

# ARCHER CHEERLEADING 21-22 CONSTITUTION AND BY LAWS

## Section I. Purpose and Goals

- A. Support and enhance each student's academic career
- B. Build a program based on athleticism, leadership, and promoting school spirit
- C. Support and enhance Archer High School's athletic programs and extra-curricular activities through exceptional school spirit
- D. Develop highly competitive cheerleaders to proudly represent Archer High School
- E. Cultivate positive role models and leaders to represent and support Archer High School as well as the surrounding communities

**Section II. Eligibility** – The eligibility requirements listed below are the minimum to participate in cheerleading. We expect much more from those individuals representing Archer High School.

- A. All cheerleaders must pass 5 of 6 classes the preceding semester in order to be eligible. A grade of 70 is passing. They also must be on track to graduate. This is in accordance with Georgia High School Association rules. Additional information defining “on track to graduate” can be found on the Archer HS web site under Athletics.
- B. All cheerleaders must embody exceptional moral character and display good sportsmanship.
- C. All students must have an up-to-date completed physical form on file BEFORE they can practice or tryout for a team. All physicals are good for one year from the date the physical was conducted. This is in accordance with Georgia High School Association rules.
- D. Student-athletes must show proof of insurance before they can practice or tryout for a team.

## Section III. Expectations of Cheerleaders

- A. Commitment
  - 1. If a cheerleader is selected as an Archer High School cheerleader, he/she is expected to fulfill his/her commitment and cheer for the duration of the season. This includes participation in all mandatory activities.
  - 2. Your Archer High School teammates are your top priority. After-school jobs, activities, or other cheerleading teams should not interfere with your duties as an Archer High School cheerleader.
  - 3. If a cheerleader cannot cheer for any reason, he/she must meet with the head coach and the coach of his/her squad immediately.
  - 4. Acceptable reasons for being dismissed from a squad or choosing not to cheer are:
    - a. Failing 2 or more classes
    - b. Dire health circumstances, which would not allow a cheerleader to participate
  - 5. If a cheerleader chooses not to fulfill his or her commitment to the Archer High School cheerleading program for any reason other than those specified above, the following consequences will apply:
    - a. He/She will not be allowed to attend the banquet and will not earn a varsity letter.
    - b. If the cheerleader is a junior, sophomore, or freshman, he/she will not be eligible to tryout for cheerleading in the future.

B. Mandatory and Strongly Encouraged\* Activities

1. Uniform fitting
2. Spirit Camp\*
3. Choreography Camp\*
4. Summer Workouts\*
5. Picture Days
6. All Competitions and Games
7. Practices
8. All Fundraisers TBD

C. Behavior – at school, while cheering, and in the community

1. Provide positive leadership for the student body
2. Promote school spirit in supporting Archer High School athletic teams
3. Be a POSITIVE role model
4. Be respectful of EVERYONE
5. Be friendly
6. Be humble

D. Unacceptable Behavior – the following behaviors will not be tolerated by the Archer High School cheerleading coaches.

1. Use of Tobacco
2. Use of Illegal Drugs
3. Use of Alcoholic Beverages
4. Profane Language
5. Public Displays of Affection
6. Undesirable or Immoral Behavior
7. Any behavior considered inappropriate for a school representative
8. Any behavior deemed disrespectful (this includes towards coaches, teachers, and any other adults or students)
9. Cheerleaders are to obey all Archer High School rules –

**DRESS CODE INCLUDED**

E. Practice Rules

1. Appropriate attire should be worn – this includes wearing the correct practice uniform if applicable
2. Practice is “team time” and excessive socializing will not be tolerated
3. It is imperative you are on time – this means 10 minutes early
4. No sitting once practice has begun
5. **No cell phones – I do not want to see them during practice**
6. No gum
7. No fingernails beyond finger-tip length – NO nail polish (clear is fine) – NO acrylics
8. No jewelry of any kind – DO NOT get anything pierced during the season
9. Hair must be up and off shoulders – If your hair touches your shoulders, it needs to go up
10. No arguing or criticizing others
11. No talking while stunts are in the air
12. Discuss issues or problems with the coach
13. Do not talk about your teammates – “teammates” includes any Archer High School cheerleader
14. You may not leave until practice area is clean and coach dismisses you

