

Lincoln Southwest High School

Cheerleading Constitution

2009-2010 School Year

1 Name:

This organization shall be known as the Lincoln Southwest Cheerleading Squads.

2 Purpose:

2.1 It shall be the purpose of the Southwest Cheerleaders to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with there team, coaches, administration, and other athletic teams and sporting organizations.

3 Eligibility and Membership:

3.1 A cheerleader candidate must support the Southwest Cheerleaders above all other teams.

3.2 A candidate must be neatly presented, medically fit, and if under 18 years old provide parental permission.

3.3 A candidate may be male or female and a minimum age of 12 years, and maximum of 18.

3.4 Acceptance of a candidate shall be on the basis of ability through a tryout, the coach's agreement, acceptance of the squad rules, and without prejudice of race creed or color.

3.5 Member must be a full time student (enrolled in at least 15 credits each term) in good standings. Also may not graduate at semester.

3.6 Member must attend mandatory practices prior to summer camp and attend the selected summer camp. Practices for the summer will be held June 8 through July 9 7am-8 am. Camp will be July 10 through July 13. Practices will resume August 10.

3.7 The entire regular squad will cheer at all games, competitions, promotions, fundraisers, and community and charity events.

4 Tryouts:

4.1 Tryouts will be held each spring. Tryouts for cheerleading and dance will be on a rotating schedule.

4.2 All five forms must be signed and returned to the LSW Cheer Directors **prior** to tryouts Friday April 3rd. IF forms are not in you will **not** tryout.

4.3 Each candidate shall wear a similar outfit consisting of a solid white short sleeve shirt, black shorts and tennis shoes.

4.4 If a candidate is absent, tardy or leaves early during any class on the day of tryouts, that candidate will not be permitted to tryout.

4.5 Senior members will be responsible for teaching the try-out routines and assisting candidates who try-out. Senior members will also supervise the door during tryouts to keep spectators out and call for candidates when appropriate.

4.6 Tryouts are closed to the public. Only the judges, cheerleading directors and LSW staff assisting with the tryouts will view the tryouts.

4.7 Score sheets and totals will be available to the LSW Administration at the conclusion of the tryouts. After the tryouts any questions regarding tryouts and or selection of squads shall be directed to the LSW Athletic Department.

4.8 Names of candidates selected will be posted with in two hours after tryouts.

5 Attendance Requirements:

5.1 All games, pep rallies, practices and camps are considered mandatory. If team members are given a least one week of notice these events are considered mandatory. Rescheduling of canceled games will happen the Cheerleading Director have no control over this.

5.2 Absences will be excused with a parental note, if and when school attendance is also excused. If a team member is truant to school on the day of a practice, game or scheduled mandatory event they will not be able to participate. Points will be taken.

5.3 Practices will be held 7:05am to 7:55am. Monday through Friday. Leaving practice early will count as a tardy and one point will be taken.

5.4 Summer Camp: All cheerleaders and coaches are required to attend annual camp as a squad. Camp is July 10-13 2009.

5.5 Competitions: The squad as a group will decide to enter a competition. If the majority decides to compete, the entire squad will do so

5.6 If any other activities or opportunities are chosen by the coaches the coaches shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.

5.7 One free-bee will be given each season. A free-bee is one free absence.

5.8 Work obligations and personal engagements will not be considered an excused absence after your free-bee.

5.9 Team members will arrive at all events at least 15 minutes prior to the events start. After that they cheerleader is tardy and will loose one point. If a team member is late to practice they may run off tardy (one lap per minute) if fewer than ten minutes. After ten minutes late you will loose one point and not be able to run. All laps must be run the day of the tardy.

5.10 Injured or benched team members are still expected to attend all practices and games in full uniform on time.

6 Financial Responsibilities:

6.1 Annual Camp/Clinics: The cheerleader is responsible for the cost of attending. Due in full before the July 10, 2009 camp.

6.2 Competitions: The cheerleaders will bear the cost of competition entry. Members will bear a proportion of transport costs to cover fuel/hire etc.

6.3 Each member will be required to purchase full uniform, camp wear and warm up. Due in full by August 10, 2009.

6.4 Uniforms will be purchased by the team members. Uniforms will be changed or adjusted on a four year schedule.

7 Duties of the Directors:

7.1 Ensuring that squad members are safe, as the top priority at all times, that First Aid is available, and emergency contact list is kept up to date and present at all times.

7.2 Organizing and arranging training schedule, equipment, training facilities, and events.

7.3 To supervise all financial activities.

7.4 To order all uniforms, accessories and handle all financial transactions related to there purchase.

7.5 To maintain records of attendance, points and grades.

8 Selection and duties of Co-Captains:

8.1 The Southwest Cheerleaders will have two Co-Captains. A majority vote of the council will decide the positions.

8.2 Captains will be re-elected for the summer, fall, and winter seasons.

8.3 Captains will set an example to the rest of the squad by following the rules and regulations of the Southwest Cheerleaders. The Co-Captains will set an example by doing more than his/her share.

8.4 Be at practice early and start practice on time.

8.5 Assist in setting cheers and chants to be used at games and events.

8.6 Act as a peacemaker in case of disagreements

8.7 Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.

8.8 Keep the crowd cheering and your cheerleaders in proper formation during games

8.9 Show no partiality within the squad

9 Appearance:

9.1 For safety reasons jewelry or watches will not be worn with uniform. If wearing jewelry during a game or event points will be taken.

9.2 All hairstyles must be pulled into a pony tail with correct bow. If not in a ponytail points will be taken.

10 Lettering Criteria:

10.1 Cheerleaders must attend 85% off there scheduled games, practices and other events and can only be benched one time through out the entire year to receive a Cheerleading letter. Letter winners will be recognized at the end of the year banquet.

11Code of Conduct:

11.1 Team members will be expected to abide by all school rules and attend scheduled classes on time.

11.2 Team members are a representatives of Lincoln Southwest High School at all times and should conduct them selves in a respectable manner at all times.

11.3 Dismissal of a team member will be decided by the directors and the LSW athletic administration following a conference between all involved. If a member is benched 3 times during a year, they will be dismissed from the team. (April 11, 2009 -through last Varsity scheduled event 2010)

11.4 It shall be squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends. Points will be taken for every violation to the listed constitution, practice rules and/or squad

rules. Written notice of such will be given. With 5 points, the cheerleader will be suspended from one week of events (practice remains mandatory). Loss of 5 points three times, the cheerleader will be permanently suspended. (See attached points system)

11.5 A cheerleader may be suspended from games/events for the following reasons: absence, excessive absence or tardiness, failure to cooperate with coaches or failure to abide by squad rules and regulations.

11.6 A cheerleader may be dismissed from the squad for the following reasons: Excessive and irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs), and as otherwise deemed necessary by coach.

LSW CHEERLEADER POINT SYSTEM

Every cheerleader will start with a total of 5 points per season.

If you loose all of your points you will be benched for one week's worth of activates.

- If you are benched, you are still expected to attend all of the week's activities, in full uniform and sitting with your team.
- Also, you are still responsible for your signs and banners that week.

Ways to loose points

- 2 points - absence to game or event
- 1 point - tardy and or leaving early to or from game or practice.
- 2 points - out of uniform.
- 1 point hair down or jewelry on at a game or event.
- 1 point - signs and banners not done for the week.
- 1 point – missed practice.
- Tardy to practice can be run off up to ten minutes. One lap for each minute late. Laps must be run on the day you arrived late.