



SPRAYBERRY CHEERLEADING

Sprayberry High School Cheerleading Constitution

Section 1 Financial Obligations

- A. The Sprayberry High School Cheerleading program does not received funding from the Cobb County School District and therefore must fund the costs of the program from within. All costs incurred by the program must be covered by the Sprayberry High School Cheerleading Booster Club which is financed by membership fees and payments.
- B. Each cheerleader is required to pay an initial booster club fee. This fee is used to help with program costs such as new mats, mat cleaning, banner replacement, sponsor gifts, coaching expenses, pre-game meals, banquet, equipment, rentals, etc. that may not be covered by school funds or fundraisers. Failure to pay the booster club fee will result in a cheerleader not receiving the goods and services provided by the SHSCBC.
- C. Additional items required for participation in the sport will be purchased by the individual cheerleader (uniform, warm-up, practice clothes, bags, approved cheerleading shoes, etc). Cheerleaders will not receive these items until full payment has been made. Cheerleaders without the required items will not be permitted to participate in cheer activities.
- D. All payments will be made directly to the Sprayberry High School Cheerleading Booster Club (SHSCBC).
- E. Money paid to the Booster Club is non-refundable. If a cheerleader quits or is removed from the team for any reason the money paid if forfeited.

Section 2 Academic

As student athletes, all cheerleaders will be required to demonstrate and maintain a certain level of academic performance.

- A. 6, 12, and 18-week progress reports will be reviewed for all cheerleaders. Failing one of more classes may result in the following consequences:
 - a. Detentions as designated by the coach until grades are brought to a passing level.
 - b. Attendance without participation at games and practices. This time will be used to work on academic studies.
 - c. Reports of weekly progress until grades are brought up to passing.
- B. Students must accumulate units towards graduation according to the following criteria to be eligible:
 - a. First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 units the previous semester to participate.
 - b. Second-year students must have accumulated five (5) total units in the first year, AND passed courses carrying at least 2.5 units in the previous semester.
 - c. Third-year students must have accumulated eleven (11) units in the first and second years, AND passed courses carrying at least 2.5 units in the previous semester.
 - d. Fourth-year students must have accumulated seventeen (17) units in the first three years, AND passed courses carrying at least 2.5 units in the previous semester. (e) Students may accumulate the required units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

Section 3 Absenteeism

Just like any other team sport attendance at practice and games is a necessity if the team intends on meeting its goals for the season. When one athlete is absent from practice or a game, the "team" is not a whole which can affect the overall dynamic of the remaining members.

- A. All cheerleaders must have a good school attendance record.
- B. Practices
 - a. Cheerleaders are required to be at practice in practice attire unless absent from school for more than half a day.
 - i. If an athlete's absence from school renders her ineligible to participate in practice (missing more than two class blocks), it is the responsibility of the cheerleader to communicate with the coaching staff of their absence.
 - b. All appointments should be made so that they do not interfere with practice and/or games. If this is unavoidable, the athlete must communicate with the coaching staff at least 48 hours in advance.
 - c. No other non-academic school activity may interfere with cheerleading activities. An agreement will be made between teachers/coaches for simultaneous school-related activities.
 - d. A cheerleader who must miss a practice and who is **NOT** absent from school **MUST** discuss the situation with the coaching staff **PRIOR** to the absence. The coaching staff may require written notification prior to the absence once it has been discussed. The coaching staff will determine if the absence is excused or unexcused.

- C. Cheerleaders who do not dress out for practices will be counted as absent (unexcused) and demerits will be given as outlined in the demerit system.
- D. Cheerleaders are required to attend **ALL** cheerleading activities. Attendance will be recorded at all functions to verify athletes are fulfilling their commitment and support to the program. Absences from activities will result in the receipt of demerits as outlined in the demerit system.
- E. Games
 - a. Athletes must be present for at least half of the school day (two or more class blocks) to participate in a cheerleading activity.
 - i. **IT IS THE RESPONSIBILITY OF THE CHEERLEADER TO NOTIFY THE COACHING STAFF VIA EMAIL OR PHONE IN THE EVENT THEY ARE ABSENT FROM SCHOOL!**
 - b. Cheerleaders are required to attend **ALL** games/competitions including post season (if applicable). A cheerleader who must miss a game and who is **NOT** absent from school **MUST** discuss the situation with the coach. **NO EXCEPTIONS!** The coach will determine if the absence is excused or not.
 - c. Cheerleaders who are not eligible to cheer a game for discipline reasons are required to attend the game, in the appropriate attire as determined by the coach, and in the appropriate area for the duration of the game. Failure to meet the before mentioned criteria results in the game not being recognized as having the punishment served which will result in additional discipline.

