

MCINTOSH HIGH SCHOOL CHEERLEADING CONSTITUTION
Football and Competition Cheerleaders
2022-2023

I. PURPOSE

It shall be the purpose of this organization to promote and uphold school spirit, to increase responsibility in our athletes, to develop good sportsmanship among students, to support athletic programs, and to develop better relationships in the community and among schools during all athletic events. The organization's goal is to work in harmony with the coaches, athletic director, administration, faculty, band, athletic teams, and all other school organizations.

II. ELIGIBILITY REQUIREMENTS

- A. A cheerleading candidate must be currently enrolled at McIntosh High School or a feeder school.
- B. A candidate must have passed 6 out of 7 subjects the previous semester. The student must also meet the on-track guidelines for graduation. Students' grades will be checked periodically to ensure on track grades and no missing assignments. Progress reports and report cards will be checked at the end of each grading period; a candidate must have passed 6 out of 7 classes.
- C. Report cards will be checked at the end of each grading period; a candidate must have passed 6 out of 7 subjects.
- D. Each candidate must carry school accident insurance or present a signed waiver by parents stating she/he has adequate insurance.
- E. Each candidate must turn in a GHSA Physical form completed by a medical doctor stating she/he has passed a physical examination prior to tryouts. All physicals must be kept up-to-date for each school year. Physicals must be less than 1 year old.
- F. Each candidate must turn in a Parental Consent Form.
- G. Each candidate must turn in BOTH Concussion Acknowledgement Forms.
- H. Each candidate must turn in the last page of the Cheerleading Constitution.
- I. **ALL paperwork MUST be fully completed online at <https://mcintoshchiefs.e-ppe.com/index.jspa> by Wednesday MARCH 16.**
 - a. **GHSA Physical**
 - b. **Insurance Waiver/Parental consent Form**
 - c. **Concussion Form FCBOE**
 - d. **Concussion Form GHSA**
 - e. **Last page of the Cheerleading Constitution**
 - f. **ALL paperwork MUST be turned in by in order to participate at tryouts.**

III. MEMBERSHIP

- A. Placement on teams is at the coaches' discretion. Athletes are expected to maintain and/or improve upon skills demonstrated at try-outs. The inability to do so may result in a change in squad placement.
- B. A back-handspring, standing tuck, round-off backhand spring, and round-off back-handspring tuck are preferred for JV Competition Cheerleaders.
- C. A back tuck, back-handspring back-tuck, round-off back-tuck, handspring back-tuck, layout, and full and standing to fulls are preferred for Varsity Competition Cheerleaders.
- D. The cheer squads will cheer/perform at required rallies, games, and competitions.
- E. If the coach deems it necessary, cheerleaders will cheer certain additional games such as playoffs and tournaments.
- F. Only 16 cheerleaders will compete on the Varsity and JV Competition cheerleading teams, which is a GHSA rule. Additional cheerleaders will serve as competition alternates.

IV. TRYOUTS

A. Rising 9th-12th grade cheerleader tryouts will be held March 21-23, 2022 for ALL SQUADS and March 28-30, 2022 for Varsity & JV Competition Squads in the McIntosh gymnasium from 4:00-6:00pm. The teams will be posted on March 30. Fittings for all teams will be March 31. **RISING 8TH GRADERS WILL ONLY TRYOUT ON MAY 28, 2022 from 2:00-6:00pm at McIntosh High School gymnasium.**

B. Cheers, sideline chants, and a dance will be taught at the tryout clinic conducted by the current senior cheerleaders.

C. Tryouts will be performed in front of the coaches.

D. Candidates wear a white t-shirt, dark shorts or skirt, socks, and proper tennis shoes. All shoulder length hair will be up in a ponytail. No jewelry will be worn at any time.

E. All skills will be graded on the basis of the level of execution. The following are examples of skills to be judged by the coaches: cheer, chants, jumps, expression, group work, tumbling, dance, sportsmanship, enthusiasm, and teacher recommendations.

