

Auburn City Schools Cheerleading Constitution

I. Purpose

The role of the Auburn Junior High/Auburn High School cheerleaders is that of spirit leader and ambassador of the school. Cheerleaders are involved in regular community support and interaction and have a vital role in helping to promote a positive image of the school.

II. Eligibility

Each applicant must be currently enrolled in Auburn City Schools at the time of tryouts. The applicant must have a minimum 2.5 G.P.A. and cannot have an F in any class. The applicant must be in good standing in all areas of school performance and behavior. Any applicant that has more than two Type I offenses on file for the present school year or any Type II or III offenses on file for the present school year is not eligible to try out. Any applicant who owes money to a current ACS cheer team will not be eligible to try out until balances are paid in full. Any applicant who has not returned property to a current ACS cheer team will not be eligible to try out until property is returned or paid the cost of the lost property.

III. Membership

Selection:

- A. Tryouts for the Varsity squad will be held March 24th through 28th at AHS. Tryouts for the 8th grade and the JV squad will be held March 30th through April 3rd at AJHS. Attendance is mandatory for all 5 days. No excuses will be accepted.
- B. A candidate must be enrolled in the Auburn City School System by the 20th day of the semester when cheer tryouts will take place per AHSAA regulations.
- C. All necessary forms must be signed and submitted in order to participate in the tryout process. The applicant must have a current physical form on file in the Athletic Director's office or have a new physical before tryouts. Applicants must submit all required documentation to the candidate's personal Dragonfly Max Account by March 19th for Varsity candidates and by March 26th for 8th grade and Junior Varsity candidates. Five teachers from the current school year must complete and submit a recommendation form before tryouts. In addition to the teacher recommendation form, a coach's recommendation form and other candidate forms are required for submission.

For Varsity candidates, the coach's recommendation form is due March 12th. The teacher recommendation form and all other candidate forms are due March 19th. The Varsity candidate forms may be turned in to Coach Bohannon at AHS or to Coach Jones at AJHS.

For Junior Varsity and 8th Grade candidates at AJHS, both teacher recommendation and coach recommendation forms are due by March 24th. All other candidate forms are due by March 26th. All of these forms can be turned in to Coach Jones. The tryout forms packets can be dropped off at Auburn Junior High School with the request that they be placed in Coach Jones's teacher mailbox.

For 8th Grade candidates, current 7th graders at East Samford School, both teacher recommendation and coach recommendation forms are due by March 24th. All other candidate forms for current ESS students are due by March 25th. These forms can be turned in to Coach Jensen at AJHS or to Mrs. Johnson in the Media Center at ESS. The tryout forms packets can be dropped off at Auburn Junior High School with the request that they be placed in Coach Jensen's teacher mailbox.

*Note: You may not attend tryout clinic if all of your signed forms are not turned in, if your physical is not up to date, or if your Dragonfly Max account is incomplete.

D. Candidates must be eligible for tryouts according to the Alabama High School Athletic Association academic rules.

For rising 10th, 11th and 12th graders, candidates must have completed at least six new Carnegie units during the last two semesters in attendance and summer school with a minimum composite numerical average of 70 in those six units. Four core curriculum courses (English, Math, Science, and Social Studies) must be included in those units and passed. If a student accumulates more than four units of core courses per year, they may earn less than the required four as long as they are on track for graduation.

For rising 8th and 9th graders, candidates must have passed 5 courses with an overall average of 70.

E. Cheerleaders will be selected based on performance in the areas of sharp and accurate cheer motions, dance, ability to learn quickly, jumps, facial expressions, voice, spirit, tumbling, and attitude/dedication. *Note: Tumbling will not be

required in tryouts. However, tumbling does earn 0-12 tumbling points for AHS tryouts and 0-15 tumbling points for AJHS tryouts. Please see the tumbling rubric (running & standing) to understand the point values for tumbling.

F. The first three days of clinic will be instructed by two (2) certified UCA instructors at AHS and three (3) instructors at AJHS. The instructors will teach the candidates the cheer, chant, and dance during the first two days of clinic. The tryout process will be judged by three (3) certified UCA judges on the fifth day. On the day of tryouts, the tryout participant will randomly draw a number from a bag and sign her name next to the number on a sheet. This number will be her number for the tryout process.

