

PHS Cheer Constitution

Persevere, Challenge, Motivate

I. PURPOSE:

- It shall be the purpose of the PHS Cheer Squad to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, and to support good relations in the community and between teams and squads during events.
- Each cheerleader will learn to work together as a team for personal and squad betterment.

II. Eligibility:

- A PHS Cheerleader candidate must be neatly presented, medically fit and capable of performing the functions of a cheerleader.
- A PHS Cheerleader candidate must be at least 12 yrs old, and a maximum of 17, by September 1 of the year for which the season is starting.
- A PHS Cheerleader candidate will be chosen without prejudice of race, color, or creed.
- A PHS Cheerleader must be home-schooled.
- Each cheerleader must know the cheers, chants, and movements by heart without any probing before she will be allowed to cheer at any games.

III. Attendance Requirements:

- PHS Cheerleaders will attend all scheduled practices and games unless otherwise approved by cheer director or coaches.
- Any cheerleader missing more than one scheduled game will be placed on probation (sitting out at the next game of attendance).
- Any cheerleader missing more than two practices will be on probation.
- All cheerleaders must be on the field ready to practice no later than 30 minutes before the beginning of the game. Any cheerleader that is not there or ready will be considered absent.
- All cheerleaders are required to attend summer camp.
- There may be a maximum of three additionally required games during the season, aside from your assigned night. The purpose of these types of requirement would be to perform, as a whole unit, at a game or competition. These requirements will be informed to the team well in advance.

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IV. Uniforms:

- Uniforms will only be worn when cheering for a game. No part of the uniform will be worn otherwise.
- Uniforms include (but are not limited to): Top, shell, skirt, warm-ups, socks, shoes, bloomers, hair bows, headbands, etc.
- Practice uniforms must be worn at every practice and camps.
- Cheerleaders in uniform at any game or activity will conduct themselves in a manner becoming of a PHS Cheerleader. Anything less will lead to suspension or dismissal.
- All Uniforms will be clean and in good condition.

V. Appearance:

- For safety purposes no jewelry or watches will be worn during practice or games.
- All hairstyles must be neat and secured up in a high ponytail.
- Make-up and nail color should be natural (not excessive).
- No markings will be allowed to show on the body (i.e. temporary tattoos, writings, ect.)

VI. Conduct:

- PHS Cheerleaders are required to uphold the reputations of the PHS Squad through their own conduct, attitude, speech, and behavior.
- Members are required to be courteous, professional, and friendly to others. They are to represent a Christ-like example.
- All cheer and chants will be of a positive, sportsman-like nature.
- Squad members will not participate in gossip of their own team members or others. Any attempt to demolish team spirit will result in suspension and or removal from the squad.
- Disrespectful speech to any coach, captain, or the director will result in immediate and permanent dismissal.
- Bringing negative attention to oneself at a game or practice will result in suspension or permanent dismissal.

VII. Captains:

- Captain positions will be chosen at the discretion of the cheer director and/or coaches.
- Every captain must attend *extra* practices with no more than one missed.
- Each captain is to be a positive role-model at, but not limited to, practices, games, and clinics.

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- Each captain will be chosen based on their character qualities, commitment levels, teaching abilities, and skill levels.
- Create cheers, chants, and routines.
- Captains are to miss no more than one regular practice.
- Captains assist the coaches in various administrative duties, such as role, line-up, etc...
- Captains are NEVER to be negatively discussing other squad members, coaches, or the director. They are to show full respect to other teams at all times.
- Each captain will teach cheers, chants, and routines to a small group at practices.

VIII. Financial Responsibilities:

- Team fees are non-refundable.
- All fees will have required due dates. Failure to meet these dates will result in suspension of cheer privileges. These privileges will be reinstated when full payment is made.
- Cheer attire is the financial responsibility of each family. Fundraisers may be organized by the director or coaches to assist in attaining uniforms and other attire.
- Annual camp and clinics are the financial responsibility of each family.

IX. Duty of Coaches

- Responsible to keep safety and appropriate cheers in all functions
- Responsible for organizing practices and cheer line-ups
- Suspension of cheer privileges at games and practices.
- At least one coach (or substitute) must be present at all games.
- Communicate with the cheer director in reference to any disciplinary action.
- Administering first aid if necessary.

X. Duty of Director:

- Coordinating coaches and funding for the squad.
- Coordinating schedules.
- Maintaining up to date emergency contacts
- Ordering new uniforms
- Permanent dismissal of any cheerleader from the squad.