

PLAINFIELD HIGH SCHOOL- CENTRAL CAMPUS CHEERLEADING CONSTITUTION 2018-2019

WILDCAT CHEERLEADING CODE:

- Section 1: To encourage school spirit and pride at PHS and throughout the Plainfield Community.
- Section 2: To promote physical and mental development, as well as to develop positive sportsmanship among students.
- Section 3: PHS Cheerleaders will follow all ISHA Cheerleading regulations, as well as create routines that adhere to the IHSA core values.

WILDCAT CHEER PROGRAM MEMBERSHIP

- Section 1: The Junior Varsity Squad will consist of eligible students in 9th, 10th and 11th grades.
- Section 2: The Varsity Squad will consist of eligible students in 9th, 10th, 11th and 12th grades. Varsity cheerleaders need to have some form of tumbling. However, in the event that certain stunting positions are needed, the tumbling requirement can be waived, if the cheerleader excels in all other cheerleading areas. It is expected that in these cases, the cheerleader will work to advance his/her tumbling skills throughout the season.

ACADEMIC RESPONSIBILITIES

- Section 1: Each Cheerleader is required to maintain passing grades. The coach will monitor grades. Each week the school will send out an eligibility report.
- Per IHSA and PSD 202 policy, any Cheerleader not passing five classes will be ineligible for any participation from Sunday to Sunday of the following week.
 - Any Cheerleader who is ineligible will be required to complete study hours with the content teacher(s) or the cheer coaches during their ineligibility week.
 - Ineligible cheerleaders must still attend practices, but will not be in uniform or participate in any performances. During performances, ineligible cheerleaders will still be on sideline supporting the squads.
 - Per IHSA and PSD 202 policy, any Cheerleader not earning credit in five classes in a semester will be ineligible for participation the following semester. If a cheerleader makes up the credit in summer school, then they will be eligible in the fall.

FINANCIAL RESPONSIBILITIES

- Section 1: Cheerleading is a large financial commitment. By joining the team, the legal guardian is agreeing to pay all expenses and fees as stated by the coach, district athletic fee and vendor's policies. Signing the tryout permission form, signing the constitution form, and making the first payment all serve as indications that you are committed to the financial obligations incurred during the season.

- Section 2: Vendor's cancellation fees, return fees & policies are also the responsibility of the legal guardian. A conscientious effort will be made to let participants know the vendor and where their policies are posted.
- Section 3: An expense account will be created to document all expenses for cheerleading, Checks returned for insufficient funds will result in a \$25 fee per the accounting office at PHS. Fundraising money will carry over from Sideline to Basketball season, but not to the next school year.
- Section 4: All expenses from the previous year must be paid for a candidate to tryout in the current year.

SAFETY

- Section 1: Cheerleading is a sport that can be dangerous – injuries and/or fatalities can occur. At all times cheerleaders are expected to pay attention and follow directions when stunting and learning new stunting and tumbling skills. All instances of irresponsible behavior resulting in injuries will be taken seriously and will have consequences.

APPEARANCE

- Section 1: Uniforms must be kept neat, clean at all times. The uniform consists of the following: skirt and shell. The cheerleader must replace any part of the uniform that they lose. Only PCHS issued/approved uniforms may be worn.
- Section 2: A portion of the uniform is not provided by the school. This consists of a warm-up jacket and pants, Nike pros, sports bras, bows, white socks and shoes; these items are purchased by the cheerleader, but must be worn at all games.
- Section 3: Any damage done to the school-owned uniform shall be repaired at the cheerleader's expense.
- Section 4: Hair must be tied back in a high ponytail so it is off the face and shoulders. (As per IHSA rules).
- Section 5: Makeup for competition season will be decided by coaches and captains. It is the responsibility of the cheerleader to make sure makeup is on one hour before the performance (for V). Fingernails must always be kept at a short length when palms are facing up (As per IHSA rules)
- Section 6: Gum Chewing is NOT permitted while at practice, during a game, or at a competition.
- Section 7: No jewelry is to be worn during practices, games or performances. This includes earrings, bracelets, rings, necklaces, watches, tongue, eyebrow or navel piercing (new piercings are no exception). IF worn to a game the Cheerleader will be instructed to remove such articles. The ONLY exception is a medical medallion which must be worn, taped to the skin with no chain (As per IHSA rules).
- Section 8: Jewelry worn to school with the uniform must not be flashy. No visible tattoos.

COMMUNICATION

- Section 1: Cheerleaders will be responsible for taking any distributed paperwork and sharing this information with their parents/guardians.
- Section 2: During the season, much communication is done via e-mail and Shutterfly with parents and via app/text with the cheerleaders. If you have not supplied an e-mail address, it is your responsibility to find someone to contact you with the information that is sent during the season via e-mail. Please sign up at <https://plainfieldhighcheer.shutterfly.com/> . The calendar on site is considered the official calendar when in season.

