**2022-2023 GHS Spirit Constitution Agreement**

**A. Program Purpose:**

a. Promote and uphold school spirit and the integrity and pride of the GHS cheer program.

b. Provide crowd control through positive crowd involvement.

c. Represent GHS to the highest degree during games, performances, competitions, and events.

d. Develop a sense of good sportsmanlike behavior among all GHS students.

e. Promote positive relationships between members of our cheer squad and other programs with whom we interact (eg. Cheer Squads, Athletic Teams, community programs, and other schools).

f. Uphold the highest standards of good behavior in both personal and school life (whether in uniform or not). **B. Program Vision:**

a. To create memorable experiences that will be carried throughout your lifetime.

b. To help you grow, not just as a cheerleader, but also as an individual.

c. To build confidence, self-esteem, coordination, personal enjoyment, and success through performing and competing, as well as time/task management and interpersonal skills through working together as a team. d. To help develop physical skills and learn about personal conditioning and safety.

e. To develop socially through teamwork, cooperation, competition, and exhibiting appropriate behavior based upon specific standards.

**C. Educational Value for Cheerleaders:**

Membership on the GHS cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved. Coaches and members of the GHS cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of spirit and pride.

**Requirements**:

a. Currently have and maintain a 2.0 GPA at all times and must not have more than one F on any eligibility check. b. Cheerleaders can be Freshman, Sophomores, Juniors, or Seniors.

c. All cheerleaders must follow eligibility guidelines as set forth in this constitution and those set forth by Gallatin High School, the Bozeman School District, and the Montana High School Association (MHSA)

d. All cheerleaders must demonstrate leadership, excellent conduct, and a POSITIVE attitude at all times. e. All cheerleaders must follow the GHS dress code, both in and out of uniform, at all times.

f. Cheerleaders will not be allowed to participate in any activities that conflict with Cheer events. This includes jobs, clubs, sports, etc.

g. Cheerleaders must be willing to learn and develop tumbling skills.

h. Cheerleaders must be willing to fill all stunt positions as assigned (Base, Flier, Back Spot, etc.). i. Cheerleaders must be willing to accept formation placement as assigned.

j. Failure to meet any of the above requirements may result in suspension or removal from the squad.

**REMEMBER: It is a privilege to be an GHS Cheerleader, not a right; consequently, you may be removed at any time.**

**D. Code of Conduct:**

Each cheerleader has a responsibility to always uphold the highest standard of behavior. As a cheerleader, you represent the entire student body at Gallatin High School. Any display of unsportsmanlike conduct or undesirable behavior, in or out of school, would reflect poorly on the entire squad and on the student body that you represent. Any misconduct may result in suspension or removal from the squad.

GHS Cheerleaders will:

a. Maintain Team Unity-The GHS Cheerleaders are a united group and will treat each other with respect and work together accordingly.

b. Be well groomed with hair, make-up and uniforms meeting performance-ready standards.

c. While in the halls, classrooms, and other areas of a campus or school, set a positive example for all students and conduct themselves properly.

d. While using social media, e-mail, and cell phones, set a positive example for all students and conduct themselves properly.

e. Maintain an attitude of respect, cooperation, and good sportsmanship with coaches, cheerleaders, game officials, faculty, administration, parents, other students, and opposing teams.

f. Be enthusiastic and in command of any situation that should occur during games.

g. Refrain from socializing while in line during a game or performance.

h. Refrain from using cell phones and other electronic devices during practice, games, performances, or other cheer related events.

i. Refrain from ‘booing’ or making other negative comments at any school event.

j. Refrain from inappropriate behavior such as: smoking, drinking alcohol, taking drugs, using improper language, bullying, or posting inappropriate comments or images on social media or through text.

k. Refrain from discussing squad issues outside of the group or coaches

REMEMBER: Failure to comply with the above conditions during your term as a cheerleader may result in dismissal. Any misconduct towards another cheerleader or coach may be grounds for dismissal.

**E. Membership:**

a. The membership of each squad shall consist of duly chosen cheerleaders

b. The Head Cheer Coach will determine the number of squad members selected based on tryout performances. We are not looking for quantity but for quality. Based on the quality of the candidates, final numbers for the squad will be determined.

c. While Cheerleading is not technically a sport, it is part of the Athletic and Activities Program. It requires the same level of commitment, dedication, and desire for excellence as any sport. Therefore, as with any sport, the Cheer Coach has the final say in the selection process.

**F. Practices:**

Practices will be scheduled and announced by the coaches. Coaches will schedule summer practices before school is dismissed for the summer break. All summer events are mandatory. Occasionally, additional practices may be scheduled if the coach deems them necessary.

