



RIDGELAND HIGH SCHOOL CHEERLEADER CONSTITUTION

2023-2024

The squad shall be known as the Ridgeland High School Titan Cheerleaders.

1 PURPOSE:

1.1 It shall be the purpose of the 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 the team management and administration, other athletic teams, and sporting organizations. The cheerleaders will compete at the local, state, and national competition levels as determined by the coaches/administration.

2 MEMBERSHIPS:

Varsity

2.1 The varsity squad will consist of an average of 16-24 cheerleaders. A minimum of two students from each grade 10-12 shall be selected to ensure fair representation for all grades. The number of cheerleaders selected will be set at the natural break in total points earned during the tryout.

2.2 The squad will cheer at all appropriate games, competitions, pep rallies, promotions, fundraisers, community, and charity events as determined and scheduled by the coach and/or the athletic director or principal.

3 ATTENDANCE REQUIREMENTS:

3.1 All cheerleaders will attend all practices, competitions, and events unless pre-approved by the coach. Any cheerleader not in attendance at assigned events without prior consent from the coach will be dismissed from the squad without question or debate.

3.2 Cheerleaders will be enrolled in cheer block, which will be a year-long course, and are required to attend and participate in all cheer block activities. This includes practice, conditioning, strength training, and any other cheer activities as assigned by the cheer coach.

3.3 All cheerleaders will attend all scheduled football and basketball games as assigned by the coach. Failure to do so will result in immediate dismissal from the squad.

3.4 All cheerleaders, managers, and coaches are required to attend annual summer camp as a squad.

3.5 Cheerleaders will participate in a mandatory summer conditioning program to be determined by the coaches.

3.6 All members are encouraged, but not required, to attend social activities. Advance notice of non-attendance is required.

3.7 If any activities or opportunities other than games 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 all others.

3.8 School cheerleading should be a priority. If there is a conflict with a practice, competition, or game, you must discuss the conflict with the coach in advance. It will be the coach's discretion as to whether or not absences are excused or unexcused.

3.9 Any cheerleader that accumulates

more than three unexcused absences will be dismissed from the team.

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4.1 transportation to out of town games and events.

4.2 The squad/managers/coaches will bear the cost of competition entry fees.

4.3 Members will bear a portion of transportation to cover the cost of fuel, the bus driver, etc.

FINANCIAL RESPONSIBILITIES:

The cheerleader is responsible for the cost of attending any camps or clinics. The coaches will arrange with individual parents and/or the school bus company for cheerleader

4.4 Members will provide their own refreshments when not provided by the coaches or event organizers.

4.5 Each member will be required to purchase certain additional items of clothing along with the uniform for hygienic reasons. These are listed on the accompanying cheerleader budget.

4.6 All fees must be paid before performance at the first athletic event of the year.

Expenses Related to Cheerleading—

Estimated Payment Schedule (Not including gym fees)

\$15 Try -Out Fee Due March 6th

Estimated Cost of Practice attire, Camp, etc. \$1,200:

March 21, 2023- \$350

April 28, 2023- \$350

May 31, 2023- \$300

June 30, 2023-\$200

****Payments may be made cash, check or money order or ONLY****

******An additional gym fee is due at the first of each month (TBD)****

5 TRYOUTS:

Tryouts are at least one year.

5.1 Scoring during tryouts will be calculated in the following manner:

1. Performing designated skills in front of qualified judges -35%

2. Eight teacher evaluations-25%

3. Student's current grade point average -10%

5.2 Tryouts will normally be held each year during the spring school semester but may also be conducted at other times at the discretion of the coaches.

5.3 The format of the tryouts will be decided by the coaches and will be held in a fair and open manner conducive to allowing each candidate to show his/her best abilities and potential.

5.4 A cheer candidate shall be ineligible for tryouts if he/she has more than three disciplinary referrals.

5.5 A cheer candidate must meet MHSAA grade requirements, which states having an overall C average (semester grades/end of the year).

5.6 No student will be considered for tryouts if he/she has been dismissed from the cheer squad or from any other sport/activity at Ridgeland High School.

5.7 No student will be considered for tryouts if he/she has ever quit the cheer squad. Likewise, no student will be eligible

for tryouts if he/she has quit any other sport/activity at Ridgeland High School while that sport/activity was in season.

