

HHS Cheer Team Constitution: 2017-2018

Objectives of the Cheer Program:

Competitive Cheer is a SDHSAA recognized sport and must follow SDHSAA regulations as it pertains to competitor's eligibility, season length, number of contests, coach's and judge's qualifications, competition guidelines and out-of-season rules. There can be anywhere from 6 to 26 cheer team members.

Sideline Cheer is a SDHSAA recognized activity and the goal is to promote sportsmanship, develop wholesome school spirit, develop loyalty to the school and team, and promote a cooperative spirit among the study body, faculty, staff, administration, and citizens of Harrisburg. Squads will consist of JV/Varsity football, GBB, BBB, and wrestling.

Conduct:

- Scholastic Policy: Students will abide by the Harrisburg High School extra-curricular eligibility rules as established by the athletic department. You are a student first.
- Each student is at all times expected to conduct him/herself in an appropriate manner in and out of class.
- Each student is required to abide by all school policies, safety regulations, athletic training rules, and cheer regulations.
- Students are expected to display good sportsmanship at all times.
- Students will strictly adhere to the National High School Federation safety guidelines and be familiar with them.
- Drinking, smoking, drugs, or being in the presence of these chemicals will not be tolerated.
- Hazing or harassment of any kind are prohibited and will result in immediate dismissal from the team.
- Most importantly, please remember that you are representing your school and your community. We are all judged by the actions of a few. Being a member of the cheer team is a privilege.

Dress/Appearance:

- Uniforms are the property of HHS. Each member is responsible for any piece of equipment that is issued to him/her for the season. At the end of the season, each student is responsible for turning in all issued equipment. **If a student chooses not to finish the year, all issued equipment must be turned in immediately and you forfeit your right to try out the following year.** Care must be taken to ensure such clothing, uniforms, and equipment is in clean and presentable condition. Each squad member shall safeguard his/her clothing, uniforms, and equipment and shall be personally liable for its replacement for loss or damage. Uniforms shall only be worn when the team is performing. Uniforms must be washed in advance of turn in.
- Students will not apply make-up or fix hair in public. Nails must be kept to a length which is not visible over the fingertips and no polish is allowed during a game, competition, or activity. Athletes will not cheer when hickeys, tattoos, skin markings, or piercings are visible. Jewelry of any kind is prohibited. NO gum, glitter, or stickers.
- Hair must be worn away from the face and off the shoulders. Hair devices must be safe and secure. Bows must be worn. Unnatural hair colors are prohibited.
- Shoes are part of the uniform, only wear them when in uniform and at practice. They must be kept clean and white. Shoes must be worn.
- Uniform must completely cover all parts of undergarments.
- Student athletes will always be dressed uniformly at cheer activities. Clothing type will be determined by the coaches.
- Those not in compliance with game day appearance and/or rules will not be allowed to cheer and it will be considered an unexcused absence.

Practices/Games/Competitions:

- A physical, impact testing, and online registration is required prior to the first practice.
- Cheerleaders will remain at the cheer site (game, competition, practice, etc) until it officially ends. A student cannot leave the grounds while attending an event unless permission is granted by HHS coaching staff.
- Take care of all personal matters prior to the game/competition/practice. This includes bathroom breaks, hair and make-up, drinks, food, and talking with friends and family. Half-time is not a time to do any of these things. Half-time will be used for contests, to review and prepare for the second half.
- Cell phones are prohibited in the cheer practice, competition, or game area. They must be in your bag and put away until the END of the scheduled event.
- Parents and friends are not allowed in the cheer area until AFTER the game. Please take care of any issues before the time we have designated to meet or after the game.
- When applicable squads will show support for one another by attending each other's games as a group.
- Calendar events (including practices) and times are determined by the coach and are subject to change at any time.

Travel:

- When traveling, cheerleaders will travel as a team in the transportation arranged by the school. You may ride home with a parent/guardian provided the parent has signed the appropriate form.
- When riding, cheerleaders must be seated with the other cheer team members in an area designated by the cheer coach and/or head coach of the sport being cheered for.
- When traveling, you will represent your school with your very best behavior. All school and SDHSAA rules apply.

