# 2017-2018 Winter Cheerleading Constitution

**CANDIDATES MUST MEET THE FOLLOWING CRITERIA:**

* Placed and registered in grades 9, 10, 11, or 12 at Elko High School at the time of tryout practices. New or Transfer students must have officially enrolled BEFORE practices for tryouts begin.
* Cumulative G.P.A. of 2.0 or higher with no F’s.
* Must complete registration with registermyathlete.com, Physical and Interim B Form, as well as all others distributed, and obtain written parent or guardian permission to participate in practices and tryouts.

**SQUAD EXPECTATIONS:** All cheerleaders are required to attend all practices, assigned activities, and camps. All cheerleaders must show respect to coaches, squad members, parents and themselves.

**STUDENTS SELECTED MUST:**

* **SHOW RESPECT TO COACH, PEERS, PARENTS, AND SELF.**
* At all times, follow the NIAA Rules and Regulations, NFHS Rules and Regulations, AACA Rules and Regulations, Nevada Spirit Association Rules and Regulations, Elko High School’s Code of Conduct, and the E.H.S. Cheerleading Rules and Regulations.
* Display proper behavior before, during, and after ALL athletic games or meets.
  + Cheerleaders are watched at all times, always be on your best behavior.
  + Be dressed in uniform, make-up on, hair finished, and ready to participate at arrival time.
  + No public display of affection with friends while in uniform.
* Participate in fundraising activities (such as car washes, raffles, etc.) to help support the cheerleading organization.
* Attend ALL practices, camp, competitions and in assigned practice gear/wear (maroon, grey, white or black colors preferable EHS or EHS cheer t-shirts and cotton shorts).
* Provide and organize his or her transportation to and from all cheerleading related activities in the Metro area. It is NOT the responsibility of the coaches, squad members, or any other persons to provide last minute transportation. (Car-pooling is encouraged.)
* Ride with squad when transportation is provided for out of town games or events. No exceptions!
* Have a current physical-means in compliance of school policy.
* Maintain a minimum grade point average (GPA) of 2.0 every quarter with no F’s.
  + Cheerleaders will turn in a grade check, printed off Infinite Campus and signed by a parent/guardian every Monday.
  + If “C” or lower is a current grade in any class cheerleader may be required to attend a study hall during lunch once a week until grade is increased. If Study hall is missed student will receive demerits which may result in benching from a game.

**STUDENTS SELECTED MUST NOT:**

* Accumulate more than 6 demerits during the school year, per season. Demerits carry throughout the entire season.
  + After 2 demerits – offending cheerleader will sit out a game, in uniform, next to coach.
  + After 4 demerits – offending cheerleader will sit out another game, in uniform, next to coach.
  + After 5 demerits - lose play-offs participation.
  + After 6 demerits – offending cheerleader will be removed from squad with no letter or certificate of participation.
* Possession or use of illegal substance will be dealt according to the “Eligibility to Represent the School” form. Demerits assessed accordingly.
* Be insubordinate towards a coach or other school employees, or be uncooperative, disruptive-fighting in school – see school policy.
* Have poor school attendance. This may affect ability to perform at scheduled events.
* Be malicious toward any member of the squad. This causes too many problems and will not be tolerated. Dismissed is an option & at coaches decision.

***---Any of the above mentioned actions could result in acquisition of demerits and/or benching to be set and determined by the coach!***

The spirit of cheerleading is participation. If a cheerleader is not in attendance at all assigned functions, she/he cannot hope to be an effective leader of school spirit at athletic events. Each cheerleader will purchase a uniform, and be given practice and game schedules. Please plan your vacations, doctor’s appointments, work schedule, etc. accordingly.

**ALL STUDENTS SELECTED MUST:**

* Attend all practices. Injured cheerleaders are required to attend all practices. Assigned practice wear is required.
* Follow assigned game schedules. All schedules will be discussed, assignments made, and finalized by the cheerleading coach.
* Cheerleaders must dress appropriately for practices and games. Elko High School colored attire (maroon, white, black or grey cotton t-shirts and cotton shorts) and cheer shoes only. NO spaghetti straps, tank, tube tops, or midriff shirts will be allowed during practice. NO jeans or jean shorts, no street shoes, no sandals/flip-flops, or bare feet permitted at any cheer function.
* Attend any additional *all squad or individual* practices scheduled by coach.

