

CHEERLEADING CONSTITUTION

Seabreeze High School
2700 N Oleander Ave.
Daytona Beach, FL 32118

Article I: Name and Purpose

1. There will be one Varsity and one Junior Varsity Football Cheerleading Squad, and there may be one Varsity Basketball Cheerleading Squad.
2. These squads **shall promote and uphold school spirit**, develop a sense of sportsmanship among the Students, and build relationships between schools during athletic events. Cheerleaders will learn leadership qualities necessary for working as members of a team. There will be no competitive cheer squad.

Article II: Values

1. Leadership abilities, courtesy, tolerance, self-control, responsibility, patience, and respect.
2. Sports appreciation, physical fitness and coordination, and good sportsmanship
3. Communication skills, public relations, citizenship, and personal expression.
4. Character and moral development.

Article III: Membership

1. Cheerleading tryouts for football/basketball season will be held in the spring of the previous year. The number of cheerleaders selected will be no more than sixteen per squad. The cheerleading coaches will determine the exact date for tryouts. All girls in grades 9-12 are eligible to tryout for a position on the grade appropriate squad. 9th and 10th graders are eligible for Junior Varsity and 10th, 11th and 12th graders are eligible for the Varsity squad. Squad assignments will be based solely on tryout scores.
2. Cheerleaders often possess many talents in addition to their cheering abilities. For this reason, they are encouraged to participate in additional school activities. Mutual arrangements among coaches and sponsors will be worked out so that a cheerleader is able to participate in more than one activity. **Cheerleaders must understand that they are a part of a team and that every member is an integral part of the squad. Absences from practices and games are problematic for the balance of the squad and are strongly discouraged.**
3. Prospective cheerleaders must be present for try-outs. No video tapes or other media will be accepted in lieu of the attendance of the prospective cheerleader.
4. The captain and co-captain(s) will be chosen by squad vote and coaches approval. In the event of a tie, the coach(es) will make a final and binding decision.
5. The duties of captain include but are not limited to:
 - A. Serve as a role model
 - B. Hold inspection before each game
 - C. Take charge of leading cheers at games or delegate the responsibility to another
 - D. Report any conduct complaints, uncooperative members or problems concerning the squad to the coach
 - E. Act as hostess for home games in welcoming visiting cheerleaders
 - F. Assist the coach as needed running practices.
 - G. Take a leading role in the development of routines to be performed at pep rallies, half-time and during games.
 - H. Be responsible for team announcements, notifications
6. The co-captain will assume these duties in the absence of the captain or as assigned by the coach. The co-captain should take charge of the warm-up routine before each function and assist the coach as needed.
7. Captains/ Co-captains who do not fulfill their duties to the satisfaction of the coach will be removed from office. They will be replaced at the discretion of the coach.
8. Tryouts
 - A. Eligibility
 - 1) Seabreeze High School Cheerleading Program rules on grades, attendance and conduct will be followed.
 - 2) A document of requirements will be presented to each prospective cheerleader and his/her parents. All candidates shall have written permission from parents and proof of insurance.

- 3) Cheerleaders from the previous year may not try out again if they have not paid the balance for the cheer year in full. Further, the outstanding balance and/or uniform cost will become a senior obligation and the student will not receive her diploma until the obligation has been cleared.
- 4) Prospective cheerleaders are obligated to attend the clinics held during tryout week.

B. Judging Procedure

- 1) The coach shall prepare judging forms.
- 2) Basis for cheerleader selection:
 - a) Spirit, smile and enthusiasm
 - b) Ability to execute jumps, stunts, and (optional) tumbling
 - c) Coordination, timing and execution of techniques
 - d) Appearance, poise, audience appeal, and vocal ability/strength
 - e) Dependability, attitude, conduct and responsibility
 - f) Motivation, punctuality, preparedness
 - g) Cumulative GPA, discipline, and attendance records may affect tryout score.

C. Tryout results will be delivered posted at the school, upon final score tally, with in 24 hours following the tryout.

D. Both Volusia County Schools and Seabreeze High School strictly forbid initiations of new members. Any squad member participating in such an activity for any reason will be disciplined accordingly, up to suspension and/or dismissal from the squad. No excuses will be accepted.

E. Anyone chosen to be a cheerleader who later chooses to resign must conference with the coach(es) prior to trying out for cheerleading again.

9. Fees: A set cheerleading Start Fee of \$300 will be paid immediately upon making the squad, unless directly otherwise by the coach. Fees will be collected at the first Parent Cheer Meeting of the season. All cheerleaders must participate in fundraising, regardless of amount needed in account. Fundraising is a team effort, for the benefit of the entire team.

