PSLHS Cheerleader Contract

(2015/2016)

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PHILOSOPHY/PURPOSE

Being a cheerleader is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the SLCSB Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers.

OBJECTIVES

- Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers.
- They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance.
- Off the field, they are expected to enthusiastically support all athletic teams through advertisement, personal attitude and attendance at events chosen by the Sponsor and approved by the Principal/Athletic Director.

PSLHS CHEERLEADER CONSTITUTION AND PROCEDURES

DEFINITION

Cheerleading year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date. This does not include the academic guidelines. Because of FHSAA rules, the academic policies are in effect for a school year.

Squad	Tryouts	Season
Football Sideline	March	August - November
Basketball	September	November - February
Competition	September	October - February

ELIGIBILITY – TRYOUT

A student is eligible to try out for cheerleader if either of the two conditions is met:

1. At the time of the tryout, the student is enrolled in the St. Lucie County School District and is trying out at the school where the student is registered to attend for the next school year.

OR

2. If the student is not currently enrolled in the SLCSB, but is registered to attend PSLHS campus for the next school year, the student may try out at PSLHS campus.

ACADEMIC GRADES

To be eligible for tryouts, students must have a 2.0 GPA for the most recent semester.

And/or

1. Areas to be reviewed will include but not be limited to a review of student records.
2. Any student who has an excessive number of disciplinary referrals, has been placed in BIC, suspended from school, or has been placed in an Alternative Education Center by any SLCSB campus administrator will not be eligible to participate in tryouts without approval from the PSLHS Principal/Athletic Director and Sponsor.
3. Areas to be reviewed will include but not be limited to the reasons for the referrals, academic grades, other discipline records, student attitude, and any other factors deemed relevant by the Principal and Sponsor.

COMMITMENT

Candidates selected to be a member of any of the cheerleading squad are expected to make a commitment. Any cheerleader who voluntarily quits the squad before the end of the season without the approval of the Principal/Athletic Director and Sponsor will not be allowed to tryout for the next year. Cheerleaders must attend all practices but during sideline and basketball seasons a cheerleader may have two excused absences as long as the coaches are notified no less than 24 hours prior to the absence.

TRYOUT GUIDELINES

The Sponsors will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, tryout times, attire, and procedures this packet will be provided at the mandatory meeting. The building Principal and the Athletic Director must approve this information prior to distribution. Candidates **and** parents must sign a form stating that they understand and will comply with all information in the packet before the students is allowed to participate in the tryout process.

The following procedures are to be followed ***to the letter***. Any deviations require administrative approval prior to the deviation. High school cheerleaders shall be selected by a scoring method that assigns a weight of 100% to the ratings assigned by a panel of judges. Students wishing to try out for the cheerleading squad must file an application and parent permission form and completed athletic packet with the team Sponsor by the first day of the clinic before the clinic begins.

Cheerleader candidates are required to submit the Medical Evaluation-Medical History form (School physical) **prior to tryouts**. All candidates must attend the 2-day (pre-tryout) clinic as well as the actual tryout date. Candidates must arrive no later than 2pm and may not leave prior to 3:30pm.

The campus Sponsor and Principal/Athletic Director will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure. This uniform should be limited to plain white polo-style shirt, a solid colored red short (style to be determined by the Sponsor), and any type of white athletic shoe. Mats will be available in the tryout area. Any student who arrives at the tryout site after the tryouts have begun will not be allowed to try out.

SQUAD MAKEUP

The varsity squads will be made up of the highest scoring candidates. The junior varsity squad will be open to freshmen, sophomores and juniors only. All candidates must meet the minimum scoring requirements in order to be placed on a squad. The squad makeup does not require a minimum number of cheerleaders.

JUDGING CRITERIA FOR PSLHS CHEERLEADERS:

Jumps: (1-5)

- Mandatory
    - Toe Touch
- Candidate Choice
    - Pike , Double Jump, Right Hurdler, Left Hurdler, Right Herkie, Left Herkie

Cheer: (1-5)

- Motion Technique
- Voice/Projection

Chant: (1-5)

- Motion Technique
- Timing

Dance: (1-5)

- Motion Technique
- Projection

Tumbling: (1-5)

JUDGES

There will be no less than three judges on the panel. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts.

