



Creekview Game Day Cheer Constitution

Program Statement and Purpose: Creekview High School Game Day Cheerleaders are a united group of student athletes that support our school's mission statement in the pursuit of excellence. We are determined to excel in academics, athletics, and our moral character. We encourage athletes to be respectful students and seek growth opportunities while learning. We challenge athletes to continually be their best in their skills and remind them that they are accountable for their own abilities. Most importantly we guide athletes in strengthening important characteristic traits that will last a lifetime. These characteristics include leadership, integrity, kindness, sportsmanship, perseverance, and commitment. These characteristics are regularly defined, spoken about, and embodied at all practices, competitions, and events. As cheer**leaders**, it is our job to support all sports and extracurricular programs at CVHS. We are dedicated to lifting the spirit of Creekview by walking in kindness and positivity and by committing our actions to high standards within the community. It is our responsibility to set the best example possible for all present and future Grizzlies.

Uniforms:

- A. Uniforms are the property of Creekview High School. Your coach must approve any alterations or adjustments to the uniforms. (NEVER CUT THE FABRIC!) If you alter a uniform without permission, you may be required to pay for the replacement of the uniform.
- B. Uniforms are to be cleaned after each competition. Do not iron or dry clean the uniforms. Follow laundry directions on the uniform tag and do not remove the tags from the uniform.
- C. Uniforms and equipment will be signed out by the cheerleaders and should be returned as coaches instruct. Uniforms must be cleaned, dried **completely** and in a plastic bag, with a seal. Failure to turn these items in promptly and in good condition will result in an office debt for the price to replace the uniform.
- D. All cheerleaders are required to wear proper under garments that have been approved by the coach.
- E. Uniform attire includes warm up pants, socks, white cheer shoes, bloomers, sports bra, hair bow, correct shade of lipstick and skirt. All cheerleaders are required to have all items on competition day.

Attendance: Competition/Practice:

- A. Cheerleaders must attend all mandatory practices, competitions, meetings, pep-rallies, team building events, and fundraisers during the season.
- B. You are expected to arrive 15 minutes before the time you are scheduled to be there. (15 Minute Rule) "If you are on time, you are late." This includes all cheer events: practice, games, or competition. Once you arrive, ALL CHEERLEADERS are to help your teammates roll out mats and start stretching.

Practice/Competition:

Attire:

- A. All cheerleaders must wear the appropriate attire at all practices and events. At practice, hair must be pulled away from the face with an elastic band and long bangs must be pinned back.
- B. Fingernails must be kept at an appropriate length: if they can be seen from the palm side, they must be cut. Only clear nail polish will be allowed at games. Per GHSA rules/regulations **NO ACRYLIC NAILS** are allowed.
- C. **NO JEWELRY** of any type will be allowed including: earrings, rings, bracelets, watches, belly rings, necklaces, nose rings, tongue rings, etc. Medical alert tags may be taped to the body. Tattoos must be appropriately covered at all times including practices. **NO GLITTER whatsoever in accordance with GHSA rules.**

Competition:

- A. Cheerleaders must attend all competitions and practices in season. You should arrive 15 minutes before the designated time and place, dressed and ready to compete.
- B. All cheerleaders are expected to arrive in their **CLEAN** uniform and prepared to cheer at all events. This includes your hair up and bangs pinned back. On competition days, wear the appropriate shirt, leggings and jacket/sweatshirt approved by your coach as a warm up.
- C. All cheerleaders need to be dressed in assigned attire and have their whole uniform, top, skirt, socks, shoes, hair done with competition bow with them at all times on competition days.

Lettering:

All Game Day cheerleaders can letter. To letter you must meet all of the requirements:

- A. Must finish the season academically eligible and pass 5 out of 6 courses
- B. If cheerleaders are removed from the team or quit during the season, they will not receive a letter.
- C. Must participate in all mandatory events designated by the coach. This includes practices during season and all competitions.
- D. Due to specific circumstances, the requirements above may vary at the discretion of the coach.