## F. Game / Competition Rules

1. Appropriate uniform should be worn – this includes all pieces of the uniform
2. Designated game-day attire must be worn on game days
3. No primping in public – you should be dressed and ready to go when you arrive
4. It is imperative you are on time – this means 10 minutes early
5. No cell phones – from pre-game through the coach dismissing you
6. No gum
7. No fingernails beyond finger-tip length - NO nail polish (clear is fine) – NO acrylics
8. No jewelry of any kind – DO NOT get anything pierced during the season – All jewelry should be removed BEFORE stepping off the bus if an away game and BEFORE walking into the stadium/gym if a home game.
9. Hair must be up and off shoulders for ALL teams
10. No arguing or criticizing others
11. No talking while stunts are in the air
12. Discuss issues or problems with the coach
13. Do not talk about your teammates – “teammates” includes any Archer High School cheerleader
14. You may not leave until the area is clean and coach dismisses you
15. Do not talk to people in the stands – halftime would be an exception
16. No unsportsmanlike cheers or chants
17. After halftime, you need to be lined up (with poms) with 2 minutes left on the clock
18. When not cheering, stand in ready position, facing the game
19. Pay attention to the game – aware of offense and defense
20. **A cheerleader must ride the bus to and from away games and competitions.** In the case we don't have a bus, a cheerleader is not permitted to transport him/herself or ride in any other personal vehicle unless parent, student, and coach have signed proper permission forms.
21. If staying to watch another game after your game is complete, a cheerleader must change entirely out of her uniform OR keep the entire uniform on. Cheerleading tops are not to be worn with jeans, cheerleading skirts with boots, etc.

## G. Expectations of Captains – Captains will be decided by the coach. The coach will determine the number of captains needed.

1. Duties at Practice
  - a. Be at practice 10 minutes early to ensure practice begins on time
  - b. Verify each squad member is in appropriate attire
  - c. Lead stretches and jumps when asked by coach
  - d. Responsible for keeping teammates on task
  - e. Work in cooperation with the coach to ensure all cheerleaders receive any news or updates
  - f. Make sure all team members have sufficient knowledge of all material to be performed
  - g. Be positive and motivate teammates
2. Duties at Games
  - a. Arrive 5 minutes earlier than specified time for team
  - b. Verify each squad member is in appropriate attire
  - c. Lead stretches and jumps when asked by coach
  - d. Responsible for keeping team members in line and attentive
  - e. Responsible for calling all cheers and chants and starting band dances
  - f. Responsible for calling appropriate cheers – Offense/Defense

- g. Responsible for crowd signs
- h. Lead by example!