Scheduled practices are extremely important and are an integral part of cheerleading. Well-used practices are the tool that makes a good squad phenomenal! Practice gives each cheerleader confidence and self-assurance. More importantly practice leads to safer stunting and tumbling conditions. Time at practice should not be wasted.

**ALL PRACTICES ARE MANDATORY:**

• WORK OR OTHER ACTIVITIES ARE NOT A VALID EXCUSE TO MISS PRACTICE.

• Absences from practices may only be excused by contacting the coach PRIOR to the practice and only if the absence is due to illness or a family emergency over which the parent or student has no control.

• Doctor or dentist appointments should be scheduled after practice hours.

• If there is an illness or injury that limits participation in practice/performance, a note from a parent, school trainer, and/or physician is required and must be submitted to the coaches.

• If the school considers an absence excused, then it may also be considered excused for practice, but a note is still required.

• An unexcused absence from a practice may result in removal from activity.

• If any absence effects safety or performance quality, absentees will be pulled from the performance. • Proper clothing and footwear are required at all practices.

• NFHS safety standards state that there can be absolutely no jewelry, spacers, string, NOTHING in or on any part of the body. NO EXCEPTIONS!!

• NFHS safety standards state that ALL hair must be pulled back and away from the face and shoulders. • Attendance at summer camp is HIGHLY RECOMMENDED. The camp experience provides collective learning of skills that will be used during the regular season and serves as an additional bonding experience that helps build a real squad.

**G. Performances:**

a. ALL PERFORMANCES ARE REQUIRED

● Performances include games, assemblies, competitions, special events, and other special requests. ● Absences from performances may only be excused by contacting the coach prior to the performance and only if the absence is due to an illness or a family emergency. Notify the coach as early as

possible if an absence is necessary (provide a note from a parent, doctor, etc.)

a. Squads shall be prepared to perform at ALL sporting events, assemblies, competitions, pep rallies, Open House, and any other event that may arise.

b. All squad cheerleaders shall be present, in uniform, and ready to cheer 30 minutes before the game/event begins and will remain until the game/event is over.

c. Cheerleaders may not leave the game/event unless there is an emergency and approval by the coach has been given.

d. Cheerleaders may not sit in the stands during any part of the game/event. In the event of injury or suspension, cheerleaders must sit in an area designated by the coach, must be in proper uniform, and must not fraternize with friends and classmates.

e. Gum is NEVER allowed at cheerleading.

f. Cheerleaders will not eat or drink while in formation unless they are hydrating with water or a sports drink.

g. If you do not attend a class period due to an illness, you will not be allowed to perform or practice. h. If at any game, event, or performance a cheerleader is out of proper uniform (hair and socks included), or improperly groomed (make-up, jewelry) she will be removed from the activity.

i. Knowledge of performance material is mandatory. Failure to learn material may result in suspension from the activity.

**H. Transportation:**

a. Cheerleaders must provide their own transportation to and from all home and designated away games/events when transportation is not provided by the school. If there is a problem finding transportation the coach must be contacted PRIOR to the game/event to make necessary arrangements.

b. You must be on time to all games/events, especially away games/events. Plan enough travel time to include heavy traffic, accidents, etc. Late arrival to games/events will result in consequences.

c. When school buses and/or vans are provided, it is mandatory that the cheerleaders ride the provided transportation.

d. When other coaches/advisors are generous enough to allow cheerleaders to ride the team bus, cheerleaders will be quiet and unassuming and will not distract team players, coaches, and staff from focusing on their upcoming event.

**I. Team Discipline:**

1. It is understood that schoolwork and attendance at school are of the utmost importance and a reflection of the leadership skills of a cheerleader. Therefore, grades and attendance will be monitored.

2. The coaches/advisors may have specific rules to be followed in order that the student and group may reach their fullest potential. Disciplinary actions for violations of these rules will be up to the coach and progressive in nature.

3. Behavior unbecoming of a cheerleader will be dealt with by the coaches/advisors and may also include intervention with an administrator. A cheerleader may receive oral and/or written notice of infractions. Written records of serious or accumulated infractions will be signed by the coach/advisors and the cheerleader. The seriousness of the infraction may have an effect on the consequences. Members may be placed on temporary or permanent removal from the squad. Examples of unbecoming behavior include, but are not limited to:

● Not maintaining the required 2.0 GPA

● Unexcused absence from a practice, game, or activity

● Use of alcohol, tobacco, controlled substances, or any drug not prescribed to them without the knowledge of a parent and coach

● Attendance at functions that encourage the use of drugs and alcohol (even if you are not using them) ● Disrespect of the coaches/advisors, a fellow cheerleader, staff member, or any other person ● Tardiness or any unexcused absence from school

● Participating in hazing or bullying activities

● Posting inappropriate content to social media or sending inappropriate content via text

● Other behaviors deemed as a detriment to the reputation of the cheer squad or unbecoming by the coaches/advisors and/or administrator

● Swearing, quarrelling, or bickering, failure to be always on the court or field

● Unexcused absences of any cheer event including practices, games, performances, etc.

