

JORDAN HIGH SCHOOL CHEER TEAM CONSTITUTION

ARTICLE I- NAME AND PURPOSE

Section I: Name

The group shall be known as the Jordan High School Cheer Team.

Section II: Mission

The mission of the Jordan High School Cheer Team is to help show support and spirit for ALL Jordan High teams, clubs, and athletics. We will aim to enhance the game-day atmosphere, motivate fan support, entertain the crowds, and promote a positive image of Jordan High School. Our athletes will display good behavior and positive sportsmanship, while building new friendships with their fellow teammates, students, and peers.

All members placed on the team understand that the manner they conduct themselves, in and out of uniform, will be a direct reflection of the program, school, and community. As such, athletes will be pushed and must commit to the highest levels of athleticism, self-discipline, and honor. All members of the Jordan High Cheer Team will avoid anything that could embarrass or bring disrespect to their team, school, families, or themselves.

ARTICLE II- MEMBERSHIP

Section I: Eligibility

The program will consist of approximately 20-30 members who have satisfactorily passed all requirements and who continue to maintain eligibility.

- A. A cheerleader candidate must attend the pre-tryout meeting March 20th.
- B. A cheerleader candidate must attend both tryout clinics March 29th and March 30th as well as tryouts on March 31st.
- C. A cheerleader candidate must turn in all required tryout paperwork.
The following paperwork must be turned in the first day of tryout clinic in the following order:
 - Cheerleader application (including recent photo – this will not be returned)
 - Copy of 3rd quarter grades, showing a GPA of 2.5 or higher or cumulative 2.5 GPA
 - Parental/Cheerleader Agreement, signed
 - Parent Checklist: Financial Commitment, signed
 - Constitution agreement, signature page ONLY
 - Physical Form stating clearance to participate with required signatures
 - Eligibility Form with required signatures
- D. A cheerleader candidate must have 3 Teacher Recommendations (Seminary not included, 1 must be an English Teacher). Recommendations are electronic only.
- E. A cheerleader candidate must have a 2.5 GPA 3rd quarter or 2.5 cumulative GPA upon entrance. A 2.5 GPA must be maintained during the terms of service.
- F. A cheerleader candidate will be ineligible to tryout if an "F" is received the quarter prior to tryouts.
- G. Level 1 probation will result for any quarter GPA that falls below a 2.5.
- H. Level 2 probation will result for any quarter GPA that falls below a 2.0.
- I. A cheerleader candidate must support the Jordan Beetdiggers above all other teams.
- J. A candidate must be neatly presented and medically fit. Cheerleading is a physically demanding sport and requires individuals to be in good health and top physical condition.
- K. Once selected as a Jordan High Cheerleader, it is assumed that cheerleaders selected will fulfill the duties and commitments for the entire year.

Section II: Tryouts

Tryouts to select the team for the following year shall be conducted during the 3rd quarter as designated by the coach. This will take place after a meeting has been held for prospective members to explain the requirements for membership.

- A. Tryouts are closed and shall be conducted by the coach.
- B. The format of the tryouts will be decided by the coach and will be held in a fair manner allowing each candidate to show their best abilities and potential.
- C. The coach shall select the judges for the tryouts.
- D. Former members desiring another year of participation must tryout. Please keep in mind that members who were on the team during a previous year are not guaranteed a spot the next school year.
- E. Tryouts will consist of teacher recommendations, application, clinics, and tryouts.
- F. The team will be selected by the judges as well as the coach.

Section III: Teams

The JHS cheerleaders will be split into 2 teams: Junior Varsity (JV) and Varsity.

- A. The JV team will consist of freshman, sophomores, and juniors only. Seniors are ineligible to cheer on the JV team.
- B. The Varsity team will consist mainly of juniors and seniors; however, sophomores and freshman will be considered if their skill set surpasses that of the juniors and seniors trying out.
- C. Please note that depending on the number of candidates interested in trying out each year can reflect on whether or not the team is split. If we are small in numbers, we will have just one team.

Section IV: Attendance Requirement

Participation in cheerleading requires a vast amount of time and commitment from members. It is crucial for individuals to attend all practices and events to learn new material, and work as a team to perfect and get ready to perform. One person being absent from a practice, game, or another event affects the entire team. It is important not to waste scheduled practice time due to your absence.

