

# A.E. Phillips Lab School Cheerleader/Mascot Constitution



2023-2024

## **Philosophy and Purpose**

The purpose of A.E. Phillips Cheerleading program is to promote school spirit, loyalty to A.E. Phillips, and take pride in being a Bullpup. Members are representatives of AE Phillips and are expected to maintain appropriate behavior at all times, both in and out of uniform.

## **Membership and Eligibility Requirements**

1. Cheerleaders are enrolled in either 6th, 7th, and 8th grade at AEP during the school year they serve.
2. Each cheerleader must maintain a “C” average (2.5) or better throughout the school year. If a “C” average is not attained by the end of each nine weeks, the following will occur:
  - a. The first academic offense will result in probation. The cheerleader will not be allowed to cheer or perform until her GPA is a “C” average or above on the following 9 weeks progress report.
  - b. The second academic offense will result in permanent suspension from the squad.
3. Cheerleaders must be in good health. Each cheerleader is required to submit and get a physical completed each year. A copy of the cheerleader’s physical must be on file in the office.
4. Cheerleaders must have parent consent.
5. Cheerleaders must accept all financial responsibilities as required by the program.
6. Each participant must participate in the clinic prior to tryouts for cheerleading.

## **Eligibility Requirements**

- Suspension:
  - Any in-school, out of school, or Saturday suspensions may result in punishment in cheer at the discretion of the coach/sponsor.
- A cheerleader will be dismissed for the following:
  - Having 5 demerits or more
  - Failing to maintain a 2.5 GPA
  - More than TWO unexcused absences

Most discipline problems will be left to the discretion of the sponsor/coach. If assistance is needed by the sponsor/coach, the decision will be referred to the principal.

## **TRYOUT GUIDELINES FOR CHEERLEADERS/MASCOT**

1. Must have all cheerleader debts paid from the previous school year before the first day of tryouts workshop.
2. All candidates must complete the required paperwork, pay clinic fee, and attend every day of the tryouts workshop in order to try out. If a candidate misses the clinic, she must have approval from the sponsor prior to the beginning of the clinic. Absences will only be approved for school-related functions such as softball games, soccer games, track meets, personal illnesses, and death in the family. A doctor's note will be required for absences due to illness. Candidates must be present on the day of the actual tryout.
3. The tryout workshop clinic and tryouts are closed to all spectators, including family members, friends, and other teachers. The gym will be CLOSED TO THE PUBLIC during tryouts.
4. Candidates will be informed of appropriate attire for tryouts and will NOT be allowed to try out if they do not meet the requirements.
5. Candidates and their families must be willing to adhere to all rules and regulations as well as financial obligations. Contracts will be signed by both parents prior to tryouts and kept on file.
6. Candidates will be evaluated by a panel of impartial, qualified judges and sponsor/coach. They will be identified by number only to the judges. Numbers will be assigned during the tryout clinic.
7. JUDGING CRITERIA for Cheerleaders:
  - a. attitude/personality/spirit- 10 points
  - b. projection/voice- 10 points
  - c. Jumps- 10 points
  - d. motions/sharpness- 10 points
  - e. Chant/crowd leading ability- 10 points
  - f. Cheer- 10 points
  - g. Dance- 10 points
  - h. Tumbling- 5 points (candidates must do a round-off to receive any points)
  - i. Teacher evaluations- 25 points

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TOTAL: 100 points

8. The ideal number for the squad: 12-18 members
9. How selections are made:
  - a. A rubric is used for tryouts. Rubrics will be made to the candidate prior to tryouts.
  - b. Judges' scores are tallied by the sponsor/coach. Candidates are ranked from highest to lowest scores. Major breaks are noted. The judges, sponsor/coach, and administration, using their discretion, may select any number of squad members using breaks in the scores.

