

JONESBORO HIGH SCHOOL CHEER CONSTITUTION

This constitution is meant to be a basic operating instrument and is not intended to cover every operating policy.

GENERAL PURPOSE FOR SQUAD MEMBERS

IT SHALL BE THE PURPOSE OF THE CHEERLEADER TO PROMOTE AND UPHOLD SCHOOL SPIRIT, DEVELOP A SENSE OF GOOD SPORTSMANSHIP AND BETTER THE RELATIONSHIPS BETWEEN OUR SCHOOL AND OUR COMPETITORS. THE CHEERLEADER WILL SHOW EXCEPTIONAL LEADERSHIP, A POSITIVE ATTITUDE, AND BE AN EXCELLENT ROLE MODEL AT ALL TIMES.

GENERAL SQUAD REQUIREMENTS

Participation in competitive interscholastic activities as a part of a school's educational program is a privilege and not a right. The eligibility rules of this association are designed to promote the educational values derived from participation in interscholastic activities, prevent exploitation of youth by special interest groups, and to ensure that interscholastic activities shall remain an integral part of the educational program.

Students wishing to participate in interscholastic activities shall have the opportunity to become eligible for these activities when they meet ALL eligibility rules. They will remain eligible for the opportunity to participate provided they do not: (1) exceed any limitations, (2) fail to meet any minimums, or (3) violate any other rules of the association. They may, however, regain their opportunity to participate at a later date by correcting any deficiencies that caused the ineligibility.

The requirement for senior high (10-12) eligibility shall include: - Passing four academic courses; and - A minimum GPA of 2.0, based on the previous semester. The student must have passed four academic courses in the previous semester. Any of these four courses for which concurrent high school credit is earned may be from an institution of higher learning recognized by the Arkansas Department of Education.

Supplemental Instruction Program (SIP). a. To participate in interscholastic competition, students passing four academic courses but failing to meet the 2.0 GPA requirements must be enrolled in and attending 100 minutes per week a Supplemental Instruction Program meeting established criteria and approved by the AAA. The Supplemental Instruction Program must be submitted to the AAA office for approval prior to the start of the school semester. If a student's GPA drops below 2.0 at the end of any semester, the student must immediately enroll in and attend the SIP at the beginning of the next concurrent semester. If a student fails to enroll in the SIP at this time, the student must attain a 2.0 GPA to regain eligibility. In the first semester of SIP the student must meet the stated requirement (2.0) at the end of that semester in order to become fully eligible again OR meet the requirement to remain in the SIP one additional semester. To maintain eligibility under the Supplemental Instruction Program and be eligible to continue for a second semester, the student must show improvement of at least one tenth of one point in his/her GPA after the first semester of participation in the supplemental program. To continue to participate following the second semester in the SIP, the student must have reached the 2.0 GPA as well as passing four academic courses. Maximum participation in the SIP is two consecutive semesters. If the student does not achieve a 2.0 GPA within this period, the student will remain ineligible until a 2.0 GPA is achieved. A student who has been in SIP and regained eligibility by achieving a 2.0 GPA would be eligible to enter the SIP again later if passing four courses but not earning a 2.0 GPA. 2. Loss of Opportunity for Athletic Participation. During participation in the SIP, the student must have no unexcused absences for the current semester or its equivalent from the SIP or regular classes. The student must have no school disciplinary action for the current semester. The school may define school disciplinary action, but as a minimum the policy shall state that a student has been disciplined when being placed on suspension where the student is out of school for a period of time. The student must have no known felony

convictions during a semester in which the student is in the SIP. If at any point the student falls out of compliance with any criteria listed above during the semester, the student will be immediately suspended from competition for the remainder of the semester. In order for the student to re-establish eligibility, he/she must pass four academic courses and achieve a 2.0 grade point average. If a student fails to participate in the supplemental instruction program during any semester, then eligibility can only be regained by the student passing four academic courses and earning a grade point average of 2.0 from all academic courses the previous semester

Limitation: A student is restricted to a maximum of two consecutive semesters in the SIP any time a student's GPA falls below a 2.0 for the previous semester

ATTENDANCE

Excused Absences:

The status of an absence or tardy will be determined by the coach as defined by the JHS Handbook. Cheerleaders must limit their number of excused absences, as performance privileges may be revoked for excessive absences. **When the cheerleader makes contact with the coach about an upcoming absent we avoid any confusion about excused or unexcused absences.**

Mandatory Attendance: Unless Parents/Coach/Athletic Director decides differently

- A. Summer camp- all routines, sessions, scheduled activities
- B. Football games
- C. Pep Rallies
- D. Playoff games (schedules determined by AAA)
- F. Choreography
- G. Competitions and competition practices
- H. Cheer class
- I. Special performances, as designated by the coach.

