



# Hardin High School

## Cheerleading Constitution

### 2023-2024

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#### PURPOSE

The purpose of the Hardin High School Cheerleading Squad is to provide students with the opportunity to develop and promote school spirit as a group, and to encourage high academic standards, cooperation, self-discipline, character, and leadership throughout the entire school year. The focus of this program is an appreciation of the sport of cheerleading while recognizing the benefits of group participation and individual development.

#### GENERAL RULES

1. Members must be free to spend the necessary time, as decided by the sponsor, both during the summer and during the ENTIRE school year. Members are required to attend summer camp during the dates set by the sponsor.
2. Members may not hold jobs that in any way interfere with practices, performances, or other scheduled activities of the cheer team. Conflicts with other school activities require approval in advance by the sponsor.
3. Compliance with all school rules is required at all times. The student handbook is available at [www.hardinisd.net](http://www.hardinisd.net) and in print at the beginning of each school year.
4. Members must ride the bus to games, camps, contests, and other performances. Cases of extreme circumstances must be approved by the sponsor and Principal/Assistant Principal in advance, no later than Thursday at 3:30 or the day before a performance. The Sponsor refuses any responsibility for students who present letters that are found to be fraudulent.
5. Out-of-town trips will have a designated departure time and will leave at that time.
6. Any student who quits or is removed from the cheerleading squad during a school year will not be allowed to try out for the cheer team the following year. Special permission and approval of the sponsor and administration may be granted in cases of extreme circumstances.

7. All money-making projects must be approved by the sponsor and administration. No member can participate in any fundraising independently using the school's name and organization without the permission of the sponsor or administration.
8. The sponsor reserves the right to add or delete with administrative approval any rules during the year that are felt to be necessary for the good of the cheer team.
9. If a disagreement arises between the sponsor and team member and/or parent, the matter may be carried to a higher-level administrator. It is appropriate, however, to talk with the sponsor first about any situation or concerning matter. The chain of command follows first sponsor, second principal, third superintendent, and lastly school board.
10. The decision of the sponsor will be accepted as final in the interpretation of the rules, and in any conflict concerning conduct, application of, or compliance with all rules and procedures.
11. Any payment not received by the final due date, as determined by Sponsor, will result in two permanent demerits each day the payment is late.
12. Any member who accumulates fifteen demerits will be dismissed from the team. Members can redeem certain demerits by earning merits as determined by the sponsor. (This does not apply to permanent demerits)

## PROBATION

Probation is a time designated by the sponsor for any member who has not set a good example as a cheer team member. Probation may be given for such actions as breaking school rules and unrefined conduct on and off campus. Parents will be notified before a member is put on probation. During this time, a member will not be permitted to perform but must attend all practices.

## APPEARANCE

1. Uniforms must be worn completely. (Ex. Do not show up in your uniform and Crocs)
2. No gum chewing, eating, drinking, wearing ANY kind of jewelry, wearing colored nail polish, wearing of hair ribbons, barrettes, or combs will not be allowed while performing unless they are part of the uniform.
3. Complete uniform checks will be made by the sponsor and/or the captain/co-captain before the time of the event. Correct hairstyle and makeup selection are part of the uniform and subject to correction. Those who did not pass the final inspection will not perform.
4. PRIDE in APPEARANCE and the wearing of the proper and complete uniform is mandatory. The wearing of proper undergarments is mandatory. Bra straps showing will result in demerits.
5. The uniform and poms will be always kept clean and in good condition and ready for a performance.
6. No midriff should be shown during performances. Please make sure uniforms fit properly before performance time.
7. BODY PIERCINGS OF ANY FORM WILL NOT BE PERMITTED AT ANY TIME.

8. Visible tattoos of any form will not be permitted at any time.

## PRACTICE

1. Practice begins and ends at the time designated by the sponsor. Set practice times will be established and will be common knowledge to all team members.
2. Members must be on time. This means being in place, wearing assigned attire, and being ready for roll call when practice time is set.
3. Captain and Co-Captain will begin stretching the team.
4. Captain and Co-Captain will assist in checking for wrong practice attire.
5. Members must wear designated practice outfits.
6. There will be no gum chewing, eating, or wearing jewelry once practice begins. Hair must be held back away from the face with a rubber band.
7. No food is allowed at practice unless approved by the sponsor.
8. Members who are ill must let the sponsor know in advance. If practice is missed the member will not participate in the following event.
9. You must attend school at least half of the day to participate in a performance. Otherwise, you will have to sit out.
10. All practices are CLOSED. No one outside of the team may be allowed to attend practices without the consent of the sponsor.

## CONDUCT

1. A cheer team member's term begins upon the date of selection and runs through the following tryout selection.
2. No member shall be guilty of attracting undesirable attention to behavior by smoking, swearing, drinking, or engaging in intimacies in public. Profanity will not be tolerated. Members shall not engage in inappropriate behavior, including but not limited to inappropriate sexual conduct, fighting, public intoxication, possession or consumption of illegal drugs, or other criminal activity excluding minor traffic offenses.
3. Disrespect for sponsors, captains, other members, the school or its representatives, or another school official will not be tolerated. Disrespect is defined by photos of provocative poses or nudity, smoking, drinking, or any other profane act displayed by a cheer team member. Any such action that occurs in private but is publicized via photo or video will be considered a violation. Violations of any of the above can be grounds for suspension from activities, and or performances or dismissal from the team.
4. Members are expected to always cooperate with their captains. They are expected to report any problems immediately to the sponsor.
5. Team members are expected to accept the captain and co-captain as head officers of the team and to extend to the officer the cooperation that a smooth-running team requires.
6. A team member will be loyal to fellow team members. The members will support, and work pleasantly will all other members. A team member will also display respect and adhere to the rules and commands of all other school personnel.

