



ALABASTER  
CITY SCHOOLS

## **Alabaster City Schools Cheerleading Constitution**

Alabaster City Schools' cheerleaders represent ACS to the highest degree through competing, supporting athletic programs, and participating in community events. The following constitution is to ensure all aspects of the cheerleading program run smoothly affording each cheerleader a safe, positive, and successful experience. By signing these documents, you are acknowledging that you understand and agree to the policies and procedures outlined for participation in the ACS cheerleading program.

### **Purpose & Mission**

Alabaster City Schools' cheerleaders are expected to maintain high standards, both in academic and extracurricular activities. To achieve this, cheerleaders are expected to:

1. Promote and foster sportsmanship and fellowship among the team, student body, and community.
2. Develop and maintain positive relationships with other schools.
3. Possess leadership qualities and set a positive example by behaving in a mature and responsible manner.

### **Eligibility Criteria**

1. Each candidate must be enrolled in Thompson High School or Thompson Middle School.
2. For the semester preceding try-outs, each candidate must receive a grade of 60 or higher in each enrolled course, as well as have a composite numerical average of 70.
3. Each candidate must submit all of the required paperwork before try-outs.
4. Each candidate's past cheerleading debts must be paid in full by the end of the preceding semester.
5. Candidates trying out for a high school squad are prohibited from receiving assistance from graduating senior cheerleaders outside of clinic. Failure to comply with this rule will result in ineligibility for the candidate.
6. A cheerleader who was removed from or quit a cheerleading squad during the previous year may be ineligible to try-out the following school year.

### **Program Composition**

1. All cheerleaders will participate on the competition squad.
2. The varsity squad shall consist of 11<sup>th</sup> and 12<sup>th</sup> grade students.
3. The junior varsity squad shall consist of 10<sup>th</sup> grade students.
4. The freshman squad shall consist of 9<sup>th</sup> grade students.
5. The 8<sup>th</sup> grade squad shall consist of 8<sup>th</sup> grade students.
6. The 7<sup>th</sup> grade squad shall consist of 7<sup>th</sup> grade students.

In the event that additional members are needed, cheerleaders may be assigned to different squads and/or squads may be combined.

### **Program Selection Procedures**

1. Each year, local schools will decide the size of individual squads.
2. A clinic will be held prior to try-outs.
3. The try-out judging panel will be made up of qualified individuals from outside the school community; a minority will be represented.
4. An individual outside of the school will tabulate scores.
5. Clinic and try-outs will be closed to the general public and parents.

6. Instruction outside of clinic cannot occur on ACS property or be conducted by an ACS employee; however, an ACS employee may help his or her own child individually. Candidates confirmed participating in this type of instruction will be deemed ineligible to try-out.
7. Injuries and special circumstances must be addressed with the coaches prior to the day of try-outs.
8. Each school will establish a plan to announce new cheerleaders as soon as scores are tabulated.
9. Overall try-out scores will be calculated as follows:
  - a. Judge 1 (25%)
  - b. Judge 2 (25%)
  - c. Judge 3 (25%)
  - d. Teacher evaluations (15%)  
\*Cheerleading coaches will not participate in teacher evaluations. Candidate scores will be averaged with remaining evaluations from all other teachers.
  - e. Clinic evaluation (10%)
10. Try-out results are final; there is no appeal process.
11. Candidates who do not make a squad may see their score sheet at a date and time provided by ACS. Scores and score sheets will not be provided at any other time. Copies of scores will not be provided. Only judges' scores will be available for review.

### **Competition**

1. All cheerleaders will participate on the competition squad. Whether a cheerleader is on the competition mat or not, he or she is still a valuable part of the team's success.
2. Throughout the season, skills will be observed and mat participants will change as needed. Changes may be made based on stunting, tumbling, injuries, attitude, attendance, and/or any other reason determined by the coaches.
3. The remaining cheerleaders may serve as alternates.
4. Prior to each competition, coaches will decide the division in which the squad will compete, the make-up of the squad, and traveling participants (mat participants and/or alternates).

An Alabaster City Schools' cheerleader is a representative of the school and community. Each cheerleader's behavior not only reflects on him or her, but it can also reflect on the image of the program and school. Consequently, each cheerleader must display proper behavior in accordance with Alabaster City Schools' code of conduct as well as the AHSAA rules and regulations. Poor conduct or behavior could result in warnings, consequences, as well as suspension or dismissal from the team.