- A. Cheerleaders will be expected to attend the following:
 - Spring/Summer practices
 - Mandatory Safety clinic
 - Summer camps
 - Cheer class
 - Team socials
 - Team fundraisers
 - Competition practices and local competitions
 - Games
 - Performances
- B. Cheerleaders must be in class to make grades. Attendance and grades will be checked on a weekly basis. Anyone with an unexcused absence or "F" will be benched for the next game.
- C. All classes must be attended on game days. If classes are missed, cheerleaders will be benched for the game that day. This includes being checked in more than 15 minutes late for a class and being checked out for any reason on a game day.
- D. If a cheerleader must miss a class on a game day, it must be excused in advance by the administration/coach.
- E. Any absence from cheer class will result in missed points. Cheerleaders missing a game prep day (class period directly before a game) will be pulled from the routine.
- F. All cheerleaders and coaches are required to attend camp as a team.
- G. Team activities other than games such as social activities, service projects, etc. will be required attendance. There are a reasonable proportion of these duties throughout the year.
- H. If any other activities or opportunities are chosen by the coaches, the coaches shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.
- I. Team members may be asked to make posters for school activities, provide team treats, plan assemblies, assist in fundraising events, etc.
- J. Work is not an excuse for missing or being late to a practice, game, or performance.
- K. Attendance at a game without proper shoes, uniform, bow, socks, etc. will be considered an absence and the athlete will be benched for that game.

Section V: Tumbling Requirement

Tumbling is a major component of cheerleading. All cheerleaders must be willing to tumble.

- A. Cheerleaders are required to maintain whatever tumbling they showcase at tryouts. We will have tumbling checkoffs to ensure skills are being maintained.
- B. Cheerleaders are required to continue to improve their tumbling skills.
- C. Tumbling will be worked on during practices, however additional training and privates are strongly encouraged.
- D. Varsity Team Cheerleaders are required to maintain their standing and round off back handspring throughout the year.

Section VI: Dedication

Cheerleaders will not be allowed to participate on another competitive cheer team during the cheer season. This includes all-star cheer. There will be an exception for competitive dance teams, as long as the JHS cheer team comes first. If a conflict arises you will be expected to miss your other team's practice, event, etc. In addition, cheerleaders should be aware that there will be no exceptions made for missing events, including work, vacations, social events, etc. If you are going to be a member of this team, we ask you to be prepared to make the commitments and sacrifices that are expected from any other team.

ARTICLE III- RULES AND REGULATIONS

Section I: Grading Policy

Cheerleading is part of the school curriculum. Credit and grades are given accordingly. Cheerleaders will earn grades based on their attendance, participation, and attitude in the following areas: class time, poster sessions, games, performances, and other activities as specified by the advisor/coach. The grading policy will be as follows:

Points Earned

- Class time: 50 pts/day
- Games: 100 pts/game
- Performances: 100 pts/performance
- Appearances/service projects: 100 pts each
- Summer practices: 50 pts/day (will go on 1st quarter grade)

Reasons for Loss of Points

- Being unprepared (hair, gum, jewelry, uniform, shoes, poms, bows, etc): 10 pts EACH
- Poor attitude/lack of respect: 25-100 pts; depending on severity
- Breaking any rule or expectation set forth in constitution: 25-100 pts; depending on severity
- Tardiness: 10 pts
- Game benching: you will receive 75 pts for showing up ready and on time
- Unexcused absences will receive 0 pts

Section II: Absences

- A. Any cheerleader, who is unable to attend a designated practice, game, or event, must notify the coach in advance (unless it is an emergency). The absence may or may not be excused. If a cheerleader is sick or injured, they will still be required to attend practice and/or games but not participate. This will depend on the severity of both the sickness and injury. If you are contagious, PLEASE STAY HOME. We do not want to pass the sickness on to other team members. Severe injuries that require long-term healing must be accompanied by a doctor's note (3 days or longer). Every practice is mandatory. It is the coach's discretion if an absence will be excused. The coach may excuse the cheerleader for the following:
 - a. Personal illness
 - b. Death or funeral of friend or family member
 - c. Wedding of an IMMEDIATE family member
 - d. School excused activity
- B. If a member is absent from practice the week of a performance or game, he/she may be dropped from performance, regardless of whether the absence was excused. This decision will be made by the coach on an individual basis. If he/she is dropped, they will still be required to cheer at the game.
- C. All cheerleaders are required to attend all football, volleyball, and basketball games. Additional games for other sports teams may be required with notice. If a cheerleader is not in attendance, he/she will receive an unexcused absence.
- D. In extreme cases, an unexcused absence may also be given for not wearing appropriate practice attire or not being prepared for practices, games, or performances. In which case, the cheerleader will not be able to participate.
- E. You are not considered excused unless the coach says, "you are excused." A typical response will include, "thanks for letting me know." That does not mean you are excused, that is simply to acknowledge that the message was received, and we appreciate the respect.

