



**BEAUREGARD HIGH SCHOOL
CHEERLEADER CONSTITUTION
2023-2024**

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I. PURPOSE:

The purpose of being a Beauregard High School cheerleader is to set examples of honorable character, to promote good sportsmanship and school spirit, to build lasting relations with the community, to form positive relationships with other schools, to promote spectator participation in all athletic events, and ultimately, to portray Beauregard High School in the best possible image.

II. ELIGIBILITY REQUIREMENTS

Statement of Equal Educational Opportunities: It is the policy of the Lee County Board of Education not to discriminate on the basis of gender, disability, religion, creed, national origin, ethnic background, or age in its educational programs, activities, or employment policies as required by Federal Regulations.

A. State Requirements:

1. Any student entering grades nine through twelve is eligible to be a junior varsity cheerleader and possibly participate on a varsity competition squad.
2. Any student entering grades ten through twelve is eligible to be a varsity cheerleader.
3. Each candidate must submit a birth certificate to be copied and kept on file at the school. The birth certificate must be a certified copy with a required seal.
4. Each candidate is required to have a current physical examination. A record of the exam must be uploaded to the Dragonfly website and a copy kept in the athletic office.
5. Candidates must pass six (6) Carnegie units per year; four (4) of which are core courses such as science, history, English, and math.
6. Each candidate must have and maintain an overall C (70) average.

B. School Requirements:

1. Any student wishing to try out to be a cheerleader must be enrolled at Beauregard High School (or Sanford Middle School) at least one full semester prior to the school year that she or he wishes to cheer.
2. Each candidate and a parent or legal guardian must attend a **mandatory** meeting prior to tryouts.

III. RESPONSIBILITIES:

A. Cheerleader Responsibilities

Physical Responsibilities A cheerleader must be physically fit and understand the physical challenges associated with cheering.

- a. **If a cheerleader complains repeatedly about a physical problem or has a physical problem that interferes with her/his cheering duties, the coach or the administration has the right to require that person to see a doctor.** She/He may also be suspended

from her/his cheering duties until the coach has been presented with a doctor's excuse/release. The cheerleader will still be required to attend all games and practices.

b. If a cheerleader becomes engaged, married, or pregnant during any cheering year, duties must be relinquished immediately.

Moral Responsibilities Cheerleaders should be a select and respected group and realize they represent Beauregard High School at all times.

a. Cheerleaders should use proper conduct and be dressed appropriately at all times, not just when they are in uniform. (See BHS Student Handbook.)

b. Cheerleaders should treat **other squad members and the coaches with respect at all times.**

c. The worldwide web is public domain, therefore, any inappropriate behavior, attitude, or comments displayed on the internet or any social networking site, will be punished if brought to the attention of coaches and or administration.

d. A cheerleader's conduct in the classroom should be of the highest caliber and should be the noble example that others follow. Disrespecting teachers or administration, lying to school officials, engaging in academic dishonesty, using foul language, etc. will not be tolerated.

Financial Responsibilities A cheerleader must be financially able to be a cheerleader.

a. The cheerleader must purchase such things as shoes (worn only to cheering events), socks, shorts, and shirts, warm-up suits, leggings, sweatshirts, pullovers, gloves, and a jacket.

b. A fundraising amount of \$300.00 will be required of each cheerleader and for needed supplies. If a cheerleader is unable to fundraise the \$300.00, he or she will be responsible for the balance.

c. All varsity cheerleaders will attend summer camp. The cost of the camp will be approximately 450 dollars. JV cheerleaders will attend clinic, and the cost will be approximately 100 dollars. If a cheerleader does not attend camp or clinic, he or she will be dismissed from the squad.

d. All uniforms are property of Beauregard High School. Uniforms will be issued and will be the responsibility of the cheerleader. Any replacements of the uniforms or repairs to the uniforms will be the immediate responsibility of the cheerleader. If a cheerleader gains or loses weight after uniforms have been fitted and the uniform is considered improper, the cheerleader must have a new uniform made or the needed alterations completed by the person designated by the coach or administration. This will include getting the uniform monogrammed. At no time will the squad be penalized from

wearing a uniform because someone has been careless with or has outgrown the uniform.

e. Any payment for cheerleading expenses must be paid by the deadlines set by the coaches, or demerits will be received.

