

SHEPHERD HIGH SCHOOL

CHEERLEADING/STUNTMAN/MASCOT CONSTITUTION

PURPOSE

The purpose of cheerleading is to be a leader who promotes and upholds school spirit, to develop a sense of good sportsmanship among the students and adults, and to improve relationships between schools.

MEMBERSHIP

1. There is no minimum or maximum (maximum is limited by the number of uniforms we have) of female members on the squad and they will cheer for ALL varsity sports. Males may also participate.
2. All cheerleaders will cheer for football and volleyball during the fall season and boys and girls basketball and wrestling during the winter season.
3. Cheerleaders will not be permitted to participate in any other sport or other school activity that requires extensive traveling during the cheerleading season (August-November/December-March), unless approved by the coach.
4. The SHS Mascot will be subject to the same rules and regulations as the cheerleaders. He/she will attend varsity practices as per the discretion of the coach. He/she will perform at girls and boys basketball games and home football and volleyball games and may travel with the cheerleaders for tournaments and playoffs.

TRYOUTS

1. Tryouts for cheerleading will take place during the spring for all seasons. If squads are not full or there is a vacancy, additional tryouts for the unfilled position(s) may be held as per the discretion of the coach.
2. The requirements for tryouts may be as follows:
 - a. **Have the required physical, emergency release form, ImPACT test, and Concussion Statement form on file with the office. Those who make the squad will be required to purchase an activity ticket and cheer fee before their first official practice as an SHS cheerleader. Parents must also complete a Code of Conduct video/form.**
 - a. **These documents are needed for practice and game participation!!!!**
 - b. After reading the Constitution, sign the required form agreeing to all of the rules and requirements. A parent/guardian is also required to sign the form.

A detailed list of requirements and scoring process will be given to each individual during the tryout practices. Judging of the tryouts will be done by the coaches but may also include other qualified members of the community/school.

RESPONSIBILITIES

1. An SHS Cheerleader shall cooperate and be respectful to the coaches, the game officials, athletes, fellow squad members, the crowd, as well as members from other squads and schools. Self-discipline, accountability and responsibility on the part of each cheerleader is expected.
2. Use of drugs, alcohol and tobacco is strictly forbidden in accordance with the SHS School Handbook.
3. A cheerleader should behave and act appropriately (not be rude, crude, obnoxious, silly or any other unsportsmanlike behavior) during all events where they are representing SHS. They shall be well groomed and wear nice clothes while attending other home games and tournaments.

4. A cheerleader will NOT eat or chew gum while at practice, on the court, or anytime while wearing their uniform. (Exception - in between girls and boys basketball games)
5. During the game they are cheering for, a cheerleader will not sit in the stands or leave the squad until the end of the game unless it is an emergency. There is to be no excessive visiting with friends or chatting/goofing around with other squad members.
6. A cheerleader will promote good sportsmanship-like conduct and school spirit, and help lead the crowd during a sporting event.
7. Grade checks will be done by the Athletic Director's office twice per season. Rules for grade checks are in the school handbook. Cheerleaders should maintain passing grades so that they do not become ineligible.
8. Each cheerleader will purchase an activity ticket immediately after tryouts, and may be asked to purchase their own shoes, pom poms, and/or camp clothes if needed.
9. Any cheerleader injuring themselves during practice, games or any time that requires medical care, will need a permission slip signed by their doctor prior to returning to cheerleading activities.
10. SHS Cheerleaders will NOT make public appearances individually or as a group without the approval of the coach.
11. A Cheerleader may be removed from the squad if he/she repeatedly disregards the rules as per the demerit contract and per coach's discretion.
12. In the event a Cheerleader is ineligible to participate, he/she will be required to attend all practices and games. During games, he/she will sit directly in front of their squad (or with the coach) and will follow all the rules and regulations required for Cheerleaders.
13. Cheerleaders are expected to be at tournaments and playoff games, these are what we work hard for and need everyone present to complete our halftime routines.
14. Cheerleaders may be subject to other rules not specifically stated in this constitution as conveyed to them throughout the year by the coach and/or school administration.
15. Stuntmen are expected to be at practices and games to help with stunting. At games they can choose to stay on the sidelines with the team or sit with the student section until they are needed for stunting. Stuntmen can be in other sports/activities and still help with stunting at games when they can make it.

UNIFORMS AND APPEARANCE

1. All Cheerleaders will buy their own cheerleading shoes, shorts, spandex, bows, poms, or shirts if so chosen by the squad at the beginning of the season.
2. Each cheerleader will turn in their cleaned uniforms at the required time or be subject to a late fee and/or replacement cost of the uniform.
3. Any uniform or items that are issued to a cheerleader and not turned back in or are damaged due to negligence will be paid for (replacement cost for a new item, plus shipping) by the member assigned that uniform.
4. Uniforms are NOT to be worn except at games and at school for pep rallies, unless permission is granted by the coach. Furthermore, uniforms and warm-up coats and pants are to be worn ONLY by the Cheerleader they are assigned to and NOT shared with anyone else, including other cheerleaders, friends, family members, etc.