Section 4

Punctuality

- A. Cheerleaders are required to be on time **ALWAYS!** Consequences will occur for every minute a cheerleader is late to a designated activity. Consequences can range from (but not limited to) conditioning for the individual, team, or entire program to benching of the individual during games and/or pep rallies. A safe rule to follow is "You are on time if you are 15 minutes early. You are late if you are on time."
 - a. Being late to a practice or event will result in demerits according to the demerit system.

Section 5 Practice

- A. The coach **MAY** call additional practices as the need arises. Practice times are merely a guideline and the coach reserve the right to extend practice at any given time. Football/competition teams will practice **DAILY** approximately 2-3 hours (practices will occur on game days as well). Basketball teams practice three (3) to four (4) days per week and then decrease the number of practices as the season progresses. Athletes should not plan other after school activities during practice or game times. If you are participating on an All-Star cheerleading team, you should be aware that those practices and competitions cannot interfere with your participation in your high school cheerleading activities without consequence. If you work, a safe rule to follow is not to schedule a shift that starts before 7pm.
- B. Proper attire for practices **MUST** always be worn (cheer shorts, t-shirt, cheerleading shoes, and hair pulled up). **ABSOLUTELY NO JEWELRY MAY BE WORN WHILE IN UNIFORM OR WHILE PARTICIPATING IN ANY CHEERLEADING ACTIVITY** (This includes jewelry that may not be visible such as belly button rings). Any device designed to be inserted into an opening caused by a piercing is jewelry and must be removed. **NO** acrylic nails or colored nail may be worn, and all nails **MUST** be kept short for all practices, games, pep rallies, competitions, etc. as per GHSA regulations.
- C. Practices are **CLOSED** to anyone other than the current team members and coaches. All others must have permission from the coach to attend.
- Parents who need to enter practice areas during practice must have it cleared with the coach **PRIOR** to the beginning of the practice.
 - Open practices and performances will be determined at the discretion of the coach and will be announced in advance so friends and family can plan accordingly.
- D. Cell Phones – Cell phones are **NOT** allowed to be used or in a cheerleader’s possession during cheerleading activities. Cheerleaders will be required to leave their cell phone in the team locker room (The team locker room will be locked for the safety of the athlete’s items).
- E. Practice locations may vary, and a coach may require a practice to take place off campus to address the needs of the team. In these events, individual transportation may need to be provided to and from these locations. Refusal to attend off-site practices will count as a missed practice and disciplinary consequences will be handled in accordance with the before mentioned situations.

Section 6 Cheerleading Standards

Certain standards and expectations are necessary to uphold the integrity and reputation of the cheerleaders of Sprayberry High School. Cheerleaders should always be leaders within their school and set a good example. Cheerleaders are expected to have and maintain a character above reproach and exhibit personal appearance and habits that will reflect a positive image.

When young people seek leaders, they rely on the ability and talents of people in their age group. When leaders fail, the moral fiber of the group will begin to deteriorate. This leadership responsibility becomes yours when you become a high school cheerleader. If you maintain the position of a cheerleader, you will be looked upon as a leader. You are placed in the public light and your life is no longer just your own. Therefore, **PLEASE READ THE FOLLOWING INFORMATION CAREFULLY** and think about the responsibilities you will have as a high school cheerleader and decide if you will be able to abide by these expectations. You will be ambassadors and your actions will reflect on your school both positively and

negatively. While you are always expected to conduct yourself in an appropriate manner, visibility is heightened while you are in uniform.