UNIFORMS AND EQUIPMENT

Any uniforms purchased by the school district or booster club must be returned in good condition at the end of the season, deadline to be determined by the coach. They should be clean and repaired, ready for someone else to wear. If a uniform piece is lost or damaged, the athlete is responsible for ordering and paying for a replacement. Replacement cost will be determined based on the actual cost of the uniform set. Failure to return all items in good condition may result in fines, which until paid the cheerleader is not eligible to graduate.

Squad Behavior **Includes but is not limited to**

Cheerleaders should:

- a. Leave all personal issues outside of practice.
- b. Leave all practice issues outside of personal life.
- c. NOT talk about our current team members or another cheerleading squad in a negative way. Talk problems over with the coach and keep matters among the team. ****THIS INCLUDES SOCIAL NETWORKING SITES SUCH AS FACEBOOK, INSTAGRAM, TWITTER, ETC.****
- d. Show respect for each other's opinions. Respect your captain(s).
- e. Be willing to go the extra mile to improve the squad. Show good sportsmanship.
- f. No gum at practice or during games. No cell phone use at practice or games. (only halftime)
- g. Do your share of the work. Volunteer without having to be asked!!
- h. NEVER argue as a squad in public....EVER!

- i. Understand that all cheerleaders are REQUIRED to ride the bus to functions UNLESS directed otherwise by a coach. Riding home with a parent after a function is allowed but riding home with another cheer parent requires a note from parent (of cheerleader riding). **This note must be signed by an administrator.**
- j. NOT wear jewelry while cheering at any time or while in uniform (body piercings included)
- k. Keep hair neat and away from face (up and off the shoulders when practicing or cheering).
- l. Abide by the demerit system
- m. All cheerleaders will be drug tested throughout the year. (Consequences in student handbook)

Merit/Demerit System

- Demerits may be given for any breaking of the Cheer Rules.(not limited to list below)
- Merits may be given for responsible behavior and additional activities assigned by coach.
- Merits/demerits will be given and documented by Cheer Coach.
- The coach and administrator's decision regarding demerits is final.
- Single demerits may be "worked off" during a nine weeks. Double demerits (2 & 4) cannot be worked off.

ONE DEMERIT

- Late to practice without notifying coach
- Excessive talking while cheering at game
- Not wearing correct uniform (any part)
- Not bringing practice clothes
- Gripping, Complaining to the extent of interfering with individual/squad performance
- Wearing jewelry to cheering events
- Late returning from breaks (at games)

TWO DEMERITS

- Missing practice/scheduled event without notifying coach
- Failure to cooperate with Coach, Captain, or any co-captains
- Being assigned to ISS

FOUR DEMERITS

- Assigned to OSS
- Abuse of Social Networking

TEN DEMERITS- DISMISSAL FROM SQUAD

BENCHING, SUSPENSION, DISMISSAL AND RESIGNATION

Resignation: Resignation shall be defined as a choice made by the individual athlete that he/she no longer desires participation in the cheer program. Resignation procedures involve a conference with the cheer coach and a letter of resignation from the resigning athlete, signed and dated with the parent/guardian signature. All uniforms, clothing and equipment must be turned in and financial obligations must be cleared at the time of resignation. Students may not wear any part of the HS cheerleading uniform. The cheerleader will be held financially responsible for any balance due. No refunds will be made.

Once resignation or dismissal from the cheer program occurs, for reasons other than academic, reinstatement will not be allowed during the current year. Upon resignation or dismissal, the former member loses all privileges of a cheerleader. Tryout eligibility for the following year will be established

only at the discretion of the cheer coach and administration and will incur the acceptance of strict guidelines and a probationary status. Before the tryout, the terms of probation are to be agreed upon by the student, the parents, the cheer coach, and the on-site administrator.

Dismissal: Dismissal involves the loss of membership from the cheerleading organization. All school-issued equipment and uniforms must be returned and all financial obligations must be cleared within one week of dismissal. Once an athlete has been dismissed, he/she loses all privileges of the cheer program. Students may not wear any part of the HS cheerleading uniform. **Ten** demerits is dismissal from squad.

Suspension: Suspension eliminates the athlete from participation at cheerleading functions and excludes participation in performances and special events; however, the athlete is required to participate in practice sessions during school hours only. If the suspended athlete attends a designated activity, he/she is not allowed to wear any part of the chosen team uniform to school or activities during the period of suspension. **Six demerits** results in suspension.

Benching: Benching is the temporary removal from performing or participating at a game or performance, at the coach's discretion. The coach reserves the right to pull any member from a performance due to absences, **lack of knowledge of cheers/chants/dances**, poor attitude, no smile, or lack of effort.

I have read the most recent version of the Jonesboro High School High School Cheerleading Constitution in its entirety, and I consent to adhere to all of the policies, regulations, commitments, and responsibilities involving JHS Cheer. Please return this page and keep the Constitution for your reference.

Cheerleader (print name): _____
Cheerleader signature: _____ Date: _____
Parent (print name): _____
Parent signature: _____ Date: _____