

Xavier College Preparatory High School Cheerleading Constitution

- I. Xavier College Preparatory High School Cheerleading Squad
 - A. This constitution has been written and adopted for the Xavier College Preparatory High School Cheerleading Squad. Xavier and the Xavier Cheerleading Squad members govern the team and its Constitution.
 - B. Henceforth, the name of the organization shall be Xavier College Preparatory High School Cheer Squad.
 - C. The purpose of the Xavier Cheer Squad is to:
 - i. Create School spirit, pride, and loyalty.
 - ii. Promote interest in school activities and perform at school games and functions.
 - iii. Develop responsibility, teach self-respect, encourage honest effort, strive to the best that you can be, and develop character.
 - iv. Teach teamwork and pride in a quality performance through maintaining high standards.
 - D. There will be a Head Coach and Assistant Coaches
 - i. The coaches will be responsible for the daily running and activities of the Xavier Cheer Squad.
 - ii. The coaches will be responsible for administering all disciplinary procedures.
 - iii. The coaches may place certain restrictions on squad members.
 - iv. The coaches may dismiss any squad member or captain from their position at anytime.
- II. Eligibility
 - A. Each member must maintain a 2.0 GPA at all times.
 - B. Each member must submit a completed Application Form and Parental Consent/Medical Release Form **BEFORE** the annual tryouts take place.
 - i. The candidate must sign the form.
 - ii. The form must be signed by the parent/guardian.
 - C. The squad shall consist of a number of qualified candidates to be determined at tryouts.
 - D. There will be a Junior Varsity squad to be made up of Freshmen, Sophomores, and Juniors.
 - E. There will be a sideline squad and a competitive squad.
 - F. Any member of the sideline squad may try out to be selected by the coaches for the competitive squad.
 - G. There will be no more than two Team Captains per squad.

III. Attendance

- A. All students who participate in school activities must adhere to the attendance policies as outlined in the student/parent handbook.
 - i. Student not in full uniform the day of a performance or activity will have to forfeit that performance or activity.
 - ii. Students that have to forfeit a performance or activity will need to be present in regular street clothes and sit with the coaches.
- B. To participate in a practice, a student must adhere to attendance policies outlined in the student/parent handbook.
 - i. This must be fully documented with the Dean of Students.
 - ii. If a medical appointment is scheduled during the day it will be excused as long as it is fully documented with the Dean of Students.
- C. If a member is ill and misses ANY activity, he/she must be at HOME or seeking medical appointments.
- D. If a member misses ANY practice that is not excused, he/she will have to forfeit the upcoming performance or activity.
- E. An absence must be documented by the parent/guardian in writing and given to the coaches.
- F. All doctor appointments, other activities that the student is involved in, and/or jobs should be scheduled so they do not interfere with Xavier Cheer Squad activities and performances. Emergencies would be the only exception.
- G. All squad members will attend all performances and activities in their entirety.
- H. Work is not considered an excuse for missing any activity or performance.

IV. Uniform

- A. Each member will be expected to come to practice in appropriate attire to work out in. The work out attire must meet school dress code guidelines. If it does not the squad member will be sent home and take an unexcused absence.

- B. Each member will be expected to buy and pay for their performance uniform and will be the property of the student. Expected uniform costs are around \$800.00.
 - i. A deposit of \$300.00 will be required at the scheduled uniform fitting on May 9th. Checks made out to Broadway Cheerleading.
 - ii. A complete uniform list will be given at the first official cheer meeting after tryouts.
 - C. Each member will be required to maintain good condition and cleanliness of his/her uniform on a weekly basis.
 - D. Each member will purchase footgear of the same brand and style, and accessories such as makeup, bloomers, ribbons, etc.
- V. Medical
- A. Each member must have a complete physical exam before the first scheduled practice. This physical must be on file in the athletic office.
 - B. A member must also have a completed medical emergency form on file with the Coach.
 - i. The coach must have these forms in her possession at all times.
- VI. Character
- A. Squad members should be leaders within the school and set a good example at all times.
 - B. Squad members must follow the Xavier Code of Conduct at all times.
 - C. Squad members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
 - i. Squad members shall follow Xavier Dress Code at all times.
 - ii. Smoking, drinking, and/or drug use are grounds for suspension or dismissal by the coaches.
 - iii. Failure to maintain a 2.0 GPA is grounds for suspension or dismissal by the coaches.
 - iv. Squad members not following school rules and regulations could be placed on suspension or dismissal by the coaches.
 - D. A squad member must be courteous and friendly to all other team members as well as the student body.
 - E. A squad member must be courteous and friendly to other teams and visitors.