A. General Behavior

Cheerleaders must **NEVER** put themselves in a compromising position. If the present company of the cheerleader is not acknowledging the proper social or moral standards and values outlined in these expectations the cheerleader will be expected to remove himself/herself from the situation immediately.

The following behaviors are **NOT ALLOWED** by high school cheerleading standards and violations will be evaluated by the coaching staff and administration with appropriate punishments given. Punishment may include but is not limited to benching, suspensions, and/or removal from the squad.

BEHAVIOR NOT ALLOWED INCLUDES BUT IS NOT LIMITED TO:

- a. Profane language
- b. Fighting
- c. Cheating in academic subjects
- d. Unlawful acts
- e. Bullying
- f. Over-Display of affection
- g. Undesirable or immoral behavior
- h. Undesirable language and gestures
- i. Undesirable pictures or videos
- j. Violation of school dress code
- k. Any behavior considered inappropriate by a school representative
- l. Failure to follow NFHS, GHSA, or team policies.
- m. Refusal to follow directives from the coaching staff or any school personnel
- n. Chemical Use
 - i. A student regardless of quantity shall not:
 1. Buy, be in possession of, or use/consume a beverage containing alcohol.
 2. Be in possession of or use tobacco products.
 3. Use/consume, possess, buy, sell, or distribute any controlled substance at any time.

****CHEERLEADERS WHO ARE DISCOVERED (by his/her admittance or other proof) TO HAVE POSSESSED/USED/CONSUMED/BOUGHT/SOLD/ETC A CHEMICAL SUBSTANCE (i.e. drugs or alcohol) WILL BE SUBJECT TO PUNISHMENT CONSISTENT WITH THE POLICIES SET BY THE COBB COUNTY SCHOOL SYSTEM.**

*****Please note that we do not advise, encourage, or approve the use of performance enhancing or dietary supplements. Student-athletes who are found taking part in the consumption of potentially harmful products will be reported to school officials and may be removed from the team. Athletes and their parents should consult with their physician before using any supplement or prescription and will be expected to report any use of these to their coach and provide this information on their physical signed by their physician. Any changes in health may require additional medical attention if a coach determines these changes could be harmful to the athletes.*****

B. School Behavior

- a. A cheerleader **MUST** maintain good behavior in all academic classes and school activities. Office referrals regarding discipline are treated with serious attention and will be dealt with by the coach on an individual basis. A cheerleader may be removed from the team because of discipline referrals.
- b. A cheerleader should strive to make the best grades possible by completing class work/homework, listening, and participating in class, and setting a positive example for others to follow.
- c. Cheerleaders are to obey **ALL** school rules without question.

C. Squad Behavior

****Includes by not limited to****

- a. Follow ALL national, state, program, and team guidelines without question.
- b. Follow ALL directions given by a member of the coaching staff or school personnel.
- c. Leave all personal issues outside of practice.
- d. Leave all practice issues outside of personal life.
- e. **DO NOT** talk about your current team members or another cheerleading squad in a negative way.
- f. Show respect for each other's opinions.
- g. Be willing to go the extra mile to improve the squad.
- h. Be willing to sacrifice time, interests, talents, and perhaps personal feelings for the good of the team.
- i. Cooperate with and respect each other.
- j. Do your share of the work. Volunteer without having to be asked!
- k. **NEVER** argue as a squad in public...**EVER!**
- l. Always show good sportsmanship.
- m. Always give 110% in all aspects of cheerleading.
- n. Ride the bus to and from functions **UNLESS** directed otherwise by a coach.
- o. Refrain from chewing gum while in uniform or at practice.
- p. Be neat in appearance following school dress code when attending any school related function
- q. **DO NOT** wear jewelry while in your cheerleading uniform or when you are participating in a cheerleading activity. Any device designed to be inserted into an opening caused by a piercing is jewelry and must be removed.
- r. Keep hair neat and away from your face (up and off the shoulders when at practice, game, or function).
- s. **DO NOT** wear nail polish on fingernails while in uniform.
- t. **DO NOT** have fingernails that are longer than fingertip length.
- u. **DO NOT** complain...**EVER!!**
- v. **DO NOT** make excuses for anything.
- w. **DO NOT** accept a job or take on an additional task that will interfere with cheerleading.

