

CHEERLEADING CONSTITUTION OF WALKER HIGH SCHOOL
Walker, Louisiana
2018-2019

Purpose:

- To publicly show the true spirit and loyalty that stands behind the name of Walker High School and to support ALL Walker athletic teams in victory or defeat.

Membership:

- Twelve to twenty four students in the 10th, 11th, or 12th grades.

General Requirements:

- Must maintain a 2.0 GPA to remain on the squad
 - If a 2.0 GPA is not maintained, the cheerleader is on probation for the following four and a half weeks. During the probation period the cheerleader will not be allowed to perform at games, pep rallies, etc., but will be required to attend practice, games and all other functions until the student is off probation. If the cheerleader has an F, she must sit out at practices and games until the F is brought up.
 - If the student's average is maintained by or before the next interim, the cheerleader is removed from probation. If not, the cheerleader is dismissed. The second time a 2.0 GPA is not met, the cheerleader will be dismissed from the squad.
- Must have a pleasing appearance, spirit, skill, and attitude.
- Must have no more than one suspension on record for any reason.
- Have not previously been dismissed or quit a high school or freshman squad.
- Full time student for the year (August '18 to May '19).
- Current physical signed by parent(s)/guardian(s) and physician indicates no health or physical defects that would hinder ability to perform.
- Adequate insurance coverage and copy of current insurance card submitted.
- Signed contract and parental consent forms in tryout packet.
- Must attend summer camp (June 12 -June 15 at SLU) and all practices before starting in April.

Finances:

- Cheerleading is a very expensive activity. The up-front cost for being a member of the cheer squad is close to \$1000, which includes all uniforms, practice wear, warm-up, poms, bag and cheer camp.
- A \$300 deposit will be due at our first meeting in March. \$200 will be due the last week of April. Another \$200 or balance will be due the first week of June. Any remaining balance must be paid when school begins in August. Cheerleader will be required to sit out of any games if balance is not paid in full or arrangements with the sponsor has not been made.
- Each girl will be required to get at least \$100 in sponsor's donations. Any donations beyond the \$100 may go toward the girls' balance. Money left over after football season becomes part of the cheer account. Balances may not be carried over to the next year.

Appearance:

- Uniforms must be kept neat, clean and well-fitted. Loss of any part of the uniform must be replaced by the cheerleader.
- Hair must be tied back in a ponytail or braid so it is off the face and shoulders, unless told otherwise. All long bangs must be sprayed or pinned back.
- Gum chewing is not permitted while at practice or during a game.
- NO jewelry is permitted to be worn during practices, games or performances. This includes earrings, bracelets, rings, necklaces, and watches. If worn to a game or practice, the cheerleader will be instructed to remove such articles and will be penalized.
- NO visible tattoos, or piercings, except ears.**

Games:

Football--

- Cheerleaders must perform at all pep rallies and varsity games, including playoffs and any other event deemed mandatory by the sponsor or principal.
- Must be on time for the game and remain the full time, until dismissed by the sponsor.
- Cheerleader must be present in school at least ½ day in order to perform in the pep rally or game
- Cheerleader must attend practice the day before and the day of a game in order to perform. Only exceptions will be a school-related absence or a doctor's excuse for missing the day before a game. Note that missing a practice for either reason may still result in cheerleader being pulled from a routine.
- Girls not at school may NOT show up for practice unless they check in for third block. Girls who are caught doing so will be punished.
- Girls who are chronically absent for morning classes and check in for cheer will be required to sit out at any games that week and/or may have to sit out at practice to complete make up work.
- Transportation: Must travel to and from games and other events in transportation scheduled by sponsor.
- At all games and performances the cheerleaders will remain together as a group. If a cheerleader is not performing, she will be expected to attend in full uniform and sit with the sponsor. She must receive permission from the sponsor to leave the group.
- Late to a game: 10-20 minutes late—must sit out 1st quarter, 20-40 minutes late—must sit out first half, more than 40 minutes late—must sit out entire game. Cheerleader will also receive 1 demerit for being 5-10 minutes late, 2 demerits for being more than 10 minutes late.

Basketball—

- Cheerleader must be here ½ day on the day of a game in order to perform
- If cheerleader misses school because of a doctor's appointment, she must come to the game and sit out. Exceptions made for extreme illness.
- Each girl is given a schedule at the beginning of the season. Sponsor should be notified right away of any conflicts. Once the schedule is set, it will not be changed.

