

CONSTITUTION

FORT CHERRY HIGH SCHOOL

SENIOR HIGH/JUNIOR HIGH CHEERLEADER AND MASCOT

ARTICLE I

I. Purpose of a cheerleader

A cheerleader is a representative of the school and is expected to uphold the pride and tradition of the school through the unification of the student body, alumni and fans. Cheerleaders will support as many athletic events as possible and promote positive game-day experiences for Fort Cherry High School and its athletes.

II. Size

The Varsity Squad will consist of no more than eighteen (18) members and one mascot, who, after completing tryouts, (as described in Article IV, Section 1) receive a minimum score of 216 (60% of total points) out of a possible perfect score of 360 points (An additional 10 points can be earned if the available start-over is not used).

The Junior High Squad will consist of no more than sixteen (16) members.

A mascot may be designated upon the joint decision of the Sponsor(s), Athletic Director, and Administration. The position of mascot will be reviewed on a yearly basis.

The entire squad is expected to cheer for varsity events involving football, boys' basketball, and wrestling. Other varsity events may be included, when desirable.

ARTICLE II

I. Basic characteristics of a cheerleader

All cheerleaders shall possess these characteristics:

- A. Be alert, tactful yet firm, and be able to command the respect of her fellow cheerleaders.
- B. Exhibit a well-groomed appearance.
- C. Show a sense of creativeness and resourcefulness.
- D. Be dependable, cooperative, and capable of rendering decisions in an intelligent manner.
- E. Be courteous, polite, friendly, and respectful.

ARTICLE III

I. Qualifications and responsibilities

All candidates for the position of cheerleader must possess these qualifications and realize these responsibilities:

A. Qualifications for maintenance of membership in the squad:

1. Scholastic Standing.

- a. Students are required to maintain at least a 2.0 grade point average in the report period preceding the activity. The average will be determined by counting all full credit courses that the student is enrolled in.

- b. Eligibility must be verified by the Guidance Department in writing three (3) days prior to practicing. Candidate eligibility verification must be submitted to the Sponsor by the Guidance Department in writing, three (3) days prior to the commencement of tryout practice.
2. Expected Conduct
- a. Any cheerleader is expected to maintain a satisfactory conduct record consistent with conduct specified in the Students' Rights and Responsibilities document and the Code of Conduct.
 - b. It is impermissible for a cheerleader to write or post anything on social media that offends a teammate, our cheerleading squad, our school, Sponsor(s), or opposing schools. You are a role model for the school and your social media websites must reflect this.
 - c. Repeated violations of these responsibilities may result in appropriate action by the Sponsor and the Administration.
 - d. Have a sincere desire to be an outstanding cheerleader.

B. Responsibilities

- 1. Must be punctual and attend all designated practices, meetings and events. Attendance records must be maintained by the coach. The Sponsor or designee must attend all practices and events.
 - a. Must have a valid excuse for absence or the demerit system will be enforced:
 - First unexcused absence – demerit
 - Second unexcused absence – demerit.
 - Third unexcused absence – demerit and suspended from participation in one event.
 - Fourth unexcused absence – demerit and suspended from one event.
 - Fifth unexcused absence – permanently suspended from squad
 - b. Validity of excuses shall be determined by the cheerleading Sponsor.
 - c. Eligibility to participate in an event will be determined by District Policy.
- 2. Must be punctual at all times; any unnecessary tardiness will be brought to the attention of the Sponsor and/or Administration and a demerit system may be applied.
- 3. Must live up to the standards and requirements established by the cheerleading squad to complete the year.
- 4. Must be willing to accept the leadership requirements and responsibilities of the captain the co-captain in matters pertaining to the squad.
- 5. Realize that the squad is a cohesive unit and all activities of the squad shall be designed with that objective in mind.
- 6. All squad members must utilize transportation by the school district unless prior permission has been requested in writing by the parent/guardian and permission has been granted by the Sponsor. Failure to comply will result in immediate suspension for the remainder of the school year.
- 7. A cheerleader may choose to participate in one school varsity sport without the loss of the rights and responsibilities granted herein. The cheerleader is required to split time equally between cheer and the sport if practices and games are scheduled at the same time.