### **Discipline**

1. Failure to comply with any cheer program rule may result in disciplinary action.
2. Discipline will be decided on and enforced by the coaches at the coaches' discretion.
3. Consequences may consist of, but are not limited to: physical conditioning/workouts, suspension from an event(s), lowering of cheerleading class grade (applicable for THS only), and/or dismissal from the program.
4. Each nine-week grade for the cheerleading class period will be based on participation and fulfillment of responsibilities (applicable for THS only).
5. Severity of the offense or repeated offenses may dictate harsher action.
6. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coaches with assistance from administration if necessary.

### **Grades**

Cheerleaders must abide by the AHSAA academic guidelines. Each cheerleader is expected to maintain a 60 or higher in each class and an overall average of 70. Failure to maintain these grades may result in additional study sessions assigned by the coaches.

### **Attendance**

Cheerleading is a team sport; therefore, it is vital that everyone be in attendance.

1. Any cheerleader who is absent from a portion or all of a practice/event is required to have a parent contact the coach prior to the absence. Failure to contact is considered an unexcused absence. Making contact does not dismiss consequences for missing a practice/event. Any absence may result in a make-up practice and/or workout.
2. Cheerleaders must be on time and ready for every scheduled practice/event.
3. If a cheerleader is absent from practice, the coaches reserve the right to take him or her out of a performance.
4. In conjunction with AHSAA, cheerleaders are required to attend at least one half day of school on the day of any cheerleading event in order to participate. If the cheer event is on a weekend, the cheerleader must attend at least one half day of school on the preceding Friday.
5. All cheerleaders must be enrolled in the cheerleading class throughout the school year in order to participate as a member of the cheerleading program (applicable to THS only).

### **Scheduling**

1. Cheerleaders will be provided a schedule/calendar which will include all mandatory practices, athletic events, academic functions, fundraisers, and/or any other events. Dates and times are subject to change. This will be continuously updated throughout the year.
2. Cheerleaders will be responsible for informing parents of any schedule changes.

### **Practices**

1. During the school year, practices will be held before or after school. Due to special events and during competition season, extra practices may be required. There may be additional weekend practices for learning/practicing the competition routine.
2. During the summer, cheerleaders will participate in camp(s), practices, and workouts.
3. Our goal is to have efficient, safe practices; consequently, excessive talking or disruptive behavior during practice will not be tolerated.
4. Should a cheerleader become injured at any time throughout the season, a doctor's note must be provided which specifies restrictions. The cheerleader will be excused from those restrictions only. The doctor must also indicate the date of release from injury and/or follow-up visit date on the note.

### **Games, Events, and Performances**

1. Cheerleaders are expected to follow the coaches'/captains' directions, pay attention to the game, and lead the crowd accordingly.
2. If knowledge or execution of a routine is lacking, the coach reserves the right to remove any member from the performance or the event.
3. Cheerleaders will act professionally at games, events, and performances.
4. Should a cheerleader become injured at any time throughout the season, a doctor's note must be provided which specifies restrictions. The cheerleader will be excused from those restrictions only. The doctor must also indicate the date of release from injury and/or follow-up visit date on the note.

### **Attire**

1. For all practices, cheerleaders must wear the assigned practice outfit which includes cheer shoes, no jewelry, and hair in a ponytail.
2. For all games, events, and performances, cheerleaders must wear the assigned uniform which may include midriffs, warm-ups, jackets, clean cheer shoes, all white socks, no jewelry, hair in a ponytail, no visible undergarments, and any other item assigned by the coach.

### **Equipment & Uniforms**

1. Cheerleaders will be responsible for securing, storing, and maintaining all equipment before, during and after all practices, games, events, and performances.
2. Cheerleading uniforms, jackets, warm-ups, etc., are the only garments to be worn at games, events, and performances.

3. The cheerleader is responsible for the upkeep of the uniforms rented to them. The cheerleader is required to replace any damaged or lost item.

### **Finances**

1. The costs of all individual expenses are the responsibility of the individual cheerleader.
2. Each cheerleader must have paid for his/her expenses in full by the date(s) given; otherwise, he/she may be ineligible to participate.
3. All members of the cheerleading program will participate in various fundraisers to aid program expenses.