V. ATTENDANCE/GAMES/TRIPS:

A. Cheerleaders are expected to attend all regular, tournament, and post-season games/ competitions. Pre-planned family engagements are not considered excuses for missing games/competitions.

B. Cheerleaders will be prepared for games/competitions when they arrive and will be in the designated cheer area 15 minutes prior to game time or departure time.

1. Hair will be secured away from the face and will not need further attention.

2. Cheerleaders will have no gum.

3. Cheerleaders will have removed all jewelry.

4. Cheerleaders will have put away all personal belongings.

5. Football and basketball cheerleaders will not be allowed to use their cell phones during a game except at halftime.

C. All cheerleaders will perform at selected pep rallies and school sponsored functions.

D. If a game/competition is rescheduled or added to the schedule, cheerleaders are responsible for adjusting personal schedules to accommodate the scheduling change.

E. No member may leave the cheering section without permission from the coach.

F. Members must ride to and from all off-campus activities with the group unless prior written permission is received from a parent and approved by a coach.

G. All members must have a medical information form and a blanket release form on file with the coach in order to participate in off-campus activities.

VI. PRACTICE

A. The coaches will decide on the practice times and dates.

B. All cheerleaders are required to attend **all practices**.

C. Only the coach has the authority to excuse a cheerleader from practice.

D. Excused absences:

1. Illness with doctor's documentation. (If you miss a practice during the week due to illness, you may not cheer the following game. If you are ill and cannot make practice, you may be considered not healthy enough to cheer that week; however, the coach has the authority to make exceptions.)

2. Academic make-up work with a teacher's note. (All make-up work should be scheduled before school unless the teacher is unable to do so).

E. If you are absent from school or will be absent from practice, you should contact the coach during the school day and inform her of your absence.

F. If you miss a practice without an excused absence, you may not cheer in the next game or compete at the next competition.

G. If you are absent from school you will not be allowed to attend practice, per FCBOE guidelines.

H. Make all routine dental and doctor appointments around scheduled practices and games.

I. For practices, practice uniforms are required. Practice uniforms will consist of a designated t-shirt, shorts, socks and cheerleading tennis shoes. No other clothing will be allowed.

J. No jewelry is to be worn; shoulder length hair will be kept up in a ponytail, and short hair will be neat and out of the face.

K. Any spectators such as siblings, parents, and former cheerleaders must watch from the track area above the gym floor so as not to interfere with practice.

VII. OTHER ATTENDANCE REQUIREMENTS

- A. Summer Clinic/Camp - All cheerleaders are required to attend designated summer clinics/camps.
- B. Social Activities - All members of the squad are encouraged, but not required, to attend designated social activities. Advanced notice is required for anyone not attending.
- C. Practices - ALL members are required to attend ALL practices.
- D. In order to participate in a practice, game, or pep-rally, the student must be counted present at school that day.
- E. Additional Activities - If other activities are chosen by the squad, the coaches will decide if the event is optional or mandatory.
- F. Banquets - Attendance is required at the End of Year Banquet.
- G. Vacations- Please plan all vacations around the following dates.

DATE	TIME	EVENT	SQUADS
March 21-23	4:00-6:00	Cheer Try-Outs	ALL
March 28-30	4:00-6:00	Cheer Try-Outs	Varsity & JV Competition
Thursday, March 31	4:15 – 5:15	Uniform Fittings	Varsity Competition
	5:15 – 6:15		Varsity Football
	6:15 - 7:15		JV Football & Competition
Saturday, May 28	2:00-6:00	Competition Tryouts for upcoming 8 th graders	JV Competition
May 27-June 6 Vacation All Teams			
Tuesday, June 7	4:00-6:00	Skills Assessment	Varsity & JV Competition
Wednesday, June 8	4:00-6:00	Skills Assessment	Varsity & JV Competition
Thursday June 9	4:00-6:00	Skills Assessment	Varsity & JV Competition
Friday, June 10	11-6:00	Skills Camp	Varsity & JV Competition
Saturday, June 11	8:30-4:00		
Monday & Tuesday June 13- 14	8:00am - 4:00pm	Choreography Camp @ MHS	Varsity Competition Cheer