**Appearance or Uniform**

* No street clothing to be worn to games. Cheer sweats or uniforms must be worn.
* A specific uniform schedule will be established by the coach, and must be followed. The cheerleading coach must clear any schedule/uniform change.
* NO gum chewing, hair combing, make-up application, or public display of affection at sporting events or related activities.
* Any piece of the uniform (to include shoes or pullover) needing to be replaced due to excessive damage or loss will be rectified at the cheerleader’s expense. Uniforms are to be kept clean and neat at all times.
* School Uniforms will be repaired/altered only by the seamstress appointed or approved by cheerleading coach.

|  |  |
| --- | --- |
| **Attendance at Practices** | |
| **Tardy up to 5 Minutes** | **Run 5 laps @ end of practice** |
| **Tardy over 5 Minutes**  **(Must be present for 2/3 of practice.)** | **Run 1 lap per minute late** |
| **Unexcused Tardy over 15 minutes**  **(Must be present for 2/3 of practice.)** | **½ Demerit + run as above** |
| **Unexcused Absence**  Example: absent due to work, personal illness but attended school, Birthday, emergency (family or otherwise – except going to ER/hospital), Family trip, no ride, doctor’s appointment (notes needed by next practice/event), hair appointment | **2 Demerits + sit out 1 game** |
| **Excused Absence**  Example: due to illness and did not attend school, attending funeral, Family member hospitalized PERSONAL CALL TO COACH AND APPROVED | **1 Demerit + sit out 1 game** |
| **Pre-Arranged Excused Absence**  **Example: doctor’s appointment w/2 weeks’ notice** | **1 Demerit + sit out 1 game** |
| **Unexcused early departure from practice** | **½ Demerit** |
| \*\*\*4 tardies (excused or otherwise) will equal 1 absence\*\*\* |  |

|  |  |  |
| --- | --- | --- |
| **Attendance at Assigned Games** | | |
| **Tardy up to 5 minutes** | | **1 lap per minute** |
| **Tardy over 5 minutes**  **(One second over the minute bar – is the next minute)** | | **½ Demerit + run as above** |
| **Unexcused absence**  Example: absent due to work, personal illness but attended school, Birthday, emergency, (family or otherwise – except going to ER/hospital) Family trip, no ride, doctor’s appointment (notes needed by next practice/event), hair appointment | **2 Demerits + sit out 1 game** | |
| **Excused absence**  Example: due to illness and did not attend school, attending funeral, Family member hospitalized, PERSONAL CALL TO COACH AND APPROVED | **Sit out 1 game** | |
| **Pre-Arranged Excused Absence**  **Example: doctor’s appointment w/ 2 weeks notice** | **1 Demerit + sit out 1 game** | |
| **Unexcused early departure from game** | **½ Demerit** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Other Reasons for Demerits** | | | |
| **Not wearing proper uniform on assigned day**  **(Game or school – The uniform includes shoes, sweater, sweats, etc.)** | **½ Demerit** | | |
| **In – School Suspensions** | | | **2 Demerits** |
| **Expulsion** | | **Demerits @ Coaches discretion** | |
| **Disregard of rules deemed necessary by coach** | | | **½ Demerit** |
| **Disrespect to teammates or coaches** | | | **Coaches Discretion** |
| **Not dressed appropriately for practice** | | | **½ Demerit** |
| **Any missed cheer activity** | | | **½ Demerit** |
| **Excessive use of inappropriate language** | | | **½ Demerit** |
| **Any grades of an ‘F’** | | | **½ Demerit** |
| **Leaving event early (unexcused, not pre-arranged)** | | | **½ Demerit** |
| **CHEER COACH DETERMINES ANY OTHER REASONS IF NOT LISTED** | | | **?? Demerits** |

### BENCHING

#### BENCHING MEANS: IN ASSIGNED UNIFORM, SEATED BY COACH or ASSIGNED SUPERVISOR-must still echo cheers and help at games

If the demerits are accumulated…the following will occur…

* 2 Demerits = Benched for one game
* 4 Demerits = Benched for one game
* 6 Demerits = Removal from cheerleading squad without letter and or certificate of participation.

