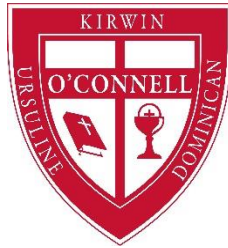


## 2018-2019 Cheer Constitution



### **Objectives:**

- All participants will sign the Athletic Department Code of Conduct before being recognized as a participant.
- Physically and mentally skilled in learning and remembering cheers, chants, dances, and other performance skills.
- Ability to publicly demonstrate a skill level suitable for team membership (skill level improves based on attitude, attendance, and following coach directions).
- Participation is required for all athletic events, as well as other events hosted by the school or community events where the school has been invited, and all their needed preparation.
- Cheerleading participation is required for the entire school year.
- Consistent scheduling conflicts will not be tolerated, the tentative schedule will give an idea of the amount of time and effort required for success.
- Any student who is removed from the team for any reason will not be recognized as part of the team in the yearbook, nor recognized as part of the team from that moment forward.
- Participants who speak, or publicly post in social media, negative comments will appear they do not want to participate in the program and will be removed from the program.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

### **Eligibility for continual participation:**

- We will abide by the No Pass, No Play rule.
- Students must maintain a 70 in all classes.
- Students must have a current physical on file, and must follow all athletic department requirements, deadlines, and code of conduct.
- Any participant who is removed or quits the team will forfeit the right to be a candidate for all following team seasons.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

### **Multiple Athletic Participation:**

Athletes are expected to work hard and push their endurance while balancing their other responsibilities such as academics and personal endeavors. Above all, we support our school and

want all teams to succeed in a positive light. Please take careful consideration in what activities you choose to participate, and not over-commit your time. Your attitude can destroy an entire practice or the overall team bond. Cheerleaders participating in other sports are also seen as cheerleaders, so please represent who we are in every activity.

- Participation in other activities will not be acceptable reasons for absences in cheerleading practices, activities, or duties. Some exceptions will be made on a case-by-case basis.
- The cheerleaders must be able to stunt and plan for places in dances at every practice, and would not be able to do so with team members constantly missing.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

**Discipline and Expectations:**

O’Connell cheerleaders are expected to be examples in conduct, athleticism, and leadership. Additionally, they are expected to be faithful in attendance and participation to their required activities and maintain the skills performed at tryouts throughout the year.

Failure to uphold these expectations will result in infractions for which there will be consequences. Minor infractions will be worked off weekly in the form of extra jumps and conditioning. Major infractions will have more serious consequences detailed below.

***Minor Infractions***

<b>Infraction</b>	<b>Minutes of conditioning</b>
Unexcused absence from practice	10
Unexcused absence from a game	20
Tardiness to game or practice, or leaving practice early	10
Pre-approved, unexcused absence for school activity	20
Improper uniform for practice or game	10
Unsecured hair (out of face)	10
Disrespect to/about coach, officers, teammates, or peers	40
Inappropriate posts and behavior on social media	30
Unapproved cell phone use for talking, texting, or otherwise during practice or game	20

Excused absences must be pre-approved by the coach and include the following:

- Sick from school that day (if you come to school, you come to practice)
- Family emergency/Doctor appointments (along with communication from parent)
- Tutoring (must not occur regularly and have note from tutor)
- Official college visit
- Mandatory field trips or activities for a class grade

Unexcused absences must also be pre-approved by the coach and include the following:

- Driver's ed
- Work
- Tumbling class
- Any other reason not listed under the "excused absence" section

You must communicate directly with the coach. Messages that come through teammates *will not* be accepted. Cheerleaders must be at school for four class periods to participate in practices, pep rallies, or games.

**Major Infractions**

<b>Infraction</b>	<b>Consequence</b>
Accruing 10 minor infractions	Sit out game, must attend dressed out
Using profanity	Sit out ½ game
School handbook infraction	Sit out game or pep rally, must attend dressed out

Three major infractions will result in suspension from the squad and a conference with school administrators including principle, athletic director, and coach to determine your position on the squad.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

**Parent Participation:**

- Our organization will not be successful without parent support. We ask parents to call immediately if they have a question, concern, idea, or if they just want to know more details.
- Football is our most intense time during the school year. We will have a snack signup to help us get through with smiles on our faces!

