

Rancho Buena Vista Cheerleading Constitution 2010-2011

Purpose of RBV cheerleading program

- To develop a group of young adults whose behavior is disciplined, professional, safety conscience and promote school spirit by creating enthusiasm, supporting athletic teams and programs on campus.
- Promote team work, unity and trust between squad members
- Emphasizing the ideals of sportsmanship, ethical conduct, integrity, respect and responsibility among the squad members
- Cheerleaders will perform at all games including CIF playoffs and championship games for football and basketball teams, including the girl's team.
- Represent RBV in the community with a positive attitude and pride and most of all demonstrating leadership in a most visible role

These rules and regulations must be followed in order to participate in the RBV cheer program. A parent and cheerleader must initial every rule.

- Cheer squad members are expected to give 110% commitment and dedication to their, coaches, squad and school at all times. RBV Cheerleaders are held to high standards. It can be challenging trying to juggle school, homework, social and possible work schedules along with cheerleading. It is important to plan ahead and budget your time accordingly. It must be understood that cheerleading is a major time commitment. It is for the entire school year plus practices in the summer and attending camp. Quitting the squad will result in an "F" in Cheerleading and you will be placed in regular P.E. It is **you** who is giving to the success of a squad and the entire program. Make cheerleading a priority. You are fulfilling a "spot" on the unit which many people would like to occupy. Treasure this!

- According to school policy on extracurricular involvement, a 2.0 GPA must be maintained. However, this team will require you to maintain a 2.5 GPA in order to be in good standing. If a cheerleader falls below a 2.0 GPA on any six week report card it is an automatic suspension from all performances/games. She will be required to get green grade sheets signed by all of her teachers once a week. This suspension will continue until the next six week grading period and the cheerleader will only be reinstated if her GPA is above a 2.5. If at the end of the next six-week grading period, she falls between a 2.0 and 2.5 GPA she will remain on suspension for a following six weeks. If she can not pull her grades above a 2.5 after two six-week grading periods, she will be removed from the team. If a cheerleader falls between a 2.0 and 2.5 on any six-week report card, and/or if she receives an F in any class, she will be placed on probation until the next six-week grades come out. This requires her to get green grade sheets signed by all of her teachers once a week. If she does not bring her grades above a 2.5 and/or she receives any Fs on the next six-week report card, she will be placed on suspension from all performances/games. If she can not pull her GPA to at least a 2.5, with no Fs, she will be removed from the squad. Please note that this rule still applies to instances in which a student has a GPA of 2.5 or above, but has earned an F in one or more of her classes at the time of any six-week grade report. (Please see the "Definition of Terms" page at the end of this packet for definitions of "probation" and "suspension")

- Smoking, drinking, illegal drugs, and using profanity will not be tolerated whether in or out of uniform. A cheerleader is a representative of RBVHS whether performing or not. (Automatic removal will result). Suspension from school for breaking school rules will also result in removal from the squad. The cheerleader must sign the drug and alcohol policy from the school and abide by it.

- All scheduled performances are **mandatory** for all cheerleaders. Failure to **not** attend a scheduled event without prior 24 hour notification to the coach is considered an unexcused absence. If the cheerleader is ill or a family emergency occurs the parent must notify the coach as soon as possible. Cheerleaders who are “too sick to practice” are expected to attend practice and watch as review and to view new material. Coaches have the leeway in dismissing a Cheerleader from practice due to illness.

- Attendance and promptness is a necessity! Cheerleading is a class like any other and expectations for class remain the same as with any other class. Cheerleading is **not** an automatic “A”. Absences, tardiness, attitude, class participation (practices), and performances affect the grade along with daily work ethic at practice. Being late to a game (call time) will result in benching for one quarter/period of that game and a tardy.

- Good daily attendance at school is vital. Each squad member is expected to participate in all activities in which the squad participates. Practices and meetings are important for a good squad. **Cheerleaders are not excused from squad obligations due to work schedules. Work may never interfere with practices or performances!** This includes extra curricular school activities (dance, drama, etc.) You are expected to schedule all medical, dental, gymnastics, and etc. appointments on days other than practice or game days. Remember, whenever you are not present, most formations, stunts and routines cannot be practices, so you are hurting the entire squad. Failure to be in attendance at practices could result in being eliminated from the routine. If you are absent from school for more than 50% of your scheduled classes on a game day/event, you may not cheer/perform at the game or event. Parents, if your child is ill and is unable to practice or perform, please call the coach to let them know. Remember, when a team member is absent, the entire squad is put on hold.