Section 7 Safety

Any athlete who is injured will receive medical attention immediately. If a parent cannot be reached, then emergency personnel will be called and if necessary (911). A medical release form must be signed by the parent prior to tryouts for this purpose.

Safety instruction for athletes will be provided prior to the beginning of each season during the summer practices.

Safety guidelines will be enforced (jewelry, nails, hair, etc) in addition to working in/on safe weather conditions and performing surfaces. Only once a skill is mastered will the athlete be allowed to perform the skill.

Due to the nature of the skills performed in cheerleading, serious injury can occur. In many cases, the safety of an athlete is in the hands (literally) of another athlete. All athletes must understand the risk involved in the sport and be willing and able to maintain everyone's safety.

Section 8 Forms of Communication

There will be many different methods of communication used throughout the season to make sure that all cheerleaders and parents are fully informed of the goings on of the program.

A. SprayberryCheerleading@gmail.com

This email account has been setup by the program and will be used to communicate information to the parents and cheerleaders.

B. SprayberryCheerBoosterClub@gmail.com

This email account will be used by the Board of the Sprayberry High School Cheerleading Booster Club to communicate booster club business with the parents and cheerleaders of the program.

C. Band

The mobile app Band will be used by the coaching staff to provide communication to both parents and athletes throughout the season.

D. Sprayberry Cheerleading Website

The Sprayberry Cheerleading Website can be found at www.sprayberrycheerleading.com.

D. Online Calendar

The online calendar can be found at www.sprayberrycheerleading.com. This is a live document that contains all cheerleading activities for not only the current season but also upcoming seasons (as dates are known). Athletes and parents are encouraged to familiarize themselves with this calendar.

Section 9 Selection of Teams

The program will roster its cheerleaders based on the overall cheerleading abilities of each cheerleader.

Team placement will follow the following guidelines:

Varsity Competition: The top 12-20 cheerleaders in the entire program (grades 9-12) will be placed on the Varsity Competition team. These cheerleaders represent the top tier and best overall cheerleaders in the program. Varsity Competition "alternates" will also be selected and will be used in a fashion that is most beneficial to the program. These cheerleaders will be placed on the Varsity Sideline team.

Varsity Sideline: The Varsity Sideline team will consist of those members on the Varsity Competition roster and any additional team member (most likely seniors) who will be "Sideline Only" cheerleaders.

***Varsity football games are traditionally on Friday evenings throughout the season but may be held on other days depending on various circumstances.*

****The coach may allow at any time for cheerleaders who are not rostered on Varsity to cheer at a Varsity football game.*

*****All cheerleaders will cheer at the Homecoming Game*

Junior Varsity Competition/Sideline: These squads will be made up of the remaining eligible cheerleaders (9-11th grades) who were not selected for Varsity. The decision about if this team will serve as a competition team or strictly as a sideline team will be based off team skills, evaluation of the coaching staff and best interest of the program. The number of cheerleaders for this team will be determined based on the number of cheerleaders in the program

**Any 9th-11th grade cheerleader who is rostered for Varsity Competition but not currently on the floor can be used for JV Competition.*

Freshman Sideline: Members of this team will be selected from any remaining 9th grades who have not been selected for Varsity or Junior Varsity. The number of cheerleaders on this team will be determined based on the number of cheerleaders in the program.

***Junior Varsity and Freshman football games are traditionally played on Thursday afternoons/evenings but may be held on other days depending on various circumstances.*

Varsity Basketball: Tryouts for the Basketball Cheerleading Program are held separately from the Football/Competition Program. The top cheerleaders in the entire program (grades 9-12) are eligible to be placed on this team and the number of spaces available vary depending on the needs of the team.

The coaches will make team selections based on athletes that best suit the needs of the team and who all show the highest proficiency in the following areas:

- A. Previous experience
- B. Interview responses
- C. Commitment level
- D. Versatility in roles
- E. Skills (tumbling, stunting, jumps, etc) progression / level
- F. Floor and sideline presence and performance

Tryouts for the Sprayberry Cheerleading Program will take place over a period of ten (10) consecutive days (maximum) requiring attendance by **ALL** athletes.