- Parents should be committed to follow through with the appropriate steps of registration, uniforms, camps, and events, as well as parent involvement and volunteering for fundraisers, social activities, or school events.
- Must be willing to provide transportation to and from home and away games (as necessary) and practices.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

**Safety:**

- The coach is responsible for all participants' safety at all practices and activities. This includes physical safety while stunting as well as personal safety in public places.
- Participants are never allowed to venture by themselves.
- Participants must tell coach where they are going, and are expected to return in a timely manner.
- Hair must be out of face and secured. Hair can potentially cover our eyes which may cause participants to be injured. Longer hair can also rest in places where flyers put pressure, which can cause one to slip or tangle causing an injury. Hair styles for events that will not include stunting of any kind may have more relaxed hair styles.
- No tumbling or stunting skills are to be done until the coach arrives.
- Coaches reserve the right at any time to change out flyers or bases.
- Stunt groups are created at the discretion of the coach but will be formed by taking into account size, height, and skill of all cheerleaders.
- All bases are to make their flyer's safety their priority, especially when she is in a downward motion.
- Coaches and teammates will spot all new stunts.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

**Transportation:**

- We will ride together to all activities, or caravan. This aids in bonding as a team in an ongoing manner.
- Participants may leave with parents/guardians. The coach will need a dated, written approval for participants to leave with other students or boyfriend/girlfriend.
- When traveling with boys on a sponsored activity, girls will ride as close to the coach, or volunteering adult, as possible in any vehicle.
- Participants must tell the coach when they are leaving an activity and with who they are leaving.

**Parent Initials** \_\_\_\_\_ **Student Initials** \_\_\_\_\_

**Financial Responsibility:**

- Participants are required to fully participate in all fundraising activities, no matter the individual need. Fundraising is a team activity, and promotes our school in our community.

- Fundraising moneys will be applied to participant balances before personal payments are required. Please note, we would like to purchase items or services that will benefit the team and school as well.
- Participants must have a **zero** balance for Camp wear, uniforms, and other team accessories by the Monday (1 week) before camp.
- Additional team items ordered throughout the year will need to be paid in a timely manner, not exceeding 30 days.
- Participants are responsible for any lost or misplaced items, and are required to replace those items immediately. (proof of order within 3 days)
- Participants will need to provide their own money for snacks at any activity, in the event we were unable to coordinate with parents.
- Students must return any team property to the school. If we have not received the property, the participant will be responsible for paying the school the same value in order to replace the property.

The following is an EXAMPLE list of expenses that may occur if your child is chosen as cheerleader. The list is not intended to be all-inclusive, but represents expenses that have occurred in the past. While the parent/guardian of selected cheerleaders is the main person(s) responsible for purchasing the items on this list, fundraisers will be held by the students to offset some of the costs.

<b>Cheerleading Item</b>	<b>Estimated Cost</b>
Shoes	\$70.00
Bloomers	\$37.00
Uniforms	\$200.00 (2)
Poms	\$25.00
Summer camp tuition	\$340.00
Camp uniforms (day clothes)	\$150.00
Cheer backpack – not mandatory	\$50.00
Megaphone – not mandatory	\$75.00
TAX	\$100.00
Shipping	\$55.00
<b>Estimated Total:</b>	<b>\$1302.00</b>

**\*\*\*Please keep in mind this is an exaggerated estimation. The actual costs can be offset by participating in Cheer Fundraisers. These include but are not limited to: BBQ Dinners, selling water at the ferry, Car Washes, etc. We are always open to new ideas!**

**From the Student:**

I understand that by being chosen as cheerleader there will be many extra duties and responsibilities. I have read, fully understand, and will follow the rules and regulations as stated in the O’Connell College Preparatory Cheerleader Guidelines.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

**From the Parent(s) or Legal Guardian(s):**

I/we have read and fully understand the O’Connell College Preparatory Cheerleader Guidelines, Financial Responsibility, and other attached information and have discussed them with my/our child. I/we give permission for my child to be a Buccaneer Cheerleader and will help my/our child fulfill the requirements set for in the guidelines to the best of my/our ability. I/we also agree that the faculty members, sponsors, and other individuals assigned to assist in the practices and events will not be held responsible for any accident or misfortune that might occur in connection with this activity.

\_\_\_\_\_  
Signature of Mother/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Father/Guardian

\_\_\_\_\_  
Date

Questions or concerns contact:

Katherine Hogan

409-765-5534 ext. 105

[katherine.hogan@oconnellprep.com](mailto:katherine.hogan@oconnellprep.com)