The participant score will be comprised of the following:

- 60% tryout judges
- 20% teacher recommendations
- 20% coaches score

G. Candidates are to have no knowledge of the tryout material prior to clinic. Prior knowledge will result in denied privilege to participate in tryouts. Tryout candidates are allowed to video tape/record the cheer, chant, dance, and music after the second day of the clinic.

H. For ACS cheer programs, the clinic days/instruction and the last day of tryouts will be closed to the public. For the Varsity program, the mock tryout day will be open to the public at AHS. For the 8th grade and JV program, every individual that is trying out will be given one ticket that allows a person of their choice to attend the mock tryouts at AJHS.*

**Auburn City Schools administration has elected to video record the clinic days and tryout days at each campus. The recordings will be used solely for internal purposes and will not be used in an evaluative manner for tryout value.*

I. The team membership** of each squad will be:

The 8th grade squad will consist of 12-20 members in grade 7 (rising 8th)

The JV squad will consist of 12-20 members in grade 8 (rising 9th)

The Varsity squad will consist of 16-24 members in grades 9-11 (rising 10th -12th)

***The coaches and administration reserve the right to adjust these numbers based on overall participation in the tryout process.*

IV. Leadership

Interested students may apply for the positions of captain and/or co-captain.

A. Qualifications - Attendance, academics, dependability, honesty, accountability, positive attitude in and out of class, and leadership ability will be taken into consideration. Written application, interviews, tryout score, and coach's opinion may all be used in the selection of captains and co-captains.

B. Duties of captains and/or co-captains include starting all practices on time by leading stretch time, selecting and inspecting uniforms and practice-wear to be worn, leading and creating new cheers and chants, informing the squad of game times, communicating information regarding decisions made by the coaches, and any other duties assigned by the coaches (only the coach reserves the right to change information given to the squad i.e. games, uniforms, accessories of uniforms, game day outfits, and practice wear).

C. Duties of captains shall not include critiquing other cheerleaders, disciplining other cheerleaders, or making decisions which should be made by the coaches.

*Making decisions that are not approved by the coaches constitutes insubordination and the cheerleader will be disciplined as well as those on the squad who follow the unapproved directions.

V. Academic Requirements

A. Selected cheerleaders will be benched if the cheerleader has an “F” at the nine-week grading period until the grade is brought up. If the cheerleader has an “F” at the end of a semester, the cheerleader may be dismissed from the squad. The grading requirements apply to any semester once the candidate is a team member. The coach will check grades in PowerSchools every nine weeks for every team member. Failure to raise the grade in a satisfactory manner will result in eventual suspension from the squad.

B. At the end of each semester, cheerleaders must have passed all subjects and have a minimum GPA of 2.5 in order to cheer the next term.

C. Selected AHS Varsity Cheerleaders must take 4th block Varsity Cheer Block in the fall semester. No exceptions will be made for conflicting 4th block fall semester classes.

VI. Behavior

Cheerleaders are student body leaders. Other students take their cues from the cheerleaders as to how to conduct themselves both in and at out-of-school events. Consequently, poor deportment anywhere which reflects negatively on the squad or the school will not be tolerated. The following are rules governing the behavior of AHS/AJHS cheerleaders:

A. A good attitude and cooperative spirit at all times.

B. No smoking, juuling, vaping, drinking, or abusive language will be tolerated at any time.

- C. Any of the following academic disciplinary issues of a cheerleader within the present school year will result in dismissal: more than two ISS assignments, more than two type I offenses, any type II or III offenses, out of school suspension.
- D. No gum chewing or eating on the sideline while cheering. Cell phones will not be used during official cheer duties or practices unless otherwise instructed by the coach. Drinks and snacks will be allowed at the coach's discretion.
- E. Any behavior that negatively reflects upon the school, coach, or cheerleader, including but not limited to inappropriate photographs, inappropriate posts on social media, disrespect to team members, wearing the school's uniform outside of approved school events, and insubordination can result in dismissal from the squad.
- F. Cheerleaders must be present at least 30 minutes before a scheduled home game, or at the time specified by the coach. This time is to be used for preparation such as stretching, sign hanging, routine adjustments, etc. Squad members must meet at the specified time to leave for out of town games. Being late to a game will result in 1 demerit and 1 for every five minutes after the time scheduled. The cheerleader must be totally prepared when arriving (this means uniform complete including shoes, no jewelry and hair up in the assigned fashion by the coach with specified ribbon). Failure to be ready will result in demerits as well.
- G. There will be no talking on the sideline, sitting on the sideline, talking with friends on the sideline, practicing on the sideline, or "primping" during the game (fixing hair, adjusting uniforms, etc.).
- H. Cheerleaders are responsible for modeling appropriate behaviors and will not participate in or initiate negative verbal or nonverbal expressions. (Reacting in an encouraging manner to negative expressions constitutes participation and demerits will be given and/or benching.)
- I. Cheerleaders will always be friendly to opponent's cheerleading squad and will show hospitality when the game is at home.
- J. Cheerleaders must be on the sideline, ready to cheer, one minute before the buzzer sounds. Cheerleaders are not allowed to be in the stands and are only allowed to socialize at the appropriate time and in the designated area per the coach.
- K. During the National Anthem, cheerleaders will stand at attention with eyes focused on the flag. There will not be talking, laughing, moving, or any other behavior or activity during this time. Failure to do this simple task will result in being benched the first quarter. This is a time of respect, and it should not be taken lightly by the cheerleader.
- L. Mastery of cheers, chants, jumps, tumbling, and stunts is required. A test of these skills will be signed off before cheerleaders will be allowed to participate in squad activities. Cheerleaders will be expected to perform all of these skills at

