



# **HIGHMARK**

## **CHARTER SCHOOL**

### **HighMark Charter School Cheerleaders Constitution**

#### **Name and Organization:**

The name of this organization shall be the HighMark Charter School. This organization will uphold all ideals and regulations as set forth in the constitution and student handbook of this school.

A member should be an example of the HighMark Charter School standards of excellence, which include appropriate moral and personal conduct, respect for authority and property, pride in HighMark Charter School, respect for and toward peers, and suitable language and dress according to the HighMark Charter School Constitution and Handbook.

#### **Purpose:**

The purpose of Highmark Charter School Cheerleading is to promote school spirit, support our athletic teams and prepare them for their future endeavors. We may accomplish these things by organizing and carrying out spirit week activities for the student body, holding pep rallies, and attending cheer competitions and sporting events. We are respectful of the teachers and staff at HMCS, our fellow Hawks, our teammates and ourselves. We strive to always be an example of excellence in our community. The following information will answer most questions you have about HMCS Cheer.

#### **Commitment:**

Highmark Charter School cheerleading is a yearlong commitment; this means you cannot miss practices, assemblies, games, parades, etc.

#### **Report Card/Policy Guidelines:**

- A. A cheerleader must maintain a 3.0 GPA each quarter throughout her membership. This includes the fourth term in which she is chosen. Only an administrator, with consultation of the advisor, can remove a cheerleader from the squad. Academics come first with cheerleading second. All other priorities in any other organization or activities must be after academics and cheerleading.
- B. If a member falls below a 3.0 GPA at the end of a quarter report, she will be placed on probation.
- C. An "F" grade on a report card will result in immediate dismissal from the team.
- D. Two "N's" or one "U" citizenship grade on a report card will result in probation. This includes the fourth term in which she is chosen.

- E. An “N” or “U” in any following quarter will result in dismissal from the team.
- F. A member must be in compliance with the Safe School Policy and/or Drug, Alcohol, and Tobacco Policy of the HighMark Charter School. If an infraction occurs, she will be removed from the team.
- G. Members are responsible for their own GPA and citizenship progress. Teachers and administrators should not be approached regarding changes unless there is a computer or calculation error. The advisor will not intervene between a cheerleader and her teacher(s).
- H. Members may participate in sports offered at HighMark while they are cheerleaders, but they may not participate in student government. Members will be excused from cheering at games and practices during their sport season; however, they must still uphold their responsibilities and learn all cheers and dances.
- I. Cheer practices are closed unless the coach chooses otherwise.
- J. Cheerleaders will be enrolled in a cheer class during the regular school day.
- K. Members and parents will sign a cheerleading sportsmanship pledge as all players do for our school. This will be included in the try-out packet.

#### Probation and Dismissal Guidelines:

The advisor, with the consent of an administrator, may suspend a member for any conduct that they deem harmful to the reputation of the school or violates HighMark School policy. The suspension can be one or more activities, being placed on probation, or dismissal from the squad.

- A. A probation period can be up to twenty school days from the day the member is placed on probation.
- B. At the end of the probation period, a member will need to submit a progress report in order to be reinstated to the squad. The progress report must reflect a 3.0 GPA and no “N’s” or “U’s”. If the progress report does not reflect this, the member will be dismissed from the squad.
- C. A member on probation may not dress or perform with the team during the probation period. The member will not be excused from school to travel to any games.
- D. A member on probation must attend all practices, home games, and carry out all her assignments, even though she may not participate in cheering or performing.
- E. If a member on probation violates the cheerleading constitution, school policy or district policy, she may be removed from the squad.
- F. A member may be placed on probation one time. A need for a second probationary period will result in removal from the team.
- G. If a suspension occurs, he/she will be removed from cheer team.

#### Appeal Process:

If a member is placed on probation or is removed from the team, the following appeal process will be used:

**1<sup>st</sup>: Advisor; 2<sup>nd</sup>: Administration; 3<sup>rd</sup>: Standards Committee**

- A. Members may be placed on probation for the following reasons:**
- Failure to maintain a 3.0 GPA on a report card
  - Receiving two “N’s” or an “U” in citizenship on a report card
  - Showing disrespect to the advisor, fellow squad members, student body, faculty, or administration
  - Inappropriate behavior at games or other school functions
- B. Members may be removed from the team for the following reasons:**
- Being placed on probation for the second time
  - Breaking rules while on probation
  - Receiving a “F” grade in any class
  - Non-compliance with the Safe Policy and /or Drug, Alcohol, and Tobacco Policy of the HighMark Charter School.

