

WILL C WOOD HIGH SCHOOL

Cheer Squad Constitution and Contract

A. WILDCAT CHEERLEADING EXISTS

- Encourage school spirit and pride at Will C. Wood High School.
- Promote physical and mental development.
- Develop lifelong values and skills.

B. WILDCAT CHEER PROGRAM VISION IS

- Provide opportunities for participation in a wide variety of activities during every sport and competition season.
- Be an integral, well-coordinated part of the secondary school curriculum.
- Assist participants in the development of athletic and leadership skills.
- Develop effective time management strategies.
- Develop socially through cooperation, competition and appropriate standards of behavior.

C. WILDCAT CHEER PROGRAM MISSION IS TO

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
- Promote friendship with each other and with schools with whom we compete, perform and go to camp.
- Promote the development of lifelong values and skills.

D. EDUCATION VALUE TO WILL C. WOOD HIGH SCHOOL

Membership on a Cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the Cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

E. GOALS as a program

- Cheer at both junior varsity & varsity football, girls' & boys' basketball games. □
Participate in & organize fundraisers to help support the Athletic Department.
- Participate in & support Homecoming Week.
- Support and perform at Cheer and recognition assemblies.
- Compete at local, regional, state & national cheer competitions.
- Perform community service: after school enrichment programs, food drive, local businesses promotions, community holiday events/activities.

F. WILDCAT CHEER PROGRAM CODE OF ETHICS

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school, district and league rules.
- Show courtesy to all visiting teams, competitors, hosts and officials. □ Respect the integrity and judgment of all sports and competition officials.

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G. TRYOUTS, SKILLS, SELECTION PROCESS

Annual tryouts will take place at the end of the school year season. Tryout requirements, skills assessment, and the selection process guidelines will be distributed to each candidate prior to the commencement of the tryout process. Participation in the annual tryout process is required for each school year.

At the announcement of the coach/advisor, Mascot tryouts may be called. Those interested in becoming a Mascot must participate in the required tryout process, which adheres to all established tryout guidelines and Cheer squad constitution rules.

H. ELIGIBILITY

- Academic eligibility is extremely important. A member must maintain a 2.0 grade point average. Failure to do so will result in suspension from the Cheer Squad. Any uniforms purchased prior to the suspension cannot be returned for a refund. A copy of the Cheer Squad member's report card must be given to the advisor within (2) days of issuance. If this is not done, the member will be suspended from all participation until a copy is turned in.
- All members must have a physical and athletic clearance on file with the athletic department before practices begin.
- All members must sign and abide by the athletic code of WCWHS.
- Cheerleading must take priority over all other extra-curricular activities (including jobs) for the entire time of commitment.
- All practices, games, and squad activities are mandatory.
- All members are expected to maintain and keep uniform in good repair, and not lend pieces to non-members.
- If you were a member of the squad during the previous season and you chose to drop you will be ineligible to participate during the next season.
- Remain eligible with 85% or above attendance.

I. CAPTAIN'S RESPONSABILITIES

The captains for Varsity, JV, and Competition may be chosen by the coach/advisor. Responsibilities of the captains are to:

1. Lead squads at games
2. Be a liaison between coach and squad
3. Be a liaison with the leadership class
4. Help and support team members to perform the needed tasks of a cheerleader at Will C. Wood High School.

J. PRACTICES AND GAMES

Practices are vital for a good squad. Attendance at all practice sessions is mandatory for all members. Remember, whenever you are not present, most formations, stunts, or routines cannot be practiced, so you are hurting the squad when absent. A monthly practice calendar will be given out regularly. Practices will range anywhere from 2-4 times (or more) per week/2 + hours in length). The squad member is responsible for obtaining a calendar from the advisor /coach on a monthly basis.

1. Practices may be held on some Saturdays (or are other designated times set by the advisor) to accommodate special needs of the squad. Notification in advance will be given. Attendance at these practices is also mandatory.

