# Constitution for BMS Cheerleaders

**Mission Statement:**

BMS Cheerleaders at Cranford Burns Middle School will promote school spirit through good sportsmanship, academic leadership, and citizenship. Members of the BMS performing cheerleading squad are representatives of the school and shall conduct themselves with exemplary behavior at all times.

**Eligibility**

All performing cheer candidates must comply with the eligibility requirements of the Alabama Athletic Association. On the date of tryouts, candidates must have a C/70 average in the four core classes: science, social studies, English/language arts, and mathematics. Rising **seventh and eighth graders** must be academically promoted to be eligible. Any exceptions due to hardship must be approved by the principal.

All performing cheer candidates must pass a physical. This physical must be taken before the first practice/clinic. Missing practice for this physical is an unexcused absence. **Coaches must be made aware of any health problems that may arise. Parents must provide necessary medical equipment, such as inhalers, medications and braces prior to each practice or game. Failure to supply such materials will result in the benching of the cheerleader until such time as the device has been provided.**

All performing cheer candidates must maintain a good disciplinary record. This record will be reviewed prior to tryouts. Excessive violators will not be eligible to tryout. The coach and an administrator will determine whether the record is excessive. **Candidates will not be considered if they have been in retract more than once or suspended.** **Misconduct, not handled by the school but confirmed by a coach, may result in suspension or removal from the squad at the discretion of the coach and the principal. BMS cheerleaders are representatives of the school during school hours and after school hours.**

All candidates must be able to meet the financial obligations at or before the deadlines set by the coach.

**Tryouts**

Cheerleader tryouts will be held annually in the spring. Tryouts will be judged by a panel of judges/coaches.

Cheerleaders will be scored in the following categories: preparation throughout the tryout practices (attendance, punctuality, cooperation, enthusiasm, and appearance) and the combination of performance of material and fundamental skills during the day of the tryout (cheer: enthusiasm, technique, and enunciation; pom routine: rhythm, technique, and execution; fundamentals: motions, jumps, tumbling skills).

The top scores of eligible candidates determine the squad. **ALL JUDGES’ DECISIONS ARE FINAL!** Scoring records will be kept confidential.

All cheerleaders who have completed the previous season in good standing must still go through the tryout process. Members of former middle school squads must have completed the cheer season in good standing. Any candidate who quit or was removed from the squad for disciplinary reasons is ineligible.

## Team Member Responsibility

1. **Cheerleaders will be on time to practice and to games by the appointed time, fully dressed and ready to begin.**
	1. Cheerleaders will cheer at football games and basketball games and competitions.
	2. Tardiness will be only excused by either a pass from a faculty member, medical excuse, or a prior consultation with a coach.
2. **Cheerleaders will be responsible to be at practice, unless they are absent from school or are sent home during the school day.**
3. **Excuses:**
	1. Absences will be excused for academic reasons with a note from the involved faculty member.
	2. Absences will be excused by a medical excuse.
	3. Absences will be excused by parent note, at the coach’s discretion.
	4. Absences will be excused by prior consultation with a coach, at coach’s discretion.
	5. **Unexcused absences on days prior to a game or performance will result in a cheerleader being unable to cheer at the game or performance.**

**CONSEQUENCES FOR TARDINESS FOR PRACTICES, ACTIVITIES AND GAMES**

***First Offense:*** Member will be verbally reprimanded.

***Second Offense:*** Member will run or complete extra jumps at following attendance.

***Third Offense:*** Member will be benched during upcoming game.

***Fourth Offense:*** Member will be suspended from next 2 games.

***Fifth Offense:***Member will be subject to removal from squad.

\*\*\***NOTE: Coach retains the right to overrule traditional protocol of consequences for severe offenses**.

**CONSEQUENCES FOR ABSENCES FOR PRACTICES, ACTIVITIES AND GAMES**

***First Offense:*** Member will run or complete extra jumps and/or be benched during the upcoming game.

***Second Offense:*** Member will be suspended from next two games.

***Third Offense:*** Member will be removed from squad.

**\*\*\*NOTE: Coach retains the right to overrule traditional protocol of consequences for severe offenses.**

1. **Cheerleaders will be expected to attend tutoring for any academic class for which they have an average of 69 or below. Grades will be checked during progress report and report card times.**
2. Cheerleaders must participate in all squad sponsored activities throughout the year. These activities include, but are not limited to:
	1. Pep rallies
	2. Camp
	3. Fundraisers
	4. Other activities as assigned.
3. **Cheerleaders must attend camp in order to participate as a team member on the squad. Cheerleaders are responsible for financing any money as funding for camp is not covered by team fundraising activities. Failure to attend camp will result in removal from the squad.**
4. **Should a cheerleader be benched for two consecutive games, for any combination of reasons, that cheerleader will be placed on suspension and recommended for expulsion from the squad. This decision will be made by the coach and the principal.**
5. Cheerleaders will cheer at any playoff/ post-season games if applicable.
6. **Should a cheerleader choose to quit the squad, she will be ineligible to try out for the following school year.**

A. Extreme cases may be presented to coaching staff to determine eligibility for following year, but ultimate decision rests with the coaching staff and the principal.