6 SELECTIONS OF CO-CAPTAINS AND OTHER OFFICERS:

6.1 A captain and co-captain may be selected by a combination of tryout score and coaches' recommendations. The captain may be any 12th grade cheerleader that has participated on the squad for at least one year. The co-captain may be any 11th or 12th grade cheerleader that has participated on the squad for at least one year.

7 DUTIES AND RESPONSIBILITIES:

7.1 Coaches' responsibilities include the following:

1. Squad member safety–this is always the top priority. This includes proper supervision during games, practices, competitions, and events.
2. First Aid–must be available and accessible.
3. Emergency Plan–parent and emergency contact list must be always up-to-date and present.
4. Scheduling–includes, but is not limited to, training, facilities, travel, and events.
5. Equipment–all necessary equipment is provided and in good condition.

7.2 Managers will perform duties as designated by the coach to assist in the preparation for games, performances, competitions, and events.

8 CAPTAINS AND CO-CAPTAINS:

8.1 The expectations for captains and co-captains are as follows:

1. Lead by example by following the rules and regulations of the Ridgeland High School Titans Cheerleaders.
2. Be committed to do what is necessary for team success, which may be more than his/her share.
3. Be at practice early and start practice on time.
4. Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the final decision shall be made by the captain, co-captain, and cheer coach.
5. Act as a peacemaker in case of disagreements.
6. Coordinate the painting and hanging up of signs.
7. Welcome visiting squads with courtesy, friendliness, and good sportsmanship.
8. Keep game attendants actively participating in support the sports stream.
9. Maintain proper cheer formation during games and any other performances or activities.
10. Remain fair and impartial within the squad.
11. Co-captain will perform the duties of the captain if he/she cannot do so.

9 PRACTICE SCHEDULE:

9.1 The schedule will be set by the coaches. Times will be announced as early in advance as possible. A schedule will be provided for each cheerleader.

9.2 Cheerleaders will be enrolled in cheer block, which will be a year-long course. They are required to attend and participate in all cheer block activities which include practice, conditioning, strength training, and any other cheer activities as assigned by the cheer coach. Any cheerleader who elects to drop the course will be considered to have quit the cheer squad, which also deems her ineligible to try out for cheer again while at Ridgeland High School.

9.3 All cheerleaders are required to attend

all practice sessions unless valid reasons are provided to the coaches in advance. After receiving prior notification of an upcoming absence, it is at the coaches' discretion as to whether the absence is excused or unexcused.

9.4 Practices before scheduled performances are mandatory and includes cheer block. If a cheerleader misses practice, then he/she may not be allowed to perform at upcoming event.

9.5 No cell phones at practice or games.

10 UNIFORMS & PRACTICE WEAR:

10.1 Uniforms will be purchased by the school through funds acquired from fundraising conducted by the cheer squad and remain the property of the school. Additionally, members of the competition squad may be required to purchase a separate uniform for competition only. Each cheerleader is responsible for maintaining the uniforms and may not alter them in any way that will make them unusable for future users. A cheerleader will be responsible for the full replacement cost of any uniform that is damaged or lost during the school year.

10.2 Only official squad jackets and warm-ups may be worn over the uniform. Official jackets, t-shirts, and practice wear are the only items of clothing that can be worn while not in full uniform. Uniforms will only be worn for events as designated by the coaches.

10.3 Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a Ridgeland High School Titans cheerleader.

11 APPEARANCES:

11.1 For safety reasons, jewelry (i.e. earrings, necklaces, rings, or watches) will not be worn with uniform, during performances, or at practice.

11.2 Uniforms must be always kept spotless.

11.3 Makeup should be natural and not excessive.

11.4 All hairstyles must be neat and secured, up and out of the face, not needing attention (combing etc.) while performing. Ponytails will be worn for games unless otherwise stated by coaches. Hair color should be a natural hair color (not pink, blue, green, etc.).

11.5 Fingernails should be no longer than the tips of the fingers and polish must be nude or clear in color. Acrylic nails will not be permitted for games, practices, clinics, etc.

11.6 Cheerleaders should always look their best, but especially when in uniform.

11.7 Acceptability of a cheerleader's appearance and adherence to dress requirements will be at the discretion of the cheer coach. The appropriateness of the appearance and dress must be corrected before being able to perform.