Wednesday & Thursday June 15-16	8:00am - 4:00pm	Choreography Camp @ MHS	Junior Varsity Competition Cheer
Tuesday, June 21	4:00-6:00	Summer Practice	Varsity & JV Competition
Wednesday, June 22	4:00 – 6:00	Summer Practice	Varsity & JV Competition
Thursday, June 23	4:00-6:00	Summer Practice	Varsity & JV Competition
Tuesday, June 28	4:00 – 6:00	Summer Practice	Varsity & JV Competition
Wednesday, June 29	4:00-6:00	Summer Practice	Varsity & JV Competition
Thursday, June 30	4:00 – 6:00	Summer Practice	Varsity & JV Competition
July 1 – July 10 Vacation All Teams			
Tuesday, July 12	4:00 – 6:00	Summer Practice	Varsity & JV Competition
Tuesday, July 12	6:00-7:00	Summer Practice	Varsity & JV Football
Wednesday, July 13	4:00-6:00	Summer Practice	Varsity & JV Competition
Thursday, July 15	4:00 – 6:00	Summer Practice	Varsity & JV Competition
Thursday, July 15	6:00-7:00	Summer Practice	Varsity & JV Football
Monday, July 18	12:00-4:00	Mini Camp	Varsity & JV Football
Tuesday, July 19	12:00-4:00	Mini Camp	Varsity & JV Football
Tuesday, July 19	6:00-7:00	Summer Practice	Varsity & JV Football
Tuesday, July 19	4:00-6:00	Summer Practice	Varsity & JV Competition
Wednesday, July 20	12:00-4:00	Mini Camp	Varsity & JV Football
Wednesday, July 20	4:00-6:00	Summer Practice	Varsity & JV Competition
Thursday, July 21	12:00-4:00	Mini Camp	Varsity & JV Football

Thursday, July 21	6:00-7:00	Summer Practice	Varsity & JV Football
Thursday, July 22	4:00-6:00	Summer Practice	Varsity & JV Competition
Tuesday, July 26	4:00-6:00	Summer Practice	Varsity & JV Competition
Tuesday, July 26	6:00-7:00	Summer Practice	Varsity & JV Football
Wednesday, July 27	4:00 – 6:00	Summer Practice	Varsity & JV Competition
Thursday, July 28	4:00-6:00	Summer Practice	Varsity & JV Competition
Thursday, July 28	6:00-7:00	Summer Practice	Varsity & JV Football
<p>School Practice Schedule for Competition Cheerleaders: August 1 - November 10 <i>*May vary due to facility availability*</i> Tumbling: Mondays Tuesday 4-6, Wednesday 4-6, Thursday 4-6</p> <p>School Practice Schedule for Football Cheerleaders Tuesdays & Thursday 6-7pm Practices as needed</p> <p>Host Competition Set Up Friday October 28,2022 3:45-7:00pm Host Competition Saturday, October 29, 2022 ALL DAY and Regional Host Competition Set Up Friday November 4, 2022 3:45-7:00pm Regional Host Competition Saturday, November 5, 2022 ALL DAY</p>			

IX. TRANSPORTATION

- A. Home games - The cheerleader is responsible for securing transportation for all home games.
- B. Away games/Competitions - All cheerleaders are required to stay after school and ride the bus to and from all away games. Pre-game meals will be provided for away games. Competition cheerleaders are required to ride the bus to and from all competitions.
- C. Cheerleaders must be picked up on time. A fee of \$5 per minute will be charged for every minute after the first 5 minutes.

