

CHEERLEADING CONSTITUTION

2020-2021

APPEARANCE

All members shall be present at all performances in the required uniform. All cheerleaders are expected to follow the rules listed below:

No gum chewing, candy or food while at practice or at games. Breaks will be provided.

No jewelry of any kind at any time in uniform. No jewelry during any practice at any time! Plan wisely do not get a new piercing during the cheer season. (Medical ID's bracelets/necklaces are the only exception.)

Fingernails must not be visible beyond the end of the fingers. No acrylic nails or fingernail polish may be worn during games or practice for safety precautions.

Hair must be pulled back with a hair tie or pinned away from the face at practices and performances.

CONDUCT

Proper conduct is expected at all practices and games.

All behavior expectations are in the DMS Cheerleading Contract, and HCSD agenda. Discipline will be handled between the Cheerleader, the Coach, the Parents, Athletic Director and the School Administrators.

ACADEMIC ELIGIBILITY

Athletes are eligible the first year they enter the 7th grade and the first year they enter the 8th grade provided they passed 5 subjects the previous semester.

PRACTICES AND PERFORMANCES

All cheerleaders shall attend EVERY practice, game, fund-raiser and function to which she is assigned, except in case of emergency or illness.

Please notify the coach before you miss practice or a game.

All cheerleaders will be at practice, dressed and ready to begin work at the designated practice time.

There will be no practices scheduled without the coach.

Absence from school for over half the school day prohibits you from cheering at a game.

If there is a conflict with a cheerleading activity and another organization (Chorus, Band, etc.), please see the coach before the conflict.

MISCELLANEOUS

Cheerleaders are expected to complete both the full football and basketball seasons. If any circumstances arise, please contact the coach.

Class time is for academics, not for cheerleading. Please do not ask for a pass from your teacher for cheerleading issues unless there is an emergency. You may see the coach before or after school or during lunch.

In case a situation arises that has not been accounted for, the coach reserves the right issue consequences according to the severity of the problem.

DMS FALCON CHEERLEADING
STUDENT AND PARENT BEHAVIOR CONTRACT
2020-2021

EXPECTATIONS:

- Attend every practice and game and to be prepared to cheer. I will seek prior approval before a practice or game absence.
- In cases of illness or emergency e-mails, text messages from parents, or messages left in the front office for the coach is acceptable. Word of mouth from another cheerleader is NOT acceptable.
- To be in position, ready to cheer at game time.
- To stand at attention between cheers.
- ALL practices are closed to spectators.
- Arrange transportation in advance and be picked up on time.
- To only engage in school appropriate conversation and to behave as a role model to my peers.
- To only use school appropriate language at all times.
- To treat all squad members and coach in a respectful manner at all times.
- To maintain a minimum of a passing average in all of my academic classes. I am a student athlete, so academics are my first priority!
- Follow all HCSD school procedures and policies. Cheerleaders are expected to exhibit model behaviors at all times at DMS.

CONSEQUENCES:

Should there be an incident where the expected behaviors or the Cheerleading Constitution rules are not followed, the consequences are listed below:

- A verbal warning.
- Official warning, including a partial game benching and parent notification.
- If there is a third warning, benching for the entire game and parent conference required.
- If a student is assigned ISS, one full game benching for each day of ISS. If a student is in ISS the day of a game, they will not be able to cheer that day.
- 3 days ISS Dismissal from squad.
- School suspension immediate dismissal from squad.

2020-2021 FALCON CHEERLEADING CONSTITUTION AND CONTRACT

- We have received a copy of the 2020-21 Cheerleading Constitution to keep.

- We have received a copy of the 2020-21 DMS Falcon Cheerleading Student and Parent Behavior Contract to keep.

Cheerleader Name _____

I have read all the Cheerleading Constitution and the DMS Falcon Cheerleading Student and Parent Behavior Contract and I agree to abide by these rules.

Cheerleader Signature _____ Date _____

Parent Name _____

I have read all the Cheerleading Constitution and the DMS Falcon Cheerleading Student and Parent Behavior Contract.

I understand that I have a vital role in helping my child follow through with each of the Articles of the Constitution and expectations of the Behavior Contract and agree to help her uphold the rules.

Parent Signature _____ Date _____