

DHS WILDCATS

Cheerleading Constitution



Go
Wildcats!

Being a Cheerleader is a highly esteemed position at Duluth. As DHS Cheerleaders you are the most visible representatives for the high school. For this reason, you are held to a higher standard than other students. You are expected to demonstrate good sportsmanship while at Duluth as well as while away from school. The primary purpose of the DHS cheerleading program is to promote school pride and unity. Cheerleaders are expected to lead the student body in demonstrating spirit and support for *ALL DHS* teams in appropriate ways in accordance to GHSA rules and guidelines. In turn, all athletes should treat all administrators, teachers, coaches, as well as individuals who participate in DHS athletics with the utmost respect remembering that others follow by their example. Finally, it is also the duty of our cheerleaders to compete and cheer with the spirit of good sportsmanship.

Cheerleaders are expected to be a positive influence on the school and athletic program. The rules and regulations of this constitution will serve as a personal guide to help you successfully meet the responsibilities of being a Duluth High School cheerleader. Failure to adhere to these rules may result in direct dismissal from the program.

A. Practices

- All coaches may determine individual squad practice schedules. All practices are mandatory, and as result, your coach must be notified with a reasonable excuse (coach's discretion) if you are unable to attend before the day of the absence.
- Missing practices for clubs, jobs, and/or extra-curricular activities is NOT considered excused. However, students with academic obligations (academic field trips) will not be penalized, but documentation must be provided to their coach prior to the absence.
- Cheerleaders are expected to notify their coach in advance, if they anticipate being tardy. Failure to notify your coach will result in the tardy being unexcused. Unexcused tardies will result in consequences per the discipline contract.
- Every effort should be made to avoid missing practices; doctor's and dentist's appointments should be scheduled for non practice days. Written doctor's notices must be presented to excuse this type of absence.

- Cheerleaders will assume responsibility for any information given at a missed practice or meeting and should take it upon themselves to get this information from their coach or other squad members. This is NOT the duty of your coach or team mom to seek you out.
- Detentions or other forms of discipline referrals are NOT tolerated and will automatically result in a disciplinary actions and demerits. An accumulation of demerits may result in a behavioral contract and possible dismissal from the squad per the discipline contract.

B. Game Days & Competitions

- Cheerleaders must be counted present for the academic school day in order to cheer and participate in after school activities. This means that the athlete must be present for at least half of the school day to participate.
- If there is an activity (game or competition) on a Saturday, cheerleaders MUST be counted present the Friday before the activity.
- According to the coaches' discretion, all cheerleaders must be in uniform for school and for the game in order to cheer and participate that day.
- All squad members are responsible for bringing appropriate equipment and uniforms to each game (pom-poms, hoodies, warm ups, hair ribbons, etc), Failure to do so may result in disciplinary actions.
- There should be no talking during the game unless it has to do with cheering. There is NO shouting to parents or friends in the stands. Doing so may result in sitting out the game.
- Cheerleaders are expected to travel to away games on the bus. There are no exceptions. A GUARDIAN is the only authorized person who can take a cheerleader home from away games; otherwise, everyone must ride the bus back to the school from away games. They must sign out the cheerleader before leaving the game.
- Cheerleaders are expected to arrive to a game/competition dressed and ready

C. Cheerleading Conduct

- Cheerleaders are considered school leaders whose conduct is observed closely. Inappropriate conduct in school will not be accepted. Cheerleaders who receive ISS or OSS will receive the appropriate disciplinary actions per the discipline contract. The athlete may be removed from the squad upon the next disciplinary issue (either squad or school related).
- All cheerleaders are expected to display positive attitudes at practices and games; this includes a willingness to work during practices. Disagreements may arise between members of the squad or with the coach; these should be discussed with the coach and settled. Once an agreement is reached, all negative comments should cease; SQUAD UNITY IS THE PRIMARY GOAL!!!! If a cheerleader becomes argumentative with a coach or squad member, then this athlete may be asked to leave and this may result in an unexcused absence from that practice or game.
- Please be familiar with the Duluth Handbook (Agenda). Cheerleaders will follow and obey these guidelines *daily*. Failure to do so will result in consequences.
- If a cheerleader is on multiple squads and is removed from one squad for any reason, she is removed from all squads automatically.

D. Financial Responsibilities

- Cheerleaders and their parents are responsible for all costs involved in the maintenance of the cheerleading program. It is highly encouraged that ALL parents attend the parent meetings in order to be aware of all financial obligations and to keep these obligations in order.

- Cheerleaders are responsible for the replacement cost of any school property that is lost, stolen, or damaged (uniforms). Failure to return uniforms may result in being placed on the school's fines list (which may prohibit a student from graduation, taking exams, and registering for classes) and other cheerleading related consequences.
- Cheerleaders are responsible for the proper care and cleaning of all uniform items. There may be fines associated with any dirty or damaged uniforms as well as a monetary penalty for late turn in.
- Opportunities are available for every cheerleader to offset their player contributions through fundraising. This is not mandatory but is encouraged. Participation is mandatory for Fundraising events that will be announced at a later time.
- All player contributions must be paid in full before Cheerleading Camp in the summer. Failure to do so will result in non-participation in camp and/or removal from the program. There is a 5% discount for those that pay their full balance at the April 19th meeting.
- Any cheerleader with outstanding debt at the end of the year will not be able to participate at the end of year banquet.

