

St. Mary's Dominican High School Cheerleader Constitution 2015-2016

ARTICLE I: NAME

The name of this organization shall be the Dominican High School Cheerleaders –representing St. Mary's Dominican High School.

ARTICLE II: PURPOSE

The purpose of the Dominican High School Cheerleader – Competition Squad shall be to give students at St. Mary's Dominican High School an opportunity to:

- A. Promote and uphold school spirit.
- B. Develop a sense of good sportsmanship among students.
- C. Represent Dominican High School at cheerleading competitions and required events.

ARTICLE III: MEMBERSHIP QUALIFICATIONS / TRYOUTS

In order to become a member of the Dominican High School Cheerleaders, a student must:

- A. Be a current or incoming student at St. Mary's Dominican High School
- B. Tryout. Tryouts will be held in the spring of each year. ALL MEMBERS ARE REQUIRED TO TRYOUT EVERY YEAR. Tryouts will occur on three days; days one and two are a clinic to learn the required material and day three is to perform for the judges. Members will be selected by a panel of qualified judges on the basis of the candidates' knowledge of the material taught at the clinic as well as overall knowledge of cheerleading, including tumbling and stunting. Candidates are also judged on cheer and dance techniques, skills, spirit, and overall appearance.
- C. Be in good academic and disciplinary standing. Current Dominican students must have a 2.0 GPA or better without rounding and must not have probationary status as a student or a cheerleader.
- D. Be willing to serve the team in any capacity upon request. Members must be aware that they will be expected to master at least one stunting position.
- E. Be able to attend ALL practices, performances, summer camp, fundraisers, and any other event provided that sufficient notice is given. Please do not schedule any appointments that will conflict with any Dominican cheerleading events.

- F. Be in good financial standing with Dominican Cheerleading. Current cheerleaders with outstanding balances will not be permitted to tryout.

ARTICLE IV: LIMITATIONS

Competitive Dominican Cheerleaders may not participate in the following activities:

- A. Student Council Executive Board – members wishing to run for Coordinator, Representative, or Vice-Representative must consult in advance with the moderator and have approval from the moderator before running for office.
- B. Dominican Debs or a boys' school cheerleading squad
- C. Varsity sports, JV sports, or 8th grade sports
- D. Any member wishing to try out for Rally Day Cheerleader must consult in advance with the moderator and have approval from the moderator before the tryouts.
- E. Due to conflicts with competitions, members may not participate in any play.

ARTICLE V: OFFICERS

The officers of the Dominican High School Cheerleaders – Competition Squad shall be Captain and Co-Captain. There may be more than one member per position or a position may not be filled. The squad will vote upon the officers unless otherwise appointed by the moderator. The requirements and description of each officer are as follows:

- A. Captain: A Captain must have at least one year of experience as a Dominican High School Cheerleader. Her duties are as follows:
 - She will assist with choreography and supervise the teaching and perfecting of all routines and cheers.
 - She shall build relationships among all members.
 - She will act as a liaison between the moderator/coach and the team.
 - She shall be loyal, dependable, and creative and shall set a good example for all members.
 - She will notify her squad of any important information requested by the moderator/coach.
 - Work with the moderator to update the Edline Cheerleader page.
- B. Co-Captain: A Co-Captain must have at least one year of experience as a Dominican High School Cheerleader. She will be directly under the Captain in rank. Her duties are as follows:
 - She will assist the Captain in all of her duties.
 - In the absence of the Captain, she will assume all of the Captain's duties.
 - She is responsible for organization of spirit promotions, gifts, and awards.
 - She will keep the Cheerleader square on the club bulletin board updated at all

- times.
- She is responsible for birthday reminders.

ARTICLE VI: EVENT COMMITMENTS

Attendance is mandatory at all Dominican Cheerleading events/performances, including but not limited to:

- A. Summer & choreography camps
- B. Practices
- C. Tumbling classes
- D. Competitions
- E. Pep Rallies
- F. Black & White Friday Night
- G. Open House
- H. DominiFan Fest
- I. New Student Orientation
- J. Selected Volleyball/ Basketball games
- K. Selected Mardi Gras Parades
- L. Deb/Cheer mini- camp
- M. 7th grade social

Unexcused absence from a mandatory performance may result in dismissal from the team.

ARTICLE VII: TRANSPORTATION

St. Mary's Dominican High School does not regularly provide transportation for cheerleaders to or from any scheduled event. It will be the responsibility of the cheerleader and her parents to arrange for transportation to and from all events. Additionally, all cheerleaders must be picked up from practice promptly when practice ends. During certain times of the year, such as Fall Sports Assembly and Open House, there may be extended and additional practices. The practice and competition schedule will be given to each cheerleader at the beginning of every month. A cheerleader will be allowed a fifteen minute grace period from the time practices and events end. After this grace period, the cheerleader will be issued a late pick up notice, which her ride is required to sign at the time of pick-up. In cases of required out-of-town events, the cheerleaders may be required to travel on the bus or other transportation as provided by the school. In the case of these exceptions, the cheerleaders will be notified. If the cheerleader is picked up late three times she will be put on probation.

ARTICLE VIII: UNIFORM REGULATIONS

Uniform regulations are as follows:

- A. The Dominican High School Cheerleader uniform will be ordered at the end of each school year following tryouts. It must be kept neat and clean at all times. It is to be worn only in conjunction with authorized school events.
- B. Cheer shoes and socks must be worn for every event. Poms and bloomers are always a part of the uniform.