● Failure to meet any of the safety rules as set forth by the NFHS Spirit Rules book and/or the coach ● Stunting or tumbling without the coach present will result in suspension

● Cell phone usage during practices, performances, games, etc.

**J. Suspension/Dismissal/Team Ineligibility:**

a. The coaches have the authority to suspend a cheerleader from the squad.

b. Academic suspensions will take place should a cheer athlete go below a 2.0 GPA and/or be failing more than one class at any given time. Random grade checks will be performed throughout the year.

c. Consistently ineligible athletes may be removed from the squad.

d. When a cheerleader is suspended from a performance or game, she is to attend the event dressed in coach approved attire and must sit with the coach or in an area designated by the coach.

e. If suspended from an event/performance, you are still required to attend all practices

f. Summer events are mandatory. Failure to attend may result in dismissal from the squad.

K. **Uniforms**:

a. Uniforms are not to be worn except at athletic contests, pep assemblies, special performances, and events unless given permission by the coach.

● Cheerleaders shall not wear uniforms outside of school sponsored activities. This includes malls, parks, parties, etc. The only exception is for Senior Portraits. Wearing your uniform outside of

school-sponsored activities may create dangerous situations.

b. **Uniforms are not to be loaned to anyone for any reason** unless the coach gives permission. This includes warmups, jackets, megaphones, poms, signs, t-shirts, sweatshirts, etc.

c. Uniforms are to be clean, pressed and neat at all times.

d. Shoes are to be clean, white, and neat at all times.

e. Wearing the wrong uniform, wearing it improperly, or not wearing or having all of the proper parts and pieces to cheer in will result in removal from activity.

**L. Competition:**

a. Competition is also a privilege, not a right. The squad’s first priority is to promote school spirit and support the GHS athletic teams.

b. All competitions will be chosen by the coaches and will be announced when the competition season has begun. c. Members of the competition squad will be chosen by the coaches.

d. The coaches have the authority to remove a cheerleader from competition for not meeting the guidelines set forth in this constitution or for not meeting standards set forth by the coaches for the competition squad. e. Practices for competition will be in addition to regular practices and will demand more time from cheerleaders. This may include additional evening and/or weekend practices. Please be aware that all competition practices are mandatory.

**M. Tryouts:**

a. Tryouts will be held each spring.

b. All interested candidates and their parents/guardians MUST ATTEND A MANDATORY MEETING to discuss cheerleading expectations and sign a constitution and parental permission.

● All zone variances must be cleared prior to trying out.

c. All applicants must have a minimum cumulative 2.0 GPA according to their last completed semester report card.

d. All tryout sessions will be determined by the coach and will be announced at the parent meeting. e. The coaches will determine the procedures and requirements for tryouts as well as determine who will make the squad.

f. The graduating senior varsity squad members and non-returning members will teach the material for tryouts. g. Candidates will be evaluated daily. They will learn and perform cheers, chants, dances, jumps, stunts and tumbling (if qualified).

h. All candidates trying out MUST adhere to the following dress code throughout the week of tryouts: ● Plain black shorts or leggings

● Plain white T-shirt or plain white 3 finger width tank (no bare midriff and no straps showing)

● Tennis shoes

● White socks

● No jewelry, spacers, etc.

● No visible tattoos (cover them)

● Hair pulled back (no hair ribbons or accessories, no half up/half down)

● Short nails

● No gum

i. The coaches will determine the squad based on grades, attendance, discipline records, teacher recommendations, talent, attitude, ability to learn material quickly, and stunting position.

j. Students must be in school each day of tryouts and attend all classes or they will not be allowed to participate in tryouts.

● There are exceptions for extenuating circumstances previously approved by the coach and pre arranged through the attendance office.

● Any candidate who is a no-show to any of the tryout sessions, forfeits eligibility to participate. k. All candidates who pass tryouts are considered candidates until a 2.0 GPA is verified after the completion of the school year. If the candidate does not have a 2.0, they will be disqualified and removed from the squad and a replacement may be chosen.

**N. Notification:**

a. The coach must be notified, in writing, PRIOR to a game or planned activity for an excused absence to be granted.