12 CONDUCTS:

12.1 Cheerleaders must abide by all rules and regulations set forth by the MCS D high school handbook and Ridgeland High School.

12.2 Squad members are required to maintain and uphold the reputation of the Titans cheerleaders through their own conduct and squad spirit.

12.3 As ambassadors for Ridgeland High School, members should strive to always be courteous, polite, and friendly to everyone they encounter.

12.4 All cheers and chants shall communicate a positive message and be presented in a sportsmanlike manner.

12.5 Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action.

13 FUNDRAISING ACTIVITIES:

13.1 Fundraising is required of all Ridgeland High School cheerleaders and

as such all cheerleaders will participate in all fundraising and charity projects selected by the coaches during the year. Each cheerleader will sell the required items or pay the current rate for the items. The primary fundraiser for cheerleaders is the sale of media guide advertisements. Each cheerleader will sell the assigned number of pages or pay for the current sales rate of said pages.

13.2 All fundraising activities will be approved by the Madison County School Board.

13.3 All required fundraising activities will be detailed in writing and explained and distributed to parents at the appropriate time.

14 DISCIPLINARY ACTION:

14.1 A cheerleader may be dismissed immediately from the squad for the following reasons:

1. Excessive and irreconcilable disruptive influence on the squad
2. Conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs)
3. Any other actions or behaviors deemed detrimental to the team by the cheer coach.

14.2 Any cheerleader dismissed from the squad will not be eligible to receive a varsity letter or certificate of participation and will also not be eligible to try out the following school year.

14.3 Any cheerleader who quits the squad will not be eligible to receive a varsity letter or certificate of participation and will also not be eligible to try out the following school year.

14.4 Cheerleading will be scheduled as a course in each cheerleader's class schedule as a year-long course. As it is a class like any other, grades will be assigned accordingly on the basis of attendance, punctuality, preparedness, participation, cooperation, safety, and compliance with the rules and regulations

of the constitution. A failing grade at the end of any term will result in dismissal from the squad. Any cheerleader with a mid-term or term grade below 80 will be suspended from performance at all events until such time as the grade has improved to 80 or above; however, all practices will remain mandatory. Any cheerleader who elects to drop the course will be considered to have quit the cheer squad, which also deems her ineligible to tryout for cheer again while at Ridgeland High School.

14.5 Cheerleaders must maintain a 2.0 average in all other scheduled classes in order to remain eligible. Any grade below 70 will result in suspension from performance at all events until such time as the grade has improved to 70 or above; however, all practices will remain mandatory. Grades will be checked monthly and as necessary.

14.6 A demerit system will be in place to track infractions.

- A. Points or demerits will be used as a disciplinary tool.
- B. Cheerleaders will be issued demerits by the coaches.
- C. Three points will result in the removal from a performance.
- D. Six points will result in a two-week suspension.
- E. Twelve points will result in dismissal from the team.
- F. One point will be given for each of the following infractions:

1. Late arrival to any team activity.
2. Use of cell phones during practice, games, or performances without permission from a coach.
3. Talking/horseplay on the sidelines.
4. Lack of full engagement during a performance.
5. Disrespect towards others including but not limited to coaches, teachers, or squad members.

6. Inappropriate game or practice uniform including any singular uniform piece, jewelry (MHSAA rule), or hairstyle.
7. Absence (also results with removal from performance).
8. Inappropriate social media posts/comments.
9. Other behaviors deemed inappropriate by coaches or administration.

G. Three points will be given for:

1. Unexcused absence.
 2. Use of inappropriate language in uniform.
 3. Other behavioral infractions viewed as inappropriate by coaches or administration.
- H. Six points, or suspension, will be issued for violation of above infractions totaling six points for:

1. Lack of minimal grade requirements.
2. Other issues at the discretion of the coaches/administration.

I. The following violations will result in automatic dismissal:

1. Drinking in uniform.
2. Drug use in uniform.
3. Other major infractions viewed as inappropriate by the coaches or administration.

15 TRANSPORTATION

15.1 Cheerleaders will ride the bus to and from away games. If a cheerleader must ride home with a parent, a note, written by the parent, must be submitted to the athletic office 24 hours before the bus leaves the building. NO cheerleader is permitted to ride home from a game with friends OR siblings.