C. Mandatory Safety Guidelines

1. Cheerleading squads will be placed under the direction of a School Board approved Sponsor.
2. All practice sessions will be supervised by the Sponsor and/or his/her designee which will be held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.)
3. All cheerleaders and Sponsor(s) may receive professional training from a School Board approved clinic before attempting any form of cheerleading gymnastics and/or stunting.
4. Sponsor(s) will recognize a squad's particular ability level and should limit the squad's activity level accordingly. "Ability level" refers to the squad's talent as a whole and individuals should not be pressed to perform activities until safely perfected.
5. A structured stretching exercise and flexibility routine will precede and follow all practice sessions, game activities, pep rallies, etc.
6. Tumbling, partner stunts, pyramids, and jumps will be limited to appropriate surfaces.

D. General Rules

1. Every cheerleader must be properly dressed for every occasion in the prescribed uniform.
2. All cheerleaders must realize that in public performances, they represent themselves, the school, and the squad; therefore must act with discretion and in an appropriate manner.
3. Good sportsmanship should be shown at all times.
4. Smoking is PROHIBITED.
5. Chewing gum is prohibited while in uniform.
6. Jewelry is prohibited while in uniform; earring studs may be approved.
7. Public display of affection while in uniform is prohibited.
8. Any cheerleader refusing to cheer at any event will be permanently suspended from the squad.
9. All cheerleaders must be in attendance at least 30 minutes prior to the event.
10. Procedural rules and guidelines submitted by the Sponsor and approved by the Administration will be considered as a part of this constitution.
11. All cheerleaders must attend all practices and events unless there is a scheduled vacation, school related activity, a death in the family or has a confirmed illness.

E. Demerit System

The demerit system will be set up each year by the cheerleading Sponsor as a disciplinary code. The demerit system may address reasons for suspension other than unexcused absences (as described in Article III, Section B.) It may be changed from year to year by each new squad.

1. Captain and Co-Captain

a. Responsibilities:

1. Assist Sponsor in presiding over all practice sessions and events.
2. Assist Sponsor in maintaining order and discipline among the squad.
3. Know cheers to be used, never hesitating as to which cheer to use next. Use an appropriate cheer for the situation.

4. Must show no partiality.
5. Keep the crowd cheering and your cheerleaders in proper formation during games.
6. Due to the required responsibilities and leadership needed, Captains and Co-Captains may be removed as Captains if they accumulate 2 or more demerits. If this occurs, they will be named regular cheerleaders on the squad

b. Selection of captain and co-captains**

- 1. The varsity captain will be the candidate with the highest score and 3 years of experience on the squad, and selected by a panel of qualified paid judges.**

****Varsity – If there is no eligible candidate with 3 years of experience, those candidates with 2 years of experience on the varsity squad can be considered for Captain.**

- 2. The two Co-Captains will be the 2 candidates with the 2nd and 3rd highest scores and 3 years of experience on the squad, as selected by a panel of qualified paid judges.**

**** In the event there are less than 2 candidates with 3 years of experience, those candidates that have completed 2 years on the squad can be considered for the Co-Captain positions.**

*The coach has the right to increase the number of captains / co-captains based on the needs of the squad each year.

- 2. The junior high captain and co-captain will be eighth (8th) grade students, having one year of cheerleading completed with the two highest scores at cheerleading tryouts. The captain will be the candidate with the highest score and the co-captain will be the candidate with the second highest score as selected by a panel of qualified paid judges.**

****Jr. High – In the event there are less than (2) eligible candidates who are qualified, the candidate(s) with the highest score(s) will be captain and co-captain.**

*No parent or near relative of any eligible candidate shall be a judge.