Social Media:

The Harrisburg cheer program recognizes and supports the students' rights to freedom of speech and expression, including the use of social networks. In this context, however, each student must remember that playing and competing for the Harrisburg District is a privilege. As a student-athlete, you represent the school and you are expected to portray yourself, your team, your school, and your district in a positive manner at all times. Understand that if you participate in social media, you are responsible for anything you post. This includes, but is not limited to: photos you post, statuses or tweets you post or retweet, groups you join, pictures others post of you, and statuses or tweets others post to your page. Exercise care while using social media and understand what may seem private in the digital world can often become public.

- Similar to comments made in person, the HHS Cheer Team will not tolerate disrespectful comments and behavior online. This includes derogatory language or remarks against teammates, coaches, teachers, other students, or people from other schools.
- Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, underage drinking/controlled substance, or any other inappropriate behavior (including the use of profanity).

Social media outlets will also be used as a communication device and can be used to encourage involvement with family, friends, fans, colleges, and recruiting outlets.

- Follow @HarrisburgCheer on Twitter
- If you are asked to remove a post from any website, you must do so immediately!

Attendance:

- All events on the calendar are mandatory unless excused by the coach **in advance**. It is important to realize that when one person is absent, the entire team suffers.

- Vacations must be submitted at try-out time in order to be considered excused.
- Examples of unexcused absences include (but are not limited to): hair appointments, work, club sports, dental/eye/doctor appointments, detention, vacations, not having appropriate practice clothing, any event you control the scheduling of.
- Excused absences include (but are not limited to): illness, funerals, church events, school work, emergency situations, other school activities—**TO BE DISCUSSED WITH COACH NO LATER THAN A DAY PRIOR TO THE CONFLICT** (unless sickness). **A note or email from the parent is needed in order to be excused. Please no texting.** If these rules are not followed, the absence will not be excused. *It is not appropriate for a student to relay messages through other squad members.*
- Suspensions: Excessive absenteeism will result in suspension and/or dismissal; this includes excused absences and absences during the summer. Suspensions will last as long as the coach deems necessary.
- 1st offense – unexcused absence from practice = suspension
- 1st offense – excused or unexcused absence from game/competition = suspension or dismissal
- 2nd offense – unexcused absence from practice = dismissal

Awards

- Varsity cheerleaders are eligible for a sport letter. Lack of responsibility toward practices, team commitments, fundraisers, and meetings, in addition to actual cheering may cost a cheerleader her letter. Unexcused absences, and excessive excused absences may have bearing on this decision as well. Please consult your coach if you are concerned about this. The coach's decision will be reviewed with the Athletic Director and are final.
- An unexcused absence from a competition or game will result in the loss of a varsity letter.

Communication

- All matters pertaining to each individual are confidential. No other cheerleader but you (or your child) will be discussed.
- The cheerleader herself must address any issues with the coach first and foremost. Coaches will not discuss issues with parents before we talk to the cheerleader, as she is the one immediately affected by any decision made.
- Parents: Please use the school email system or school phone that you can find on the school website. Again, a friendly reminder to have a conversation with your daughter before emailing.
- Students: Meetings must be arranged with the coach in advance. Please respect my classroom/ library time is dedicated to my students. In addition, your focus during the school day should be on your classes, not cheer.

Failure to abide by the policies and regulation established for the HHS cheerleaders or failure to accept responsibilities may result in disciplinary action and possible dismissal from the squad.

Appropriate disciplinary action will be determined by the coach and/or school administration according to the severity of each violation. If you voluntarily quit or are removed from the HHS cheer team during the season, you forfeit your right to tryout for the program the next year.

Coach's Promise: I trust that you will give 100% to your team and coach. In return, I will give YOU 100% encouragement, support, trust, and dedication.

PLEASE RETURN THIS PAGE TO YOUR COACH

I have read and understand the HHS Cheer Team Constitution. I understand the role of a cheerleader and the rules that must be abided by. I also understand the consequences I will face if I am in violation of the above.

Cheerleader Name: _____ Date: _____

Cheerleader Signature: _____ Date: _____

I have read and understand the HHS Cheer Team Constitution. I understand the role my child will be playing and will assist the school and coaches in enforcing the rules and consequences, understanding that it is being done in the best interest of my child.

Parent/Guardian Name: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____