

Gulf Shores Middle School

Cheerleading Constitution

Purpose

Being a cheerleader is an honor and a privilege. It is the purpose of cheerleaders to promote good sportsmanship and good citizenship. They are also, first and foremost, representatives of Gulf Shores Middle School and should conduct themselves accordingly. Members of the squad have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior, both on and off campus, and academic achievement than that of their peers. Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the sponsors and approved by the principal. The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next try-out date.

Eligibility

Eligibility rules are set by coaches and Administration of GSMS and are not subject to change.

1. Current Physical, Concussion Form, and AHSAA Participation Agreement Consent and Release Form
2. Cheerleader must maintain a 75 - C Average at all times. If the cheerleader falls below a 75 - C Average, she will be benched until average improves
3. Cheerleader must be current on all financial obligations to school.
4. Cheerleaders who quit the squad or have been kicked off are not allowed to tryout the following year.
5. If a cheerleader fails to meet all eligibility requirements, she/he will be dismissed from from squad.

Financial Responsibilities

1. Fundraisers for the squad are mandatory.
2. Camp - The cheerleader is responsible for attending and paying for the cost of camp. The estimated cost for camp \$400
3. Each member is required to purchase certain items of clothing including but not limited to: camp clothes, shoes, warm-ups, bloomers, bags. Cost is estimated at \$200 - \$300.
4. If the squad decides to participate in a competition, each cheerleader is expected to fundraiser or help pay for choreographer.

5. All financial needs must be met or the cheerleader will not be allowed to attend camp or stay on the squad.
6. Must be prepared for additional cost if they arise.
7. Cheerleader is financially responsible for the above even if they resign/removed from the squad, or move.

Cheerleader Duties

1. Attend UCA Summer Camp. If a cheerleader fails to attend camp, she may be dismissed from the squad.
2. Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year.
3. Must be on time and present at all times.
4. Cheerleaders are responsible for cheering for the entirety of the games.
5. Must follow all school policies in using transportation to and from games. Cheerleaders MUST be signed out by a guardian at the end of each game. A letter must be present if cheerleader is picked up by someone other than their guardian.
6. Cheerleader must attend any and all events sponsored by cheerleaders.
7. Failure to follow any of these duties will result in a demerit.

Practice/Games/Competition

1. Must be present and on time for all practices and games. Cheerleaders must report to a sponsor if he/she is unable to attend a scheduled practice, game, or other activity. This notification is to be made as soon as possible **prior** to the scheduled activity. The only excused absences are: death in family, personal illness (doctor note must be turned in), or wedding involvement. Excused absences must be pre-approved.
2. Cheerleaders must be picked up on time after all practices and events.
3. The cheerleader is expected to wear the selected uniform, shoes, socks, ribbon, and bloomers to games. Hair must be pulled away from the face.
4. The proper clothing must be worn at practices and hair must be up.
5. Fingernails must not be longer than the tip of your fingers and painted only neutral colors during a game or performance.
6. No jewelry is allowed at games or practices.
7. No gum, candy, or food is allowed on the field or court.
8. No tumbling or stunting at games or practice is allowed unless the coach is present. Failure to follow orders may result in a dismissal from the squad.
9. Cheerleaders will cheer at all football games, home basketball games, and any away basketball tournaments.
10. If the cheerleader is absent the day of a game or cheer events at school, she must check in by 11:30am with written excuse to be able to participate in event.
11. If the squad decided to compete, the cheerleader must be present at all extra practices and at the competition.

Uniforms

1. Uniforms are property of Gulf Shores Middle School and MAY NOT be permanently alter. Any alterations must be approved by the coach.
2. Uniforms must be kept spotless and clean at all times. You may wash uniforms **but do not dry or iron them.**
3. All uniforms MUST be turned in at the end of the season.
4. No one but the cheerleader is allowed to wear the uniform.
5. Uniforms may only be worn in conjunction with GSMS cheerleading sanctioned events.
6. It is the cheerleader's responsibility to replace any lost, damaged, or ruined uniforms.
7. All uniforms must be returned in good condition and must be cleaned.
8. Failure to follow these rules will result in payment for uniform.

Conduct

1. Cooperate with the coach, the captain, the game officials, and other team members.
2. Disrespect to coaches, teachers, or administrators will result in suspension or termination of cheerleading duties.
3. Appropriate behavior is expected both in and out of school. The cheerleader should not engage in undesirable or immoral behavior.
4. Promote good sportsmanship, positive image, and school spirit through cooperation with other students, teachers, community members, and administrators.
5. If a student is assigned to OCS the student may not participate in any scheduled event for the time the athlete is assigned to OCS.
6. Squad members are required to maintain and uphold the reputation of the squad and school. Understand that the following are serious offenses that will be dealt with on an individual basis: (This is NOT an all inclusive list.) These offenses are not limited to the GSMS Campus. Offenses that occur off the campus of GSMS may be dealt with as well. truancy, profanity, alcohol/drugs unsportsmanlike conduct, insubordination, smoking theft, weapons, cheating, disrespecting adults, fighting, lying, arrested, vandalism, inappropriate social media usage (problems involving social media will be taken to and handled by administration)
7. Cheerleaders must uphold the GSMS Cheer Constitution, GSMS Handbook, and any county/city rules. Failure to follow rules located in the Constitution, school handbook, or county/city handbook may result in dismissal from the squad.
8. If a cheerleader resigns or is removed due to conduct reasons, they will not be allowed to tryout again.