Section III: Tardies

Punctuality shows respect for your teammates and coaches.

- A. All cheerleaders must be willing to practice at designated times and in designated areas.
- B. A cheerleader being late for practices, performances, and games will receive a tardy. Being tardy will have consequences such as running extra laps, conditioning, cleaning, etc. in addition to missing points. Sleeping through an alarm, parents making you late, etc. ARE NOT ACCEPTED EXCUSES! There is no reason to be late.
- C. Cheerleaders not present within 30 minutes of designated starting times for practices, performances, and games will receive an unexcused absence.

Section V: Probation

There are 2 stages of probation.

- Level 1: Limits cheerleaders to participate in only half of all cheerleading activities. Cheerleaders will only be allowed to cheer 2 quarters of the game, and only participate in those assemblies and school activities as decided by administration and coaching staff. Cheerleaders will still be expected to be dressed for all practices, games, and school activities and be expected to participate in class.
- Level 2: Cheerleaders will not be allowed to participate in any cheerleading activities and will have to sit out for all games and school activities while on probation period. Cheerleaders will still be expected to attend all scheduled practices, games, and activities. Failure to do so will result in dismissal.

Probation will be given accordingly but not limited to the following actions. The level and time period of probation given will be decided by the coaching staff and administration.

Level 1:

- Failure to maintain 2.5 GPA
- Frequent unexcused absences
- Unmanageable behavior
- Failing to follow constitution

Level 2:

- GPA drops below 2.0
- Suspension from school
- Failing to follow constitution
- Failing to adhere to cheer safety regulations as outlined by the UHSAA and AACCAA

Section VI: Dismissal

Cheerleaders that have been dismissed, or who resigns from the JHS Cheer Team will not be able to return to the team that year or be permitted to participate in the following year's tryout process. A member may be dismissed under any of the following circumstances:

- A. Use or possession of drugs or alcohol
- B. Any indecent exposure on the internet (including, Twitter, YouTube, Facebook, Instagram, Snap Chat etc.)
- C. Any inappropriate use of social media – absolutely NO cyberbullying
- D. Any part of probation or the probation contract is broken
- E. If a team member is on probation for more than 2 quarters and isn't making progress (grades, behavior etc.)
- F. Participation on another cheerleading competition team
- G. Any other reason deemed necessary by the cheer coaches/administration that are in violation of school rules and/or district policies.

If a cheerleader is removed or resigns from the JHS Cheer Team, they will lose all privileges of the cheerleading program.

- A. All school-issued equipment and uniforms must be returned immediately for the remainder of the year.
- B. Students may no longer wear any part of the cheerleading uniform.
- C. The student will be held financially responsible for any balances due. No refunds of any kind will be made.

Section VII: Rules of Conduct (Applicable at ALL times)

- A. All standards of the Jordan High School Policies must be upheld.
- B. No drinking, smoking, vaping, attending parties or clubs where alcohol or drugs are used, sluffing, dishonesty, disregard of any regulation in the constitution, or immoral or unlawful conduct is allowed.
- C. Cultivate modesty in dress and language.
- D. If there is a disagreement, it will be settled by the group in private and not in the eyes of the public or other students.
- E. Commendable conduct in the halls, classroom, and outside of the school will be exhibited at all times.
- F. Unhealthy dieting, use of laxatives or improper behavior with the respects to nutrition and weight loss is strictly prohibited. If you or you are aware of a teammate struggling with this, please let a coach, advisor, administrator, or counselor know so that we can get them help.
- G. Any violation of one or more rules of conduct is cause for probation and/or immediate dismissal.

