

## D. C. WEST CHEERLEADING TEAM CONSTITUTION

**Purpose:** The D. C. West Cheerleading Team exists to promote pride in D. C. West High School and will be present all fall and winter sporting events and pep rallies as assigned by the Team Sponsor.

### **I. General Requirements:**

- A. Each candidate must be planning to attend D. C. West High School; mid-term graduates will not be allowed to tryout. Each candidate must have passed a minimum of 4 classes the previous semester.
- B. **Cost obligations will be that of the candidate.** Fundraising events may be held to help with these costs. The fundraising event and whether an event will be held will be determined by the sponsors and administration. However, **ultimately the cost is that of the candidate.**
- C. Each candidate must turn in a signed parent's permission slip. This form must be turned into the Team Sponsor prior to the beginning of tryout practice.

### **II. Obligations:**

- A. Cheerleading Team members must purchase an activity pass.
- B. Cheerleading Team members must have a physical examination before cheering or performing for the first time.
- C. All Cheerleading Team members will perform at all pep rallies and the Homecoming parade.
- D. All Cheerleading Team members will perform at half-time of selected home basketball games and wrestling meets. The sponsor will predetermine the game dates so that conflicts of other winter sports will be avoided.
- E. All Cheerleading Team members will attend practice. Practices will vary and be set by the Team Sponsor and Team Captain(s).
- F. All Cheerleading Team members will be required to follow all rules and regulations set forth by D. C. West Community Schools.

### **III. Tryouts:**

- A. Tryouts will be held in March or April to determine the team for the following year.
- B. Every effort will be made to choose a tryout date with the least amount of school-related conflicts.
- C. Tryout practices will be announced.
- D. Tryout scores will be computed as follows:
  1. 10% Teacher evaluation – 3 of the candidate's teachers will provide a character reference regarding the candidate.
  2. 10% Practice evaluation – Evaluated by Team Sponsor during tryout practices.
  3. 80% Performance evaluation – Outside judges will be selected by the Team Sponsor.
- E. **Initiation:** Initiation activities will be closely monitored by the Team Sponsor. The Team Sponsor, administration, and activities director does not condone any activities which may occur outside of school time. Hazing of any kind will not be tolerated and will result in disciplinary action.

#### **IV. Cheerleading Team Requirements:**

- A. **Weekly Cheerleading Team practice** will be utilized to learn new dances and cheers, prepare for pep rallies, and perfect dances and cheers.
- B. **Summer Activities** – Cheerleading Team will be required to attend scheduled practices and a camp/clinic during the summer if so chosen by the sponsor.
- C. **Uniform** – The uniform will be chosen by the squad and the sponsor and will be approved by the activities director.
  - 1. All cheerleaders must be wearing the same top, bottom, and shoes to all cheering events as well as each person must have his/her hair in a full ponytail. This is to promote uniformity and school spirit. It will be decided by the sponsor which uniform will be worn at what time.
  - 2. If a cheerleader is not wearing the same uniform as the rest of the squad, it will count as an unexcused absence from a performance.
- D. **Fundraisers** will be held throughout the year to offset the cost of uniforms and supplies. **However, ultimately each Cheerleading team member is responsible for paying for his/her entire cost of uniforms, camps, etc. Uniforms will NOT be given to the Cheerleading Team member until paid in full.**
- E. **Attendance:**
  - 1. Cheerleading Team members must be in school the entire day in order to perform in an event that day.
  - 2. Excused absences from performances and practices are sickness, bereavement, and religious reasons. Family vacations will be excused with at least one week notice to the sponsors. **WORK IS NOT EXCUSED.**
  - 3. The Team Sponsor reserves the right to determine if the absence is legitimate.
  - 4. One unexcused performance absence will result in a warning, and a letter will be mailed to the parent(s) of the squad member. Two unexcused performance absences will result in automatic removal from the squad. If a team member is not present when the warm-up time ends, the team member will not be allowed to perform, and this will count as an unexcused performance absence.
  - 5. Attendance at practice is mandatory. Being late to practice by less than 10 minutes will result in a tardy. Two tardies will count as an unexcused practice absence. Missing practice or arriving late by 10 minutes or more will count as an unexcused practice absence. Six unexcused practice absences will result in automatic removal from the squad.
  - 6. The Team Sponsor will make a Cheerleading schedule in advance. Any dates needed off should be requested in writing to the sponsor. If a team member cannot cheer on the scheduled day, the team member is responsible for finding a replacement.
  - 7. All Cheerleading team members must ride the school-provided transportation. Not following this rule will result in immediate suspension. If necessary, a team member may obtain an Activity/Travel Release form that excuses him/her from riding the school transportation for that event. The team member must ride with his/her parent/guardian unless arrangements have been made with administration.

## **F. Performances**

1. Team sponsor will approve all performance material, including music selection.
2. Uniforms must be worn during the entire day of a scheduled performance if appropriate for that day.
3. No gum chewing is allowed during performances or cheering.
4. All food or drink must not be accessible or consumed while cheering.
5. All cell phones must not be accessible or used for any purpose while cheering.
6. All cheerleaders must be ready to cheer before the team line up is read and must return from half-time or breaks before the contest starts.

**G. Member Responsibilities:** All team members are responsible for maintaining knowledge of all routines and cheers. Individual practice is expected. Team members must discuss issues and concerns with a Team Sponsor. A commitment to team activities is required. Members are required to comply with all Team Sponsor or team decisions. Members are also required to uphold grades according to the school's eligibility requirements. The same rules that apply to participation in sporting events will apply to the Cheerleading team.

**H. Lettering** – A participant must participate in at least 90% of the assigned number of activities, complete the season, and have the recommendation of the sponsor. A participant will NOT letter if he/she is suspended from cheerleading due to inappropriate behavior while at a performance.

## **V. Co-Captains:**

- A. D.C. West cheerleaders will have two Co-Captains.
- B. Co-Captains will be chosen in August by a majority vote of the team.
- C. Duties of Co-Captains**
  1. Set an example for the rest of the squad by following the rules and regulations of the DC West Cheerleaders as well as DC West High School.
  2. Be at practice early, and start practice on time.
  3. Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the decision shall be by the Co-Captains and Sponsors.
  4. Keep the team in proper formation during games.
  5. Act as a peacemaker in case of disagreements.
  6. Help coordinate the making and hanging up of signs at events.
  7. Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.
  8. Show no partiality with the squad.
  9. Bring problems that are not resolved to the Sponsors.
- D. In the event that a Co-Captain is not able to perform his/her duties, a group leader will be assigned by the Sponsor.