Tryouts

1. Tryouts are closed to the public.
2. The criteria on which they are judge will consist of the following: sideline chant, cheer, dance, and jumps. Tumbling is optional and worth a maximum of 5 points.
3. Each candidate must have a guardian attend mandatory parent meeting.
4. \$20 tryout fee must be paid before the day of tryouts. (made payable to GSMS)

5. Athletic Packet must be completed and turned in BY the first day of practice or cheerleaders will NOT be allowed to practice
6. Candidates will be judged by outside and qualified judges.
7. The size of the squad will be determined by the coach.

Discipline System

The following rules have been developed to insure a disciplined squad and clear expectations. Demerits are the means by which the sponsor determines which members are not fulfilling their obligations to the squad. A total of five (5) demerits will result in one benched game, a total of seven (7) demerits will result in two benched games, and a total of ten (10) demerits will result in removal from the squad and not allowed to try out for the following year.

Attendance/Tardies/Academic Performance

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| 1. CL will attend all practice/performances. | 1 demerits |
| 2. CL will be on time to games, practices, and performances. | 1 demerit |
| 3. CL will be picked up on time after all events | 1 demerit |
| 4. CL will wear required/complete uniform. | 1 demerit per piece |
| 5. CL will dress out for practice. | 1 demerit |
| 6. CL will not wear jewelry during performances/practices. | 1 demerit |
| 7. CL will not chew gum during performances/practices. | 1 demerit |
| 8. CL will wear hair up and secure. | 1 demerit |

Conduct: School and Performance

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| 9. CL will show proper respect for sponsor(s). | 1 demerit |
| 10. CL will follow directives by head cheerleader(s). | 1 demerit |
| 11. CL will refrain from profanity/obscene language including postings on social media. | 1 demerit |
| 12. CL will show sportsmanlike conduct at all times. | 1 demerit |
| 13. CL will perform assigned pre/post game duties. | 1 demerit |
| 14. CL will maintain proper sideline behavior: | 1 demerit |
| 15. CL will not be sent to the office for disciplinary reasons. | 2 demerits |
| 16. CL assigned to OCS | Benched for a game & 3 demerits |
| 17. CL will follow all school/classroom rules including dress code. | 1 demerit |
| 18. CL will be respectful to all teachers/staff members. | 1 demerits |
| 19. CL will not stunt or tumble unless coach is present | 1 demerit |

It is not feasible to outline every possible scenario involving cheer guideline violation; the list above will serve as a guide for the most common minor issues. Additional demerits/benching can also be assigned at coach's/administrators' discretion.

If a cheerleader breaks a state or city law, she will be dismissed from the squad.

I HAVE READ THE UPDATED GULF SHORES MIDDLE SCHOOL CONSTITUTION SYSTEM AND AGREE TO ABIDE BY THIS CONSTITUTION AND FOLLOW THESE RULES TO THE BEST OF MY ABILITY

_____ Student Signature _____ Date
_____ Parent Signature _____ Date

(Completed by Parent and Student)

ACKNOWLEDGEMENTS We, the parents of _____, give our permission for participation in tryouts for cheerleading at Gulf Shores Middle School. I also give permission for my cheerleaders name and photo to appear on school social media sites and local newspapers. We have read and understand the GSMS Cheerleading Constitution and accept the rules and regulations. We also understand that failure to follow the constitution may result in dismissal from the squad. We understand that we have financial obligations that must be fulfilled if our child is selected for the squad. We are aware that preparation and participation in interscholastic athletics involves many risks of serious and permanent injury to the student-athlete. We will not hold Gulf Shores Middle School, the superintendent, members of the board of education, principals, teachers, or coaches legally responsible for any such injury that could occur during any athletic endeavor associated with cheerleading. We have read and fully understand, accept, and agree to all of the above terms and conditions relating to cheerleading at Gulf Shores Middle School.

Parent Signature _____

Date _____

I have read and understand the GSMS Cheerleader Constitution. I will at all times abide by the rules and regulations, and demerit system to the best of my ability. I know that failure to comply with these rules may mean my dismissal from the squad. I will cooperate fully with the coach and all persons involved in promoting spirit and good sportsmanship. At all times, I will conduct myself in a manner that will be a credit to GSMS and my coach.

Student Signature _____

Date _____