ATTENDANCE

- Section 1: **ALL cheerleading activities are mandatory!** Cheerleaders are required to be on time. In case of an emergency or illness, the **parent** must contact the coach by email on the day of the emergency BEFORE the schedule practice, performance, meeting or game. **If not notified prior to the schedule event, then the absence will remain unexcused.** You must notify a coach in writing all illnesses, tardiness and absences.
- Section 2: In the event of a suspension or injury, the cheerleader will still be required to attend all games, practices and functions in full uniform. A suspended or injured cheerleader is expected to sit with the coach, not in the stands with friends.
- Section 3: There will be NO overlapping in sports, other co-curricular activities, doctor's office visits, social events, or job. If these events cannot be worked around cheerleading responsibilities, then the cheerleader will be required to make a choice. During competitive season, a hall pass is *only acceptable* for entering practice from taking a test or receiving extra help in a subject. It is NOT acceptable from other clubs, activities, or DETENTIONS. Please discuss all extenuating circumstances with the coach.
- Section 4: If a cheerleader has an EXCUSED OR UNEXCUSED absence at the last practice before any event, he/she will not be able to perform during the quarter/halftime. They are expected to cheer during the game. If a cheerleader misses one practice the week of a competition, an alternate will be placed in that spot.
- Section 5: **ABSENCES:** *Please remember the commitment you made to this program. Absences mean YOU AND YOUR STUNT GROUP miss a practice.*
- a. Excused Absences = serious illness, death in the immediate family.
 - b. UNEXCUSED ABSENCES = any absence that has not been excused by the coach
 - c. After a cheerleader's fourth excused absence from practice, she will be removed from the squad. These DO NOT include sick days from school.

PHS-CC CHEERLEADING DEMERIT/STRIKE SYSTEM

Cheerleaders will follow the following table for reference of the PCHS Cheerleading Strike/Demerit System. Strikes and Demerits will continue to add up throughout the season. Everyone starts with a clean slate at the beginning of each new season.

Infraction	Consequence	Demerit
Late to practice, improper uniform, jewelry, late to report before game, leaving before all mats put away without permission, failure to do your job at game (See games in constitution)	Cheerleader will responsible for practice setup or clean up per coach's direction (i.e. putting mats away, putting supplies back in cheer closet, etc.)	1 demerit 3 demerits = 1 strike
Unexcused absence, school detention or Disrespect towards anyone on the team, the coaches, and/or authority figure	Meet w/parents; benched ½ game & halftime	1 strike
Strikes	Consequence	
1 st strike	Meeting w/parent(s); benched ½ game & halftime	3 demerits = 1 strike

2 nd strike	2 nd meeting w/parents; benched 1 game	6 demerits = 2 strikes
3 rd strike	Dismissal from Team	9 demerits = 3 strikes

PRACTICES

- Section 1: Cheerleaders are expected to attend all practices in their entirety. A calendar will be given to each cheerleader which will list the practices, games, and any special events or performances. Cheerleaders are to refer back to the calendar if any questions were to arise **BEFORE CONTACTING THE COACH**.
- Section 2: During the season, additional or extended practices may be held in order to prepare for competitions or for any special performances. These “add-on practices” are held to the same attendance requirements as any other practice. Every effort will be made to give the team as much notice as possible of any extended or add-on practices.
- Section 3: Cheerleaders must wear appropriate practice attire. Hair must be tied back, gum spit out and **ALL** jewelry removed.
- Section 4: Cheerleaders are expected to arrive to practice fifteen minutes prior to the schedule start time. No cheerleader leaves until all mats are put away. If you leave before this time, you will be issued a demerit.

GAMES

- Section 1: At games the following is expected of you:
- a. Smiling sounds simple, but this is **MANDATORY**. It is your job as a cheerleader to lead the team and crowd in spirit and smile always helps.
 - b. Tight Motions. For the 45 seconds you are performing that sideline, you are to act as if you are putting on a show for the President.
 - c. Stunting – should be organized to where several of the same stunts go up together. Time-out and quarter stunts will be practiced and determined before season starts.
 - d. You must maintain your sideline position and not huddle into groups.
 - e. Tumbling. If you can tumble, you should be doing so. Unless there is an injury, all cheerleaders should perform tumbling skills at football and basketball games.
 - f. You should perform sidelines as appropriate to game situations. Cheerleaders are actively engaged in the plays on the field. You will cheer/stunt/tumble during every time out and at the end of 1st & 3rd quarter.
 - g. After halftime performance, cheerleaders must be back in sideline formation halfway through 3rd quarter.
- Section 2: Home games – Teams must be at the school at the designated time before the game to warm up and practice.
- a. No sitting with friends and family.
 - b. Each squad will sit as a group, and no others may sit with them.
 - c. If late, please see **STRIKE/DEMERIT** section.
- Section 3: Away games – Teams must be at school at specified time given by coach. Cheerleaders will need to be either in full uniform or full warm-up **BEFORE** getting on the bus.