PANEL TRYOUTS

Panel tryouts will be closed to everyone except judges, Principals, the Athletic Director, and Principal's designees. There will be no students, parents, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores. Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

NOTIFICATION

After all tryout scores are tabulated and confirmed by the Principal/Athletic Director/Sponsor, each candidate will receive a personal notification as well as have her name posted at the school. The list of new members will be in random order with no indication of ranking. No results will be distributed at the tryout.

REPLACEMENTS

If a member of the cheerleading squad moves, resigns, etc. (or there is an opening for any reason), the Principal/Athletic Director and Sponsor may fill the opening based on the tryout rank scores. Should an opening become available and there are no girls from the previous tryout to choose from, the Sponsor may hold an additional tryout at her discretion.

ELIGIBILITY—MAINTENANCE

A student whose recorded nine week grade average in any course should never be lower than a 70 (C) should a cheerleader earn a "D" or lower, she may be suspended from participating in performances or competitions. Weekly progress monitoring reports will be available in the coache's room every Monday and must be returned to a Sponsor (completed and signed) no later than Thursday of each week. An academic suspension continues for at least one week. The student must still attend practices but must use the time to study. The student is also required to attend the performance/competition in full uniform but will not be able to participate. A student who regains eligibility at the end of the prescribed time shall become eligible within seven days.

GENERAL CONDUCT RULES

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. Cheerleaders should be aware that in or out of uniform they are representatives of the cheerleading squad of Port Saint Lucie High School and should act accordingly. Maintaining a higher standard of conduct will also include ensuring that cheerleaders' websites are appropriate. The Internet is a worldwide, publicly accessible form of communication. Any communication such as Facebook, Twitter, Instagram, Snapchat, etc., or any other type of social media appearing on the internet is public domain even if it is marked private. Cheerleaders are responsible for their personal websites and postings as well as for postings on other students' sites. The area of appropriateness will include, but is not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the Sponsor and Athletic Director/Principal. Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year from any SLCSB campus will not be eligible to participate in the next (season or otherwise) tryouts without approval from the Athletic Director Principal and Sponsor. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records (academic grades, discipline records, attitude, etc.). Students who have been removed and those who voluntarily resign retain no rights to team awards, recognitions, etc., which are received after dismissal from the squad. They lose all privileges associated with cheerleading membership, including attending cheerleading only events, using cheerleading facilities, and wearing cheerleader attire. Proper manners should be used at all times when addressing adults. Furthermore, mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad. Anyone sent to BIC or given out of school suspension for any reason will be subject to the following actions:

- **First Offense** – Benched for next event, Principal/Athletic Director/Sponsor review, placed on probation for duration of school year.

- **Second Offense** – Possible removal from squad. Students assigned to BIC or given out of school suspension may not perform, wear the cheerleader uniform, or practice with the squad (attendance at practice is still required as is attending the performance in full uniform while "sitting out") after having been placed in BIC or while suspended plus one calendar school day.

Any member failing to abide by published school rules relating to conduct, (to include dress code infractions) possession and/or use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the Sponsor and Principal/Athletic Director. Dismissal from the group may result from that review. Any member who is expelled from school will be immediately removed from the cheerleading squad for the remainder of the school year. Any member placed in the Alternative Education Program will be removed from the cheerleading squad for the remainder of the school year. The possession and/or use of alcohol, tobacco, and illegal drugs is expressly forbidden and will not be tolerated. Any infraction, on or off campus, will result in a Principal/Athletic Director/parent/student review. Dismissal from the team may result from this review.

