

2023~2024 LTMS Cheer Squad Constitution

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Being a cheerleader is more than just learning cheers. It takes hard work, dedication and:

- **Organization** – managing your time to be successful in the classroom and on the team.
- **Physical Fitness** – maintaining proper health and nutrition for the physical demands of cheerleading.
- **Leadership** – delegating tasks to accomplish common goals and motivating others.
- **Communication** – reflecting on both your accomplishments and failures and sharing feelings and ideas with others.
- **Teamwork** – treating one another respectfully and being able to overcome differences for the good of the squad.

Required Paperwork

Every **cheerleader** is expected to have the following forms completed before the first cheer event:

- Signed physical examination form **dated after May 1**
- Signed Athletic Consent form on Skyward (parent/guardian & student)
- Application for Membership
- Contact Form
- Initialed Expectations Sheet
- Teacher Recommendations

Members will not be allowed to participate in cheer related events until all required paperwork is completed and turned in.

Jewelry

No jewelry is to be worn during performances and practices. If a medical ID badge is required by a cheerleader, it must be removed from chain or bracelet and securely taped to the chest area.

The National Federation of High Schools (NFHS) and the Kansas State High School Activities Association (KSHSAA) **do not allow any piercings for grades 7-12 Spirit participants** and this includes Daith piercings. (KSHSAA Spirit Activities Rule)

Attendance

Please remember that Cheer is a time-intensive commitment. All members must be present for every practice in order to learn and have the routines/stunts/cheers performance ready.

In order to practice or perform in an event, cheerleaders must meet the requirements for attendance listed in the student and parent district handbook and Kansas State High School Activities Association web site.

Absences will be treated as excused or unexcused. The coach must receive an e-mail or phone call from a parent **two days prior** for a pre-arranged absence to be considered as excused. The only last-minute absences that will be considered excused are for illness and funerals.

Please try to make appointments around cheerleading commitments.

Participation in other school related activities during the year is encouraged. However, when conflicts occur the cheerleader is responsible for communicating with both activity sponsors **at least two weeks in advance**.

Any team member interested in extra-curricular activities needs to inform the cheer coaches.

An unexcused absence from a scheduled **game or performance** will result in the cheerleader receiving a demerit.

Injuries/Illnesses

If frequent illnesses/injuries occur, the coach, parents and administrator will meet to determine if the cheerleader is healthy enough to participate in cheer practices and events.

Academic Expectations

You are first and foremost a student. Being part of the cheer team requires strong time management skills, making the most of your time during the school day and ensuring homework is complete.

To participate in cheer, **a student must have a passing grade in all classes with no more than two D's in all classes.** (LTMS Student Handbook, page 14)

Squad member grades will be checked weekly.

If a member does not meet academic guidelines, s/he will be notified by the coaching staff.

"When a student does not meet this requirement, they are put on a one-calendar week notice by the administration or head coach. If, after the week has passed, the student is still not meeting the requirements set forth by USD 232, the student is then identified

eligible to practice but ineligible to compete in any extra-curricular activity until that grade or grades have been raised to meet the eligibility standard requirements.

The ineligible student can attend home events with the team in street attire, but the student can't ride the bus with the team to away games.

If, after the week has passed, the student is meeting the requirements they will be eligible to practice and compete in their respective activity.

If the administrator becomes aware of an academic issue through an established procedure to check student grades on a weekly basis, a student may be released from a team, group or club if adequate effort is not seen in deficit academic areas over a sustained period." (LTMS Student Handbook, page 14)

The coaches will contact members either in person or by email to inform cheerleaders of their eligibility status.

Practices

Practices are required and must be attended in order to perform in cheer related events during a given week.

Practices may be scheduled during the summer, on weekends, mornings, evenings, and after school, in accordance with the DeSoto District policies. Practices will be scheduled in advance. Coaches have the authority to make any necessary changes to the schedule at any time and add additional practices as necessary. In the event of a schedule change, as long as the coaches have given two weeks notice, the event is considered mandatory. All participants will be notified of changes via e-mail and Band.

Unexcused absences from practices the week of an event (game, pep assembly) will result in the cheerleader having to sit-out of that event. Practices prepare the cheerleader for performance and if the cheerleader is not present; they will not be performance-ready. Please refer to the demerit policy in regards to unexcused absences from practices.

Cheerleaders who are injured or under a doctor's care and cannot practice are required to attend all practices and games. Those who are not seriously injured will be required to practice as much as they are physically able.