X. PURCHASE AND CARE OF UNIFORMS

- A. The booster club will make the original purchase of all uniforms. All items purchased by the MHS Football/Competition Cheer Booster Club will remain the property of the booster club (including items purchased by a cheerleader as a replacement item). A \$75 uniform rental fee will be charged and will be paid before a cheerleader receives uniforms. Any alterations to the uniform must be approved by the Coach. The cheerleader is responsible for purchasing all items on the cheerleader expenses list.
- B. Cheerleader jackets, t-shirts, and sweatshirts are the only part of the cheerleader's uniform that may be worn when she is not in complete uniform or not at a cheerleading function. Cheer shoes will not be worn except for at MHS practices, games, and competitions.
- C. All school uniforms must be cleaned before returning them to the coach. If damage is caused to a uniform, the entire replacement cost of the uniform will be charged to the cheerleader.
- D. Uniforms are not available to be loaned to the public for any reason.
- E. The only acceptable things allowed to be worn at games are plain black gloves, clear rain poncho, MHS Cheer sweatshirt under the letter jacket (if extremely cold), letter jacket, and team warm ups. All football cheerleaders are responsible for bringing warm-ups to each game.

XI. APPEARANCE

- A. Makeup--No excessive makeup. A natural wholesome look is desired; any girl wearing too much makeup while wearing the cheerleading uniform will be required to remove it.
- B. Hair styles--All hairstyles must be neat and out of the face. It should be a simple style for cheering and not require any attention (combing, re-fixing, etc.) while performing. All shoulder length hair must be in a ponytail. If necessary, 2 or 3 ponytails and clips will need to be worn so hair stays in place. Only a natural hair color is permitted (i.e. blue, purple, pink, green etc. are not permitted).
- C. Nails- Acrylic nails are not acceptable during the season. Fingernails are to be kept short for safety reasons. Nail polish is not to be worn when in uniform.
- D. Physical fitness -- A cheerleader should look her best physically at all times. Maintaining proper fitness will keep a cheerleader's performance and appearance at their peak.
- E. Body piercing--No body piercings of any kind are acceptable during practice, games, or performances.
- F. Tattooing -- Tattooing on the body is not acceptable.
- G. Uniforms -- Uniforms and shoes will be kept spotlessly clean at all times. Uniforms must be neat and not in need of mending.
- H. Jewelry -- No jewelry will be worn at practices, games, or competitions.

XII. FUNDRAISING ACTIVITIES

- A. All cheerleaders are asked to participate in fundraising activities conducted by the squad specifically included but not limited to Host Competition and Mini Camp.
- B. All fundraisers must be approved by the coach, athletic director, and administrators.

XII. DISCIPLINARY ACTIONS FOR COMPETITION TEAMS

- A. Grades -- the no pass/no play rule will be enforced. (see eligibility requirements in section II)
- B. In-School Suspension -- If a cheerleader is given In-School Suspension, she may be suspended from the squad for a length of time decided by the coach and principal, depending on the seriousness of the situation.
- C. Other reasons for suspension from a rally or competition:
 - 1. Unexcused absence from any cheerleader activity.
 - 2. Excessive tardiness to cheerleader activities.
 - 3. Failure to do assigned cheerleader duties.
 - 4. Failure to abide by the cheerleader rules and regulations.
 - 5. Failure to cooperate with the squad, coach, or administration.
 - 6. Not attending cheerleader activity under a false pretense (i.e. faking an illness). Absences from all cheerleading activities will be checked by the coach.
- D. Unexcused absences -- If a cheerleader misses practice and it is unexcused, the first occurrence will result in additional conditioning and placement on probation. The second unexcused absence will result in removal from the squad. Excuses are left to the discretion of the coach. Any time a practice is missed, it must be cleared ahead of time. You must contact the coach before the absence. Only severe emergencies will be excused.
- E. Minor discipline problems, tardiness and late pick-up from practice or game will result in additional conditioning, with the amount of conditioning increasing with successive discipline problems.
- F. Attendance requirements during suspension:
 - 1. Practice -- required to attend all practice sessions.
 - 2. Pep rallies -- required to attend.
 - 3. Competitions -- attendance is required: cheerleader will be in uniform and sit with the coach.