- c. Once squad members have been selected, the results will be posted the same day as tryouts. It will be left up to the discretion of the sponsor of how and when the results will be posted.
- d. Concerns about squad selections should be directed to AEP administration.
- e. Scores will be kept on file at AE Phillips.

### **Absences/Excuses:**

Each cheerleader is expected to attend ALL functions unless one of the following occurs:

1. Personal illness- must turn in Dr. excuse (as needed)
2. Death in the family
3. Other school activities with ADVANCED approval from coach

Cheerleaders and parents must inform the coach personally BEFORE an event about being absent (preferably 24 hours in advance) This includes all functions. If a cheerleader is absent from school and cannot attend a function later that day, a parent should contact the coach/sponsor by phone/text immediately.

### **Unexcused absences:**

Only TWO unexcused absences are allowed during the season. This includes practice, pep rallies, games and all other functions. After the second unexcused absence, the cheerleader will be dismissed from the team.

### **The following are NOT unexcused absences:**

- Dance
- Softball practices/games
- Out of town trips
- Appointments (hair, dentist, doctor, etc)
- Church activities

### **Practices before summer camp are MANDATORY.**

### **Practice Sessions:**

1. The number of sessions each year will be determined by the coach/sponsor.
2. Time and length will be determined by the coach/sponsor.
3. The coach/sponsor will be in charge of practice sessions.

### **Requirements:**

1. Each cheerleader is to be present and on time to all practices and games.
2. Excuses for cheerleaders must be given to the sponsor/coach within 3 days after the absence occurs, but the sponsor/coach should be notified before the absence if possible.
3. Routine orthodontist and doctor appointments, as well as other routine appointments, should not be scheduled on practice days.

### **Financial Requirements and Responsibilities:**

1. Cheerleaders must make monthly payments until the balance is paid in full by September 10th.
2. Cheerleaders will have optional opportunities to participate in fundraising events to assist with the balance.
3. Any money raised above their remaining balance will be distributed to the general cheer fund, dispersed equally among cheerleaders, or up to the coach/sponsor's discrepancy.
4. By signing the constitution contract, you are agreeing to make ALL payments before the close of the cheerleading season.

### **Competition:**

1. Competition will be determined by the cheerleaders/coach/sponsor after attending cheer camp.
2. Cheerleaders will be responsible for paying for competition fees (estimated around \$500-600). These fees would be additional to the original balance given.
3. Cheerleaders would be responsible for finding a ride to and from the competition.
4. Competitions would be within a 4-5 hour driving distance.
5. Entry into competition will be left up to the sponsor. The decision to be a competitive cheer team and compete in competitions will be made on a yearly basis.

### **Uniforms:**

1. Each cheerleader will purchase and wear the chosen team uniform. All fees incurred will be paid individually
2. Uniforms may be purchased from a previous cheerleader if in good condition.
3. Uniforms should be kept clean and free from stains.
4. Uniforms are to be worn at each performance should follow the following:
  - a. Inconspicuous barrettes may be worn with the uniform hair ribbon.
  - b. Jewelry may NOT be worn, including small bracelets or anklets.
  - c. Cheerleaders must be well groomed and neat in appearance.
  - d. Gum, food, and drinks (other than water) will not be allowed while in uniform unless given permission.

### **Head Cheerleaders:**

1. Captains/Co-captains will be selected by the team, and coach/sponsor.
2. The captains have the authority to execute the rules set forth by the constitution and any instructions given from the coach and sponsor. The captains will conduct the leadership role with respect, kindness, and fairness to all cheerleaders, the coach and sponsor. The cheerleaders, in turn, will abide by the leadership of the head cheerleaders. If any cheerleader has concerns about the captains or fellow cheerleaders, they should discuss this concern with the coach/sponsor without any disrespect to another cheerleader.
3. The captain should have no discipline record from the previous year.