every game to remain on the squad in good standing. Each cheerleader will be required to complete jumps, stunts, or tumbling during a game. Failure to do so will result in disciplinary action.

M. Every cheerleader will adhere to a standard dress code for all practices and activities related to cheering as set by the coaches. The proper attire for practices is coach approved practice outfit and athletic shoes only. Failure to have the appropriate outfit, bow, and athletic shoes will result in demerits. Remember, there may be visitors in our school at any given time.

N. Cheerleaders are expected to be under the direction of the coach. The coaches will not ask any cheerleader to try anything that is unreasonable for that individual's ability level. Therefore, cheerleaders must demonstrate compliance with positive attitudes at all times.

O. The captains and co-captains are selected in part for their leadership ability. They will attend some leadership training and instruction during Cheer camp. All squad members are expected to respect their instructions at practice and at games. No talking back or negative "attitudes" will be tolerated.

P. Failure to report any accident or injury during practice or games to the coaches immediately will result in dismissal from the squad.

Q. Breaking any of these rules may result in demerits and/or benching. Inappropriate behavior at any time may be reviewed by the principal and the coach to determine the course of action which can include dismissal from the squad.

R. At AJHS, cheerleaders must ride with an approved driver to and from away games based on the school system's regulations. At AHS, transportation will be designated by the coach, based on the event, location, and transportation means available.

S. During basketball season, it may be possible to rotate cheerleaders for games. This will solely depend on the number of girls that are on the squad at the time of basketball season.

T. Once basketball season and the end of the year cheer banquet are over, cheerleaders will stop receiving demerits.

U. Communication between the cheerleader, parents and the coach is essential. Appropriate and timely communication is expected.

*****PLEASE SEE THE DEMERIT SYSTEM FOR DISCIPLINE INFORMATION.**

VII. Tardiness and Absenteeism

A. The squad will begin practice immediately after tryouts and will continue practices throughout their respective seasons. Practice times will be set by the coaches and every cheerleader must attend practices.

B. Cheerleaders are encouraged to attend a weekly tumbling class outside of practice hours. This is recommended to increase confidence and minimize the risk of injury.

C. Roll call will occur at the beginning of each practice. All cheerleaders must be dressed, seated, and in the process of stretching. Cheerleaders must have transportation promptly at the conclusion of practice. Excessive late pick-ups will result in demerits to the cheerleader.

D. All cheerleaders are expected to attend all regular season games, tournament games, playoff games etc. Family vacations, work, church trips, etc. are not excused. *Note: Approval will only be given if significant circumstances warrant an exception to be made. The only acceptable excuse for missing a game is personal illness or death in the family. If you are going to miss a game for ANY reason, you must notify the COACH ahead of time. Notifying the captain only and not leaving a message for the coach will not be considered excused. You will be told whether your absence will be excused or unexcused. Unexcused absences from games and practices will result in a significant number of demerits and/or disqualification for the next year's squad. If you are absent during the day of a game or practice, you or your parent must notify the coach through email or phone. Failure to do this will result in demerits.

E. Cheerleaders will be on time - all the time. Demerits will be given for tardiness. Excess tardiness is grounds for dismissal from the squad. A cheerleader is considered tardy 1 minute after expected arrival and receives demerits for every 5 minutes.