SPECIFIC GUIDELINES/RULES

SLCSB Regulations and Policies

DEMERIT SYSTEM

PRACTICE CONSEQUENCES

1. Cheerleaders (CL) must wear prescribed practice clothing when practice begins. - 2 pt. deduction
2. Hair must be up (in a ponytail) and secure. - 2 pt. deduction
3. No jewelry (to include belly button rings or other body piercings) during practices/events (religious medals and medic alert jewelry must be taped to the skin and may not show). - 2 pt. deduction
4. No chewing gum. - 2 pt. deduction
5. No cursing/arguing with anyone. - 5 pt. deduction
6. Not having required items (forms, signs, etc.) at the beginning of practice. - 2 pt. deduction
7. Must be on time to all in/out of school practice. - 5 pt. deduction
8. CL will not leave practice or the practice area without permission. - 2 pt. deduction
9. CL will attend all in/out of school practices. Any absence must be cleared by the Sponsor (24 hours) prior. Sideline and basketball cheerleaders may miss a maximum of two practices. Competition cheerleaders may not miss practices or competitions.
10. CL must leave the practice/performance site within 15 minutes after dismissal – benched for game and fined $20.00

11. Absences are not conducive to the team. Work is not an excuse to miss practice or events.
    a. **Excused**: Personal illness, death in family, illness in family that requires out-of-town travel, funeral, mandatory court appearance, and religious holidays. (2 miss max/season) more than two excused absences per season may result in dismissal.
    b. **Unexcused**: **Work**, appointments, non-school involvement (All-Stars, etc.) - Benched 1 game and may result in immediate dismissal.
12. CL cannot miss the last practice before a game or event (excused or unexcused). - Benched 1 game
13. CL will attend **all** summer practices unless cleared by coaches prior. Benched 3 games

GAMES/PEP-RALLIES/ALL CHEERLEADER ACTIVITIES and CONSEQUENCES

1. CL must be in correct/complete uniform at school on game/pep-rally days. - 3 pt. deduction
2. CL will be in correct/complete uniform 30 minutes prior to game or pep-rally. - 3 pt. deduction
3. Hair will be up and secure with the prescribed bow as per Sponsor. - 2 pt. deduction
4. No jewelry during performances games or pep-rallies. - 2 pt. deduction
5. No chewing gum. - 2 pt. deduction
6. No cursing/arguing. - 5 pt. deduction
7. No colored nail polish. (clear/French only) - 3 pt. deduction and removal of nail polish
8. CL will have required items (cheer bag, poms, raincoat, WHITE socks) upon arrival. - 2 pt. deduction
9. CL will maintain proper sideline behavior at all times.
10. No excessive talking among CL. - 2 pt. deduction
11. No talking to people in the crowd. – 2 pt deduction
12. Pay attention to the game/pep-rally.
13. Stand in correct formation/stance.
14. Cheer/spirit, jump, stunt, and tumble the **entire game or pep-rally.** – 2 point deduction
15. CL will show respect during the Pledge of Allegiance, National Anthem and school songs. – 2 point deduction
16. All CL will stay to clean up after each practice/game/pep-rally and will be dismissed by the Sponsor. – 2 pt. deduction

17. CL will arrive on time in correct uniform (to include bag, shoes, WHITE socks, bow, midriff) at the designated meeting area and will remain for the duration of the game/pep-rally/function. (30 minutes prior to game/pep-rally). -- Benched 1st half of game
18. CL will be back on the field/court ready to cheer 3 minutes before halftime ends. – Benched 2nd ½ of game
19. CL will stay on the field/court for the entire game/pep-rally. - 3 pt. deduction
20. CL will attend all in/out of school games, pep rallies, meetings, functions and activities. Any absence must be cleared by the Sponsor prior to practice. (Definition of Excused vs Unexcused can be found on page 9).
21. CL acting in an unsafe or inappropriate manner as determined by Sponsor.
    - First offense: 5 pt. deduction
    - Second offense: Benched one game
    - Third offense: Benched two games and Principal/Sponsor review with possible dismissal from the squad.
22. Leaving a cheerleading event early will result in a benching of the current game/event and the next game/event and may end in dismissal.
23. CL must leave the practice/performance site within 15 minutes after dismissal – benched for following game, authorities will be notified, CL will be fined $20 minimum and may result in dismissal.