**Uniform, Fees and Fundraising:**

- A. Uniforms will be purchased by each member. Uniforms will be suitable for school standards and will be chosen by the coach. Uniforms might be allowed to be worn at school on game days, at sporting events and other activities as determined by the coach with advice and consent of administrators.**
- B. The uniform is the property of the member, but the school name and logo is the property of the school. If a member is removed from the squad, the uniform may only be worn if the school name and logo are removed.**
- C. Cheer attire should not be worn by other members of the student body.**
- D. If a cheerleader is removed from team, the student cannot wear their cheer attire to school.**
- E. Cheer uniforms must be clean, pressed and repaired at all times.**
- F. If any part of the uniform is lost, it must be replaced so that the member can participate on the days that the uniform part is worn.**
- G. Fundraising will be at the Coach’s discretion.**
- H. If the Coach elects to do fundraising, it will need to be in line with HMCS Fundraising Policy.**
- I. Cheer fees will be approximately \$1000 which could include the uniform, activity fee and camp. It is not mandatory to attend the summer camp, but it is highly recommended.**
- J. All fees will be paid before girls will be given their uniforms.**
- K. Fees typically include the following:**
- New Cheer uniform
  - New Shoes

- ☐ Cheer Camp
- ☐ Camp wear
- ☐ Warm-ups
- ☐ School participation fee
- ☐ Competition fees
- ☐ Depending on Coach's/Team Preference a team bag, hair bows, socks, school approved polo shirt, etc.

#### Cheer Attendance:

- A. Members are required to attend all assigned games, practices (including extra practices for emergencies), and performances unless a pre-approved, written excuse is allowed by the advisor.
- B. To avoid conflicts, do not plan activities between the hours of 1:45 and 4:45 p.m. on school days.
- C. Acceptable excuses include but are not limited to the following: extreme personal illness, death or funeral in the family, wedding in the family, school excused activity.
- D. If a member misses a game or practice without prior approval, she may lose an opportunity to participate in games, assemblies etc.
- E. After school practices could be held two or more times a week and could start immediately after tryouts.
- F. It is important to be on time and demerits could be given for tardiness.
- G. Coach will give a monthly calendar of scheduled practices and games. Some changes might occur, and notice will be given as soon as possible.
- H. If a member has to leave a practice/event/game early, it must be cleared with the coach in advance.
- I. Stunts may only be practiced/performed when the coach is present.
- J. Tumbling may only be practiced/performed when the coach OR a certified parent is present and under the direction and discretion of the coach.
- K. No cell phones are allowed during practice, games, etc.

#### Cheer Transportation:

Cheerleaders will arrange with their parents to get to practices, games, activities, etc. It is the parent's responsibility to transport and to have the cheerleader on time to the activity.

#### Cheer Performances:

- A. Members must stay in their places during the game. They cannot get out of line to talk to friends or to each other.
- B. Members are not allowed to chew gum, eat food, wear jewelry, or get drinks during the game. There will be time during halftime to take care of any needs. A water bottle is recommended.
- C. When a squad member is unable to cheer because of an injury or is under a doctor's care, a note will be required from the doctor, clearing her to participate. The injured squad member is still expected to be in uniform/warm-ups unless excused by the coach.

- D. Participation in events during the summer months may include cheer camp, weekly practices and/or participation in community events/parades. These will be determined and communicated by the coach. As much notice as possible will be given in regards to exact dates and times. These are highly recommended, but not mandatory.**
- E. Cheerleaders will attend home games for all required sports. The coach will provide a monthly calendar showing which squad members will attend away games and assignments if there are multiple games on a given night.**
- F. Regional competitions from January through March will be determined by the coach and the number of girls on the squad. The division of the competition is decided by the coach and could include a competition squad with alternates.**

**Tryout Requirements:**

- 1. Students who are in the 6<sup>th</sup> – 8<sup>th</sup> grade and a student at HighMark Charter School for the next school year will be permitted to tryout during the third quarter of the school year.**
- 2. Students and parents will sign a form that they have received and understand the HighMark Charter School cheer constitution.**
- 3. Students must have a cumulative 3.0 GPA for the current school year based on 3<sup>rd</sup> quarter grades. Students must not have more than 2 N's for the current school year. Students must not have a U for the current school year. Students cannot have any F's on 3<sup>rd</sup> quarter grades.**
- 4. A tryout fee may be charged for the clinic.**
- 5. A student may be determined ineligible if there is a violation of the Safe School Policy and/or Drug, Alcohol and Tobacco Policy during the school year prior to the tryout.**
- 6. Students who have turned in their application and all other information requested by the coach will be eligible for tryouts and may attend the tryout clinics.**
- 7. Tryouts are closed to the public. Clothes for tryouts will be black gym or cheer shorts, white t-shirt with sleeves, tennis shoes, hair pulled back off the face/ponytail, and no jewelry.**
- 8. A panel of judges and coaches will help choose squad members according to the highest scores after tryouts. Call backs will be done if necessary.**
- 9. All students must attend the scheduled tryout and must be in attendance for the entire school day on the day of the tryout. The number of members will be decided upon by the coach and a natural break in the scores.**

**10. A typical tryout may include the following:**

- A long cheer, sideline cheers, and a dance, taught during the clinics
- Tumbling, kicks, and jumps
- Performance and spirit