F. Everyone must attend practice every day for the duration. Excused absences include personal illness, death in the family, excused absence from school, or religious holidays. Pre-approved school-related absences from practices will be excused. Unexcused absences will result in demerits.

G. For all cheerleaders who work in the afternoon, work must be scheduled after practice. Playoff games, designated by the coach to attend, will be required by every cheerleader and a schedule of play off days will be given far enough in advance that the cheerleader must keep open and notify the employer.

Cheerleaders will not be allowed to leave practice or games early to go to work.

H. Please make all appointments, including doctor and dental appointments either after practice or on off days. If this is a problem, prior approval must be secured by the coach in order to be excused.

I. Parents, please understand the necessity of having the whole squad attend every practice for the duration. Exceptions to the attendance rules cannot be made due to family transportation issues or inconvenience. Please make arrangements to cover any transportation or scheduling problems that may arise so that your child does not receive demerits for absences or early dismissals from practices.

J. Consistent absences will result in a suspension/termination of the cheerleader.

K. A cheerleader must attend, at minimum, ½ day of school to attend a game that same day. This rule is set forth by AHSAA and applies to all athletes.

L. Each squad member is responsible for transportation to and from practice and home games. Pep buses and team buses will be used when possible. Parents will be responsible for transporting cheerleaders to events when buses are not available.

M. If a cheerleader is absent from any practice, game, or event, the cheerleader must turn in an excused note within 7 days of the absence. Failure to do so will result in the absence automatically becoming unexcused and demerits will be given.

VIII. Summer Camp and Practice

A. All cheerleaders are required to attend summer camp in order to remain a member of the cheerleading squad. The camp location and date will be determined by the coaches. All teams will attend cheer camp with the Universal Cheer Association.

B. Cheerleaders are required to eat three meals a day while at camp. Behavior is expected to adhere to cheerleading, school, and camp rules at all times. All cheerleaders are expected to give 100% effort during the entire camp experience. As always, the coaches and camp instructors will be in charge, and all cheerleaders will follow their instructions with positive attitudes and no complaints. Visitors will not be allowed at camp until the last night and final day of camp. Visitors will be allowed in the specified areas for the last night and final day.

C. Spring practices will be held prior to camp for all cheerleaders. All cheerleaders are required to attend cheer camp in order to cheer for the upcoming school year.

D. Regular season practice will be held at times specified by the coaches. These are closed practices, and every cheerleader will contribute to practice by giving 100%. A cheerleader who is asked to leave practice due to lack of participation, negative attitudes, etc. will receive an unexcused absence for that practice resulting in demerits.

IX. Uniforms

A. At AJHS, a uniform rental fee of \$75.00 will be assessed. The fees are used to purchase replacement uniforms or an additional shell/skirt when needed for a cheerleader who cannot wear what is in the uniform inventory. The AHS Cheer Pals and AJHS Cheer Boosters Club organization and the fundraising efforts will

determine final costs for the season. Estimates are provided. School-owned uniforms must be turned in at the end of the season, cleaned and in good repair. A charge set by the principal and the coach will be required for damages or loss of school-owned uniforms. Cheerleaders will not be eligible to try out the following season if uniforms are not turned in.

B. Uniforms should be treated with excellent care - always clean and ready to be worn. Failed inspections will result in demerits.

C. NO Jewelry will be worn while cheering (at games or at practices). This includes tongue and belly button rings, watches, hair clips, necklaces, and earrings. Visible tattoos, or other body art (excluding APPROVED face painting of school symbols) are also prohibited. Finger nail polish will not be allowed on game day. No visible bra straps will be permitted.

D. Hair must stay a natural color. Bright temporary hair color will not be allowed on game day. Cheerleaders with hair long enough to be pulled up must secure hair off the shoulder and away from the face for practices and games. Ribbons or bows of a pre-determined color will be worn by all cheerleaders for all games.

E. Uniforms must be worn only by the assigned cheerleader. Do not lend uniforms, megaphones, shoes, pom poms, squad apparel, etc. to anyone outside of your team for any reason.

F. Cheerleaders represent the school when wearing the uniform or when with the squad. Cheerleaders should conduct themselves in a respectful manner following cheerleading and school rules at all times. Any behavior deemed inappropriate (including public displays of affection, foul language or gestures, etc.) could result in dismissal from the squad.

G. Any cheerleader dismissed from the squad will turn in school-owned uniforms (clean and in good repair) to the coach at the time of dismissal. Failure to turn in uniforms or pay any money owed will result in the inability to receive their report card.