VII. Demerits

- A. Demerits will be used as a disciplinary tool.
- B. Only coaches will give demerits.
- C. Three demerits will result in the removal from a performance or activity.
- D. Six demerits will result in a two-week suspension.
- E. Twelve demerits will result in dismissal from the squad.
- F. Demerits are not limited to what is listed. The coaches may give a demerit for any reason that they see fit.**
- G. One demerit will be given for:
 - i. Tardiness at any squad activity. This includes practices, performances, games, or functions.
 - ii. Chewing gum at practice.
 - iii. A bad or unacceptable uniform inspection.
 - iv. Disrespect toward Coaches, other squad members, or student body. This includes poor attitudes.
 - v. Inappropriate practice, work out wear, or uniform.
 - 1. This would include any piece of the uniform, mid-drift showing shirts, shorts or skirts that are too short, or other inappropriate clothing.
 - 2. This would also include inappropriate hair for performances and school activities.
 - vi. Forgotten poms, accessories, and/or uniforms.
 - vii. Inappropriate performance makeup.
- H. Three demerits will be given for:
 - i. Unexcused absence from practice or any scheduled performance or activity.
 - ii. Use of inappropriate language in practice, uniform, or while at any performance, activity, or school function.
 - iii. Gossiping at practice, in uniform, or while at any performance, activity, or school function.
- I. Six demerits will be given for:
 - i. Lack of minimal GPA being met. (For each progress report period.)
- J. Twelve demerits will be given for:
 - i. Smoking, drinking, or doing drugs.
 - 1. With proof will cause immediate dismissal from the squad. Visual proof, such as, photographs, video, recordings, online evidence, etc.
 - ii. Suspension from school, including other disciplinary action.

- K. Suspension means not performing at any activity or practicing but required to be there in street clothes sitting with the coaches.
 - i. Two suspensions, or twelve demerits will result in dismissal from the squad.
 - L. Any JUG or school-imposed discipline will be frowned upon by the squad.
 - i. JUG, etc., will not be considered an excuse for missing any squad practice, performance, or scheduled activity. Three demerits will be given.
- VIII. Squad Captains
- A. Captains will be chosen at the beginning of each "cheer" year. Each cheer year begins in May and ends in April of the following school year.
 - i. The coaches will choose them.
 - ii. All squad members shall show respect to the captains.
 - iii. All captains shall show respect to all squad members.
 - B. Captains will be seen as the leaders of the squads.
 - i. Captains will lead stretches and strength during practices.
 - ii. Captains will lead by example.**
 - iii. Captains will have constant communication with the coaches.
 - iv. Captains will be held responsible for extra work that may be needed for performances or other squad involved activities.
 - v. Captains may be dismissed of their position by the coaches at anytime.
- IX. Fund Raising
- A. All members are required to participate in all fund raising, which is generated by the squad.
 - B. Each member will have the opportunity to raise money towards his or her individual expenses.
 - C. Any funds raised by a member will go directly into the cheer account and is nonrefundable in the event that a member quits the squad or is dismissed.
 - D. If a squad member quits or gets kicked off due to accumulation of demerits or breaking any part of the constitution, any owed money is still the responsibility of the cheerleader and parent(s)/guardian(s).

Please read, sign, and date. Both Cheerleader and Parent need to read the Constitution, sign, and return this page to Mrs. Stevens. **Needs to be turned by April 30, 2008. If this page is NOT submitted to Mrs. Stevens you will NOT be allowed to tryout!**

- I have read and understand the terms set forth by the Xavier College Preparatory High School Cheer Constitution
- My parent/guardian has read and understands the terms set forth by the Xavier College Preparatory High School Cheer Constitution.
- By the following signatures, my parent/guardian and I agree to adhere to the conditions set forth by the Xavier College Preparatory High School Cheer Constitution.

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____