SUMMER CAMP CONSEQUENCES:

1. All CL will attend summer camp. - Benched 3 games
2. CL will be on time to all camp activities. - 5 pt. deduction
3. A CL may not leave the camp with anyone at any time unless approved by the Sponsor prior to leaving. Consequences are the student may be sent home, and possible squad dismissal.
4. CL may not talk to family/friends when engaged in a squad activity – 2 pt. deduction
5. Absolutely **NO** public display of affection. - 5 pt. deduction
6. CL will respond to all of the Sponsors' directions. No disrespect will be tolerated. - 10 pt. deduction
7. CL will follow all NCA/UCA/FHSAA or other professional cheerleading association & university camp rules and respect all staff members. - 10 pt. deduction
8. CL will respect each other and all other squad members. No taunting/arguing or cursing will be tolerated. - 5 pt. deduction
9. Absolutely no smoking, drinking, or illegal substances will be tolerated. - Sent home, reported to the Principal/Authorities and possible dismissal from the squad.
10. CL must leave the practice/performance site within 15 minutes after dismissal – benched for following game, authorities will be notified, assessment of $20 (minimum) fine and may result in dismissal.

OTHER SCHOOL FUNCTIONS CONSEQUENCES:

All CL are expected to participate or support the CL fund-raising activities which go to support CL functions/costs. Those not participating will pay for their portion from their own personal funds.

UNIFORM GUIDELINES CONSEQUENCES:

1. CL will not wear uniform to a non-CL function. (Eating at a restaurant after a game may be approved by the Sponsor as an exception to this guideline.) - Benched one or more games or dismissed from the squad.
2. CL will not lend out uniforms, t-shirts, sweats, letter jacket, etc. to someone who is not a cheerleader. - 5 pt. deduction
3. Uniforms may not be (permanently) altered.
4. Uniforms will be turned in by the scheduled due date. Uniforms must be dry cleaned with dated receipt attached. – Dismissal from trying out the following year and will be placed on the obligation list.

5. CL are responsible for damage to or loss of any part of a uniform. - Replacement of uniform or repair cost is expected.

GENERAL EXPECTATIONS:

1. No visible tattoos (should be covered by "band-aid") - Benched until no longer visible.
2. CL will not leave food, trash, or mess in the dressing room, practice area, halls, or any performance area. - 2 pt deduction
3. CL will not participate in any public display of affection during school, at school activities especially while wearing the CL uniform or any cheer attire. - 5 pt. deduction /office referral/benched from game/event
4. CL will follow all school rules and SLCSB policy, including the dress code. - 5 pt. deduction /office Referral/benched from game
6. CL will follow (not agree with) the head CL(s) instructions at all times at CL activities. - Benched one quarter.
7. CL will respect/respond to all Sponsors at all times. Rudeness/insubordination will not be tolerated. Benched one game
5. CL will respect all teacher/staff members at all times. – Benched one game
6. CL will not receive an office referral for any reason. – Benched, Sponsor and Principal/Athletic Director or Principal Designee review.
11. CL placed in BIC or given out of school suspension for any reason.
    - **First Offense** – Benched for next event, Principal/Sponsor Review, placed on probation for duration of school year.
    - **Second Offense** – Removal from squad.
12. CL must leave the practice/performance site within 15 minutes after dismissal – benched for following game, authorities will be notified, may result in dismissal.

NOTES:

1. **After a 10-point deduction**, the cheerleader will be benched for one game. When games are not an option, Sponsors will assign physical activities. (laps, duck walks, etc.). If he/she accumulates 15 points in different offenses, he/she will be benched for the remainder of the academic quarter. After the individual is benched one game for accumulating 10 points, the points will continue to be deducted to accumulate toward the 25 point total, which is equivalent to possible dismissal.