The coaching staff will determine the team an athlete would be best suited for and trying out for the cheer program indicates a desire to accept the placement given. In other words, an athlete does not choose which team they would like to try out for. Athletes who are involved in another sport at the time of tryouts will be considered for the upcoming cheer season. However, the coach for the current sport will be contacted to verify their participation. We encourage athletes to be involved in other sports if they so desire; however, they must fulfill their duties of the cheer season prior to attending the next seasonal sport, club, or activity.

Competition cheerleaders will also serve as Football Sideline Cheerleaders. Therefore, tumbling, and stunting skills will be emphasized for all the football cheerleaders.

Members of the competition teams **MUST MAINTAIN** or **ADVANCE** their tumbling skills throughout the football/competition season and are encouraged to develop a course of action that will assist them in making these improvements. Failure to maintain or advance skills from the time of tryouts to the time of Choreography Camp and on to the start of mandatory practices can result in the cheerleader's roster assignment being changed.

The coach may also request that athletes adhere to a weekly schedule with the team to advance tumbling. It is expected that athletes will continue to work on their skills outside of the normal practice schedule and a coach may request verification of this on a weekly basis.

Section 10. Uniforms

- A. Due to the nature of cheerleading and the requirement for proper fitting uniforms each cheerleader will purchase their uniform at the beginning of each new uniform season. Uniforms will be redesigned every two years. The uniform will belong to the athlete and be theirs to keep however it will be required to be worn in accordance of the guidelines and standards of Sprayberry Cheerleading.
- B. Uniforms are only to be worn at designated cheerleading events that will be outlined by the coach.
- C. Upon receipt of the uniform, cheerleaders will be provided with a guide for uniform care and appropriate usage.
- D. When in uniform, cheerleaders are required to be dressed in full uniform which is commonly referred to as "Bow to Toe." Cheerleaders are required to wear the appropriate bow, shell, skirt, socks, and shoes for games and appearances. Additional looks that are approved are wearing the warm-up jacket over the uniform shell and wearing the warm-up pants and jacket together. At no time should the cheerleader wear the warmup pants without the jacket. At no point should a cheerleader wear their uniform skirt over their pants. Per GHSA policy, no jewelry can be worn during games. Any device designed to be inserted into an opening caused by a piercing is jewelry and must be removed.

Section 11. Lettering / Awards

Lettering and Awards will be based on the following criteria:

- A. Cheerleader upholds guidelines outlined in the Constitution and finishes the season in good standing.
- B. All cheerleaders listed on a Varsity roster will receive a letter if they complete the season in good standing (Letters are awarded for first year/season at Varsity and service bars are given for each subsequent year completed).
- C. Competition cheerleaders who compete in at least one Varsity competition will receive a special patch reserved for Varsity Competition cheerleaders.
- D. Competition Cheerleaders may receive further recognition for achievements in the sport of competition cheerleading (i.e. State and/or Region patches and medals) for competitions they were on the roster for and participated in.
- E. Competition Awards (and/or Region patches, medals, rings, etc) will only be awarded to those performing on the competition floor during the competition season at the Varsity level.

Section 12. Booster Club

The purpose of the SHSCBC is to provide support to the cheerleading program in all areas that fall outside of general coaching duties. All families in the SHS Cheerleading Program become members of the SHSCBC through annual payment of their booster club fees. The SHSCBC is directed by a Board made up of parents.

Section 13. Removal From Team

Being a member of the Sprayberry High School Cheerleading Program (Football/Competition or Basketball) is a privilege and not a right. Upon acceptance of their placement in the program, cheerleaders agree to follow ALL national, state, program, and team rules without question for the duration of their time as a member of the program.

Failure to abide by these rules will call for the receipt of demerits in accordance with the demerit system and which can lead to punishments (school administrative discipline can be given if required).