### **Duties of the head cheerleaders:**

1. Carry out instructions of the coach/sponsor
2. Assist in making sure all cheerleaders are aware of upcoming events and arrangements.
3. Inspect uniforms/clothing.
4. Be in charge of the squad during a performance.
  - a. Responsible for maintaining school dignity.
  - b. Report all infractions of rules and regulations to sponsor.
5. Act as a spokesperson for the team.
6. Will be responsible for all needed equipment (signs, megaphones, flags, mats, etc)
7. Will check for attendance and tardies for practices, games, and activities. Infractions will be reported to the sponsor as soon as possible.
8. Will be able to give red flags for minor infractions.

### **Expected Behavior/Rules**

1. Abide by school rules and cheer constitution at all times.
2. Be respectful of sponsors, administrators, faculty members, other school organizations, and other students at all times .
3. Set a positive example of school spirit for students to follow.
4. Be willing to sacrifice personal wants/goals for the good of the squad as a whole.
5. Be punctual.
6. Be responsible. Come prepared for practices and ballgames. Make sure payments are turned in on time. Know what the rules are and follow them. Know when and where games/practices are and what to wear.
7. Wear uniforms/hair appropriately and as designated by the sponsor.

### **Expected Behavior at Games/Pep Rallies:**

1. Show good sportsmanship at all times. This includes your attitude, actions, and words.
2. Do everything as a squad, a team.
3. Get permission from a coach before leaving the court or stands, including when using the restroom.
4. Arrive at games at least 15 minutes prior to the game starting.
5. Do not talk to spectators/fans during games/pep rallies.
6. Follow the instructions of the captain, co-captain and sponsor.
7. Pay attention to the game/pep rally and do not talk when you should be cheering.
8. Do not eat or drink while in uniform unless given permission from the sponsor/coach.
9. Keep poms/cheer bags neat and organized.
10. At both home and away games, a cheerleader may NOT leave the gym without an adult escort. Parents need to come into the facility. No cheerleader may leave the building unattended to wait outside alone for a ride.

**The following are examples of violations in red flags/demerits, but NOT limited to:**

**Red flags:**

1. Failure to follow instructions of captains/coach/sponsor
2. Showing disrespect to fellow cheerleaders and/or sponsor/coach
3. Complaining
4. Chewing gum in uniform
5. Wearing jewelry in uniform
6. Continuous talking during game or practice
7. Late payments or paperwork
8. Forgetting poms, shoes, bow, clothes, etc.
9. Using a cell phone without permission during games, practice, or performances
10. Cell phone ringing during games, practice or performances
11. Being picked up late (excess of 15 minutes after function ends)
12. Eating or drinking (except water) in a uniform without permission from the coach/sponsor.
13. Failure to dress in correct uniform (first time)
14. Failure to return on time after break
15. Having a negative attitude
16. Failure of cheerleader or parent to notify coach about an absence prior to the event

**Demerits:**

1. Failure to follow instructions
2. Showing disrespect to captain/other cheerleaders/coach/sponsor
3. Lying to the coach/sponsor and or to/about another cheerleader
4. Showing poor sportsmanship
5. Using foul language
6. Leaving a function without permission from coach/sponsor
7. Failure to dress in correct uniform (second time)
8. Failure to return on time after break (second time)
9. Gossiping or being a part of creating drama on the squad

3 red flags= 1 demerit

4 demerits= not in good standing

5 demerits= dismissal from squad

BLACK flags can be given at the coach's discretion to wipe out red flags. This can only be used to remove minor infractions (chewing gum, forgetting ribbon, jewelry, etc)

**Mascot:**

1. The AEP mascot should abide by all rules and regulations as the cheerleaders. The mascot will be responsible for the following:
  - a. Attending cheer practice
  - b. Attending summer camp/practices
  - c. Preparing skits, costumes, routines for pep-rallies and games
  - d. Attend and participate in mini clinic
  - e. Participate in all pep rallies
  - f. Mingle with the crowd during ballgames/pep rallies/functions
  - g. responsible for paying for camp, camp clothes, shoes, etc