E. Transportation

- For all home games, practices, competitions, and events held at Duluth, cheerleaders are to provide their own transportation to the school and from DHS. Transportation arrangements **MUST** be made so that the athlete is picked up ON TIME. Failure to do so may result in consequences (demerits) for the child.
- Athletes must remain with a coach until practice ends and then go straight home. Athlete's must be picked up in front of the 600 building and must be off campus no more than 30 minutes after an activity ends.
- Cheerleaders **MUST** travel on the bus to and from all away games unless signed out by parent or legal guardian once the game is completed. Be prepared to show photo ID when signing a cheerleader out.
- Coaches and team moms are **NOT** to provide transportation for your child.

F. Mandatory Attendance Requirements

- All cheerleaders are expected to cheer their full seasons. Letters and awards will not be awarded to any cheerleader who does not complete the entire season.
- Any cheerleader who quits or is removed for any reason before their season is complete will not be eligible for tryouts for a calendar year (12 months).
- **Summer Camp** is mandatory for all cheerleaders. Vacation is **NOT** an excuse.
- Competitions are mandatory for all competition cheerleaders (including alternates).

While the Duluth High School cheerleading program provides flexibility concerning family needs, college trips, and academic enrichment opportunities, it should be understood that game participation will be limited when practices are missed. Cheerleaders are considered athletes and will be treated as such. This means being committed to your school, coach, squad, and yourself. Cheerleaders are encouraged to communicate with their coach as soon as possible when learning of special family or academic needs that will bring about a conflict.

DULUTH CHEERLEADING GUIDELINES AND STANDARDS

Article I Purpose and Philosophy

Section 1: The purpose of this program is to promote school spirit, uphold good sportsmanship, and further cheerleading as a sport following all guidelines set by the Georgia High School Association.

Section 2: GHSA has sanctioned cheerleading to be a sport, and it is treated as such at Duluth. The policies and procedures for selection of the cheerleading squads and the composition of the squads are set to insure that Duluth will be represented by the best squads possible at games, local, Regional, and State Competitions and within the community.

Article II Eligibility Standards

Section 1: All cheerleaders *must* pass five out of six subjects and be on track for graduation and to meet eligibility requirements of the Georgia High School Association. Grades will be checked periodically and freely by coaches. A cheerleader must stay academically eligible to continue to cheer if chosen to be on a squad.

Section 2: A cheerleader must be enrolled as a full time student in school to participate on a squad.

Section 3: Cheerleaders are required to either take the 24-hour coverage of the school's insurance policy or have comparable family insurance in order to be on the cheerleading squad.

Section 4: Cheerleaders *must* have a current physical on file with the Athletic Director. When securing a physical it should be made clear to the physician that cheerleading activities include distance running, sprinting, interval running, strenuous jumping, tumbling, and stunting, as well as other conditioning. No activities will be restricted unless an acute injury occurs. **All chronic illnesses must be reported on the physical and the coach prior to participation in tryouts or clinics.**

Section 5: Each cheerleader must wear proper apparel at each practice. This includes cheerleading shoes, no jewelry, and nails are at an appropriate length.

Article III Attendance standards

Section 1: All cheerleading events are mandatory unless otherwise specified by the coach. Attendance means being prepared to begin at the designated time and remain through the entire event.

Section 2: If a cheerleader feels they must miss an event, the proper procedure is as follows:

1. evaluate the importance of cheerleading and your team
 2. contact your coach **prior** to the event
 3. if an emergency arises and you cannot reach your coach, contact the school office at (770)476-5206 and leave a message. Remember to follow up by leaving a message or email with your coach as well.
 4. Contact a captain (this does not replace the requirement to contact your coach)
- **The coach will decide if it is an excused or unexcused absence.**

Section 3: Unexcused absences or tardiness, or early departure will result in disciplinary consequences per the discipline contract. If a cheerleader is absent for the practice immediately preceding the event for any reason, they may not be able to participate in that event. Cheerleaders who are late to practice for academic reasons

must bring a note from their subject teacher and should **notify the coach ahead of time**. Cheerleaders **will not be excused** for practices for other **club meetings, performances, recreational activities, or jobs**.

Section 4: A cheerleader must be counted present at school for the day of an event in order to participate in that event. To be considered present, the cheerleader must be in school for at least four periods. If an absence occurs on a Friday, the cheerleader will **NOT** be allowed to participate in any event on **Friday or Saturday**. **This includes games and competitions.**

Article IV Conduct Standards

Section 1: All cheerleaders must have **exceptional moral** conduct and **display good citizenship**. Duluth High School is unique in that it is a school of the community. A cheerleader's behavior in the community must also be impeccable. Smoking, use of profanity, fighting, drinking alcoholic beverages, the use of drugs, unacceptable behavior displayed on social media, or any activity that misrepresents Duluth may result in immediate dismissal.

Section 2: Exemplary conduct is expected in each classroom and at all school functions. A cheerleader is expected to comply with all school rules as outlined in the Student Handbook (agenda). Consequences may be attached to any disobedience.

Section 3: Individual members of the cheering squad must support each other in order for the squad to be successful. **Personal arguments, likes and dislikes, will take second place to the unity of the entire squad.** Cheerleaders who continually create **disunity** will be subject to disciplinary measures by the coach and may result in dismissal.

Section 4: Consequences imposed by coaches may include physical conditioning, benching, suspension, and/or dismissal. A clearly defined discipline contract is included that outlines consequences for specific instances. This discipline contract will be used program wide.

Section 5: Removal from a squad, either due to grades or discipline or due to a cheerleader quitting, will result in the participant having to sit one full year before he/she can tryout for the sport again.