

BOLTON HIGH SCHOOL VARSITY FOOTBALL  
CHEERLEADER'S CONSTITUTION

**I. PURPOSE**

- A. Create a cooperative spirit among all spirit groups, athletes, student body, school, administration, and the community.
- B. Promote good sportsmanship and encourage school spirit.
- C. Develop responsibilities, teach self-respect, encourage honest effort, strive for perfection, and develop character.
- D. Represent BHS by demonstrating high standards of conduct at all times (whether in uniform or not), in and outside of school jurisdiction.

**II. MEMBERSHIP**

- A. Cheerleading is a team commitment. Every girl should give 100% to the team.
- B. Cheerleading must take priority over all other extracurricular activities and JOBS.
- C. Cheerleaders must not fail a class and must maintain an overall 2.5 average each nine weeks.
- D. Squad members will be referred to as a TEAM. Team members will respect each other, the coach, the sponsor, and all administrators.
- E. All students are required to go through the tryout process every year.
- F. Any cheerleader who quits or is dismissed from the squad will not be allowed to try out the following school year. This excludes leaving the squad due to injury.
- G. Cheer season begins in May and ends in November. During that time, the cheerleader can not participate in other sports or activities that may interfere with practices or games unless approved by sponsor.

**III. UNIFORMS/APPAREL**

- A. Each member will purchase uniform to be worn at games and selected events.
- B. Each member will purchase shoes and accessories, such as warm-up, raingear, poms, body suits, bags, spunks, etc. as designated by the Coach or Captain
- C. Each member will be required to maintain good condition and cleanliness of the uniforms. This includes shoes.

**IV. PRACTICE**

- A. Practices will be determined by the sponsor. All practices are MANDATORY.
- B. Do not schedule appointments, make up work, jobs, etc. during practice times. Calendars will be given out so that conflicts do not occur.
- C. If a cheerleader must miss practice, she must contact the sponsor by phone, email or in person. DO NOT SEND WORD BY ANOTHER CHEERLEADER. The sponsor will determine if the absence is excused or unexcused. A note from a parent or doctor MUST be provided if a cheerleader misses practice. 24 hours notice is required in order to miss practice unless illness at school.
- D. Missed practices or tardiness to practice will not be tolerated and will be handled at the discretion of the sponsor.
- E. No jewelry is to be worn at practice. This includes navel and facial piercings.
- F. No long nails at practices or games. This is for the safety of the girls during tumbling, stunting, and conditioning.
- G. NO CELL PHONES AT PRACTICE! Cell phones are to be turned off at the beginning of practice and cannot be turned back on until cheerleaders are dismissed.
- H. Practices are closed to parents and guests.  
All practices will begin at scheduled time. This does not mean be walking into the room at these times. Be on the mat, fully dressed WITH SHOES AND PONYTAIL at the scheduled start time. Violators will condition for every minute they are not ready on time.
- I. ABSOLUTELY NO LEAVING CAMPUS ON PRACTICE DAYS, without sponsor/coach permission, until practice is dismissed. This includes going to Barlow's!!Bring a snack and water bottle from home - PLAN AHEAD

## **V. GAMES**

- A. Cheerleaders will cheer at all Varsity football games and all home Junior Varsity football games.
- B. Cheerleaders will arrive 30 minutes before game time.
- C. Cheerleaders must be on the track, ready to cheer 2 minutes before the conclusion of halftime.
- D. Cheerleaders will meet with the sponsor before and after each ball game and are not excused until told by the sponsor.
- E. A cheerleader chosen as part of the homecoming court will be excused from the game.
- F. For away games, the cheerleaders will meet and ride a SCS designated bus. This insures that all cheerleaders arrive to the game at the same time.
- G. Cell phones are not allowed during the game. Cheerleaders may use their phones during half-time only.
- H. There will be no conversation with people in the crowd or on the cheer team during the game. Any cheerleader who does this will be pulled from the game and will have to sit with the sponsor.
- I. If a cheerleader does not attend a JV game, they will sit out, in full uniform, for the immediate Varsity game. The only excused absence from a JV game or Varsity game is for a GRADED academic event, or illness that is accompanied with a doctor's note.