- **Three unexcused absences will result in a drop in your letter grade by one whole grade.** Be aware that three tardies under 15 minutes is equivalent to one unexcused absence. Tardies over 15 minutes is equivalent to one unexcused absence. Excessive tardies or absences (excused/ unexcused) may be grounds for benching, probation, dismissal or drop in letter grade. At the end of the semester, the unexcused absences and tardies will start over for the next semester. All absences must be excused two weeks prior unless an emergency arises. All notices of absences must be given to the coach in writing, no exceptions. Leaving before dismissal by the coach from any event or practice will not be tolerated except for emergencies. Unauthorized absences will result in benching, probation or dismissal. The coaches are responsible for you as a squad member and must know your whereabouts at all events etc.

- All squad members will be expected to have all of their equipment with them at all games and performances (poms, cheer bag, ladder, and ladder-base). Failure to do so will result in benching or one unexcused absence.

- All cheerleaders will have ladders. All ladders must **only** have school colors on them. Freshman squad paints their ladders white. JV ladders are painted maroon. Varsity ladders may be painted with maroon, white or grey with black as an accent color only. Seniors may decorate their ladders with school colors. There may be no decorations on the ladders that may interfere with the safety of the cheerleader. (For example, 3 dimensional letters on the steps or on top of the ladder, sharp objects, or anything that sticks out from the ladder.) Coaches have final approval of the ladder decorations

- The primary job as a cheerleader is to promote school spirit and support our athletic events. Cheerleaders will not engage in non-cheer conversation with any members of the audience or use cell phones during and event or practice.

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- The Freshman cheerleaders will perform at home football and basketball games. If transportation is available, there is a possibility to travel to a few away games (within Vista).
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- JV and Varsity cheerleaders will perform at all home and away football games. JV and Varsity will perform at all boys and girls home and away basketball games. The squad will be divided into groups to accommodate the hectic winter schedule. All squads will cheer at selected wrestling matches. We also have quite a list of other functions in which to perform, attend or participate (pep-rallies, community events, etc.)
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- Cheerleaders are not eligible to play on any fall or winter RBV sports team. A cheerleader will not be allowed to compete or practice on another team during the same season if she quits the cheer squad without permission from the Athletic Director. After the basketball season is finished, including CIF games, they may choose to switch out of Cheer to a spring sport with appropriate signatures and notices.
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- As a cheerleader, conduct is very important and highly monitored. You must conduct yourself at all times, whether at practices, games, school events or on/off campus, in an appropriate manner. You represent RBV in the community as well as our school. Always be well groomed, have a clean and pressed uniform, clean shoes, appropriate make up, fingernails are short enough to make a fist without indentations on your hand, and always a positive attitude! No eating or chewing gum during practice or games. Public display of affection is inappropriate while in cheer uniform. Hair must be worn up (off your neck) with bow or scrunchie during practice/game. You must look like you are getting ready to perform in a competition for games/events, bangs not in your eyes, make up done appropriately, hair up and clean uniform. The better you look, the better you will perform. During a game/performance appropriate bow must be worn. No jewelry at practice or games, this includes earrings of any type. No exception to this rule! Appropriate clothes must be worn during practice. (i.e.: shorts, t shirt, cheer shoes). Be prepared to workout! All squad members will be expected to be in **FULL** uniform at call time of each event. Proper uniform includes; skirts, liner, shell, socks, cheer shoes, briefs, poms and ribbon. You must have in your bag your sweat pants and cheer jacket, in case the weather changes. Please be ready for all practices/performances before you arrive. This means do not comb your hair or apply make up in public. If you are **not** totally ready at call time, you will be considered late, three tardies equals one unexcused absence. Make a good impression!
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- As cheerleaders, squad-members are the “face of RBV”. Therefore, it is important that we maintain a clean-cut image. For this reason hair color must be natural looking. This means no blues, oranges, pinks, purples, greens, etc. While you may dye your hair if you wish, please be sure that it is a color that could occur naturally in hair. Furthermore, any tattoos or body/facial piercing must be covered (not visible) or removed for all performances or events. In the case of body/facial piercing this promotes not only image, but safety as well.
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- Cheerleaders are required to wear entire uniform on days there are games. Failure to wear your uniform will result in being benched for a game. It is never appropriate to wear non-uniform clothing, shoes (flip flops, ugg boots) with your uniform whether at school, before a game or after a game. It is not appropriate to loan or let anyone wear any part of your uniform. Please note that at no time should a uniform be worn as a costume. You earned the right to wear the uniform. No rolling of clothes (skirts, warm up-pants etc). Alteration of uniform, camp clothing etc. is prohibited unless cleared by the coach. If an alteration is made without prior approval you will be asked to purchase another item and benched until that item is delivered.

