



**Cheney High School
VARSITY CHEER CONSTITUTION
2018-2019**

Prepared by Audri Bondo

CHS Cheerleading Contract, 2018-2019
Audri Bondo 509-885-8262 audrimbond@gmail.com

CHENEY HIGH SCHOOL CHEERLEADING

COACHING PHILOSOPHY

My mission is to encourage and develop confidence, leadership and athletic ability with each individual participant, thus enhancing the team. As a coach, I believe it is my job to assist the team to accomplish the goals that they set as it allows for more buy-in from the team. I am a tough coach with high expectations, but also caring, positive and fun. I believe in both the athleticism of the sport, but also the attitude. Attendance, effort and attitude are vital drivers for the success of the team. I believe in a healthy balance of challenge and success, with safety as the first priority.

CHS CHEERLEADING EXIST

- To encourage school spirit and pride in Cheney High School
- To support all athletes, coaches, students, activities and participants as appropriate
- To promote physical and mental development
- To develop lifelong values and skills in leadership and athletics

CHS CHEER PROGRAM VISION IS

- To provide opportunities for participation in a wide variety of activities during every sport and competition season including cons/assemblies/rallies, performances and other student oriented activities
- To be an integral, well-coordinated part of the CHS athletics program
- To assist participants in the development of athletic and leadership skills
- To develop effective time management strategies, attending all practices and events as scheduled
- To develop socially through cooperation, competition and appropriate standards of behavior in a team setting

CHS CHEER PROGRAM MISSION IS TO:

- Promote and uphold school spirit, unity, morale and pride
- Represent the school to the highest degree. At events, in school and in the community
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Enhance the athletic programs, ASB events, clubs and special activities by providing support and encouragement to all participants
- Provide positive, high energy and motivational entertainment to the athletics program and all spectators it brings
- Promote the development of lifelong values and skills

CHS CHEERLEADERS ROLE:

The role of a Cheney High School Cheerleader is two-fold and includes:
Promoting school unity through leadership and providing support and entertainment to the athletics by being exceptional athletes.

CHS Cheerleading Contract, 2018-2019

Audri Bondo 509-885-8262 audrimbondo@gmail.com

- Leadership: By assuming the role of an CHS cheerleader, participants are agreeing to represent CHS in many different settings: the school setting, the sports arena, the community, and competition. In such environments it is required that cheerLEADERS act in a manner appropriate and exemplary of such. This includes setting an example of how to treat others, encouraging others to do and be their best, following through on commitments, and acting in a way that encourages positive behaviors of others around them.
- Support and Entertainment: Cheerleaders will plan and execute a set series of activities designed to include spectators in the support of our various teams. These activities will include dance routines, short chants, cheers, stunts and more. They will be expected to function as a team in presenting a variety of routines to entertain and help motivate spectators and athletes at appropriate times during the year through cons, halftimes, current game times, competitions and more. This requires athleticism, skill and technique.

EDUCATIONAL VALUE TO CHENEY 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 spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

GOALS

- Cheer at all sporting events as applicable, attend various sporting events as spectators/supporters
- Participate in & support Homecoming Week and other ASB activities
- Support and perform at pep and recognition cons/assemblies
- Provide wholesome entertainment for all involved while increasing athletic abilities
- Compete at various competitions as able, continually improve performance
- Perform community service under the umbrella of CHS cheerleaders
- Increase crowd enthusiasm and support for athletes
- Work to include all individuals in events as programs, as they allow

CHS CHEER PROGRAM 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 league rules.
- Abide by all Washington State and Federal laws.

CHS Cheerleading Contract, 2018-2019

Audri Bondo 509-885-8262 audrimbondo@gmail.com

- Show courtesy to all visiting teams, competitors, hosts and officials.
- Respect the integrity and judgment of all sports and competition officials.

CHS CHEER PROGRAM STANDARDS AND REGULATIONS:

Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Constitution and the CHS Athletics Code of Conduct and all district policies is vital to achieving these goals. ***All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.***

It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual spirit leader. Participation in spirit leading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the coach or other school personnel when a spirit leader violates the rules and regulations.

