

2015 2016 NAVARRE HIGH SCHOOL CHEERLEADING BY LAWS

I. Purpose

1. Promote and uphold school spirit, unity and pride
2. Represent the school to the highest degree
3. Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
4. Promote the development of lifelong values and skills

II. Educational Value to Navarre High School

Membership on a cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school proven ability to balance academic requirements and demands with extra-curricular and personal activities.

III. Goals

- Cheer at ALL Football games and both boys and girls basketball games
- Participate in and support Homecoming Week
- Support and perform at pep rally and recognition assemblies
- Provide to the school when needed
- Perform community service under the umbrella of Navarre High School Cheerleaders

IV. Code of Ethics

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play
- Abide by all school, district and state rules
- Show courtesy to all visiting teams, competitors, hosts and officials
- Respect the integrity and judgment of all sports officials

V. Eligibility

- Every cheerleader must have a physical examination completed prior to participation (including clinic and tryouts) in cheerleading activities
- Physicals must be completed on the official Santa Rosa County School Board Physical form
- Cheerleader must maintain a 2.0 unweighted GPA each nine weeks of the season, as well as, an overall 2.0 GPA
- All cheerleaders must submit a signed, notarized Drug Consent form and consent to rules governing the drug/alcohol policies for athletes set forth by both the Santa Rosa County School Board and Navarre High School.
- Cheerleader must be physically fit. Summer workouts are required as scheduled by coach
- It is mandatory that ALL cheerleaders participate in the tumbling class.
- Cheerleaders with weak joints must wear braces or other appropriate protective equipment

- Recurring health issues that appear to be a detriment to the cheerleader or the squad will be addressed by the head coach. A doctors note will be required and a period of sitting out may result.
- Every cheerleader must maintain good citizenship, attendance, class performance and teacher recommendations during the time on the squad and for tryouts.
- All cheerleaders must sign and abide by the NHS Cheerleading Code of Conduct/Expectations Creed
- Cheerleading must take priority over all other extra-curricular activities (including jobs, club organizations, and other teams your child may be affiliated) for the entire time of commitment
- All practices, meetings, camp, fundraisers, games are **MANDATORY!**
- All members must participate in fundraising and public relations events no exceptions please plan all family events and activities around the fundraisers, practices, games and other commitments cheerleaders are committing to for the entire season.
- ALL cheerleaders must remain in good standing and participate in football, basketball and competitive seasons. This is a yearlong commitment!
- If a cheerleader voluntarily quits the squad, is dismissed for academic/disciplinary reasons, or is dismissed for failing to fulfill cheerleading responsibilities; the cheerleader knowingly forfeits the right to try-out for the next calendar school year. They will also not remain in “good standing” with the program and forfeit the opportunity to attend the banquet or receive any awards.

VI. Conduct

- Promoting good sportsmanship by way of example is required at all times. Cheerleaders/mascots may not use foul language at practices, in school, at games, camp, social media etc.
- Excessive public displays of affection are not allowed while in uniform, at games, or any school setting (including parking lots)
- Proper appearance is required at all times, with clothing appropriate to the occasion
- By being part of cheerleading, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of Navarre High School.
- Cheerleaders must cooperate with all faculty members, squad members, game officials, and coaches
- Cheerleaders must display proper behavior in class, including being on time, not skipping, and not cheating.
- Each case of discipline will be judged individually. The Head Coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary situation.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action/consequences.

VII. Absences

- Cheerleaders must be present, **during 75% of class periods** (complete 5 classes), on game days in order to cheer. Attendance to the game in uniform is still required unless the cheerleader goes home from school sick (see proper procedure below).

- If a cheerleader goes home from school sick on a game day, the cheerleader must go to the doctor and receive a doctor's note in order for it to be an excused absence. A note from parent/guardian will not be excused!
- SIX excused absences are allowed for the entire year.

The following constitutes an excused absence:

- A death in the family
 - Hospitalization of cheerleader (herself)
 - A school-related function that has been pre-approved by the Head Coach (such as another school sport, SGA) Cheerleader must submit function for pre-approval seven days before the event/function
 - Example: If a cheerleader is hospitalized, all days spent in the hospital and in recovery will be excused with proper documentation
 - Sixth excused absence will result in dismissal from the squad/team
- Unexcused absences are everything else. Vacation, family trip, reunion, job/work, "I'm sick", or "I do not feel good" (even with a parent note) are not acceptable reasons
 - Unexcused absences will NOT be tolerated! A cheerleader with an unexcused absence at a practice, game, pep rally, fundraiser, or any other required event, will result in automatic probation
 - Upon a second unexcused absence, the cheerleader will be dismissed from the squad
 - Cheerleaders must be in attendance at the last practice held before a game/event in order to participate and/or cheer in the game or pep rally. If a cheerleader misses this practice for ANY reason (illness, appointment, etc.) he/she will be benched for the first half of the game. Attendance at the game/event in uniform is still required. This includes having to participate in other athletic or school events.
 - It is the cheerleaders' responsibility to contact the coach if they are going to be late or absent from a game or practice. If prior notification is not given then the absence or tardy will be unexcused.