7. If a member of the team becomes pregnant, she will be removed from the squad unless she has a doctor's release to participate, this consequence is necessary for her safety and that of her unborn child.

## REMOVAL FROM THE TEAM

Removal will occur for the following:

Acquiring fifteen demerits

Failing two or more classes in the same six weeks

Failing a class for two consecutive grading periods or two or more classes within the same six weeks grading period. (Can be any two classes)

Assignment to the alternative school

Out of School Suspension or In School Suspension from a disciplinary infraction (refer to demerit sheet)

Any severe action that the sponsor and principal feel does not represent Hardin Cheer in a positive way.

## PERFORMANCES

1. Members must participate in all activities (performances, meetings, parties, fundraising, etc.) that the cheer team, as a group, schedules. Appropriate dress and punctuality are required.
2. Members are expected to provide, at their own expense, whatever uniforms or props are required for performance. Any uniforms or props acquired with school funds for the cheer team to use must be replaced by the team member if damaged in any way.
3. If it is difficult to pay for the necessary expenses, a payment plan may be established through the sponsor. However, the members will only receive the goods they have paid for in full. The sponsor will work with any matter as fairly as possible to ensure the member has all opportunities.
4. The team will perform at all football games, sporting events, pep rallies, local parades, and other activities as approved by the sponsor as they arrive.
5. Members will compete in the UIL Game Day competition in Ft Worth, Texas in January of the tryout year.
6. Members who are not able to perform (excess absences, injury, etc.) must attend performances; sit with the team in uniform, and follow cheer team rules, unless ill and proper notification with the sponsor has been established. Anyone on probation or grade eligibility suspension cannot wear the uniform or sit with the team.
7. During the game and always, team members are to conduct themselves in a responsible manner. Family and friends are not allowed to enter the track at any time. Members will be allowed to have half time to visit with family and friends otherwise you are to be on the track with the team. All team members must return

to the track no later than the time designated by the sponsor. Failure to do so will result in disciplinary action.

8. If a team member misses more than one practice during football season, they will be eliminated from the pep rally and performance for Friday. If one should miss practicing a written note from a doctor (for illness) or parent is required.

## STUNTING

1. Cheerleaders will be required to perform stunts. However, they will not be permitted to perform a stunt without proper training.
2. In consideration of the above-mentioned, and signing of the constitution, you agree that the cheer sponsor, coaches, and school will not be held responsible for any accident that may occur.

## TARDIES AND ABSENCES

1. To perform each week, a team member must not have more than two tardies to practice.
2. Excused tardies will not count towards tardies. The sponsor reserves the right to ensure the excuse is valid and the sponsor's decision, whether the tardy is excused or not, is final.
3. Excused absences from practice include verified and documented personal illness or death in the family. If it is necessary to miss a practice, the intended absence must be reported in advance. When a member is going to be absent the sponsor must be notified. In addition, when a member is too ill to attend school and will miss practice, the sponsor must be phoned or emailed before practice. Failure to comply with these attendance rules constitutes an unexcused absence.
4. Students involved in other school activities must let the sponsor know of conflicts in advance.
5. Team members will receive ten demerits per missed practice.
6. Only in extreme circumstances should a member miss a practice.
7. Absence from a performance for any other reason than personal illness or death in the family can constitute immediate dismissal from the team. Only in extreme cases may a member miss a performance for any other reason, upon sponsor approval. The intended absence must be reported at least one week in advance in writing, or the absence will be considered unexcused. The sponsor's decision concerning absences from performances is final. Performances require a great deal of effort and work from all team members and the sponsor; therefore, all members are to work toward the betterment of the team for the best performance possible.
8. Absence from any other scheduled team function for any other reason other than personal illness or death in the family may constitute immediate dismissal. The sponsor's decision concerning absences from scheduled team functions is final. Planned functions take many hours and effort to prepare. It is considered an honor for a team member to be celebrated.

## CAPTAIN

1. The captain is an officer who has demonstrated talent and teaching abilities to a panel of judges.
2. The captain must be a model for all other members.
3. The captain must always use their best judgment regarding any team decisions, no matter how minor. The captain must collaborate directly with the sponsor, displaying unity to team members.
4. The captain will be expected to:
  - a. Accept the decisions of the sponsor.
  - b. Know the rules and advise other team members.
  - c. Aid, when asked, in handling uniform, jacket, and prop decisions.
  - d. Report any problems to the sponsor.
  - e. Show routines to the sponsor to help teach others.
  - f. Organize practice sessions in cooperation with the sponsor.
  - g. Vocally constructively correct those members who need improvement in the execution of a routine.
  - h. Accept willingly any other responsibility delegated by the sponsor.

## CO-CAPTAIN

The responsibilities of the co-captain include assisting the captain in all duties and taking over any captain duties if absent or at the sponsor's request.

1. Co-Captain is expected to:
  - a. Vocally constructively correct those members who need improvement in the execution of a routine.
  - b. Aid the sponsor, when asked, in choosing uniforms.
  - c. Accept willingly any other responsibility delegated by the sponsor.

## OATH

As a member of the Hardin High School Varsity Cheer Squad, I promise to obey all rules of the organization. I will do everything in my power to make Hardin High School proud of the cheer team and the team proud of me. I will strive to be on time for all cheer functions, obey the officers, and always maintain proper dignity.

## SPONSORS NOTE:

To establish a well-maintained elite organization, all rules and procedures must be followed. In doing so, members will not only be properly prepared for outstanding performances, but they will receive an extremely exciting and rewarding experience as a Hardin High School Cheerleader.

**MEMBERS AND PARENTS, PLEASE SIGN AND RETURN THE FINAL PAGE ONLY.**