#### **Section IV. Disciplinary Action**

- A. Cheerleaders must be counted present at school (at least ½ day) on the day of a game or competition in order to be allowed to participate. This is in accordance with Georgia High School Association rules. If a cheerleader checks into or out of school on the day of a game or the day before a competition, she must notify his/her coach.
- B. Cheerleaders must be counted present (at least ½ day) in order to participate in practices or pep rallies.
  - 1. Excused Absences – Practices / Games / School
    - a. Sickness with doctor's note
    - b. Death in the family
    - c. Family emergency – with notification from parent (Coach determines if emergency)
  - 2. Consequences for unexcused absences can include conditioning or sitting out for quarters/games. Three unexcused absences from your cheerleading obligations (this includes practices) will result in dismissal from the team.
  - 3. You MUST notify coach of any expected absences prior to absence
    - a. If you are sick, please have a parent email THAT morning
    - b. If you have a meeting after school, you must notify the coach BEFORE practice or a game if you are going to be late
    - c. # 1 priority in regards to missing practices/games is communication BEFORE the fact.
      - i. COMMUNICATION IS KEY
- C. Behavior deemed “Unacceptable Behavior” (Section III D) will not be tolerated by the Archer High School Cheerleading coaches. Violations will be evaluated by the coaching staff and administration and the appropriate punishment including suspension or dismissal will be issued.
- D. Rules broken at practice regarding expected behavior (Section III C), practice rules (Section III E), and activities other than practice, such as but not limited to, games, competitions, fundraising activities, or school behavior will be addressed through conditioning and/or sitting out quarters/games. 1. Conditioning will take place at the end of practice.
  - 2. Conditioning is at the coach's discretion.
  - 3. Conditioning may include but is not limited to jumps, running, push-ups, or lunges.
  - 4. The coach also has the right to assign any conditioning they feel necessary for issues not listed under rules. (i.e. a flyer hitting the ground)
  - 5. The coach may also instruct a cheerleader to sit out games/quarters.
  - 6. All consequences are given at the coach's discretion – warnings may be given.
  - 7. Conditioning and/or sitting quarters/games can be given for any rules broken, such as but not limited to, not having the correct apparel (ribbon, bloomers, poms), tardiness, unexcused absences, and not knowing material to be performed.
  - 8. A cheerleader must dress out and support his/her teammates when made to sit out a game. The cheerleader will sit with the coach the entire game.
  - 9. Missing 2 practices in the same week will also result in the cheerleader having to sit out the game that week – there may be instances deemed “exceptions” by the coach.
  - 10. A cheerleader missing the practice before a competition may be replaced for the competition.
  - 11. A cheerleader may be dismissed from the program if the coach feels rules are being broken excessively.
  - 12. A cheerleader may be dismissed from the team if the coach feels the cheerleader is not fulfilling his/her duties to the team and/or as an Archer Cheerleader. Three unexcused absences will result in dismissal from the cheerleading program.

## Section V. Conflict Resolution

- A. Communication between cheerleaders, parents, and coaches is imperative in establishing a successful cheerleading program. If a problem or concern arises, it is important that the appropriate chain of command is observed. **Chain of Command: 1<sup>st</sup>– Cheerleader to Coach, 2<sup>nd</sup>– Parent to Coach, 3<sup>rd</sup>– Parent to Head Coach, 4<sup>th</sup>– Parent/Head Coach to Athletic Director, 5<sup>th</sup>– Parent/Head Coach to Principal.** Failure to adhere to the proper chain of command may result in a delay in your issue being addressed.

## Section VI. Financial Obligation of Archer High School Cheerleaders

- A. Financial obligation information will be updated each year and distributed with tryout information.
- B. Financial obligations include:
1. Team Fees
  2. Camp Fees
  3. Cheer Apparel and Accessories
  4. Uniform Rental
- C. Any fees incurred by the Archer Cheerleading Program for returned checks will be the responsibility of the party who issued the check.
- D. After 2 incidences of returned checks, an individual may be required to pay with cash or money order.
- E. Any cheerleader who is dismissed from a team or who quits a team will not receive a refund of any monies paid.
- F. Any property of Archer High School and Archer Tigers Cheer, Inc. not returned will result in the replacement cost being added to your fees owed before graduating.
- G. **By agreeing to this constitution, I am acknowledging that I have received the financial obligations for the current year and understand what will be required of me financially. I know that my child may not get necessary things ordered on time if payments are not met.**

## Section VII. Uniform Care

- A. All uniforms must be kept in ready-to-wear condition.
- B. Uniforms should be washed after **each** event (by hand or extremely gentle cycle alone then **hung up to dry – do not put in the dryer**) Additional washing instructions found on the website.
- C. If a uniform is ruined beyond repair or lost, the cheerleader must replace it at full replacement cost. Each cheerleader will be responsible for the uniform they checked out at the beginning of the season. No “swapping” uniforms without the coach’s permission.

## Section VIII. Fundraising

- A. Fundraising activities will supplement expenses incurred by the cheerleading program and keep your initial costs lower.
- B. All fundraising activities must be approved by the head cheerleading coach.
- C. All cheerleaders are to participate in fundraising activities.

**Remember that it is a privilege to be an Archer High School Cheerleader. Be proud to be a Tiger, work hard, and strive to improve yourself every day.**