Section VIII: Team Rules

- A. Put the team first
- B. Athletes are expected to show all coaching staff, school staff, teammates, officials, peers, and fellow students respect at all times
- C. Communicate truthfully and openly
- D. DO NOT GOSSIP
- E. Accept responsibility for your actions
- F. Be mentally, physically, and emotionally ready to handle ALL responsibilities
- G. Proper appearance is required at all times. This includes, but not limited to, full uniform at games/events/school functions and the correct practice attire for scheduled practices. Absolutely NO jewelry will be allowed at practices, games, and/or competitions. This is a UHSAA and AACCAA rule!
- H. Please be aware of how public and social media sites such as Facebook, Instagram, Twitter, YouTube, Snapchat, etc. can affect the appearance of yourself and our team. Posting of provocative and/or inappropriate pictures or language is not permitted. There is also ZERO tolerance for any type of cyberbullying.
- I. Athletes will display proper behavior in class, including but not limited to; being on time, completing all assigned homework and tests, and showing respect to all teachers and fellow students. Any form of cheating is unacceptable and will not be tolerated.
- J. Do not use practice/games/assemblies/competitions as an excuse for missing homework. Please make sure you take care of any work you are going to miss and plan your time wisely.
- K. Be a part of the solution, not a part of the problem
- L. Motivate each other, leave the coaching to the coaches
- M. Please do not allow anyone who is not currently on the team to wear or borrow any of your cheer clothes, uniforms, and/or gear. Athletes will be responsible for any lost or damaged gear/equipment.

ARTICLE IV- PRACTICES, CHEERING, AND PERFORMING

Section I: Practices

- A. Practices to prepare for camp and the upcoming school year will be set by the coach.
- B. All practices are closed to parents, siblings, and friends.
- C. Athletes are to arrive at LEAST 5 minutes before practices with hair up, shoes on, and ready to start promptly at scheduled time. Failure to do so will result in athlete being marked tardy, lowering of grade, and extra conditioning for the whole team.
- D. During the school year, practices will be held on cheer class days. All cheerleaders must be on time and in attendance to all practices unless excused by the coach.
- E. An evening practice will be held once a week.
- F. Additional practices may be needed for upcoming performances. Advanced notice of at least one week will be given.
- G. Cheerleaders are not to miss cheer practices for doctor's appointments, detention, test make-ups, etc. These must be done at another time.
- H. During all practices, members are to wear appropriate practice outfit that is assigned for that specific practice.
- I. Cheer shoes must be worn at all times.
- J. For safety reasons, NO acrylic nails or accessories, such as jewelry or watches, shall be worn.
- K. Hair must be pulled back and out of face.
- L. When learning routines or cheers, the person in charge will be respected.
- M. Cheerleaders will not talk, chew gum, or do other distracting things during practice.
- N. Cell phone use during practices is prohibited without receiving the coaches' permission first.
- O. Safety is our first priority. Absolutely no horse-play/messing around while any stunt/tumbling/skills are being performed.
- P. It is against UHSAA and AACCA rules for athletes to stunt/tumble without a certified coach present.

Section II: Cheering and Performing

The following rules shall govern cheering and performances:

- A. All cheerleaders are required to attend all games and performances unless previously excused by the coach.
- B. Cheerleaders should be at the appointed place at the appointed time designated by the coach or they will receive a tardy.
- C. Cheerleaders shall be dressed in proper cheer attire and hair done as decided by group.
- D. Uniforms must be kept clean at all times.
- E. Makeup should be natural and not excessive. Nail polish is not allowed for ANY performances.
- F. For safety reasons, NO accessories, such as jewelry or watches, shall be worn while cheering or performing. This also applies to acrylic nails.
- G. Cheerleaders will not talk, chew gum, or do other distracting things during games or performances.
- H. Cell phone use during games/performances is prohibited without receiving the coaches' permission first. If it becomes an issue, phones will be collected at the start of the event and returned once it is over.
- I. There will be one person in charge. Strict attention will be given to that person.

Section III: Travel

For an away game or event, cheerleaders will travel by bus to the event. The following rules govern travel for cheerleaders:

- A. ALL cheerleaders will be required to ride the bus to and from the event.
- B. Conduct on the bus should be that of a representative of Jordan High School.
- C. Clean up your seat before exiting the bus.
- D. If a cheerleader misses the bus, they will receive an unexcused absence and will not be allowed to participate in cheering or performing.
- E. If circumstances prevent a cheerleader from riding the bus provided, the only approved transportation is with that cheerleader's parent or legal guardian. Under no circumstances may a cheerleader ride with another student, other parents, or drive in private cars. The appropriate form needs to be given to the coach as well.
- F. If a cheerleader is on the competition team, they are required to travel with and stay with the team the entire trip.

Section IV: Competition

In addition to providing school spirit at Jordan High, team members will be given the opportunity to participate on the Jordan High competition cheer team. The commitment standards are much higher than the school related teams.

