

Ware Shoals High School

Varsity Cheerleader Constitution

PURPOSE

The purpose of the cheerleaders is to support the curricular and extracurricular activities of Ware Shoals High School by promoting school spirit. Being a cheerleader is an honor and special privilege. Cheerleaders exist to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. Cheerleaders are first and foremost ambassadors of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position in accordance with the Ware Shoals High School rules. Cheerleaders 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 better than that of their peers.

CONDUCT

Members of the WSHS Cheerleading squad must recognize that at all times they are representing themselves, the squad, the Athletics Department and the High School. So long as they are members of the team, they must conduct themselves in a manner that will bring credit, not discredit, to themselves, the team, the Athletics Department and the school. **Cheerleaders must refrain from inappropriate, indiscriminate, improper, or illegal use of alcohol, drugs, narcotics, or improper personal behavior. Cheerleaders will refrain from participating in, commenting on, or posting inappropriate content or references to smoking, drinking, drug use, inappropriate pictures of any type, profanity, cyber-bullying, and criminal mischief on social networking, photo and video-sharing applications and websites.** Participation in these types of behaviors may result in removal from the team or sitting out a game in uniform beside the coach.

ROLE

Athletes selected for the cheerleading squad are expected to make a **TOTAL COMMITMENT** to the team and to the sport. This involves two key areas: Character and Commitment. (See Cheerleading Handbook)

QUALIFICATIONS

- Must be a registered student attending Ware Shoals High School
- Must have a current, completed physical form on file on or before **July 6th, 2020 or July 13th, 2020** (based on specific tryout date assigned).
- Must follow South Carolina High School League grade eligibility requirements (High School Students) or maintain passing grades in all required classes (Middle School).

PRACTICES

- Cheer coaches will determine the amount of practices per week. Coaches will provide calendars for their teams on a monthly basis. Practice is normally held on Mondays, Tuesdays, and Thursdays. An occasional practice *may* be held on Wednesday or Friday.
- Additional practices will be requested by the coaches when necessary. Team members will be given notice prior to any additional practices.
- Practices must be taken seriously, with each team member giving 100% of their effort all the time. Good attitudes, honesty, dedication and positive feedback are key. If a serious problem occurs, a team member may conference with their coach or be asked to leave practice until they can return with a satisfactory attitude.

- Jewelry should be left at home. Hair must be pulled back out of the face at all times. All members are expected to wear proper practice attire and shoes- this is a South Carolina High School League Rule and must be followed at all times!
- Cheerleaders must come to practice ready to go. We will not wait for you if you come unprepared. Cheerleaders should arrive 10 minutes early to practice and events.
- If a cheerleader misses a practice, it is their responsibility to learn the new material before the next practice. Unexcused absences will result in being benched for a performance or game and could lead to dismissal from a squad.
- No fake (or long) nails will be allowed while cheering or at practice.
- No gum should be chewed at any practice.

ABSENCES/TARDIES

The quality of the squad's appearance and success depends upon **unified practices, commitment, and dedication.**

- Cheerleaders must notify their coach if they cannot attend a practice, whether it is excused or unexcused.
- Everyone must be on time. Attendance will be taken every day. Cheerleaders should arrive 10 minutes early to practice and events.
- **NO MORE than 4 excused and/or unexcused absences are allowed. NO MORE than 4 excused and/or unexcused tardies are allowed.** On the fifth occasion, a Cheerleader must meet with the coaching staff to discuss their commitment to the team. The cheerleader may be removed at this time.
- An excused absence is a sudden illness, family emergency, or a doctor's appointment.
- Cheerleaders late or absent the week of a performance or a sporting event may be benched at that week's event due to missing too much material. This will be determined by the coach.

DISCIPLINARY ACTION

- All cheerleaders will follow the Ware Shoals Student Athlete Guidelines and the Cheerleading Handbook.
- Chattiness, attitude, or drama will not be tolerated.
- Any other issues that arise will be left up to the coach's discretion.
- Any cheerleader placed in ISS or OSS will face the following consequences: First Offense: ISS – coach's discretion; OSS - suspension 1st contest after date served. Second Offense: ISS - coach's and/or athletic director's discretion. OSS - suspension for the next two contests following the dates served. Third Offense: ISS – one game suspension after date served; OSS – the athlete will not be allowed to participate on any team the remainder of the school year.

COMMITMENT

- From the Ware Shoals Student Athlete Guideline- "We expect athletes in grades nine through twelve to be accountable to their commitment to their teammates. Any student athlete who quits a team or activity or is released from a team or activity may not try out for another sport or activity until the present team's final game is completed."
- A cheerleader who quits or is removed from the squad will not be allowed to try-out and participate the next school year.
- Please keep in mind, cheerleaders must be committed to their teammates and sport. It is not fair for a cheerleader to be a member of the team and not be committed. Also, an uncommitted cheerleader is taking the spot of another possible cheerleader who really wants to be a part of the squad and who is committed.