### **Transportation**

Parents/guardians may be called upon to aid in transportation. Alabaster City Schools' buses may be used for transportation.

### **Grievance Procedures**

Parents must follow a chain of command to discuss any concerns regarding cheerleading.

Step 1: A conference must be scheduled in advance with the coach. Events (e.g. practice, games, pep-rallies) are not the place to discuss concerns.

Step 2: If the problem is not resolved, a conference may be scheduled with the school principal.

Step 3: If the problem is not resolved, a conference may be scheduled with the cheerleader coordinator at the central office. The central office cheerleader coordinator's decisions are final.

### **Amendments**

1. All squads will follow guidelines set up by the Alabama High School Athletic Association (AHSAA). This constitution follows current guidelines but may be revised as AHSAA guidelines are changed.
2. The coaches/administration reserve the right to review and revise policies during the year as deemed necessary by the coaches and/or administration.
3. Suggestions for additions and revisions to this document may be submitted in writing by squad members, cheer coaches, school administration, or parents/guardians.
4. Written suggestions may be submitted to:

Dorann Tanner

Alabaster City Schools

1953 Municipal Way, Suite 200

Alabaster, AL 35007



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### Alabaster City Schools Cheerleading Contract

Participation in the Alabaster City Schools' cheerleading program is both a privilege and a responsibility. It is a privilege because cheerleaders get to develop cheer and leadership skills alongside their teammates in an organized setting. It is a responsibility because cheerleaders represent Alabaster City Schools to the highest degree. By signing this contract and constitution, I am acknowledging that I understand and agree to the policies and procedures outlined for participation in the ACS cheerleading program.

Cheerleader expectations:

1. I will prioritize cheerleading over other activities and responsibilities.
2. I will represent Alabaster City Schools in a positive manner at all times.
3. I will support other Alabaster City Schools programs.
4. I will respect my teammates and coaches.
5. I will do my part to make this a successful and enjoyable year.
6. I will perform any skills demonstrated during try-outs throughout the year.
7. If I have a concern, I will go to the coaches instead of causing dissension with other individuals.
8. I understand the effort I put forth every day is what makes a great cheerleader, and great cheerleaders are what make successful programs.
9. I understand that I am a part of the team from which I was chosen for the full academic year.

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Cheerleader Name (Printed)

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Cheerleader Signature

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Date

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Parent/Guardian Name (Printed)

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Parent/Guardian Signature

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Date



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**Alabaster City Schools Cheerleading Teacher Evaluation Form**

Name of Cheerleading Candidate: \_\_\_\_\_

Prospective Squad: \_\_\_\_\_

The student listed above is trying out for an Alabaster City Schools cheerleading squad. Since attitude and personality are important to a cheerleading squad, we need your help. Please mark your opinions about this student and return the form to Suzanne Lee (Thompson Middle School) or Heather Myles (Thompson High School). These forms are strictly confidential.

1<sup>st</sup> Semester Teacher: \_\_\_\_\_ Period: \_\_\_\_\_

(This portion will be completed by the teacher.)

	<u>Below Average</u>	<u>Average</u>	<u>Above Average</u>
This student has high academic integrity.	1	3	5
This is a hard working student who is prepared for class.	1	3	5
This student exhibits a high level of personal responsibility.	1	3	5
This student has a positive attitude towards school.	1	3	5
This student works well with peers.	1	3	5
This student arrives to class on time and has good attendance.	1	3	5

Total: \_\_\_\_\_/30



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**Alabaster City Schools Cheerleading Clinic Evaluation Form**

Name of Cheerleading Candidate: \_\_\_\_\_

Prospective Squad(s): \_\_\_\_\_

	<u>Below Average</u>	<u>Average</u>	<u>Above Average</u>
This candidate was consistently prompt to clinic; 100% attendance (no absences, tardies, or leaving early).	1	3	5
This is a hard working candidate who gave 100% effort.	1	3	5
This candidate exhibits a high level of personal responsibility; always wore correct attire.	1	3	5
This candidate has demonstrated a positive attitude towards coaches and teammates.	1	3	5
This candidate works well with other candidates.	1	3	5
This candidate will represent Alabaster City Schools well.	1	3	5

Total: \_\_\_\_\_/30