BASIC EXPECTATIONS:

- Commitment to the betterment of the team and school through the betterment of ones self. 100% commitment includes being on time to all practices and performances, ready to go with a positive attitude.
- Attend all practices, performances, fund-raisers, and school and community events as scheduled.
- All squad members are to participate in ALL areas: making cheers & posters, creating dance routines, participating in fundraisers & pep cons, etc. Everyone should be given the opportunity to create. Everyone must share the workload.
- Wear the required uniform or appropriate attire for all events that will best emulate the positive attributes of the team and school.
- Promote understanding, support and encouragement to team members and Cheney High School in its entirety.
- Set an example of good behavior at all times (whether in uniform or not) in class, school, home, and at all functions, whether performing or not.
- Remain unified as a team during events, performances, exhibitions, competitions, etc., home and away, in order to promote spirit, and positively represent Cheney High School.

ELIGIBILITY

- For each grading period, (monthly), members must be passing in all classes, with no less than a 2.8 GPA
- Must be enrolled at CHS as a 9-12 grader
- Members must maintain good citizenship marks, attendance, class performance and teacher recommendations during the time on the squad and for try-outs
- All members must have a physical and signed contract on file with the athletic department before practices begin
- All members must sign and abide by the athletic code of CHS and District 360

CHS Cheerleading Contract, 2018-2019

Audri Bondo 509-885-8262 audrimbondo@gmail.com

- Cheerleading must take priority over all other extra-curricular activities (***including jobs and all-star programs***) for the entire time of commitment
- All practices, camp and games are mandatory
- All members are expected to take part in fundraisers

CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection is not appropriate, especially in uniform, at games or in school settings
- Proper appearance is required at all times, with clothing appropriate to the occasion
- By being part of the spirit squad, 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 Cheney High School
- Members must cooperate with all faculty members, squad members, game officials and coaches in a respectful manor
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating
- Each cheerleader must maintain a high level of professionalism and appropriateness on all social media outlets
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration if deemed necessary, has the final decision in any discipline 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
- Any violation of these rules or conduct deemed improper and unsuitable for a cheerleader will result in one or more of the following consequences, administered at the discretion of the cheerleading coach and/or athletic director and/or school administrator: verbal warning, parent conference, written reprimand, temporary exclusion for specific number of days, or exclusion from cheerleading squad entirely.

DISCIPLINE POLICY

The following violations will be grounds for immediate consequences:

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member
- Any break of the athletic code, in any way which would suspend a member from practice or performances.

Members should be present at all scheduled practices. Other activities must be scheduled around these practices. Missing practices that have valid excuses can still lead to being removed from a routine position or stunt, due to not physically being available to practice and perfect.

If uniform is not worn on team designated days to school, cheerleader will be benched from performing during the next game. During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game.

ABSENCES

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent. Life happens, but please plan ahead
- Missing a scheduled practice within 10 days of a performance will result in the individual not performing, however the individual is expected to attend the game/performance in a supporting role if available
- Absences due to work schedules or homework are unexcused. Jobs and homework must work around the cheer squad schedule. If a participant is unable to handle a job, school and cheerleading steps must be taken to enhance time management skills
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered for a non-performance
- Unexcused absences are unacceptable and accruing two will lead to disciplinary procedures
- There are acceptable reasons to be absent: funerals, pre-planned family vacations, faith-based holidays, severe illness, etc. These will not count against you. Please let the coach know ASAP if there are scheduling conflicts
- All games and performances are mandatory
- Coach reserves the right to approve and deny requests for absences based on each individual request
- Two or more missed practices/events in a row due to illness will require a medical note

ABSENCES DISCIPLINARY POLICY:

- Two tardy practices/events, more than 10 minutes late, without prior approval from the coach, will equal one missed practice and accrue from there.
- One missed practice/event, without coach's prior approval and knowledge, will result in additional time scheduled before or after the next practice to complete conditioning and have a 1:1 meeting with coach, as well as partner with a teammate to learn any missed material or choreography.
- Two missed practices/events, without coach's prior approval and knowledge, will result in potential non-performance, potential inability to participate in practices or events, potential additional practice requirements, and a parent meeting including the AD.
- Two missed practices/events, without coach's prior approval and knowledge, will result in potential non-performance, potential inability to participate in practices or events, potential additional practice requirements, and a parent meeting including the AD, or potential dismissal from the team.