- C. Hair must be worn in a ponytail or pulled away from the face using the uniform ribbon.
- D. Make-up may be worn in an appropriate manner. Be presentable.
- E. Jewelry may not be worn.
- F. Fingernail polish may not be worn when in uniform
- G. Complete practice uniform must be worn to all practices. If a Cheerleader is missing required pieces of the Cheerleader practice uniform, she will be allowed to practice but will be given extra conditioning that must be completed at the end of practice. If the conditioning is not completed at the end of practice, she will be placed on probation or will be suspended if she is already on probation.

ARTICLE IX: INJURIES

If a Cheerleader has an injury, she must report the injury to a Dominican Cheerleading Coach or Moderator. The cheerleader should see her own doctor and bring a note, indicating the activities in which she is prohibited from participating, to the Coach or Moderator from the doctor. Once the Cheerleader has reported an injury, she will not be allowed to return to active participation as a cheerleader until she brings a note from the doctor permitting her participation. During the course of the injury, the Cheerleader will be required to attend all practices, games, and team events (in uniform) and will be expected to participate in activities allowed by her doctor and observe those not allowed by her doctor.

ARTICLE X: CONDUCT – MEMBERS & PARENTS

- A. Cheerleaders must exemplify good behavior at all times. Any member who does not exemplify good behavior in the opinion of a moderator will be put on probation and her parent will be notified of the behavior. If the behavior continues, the Cheerleader will be subject to either suspension or immediate dismissal from the team.
- B. Cheerleaders must have a positive attitude at all practices, performances and competitions and give 100% effort for the team.
- C. The following behaviors are listed to describe some actions that will not be tolerated:
 1. Profanity and/or obscenity in speech and/or behavior
 2. Disrespecting one's self, other Cheerleaders, or Cheer moderators/coaches
 3. Using a cell phone or other electronic devices during practice time
 4. Public dissention or drama
 5. Inappropriate posts on any form of social media
- D. Team camaraderie (Cheerleaders, parents, and staff included) is very important. Behavior that undermines the Dominican Cheerleaders camaraderie or reputation will not be tolerated. Negative attitudes, parental fighting, parental drunkenness, gossip, attempts to sabotage or undermine the team/school/staff and any other form of negative behavior

around the team on the part of Cheerleaders and/or parents is not acceptable. Cheerleaders may be dismissed from the team for such behavior on the part of themselves or their parents.

E. Parents also understand that, at performances and competitions, they are representing Dominican High School and agree to uphold respectable behavior. They understand foul language and/or derogatory comments are not permitted at performances or on social media. Parents are not allowed to approach a judge or competition employee on behalf of Dominican High School for any reason.

F. Any member and/or parent of a member representing Dominican High School on and off campus should conduct herself in accordance with the code of conduct set forth by the St. Mary's Dominican Student/Parent Handbook.

G. Any grievances or concerns should be brought directly to the Dominican Cheer moderator first and if you feel that they are not addressed, then you may bring the concern to the administration.

ARTICLE XI: DEMERITS/DISMISSAL

Demerits will be used for disciplinary action. Members will receive demerits for the following:

One demerit will be given for each of the following:

- A. Unexcused tardiness to any event
- B. Unexcused early departure from any event
- C. Eating/ drinking in uniform
- D. Disrespect
- E. Uniform violation at any event
- F. Lacks cooperation with the officers, coaches, or moderators
- G. Misrepresents the truth
- H. Uses the organization as an excuse to miss class
- I. Maintains a negative attitude
- J. Uses her cell phone during cheer events unless specifically authorized by a moderator/coach
- K. Is late being picked up

Three demerits will be given for each of the following:

- A. Unexcused absence from any event*
- B. Cursing/ gossiping in uniform
- C. Wearing the cheerleading uniform at unauthorized events

If a member has more than 5 demerits they will be given a Saturday detention.

If a member receives more than three detentions during the school year or is placed on academic or disciplinary probation or suspended by school for any reason, the cheerleader is subject to immediate dismissal from the team.

* An excused absence from school is not necessarily an excused absence from practice or team even. Make-up testing is an excused tardy to practice. When a student is absent from school, she may not attend a practice or competition and will be considered excused from such absences. If a student leaves school early or is absent from school, she must email the moderator. Any other excused absences must be approved by the moderator(s). The cheerleader is limited to two excused absences per quarter. After this, absences will be considered unexcused. Members must notify the moderator with a letter from the cheerleader's parent/guardian upon return if the absence is unanticipated or before if the absence is anticipated. If a letter is not turned in to the moderator on or before the day of the absence, the absence will count as unexcused despite the reason.

Academic probation is an action that should be viewed as an academic warning to the cheerleader. Cheerleading moderators will check the academic status of all cheerleaders on a quarterly basis. If a cheerleader fails to maintain a 2.0 overall GPA, she will be placed on academic probation. During academic probation the member may not participate in any Dominican cheer activities including practice and performances. The member may return to the team at the end of the quarter during which she has achieved a 2.0 overall GPA. Cheerleader will be subject to any changes to the formation or routine that had to be made due to her absence from the team. If the student ends the year on academic probation she will not be eligible for tryouts as per the tryout requirements.

ARTICLE XII: LOSS OF MEMBERSHIP

A cheerleader may not tryout for the squad if she loses her membership during the year by her own choice or the moderator(s). A cheerleader loses her membership if she:

- A. Violates any point in Article VII while on probation.
- B. Voluntarily leaves the team for any reason.
- C. Misses an event without the moderator's acknowledgement and approval. Members must notify the moderator with a letter from the cheerleader's parent/guardian on or before the absence if the absence is anticipated.

***All terms of this constitution are subject to modifications based on moderator's discretion.**

**St. Mary's Dominican High School
Cheerleader Constitution
2015-2016**

I have received a copy and have read the Dominican High School Cheerleader Constitution. I agree to follow all the rules and accept the stated consequences of noncompliance.

Student Signature

Date

Parent/Guardian Signature

Date