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2. Practices will be held during the summer months. Practices schedules will be announced as soon as the dates, times, and location(s) have been confirmed. Practice during the summer is mandatory. (Please contact the advisor individually with concerns on conflicts occurring during the summer months that may prevent you from attending practices.)
3. All squad members are to be in practice clothing (no jeans or street clothes) at every practice. Squad members must be out on the practice field (area) and/or designated practice location 15 minutes before practice time and ready for warm-ups.
4. Squad members must attend all practices/games/performances unless absent from school. Should a member be absent from school or be absent for more than four (4) periods, participation at practice/games/performances will not be allowed. This includes both excused and unexcused absences.
5. Good daily attendance at school is expected. A Cheer squad member must be at school the day of practices /games/performances during at least four (4) periods of school to participate in Cheer Squad activities, etc.
6. If a Squad member is not participating in PE, the member will not be able to participate in Cheer Squad activities for the days not in PE class. Class participation in all classes, especially PE, is a requirement in order to participate in all activities in which the squad participates.
7. A school admit slip or note from parent(s) guardian(s) must be considered when an excused absence occurs. The absence will be considered unexcused until cleared.
8. If a squad member is not at a practice before a game/performance the member is benched for a half a game.

K. SAFETY REGULATIONS

1. All cheers and routines must be perfected by performance time. Squad members may be asked to sit out if they cannot perform the routine. This is for safety reasons.
2. Squad members displaying horseplay, dangerous stunts, inappropriate behavior, or unapproved activities may result in the member(s) being benched for the next game and/or result in other progressive disciplinary action as deemed appropriate by the advisor/coach.
3. Jewelry is not to be worn at practices/games/performances. Earrings, rings, jewelry, or any other type of body ornament worn on the belly button, tongue, body, and/or face must be removed during practices, games, performances, or any time when representing the Will C. Wood Cheer Squad. This is for the member's safety. The member will provide medical tape or bandages to cover such items, if necessary, if such items cannot be removed. Failure to comply will result in disciplinary action.

L. CONDUCT AND STANDARDS

Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, or on social media, etc. Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school.

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Proper appearance is required at all times, with clothing appropriate to the occasion. By being part of the spirit squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of Will C. Wood High School.

1. The Cheer Squad season begins at tryout and does not end until the final basketball game (usually the end February). Unlike other sports, this is a full year commitment. Only members who have completed the full year in good standing will be eligible to tryout for the next/season(s), receive letters or any other awards/recognition.
2. As soon as you become a member of the Will C. Wood Cheer Squad, you cannot participate on any other squad or cheer organization. **“Athletes are not allowed to practice or compete on an outside group or team in the same sport during the high school season of that sport unless the sport season is outside the CIF season of sport.” (WCW athletic general rules)**

By doing so this may cause conflict with Will C. Wood practice dates/times, games, competitions, etc... Being on the Will C. Wood Cheer Squad is your first priority. No exceptions!

3. Cheer Squad members are representatives of Will C Wood High School. As such, the behavior of its members must be exemplary. Aside from obeying all school and squad rules, its members are expected to be courteous and friendly towards fellow students, other squads, athletic teams, coaches, advisors, faculty and each other.
4. Any situation involving a Cheer Squad member which may be deemed as poor conduct, whether previously listed in this constitution or not, will be handled at the discretion of the advisor and/or the school administration, and members may be disciplined accordingly.
5. Should a Squad member display unacceptable behavior (fighting, cursing, defiance, public displays of affections, etc.) that reflects on the reputation of the squad or school, whether in uniform or not, may be dismissed from the squad at the coach/advisor's discretion, and /or result in other disciplinary action.
6. Gum chewing, eating, or drinking during practices/games/performances and/or special activities is not allowed. At break time, Squad members may have a drink or snack. Squad members must stay in the general area of the team and/or coach advisor during the break.
7. Squad members will follow the directions of the captains, instructors, faculty members, coaches, and/or advisors with respect and without excessive talking or wasting of time.
8. There is no room for poor attitudes on the Squad. Squad members will not argue, fight, or cause a public scene in front of spectators. Yelling, defiance, or aggressive behavior towards anyone, especially those in authority (i.e. coaches, advisors, captains, co-captains, and faculty), will not be tolerated. Termination from the Squad may be a result from an exhibition of this type of behavior.
9. Squad members will stand at attention. Squad members should remain in the cheering area throughout the game. If you must leave, notify an advisor and go in pairs (and not all members at once).
10. Squad members will not interfere with players or coaches. Squad members will never cheer when any player is injured, the opposing rooting section has begun a cheer, or an important announcement is being made.