Practice:

- Football (Fall) — during 4th block every day and Thursdays after school; girls who miss after school practice for whatever reason will be pulled from pep rally routines and must sit out Friday's game
- Basketball (Spring) — As needed, usually one day per week
- Summer — until camp in June then beginning July 23 until the start of school
- Additional — when sponsor, coach, or captain deems it necessary
- **Must be on time for practices and stay the whole time.**
- **Must attend school for half of the day to participate in practice.**
- Cheerleader is required to **personally** inform the sponsor if she must check out of school for any reason. If she is absent, the cheerleader or guardian must text or email me to let me know as soon as possible and include a reason for the absence.
- Missing the last practice before a pep rally or game may result in cheerleader being pulled from a stunt or routine.
- **IF YOU MISS ANY PRACTICES AND/OR ARE NOT PREPARED FOR THE PERFORMANCE ON GAME DAY, YOU WILL NOT PERFORM AT THE GAME.**
- Doctor's excuses must be turned in to the sponsor.
- After school jobs are not an excused absence from practice.

Conduct:

- Each cheerleader will be responsible for her own conduct and will be held to a high standard of behavior.
- Conduct in the classroom and out should set a good example to other students. Any misbehavior in a class reported by a teacher will result in demerits.
- Inappropriate behavior on social media outlets is NOT acceptable. Disciplinary action will be left up to the discretion of administration.
- At all games and performances the cheerleaders will remain together as a group. If a cheerleader is not performing, she will be expected to attend in full uniform and sit with the sponsor. She must receive permission from the sponsor to leave the group.
- **EMOTIONAL OUTBURSTS AND ARGUMENTS WILL NOT BE TOLERATED.**
- Talking back to the sponsor, coach, or captains is not allowed. Demerits will be given.

Cheer Class:

- Each cheerleader will be enrolled in 4th block cheer class. Girls will receive a credit for the class. It will be treated like any other class.
- Grades will be weighted. This year's grade weighting: Major 40%, Accuracy 35%, Participation/Completion 10%, Final exam 15%.
- If you check out of school, you **MUST** check back in or you will **NOT** be allowed to practice. WHS requires a doctor's excuse to check out and check back in.
- Girls will be given grades for dressing out, being on time, working hard and having a positive attitude, cheer tests, decorating footballs, etc... There is a possibility she may not make an A in the class. Practices missed will result in loss of points rather than demerits.

Demerits:

- Maximum number is twenty, the cheerleader is dismissed on twenty-one. **Demerits cannot be worked off!**
- Given by the sponsor or on recommendation of the coach.
- Given in the following cases but is not limited to this list:
 - Out of uniform (3)
 - Wrong hairstyle (2)
 - Wearing jewelry (2)
 - Chewing gum (1)
 - Failure to maintain proper sideline behavior (excessive visiting, not paying attention, out of formation, etc...) (2)
 - Leaving a game before dismissal (2)
 - Missing a game unexcused (11)
 - Detention/Saturday clinic (2)
 - Suspension (11)
 - Being disrespectful to the sponsor or coach (number given will depend on severity)
 - Poor attitude towards teammates (5)
 - Unexcused absence (5)
 - Tardy to practice (1-2)
 - Leaving practice early (1-2)

Dismissal:

- If dismissed the student will not be able to try out for the squad again and will not receive good recommendations for tryouts with other squads/teams/organizations.
 - Dismissal can happen in the following cases but is not limited to this list:
 1. Marriage
 2. Pregnancy – present or future (until graduation)
 3. Smoking
 4. Drinking (3, 4, 5 - In or Out of Uniform)
 5. Drug Use
 6. Maximum number of demerits. (maximum of 20, dismissed at 21)
 7. Failure to maintain a 2.0 average for two consecutive interims.
 8. More than one suspension from school
 9. Extreme misconduct, disobedience, or irresponsible behavior.
 10. Too many game absences.
 11. Failure to meet any requirements stated in this constitution.
 12. Anything found/posted on social media deemed inappropriate by sponsor/principal.
 13. ANY ACTION DEEMED INAPPROPRIATE BY THE SPONSOR OR PRINCIPAL.
- All funds will be handled through the sponsor and school.
 - Cheerleading is a full year commitment (from tryout to tryout); involvement in other school organizations or sports should not interfere with cheer activities or have very little overlapping.
 - Any situation not covered in the above rules will be handled accordingly by the sponsor and principal. All decisions made are final.