ARTICLE IV

I. Method of Selection

A. Board Directive:

- 1. The Building Principal or his/her designee shall be responsible for the overall direction of the cheerleading judging, and shall coordinate the selection of three (3) professional paid judges. No selection by judges will be made on the basis of race, sex, religion, age, ancestry and national origin. No parent or near relative of any eligible candidate shall be a judge.**
- 2. Sponsor(s) have the responsibility to encourage all members of the student body to become a member of the squad. Sponsor(s) are to continually encourage squad members to maintain their academic standings as listed in Article III.**

3. All tryouts will be closed. The only people permitted in the tryouts will be
 1. Judges
 2. Participants
 3. Administrative Representatives (Superintendent, Principal(s), and/or Director(s))
 4. Sponsor(s)
4. Cheerleaders will be judged on the following criteria:
 - a. Specific jumps.
 - b. Voice.
 - c. Enthusiasm.
 - d. Smile.
 - e. Poise.
 - f. Specific cheers.
 - g. Dance (rhythm).
 - h. Fundamental (arm placement).
 - i. Basic tumbling

Criteria may be adjusted pending approval of Administration, Athletic Director, and Sponsor(s).

Before tryouts are held, the school district shall schedule a minimum of five (5) practice sessions for cheerleading candidates. The entire routine will be given the first day of practice.

The school will utilize various media to make students, parents, or guardians aware of the time, date, and place of tryouts, and provide the written policy governing the selection of cheerleaders.

Parents have the option of attending cheerleading practice sessions as observers. In an effort to minimize and/or eliminate the possibility of any disruption or interference with the work of the squad, no communication with squad members is to occur during practice sessions.

Following the judging process and upon compilation of the scores, all participants will be informed of their scores by the Sponsor(s) and/or School Administrator and/or his/her designee.

The scores and decisions are final unless there are extenuating circumstances.

The School Administration will be required to preserve the complete list of candidates and their respective scores for one year. The Administration may notify the Superintendent of the scores after the final tabulation.

Upon request, each student trying out is to be given a copy of his/her score sheet the following school day. Counseling by Sponsor(s) as to the strengths and/or weaknesses will be available upon request. It is strongly suggested that the Sponsor(s) encourage each candidate to continue to work toward an improvement of performance.

The faculty and community of the Fort Cherry School District are to be made aware of the School District's Policy governing cheerleaders.

Each cheerleader shall share equally all rights and responsibilities to maintain the professional demeanor of the squad.

Disciplinary action will be taken by the school against any student or member of the cheerleading squad who is intimidating any member of the cheerleader squad.

It shall be the primary responsibility of the Sponsor(s) to handle and effectively manage the cheerleader squad as prescribed by this constitution. The Sponsor(s) is directed to interact fully with all the members of the squad in a mature manner. If the Sponsor(s) of the squad intentionally and without mature judgment, as determined by the Board of School Directors, violates any provisions of this constitution, the Administration shall recommend the termination of the coach after a fact finding investigation.

A copy of the written policy governing cheerleaders is to be posted in a place accessible to the general student population and general public, e.g. website, email, bulletin boards, and/or school office. Posting is to be done prior to tryouts.

B. Eligibility

1. Any Eighth Grade, Freshman, Sophomore or Junior student who possesses the necessary qualifications may try-out for the Varsity Squad. Any 6th or 7th grade student who possesses the necessary qualifications may try-out for the Junior High Squad.
2. Any squad member wishing to try out for another year must have successfully met the requirements and received a varsity letter for the year just completed. If a varsity letter is not received or a member voluntarily chooses at any time to quit the squad, that member is ineligible to try out (extenuating circumstances may be determined by the sponsor).
3. Tryouts will be required for all candidates every year.

C. Method of Selection.

1. Tryout procedures will be made according to the demands of the school calendar.
2. During the training period, the candidates will be under the leadership of the current cheerleader squad members who will train them in the fundamental skills in preparation for the final selection.
3. Each candidate is urged to examine the requirements of the constitution carefully and completely at the beginning of the training period. If full consent to the responsibilities and obligations listed cannot be given, membership in the squad should not be considered by the candidates.

