

CENTRAL BUCKS EAST CHEERLEADING CONSTITUTION

GOALS

CB East Cheerleading shall strive to develop self-esteem, practice teamwork and develop organizational skills to the students involved in this program. CB East Cheerleading will promote positive publicity of CB East High School throughout the Community, State, and Country.

PURPOSE

1. Cheerleaders shall promote and uphold school spirit.
2. Cheerleaders shall display a sense of good sportsmanship among students and adults.
3. Cheerleaders shall promote unification of the crowd's involvement during athletic events.
4. Cheerleaders shall strive to build better relationships between schools.
5. Cheerleaders shall strive to uphold the highest personal, as well as cheerleading standards.

CONDUCT AND RESPONSIBILITIES

1. Cooperate with the coaches, game officials, teaching staff and other squad members.
2. Promote good sportsmanship and school spirit through cooperation with other students, teachers, and administrators.
3. All Cheerleaders must have a passing grade in all courses for eligibility.
4. Cheerleading Constitution will always be upheld.
5. Understanding that the following are serious offenses that may result in a cheerleader being removed from the squad by the administration or cheerleading coaches. Each will be dealt with on an individual basis: Truancy, Smoking, Fighting, Profanity, Cutting Class, Consuming Alcoholic Beverages, Drugs, Weapons, Insubordination, Lying, Theft, Vandalism, or any other violation of the Central Bucks Code of Conduct.
6. Report illness or injury to the coaches.
7. Agree to maintain a high level of physical fitness and good nutrition.
8. Agree to approach each cheerleading responsibility with a good attitude.
9. A student must be in school for a minimum of a half a day in order to be eligible for participation in an activity.
10. Any absence(s) during the week of a game or competition may warrant removal from that game/competition or any part of it. This is at the discretion of the coaches.
11. It is imperative that cheerleaders report promptly to practices, sporting events, and fundraisers in which they are participating. Arriving late or

- leaving early may warrant a strike. This is at the discretion of the coaches.
12. Arguments, during the game or otherwise, among squad members are to be avoided. If there is a problem that cannot be resolved, see the coaches.
 13. If after the first two weeks of the season a Cheerleader has not learned the routines, cheers or chants and is not striving to do they will be benched until they have mastered the routines, cheers and chants.

ABSENCES

- If a cheerleader will be absent the coaches MUST be notified via email at least three hours prior to the start of that days scheduled event (practice, game, fundraiser, etc.)
- Any absence from a scheduled event will warrant a strike to be give to the cheerleader
- Cheerleaders are allotted seven strikes for the entire season (1st day of mandatory practices until the last day of games/competitions)
- Once a cheerleader has used all of their seven strikes they will be removed from the team.
- The ONLY excused absence is sickness and a doctor's note is required in order for the absence to be excused.

***Discipline for tardiness is at the coaches' discretion. Repetitive tardiness will warrant a strike or removal of the team.**

SCHEDULED EVENTS

1. All scheduled events are required.
2. Work or other activities must be scheduled around these events
3. Everyone will arrive at the scheduled times—"If you are early you are on time, if you are on time you are late, and if you are late don't bother showing up."
4. Everyone will wear identical uniforms/attire required for that day. Any cheerleader with an improper uniform will not be allowed to participate in that days activity
5. Cheerleaders must arrive at the event in full uniform, prepared to participate.
6. Hair must be kept off face and shoulders.
7. Make up must be natural, not excessive.
8. Only clear or neutral polish may be worn on the nails.
9. Nails are to be trimmed to an athletic length, which is just beyond fingertip, to prevent injury. No Acrylic Nails!
10. Absolutely no jewelry is to be worn even if it is not visible to onlookers.

11. No gum.

Practice

- All protective gear and/or devices must be applied by practice time. Take responsibility for your safety, ex: do not be late for practice due to a long line at the trainer's office.

