

## **Horn Lake High School**

### **Cheer Constitution**

#### **PHILOSOPHY**

School spirit groups supplement the academic curriculum and provide students with educational experiences and learning outcomes that contribute toward the development of positive leadership and good citizenship. Being the most visible and recognizable representative of our school, the cheerleaders are in a position of great influence. Therefore, high standards of conduct are essential. If a cheerleader acts in any way contrary to this philosophy, discipline will occur.

#### **PURPOSE**

Cheerleading shall be to promote and uphold school spirit, to develop a sense of good sportsmanship among students, to build better relationships between school and squads during all athletic events, and to strive for a standard of excellence at cheerleader clinics, camps, games, and pep rallies.

#### **COACH'S STATEMENT**

Being on the cheer team is not a right; it is a privilege. The fact that a young lady has made the team does not mean that they have a right to stay on the team the whole year. The best way to stay on the team is by holding themselves to a higher standard than other students. This means being respectful at all times. There are no excuses. I will try to help your child keep the correct attitude at all times, even if someone else may be in the wrong; however, if the child refuses to heed warnings, there is nothing I can do.

#### **UNIFORMS**

- A. Cheerleaders must purchase their own uniforms. No cheerleader will be allowed to participate without a uniform. Warm- up and Breast Cancer Awareness wear are a part of the uniforms that we as a squad will wear and perform in. If any part of the uniform is lost, you must purchase another. Also, you may not alter any part of your uniform. Any personalization of uniform or warm- up must be approved by the sponsor.
- B. Care of uniforms should be excellent at all times. Uniforms should be clean for EVERY performance. Not cleaning uniforms and performing in unclean uniforms is the opposite of the image we want to convey. Cheerleaders will not be allowed to perform in a dirty uniform.
- C. Length of skirts will be determined by the sponsor.
- D. Uniforms are not to be worn unless directed by the sponsor. No jewelry may be worn while in uniform. This includes during game days when we dress out. This is an MHSAA regulation. NO visible markings on the body will be tolerated.

- E. Those who are not members of our cheerleading team should at NO time wear our uniform. This includes warm- ups and other clothing that bears the school and squad's name and logo.

**TRIPS:**

- a. Squad members must travel to away games, competitions, and other events on the designated school bus. Transportation to and from home games will be provided by parents.
- b. No squad member can ride in a vehicle without a permission slip (signed by the members' parent) given to the sponsor prior to the event.

**ATHLETIC/ ACTIVITIES COMPLIANCE**

I understand that there are other sports a cheerleader may want to play. I have no problem with that; however, attendance is mandatory at any game or practice.

**GAMES:**

**\*GAMES ARE NOT SOCIAL EVENTS FOR CHEERLEADERS. THERE WILL NOT BE ANY TIME SET ASIDE FOR VISITING. GAMES ARE WORK EVENTS. PLEASE DO NOT DISTRACT CHEERLEADERS DURING THE GAMES. CHEERLEADERS HAVE HALF TIME TO VISIT WITH FRIENDS AND FAMILY.**

**A. Football**

1. Cheerleaders will be present and perform at all football games, both home and away. Excused absences from these games include illness with the appropriate doctor's not or death in the family. You must gain permission from the sponsor prior to the game in order to miss a game. Cheerleaders' presence at our games is mandatory. If there is an issue, a phone call must be made to the sponsor by the parent. The phone call must be made the night before the game or the game morning (first thing).

2. Cheerleaders will be present at the cheerleading area on the sideline. Cheerleaders must report to field one hour before game time. If a cheerleader is late, she will not be allowed to cheer that game, and discipline will occur.

**B. Basketball**

1. Cheerleaders will be present and perform for all basketball games in the DeSoto County District, any playoff games, and state if we happen to get that far.

2. Cheerleaders must report to the gym one hour before game time.

C. Team members who miss school on a game day cannot cheer at the game. Cheerleaders must be present for 2 out of 4 class blocks to participate in the game. This is an MHSAA regulation and WILL be enforced.

D. Doctor's notes will only be accepted if the cheerleader is ill or injured. Scheduled appointments (dentist, etc.) are not a reason to miss a practice or game.

E. No soda or energy drinks will be consumed during practice or games. The proper drinks for athletes are Gatorade or water.

F. Squad members will be picked up by parent or authorized person no later than 15 minutes after practice or game. The team member should have transportation set up before game or practice time begins. Demerits will be given for anyone who does not uphold this rule. Repeated offenses will result in suspension from the team.