***In order to be excused, a tardy or absence must be approved by the coach ahead of time (except in extreme situations) and must be followed by parent contact. Acceptable excuses may include illness, injury, or death in the family. Work is not considered an acceptable excuse.**

XIV. DISMISSAL FROM ANY SQUAD

- A. Dismissal from the squad will be reserved for the most severe cases of misconduct. The coach will determine which actions constitute suspension and which constitute dismissal. Reasons for immediate dismissal include all of the following:
1. The use of drugs, tobacco, alcohol, continued use of profanity, stealing, being jailed for any reason, and the participation in any illegal activity on or off school grounds.
 2. Breaking any school rule that warrants a punishment of out-of-school suspension.
 3. Repeated disrespectful behavior to the coach and/or the captains.
 4. Accumulation of five minor disciplinary offenses or tardies.
 5. The no pass/no play rule will be in force.
 6. Unbecoming conduct on or off campus. These actions reflect poorly on the reputation of the school and cheerleading squad.
 7. Repeated insubordination toward the coach or other school personnel.
- B. Try-out eligibility for a cheerleader who has been dismissed the previous year:
1. A cheerleader will be considered eligible to try out for the cheerleading squad the next year after dismissal. If the problem has been corrected and has not been repeated during the year, the reason for dismissal will not have any adverse effect on future try-outs.
 2. If a cheerleader resigns/quits any squad, she/he is not eligible to try-out for any squad at any future date (see D below).
 3. If a cheerleader resigns/quits or is dismissed from the squad, she/he will not be eligible to try-out/participate in any other school activity during the same season.
 4. If a cheerleader resigns/quits or is dismissed from Varsity Football or Competition Cheerleading Squad she/he will be removed from all McIntosh High School Cheerleading teams. Example: If a cheerleader resigns/quits or is dismissed from the Competition Squad, she/he will also be removed from the Football Squad.
- C. As a cheerleader, you are expected to abide by the school policies regarding behavior as outlined in the McIntosh High School student handbook. If a cheerleader does not abide by these rules, the coach will take action deemed necessary.
- D. Each cheerleader is expected to finish out the entire season.**

XV. Home Discipline:

It is imperative that each member be present at every practice and at all events. Hence, parents of each member must agree to find methods of punishment for their daughters other than preventing them from participating in the squad's activities. Any parent who cannot comply with this request should not allow his/her daughter to be a member of the squad

XVI. Personal Conduct

- A. All cheerleaders are expected to possess a cooperative, positive attitude. They must abide by the dress code set forth by the school and aspire to serve as leaders.
- B. All cheerleaders must observe the following:
1. They must abide by the regulations set forth by the administration.
 2. They will be respectful to all authoritative figures within the school.
 3. They will remain loyal to the school and squad.
 4. They will display good sportsmanship.
 5. They will be friendly to all members of the squad.
 6. They will stand for the national anthem.
- C. Cheerleaders may not have their cell phone on them during any practice or game. Cell phones will be accessible with permission from the coach.

XVII. Lettering

- A. Varsity cheerleaders who complete the entire season and post season are eligible to letter.
- B. Cheerleaders who attend all games will earn a letter.
- C. The varsity coach has the authority to withhold a member's letter for any of the following reasons:
1. Failure to meet expectations of a member of the squad as set in this document

2. Conduct unbecoming of a McIntosh cheerleader
3. Failure to attend all season and post-season games
4. Excessive demerits
5. Excessive absences from practice (excused or unexcused)
6. Officers who fail to fulfill their duties.
7. Confrontational or apathetic attitudes toward other cheerleaders or cheer responsibilities
8. Insubordination or poor attitude of any kind directed toward a coach, an officer, or another member of the squad.

XVII. DRESS CODE

Compliance with the MHS student dress code is considered our minimum acceptable attire. Additional conditions may be established at the discretion of the JV and Varsity coaches. No JV or Varsity cheerleader will attend any football game dressed inappropriately. This includes showing midriff, cleavage, etc.