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- Cheerleaders will travel to away games by district transportation as a unit. Miss the bus.... Miss the game... Equals an unexcused absence. Remember, team unity is important. Travel as a team, act as a team, look like a team. If a situation arises, a **parent** may drive their daughter to/from the game when the proper paper work (Driver's permission for use of private vehicle to transport students) is filled out 24 hours prior to the activity with the Athletic Director. Proper bus etiquette applies. Remain seated, facing forward at all times. Keep all materials and body parts inside the bus. No yelling or loud singing. Do not litter on the bus! If the coaches or captains find any trash left on the bus, the entire squad will run one lap for each piece of trash found at the next practice.

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- Squad Captains and Co- Captains are subject to authority of the advisor and coach. If you are selected as a captain, it can be on a trial basis. The number and grade levels of the captains will be determined by the coaching staff. Selections for captains will occur through a voting process by squad members and coaches, based on former leadership, dedication and knowledge of the games. Coaches have the final decision on the selection of the captains. Squad captains lead all cheer and chants during the game. Others may suggest chants, but the captain makes the decision. The rest of the squad is under the leadership of the captains and under the authority of the coaches. As a cheerleader, you must cooperate with the assigned captains, advisor or coach and other teams members at all times. (If you have a conflict or concern, bring it to the attention of the advisor/coach immediately so it can be addressed and resolved.) Inability to cooperate with other squad members, after every effort is made for resolution will result in removal from the squad. Squad members are required to give captains their utmost respect and full cooperation. The coaches have final approval of all cheers, stunts, routines, dance and music.

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- Our job states that we are coaches. This is the same as being a football coach, basketball coach etc. Please understand that at any time we feel a cheerleader is not prepared or performing to expectations, we will have her sit out until skills are mastered. This is not a punishment, but a step towards being the best squad we can be. If this persists, we will permanently remove the cheerleader from the squad. A squad must be able to depend on each individual 100% of the time. This rule also applies to the display of a negative or disrespectful attitude, whether during practice or during a performance.

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- You are expected to show a good attitude at all times toward the advisor, coach and other cheerleaders. Respect towards the advisor and a coach is very important. If at any time, a cheerleader exhibits lack of respect or bad attitude or is defiant toward the advisor or coach, the following will occur:
 - 1st Offense – Will be asked to leave practice and /or removal from game, equaling to an unexcused absence.
 - 2nd Offense – Will be asked to leave practice and/or removal from game, equaling to one unexcused absence. Parents will be notified
 - 3rd Offense – Will be removed from the squad.

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- There shall be communication between the cheerleaders and coaches/advisors at all times. Cheerleading functions of any kind may not be held without the knowledge and approval of the coaches/advisor. No squad member may call a mandatory practice or meeting without the coaches'

permission. If you are planning a dinner or shirt making party, for example, just clear it with the coach ahead of time. **NO ADVISOR OR COACH – NO PRACTICE – NO EXCEPTIONS!** There will be no stunting or tumbling allowed when the advisor/coach is not present.

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- Participation in Cheerleading may result in severe injury, including paralysis or death. The squad members can reduce the chances of injury by obeying all safety rules, reporting all physical problems to their coaches, following a proper conditioning program. It is impossible to totally eliminate the possibility of injuries.