Games (football and basketball)

- Cheerleaders must be in their chant line one minute prior to the game after half time
- During the National Anthem you will stand facing the flag with your hands behind your back or hand over heart. There is to be no talking, whispering, or mimicking at any time. You want to look professional and show good citizenship at all times. Any violation will result in being benched for the game.
- No primping on the sidelines or on the bleachers—this is to occur before the game, your bags will be in the stands at all times during the game and out of reach
- No food or drink allowed while you are cheering
- No practicing motions on the sidelines
- In the event of a game injury or any player on the field/court, you are to take a knee until the player has been removed from the field/court.
- Wearing sweaters, warm-up jackets, rain gear, or sweat pants for cold temperatures will be decided as a majority previous to the game. Be prepared to keep everything packed and bring it to the games.

Fundraisers

- Every cheerleader is expected to participate in the team's fundraisers
- Most of the money needed for the operation of the cheer program is generated from fundraising efforts.
- Once mandatory practices begin, ALL FUNDRAISERS ARE MANDATORY.

Summer Camp

- Each cheerleader will attend away summer camp at his or her own expense
- Location and dates of away camp are at the discretion of the coaches
- There will be practice scheduled during the summer months; cheerleaders are encouraged to attend all practices.
- Chants, cheers, and all dances are your responsibility to learn throughout the summer.
- Mandatory Boot Camp will be held the first week of mandatory practices at East. Every cheerleader is required to attend.

Competition

Competition is mandatory for all cheerleaders. Every cheerleader is required to attend all competition dates. If for any reason there is a competition date that he or she cannot attend, it will be at the discretion of the coaches.

Competition entrance fees will be covered by the cheerleading funds. Travel expenses will be the responsibility of each squad member. Our funds will need to offset most of the cost for competition in order for the team to travel.

Competitions for the school year will be at the discretion of the coaches.

UNIFORMS

1. Uniforms should be worn only in conjunction with school events.
2. Uniforms MUST be kept neat and clean, they are school property.
3. No uniforms or equipment shall be leant or loaned out for any reason.
4. Cheerleaders are responsible for all equipment and uniforms issued to them and will be financially responsible for anything damaged or not returned to the coaches on the required date. Failure to turn in a uniform and equipment will result in seniors not attending graduation and underclassmen will not be allowed to try out for any other sport until this commitment is met. Report cards will also be withheld.

TRANSPORTATION

1. All trips, coming and going, must be made on school transportation sanctioned by school authorities. No one is exempt from this policy.
2. If you are on the bus to the scheduled event you must be on the bus returning to East. Every cheerleader MUST ride the bus to a scheduled event.
3. Exception for #2 (after the event)- The athletic director approves an alternative mode of transportation by the parent submitting a letter of request. This letter must be submitted one week prior to the event. The athletic director will notify the CBE coaching staff if it is approved or not approved. On the day of the event if the coaching staff has not heard from the athletic director regarding your request, you are NOT permitted to use your alternate mode of transportation and must join the team on the bus.
4. A bus will be taken to ALL away games and competitions even if they are within the district.
5. Behavior on away buses must be the utmost expression of maturity and respect.
6. A ride from the high school must be waiting for the squad member upon return of away bus, games and practices.

FUNDRAISING

Each squad member is expected to participate in fundraisers. Most of the money needed for the operation of the cheer program is generated from fundraising efforts, so squad members are expected to participate. Once mandatory practices begin all fundraisers are MANDATORY.

LETTERING, AWARDS AND BANQUET

Qualifications: In order to receive awards of any type you must cheer through the entire season (football, basketball, and competition). This does not include competition.

Awards: Squad members will vote for special awards at the end of the season ex: Most Valuable Person, Most Dedicated, Most Improved, Most Spirited, Unsung Hero, and Best All Around.

Banquet: The coaches will organize awards, trophies and the program at the seasons end.

PARENT PARTICIPATION

This organization desires to have a successful program and knows that parent support is an intricate part of this process.

- A. Parents will be asked to volunteer their time throughout the year for fundraising efforts.
- B. Parents will be required to attend as many parent meetings as possible.
- C. Any questions or issues should be discussed with the coaches via email.
- D. President, Vice President, Treasurer, and Secretary- are at the discretion of the coaches and prior board members, but are on a volunteer/nominee basis.