5. Cheerleaders will maintain themselves in good physical condition at all times. If a cheerleader is unable to perform all the required duties due to a physical condition, then they must attend all of the games and practices, as long as they are physically capable, but not participate until released by a doctor.
6. All Cheerleaders shall attend practice wearing appropriate clothing and cheer shoes. They are required to be at practice on time.
7. During sporting events, female cheerleaders shall keep their makeup minimal and tastefully applied. NO fingernail polish will be allowed unless approved by the coach. NO artificial nails and male and female cheerleaders must keep their fingernails cut short, as specified by the Montana High School Association. If hair is not cut above the shoulders, it must be up in a ponytail. Additionally, bangs must be securely fastened away from the face/eyes. Hair color should be tasteful and natural looking.
8. *Absolutely NO jewelry is allowed during practice or games. "Spacers" or taping over a piercing is also NOT allowed.
9. Tattoos shall not be visible while wearing the cheerleading uniform. If visible, tape or a brace must be used to cover the tattoo.
10. A cheerleader will not be allowed to cheer at a game if they have a visible hickey.

PRACTICES AND GAMES

1. All Cheerleaders will be on time for practices and games. Tardiness will NOT be tolerated.
2. Attendance at all practices and games is mandatory (including tournaments). Leaving early and/or arriving late to or absence from (without the coach's knowledge) a practice or game will be counted as an unexcused absence. Unexcused absences will result in a demerit.
3. Excused absences are as follows:
 - a. Personal illness – must be verified by a parent.
 - b. Death in the family.
 - c. If *prior* approval is given by the coach (doctor's appointments, etc.)

CONSEQUENCES/DEMERITS

Team members will be under contract to uphold all of the responsibilities and rules outlined in this constitution and anything else under the coach's discretion. The consequences for breaking rules will result in receiving demerits. All team members will get a warning and then they have three demerits, after the third they will be removed from the team. There will be intervention before a third demerit is given to hopefully deter that from happening. ***Please be aware of the policies set forth by the school as well, such as alcohol and drug use, vaping products, being caught at a party, etc. These issues will result in 30 - 60 day suspension depending on which offense it is for the student. These are school policies and do not pertain to the demerits.*** Things that can result in a demerit:

1. Forgetting relevant items or equipment for practice or games habitually, i.e. shoes, pom poms, hair bow, proper practice attire, etc.
2. Not adhering to any of the policies set forth in Cheerleading/Mascot Constitution.
3. Tardiness - for game or practice without coach permission.
4. ***Unexcused absence from practice or game (will result in a demerit, no warnings)
5. Not following outlined expectations in the "Being a Shepherd Cheerleader" Commitment Contract.
6. Any other reason under the discretion of the coach that team member is not positively representing Shepherd High or the Cheer Squad.

FUNDRAISERS

All money-making activities must be cleared through the coach, athletic director and administration office. *All* Cheerleaders will participate in the money-making activity.

TRANSPORTATION

1. Transportation to tournaments will be provided by the school.
2. All Cheerleaders will abide by the rules and regulations set forth by the coaches and/or chaperone while traveling.
3. If for any reason a Cheerleader is unable to attend an event, the coach must be notified immediately.
4. All Cheerleaders, at the discretion of the coach, will travel to volleyball, girls and boys basketball tournaments and football play-offs.

AWARDS

1. Only Cheerleaders and the Mascot completing the entire season (including tournaments) will receive a Varsity Letter. Letters will be presented at the end of each season to eligible Cheerleaders.
2. Other Awards will be presented in the spring to eligible cheerleaders also. (All-State, Most Valuable, Most Improved, etc.)

SIGNED CONSTITUTION AGREEMENT

All SHS Cheerleaders/Mascots must abide by these rules and regulations, all rules set forth by the School District #37 in the SHS Student Handbook and any rules stated for Cheerleaders by the Montana High School Association and the NFHS. Failure to do so will require disciplinary action by the coach and/or school.

I AGREE TO ABIDE BY THIS CHEERLEADING/MASCOT CONSTITUTION AND UNDERSTAND THAT FAILURE TO DO SO WILL RESULT IN DISCIPLINARY ACTION AS OUTLINED IN THE CONSEQUENCES SECTION OF THE CONSTITUTION.

Cheerleader's Printed Name

Cheerleader's Signature

Date

I AGREE TO SUPPORT MY CHILD IN HIS/HER PURSUIT TO ABIDE BY THIS CHEERLEADING/MASCOT CONSTITUTION AND UNDERSTAND THAT HE/SHE WILL BE DISCIPLINED ACCORDINGLY IF NOT FOLLOWING THE RULES

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date