*Coach reserves the right to request meetings with participants and parents at any time if attendance, contribution, attitude or other issues present as a concern. Additional disciplinary actions may be take, with coach's discretion on an individual basis.

COMPETITION

- In order to properly represent CHS and ourselves, we need to be properly prepared. This includes each member having the ability to:
 - Know all cheers, chants, sidelines, choreography
 - Tumble
 - Flexibility
 - Jumps
 - Stunting, safely and consistently

There will be opportunity to learn the basic skills at practice, however each member will need to practice at home on a regular basis in order to build the strength and technique needed for this. There are classes available outside of the school. For a list of recommendations, contact the coach. ***Please note, this does not mean that we are competing.

PERFORMANCES AND CHEER LINES

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance, based on the coach's feedback. However, sitting out is unacceptable and will result in a non-excused absence...so know what the material is! Placement will be determined prior to performances. *The coach retains the right to remove a participant prior to any performance for any reason.

TRANSPORTATION

Cheerleaders are not allowed to drive to away games or competitions. They must ride in either school transportation or other authorized transportation. This includes rooter bus, school van, or even parental transportation. Transportation will be worked out at least one week prior to travel.

CHEER PROGRAM FINANCES

All members of the squad are required to participate in raising funds to pay for items such as camp fees, competition entry fees, rooter poms, and promotional items. All items to be kept by the squad members must be paid for; ASB funds cannot be used to pay for items to be kept by the team. Each squad member must help with the fundraising in order to be eligible to receive funding for camp fees. Fundraisers include, but are not limited to, a mini cheer camp, dance, car washes, cookie dough sales and more. Fundraising is a crucial part of cheerleading and allows us to help fund camp and other activities in order to improve and maintain a high level of excellence. As such, funds raised by the team may be used to assist the team the following year. Cheerleaders are asked to recognize that they were assisted by teams in the past. Accurate books will be kept in detail by the coach. Books will be available to anyone involved in the cheer squad at discretion.

- Uniforms are required for participation on the spirit squad and are expensive, because these items are kept by the school. If the uniform is not returned in excellent condition the member will be required to purchase the uniform in its entirety

- Uniforms are to be kept in good condition and clean at all times. The individual, at their own expense, will replace uniforms ruined, lost or stolen
- Camp attendance is mandatory in order to participate on the cheer squad. Camp fees are the responsibility of the member
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered
- Deposits made for cheer clothes, shoes, and/or camps are non-refundable
- Additional expenses such as hair ties, camp clothes, and team sweats are the responsibility of the squad member, and will be kept minimal
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses
- All fees must be paid in full by the dates marked at the beginning of the season
- Any expenses not listed on the budget form will be voted on by the squad if it amounts to over \$50
- Other uniform expenses: Homecoming gear and Spirit Game(s) gear

ACKNOWLEDGEMENT

I have read and understand the Cheney High School Cheer Squad Contract. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the coach. I have read the above constitution and rules, and I agree to abide with its enforcement. I fully understand the responsibilities, requirements, and rules stated above. I agree to abide by all the rules, responsibilities, and conditions herein and understand the penalties if I do not.

Cheerleader's signature

Date

As a parent, I am aware of the above restrictions and responsibilities entailed in being a member of the Cheney High School Cheer/Stunt Squad. I agree to assist my child in this endeavor and to offer my support to the squad when needed. I also agree that my child will be fully bound by this contract and abide by the rules therein. I further understand that my child has taken on a role in which he/she bears great responsibility to the school and his/her team. I pledge to help my child fully meet all of these responsibilities.

Parent's/Guardian's Signature

date