2. **Injuries:** If an injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason for the illness will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the length of time of the restriction, the specific tasks the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note and may be cause for dismissal.
3. Accumulation of two or more benchings may result in a Principal/Athletic Director/Sponsor review which could result in removal from the squad.
4. Repeated/excessive offenses may result in a Sponsor/Principal/Athletic Director review. Repeated/excessive is defined as repetition of the same offense three or more times during the duration of a season. Violation of the same rules or guideline three or more times in a season will result in the CL being placed on probation for the remainder of that season. Violation of the probation by further misconduct could result in dismissal from the squad.
5. Any Sponsor and Athletic Director/Principal review of student's actions may result in dismissal from the squad.

These are general rules and guidelines for all PSLHS cheerleaders. Failure to comply may at times requires judgment calls to be made. These decisions will be left up to the Sponsors. Sponsors reserve the right to upgrade any penalty (*immediate benching, office referral*) depending on the severity of the situation.

CHEERING ACTIVITIES

FOOTBALL

Varsity Cheerleaders

1. CL will cheer at all home games; pep rallies.
2. CL must leave the performance site within 15 minutes after dismissal – benched for following game, authorities will be notified, $20 minimum fine and may result in dismissal.
3. CL may be required to attend (in-county) games.

JV Cheerleaders

1. Will cheer at all home games.

2. CL must leave the practice/performance site within 15 minutes after dismissal – benched for following game, authorities will be notified, $20 minimum fine and may result in dismissal.

BASKETBALL SQUAD

1. Squad will cheer no more than two games per week. Cheering starts with district games, but no cheering will occur during the holiday break.
2. CL must leave the practice/performance site within 15 minutes after dismissal – benched for following game, authorities will be notified, a $20 fine will be assessed and may result in dismissal.

COMPETITION

The competition squad will follow the same guidelines as the Sideline Cheerleaders .

1. Will cheer at all competitions and seasonal events.
2. Will travel together to and from the competition site when transportation is provided by the school.
3. CL must be picked up from the designated site after a competition within 15 minutes – benched for the following performance, authorities will be notified, $20 fine will be assessed and may result in dismissal.

INCLEMENT WEATHER:

In the event of inclement weather, it will be the responsibility of the cheerleader Sponsor, in collaboration with the building Principal, to make the decision to leave the event. The decision will be based on what is in the best interests of the students and their health and welfare. If a student voluntarily leaves a cheerleading event, she/he will be subject to the penalties as outlined in the cheerleading constitution.

MONIES COLLECTED BY SPONSORS

Cheerleader Sponsors collecting monies from students will give receipts to students stating the amount of monies collected and what the money is to be charged toward (trip, uniform, competition, banquet, etc.). Sponsors WILL keep a detailed accounting of income and expenditures of students' monies.

CAMP and GEAR:

- **All** means that **all** members will need to purchase these items through PSL Cheer. ($280 total paid in full or in six (6) payments ($30 ea.) plus 1 deposit ($100))

- **New** means that only new members will need to purchase these additional items through PSL Cheer. ($405 total paid in full or in six (6) payments ($51 ea.) plus 1 deposit ($100))
- Late payments will be assessed a $20 fee.
- When ordering, in order to keep costs at a minimum, items must be ordered in bulk. Therefore if a payment is late, it affects the entire team and the entire order must be placed on hold until all members have submitted their payment. Late orders will not be placed.

Item Description	Cost	
Three (3) T-shirts	$45	All
Briefs (Paws)	$25	All
Three (3) Bows	$30	All
Raincoat	$15	All
Bag	$45	All
Camp	$100	All
Player Gift Fee	$10	All
CL Gift Fee	$10	All
Shoes	$50	New
Midriff	$25	New
Poms *Pink*	$20	New
Poms *Reg*	$30	New

All cheerleaders will need to have the following items and can purchase them at the supplier of their choice.

1. Three (3) pairs of Soffee-type shorts ($30 approximate total)
    a. White
    b. Black
    c. Neon Pink
2. One (1) Gift card of your choice for exchanging ($5)

- Should a cheerleader be dismissed from the squad or resign, her money will not be refunded.
- Each cheerleader will be responsible for providing fruit and/or juice/water for each game.
- CL will be required to sell at least one stadium banner during football season