H. Uniforms will be returned to the school (clean and in good repair) when basketball season is over on the date set by the coaches. For a senior, failure to turn in your uniforms will result in the holding of your diploma until all are turned in or paid. Any applicant who owes money to a current ACS cheer team will not be eligible to try out until balances are paid in full. Any applicant who has not returned property to a current ACS cheer team will not be eligible to try out until property is returned paid the cost of the lost property. Any Sophomore or Junior who fails to turn in a uniform piece or does not financially replace the lost piece will result in the cheerleader's schedule being withheld until the obligation is fulfilled.

X. Suspensions and Dismissals

A. Any cheerleader benched for a game must attend the game and sit in uniform with the coach. The same rules will apply to that cheerleader as the rest of the squad: on time to the game, in the stands with the coach at the same time as the other cheerleaders are on the sideline, no friends or family sitting next to the cheerleader, and no socializing during the game.

B. Any cheerleader who quits or is dismissed once on the squad will not be allowed to try out the next year.

C. Any cheerleader unable to attend camp will be dismissed from the squad. Any cheerleader who fails to submit camp/camp wear payment prior to camp will not be permitted to attend camp.

D. Any cheerleader not attending required tournaments will receive demerits for an unexcused absence.

XI. Discipline

One of the goals of this athletic program is to produce young people who are willing and able to accept responsibility for their actions. There are certain standards of conduct and evidence of the following, which are unacceptable to any sound program, will not be tolerated.

- Consistent lack of effort
- Refusal to accept the discipline to rules of the team
- Failure to respect or follow instructions of coaches or captains
- Consistent complaining or poor attitude

Should these situations occur, the coaches will hold a conference with the Cheerleader, and failure to alter the problem behavior will result in dismissal from the squad. Once a cheerleader has received 15 demerits, the cheerleader will be dismissed from the squad. Please make sure that you read the demerit system carefully, and keep a close watch on the number of demerits that are given to the cheerleader.

The coach reserves the right to utilize full squad conditioning in lieu of demerits at the discretion of the coach.

XII. Non-completion of the Year

A. If for any reason a cheerleader cannot fulfill the cheerleader's contract, withdraws, or is dismissed from the squad, the vacancy may be filled at the discretion of the coaches. In case of injury, the coach will determine whether a

temporary or permanent replacement may be warranted, or if the vacancy should remain.

B. Any cheerleader who fails to complete the entire contracted year will forfeit that year's certificate and any awards won.

C. Any cheerleader who is dismissed from the squad will not be eligible to tryout the following year.

D. Any cheerleader who quits the squad will not be eligible to tryout the following year unless there is a hardship circumstance that the coach and administration agree upon in allowing the cheerleader to quit without penalty.

XIII. Parent Participation

We appreciate the support and enthusiasm that the parents give to the cheerleading program. To help the program achieve its maximum effectiveness, please keep the following issues in mind:

A. Any decisions made for the squad must be approved by the coach, including but not limited to meetings, fundraisers, and uniforms. Decisions made by the coaches regarding dates and times of practices, camp, fundraisers, competitions, and activities are final. It is impossible for us to work around the schedules of every family. We value and respect family time and will try our best to allow sufficient breaks for vacations, holidays, etc., but we cannot change the schedules to accommodate individual activities.

B. We believe that one of the values of any athletic program is the opportunity for the students to accept more responsibility. As such, we expect the cheerleaders to keep track of their own deadlines, fundraisers, practice times, game times, uniform schedules, etc. We will provide communication to the captains. For clarification on any decision made by the coaches, cheerleaders should first ask their captains. Any further questions your child may have regarding these issues should be directed to the coaches.

C. Money raised through school-sponsored fundraising is the property of the squad. Decisions regarding its use will be made by the coaches and will be used for the betterment of the program. Parents may be asked to give input on what the money could be used for.

D. Parents should serve as examples of good sportsmanship at all games and events by supporting the team in a positive manner and refraining from negative expressions.

E. If a parent has a concern about the program, the parent should respect the integrity of the program and address any concern with the coach first.

F. Parents are to be respectful to those in charge of this program specifically the cheerleading captains and coaches.

G. Cost estimates will be provided at the time of tryouts. These are estimates and as such additional funds may be required at certain periods (i.e. food before games, candy for events, ribbon for outfits/events, prizes for pep rally, etc.).