VIII. Practices

- All practices are mandatory
- Every cheerleader is required to bring a 3 ring binder on the first day of cheer practice. The binder will consist of the By-laws, cheer list, and other materials the coach requires. This binder will be brought to every practice.
- Cheerleaders must arrive to practice on time, wearing proper cheer shoes and clothing (t shirt, shorts-proper length; flyers will wear bloomers under their shorts, Cheer shoes)
- Hair must be secured up and out of the eyes and face, secured in a ponytail or braid if shoulder length or below.
- Chewing gum or eating during practice is prohibited
- ABSOLUTELY NO JEWELRY of any type will be allowed!! Body jewelry of any type is prohibited
- NO SITTING!! You will not be allowed to sit during practice unless directed by the coaches. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, tumbling, new cheers, etc. Side conversation during practice, especially during stunts, will result in team laps after practice.
- If you miss practice for any reason, you are required to call the coach at least 30 minutes prior to the start of practice. Failure to notify the coach will result in an automatic notice of probation for not calling!

- If you do not attend at least **4 classes** the day of practice, you can attend practice but will be required to sit out. The coach must be notified by you. The Cheerleader must be received at least 30 minutes prior to start time. Failure to notify the coach will result in automatic notice of probation for not calling!
- Safety is our first priority. No excessive horse-playing. Never stunt or tumble without a coach present
- Cheerleaders may not leave practice or practice area without permission
- Cheerleaders must be prepared for all practices including pompoms, megaphones, signs, music, water and binders

IX. Games, Pep rallies, All Cheerleading Events

- All games, pep rallies, and other cheerleading events are mandatory
- Cheerleaders are required to arrive at least 45 minutes before game time, unless otherwise instructed by the coach
- All taping or visits to the trainer must be done prior to the 45 minutes before game time rule
- Cheerleaders are required to dress in full, correct uniform (shell and skirt). Including the correct hair bow, appropriate bra (must not be visible) and low cut “white” socks (no color)
- Hair must be securely pulled back away from the face in a uniform style as instructed by the coach. Bangs must not cover the eyes at any time.
- Make-up should be worn in moderation
- NO Jewelry of any kind
- Nail color/polish is not allowed. Nails need to be athletic length. Artificial nails are prohibited at ALL times!
- No chewing gum or eating during games
- **Artificial Hair Color is prohibited at ALL times!** Any coloring of the hair even for other school activities will result in signing the log.
- Cheerleader will have required items upon arrival; cheer bag, pompoms, binder, megaphones, and signs
- **All belongings that the cheerleader needs on the sidelines must fit into his/her designated cheer bag. Purses/other bags will not be allowed on the sidelines.**
- Cheerleader will maintain proper sideline behavior at all times
 - No excessive talking among cheerleaders
 - Socializing with friends while the game is in progress is not allowed
 - Pay attention to the game, pep rally or event
 - Stand in correct formation and stance
 - Cheer, Spirit, jump, stunt, and/or tumble the entire game, pep rally or event
 - Only allowed to get water at times specified by the coach
 - No taunting the other team at any time
- Cheerleader will show proper respect during the National Anthem. Absolutely NO talking!
- During game suspensions and probation periods, the cheerleader will sit in uniform with the coach for the entire game and help where needed.

X. Uniforms and Appearance

- Uniforms must be clean and pressed
- Team athletic shoes must be clean
- All Cheerleaders must have the same uniform look at all times
- Do not use profanity, or misbehave while in any of your cheerleader apparel (uniform, polo, practice wear, t shirts, jackets, warm ups, etc.) or while representing NHS at any event

- No jewelry is allowed during practices, performances, or games
- You may not wear your uniform off-campus, to any event, parades, competitions, etc. without the permission of your coach
- Do not wear colored bras under uniforms. If you wear a strapped bra, be sure to wear nude colors or clear straps
- Fingernails must be sports length. Nail polish, if worn, must be clear! Artificial nails are not allowed!
- No gum chewing during practices, performances, or games
- Hair must be securely pulled back from the face in uniform style (as instructed by your coach). Bangs must not cover the eyes
- During basketball season, if you cheer for one game and decide to stay and watch another game, you are not allowed to sit in the stands with your NHS cheer uniform on. You must change out of your uniform unless you sit with the coach.
- Cheerleaders will not loan out any piece of their uniform to anyone at any time. Warm-ups, jerseys, and t-shirts, bows, etc. are considered part of your cheer wardrobe and should not be worn by anyone other than you or at any other time other than the designated cheer activity
- Cheerleaders must wear their team-designated outfit (jersey, t-shirt, warm-up, etc.) to school on game days. Failure to do this will result in not cheering the first half of game.