## **VI. ATTENDANCE**

All cheerleaders must and will:

- A. Attend ALL Practices.
- B. Attend ALL Games (even play-offs) unless previously approved by the sponsor and the principal.
- C. Attend summer practices.
- D. Attend ALL "TEAM" activities, including Fundraiser nights and School Special Events as designated by the sponsors
- E. Give prior notice to the sponsor if attending a school sponsored event and it conflicts with our practice/game schedule.

## **VII. APPEARANCE**

- A. For safety reasons, jewelry or watches will not be worn at practice, games, or when in uniform.
- B. Hair must be pulled neat and secured up out of the face. This includes bangs.
- C. Nails must be kept short at all times. Cheerleaders will not wear acrylic nails for the entire season. No polish at games.
- D. Make-up/hair colors must be natural. (No thick, heavy make-up, no unnatural dyes or sprays)
- E. Uniforms and shoes must always be clean and looking fresh.
- F. Cheerleaders must practice proper hygiene.
- G. All cheerleaders will follow the dress code as set forth by the school board and the school.
- H. There will be no chewing gum at practice or at games.
- I. Cheerleaders will dress as a team at practice.

## **VIII. MEDICAL**

Each member must have:

- A. A completed Medical Emergency form and a Concussion form on file.
- B. A copy of an insurance card showing coverage on the cheerleader.  
\*If there is no insurance coverage, the cheerleader must take the 24 hour coverage for school day insurance in case of emergency.
- C. A completed physical
  1. Physicals are good for one school year and must be repeated at the beginning of each school year. Physicals must be dated after May 1 of the current school year to be good for the cheer season.
  2. Girls who participate in other athletics may use the physical on file for tryouts but must receive a new physical at the beginning of the school year.
- D. Although precautions for safety will be taken and all cheerleading stunts will be strictly supervised, Bolton High School will not be held liable for injuries incurred during practices, performances or travel.
- E. If an injury or condition occurs which compromises the safety of the cheerleader or the team, the sponsor will have full discretion as to the handling of the situation. This may include sitting the cheerleader out for an extended time or dismissing the cheerleader from the team.

## **IX. COACHES**

- A. Each member of the squad is responsible for paying coaching fees as determined by the Sponsor
- B. Coaches will be chosen by the sponsor and principal.
- C. Coaching fees are taken out of the cheer fee that the cheerleader pays each month if a coach is necessary.