XIX. EMPLOYMENT

Grades and cheerleading should be top priorities for a cheerleader. If a cheerleader is employed after school, her/his schedule cannot interfere with practice, games, or competitions. No cheerleader will be allowed to miss practice or leave practice early for work. This includes summer camp.

XX. COMPETITION

- A. Cheerleaders will ride the bus to and from all competitions.
- B. Attendance at practices and competitions is mandatory.
- C. The time commitment to competition is top priority. Do not get involved in other activities which pull you away from team practices/performances. This includes extra-curricular activities during cheerleading season.
- D. MHS team events have clear priority over any All-Star cheer squad events.
- E. Only 16 girls can compete at each competition. The 16 cheerleaders who compete will be chosen at the coach's discretion based on skills and attitude.
- F. A curfew will be imposed the night before a competition.
- G. Varsity Competition Cheerleaders should not plan weekend trips until after November 11th (this includes college visits).
- H. Please do not plan to take the SAT or ACT on a weekend during which we have a competition since most competitions are on Saturday mornings.
- I. Both JV and Varsity will be expected to attend the Region Competition and the State Competition and ride the bus to and from the event.
- J. Please be flexible and available for practices in the morning, afternoon, evening and on weekends.

XXI. CHEERLEADING BOOSTER CLUB

- A. Booster Club Fees are \$ 200. These fees go towards uniforms, warmups, purchasing and cleaning mats, end of the year gifts for the cheerleaders, end of the year banquet, senior scholarship program, etc.
- B. All families are expected to support their booster club with dues, fundraising activities, and volunteer assistance. **A representative from each family must volunteer at the host competitions.**
- C. Each cheerleader must have her/his account paid for in full by July 1st. The first payment of \$500 (competition) or \$375 (football only) is due on March 31 at the uniform fitting, the second payment of \$500 comp is due by May 1st, the third payment of \$500 comp is due by June 1st and the remaining balance is due by July 1st for all teams
- D. **Money paid to the Booster Club is non-refundable if your child quits or is removed from the team for any reason.**
- E. All cheerleaders are asked to participate in fundraisers including but not limited to the host competition.
- F. Attendance by a parent of a cheerleader at the first booster club meeting of MHS Football / Competition Cheer Booster Club after tryouts is mandatory.

MCINTOSH HIGH SCHOOL FOOTBALL / COMPETITION CHEERLEADERS 2022-2023

PARENT/STUDENT AGREEMENT

AGREEING TO THE TERMS AND CONDITIONS OF THE MCINTOSH HIGH SCHOOL CHEERLEADING CONSTITUTION IS A PREREQUISITE TO TRYING OUT FOR A CHEER TEAM. IF A CHEERLEADER MAKES A TEAM, HE/SHE UNDERSTANDS HE/SHE IS BOUND BY THE TERMS OF THIS CONSTITUTION.

I HAVE READ AND UNDERSTAND FULLY THE CONSTITUTION FOR CHEERLEADERS AT MCINTOSH HIGH SCHOOL. AS A CHEERLEADER, I UNDERSTAND THAT I AM EXPECTED TO ABIDE BY THIS CONSTITUTION AT ALL TIMES.

Student's Name Printed

Student's Signature

Date

Student's Phone Number

Student's Email Address

I HAVE READ AND UNDERSTAND FULLY THE CONSTITUTION FOR CHEERLEADERS AT MCINTOSH HIGH SCHOOL. AS A PARENT OF A CHEERLEADER, I UNDERSTAND THAT MY CHILD IS EXPECTED TO FOLLOW THE RULES AND GUIDELINES IN THIS CONSTITUTION.

Parent's Name Printed

Parent's Signature

Date

Parent's Phone Number

Parent's Email Address

I would like to be considered for the following Cheerleading Squads:

Please select all that apply.

Football

Competition

Basketball

I am interested in cheering on any squad!!! Go Chiefs!!!