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- Practices will be organized by the coaches. Cheer is a class so we will practice during 6th period and at least an hour after school on designated practice days. The days and exact times will be determined by the coaches. As soon as we know the schedule, it will be given out so you can make necessary arrangements with other commitments. Extra mandatory practices may be necessary on occasion. Proper notification by the coach of extra practices will be given as far in advance as possible. There will be mandatory summer practices. We will work around summer vacation; however, we will need a written notice prior to the first summer practice stating when you will be on vacation. If you miss more than a week of summer practices you will not be able to perform/compete at the cheer camp. You are strongly encouraged to do personal conditioning throughout the year. During the year, (including summer practices) practice in general will consist of some conditioning exercises.

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- Fundraising is up to the parents and cheerleaders. You may fundraise through sponsorships or events. Every fundraiser must be cleared through the school.

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- **Cheer camp is mandatory!** No Exceptions!!
The dates will be announced at the parent meeting after tryouts.

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- If we decide to participate in a competition the following rules apply: Team competitions are not mandatory and squad members are not required to participate. If a member chooses to participate in a competition, it is required that the squad member be present at ALL competition practices, as well as practices scheduled before and after school. The regular season attendance policy applies.

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- Athletic awards will be given out at the cheer banquet. To earn an athletic award, (letter, trophy, All American etc.) a cheerleader must finish the year in good standing. Your financial responsibilities must be cleared.

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- Being a member of RBV cheer squad is for one year at a time and **IN NO WAY** guarantees placement on the squad for the following year. Every member must go through the same tryout process each spring. Keep this in mind the entire year. It should be remembered that to be selected as a RVB cheerleader is an honor.

Definition of Terms

Benching: Member is inactive, but present, at an event in uniform. The cheerleader must stay with the coach and support her team. Benching can vary in length (i.e.; one quarter or an entire game).

Probation: Member is required to attend ALL cheer events (with or without uniform determined by coach), sitting with the coach or a designated area. Probation could be for a period of one event or up to an entire season. Squad probation will only be allowed once. The second will result in dismissal from the squad. On all accounts, parents will be notified. In instances of academic probation, “dressing out” is required but participation is prohibited. This is for the remaining portion of the grading period.

Suspension: Member is required to attend ALL cheer events (with or without uniform determined by coach), sitting with the coach or in a designated area. Suspension could be for a period of one event or up to an entire season. If the cheerleader does not fulfill her responsibilities during her suspension, she will be removed from the team. On all accounts, parents will be notified. In instances of academic suspension, “dressing out” is required for all performances and practices but participation in performances is prohibited. This is for the remaining portion of the grading period.

Defiance: Defiance of authority occurs when any member speaks in an abusive or disrespectful tone to a coach, faculty member, or another cheerleader, or breaks any of the rules or guidelines set forth in the document. Acts of defiance can result in benching, probation, or dismissal (depending upon the severity, as determined by the coach).

Expulsion/Dismissal: Permanent removal from the squad. Anyone removed from the squad becomes ineligible to tryout the following year. There will be no refund of any money and you are still responsible for any money that is due.

Emergency Circumstances/Excused Absences: Illnesses, family crisis and special ceremonies constitute excused absences. Absences must be given to the coach, in writing, signed by a parent or guardian, the following day as well as giving PRIOR notice. As soon as a squad member knows that an absence is required, notification must be given. (Practice is less effective when girls are missing). A phone call, a minimum of 24 hours in advance is required, as well as a note as follow up

Unexcused Absence: Any absence not cleared as excused. An absence due to working is unexcused. RBV cheer must be your first priority. If you are absent due to another performance (i.e. dance, competition cheer, gymnastics) it will be considered unexcused.

I _____ have read the 2009/2010 Rancho Buena Vista High School Cheer Constitution and rules and regulations and understand what is expected of me. I agree to the terms of the Constitution and I accept the responsibility of representing Rancho Buena Vista High School as an ambassador to the school and Vista Unified School District. My actions are considered to be reflection of the coaching staff and I agree to uphold the integrity of the Cheer program at all times or I may be benched from activities, performance and games or removed from the Cheer Program for designated violations

Cheerleader's signature and date _____

As the parent/guardian of _____, I understand the said conditions and terms of the guidelines and repercussions laid out in this Constitution.

Parent's signature and date _____