## **X. CONDUCT**

- A. Cheerleading is an activity that requires much time and involvement. Cheerleaders will be spending a lot of time with the same people day in and day out. It is of utmost importance to every member of the squad that each cheerleader act in a kindly and friendly manner to every member of the squad, the coaches, and the sponsor. Hurtful and unbecoming behavior will not be tolerated. If this should become a problem, the sponsor will hold a conference with the cheerleader and the parent, and the cheerleader may be dismissed from the squad.
- B. Cheerleaders will not yell at each other or talk down to each other. Each girl is equal and will be treated respectfully and fairly.
- C. Team members are required to maintain and uphold the reputation of the BHS cheerleaders through their own conduct and squad spirit. This includes, but is not limited to, the following:
  - 1. Excessive and irreconcilable influences on the squad.
  - 2. Conduct likely to bring the team reputation into disrepute, such as fighting, alcohol, or drugs
  - 3. Missed games, practices, and team activities.
  - 4. Grades
  - 5. Social Media conduct/posts/comments
  - 6. Confrontations with Sponsors, other Bolton Faculty, Administration and Parents
- D. Bolton High School Cheerleaders will NOT use (in or out of school):
  - 1. Illegal drugs
  - 2. Tobacco in any form
  - 3. Alcoholic beverages
  - 4. Profanity, insulting, or disrespectful language.
- E. Cheerleaders will not fight, in or out of uniform.
- F. Cheerleaders will not be assigned more than 3 disciplinary referrals for any reason.
- G. Any cheerleader who receives a U or N in conduct will be given a minimum of 1 week to have the conduct changed. Failure to do so could result in suspension or dismissal from the squad.
- H. Cheerleaders will not miss more than 2 ballgames or activities, excused or unexcused. If a cheerleader is not present at school all day on the day of the game, she cannot cheer at the game. The exception to this is participation in a school-sponsored activity. The cheerleader must notify the sponsor in advance via email or text if she is unable to attend the game and the parent must provide a note. If more than one game is missed with no valid reason or with no advanced notice, the cheerleader will be dismissed from the squad.
- I. Cheerleaders will not have over 5 unexcused school absences or tardies.
- J. Cheerleaders are representatives of Bolton and will act appropriately. This includes during games, at school, or at team events.
- K. Utmost respect MUST be given to all administrators, teachers, staff, parents, and other adults AT ALL TIMES.
- L. Facebook, Twitter, SnapChat or any other personal social media pages and social networking must uphold the ideals of the squad. Inappropriate material including bad language or suggestive photos posted on a personal web page could result in dismissal from the squad or disciplinary action at the discretion of the sponsor.
- M. If a cheerleader has a personal web page of any kind, the sponsor must be added to the friends list.
- N. Cheerleaders must add the Bolton Facebook, Instagram, & Twitter pages to keep up with events.

## **XI. GRADES**

- A. All cheerleaders will turn in an interim report at mid-nine weeks. The sponsor will be in touch with teachers to make sure that cheerleaders are maintaining grades and conduct in the classroom.
- B. All cheerleaders will turn in a copy of their report card at the end of the nine weeks.
- C. Cheerleaders are to maintain at least a 2.5 average in all classes.
- D. Cheerleaders will not fail any classes. Failure of a class will result in a conference with the sponsor, sit out a game and possible dismissal from the squad.
- E. Cheerleaders who receive a D on their report cards or interim will be placed on academic probation for the next 4 ½ weeks. At the end of that time if the grade has not been raised, the cheerleader will be dismissed from the squad. If the grade occurs at the time of interims, the cheerleader will have until the end of the 9 weeks to raise the grade.
- F. Parents and cheerleaders need to understand that academics are of utmost importance. Being part of the cheerleading squad is a privilege. If the cheerleader is not doing well academically (grades and conduct), then she will lose the privilege of being a Bolton High School cheerleader.
- G. Tutoring and extra academic assistance are available through Bolton Guidance department. Cheerleaders in need of extra assistance can arrange (on non practice/game days) to meet with academic specialists to improve their progress.

## **XII. DISCIPLINE**

Discipline is important in the maintenance of a team. General conditioning will be a normal part of practice to keep the athletes in shape and focused. Discipline is ALWAYS at the discretion of the sponsor and the coach. Serious offenses may involve the athletic director, and/or the principal.

Below is a list of possible (but not all inclusive) infractions and consequences:

### INFRACTION

Late to practice  
Out of uniform/wrong practice clothes  
Jewelry/gum/cell phone  
Disrespectful attitude  
Missing practice  
Missing game  
Late from halftime  
Late to game

### CONSEQUENCES

conditioning  
conditioning  
conditioning  
conditioning  
1 game suspension  
1 game suspension  
conditioning at next practice  
conditioning at next practice

Multiple infractions may require additional consequences including possible dismissal from the team.

Any discipline issues at school will be handled at the discretion of the sponsor. More than a 3 day Suspension from school is automatic dismissal from the squad.

Cheerleaders who are suspended from the squad more than 2 times will be dismissed. While serving a suspension, cheerleaders must attend all practices and activities and are to come to all games in uniform and must sit with the sponsor.

If a cheerleader is dismissed from the squad or quits the team, she must sit out one year before being able to try out again.

***CHEERS!! GO WILDCATS***

REVISED April 27, 2016