Alabaster City Schools Cheerleading Constitution

Alabaster City Schools’ cheerleaders represent ACS to the highest degree through competing, supporting athletic programs, and participating in community events. The following constitution is to ensure all aspects of the cheerleading program run smoothly affording each cheerleader a safe, positive, and successful experience. By signing these documents, you are acknowledging that you understand and agree to the policies and procedures outlined for participation in the ACS cheerleading program.

Purpose & Mission
Alabaster City Schools’ cheerleaders are expected to maintain high standards, both in academic and extracurricular activities. To achieve this, cheerleaders are expected to:

1. Promote and foster sportsmanship and fellowship among the team, student body, and community.
2. Develop and maintain positive relationships with other schools.
3. Possess leadership qualities and set a positive example by behaving in a mature and responsible manner.

Eligibility Criteria
1. Each candidate must be enrolled in Thompson High School or Thompson Middle School.
2. For the semester preceding tryouts, each candidate must receive a grade of 60 or higher in each enrolled course, as well as have a composite numerical average of 70.
3. Each candidate must submit all of the required paperwork before tryout and attend mandatory tryout meeting with a parent.
4. Each candidate’s past cheerleading debts must be paid in full by the time of tryouts or by the team commitment date for returning cheerleaders.
5. Candidates trying out for a high school squad are prohibited from receiving assistance from graduating senior cheerleaders outside of clinic. Failure to comply with this rule will result in ineligibility for the candidate.
6. A cheerleader who was removed from or quit a cheerleading squad during the previous year is ineligible to tryout for the following school year except in cases of injury documented by a doctor.

Program Composition
All teams will be held to the standards of Thompson Cheer.

1. All cheerleaders will participate on a competition squad.
2. The varsity cheer squad may consist of 9th, 10th, 11th and 12th grade students.
3. The junior varsity cheer squad may consist of 9th and 10th grade students.
4. The middle school cheer squad will be composed of 7th and 8th grade students.
5. Squad compositions may change as deemed appropriate by coaches. Coaches will determine which categories competition squads will compete in.
Program Selection Procedures
1. Each year, local schools will decide the size of individual squads.
2. A clinic will be held prior to tryouts.
3. The tryout judging panel will be made up of qualified individuals from outside the school community.
4. An individual outside of the school will tabulate scores.
5. Clinic and tryouts will be closed to the general public and parents.
6. Instruction outside of clinic cannot occur on ACS property or be conducted by an ACS employee; however, an ACS employee may help his or her own child individually. Candidates confirmed participating in this type of instruction will be deemed ineligible to tryout.
7. Injuries and special circumstances must be addressed with the coach prior to the day of tryouts.
8. Each school will establish a plan to announce new cheerleaders as soon as scores are tabulated.
9. Overall tryout scores will be calculated as follows:
   a. Judge 1 (25%)
   b. Judge 2 (25%)
   c. Judge 3 (25%)
   d. Teacher evaluations (25%)
      *Cheerleading coaches will not participate in teacher evaluations. Candidate scores will be averaged with remaining evaluations from all other teachers.
10. Tryout results are final; there is no appeal process.
11. Candidates who do not make a squad may see their score sheet at a date and time provided by ACS. Scores and score sheets will not be provided at any other time. Copies of scores will not be provided. Only judges’ scores will be available for review.
12. All candidates who participate on a 2022-2023 squad will be required to participate in formal tryouts in 2023 and any following years.

Competition
1. All cheerleaders will participate on a competition squad. Whether a cheerleader is on the competition mat or not, he or she is still a valuable part of the team’s success and is expected to attend all team events as assigned by the coach.
2. Throughout the season, skills will be observed and mat participants will change as needed. Changes may be made based on stunting, tumbling, injuries, attitude, attendance, and/or any other reason determined by the coach.
3. The remaining cheerleaders may serve as alternates. Alternates are expected to be ready to take the mat at any point. They must be in competition attire, makeup, and hair at all competitions or performances.
4. Prior to each competition, the coaches will decide the division in which the squad will compete, the squad composition, and traveling participants (mat participants and/or alternates).
5. Coaches will develop a travel roster if the team is selected to attend Nationals.