- A. Trying out for the competition team is optional.
- B. The competition team will be made up of approximately 8-20 cheerleaders.
- C. There are additional fees and members of the competition team are required to pay the fees by the deadline they are due.
- D. If selected to be on the competition team, cheerleaders may have different positions than their school team positions.
- E. Competition is not school team related. Coaches pick positions, participants, and the routine outlines.
- F. Competition practices will be held on class days beginning at 6am. Additional practices will be held as needed, with advance notice.
- G. Competition team members are required to attend all practices, performances, and competitions. Other obligations will be scheduled around these dates.
- H. If a competition cheerleader misses a competition practice more than twice during the year, they will be removed from the competition team. Unless excused previously by the coach.
- I. If a cheerleader is late to competition practice more than three times during the year, they will be removed from the competition team. Unless excused previously by the coach.
- J. If a competition member is put on probation, they will be removed from the team until probation period is over.
- K. The competition team will compete nationally which may require competing on a Sunday.
- L. When attending Nationals, competition team members are required to travel with and stay with the team the entire trip. This is not a family vacation.

ARTICLE V- ORGANIZATION

Section I: Leadership

Leaders will assist in various responsibilities during the season. These assignments may include running warm-ups at practices and games, calling cheers, designating game plan, planning team parties, and other functions as deemed by the coach.

- A. If a cheerleader would like to apply for a leadership position, please see the head coach for an application.
- B. Selection of leadership will take place prior to summer practices and will consist of an application, interview, and team voting.
- C. The elected officers for Varsity may include some, if not all of the following:
 1. Captain
 2. Co-Captain
 3. Unity Captain
- D. The elected officers for Junior Varsity may include:
 1. Captain
 2. Co-Captain
- E. Failure to fulfill duties as an officer, failure to comply with the team rules and participation in behavior unbecoming of an officer can result in termination of that individual's service. In such a situation, there will be an election by the entire team to fill the vacancy of the officer.

ARTICLE VI – FINANCIAL COMMITMENT

Members are responsible for the following approximate costs for the 2023-2024 school year. Fundraising opportunities will be available to help bring down the financial costs.

- A. Financial obligations:

Participation fee	\$130
Uniform/other clothing costs	\$950
Sumer camp costs	\$300
Cheer camp/clinic costs	\$500
Team/group meals costs	\$120
Miscellaneous costs	\$100
Competition fees	\$600 – only applies if you make the competition team
Nationals travel costs	\$1,500 – only applies if you make the competition team
- B. All payments are to be made to the **JHS Main Office – cheer account**. The payment schedule is as follows:
 - April 24: \$130
 - May 15: \$350
 - May 26: \$300
 - June 12: \$300
 - June 26: \$300
 - July 10: \$300
 - July 31: \$200
- C. The competition team payments will not start until the fall after all the initial school team payments have been made. A separate payment schedule for these fees will be determined and given to the competition team once the team has been selected.

Cheerleaders will not receive their uniform if they are deficient in payments. Items will only be distributed if payments are current. There will be **NO REFUND** if a cheerleader quits or is dismissed from the team.

ARTICLE VII – PARENT INVOLVEMENT

Parents are encouraged to be involved and assist in activities, games, etc. There will be a sign-up sheet indicating what we will need help with. We will be looking for 1-2 team moms to work closely with the coach to help manage and coordinate volunteer assignments within the other parents. Parents helping with and ordering decorations, gifts, refreshments etc. for the team need will be financially responsible for cost.

JHS Cheer Team Contract

Cheerleader's Name: _____

Parent/Guardian Name: _____

- ✓ *We have read, understand, and agree to uphold the JHS Cheer Team Constitution*
- ✓ *We have read, understand, and agree to meet the financial and time requirements. We also understand that the time commitment listed is approximate and the actual commitment may differ from what is listed.*
- ✓ *We understand and agree to meet all the commitments set forth.*
- ✓ *We certify that the cheerleader listed above is not participating with any other competitive cheer teams and is not planning on being involved with any other major commitment activities.*
- ✓ *We understand and agree to uphold the grade requirement.*
- ✓ *We agree to the expectations of the coaches and will support them in any and all decisions. If a concern arises, I will address the issue with the coach in an appropriate manner.*
- ✓ *We understand that even one cheerleader missing a practice or performance requires the team to spend extra time in rearranging routines and will schedule all family vacations and appointments around cheer schedules. We also understand that my son/daughter may be pulled from games and performances because of attendance.*
- ✓ *We understand that if my son/daughter makes the cheer team he or she will not be allowed to attend or participate in tryouts for either dance company or drill. We agree to abide by this rule.*
- ✓ *We accept the privilege of being a Jordan High School Cheerleader for the 2023-2024 school year.*

Cheerleader's Signature: _____

Parent/Guardian's Signature: _____

Date Signed: _____