

Chatsworth High School Cheerleading Constitution and Contract 2008-2009

Dear Cheerleaders and Parents,

Congratulations, you have been accepted to the Chatsworth High School Cheerleading Squad!

Please return the following by the practice on May 12:

- ✘ Constitution tear-off
- ✘ Financial Contract tear-off
- ✘ \$300.00 payment
- ✘ Physical Examination Form & District Athletic Paperwork

I. Program Objectives

- Build communication skills
- Encourage positive social interaction
- Increase organizational skills
- Understand the value of teamwork
- Solve problems using effective leadership
- Maintain a respectable public appearance
- Promote physical fitness and a healthful, active lifestyle
- Build Confidence
- Honor commitments
- Demonstrate good sportsmanship

II. Personal Responsibilities

- Any changes in personal information (address, phone, e-mail, etc.) must be reported to Mrs. Bishop. Emergency information must be valid.
- Cheerleaders will immediately report all injuries, no matter how minor, to the coach.
- Students will be responsible for bringing and securing their clothes, shoes, uniform, and personal belongings on a daily basis.
- Cheerleaders will not loan their uniform parts to anyone outside the team.
- Bring a towel, water and healthy snacks to every practice. Avoid junk food and soft drinks on practice and game days. Cheerleaders must eat properly and drink enough water to avoid nutrition and heat-related complications.
- Students are responsible for *all* information given. All hand-outs should be signed by the student and parent and kept in their cheer folder; its Contents will include calendars, schedules, a phone list and all hand-outs. Students are responsible for any material covered during an absence. Please check e-mail and chatsworthhs.org/cheer regularly for updates
- Any cheerleader who quits during the season or is removed from the team for disciplinary reasons will not be allowed to try-out for the team again.

III. Conduct

- Chatsworth Cheerleaders will represent the Chatsworth High School Cheer Squad with an athletic, responsible, and positive image.
 - Refrain from swearing, insults, or negative comments.
 - No smoking tobacco, drinking alcohol and/or illegal drugs. *Anyone under the influence or in possession of drugs or alcohol at a cheerleading/school function will be removed from the team.*
 - NO PDAs in uniform or while representing Chatsworth Cheer.
 - All team members will treat the Coach, Captains, team members, and all CHS employees with respect at all times.
 - Cheerleaders may not leave your box or the stands during a game without permission from the coach.
 - JV Cheerleaders must attend Varsity Football games as a team.
 - Total concentration and focus is required at all practices to reduce the risk of injuries. Keep personal problems out of practice.
 - No talking on cell phones or texting during cheer functions. Devices must be out of sight unless specified by the coach.
 - Students will tumble or stunt only with the immediate supervision of the coach.
 - All team members are responsible for all equipment used (radios, mats, paint, etc). Anything used must be cleaned and put away.

V. Proper Attire

- Students will wear their camp clothes for class meetings and practices.
- In cooler weather, CHS warm-ups, sweats and sweatshirts can be worn.
- Hair must be securely fastened with an elastic; no pins or clips.
- No jewelry or long nails are allowed.
- Facial piercings are prohibited.
- Cheerleaders are not allowed to get new piercings during the season.
- Cheer shoes must be worn to practice and while in uniform.
- Team members not dressed appropriately will not be allowed to participate. Cheer skirts must be fully zipped and buttoned at all times.
- Cheerleaders will wear their *entire* uniform to school on game days and other designated days. Do not add extra pieces to your uniform.