- Section 4: Away games – Buses will leave at the time indicated by the coach; cheerleaders must not miss the bus. If the cheerleader misses the bus, the athlete must have a parent drive her to the game and she will sit out for the game.
- Under no circumstances is any cheerleader to drive herself to any away game.
 - No cheerleader is permitted to leave school grounds at an away game.
 - Cheerleaders are to treat host teams with PCHS spirit and good sportsmanship.
 - Post Season Games – Teams must be aware that they are expected to cheer during any tournaments, regional, sectional or state events as well as school pep rallies, assemblies or parades.

INJURIES/PRE-EXSISTING CONDITIONS

- Section 1: Coaches must be made aware of all injuries occurring outside practice as soon as possible. ***If you see a doctor, you must bring a note from the doctor stating exactly what you are cleared to do. It doesn't matter how minor the situation may be. If you go to the Doctor, bring back a note. Otherwise, you cannot cheer.
- Section 2: Please be sure that the coaches is aware of any existing medical conditions/allergies that may affect your child's participation in cheerleading.
- Section 3: If an easily treatable injury occurs at practice (i.e. bruises, cuts, etc.) our athletic training staff will treat your child.
- Section 4: If a serious injury occurs at a game or at a practice, we will enact our emergency procedure and parents will be contacted via phone immediately. At this time, we may have already contacted Emergency Medical Services. We will communicate all information regarding the injury to the parent and the parent may come meet us at the high school/injury location or meet us at the nearest medical facility if necessary.

CONDUCT

- Section 1: Whether at home or away game, PCHS cheerleaders must display proper conduct before, during, and after all games. Each cheerleader is expected to maintain good moral behavior, show cordial courtesy to visiting teams, spectators and each other. Teams must be respectful of visiting cheerleaders and of the game officials. PCHS cheerleaders are important representatives of our school and are visible to everyone!
- Section 2: Possessing. Using: Alcohol, tobacco, or other drugs – SEE PLAINFIELD CENTRAL HIGH SCHOOL CO-CURRICULAR CODE.
- Section 3: Obscene language or gestures will not be tolerated and public displays of affection are not allowed in school or at school activities. No friends, male or female, IN TEAM AREA DURING GAME TIME OR PRACTICE TIME.

LEAVING THE TEAM

- Section 1: Remember, you are trying out for a privilege team sport. If you quit, you not only let down the team, but also the school. Quitting the cheer team will make you ineligible for at least one season. If you are dismissed due to strikes, you are ineligible to try out for one year (two seasons.)

Section 2: Quitting does not remove the cheerleader or legal guardian from financial obligation. Once the initial \$150 is paid or any item is ordered, you are responsible for all cancellation fees, return fees or other financial obligation per vendor's policy.

TRANSPORTATION

- Section 1: ALL CHEERLEADERS must ride the bus provided by the school district to and from games and competitions.
- Section 2: Leaving at Away Games:
- a. Parents/legal guardians may sign cheerleaders out at away games only if the proper forms and permission is given.
 - b. Permission slip is required at least 1 day (24 hours) before a game. Forms are found on the athletic website and in the athletic office.
 - c. The forms must be signed by a parent, the coach, and Athletic Director.
 - d. The form does not permit your cheerleader to leave the game early; it only gives permission to ride home in the car instead of the bus. ALL CHEERLEADERS HAVE TO STAY FOR BOTH GAMES.
- Section 3: It is the responsibility of the parent to provide transportation to and from practice. Cheerleading is an extracurricular activity that your child has chosen.
- Section 4: Parents must meet the bus upon its arrival at the high school. A coach will not be expected to wait for a cheerleader's ride home. If a parent/guardian is extensively (more than 10 minutes) and/or repetitively late (more than once), the cheerleader will be given demerits and removal from the team can occur.

TUMBLING

- Section 1: Cheerleaders are expected to work on their tumbling skills. The cheerleading program will organize tumbling classes with an outside program. Summer and Sideline season are the times to learn new skills, so that you are ready for competition season.
- Section 2: If a cheerleader wishes to receive private instruction, they need to discuss the particular situation with coaches. HOWEVER, it is the Cheerleader's responsibility to arrange this class and inform coach of date and time.
- Section 3: Cheerleaders will cover the cost of tumbling.

Please keep your constitution as a reference and return next page at Parent Meeting on October 30, 2018.

Return page at Parent Meeting on October 30, 2018.

PLAINFIELD CENTRAL HIGH SCHOOL CHEERLEADING CONSTITUTION 2018-2019

These signatures verify that the cheerleader and legal guardian have received, read and understand that all cheerleaders will be governed by the 2018-2019 Plainfield Central High School Cheerleading Constitution.

We understand that by signing this form, the cheerleader and a legal guardian are committed to following the rules and procedures set forth by PHS-CC, PHS-CC Athletics and the PHS-CC Cheerleading program.

In addition, the cheerleader and legal guardian acknowledge by our signatures that we are fully aware that cheerleading is a large financial responsibility and we are responsible for all documented expenses and accounts. We are committing to PHS Cheerleading per the financial requirements of a team member and will honor that commitment even if the cheerleader resigns or is removed from PHS Cheerleading.

Cheerleader's Name: _____

Cheerleader's Signature: _____ Date _____

Parent/Guardian
Name: _____

Parent/Guardian
Signature: _____ Date _____