XI. Performance and Cheer Lines

Placement for performances and cheer lines will be based on participation, ability, and effort. At the time of performance, if a cheerleader does not have the routine clean enough for performance, they may be instructed to sit out the performance.

XII. Transportation

- Cheerleaders are not allowed to drive to away games or events in which we are performing or cheering. They must ride with the team to and from the game or event unless prior approval and authorization has been given by the coach and/or administration.
- Cheerleaders must be fully dressed in uniform, warm-up, or designated cheer wardrobe when they arrive to ride the school transportation. Hair must be up unless otherwise approved by your coach. This is to promote team unity and identity.

XIII. Discipline Policy

The following violations will be grounds for immediate dismissal from the team:

- Underage alcoholic consumption, drug use, use of tobacco products, steroids, or any other controlled substances. The cheerleading program follows the NHS rules and regulations concerning drugs and alcohol as set forth by the Athletic Department. See student planner for details.
- Failure to leave a party, function, location, or event where the aforementioned items are evidenced by a team member
- Stealing or breaking the law
- If a coach gathers sufficient evidence that a cheerleader has misrepresented his/her school
- If a cheerleader is found to have put derogatory and/or inappropriate pictures or comments on the Internet and/or social networking sites such as, MySpace, Facebook, Twitter, Instagram, SnapChat, Texting, or any other community site. This includes but is not limited

to inappropriate comments regarding their peers, team members, coaches, parents and faculty and staff members.

- Forging parents' or teachers' names on official school documents
- Participation in on or off campus fighting
- Recurrently showing public displays of affection at school, in the parking lot, or off campus while in uniform
- Cheerleaders who are expelled (out of school suspension) or alternatively placed
- Cheerleader is given ISS more than once during the year for ANY reason
- Dismissal as Captain/Co Captain will result if a cheerleader is given ISS for ANY reason
- Promiscuity and/or pregnancy
- Unwillingness to get along with others
- Bullying
- Six excused absences
- Three unexcused absences
- Failure to maintain a 2.0 GPA
- DISREPECT for any team member or coaching staff at ANY time warrants immediate dismissal. There will be NO talking back or rude comments!

Disciplinary action for failure to follow other rules will result in additional conditioning, community or campus services, probation, or other assigned duties as deemed appropriate by the head coach. Disciplinary action will result from the following:

- Tardiness
- Before or after school detention
- Wearing jewelry (ALL JEWELRY IS INCLUDED)
- Using profanity in uniform
- Untidy uniform
- Talking to fans or other cheerleaders excessively during games or events
- Not being in formation (on-line) before game or after half time
- Display of any unsportsmanlike conduct
- Uncooperative attitude
- Eating or drinking on floor/field during games or practices
- Cell phone use during any NHS sponsored event (practice, games, community service, fundraiser, etc)
This includes talking, texting, tweeting, taking pictures, etc.

A cheerleader may be placed on probation for any of the offenses listed above as deemed appropriate by the head coach. The probation period will last 14 days. While on probation a cheerleader will still be required to attend all practices, games and events. However, they will not participate in any performances or games during the 14 day period. A cheerleader will NOT have the opportunity to be placed on probation twice.

XIV. Academics

- A cheerleader must maintain a 2.0 unweighted GPA each nine weeks of the season, as well as, an overall 2.0 GPA. The first time a cheerleader does not have a cumulative 2.0 GPA; he/she is put on probation for 14 days or until the end of the nine weeks (determined by the head coach). If a 2.0 GPA is not obtained by the end of the nine weeks, he/she is dismissed from the squad/team.
- If a cheerleader is required to attend or chooses to attend academic night school or dual enrollment, it will be the cheerleaders' responsibilities to maintain his/her spot on the team by attending the required weekly practices and games. If this becomes a recurring problem,

the cheerleader may be put on probation or dismissed from the squad based on attendance policy. Online classes may be the best option to avoid these circumstances.

- Any student, who is selected as a cheerleader in the spring of 2013 for the 2013–2014 school year and becomes academically ineligible at the end of the 2012–2013 school year, will be automatically dismissed from the squad/team. Eight grade students must pass their entire middle school academic classed in order to maintain their spot on the squad. Any student, who must attend summer school in order to pass, will be dismissed from the squad immediately if it conflicts with any required cheerleading activities.

XV. Cheer Program Finances

- Each cheerleader, at their own expense, will purchase the required competition fees uniforms, uniform accessories, hair bows, cheer shoes, warm ups, practice gear, etc
- Camp attendance is mandatory in order to participate on the cheer squad. Camp fees are the responsibility of the cheerleader
- Deposits made for cheer clothes, shoes, camp, etc are non-refundable.
- Fundraising opportunities are available to help with overall cheer expenses; however, it is the cheerleaders responsibility to pay all their expenses.