Section 14. Miscellaneous

- A. Cheerleaders are expected to attend the end of the season banquet. Any cheerleader with a financial balance at the time of the banquet will not be allowed to attend.
- B. All cheerleaders understand and acknowledge their commitment to any team; therefore, if a cheerleader does not complete the full season with a team, the cheerleader could forfeit his/her opportunity to participate on any cheerleading team for the duration of his/her time at Sprayberry.
- C. For any cheer fees, there will be no financial restitution made if a cheerleader is removed from the team for any reason or quits the team at any time. All fees must be paid prior to items or events occur (uniforms, warm-ups, camps, etc).
- D. Understand that the rules and regulations follow at least the minimum requirements as outlined by the Cobb County / GHSA policies. However, a coach has the authority to impose consequences above the minimum at any time.
- E. Changes to this constitution can be made at any time by the Director of Cheerleading when the need is present. The Director of Cheerleading will work with the appropriate individuals (coaches, board members, administration, etc) when making changes to this document.

Section 15. Demerit System

As previously stated, being a member of the Sprayberry High School Cheerleading Program is an honor and a privilege. With that honor and privilege comes many responsibilities that are above those of a normal student. Sprayberry Cheerleaders are representatives of the community, school, athletics department, program, team, and themselves and will be held to the highest standards.

The Demerit System was created as a guide for the expectations of Sprayberry Cheerleaders. It is not intended to be used as a tool against any athlete, but instead to protect those athletes who wish to do all they can to keep cheerleading at Sprayberry High School the honorable position it should be.

DEMERIT BREAKDOWN

A. PRACTICES / EVENTS/ GAMES

All practices, events, and games are mandatory. Cheerleading is a team sport and just like any other team sport, attendance at any cheerleading event is a necessity if the team intends on meeting its goals for the season.

When one athlete is absent from an event, the "team" is not a whole which can affect the overall dynamic of the remaining members.

Unexcused Absence from Practice	4 demerits
Unexcused Absence from Other Squad Event	5 demerits
Unexcused Absence from Game	6 demerits
No Call, No Show	10 demerits

B. TARDINESS

Cheerleaders are required to **ALWAYS** be on time! All athletes are to be 100% ready for the cheerleading activity at the designated start time designated by the coaching staff. A safe rule to follow is "You are on time if you are 15 minutes early. You are late if you are on time."

1-5 Minutes Late	1 demerit
6-10 Minutes Late	2 demerits
11-15 Minutes Late	3 demerits
15+ Minutes Late	4 demerits

C. BEHAVIOR

Being member of the Sprayberry High School Cheerleading Program is a privilege and not a right. The goal of our athletes is to represent the program in such a manner that other will want to join. Athletes must always remember that they now represent something bigger than themselves, and actions reflect the community, school, athletics department, program, and team.

PDA (in and out of uniform / cheer apparel)	2 demerits
School Detention	3 demerits
ISS	8 demerits and immediate benching for one game
OSS	Removal from the program
Negative Teacher Email	2 demerits
Inappropriate Social Media Post	5-20 demerits at coach's discretion
Arguing / inciting conflict	4 demerits
Cell Phone / Earbuds	5 demerits

Disrespect to teammates	5 demerits per occurrence
Disrespect to coaching staff	5 demerits and immediate benching for one game
Insubordination	5 demerits and immediate benching for one game

D. APPEARANCE

Whether it is a practice, event, or game, athletes are required to be in specific attire. For practices, athletes should be in the indicated practice shirt / color, shorts, cheer shoes, hair pulled up. For games, athletes should be in the appropriate bow, uniform, socks, cheer shoes. For events, the coaching staff will determine the appropriate apparel. Per GHSA guidelines, jewelry is not allowed, an athlete’s nails cannot be longer than fingertip length, and nail polish is not allowed.

Not Dressed for Practice	3 demerits and sit out until compliant
Nail Length / Polish	3 demerits and sit out until compliant
Jewelry	3 demerits and sit out until compliant
Out of Uniform (game/event)	5 demerits and sit out until compliant

E. CONSEQUENCES

Upon cumulative accumulation of demerits, an athlete will receive:

10 demerits	Benched one (1) game
15 demerits	Benched one (1) game
20 demerits	Recommendation for removal from program