● If you are absent from school do not assume the coaches are aware of it. You should send the coach an email or call and leave a message every time you miss school for any reason.

b. Any performance or fundraising activity must be first approved by the Coach and the Athletic Director. **O. Lettering:**

a. A cheerleader will receive their letter at the end of the cheer season if the following requirements are met: ● A cheerleader must be on Varsity for more than 1 year. OR a first year with a GPA of 3.25

● A cheerleader must not be suspended for more than one week due to grades or more than one game/activity due to disciplinary action.

● A cheerleader must attend all activities scheduled through the end of the school year unless prior approval has been made with the coach.

● A cheerleader must not be removed or dismissed from the team by coaches or administration. ● Being a return cheerleader to the Varsity team does not assure a Varsity letter.

**P. Expenses:**

Each cheerleader is expected to help earn funds to pay for items such as uniforms, camp, competitions, choreography fees, and other miscellaneous expenses. Fundraisers may be held during the year, but ultimately the cheerleader and/or their parent/guardian are responsible for these expenses. Please discuss any special financial circumstances you may have with the coach as soon as you become aware of them.

**Q. Parent Expectations:**

a. Support your cheerleader by helping him / her to get to practices and games on time.

b. Teach your child how to manage their time to meet the commitments of cheerleading.

c. Encourage your child to achieve academically.

d. Notify the coach immediately when your child is ill.

e. Complete all paperwork and return promptly.

f. Turn in all payments on time

g. Attend games and competitions of your cheerleaders and help where needed. Teenagers really do appreciate having their families support!

h. Set a positive example for cheerleaders at games, competitions, and sporting events. Never disparage the other squad, officials, or cheerleaders.

i. View the game / competition with squad goals in mind.

j. Attempt to relieve competition pressures, not increase them.

k. Be a positive role model and encourage athletes to keep perspective in both victory and defeat. l. Be a good listener.

m. Accept and value the goals, roles, and achievements of your child.

Parental support is necessary and vital to the success of the program. Parents can feel free to talk with the coaching staff about issues that arise but must do so in a respectful manner either before or after practice. Please know that we are giving our full attention to the squad at practices, games, and competition so time will need to be set aside, and pre arranged for individual conferences.

**R. Fundraising:**

Fundraising is key to raising money to support the program and to help offset costs to individuals. Fundraising is primarily done during the summer months but may carry over into the early Fall or Winter. Participation in fundraising events is required.

**S. Policy Changes:**

The constitutional items listed above are in conjunction with and in addition to all the squad expectations, rules and regulations as set forth in handouts throughout the year. These are formulated and designed to assist and support the GHS cheer program. The expectations, rules and regulations are clearly outlined and stated in these handouts. By signing these documents there is the understanding that the documents are understood, and terms agreed upon to be a part of the GHS cheer squad. The coaches reserve the right to review and revise policies during the year as deemed necessary.

**Cheer Constitution Agreement**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the GHS Cheer Constitution regarding the expectations for members of a cheerleading squad. I understand that it is my responsibility to abide by the rules and regulations as outlined in the Constitution if I am selected as a member. I further understand that a violation of the rules or regulations could result in permanent or temporary suspension from the squad.

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Parental/Guardian Permission

I have read the GHS Cheerleader Constitution. I agree to my child’s participation in the tryout procedures for this performing group. I believe my child to be in good health and to possess the stamina to participate in all cheerleading activities and understand everything will be done to insure her/his safety; however, I do realize that there is an inherent risk of injury. I understand that should my child become a member of the squad, it will be necessary for me to help them abide by the rules and regulations contained in the Cheerleader Constitution to the best of my ability. I understand that I must purchase uniforms, warm-ups, and accessories and that the squad members participate in fundraisers to help earn money to minimize the out-of-pocket costs of being a cheerleader. I also understand that my child and I will be responsible for expenses related to cheerleading that he/she does not earn through these fundraisers. Furthermore, I understand that any violation of standards, lack of cooperation, unexcused absences from performances or practices, or any violation of Gallatin High School, Bozeman School District, or MHSA rules or the rules outlined in this constitution could result in temporary or permanent dismissal from the cheerleading squad. I am aware that permanent dismissal will potentially revoke tryout privileges for the following year and that complete payment will still be required.

I am aware that a payment schedule will be set up to cover the costs for my child to participate and agree to make those payments by their due date.

I understand that my child’s 4th Quarter grades will determine his/her eligibility for next fall. Should my child fail to maintain a minimum 2.0 GPA necessary for eligibility, she/he will be dismissed from the GHS cheerleading squad. I also understand that if she/he receives any F’s on any eligibility grade checks she/he will be ineligible to participate and may be removed from the squad.

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