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11. Promptness is essential. Timeliness is critical, especially when traveling to away games/performances/events. Cheer Squad members must arrive, check-in with the advisor/coach and be ready to perform thirty (30) minutes prior to game time, or as directed by the advisor/coach. Tardiness to games, practices, and Cheer Squad events will not be tolerated and will result in disciplinary action.

M. SUMMER CAMP

Attendance at Cheer Camp is extremely important for all Squad members. All guidelines contained within the Cheer Squad contract pertain to attendance at camp, along with any special rules enforced by the camp administrators. Detailed camp information will be provided prior to the scheduled camp dates. Cheer, Dance and Mascot Camp expenses will range in addition to other expenses.

N. COMPETITION SQUAD AND MASCOT

1. A competition squad may be formed to participate in cheer/dance competitions. **This is an optional commitment**, which requires tryouts, dedication, determination, and the desire to put forth 150% effort. Competitions, including regional and nationals, are the responsibility of the squad and team member.
2. Other financial expenses related to participating on these squads (and/or as mascot) may include competition entry fees, travel expenses, special camp attendance fees, choreographer fees, dance lessons, gymnastic lessons, etc.

O. INSURANCE, SPORTS WAIVER CARDS, EMERGENCY/TRANSPORTATION FORMS

1. All Cheer Squad Members must have medical insurance, through either the school or a family plan. Each member will be given an Athletic Emergency Form to be filled out and returned immediately. Coach/Advisor and personnel will be informed of any changes in this information during the school year.
2. A Sports Waiver Card will need to be signed by a doctor stating the member has completed a physical exam and are eligible to participate in school sports.
3. Transportation cards must be completed, signed by a parent/guardian and on file with the coach/advisor(s) for each Cheer Squad Member. Travel will not be allowed for those who do not have a transportation card on file. No exceptions.

P. WILDCAT CHEER PROGRAM RULES AND REGULATIONS

Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these rules and regulations are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well-being of each individual spirit leader. Participation in spirit leading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the school personnel when a spirit leader violates the rules and regulations.

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Q. DISCIPLINE-SUSPENSION AND DISMISSAL POLICY

Each member plays a vital and integral part on the Squad. All members are necessary for a successful squad. Consequently, if a member continually fails meeting the expectations of the Squad, that member will face progressive disciplinary action, at the sole discretion of coach/advisor(s) and/or school administration. An example of when disciplinary action may be enforced is when a member fails to meet the required 2.0 GPA standard, or failure to abide by District rules. Disciplinary action may include, but is not limited to:

1. Benched

For any offenses to the rules/regulations contained within the Will C. Wood Cheer Squad Constitution, a Cheer Squad member may be benched from practice(s)/performance(s)/etc., as directed by the advisor/coach for a specified period of time. For any member benched, all uniform and attendance requirements will still be required, along with any other guidelines that are applicable in this contract.

2. Suspension

Length of suspension time will be determined by the coach/advisor(s). Should a member be suspended for failing to maintain the 2.0 GPA standard, the member may be reinstated to the squad if the grade requirements are met on the next report card.