Practice Requirements:

- Be on time! This means in the gym/8th grade commons, dressed and ready to begin practice.
- Come dressed in practice attire – required practice gear will posted or discussed with the squad in Band.
- No jewelry.
- No gum.
- Long hair should be pulled up into a ponytail.
- Keep fingernails trimmed and short. No fake nails! No finger nail polish with glitter or large decals

- Listen and follow your coach's directions.
- Be respectful of each other. We are a team and must work together.
- A positive and energetic attitude is required so we can make the most of practice time.

Uniforms

The school will provide the cheer/yell leader uniform. Each member is held responsible for the care of the uniform. Uniforms should be returned at the end of the season clean and in the condition they were received. The member will pay for any damaged uniform, or items belonging to the school that are not returned.

Each cheerleader is responsible for purchasing gear items such as bows, shoes/socks, crop top, briefs, poms, camp/practice/game day t-shirt, cheer bag and team sweatshirt.

Members will not be allowed to perform until they have their full uniform; yell leader uniforms will be custom ordered once the squad is set, so gentlemen will wait to order.

Uniforms may be altered to fit a member. Alterations must be **non-permanent**, meaning they must be able to be removed/undone by the next person using the uniform. Creating permanent alterations makes the uniform unusable the next year and may result in the cheerleader having to pay to replace the item.

Uniforms must be returned at the time set by the coaching staff.

Uniform Requirements:

- Members must wear all parts of the uniform unless a change is made by the coach.
- When performing, cheerleaders should be groomed "performance-perfect." Hair should be worn out of face as specified by the coach.
- Members must arrive to performances ready. Arriving repetitively without being ready will result in a demerit.

Your uniform is for LTMS sanctioned events only. You are not to wear your uniform without direction from the coaching staff. Failure to abide by this policy will result in disciplinary action **which may include suspension and/or removal from the squad.**

Mini Squads

Due to limited space when cheering for basketball, each grade squad may be divided into two separate squads – Red and Black. Placement on the squads will be determined by the coaching staff. One squad is not better than the other – there is no "A" squad or "B" squad – this is done to allow for room to cheer.

All cheerleaders are expected to be at every game. The Red squad will cheer one game and the Black squad will cheer the other. Alternating with each home game. i.e. Red squad cheers the "B" team game one night and then would cheer the "A" game the next game day.

Captains

The squad will have two captains for camp and one to two for each sport season. Camp captains will be determined by the top two scores from try-outs for each grade level. All other captains' positions will be on a self-nominating basis. The coaches will assign captains to the seasons.

Captain candidates must have all the material learned by the first August practice in order to be considered for captain.

Depending on how many nominations are received, some may serve as captain twice.

Games

- Wear correct uniform to school on game days, no jewelry, and hair up. On cold days, you may wear black leggings underneath your skirt during the school day.
- You must stay and cheer for the entire game. Ensure you have a ride ready at the end-time listed.
- Members are not allowed to visit with friends or relatives or be on their cell phones when on duty during the game.
- Members found to not have material ready for games will be asked to sit next to the coaches for that game and will receive a demerit.
- Cheerleaders must be on the sidelines 2 minutes before the game is to start, stretched and ready to cheer.
- Your cheer performance includes the time in between chants, during which members are attentive to the game, reacting to exciting plays, and NOT talking.
- You will have the first part of half time for a break. The last 2 minutes of half time you are to be back at your cheer spot stretching and preparing to begin the second half.
- If attending a game, you are not cheering, you must be in street clothes. Failing to do so will result in a demerit.
- Smile! Have fun! Be energetic! You are there to spread positive energy and spirit to the team and the fans! You make a difference!

Demerits

If you receive **4 demerits**, you will be asked to leave the team. You will be given a demerit for but not limited to:

- Not following the coach's directions
- Having a bad attitude
- Being disrespectful to a coach or teammate
- Leaving early from a game or practice without prior notice
- Coming late to a practice or game without prior notice
- Unexcused absence
- Not being in correct uniform for a practice or for a game
- Not having material prepared
- Being in uniform when not supposed to

- Breaking any rule or expectation

Major Violations

Any member involved in inappropriate technology usage at any time will result in a demerit and a conference with the coaches to determine further action. This includes but not limited to posting on Twitter, Instagram, Facebook, Snapchat, Tik Tok etc.

The use of alcohol, tobacco, or any other controlled substance will not be tolerated at any time, on or off school grounds. Violation of this policy will result in disciplinary action **which may include suspension and/or removal from the squad.**

When not done safely and correctly, stunting can be an extremely dangerous activity. For this reason, any member caught stunting outside of supervised practices will receive disciplinary action **which may include suspension and/or removal from the squad.**