##### Miscellaneous Rules

* Flyers and Parents MUST be aware of the dangers and are okay with their cheerleader flying. Flyer must fly on ALL bases as long as COACHES say bases are safe and know what they are doing. Read and sign at end of contract.
* Stand at attention during the Presentation of the Colors and the National Anthem at all events. (Right hand over heart, left behind back, singing or silent)
* When not performing a cheer or chant, watch the game or match. Stand with legs shoulder width apart with hands behind your back. THIS IS NOT A TIME FOR VISITING.
* Whenever a player is injured, out of respect and consideration, stop cheering and take a knee (place your right knee on the ground, bend your left leg). This includes the opposing team.
* ***Show respect to and for all students and staff of other schools at all times. You are THE symbol of Elko High School Spirit! We want to make* *a positive impression! We are to be an example of good sportsmanship.***
* An injured cheerleader must be in uniform, next to coach, echoing cheers.
* When required to watch & support the other squads, cheerleaders must sit together as a group.
* Bring dinner with you. After 20-minute break, you will not be allowed to eat dinner. NO waiting for your parents to bring it to you. (Cheerleaders will have a designated time.)
* Cheerleaders may have a water/sports drink bottle in the gym to keep hydrated. ONLY screw top bottles allowed for beverages (due to spillage accidents). Please put name on bottle.
* MUST give 1 week notice for Dr’s appointment and return with a Dr’s note, if absent due to Dr’s appointment. Please try not to schedule your doctor appointments during practice and game times.
* ***Miss a day of practice don’t cheer @ one game. Miss two days of practice in one week, doesn’t cheer @ two games of that week*.**

**Requirements for receiving official certificate of participation, varsity letter, JV/Frosh certificate and participation pin:**

* Accumulate no more than 4 demerits.
* Attend ALL official functions OR have COACH APPROVED absence (any other absence – barring school related) will result in loss of award.
* Varsity & Varsity Alternates must attend all Zone and State Play-Off games unless attending another school related event or family emergency (approved by coach).

**\*\**The coach reserves the right to change or make any other necessary decisions concerning the squad.\*\****

***The Rules and Regulations are not meant to punish but to promote dedication and excellence.***

The best thing to remember that will help you accomplish these rules and regulations is to:

**Do Not Do Anything To Embarrass Yourself, Your Parents, Your Friends, Your School and Coach!**

***Thank you for your cooperation and attention to these documents. In the event a situation occurs not specifically addressed in these documents, it is thus understood you will agree to and abide by the ruling of the coach and administration.***

These pages have contained the Rules and Regulations set forth for the EHS Basketball Season Cheerleaders coached by Penny Wilson and Shaeli Wilson. These rules have been designed to reinforce the team aspects of cheerleading and to encourage the support and cooperation of all to enhance EHS SCHOOL SPIRIT. It is VERY important that all prospective cheerleaders, parents or guardians understand and adhere to these Rules and Regulations. Failure to adhere to these rules/regulations can result in loss of athletic letter or participation bar/pin. It is also important for parents or guardians to be supportive and active throughout the year.

Each Cheerleader will be required to buy an Elko High School Basketball Cheerleading Spirit Pack. The coach, for previous cheerleaders can adjust pack prices if she/he already has the identical item from a previous season or year. For the most part fundraising will not be done to defray Spirit Pack cost. (We do have one fundraiser that anything sold above the fifteen required will go toward the cheerleader’s spirit pack cost.) All purchased spirit pack items are for cheerleaders to keep as their own. Male Cheerleaders will have different items and cost. See coach!

|  |  |
| --- | --- |
| **Spirit Pack Items and Prices** | |
| **Uniform** | $155.00 Freshmen/JV $185.00 Varsity |
| **Uniform Rental Fee** | $40.00 |
| **Warm Ups** | $135.00 |
| **Grundies** | $30.00 (Coach requires 2 @ $15 ea.) |
| **Shoes** | $70.00 |
| **Cheer Shirt** | $40.00 |
| **Bag** | $55.00 |
| **Bow** | $15.00 |

Our cheerleading seamstresses will charge all alterations/repairs per piece per cheerleader at cheerleader’s expense. Please **DO NOT** cut school uniforms down. **School** **Uniforms must be altered down by sewing only and only by an approved seamstress or by the cheerleading seamstresses.**

If a school uniform is worn outside of the “norm” damaged, ripped, bleached, stained, bottoms walked on, etc. – the cost of repair or a new uniform will be the responsibility of the cheerleader. School uniforms are not to be altered or repaired by anyone other than our assigned seamstress.

---------------------------------------------------------------------------------------------------------------------------------------------------

Please sign and return this portion to Penny Wilson on your second day of practice.

I understand the rules and regulations as put forth by the 2017/18 Basketball Cheerleading coach. By signing, I agree to abide by all rules mentioned in this document, to also maintain and care for the Elko High School Cheer Uniforms I rent. I also agree to the financial responsibilities that come with being an Elko High School Cheerleader.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader Date

**Flyers and Parents MUST be aware of the dangers and give permission for their cheerleader to fly, and will not hold the school, coaches, and peers responsible if an injury occurs. Flyer must fly on ALL bases as long as COACHES say bases are safe and the stunt is approved and supervised by coach/coaches.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flyer Date