3. Termination

Cause for termination will be determined by the coach/advisor(s). Should a Cheer Squad member be terminated from the squad for any offense to the rules/regulations contained within the Will C. Wood Cheer Squad Constitution, a Cheer Squad member will not be eligible to tryout for the Squad the following year/season(s).

At the judgement of the coach/advisor, this constitution may be revised during any cheerleading season. Each squad member will receive a copy of the revision(s).

R. CHEER PROGRAM FINANCES

- **Financial obligations must be met on all ordered uniforms and warm-ups, camp clothing according to the payment schedule set by the coach/advisor. Payment-in full is required on the date predetermined by the coach/advisor. A payment schedule will be made available to each Squad member.**
- **Uniforms are required for participation on the Cheer Squad.**
- **Uniforms are to be kept in good condition and clean at all times. The individual at their own expense will replace Uniforms, poms, and ruined, lost or stolen items.**
- **Cheer camp attendance is highly recommended in order to participate on the Cheer squad. Camp fees are the responsibility of the Cheer squad member.**
- **If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.**
- **Deposits made for uniforms and/or cheer camp are non-refundable.**
- **IF ALL FINANCIAL RESPONSIBILITIES ARE NOT MET FOR THE PREVIOUS YEAR YOU ARE NOT ELIGIBLE TO TRY OUT FOR THE FOLLOWING YEAR.**

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S. ABSENCES

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- A note must excuse absences from a doctor if you had an appointment or a call from your parent if you are sick.
- Missing a scheduled practice the day before a game may result in the individual not performing at the game.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered as absent.
- Absences may affect the awards at the end of the year.
- **FAILURE TO COMPLETE THE CHEER SEASON WILL MAKE YOU INELIGIBLE FOR THE CHEER THE FOLLOWING YEAR.**

T. UNIFORMS

- Uniforms must be cleaned and pressed.
- Team athletic shoes must be clean.
- All Cheer Squad members must have the same uniform look.
- No jewelry is allowed during practices, performances or games.
- Fingernails (including artificial nails) must be sports length. Nail polish, if worn must be clear or natural color.
- No gum chewing during practices, performances or games.
- No cell phones are to be worn/used during practices, performances or games.
- Hair must be in a secured full ponytail if shoulder length or below. Bangs must be out of the eyes.
- Cheer Squad members will not loan out any piece of their uniforms to anyone. Sweat suits and sweatshirts are considered to be part of your cheer wardrobe and should be worn by anyone other than you or for anything other than cheer activities.
- Cheer Squad members must wear their uniforms or team-designated outfit to school on game days.

U. PERFORMANCES AND CHEER LINES

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

V. AWARDS AND LETTERS

Awards will be based on 90% participation in assigned squad activities and 95% for competition. This includes cheer practice, games, cheer fundraisers, community service and competitions.

W. GRIEVANCE

The coaching staff is always open to discuss any issues that arise. However; there is an appropriate time and place to do so. Please contact your coach before or after practice to arrange a time (outside of practice, games, etc..) to discuss any problems. **NOTE: Coaches WILL NOT stop practice (barring an emergency situation) to speak to you regarding questions/concerns/discipline issues.** Email is also an easy way to reach a coach and open dialog if another time is not available. In order to be successful everyone must work as a team and no one wants that more than your coach.

Step 1: Coach/Team Parent and Athlete

Step 2: Coach/Team Parent and Athlete and Parent

Step 3: Coach, Athlete, Parent and Administrator

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ACKNOWLEDGEMENT

I have read and understand the Will C. Wood High School Cheer Squad Constitution and Contract. I agree to support/abide by these rules and policies and cooperate fully with the other members of the Will C. Wood Cheer Squad and the advisor.

Student's Signature: _____ Date: _____

I have read and understand the Will C. Wood High School Cheer Squad Contract. I agree to support/abide by these rules and policies. I have also read and understand the importance of the financial commitment and agree to support/abide by the rules and policies.

Parent's/Guardian's Signature: _____ Date: _____

Parent's/Guardian's Signature: _____ Date: _____