Conduct
An Alabaster City Schools’ cheerleader is a representative of the school and community. Each cheerleader’s behavior not only reflects on him or her, but it can also reflect on the image of the program and school. Consequently, each cheerleader must display proper behavior in accordance with Alabaster City Schools’ code of conduct as well as the AHSAA rules and regulations. Poor conduct or behavior could result in warnings, consequences, as well as suspension or dismissal from the team. Misconduct on any social
media platform is also subject to disciplinary action. Social media misconduct includes negative posts
toward Thompson Cheerleading, Coaches and team members. It also includes any post in which a team
member acts in an unacceptable manner while wearing any Thompson Cheerleading uniform or clothing
item.

**Discipline**

1. Failure to comply with any cheer program expectation may result in disciplinary action. Discipline will be
decided on and enforced by the coach at the coach’s discretion.
   a. Consequences may consist of, but are not limited to: physical conditioning/workouts, suspension
      from an event(s), lowering of cheerleading class grade (applicable for THS only), and/or
      dismissal from the program.
2. Each nine-week grade for the cheerleading class period will be based on participation and fulfillment of
   responsibilities (applicable for THS only).
3. Severity of the offense or repeated offenses may dictate harsher action.
4. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner
decided upon by the coach with assistance from administration if necessary.

**Grades**

Cheerleaders must abide by the AHSAA academic guidelines. Each cheerleader is expected to maintain a
60 or higher in each class and an overall average of 70. Failure to maintain these grades may result in
disciplinary action.

**Attendance**

Cheerleading is a team sport; therefore, attendance is vital.

1. Any cheerleader who is absent from a portion or all of a practice/event is required to make contact with
   the coach prior to the absence. Failure to contact is considered an unexcused absence. Making contact
does not dismiss consequences for missing a practice/event. Any absence may result in disciplinary
action.
2. Cheerleaders must be on time and ready for every scheduled practice/event.
3. If a cheerleader is absent from practice, the coach reserves the right to take him or her out of a
   performance.
4. All cheerleaders must be enrolled in the cheerleading class throughout the school year in order to
   participate as a member of the cheerleading program (applicable to THS only).
5. Cheerleaders are student-athletes; therefore, attendance to school is vital for success. Absence(s) from
   school may result in cheer-related disciplinary action.
6. All practices the week before competitions are mandatory. No exceptions.

**Scheduling**

1. Cheerleaders will be responsible for informing parents of scheduled practices, athletic events, academic
   functions, fundraisers, and/or any other events. Dates and times are subject to change.
2. In the case of multi-sport athletes, coaches will collaborate to determine scheduling.

**Practices**

1. During the school year, practices may be held any day including weekends and/or holidays.
2. During the summer, cheerleaders will participate in practices, workouts, camps, fundraisers, and
   events.
3. Our goal is to have efficient, safe practices; consequently, excessive talking or disruptive behavior during practice will not be tolerated.

4. Should a cheerleader become injured at any time throughout the season, a doctor’s note must be provided, which specifies restrictions. The cheerleader will be excused from those restrictions only. The doctor must also indicate the date of release from injury and/or follow-up visit date on the note.

5. When the competition season ends, there will be a period of no tumbling or stunting for at least four continuous weeks. Athletes may still cheer or participate in conditioning.

Games, Events, and Performances
1. Cheerleaders are expected to follow the coach’s/captain’s directions, pay attention to the game, and lead the crowd accordingly.
2. If knowledge or execution of a routine or skill is lacking, the coach reserves the right to remove any member from the performance or the event.
3. Cheerleaders will act professionally before, during, and after games, events, and performances while in uniform.
4. Should a cheerleader become injured at any time throughout the season, a doctor’s note must be provided, which specifies restrictions. The cheerleader will be excused from those restrictions only. The doctor must also indicate the date of release from injury and/or follow-up visit date on the note. For injuries extending beyond 30 days, parents must authorize release of information with the ACS athletic trainers.
5. Cheerleaders are expected to be performance ready when they arrive at an event. This includes performance make-up, hair up, in assigned uniform only, white socks, and no jewelry. During performances, cheerleaders are expected to represent their school in a positive way, including smiling, being loud, and being supportive.

Attire
1. For all practices, cheerleaders must wear the assigned practice outfit which includes cheer shoes, no jewelry, and hair in a ponytail.
2. For all games, events, and performances, cheerleaders must wear the assigned uniform which may include midriffs, warm-ups, jackets, clean cheer shoes, all white socks, no jewelry, hair in a ponytail, no visible undergarments or tattoos, and any other item assigned by the coach.

Equipment & Uniforms
1. Cheerleaders will be responsible for securing, storing, and maintaining all equipment before, during and after all practices, games, events, and performances.
2. Cheerleading uniforms, jackets, warm-ups, etc., are the only garments to be worn at games, events, and performances.
3. The cheerleader is responsible for the upkeep of the uniforms rented to them. The cheerleader is required to replace any damaged or lost item(s).

