. Subject to disciplinary action by coach/advisor, probation or ineligibility.	Demotion or possible removal from squad.
Attitude/Conduct Problem at game(s)/practice/event	Subject to disciplinary action by coach/advisor, including suspension from game(s) or immediate removal/demotion from squad.	Removal from squad.
Inappropriate use of website/internet (any social media)	Subject to disciplinary action by coach/advisor, including suspension from game(s) or immediate removal/demotion from squad.	Removal from squad.
Dress code violation*	Will be directed to dress into DN PE gear. Students who go home to change will result in automatic detention. If this violation & request occurs again, this will result in being benched for an entire game.	2 violations - benched for one quarter 3 violations - benched for two quarters 4 violations - benched for entire game
Violation of school rule results in Office Referral	Benched for entire game	Demotion or possible removal from squad
Ethics Code and/or Law Violation	Subject to disciplinary action by coach/advisor, including suspension from game(s) or immediate removal/demotion from squad.	Removal from squad.

REVISIONS:

*Revised May 2017

**The advisors reserve the right to make revisions or deletions at any time to this Constitution with the permission of the administration. If changes should occur to the Constitution, cheerleaders and their parents will be notified.

DNHS CHEERLEADER CONTRACT
2017 - 2018



I have read the Cheerleading Constitution of Del Norte High School and understand the responsibilities of being a cheerleader. I agree to abide by these rules and regulations if selected as a cheerleader for the 2017-2018 school year. I will cooperate fully with the Advisor, coaches and all persons and organizations concerned to promote school spirit and good sportsmanship at Del Norte High School. At all times, whether at school or away from school, I will conduct myself in a manner that best represents myself, the students, and the faculty at Del Norte High School.

I, _____, have read this contract, fully understand it, and agree to abide by its contents. I realize that if any rule is broken, I am in breach of this contract.

Student Name (Print): _____

Student Name (Sign): _____ Date: _____

Parent/Legal Guardian (Print): _____

Parent/Legal Guardian (Sign): _____ Date: _____

Advisor's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____