B. All financial obligations (camp, uniforms, etc.) must be fulfilled, or unpaid obligations will be reported to the fees office.

C. No refunds will be awarded for money contributed to squad (uniforms, camp deposits, camp tuitions, etc.)

1. **Captains and co-captains will have the following responsibilities:**

Captains will be chosen by the tryout scores and the coach. Captains may only be eighth graders. Co-captains may be chosen from the rising seventh or eighth graders who are eligible. If the co-captain returns the following year, she may or may not automatically be placed in the position of captain.

* 1. Set a positive example for all other team members through displaying a positive attitude, displaying effort, and through encouraging other team members.
	2. Arrive to practice on time each day unless previously discussed with a coach.
	3. Lead conditioning, stretching and warm-up activities.
	4. Call cheers during practice and during games.
	5. Assist team members with learning new skills.
	6. Create an agenda for each practice. This must be submitted to the coach at least one week in advance for final approval.
	7. Create a calendar for each month that clearly shows all squad activities. This must be submitted to the coach at least one week in advance for final approval.
	8. Organize and assist in all aspects of fund raising projects.
	9. Other duties as assigned by the coach.

*Captains will report any conflict among themselves to coaches rather than resort to confrontations among themselves.*

1. **Cheerleaders will abide by the following dress code:**
	1. ***Practices:***
2. All jewelry must be removed prior to practice.
3. Athletic attire, including an approved sports bra that allows movement and approved cheer shoes, must be worn to practice. Hair must be out of the face and held back. Failure to dress out will result in an “absence” from practice and will follow the rules for absences.
	1. ***Games:***
4. Nails must be kept SHORT and polish must be in “good taste”. Try to avoid colors that can be a distraction.
5. All jewelry must be removed prior to game. Any additional accessories must be approved by a coach.
6. Appropriate and complete uniform tops and skirts, bloomers, coach-approved sports bra, socks, shoes, and hair ribbons should be worn at games.
7. Long hair must be secured fully into braids or a ponytail for games with appointed ribbon.

**12. From time to time, cheerleaders will be provided with a video or other materials to assist in learning routines. The routines on these materials must be learned within the amount of time provided by the coach, and will be demonstrated at the following practice.**

**Game Transportation**

## 1. Transportation to and from games will be provided by the parent/guardian or the school bus.

a. Cheerleaders will not depart from an event unless the game is completely over, or has already been pre-approved by the coach.

## Team Member Conduct

 **As a member of the cheerleading squad and a representative of her school, cheerleaders are expected to conduct themselves in a respectful and dignified manner, especially when in uniform. Any infractions of the school code of behavior and conduct will result in the following consequences:**

**First Offense:** Verbal warning-meeting with the coach and/or an administrator.

**Second Offense:** Contact with parents will be made. Member will be suspended from upcoming game. Additionally, he/she must run or complete extra jumps at the following practice.

**Third Offense:** Member will be recommended for removal from squad.

Cheerleaders will be required to have a personally made form signed by each of their teachers for each class. This report is referred to as a Cheer Report. This report must be signed and completed on EVERY date as designated by the coach. This is the cheerleader’s responsibility, and should be treated as such.

1. **Conflicts between team members should be resolved through the coaching staff, not between team members during practices and games.**

A. Altercations, verbal or physical, among team members during practices or games, dependent upon severity, will result in the consequences as listed previously under “Team Member Conduct” for all members involved.

B. Severe physical offenses will result in immediate removal from squad, contact with parents and referral to school administration.

C. Should a team member walk out of a practice or walk off the field during a game, the previous consequences will be followed.

D. Team members are also governed by the Code of Student Conduct provided by the Mobile County Board of Education.

**Respect towards Coaches**

**Disrespect toward members of the coaching staff will not be tolerated! Disrespect from either a parent/guardian or the cheerleader will result in these consequences.**

 **Consequences are as follows:**

**First Offense:** Member will be asked to leave practice after running one mile. If first offense occurs during a game, member will not be permitted to cheer for remainder of the game.

**Second Offense:** Member will be suspended from upcoming game.

**Third Offense:** Member will be recommended for removal from the squad.

**General**

Major disciplinary action at school will result in removal from squad. For the purposes of this document, a major disciplinary action would be any disciplinary offenses as defined by the student handbook or any other offense that results in out of school suspension. In school suspensions, for any reason, will also be considered grounds for dismissal from the squad.

I have read the BMS cheerleading constitution and understand all the rules and regulations:

Parent Signature Date

BMS Cheerleader Signature Date