Finances
1. The costs of all individual expenses are the responsibility of the individual cheerleader.
2. Each cheerleader must have paid for his/her expenses in full by the date(s) given; otherwise, he/she may be ineligible to participate. If the team qualifies and plans to travel to nationals, a cheerleader must be up to date on payments before being added to the master roster for travel.
3. All members of the cheerleading program will participate in various fundraisers to aid program expenses.
4. All fundraisers will benefit the team and team costs. There will be no individualized fundraisers.
5. There are no refunds if a cheerleader leaves the program for any reason. If a cheerleader quits or is removed from the squad for any reason, any deposits or purchases made on cheerleaders behalf will be due to the program ASAP.

**Transportation**
1. Alabaster City Schools’ buses may be used for transportation as well as other modes determined by the coach.
2. Cheerleaders are expected to travel as a team to and from events when transportation is arranged by the program.

**Grievance Procedures**
Parents must follow a chain of command to discuss any concerns regarding cheerleading. Meetings/concerns should be presented to the coach first then to school administration.
   - **Step 1:** A conference must be scheduled in advance with the coach. Events (e.g. practice, games, pep rallies) or group texts or social media are not the place to discuss concerns.
   - **Step 2:** If the problem is not resolved, a conference may be requested with the school principal, AD, and coach. The request will be denied if a conference with the coach has not occurred.
   - **Step 3:** If the problem is not resolved, a conference may be requested with the cheerleader coordinator at the central office. The request will be denied if a conference with the school principal, AS, and coach has not occurred. The central office cheerleader coordinator’s decisions are final.

**Amendments**
1. All squads will follow guidelines set up by the Alabama High School Athletic Association (AHSAA). This constitution follows current guidelines but may be revised as AHSAA guidelines are changed.
2. The coaches/administration reserve the right to review and revise policies during the year as deemed necessary by the coach and/or administration.
3. Suggestions for additions and revisions to this document may be submitted in writing by squad members, cheer coaches, school administration, or parents/guardians.
4. Written suggestions may be submitted to:
   - Dorann Tanner
   - Alabaster City Schools
   - 10111 Hwy 119
   - Alabaster, AL 35007
Alabaster City Schools Cheerleading Contract

Participation in the Alabaster City Schools’ cheerleading program is both a privilege and a responsibility. It is a privilege because cheerleaders get to develop cheer and leadership skills alongside their teammates in an organized setting. It is a responsibility because cheerleaders represent Alabaster City Schools to the highest degree. By signing this contract and constitution, I am acknowledging that I understand and agree to the policies and procedures outlined for participation in the ACS cheerleading program.

Cheerleader expectations:

1. I will prioritize cheerleading over other activities and responsibilities.
2. I will represent Alabaster City Schools in a positive manner at all times.
3. I will support other Alabaster City Schools programs.
4. I will respect my teammates and coaches.
5. I will do my part to make this a successful and enjoyable year.
6. I will perform any skills demonstrated during tryouts throughout the year.
7. If I have a concern, I will go to the coaches instead of causing dissension with other individuals.
8. I understand the effort I put forth every day is what makes a great cheerleader, and great cheerleaders are what make successful programs.
9. I understand that I am a part of the team from which I was chosen for the full academic year.
10. I will abide by the policies and procedures laid out in the ACS Cheerleading Constitution.

__________________________________________
Cheerleader Name (Printed)

__________________________________________
Cheerleader Signature

__________________
Date

__________________________________________
Parent Name (Printed)

__________________________________________
Parent Signature

__________________
Date
Alabaster City Schools Cheerleading Teacher Evaluation Form

Name of Cheerleading Candidate:

Prospective Squad:

The student listed above is trying out for an Alabaster City Schools cheerleading squad. Since attitude and personality are important to a cheerleading squad, we need your help. Please mark your opinions about this student. These forms are strictly confidential.

1st Semester Teacher: Period:

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<thead>
<tr>
<th></th>
<th>Below Average</th>
<th>Average</th>
<th>Above Average</th>
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<tbody>
<tr>
<td>This student displays a high degree of integrity.</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>This student displays a strong work ethic.</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>This student exhibits a high level of personal responsibility.</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>This student has a positive attitude towards school.</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>This student works well with peers.</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>This student arrives to class on time and has good attendance.</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
</tbody>
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Total: /30