Academics:

- A. Academics come first, and cheerleaders must meet all the eligibility requirements of GHSA. Eligibility will be checked through administration at the end of each grading period.
- B. Academic dishonesty **WILL NOT** be tolerated. If there is an academically dishonest situation a meeting between the cheerleading, coach and teacher will be held.

Banquets:

- A. Cheerleaders are expected attend the banquet for the sport for which he or she has cheered. Attendance is considered part of the lettering process.

Fundraising:

- A. During the year, cheerleaders will participate in fundraising projects. Each cheerleader is expected to raise funds for its operational costs, clinics, uniforms, and other cheerleader accessories.
- B. Each fundraiser will have a team minimum. Fundraisers cover purchases such as our mats, uniforms, team building events, and possibly a portion of fees. You will be notified prior to each fund-raiser the amounts of the team minimum.
- C. Parents are expected to participate in the fundraising process. You are required to be at all fundraising events unless the coach has stated otherwise.

Camp:

This is a chance for athletes to learn the competition routine with a choreographer and bond as a team.

- A. All the expectations that are in this document apply while we are at camp.

Cell Phone Policy:

- A. Any time you are with your team, whether it be team building events, practice, games, or competitions, you are not to be on your cell phone. Your cell phones must be turned off, and they must not ring during practice, games, or competitions.
- B. Break-time during practices, and competitions are not the time to check your phone. Your coach will allow you to call your parents in the event that practice is running late or early, etc.

Grizzly Reputation

Attitude:

- A. Anytime you enter practice, games, or competitions, you must have a positive attitude. You need to leave all cares, worries, concerns, or issues at the door.
- B. When you are at practice you need to have respect for all persons in the building which include ALL coaches, teammates, school officials, parents etc.

School Appearance:

- A. All cheerleaders must uphold the school's code of conduct and dress code while they are on school grounds for any reason.
- B. Cheerleaders are LEADERS, and we lead by example.

Social Media:

- A. All cheerleaders must have a conservative image on any social networking site. Creekview Cheer Program will not tolerate bullying, inappropriate posts, or pictures such as sex, drugs, alcohol, or profanity.
- B. Rule of thumb: Don't post anything that you don't want your coach, parent, grandparent, or school administrator to see.

Drugs and Alcohol:

- A. If a cheerleader is caught with drugs or alcohol and is given a citation, the cheerleader has 5 days to report the incident to the coach.
- B. We will follow the discipline policy laid out in the Cherokee County Discipline Handbook, appendix J.

Consequence Policy

The consequence policy applies to all cheer events, school, and activities, and will be upheld by all coaches in the Creekview Cheer Program. The coaches have the right to change or bump a punishment at their discretion depending on the severity of the behavior.

Demerit System:

1st offense- Warning from Coach

2nd offense- Conditioning specified by Coach

3rd offense- 3-15 min conditioning sessions before or after practice with your Coach

4th offense- Parent/Coach/ Cheerleader conference

5th offense- Removal from the team

****Please Note: If you quit before or during your season, then you are not able to receive a refund for any money that has been paid to any of the Creekview Cheer programs if the date of quitting is after the first order is placed. Also, you will not be eligible for the next season try-outs for the teams that you previously quit. This policy extends to each cheer team that your cheerleader is a part of. If you quit one team or both, then you will not be eligible to try-out for the next season. This also includes if your cheerleader has been removed from the team.**

Agreement/Signature

Now that you have read the Creekview Cheer Constitution, you are required to follow the specified expectations and must sign below. This form must be signed by you and given to your coach to continue to try-out or participate in the Creekview Cheer Program.

By signing this document, you are agreeing to uphold the rules and expectations of this program for the entirety of the season. If for any reason you break your agreement, then you will be subject to the consequence policy or removal from the team.

Cheerleader's First and Last Name (Print) _____ Date _____

Cheerleader's Signature _____ Date _____

Parent Name (Print) _____ Date _____

Parent Signature _____ Date _____

1-Heart 1-Mind 1-Team

Creekview Competition Cheerleading

"Family on Three"