Article IV: Attendance

1. Attendance at all scheduled practices, games, pep rallies, fund raisers, and all other cheer events is required. Excusable absences are illness or family emergencies.
2. At times, additional practices may need to be added. 48 hours notice of a change will be considered ample time for cheerleaders to adjust their schedules accordingly.
3. A cheerleader must be in school and on time on game and pep rally days. If a cheerleader is tardy or must be absent for part of the instructional day, the coach will determine if her participation requires the approval of an administrator.
4. Employment is not an excuse for an absence from cheerleading, Schedules are provided well in advance and cheerleaders are expected to provide their employers with those schedules, so that conflicts do not occur. Outside work is not an acceptable excuse.
5. Lack of transportation is not a valid excuse for being absent. It is the responsibility of the cheerleader to make transportation arrangements to be at all functions on time and to be picked up on time as well.
6. Use of cell phones is permitted only in the case of an emergency. They are never to be used during practice or game times.
7. Specific rules mandated by Volusia County Schools attendance standards will be acknowledged.
8. Any member missing school or practice, who is under a doctor's care, must present a doctor's release to continue participation.
9. Cheerleaders failing to participate in a minimum of 90% of the squad's activities including, but not limited to games, practices, fund-raisers, and community projects, will not earn a letter for that year.

Article V: Practices

1. Athletic shoes, socks, shorts, sports bras and tops will be proper attire for practices. Tops must be worn over sports bras. No jewelry of any kind is permitted.
2. Practice schedules will be determined weekly.
3. Cheerleaders need to plan their schedules so that only illness or an extreme emergency affects practice time.

Article VI: Games

1. All cheerleaders must be present and ready to cheer **at least** one half hour before each game and return to the field or court one minute before the beginning of the third quarter.
2. Cheerleaders must travel to and from away games with an adult approved by the coach and her parents. In the event of extenuating circumstances, a Varsity cheerleader who has his/her own vehicle, parental permission, and a signed waiver may drive to an event. If this occurs, the parent will notify the coach, in advance, of the necessary alternate arrangements.

Article VII: Uniforms and Appearance

1. Each cheerleader will be responsible for the care of his/her own uniforms. They must be clean condition at all times.
2. Uniforms will only be worn in conjunction with a school activity and may not be loaned out to anyone for any reason with out prior permission from the coach. Uniforms must not be worn to events where a cheerleader is not representing Seabreeze High School, and has not been previously approved by the coach.
3. It is the responsibility of the cheerleader should there be a need for any alterations to be made.
4. Uniforms and supplies provided by the school must be returned hung, pleated and repaired, if necessary, at the end of the season. Any items not properly returned will be added to the cheerleader's financial obligation.
5. Cheerleaders are responsible for the purchase of shoes, socks, bloomers (briefs), turtlenecks, campwear/ practice attire, warm-ups, poms, and cheerleading bags.
6. No jewelry of any kind may be worn while in uniform. This includes all piercing regardless of the age of the piercing. This is a safety issue!
7. Make up must be minimal and complimentary.
8. During events and practice, hair must be worn in a ponytail and bangs must not hang beyond the eyebrows. Hair must also be of a naturally occurring color.
9. All cheerleaders must have short fingernails. They should be no longer than the tip of the finger. No nail polish is permitted.
10. No visible tattoos or body piercings are permitted.

Article VIII: Transportation

1. A cheerleader is responsible for keeping his/her parents aware of cheerleading schedule. A cheerleader's parents are to be responsible for seeing that their child gets to and from all scheduled practices, games, and any other scheduled events where attendance is required. It is the responsibility of the cheerleader to inform his/her parents of the pick-up time. If a cheerleader cannot be picked up on time, her parent should notify the coach in order to make other pick-up arrangements. Under no circumstances should a cheerleader ever leave practice or an event without the knowledge of her coach and parents. Cheerleaders with a valid driver's license and properly registered and insured vehicles may transport themselves with parental permission.
2. The cheerleader is responsible for arriving and departing on time to and from all scheduled events.
3. No cheerleaders will be allowed to return from any road trip or event with anyone other than the cheerleading coach or parent unless he or she has written parental permission on the appropriate county forms and approval has been granted in advance by the coach. Exceptions can be dealt with at the event by an administrator.

Article IX: Conduct and Responsibilities

1. The Varsity and JV squads will cheer during their respective seasons at all home and most away games. In addition, the Varsity Squad will travel to most out-of-county football games. Varsity Cheerleaders will represent the school at all play-off games. Basketball cheerleaders will cheer for some Varsity home games.
2. Cheerleaders may not eat or chew gum while on the field or on the court.
3. Cheerleaders will not be in the stands while the game is in progress or leave the squad during a game without the permission of the coach.
4. Whether in uniform or not, cheerleaders will conduct themselves properly at all times, for they are official student representatives of the school.
5. A cheerleader will cooperate with and show respect for all of the coaches, the game officials, faculty, administration, and other all squad members (including members of squads from other schools.) Disciplinary action may be taken at the discretion of the coach.
6. Cheerleaders will display good sportsmanship at all times.