TRY-OUTS

The Cheerleading squad will hold tryouts in the spring of each school year for the following season. Candidates will be evaluated by highly qualified judges. Tryouts will be judged on, but not limited to, the following:

Cheerleader Qualifications: Cheer, chant, dance routine, spirit

- Motions: Sharpness, proper technique, arm placement
- Projection: Loudness, clarity of voice (no sing-song or accents)
- Dance: Personality, technique, sharpness

All score sheets are kept confidential. No candidate will be allowed to see their score.

Being on the Cheerleading Squad one year in no way guarantees placement on the team for the following year; every girl must go through the same tryout process each spring.

- The try-out clinic this year will be July 6th- 8th from 8:00-9:30 AM with try-outs held on July 9th time TBA **OR** July 13th-15th from 8:00-9:30 AM with try-outs held on July 16th time TBA.
- Each day you will warm up and learn various skills for the try-out routine.
- The try out clinic is **MANDATORY**. If you do not show up for each clinic day on time, **you have cut yourself from tryouts**.
- Each participant should wear proper practice attire and tennis shoes, secure hair back and away from face, remove jewelry, and bring water.
- All participants will be required to wear mask to and from practice/tryout and during any down time. Participants will be able to remove masks **ONLY** during active practice. **MUST** bring personal water bottle.
- You have the option to try out for football, basketball, or both.

TRY-OUT REQUIREMENTS

- All hopefuls must complete the application packet to be returned during registration on the first day of clinic, or you will be unable to participate in the tryout process.
- All hopefuls must attend all tryout practices. Illness or death in the family and previously scheduled school functions will be the only excused absences.
- Try-outs are closed to the public.
- All hopefuls must be ready to start promptly at 8:00; you have cut yourself from tryouts if you are late.
- All hopefuls must be in good standing academically.

JUDGES

- Neutral adult judges will be used from the Universal Cheer and Dance organizations unaffiliated with Ware Shoals.
- The judge's decisions are final.

Registration for Varsity Cheerleading 2020-2021

First Name: _____ Last Name: _____

Grade for **next** school year: 9th 10th 11th 12th

I am trying out for: Football Basketball Both

1. Please briefly list or describe any previous cheer or dance experience you have in the space below:

2. **Briefly** describe why you would like to be a member of the Cheerleading Squad:

3. Describe why and how you would be **committed** to Varsity Cheerleading?

4. Any additional comments you feel would be important may be written below:

Tryout Clinic Waiver

I acknowledge that cheerleading or any sporting event is an extreme test of a person's physical and mental limits and that my participation in a cheerleading clinic can cause potential or serious injury. With a full understanding of the potential risks, **I HEREBY ASSUME THE RISKS OF PARTICIPATING IN CHEERLEADING CLINIC WEEK AND TRYOUTS.** I hereby a) **WAIVE, RELEASE, AND DISCHARGE** from any and all claims or liabilities for personal injury or damages of any kind which arise out of or relate to my traveling to and from or my participation in any cheerleading or dance clinic and tryout, **THE FOLLOWING PERSONS OR ENTITIES:** Ware Shoals High School Coaching Staff, Athletic Department, sponsors, and the officers, employees, representatives, and agents of any of the above; b) **I AGREE NOT TO SUE** any of the persons or entities listed above for any of the claims or liabilities that I have waived, released or discharged herein; and c) **I INDEMNIFY AND HOLD HARMLESS** the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions. By signing this form, I certify that:

1. I have read and understand the Waiver and Release of Liability and Cheerleading Constitution
2. I understand that I have given up substantial rights
3. I agree and consent to abide by the Waiver and Release of Liability, Cheer Constitution set forth herein

Participant's Signature: _____ **Date Signed:** _____

PARENT WAIVER:

I represent that I have legal capacity and authority to act for and on behalf of _____ (Student's Name) and I agree to indemnify and hold harmless the persons or entities named in the Tryout Clinic Waiver for any claims or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of my child in the execution of the Tryout Clinic Waiver. I have also received the Cheerleading Constitution and have reviewed the Constitution with my child regarding the stipulated conditions and their ramifications. I fully consent to my child's participation in Ware Shoals Cheerleading Clinic and Tryouts and for those in charge to provide emergency medical treatment if needed.

(Printed Name of Parent/Guardian)

(Parent/Guardian's Signature)

(Date)

Emergency Contact Information for Cheerleading Try-Outs:

In the event of an emergency, contact: _____ (relationship to student)

Phone number where emergency contact can be reached:

Insurance Provider _____

Any current physical injury the coaches should be aware of during try-outs: _____

Any on-going physical injuries: _____

Any medical conditions the coaches should be aware of: _____

Additional Comments Needed:

Ware Shoals High School
Varsity Cheerleader Contract

*Upon signing this contract, a copy will be made for the student/parents to keep for personal records. Please return on first day of Try-outs **July 9th, 2020 OR July 16th, 2020.***

Please sign the bottom of this constitution/contract and return it during registration prior to try-outs.

I _____ understand that by signing this contract, I am agreeing to all of the rules and regulations listed above. If any of the rules are broken, it will be up to the coaches to determine if I will remain on the team.

Team Member Signature

Date

Parent Signature

Date