ARTICLE V

1. Financing.
 - A. Any fund raising on the part of the cheerleaders or assessments of individual members of the group must be approved by the Sponsor(s) and the administration prior to initiating the fundraising event in accordance with the District, School, and State guidelines concerning student activities.
 - B. Any proposed expenditures of the group, as a whole or individual purchase, for each member of the group must be approved by the Sponsor(s) and/or Administration prior to the expenditure.
 - C. Any uniforms or equipment funded through fund raising activities of the group belongs to the cheerleading squad and is to remain as the property of the School District.
 - D. All financing related to student account(s) and fund raising must abide by Policy 618 of the Fort Cherry School District Board Policy.

Fort Cherry School District is an equal opportunity education institution and will not discriminate on the basis of race, color, national origin, sex and handicap in activities, programs, or employment practices as required by Title VI, Title IX, and Section 504.

For information regarding civil rights or grievance procedures, contact FCSD Athletic Director, Title IX Coordinator and/or Pupil Service Director, Section 504 at 110 Fort Cherry Road, McDonald, PA, 15057 (724-796-1551). For more information regarding services, activities and facilities that are accessible to and useable by handicapped persons, contact FCSD Pupil Service Director.

CHEERLEADER SCORE SHEET

CANDIDATE # _____

JUDGE # _____

CATEGORY	SCORE
A. JUMPS (5 POINTS EACH)	
1. Toe Touch.	
2. Stag	
3. Hurdler	
SUBTOTAL:	
B. SIDELINE 1 (5 POINTS EACH)	
1. Execution.	
2. Voice.	
3. Smile	
4. Enthusiasm/Pep.	
5. Expression/Eye Contact.	
SUBTOTAL:	
C. CHEER (5 POINTS EACH)	
1. Execution.	
2. Voice.	
3. Smile.	
4. Enthusiasm/Pep.	
5. Expression/Eye Contact.	
SUBTOTAL:	
D. SIDELINE 2 (5 POINTS EACH)	
1. Execution.	
2. Voice.	
3. Smile.	
4. Enthusiasm/Pep.	
5. Expression/Eye Contact.	
SUBTOTAL:	
E. Dance (5 POINTS EACH)	
1. Execution.	
2. Facials.	
3. Smile	
4. Enthusiasm/Pep	
5. Expression/Eye Contact	
SUBTOTAL:	
F. TRICK OF CHOICE (WORTH UP TO 5 POINTS)	
SUBTOTAL:	
G. 10 POINTS WILL BE ADDED TO SCORE BY JUDGE #1 ONLY IF AVAILABLE START-OVER IS NOT USED.	(Judge #1 ONLY) _____
TOTAL: Available per judge:	TOTAL =
120	

CHEERLEADING TRY-OUT PERMISSION FORM

CRITERIA FOR TRYING OUT FOR SENIOR /JUNIOR HIGH CHEERLEADER :

1. 2.0 GRADE POINT AVERAGE IN THE LAST GRADING PERIOD.
 2. SATISFACTORY CONDUCT CONSISTENT WITH CONDUCT SPECIFIED IN THE STUDENTS' RIGHTS AND RESPONSIBILITIES DOCUMENT MUST BE MAINTAINED.
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I UNDERSTAND THAT A GREAT DEAL OF RESPONSIBILITY, TIME, AND MONEY IS INVOLVED IN BEING A MEMBER OF THE SENIOR/JUNIOR HIGH CHEERLEADING SQUAD. I HEREBY GIVE MY DAUGHTER, _____ PERMISSION TO TRY OUT FOR CHEERLEADER IF SHE MEETS THE ABOVE STATED CRITERIA.

(PARENT/GUARDIAN SIGNATURE)

(PHONE)

NAME _____

List classes below: **Grades should be reported from the 3rd 9-week report card**

No teacher signatures required.

Period 1 _____	Grade _____
Period 2 _____	Grade _____
Period 3 _____	Grade _____
Period 4 _____	Grade _____
Period 5 _____	Grade _____
Period 6 _____	Grade _____
Period 7 _____	Grade _____
Period 8 _____	Grade _____

THIS FORM MUST BE COMPLETED AND TURNED IN TO THE GUIDANCE OFFICE NO LATER THAN _____

QPA _____

VERIFIED BY GUIDANCE OFFICE: _____

Date

Initial