VIII. Eligibility

- A student's GPA must be 2.0 or higher to participate in any cheerleading related activities. No more than one "u" in cooperation is allowed.
- Eligibility is verified at five, ten, fifteen and twenty week marking periods.
- Ineligible students or any student with a D or a Fail in any class at any marking period must attend tutoring in order to bring grades up and be able to continue with the team.
- Ineligible students may be subject to removal from the team.
- Ineligible members cannot stay after school, wear their uniforms or ride on the bus with the team, and must pay to get into any games.
- Ineligible students will be graded like a normal PE class (dressing and participating for 6th period only). **PLEASE BE ELIGIBLE!!!!!!**

IV. Absences and Tardies

- In general, absences should be minimal and will be excused only in the case of an emergency.
- Cheerleaders are graded by participation; attendance is a crucial part of participation. Jobs and other school activities in or outside of school must not interfere with cheerleading commitments.
- If a practice or scheduled event needs to be missed, I must receive a note, phone call, or e-mail from a parent prior to the absence.
- Appointments must be scheduled outside of scheduled meeting times.
- Team members are eligible for performances at Friday night games only if they have attended all scheduled practices that week. During basketball season, you must attend the Monday practice to cheer in the Wednesday game, and you must attend the Thursday practice in order to cheer the Friday game. If you miss a basketball game, you will be benched the next game. In the case of an emergency, a meeting will be held between the coach, student, parent and administrator to document the emergency. A student who misses one then one scheduled game may be dismissed from the team.
- **Attendance to Cheer Camp and “Hell Week” are mandatory.**
- **Only 1 absence to Spring practices and 3 absences to Summer practices are allowed.**
- It is in the best interest of all team members to attend all summer practices. If a team member falls behind, they will be unable to perform at games or compete.
- Three occurrences of arriving late or leaving early will be equal to one absence. Arriving more than 30 minutes late or leaving more than 30 minutes early is equal to an absence.
- **2 unexcused absences will result in termination of position on cheer squad. No call/no shows are considered an unexcused absence.**

VI. Grading

- Students are graded on participation in all activities. Any activity a team member has committed to becomes part of their grade.
- Total points will be calculated at each five-week marking period and grades will be given according to the following scale:
 - 90%-100%= A
 - 80%-89%= B
 - 70%-79%= C
 - 60%-69%= D
 - 0%-59%= Fail
- Students whose participation level falls below 80% may lose his/her spot on the cheer squad.
- An improperly dressed student will not receive credit for that day.
- No credit will be given to a team member that demonstrates improper conduct at any event.

VII. Parent Meetings

- Parent Meetings are held as needed to distribute information and to discuss supporting the team with fundraising and transportation,
- The first meeting is Thursday, May 9 at 6:00pm at CHS in M-202.
- There will be a set agenda for each meeting.
- Parent meetings are not the time to discuss personal issues; call me or e-mail me to discuss your concerns.
- Check our team website www.chatsworthhs.org/cheer for dates of meetings as well as other news and events. Group e-mails are sent out periodically to communicate information, so check your e-mail frequently.
- Parent support is greatly needed and appreciated and is a great way to stay on top of your child's cheer commitments.
- Parent support is crucial to success of the team and its related activities.

IX. Athletic Concerns

- Students and parents are encouraged to speak with the coach about any concerns they may have. Conversations are confidential.
- Parents with concerns about their child should contact Mrs. Bishop by phone or e-mail. The coach will not discuss concerns with parents at, before, or after games, practices, or cheerleading and school events.
- The coach will respond to concerns by parents and cheerleaders in a timely matter. If the coach is unable to resolve the matter on her own, she will refer to the Athletic Director or Principal.
- The Chatsworth High School Athletic Department and administration expect and appreciate parents and students expressing their athletic concerns to the coach prior to involving the administration.

Thank you,
Ms. Jessica Rosen Bishop
chatsworthcheer@yahoo.com

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- I have read and understood the guidelines for the 2008-2009 Chatsworth High School Cheer Squad.
 - I give permission to be photographed or videotaped for Cheerleading purposes. Photographs and videos may appear on the team's website or other internet venues.
 - I agree to abide by all policies to ensure the safety and fairness for all.
 - Coach's decisions, pending administrator approval, are final.

Student's Name

Parent/Guardian's Name

Student's Signature

Date

Parent/Guardian's Signature

Date