G. The sponsors will not pick students up or drop cheerleaders off this year. Each team member is expected to have transportation to and from practices and games.

### **PRACTICES:**

A. A sanctioned practice is any practice approved and attended by the sponsor. All team members are required to be present for each practice. Dentist and other doctor appointments should be scheduled around practices. I will give advance notice any time we will have an after school practice. Since we will not be a competition team this year, we will only have sporadic practices after school.

B. Team members who miss more than two block periods of school on a practice day cannot come to practice. You must be present for two out of four blocks to participate. This is an MHSAA regulation and WILL be enforced.

C. Long hair must be worn in a ponytail. Shorter hair must be pulled away from the face.

D. Jewelry must be removed for practice.

E. Doctor's notes will only be accepted if the cheerleader is ill or injured. Scheduled appointments are not a reason to miss a practice or game. **In the case of injury, doctor's notes must have date for return to activity or restriction from activity.**

F. All members are expected to provide their own way to and from practices. Not having a ride to practice is not an acceptable reason for missing practice.

G. Work is not an excuse for missing any practice, game, or related activity, nor is it an excuse to leave practice early.

H. All cheerleaders are expected to follow the practice rules as designated by the sponsor. These rules and consequences are subject to change at the sponsor's discretion.

## **PRACTICE RULES:**

1. **BE ON TIME!!!** On time means shoes should be on, hair should be pulled back, restroom should be used, and all jewelry should be gone.
2. **NO CELL PHONES!!** If a cheerleader need to call someone for any reason, he' she must ask permission before making the call. All cell phones need to be turned off before practice begins!!!
3. **NO GUM!!!** Period.
4. **NO TALKING!!!** Cheerleaders need to spend practice time practicing, not talking to one another.
5. **NO CHEATING!!!** Cheating will not be accepted. Cheating on stretching, splits, toe touches, conditioning, routines, or any other activity will not be tolerated.
6. **NO SODAS, ENERGY DRINKS OR FOOD!!!** Only water or sports drinks such as Gatorade or PowerAde are allowed at practice.
7. **NO DISRESPECTFUL ATTITUDES.** Attitudes will not be accepted, either toward other team members, captains, or sponsors. Showing disrespectful attitudes includes using profanity, body language, rolling eyes, talking back, etc. A cheerleader will face discipline for being disrespectful. This may mean they will be given an exercise or they will be suspended from the team.
8. **ALWAYS GIVE 100%!!!** When practicing, always be sharp, use correct facials, and try your best. If a cheerleader is being sloppy or lazy, they will be warned and given discipline. This means smiling even if they don't feel like it sometimes. If she is consistently sloppy or lazy, she will be pulled from performance.

## **CONDUCT**

- A. Cheerleaders will conduct themselves properly at all times because they are official representatives of the school. This includes situations away from school and when not in uniform during school.
- B. Team members must demonstrate maturity and sound judgment appropriate to provide model behavior for peers at HLHS.
- C. Conduct which includes use and/or possession of tobacco products, alcohol, drugs, immoral behavior, use of profanity, obscene gestures, or vandalism to school property, etc. will warrant immediate dismissal from the squad.
- D. Team members should display good sportsmanship at all times.
- E. Conduct at social events and with members of the opposite sex should be above reproach. Reports of misconduct from administration or teachers shall be reviewed and correct action taken, including removal from the team.
- F. Uniforms, music, cheers, and dance routines may not contain anything that could be considered lewd or vulgar by spectators.
- G. Cheer, chants, and signs may not contain anything that is negative, degrading, or intimidating toward an opponent.

**CONSEQUENCE SYSTEM**

See attached.

**NOTEBOOKS**

Cheerleaders are required keep a notebook with them at all cheerleading activities. The notebook will contain a copy of the HLHS constitution, papers that need to be signed, and other important information regarding the HLHS spirit leaders.

**THE SPONSOR AND SCHOOL ADMINISTRATION RESERVE THE RIGHT TO TAKE DISCIPLINARY ACTION AT THEIR DISCRETION FOR PROBLEMS THAT MAY ARISE WHICH ARE NOT SPECIFICALLY COVERED IN OUR CONSTITUTION. THIS INCLUDES REMOVING A CHEERLEADER FROM THE TEAM.**

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Parent Signature

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date