Traditional Responsibilities An elected cheerleader is considered a cheerleader until annual tryouts select a new squad.

a. A cheerleader must remain a cheerleader for the entire school year. This includes football and basketball seasons. Once a cheerleader quits or is dismissed from the squad, he or she forfeits his or her right to the next tryouts opportunity and will have 20 points deducted from final score for the next eligible tryouts. Cheerleader uniforms and any items belonging to the school must be returned immediately. If any monies are owed, these will still be considered the responsibility of the cheerleader and a debt owed to the school and must be paid in full.

b. Cheerleading must take priority over all other activities. Cheerleaders must attend all planned activities and events. Any absence will be considered unexcused without a doctor's excuse or permission from the cheer coach.

c. All cheerleaders will wear the designated uniforms to school on the day of the games. Each cheerleader will abide by the rules and regulations set by the coach pertaining to the uniforms and to the wearing of jackets, sweaters, and warm-up suits. Warm-up suits are considered a uniform and should be treated as part of one; they are to be worn only when so designated by the coach.

d. Varsity cheerleaders will cheer at both home and away varsity football games. JV cheerleaders will cheer at home JV/9th-grade football games and select home varsity football games. During basketball season, varsity cheerleaders will cheer for home games and state tournament games for the varsity boys and JV for the varsity girls.

e. Varsity cheerleaders will be assigned different weeks to sell ribbons at the elementary school. JV cheerleaders will sell programs at assigned varsity home games.

h. All practices are mandatory. No cheerleader will be excused because of employment responsibilities. Dental and doctor appointments must be scheduled after school hours and should not interfere with cheering activities. A doctor's excuse will be required for missing summer and out-of-school practices. An excused absence from the school office or a doctor's excuse will be required for missing in-school practices. No cheerleader who checks into school after 11:00 am will be allowed to attend cheerleading activities for that day. Tardiness to games, practices, or appearances will result in disciplinary action.

i. Cheerleaders should display good sportsmanship and enthusiastic attitudes at all times. Cheerleaders should not display undesirable emotions while cheering.

j. Cheerleaders are required to support half-time performances of both school bands and/or cheerleaders and host the visiting cheerleaders.

k. The squad must do everything as a unit. Individuals may leave the field/court only with the coach's or captain's permission.

l. During cheer events, practices, and games, friends and family members are not to interfere with the performance of cheering duties unless permission is granted by the coach. If this occurs, the infraction will be considered the fault of the cheerleader, and demerits will be assigned.

m. Regardless of the weather, a cheerleader will cheer. As long as the game has not been postponed by the AHSAA referees, the squad will be required to uphold their duties.

n. Each varsity cheerleader will vote to select the squad's captain and co-captain. The coaches will also vote. The coaches' vote will count thirty (30) percent while the cheerleaders will have the remaining seventy (70) percent. In case of a tie, the coaches will make the final decision or may choose to have a runoff vote.

The varsity captain will be determined by the following criteria:

1. One (1) year of experience on the varsity squad
2. Must be a senior

The varsity co-captain will be determined by the following criteria:

1. One (1) year of experience on the varsity squad

Coaches' Responsibilities The coaches will revise rules and regulations to ensure adherence to the Lee County Code of Conduct and Attendance, National Federations of State High School Associations SPIRIT Rules book, local school handbook, and the BHS Cheer Constitution.

1. The coach and/or school administration will be responsible for the discipline of the cheerleaders at all performances. No parent should attempt to discipline a cheerleader while at a performance. Discipline will be the coaches' decision and the coaches' decision is **final**.

2. The coaches will plan and conduct all clinics with the principal's approval. They will obtain the administration's approval for summer camps and/or clinics.

3. The coaches will oversee all practice sessions, arrange necessary transportation, monitor selection of captain and co-captain (varsity squad only), receipt and manage cheerleader funds, and obtain the principal's approval for all uniforms and outfits used by cheerleader squads.

4. The coaches will maintain certification in first-aid techniques and emergency procedures.

It is the policy of Lee County Schools that all athletes are transported to athletic events by a school bus or carpools approved by the administration. If you believe that you have a legitimate request to refuse provided transportation and prefer to transport your child to and from events, you must complete the Beauregard High School Athletic Department permission form and submit it to the following for evaluation: Mrs. Edwards (Head Coach), and/or Mr. Brown (Principal). This form must be submitted with your request a minimum of three school days prior to the event

IV. RULES AND REGULATIONS

All Beauregard High School Athletes must comply with the safety rules and regulations set forth by **NFHS** (National Federation of State High School Associations). The following “No’s of Cheerleading” are some derived from the NFHS Spirit Handbook.

1. **No** jewelry.
2. **No** primping on the field/court.
3. **No** excessive makeup.
4. **No** gum, candy, food, etc.
5. **No** hairstyle should interfere with cheering duties.
6. **No** long fingernails or colored polish.
7. **No** exposed undergarments.
8. **No** hard glitter.

V. DEMERITS OR GRADING SYSTEM:

Cheerleading is a class and should be treated as such. All varsity cheerleaders are required to be in the athletic classes for planning and practice.

Grades will be based on the following percentages:

Participation-70%

Demerits-30%

100 Demerits = DISMISSAL FROM SQUAD, Forfeiture of participation in the next year’s tryouts, 20 points deducted from final score the next tryouts opportunity.
50 Demerits = SUSPENSION OF ONE GAME, 15 points deducted from final score the next tryouts opportunity

10 points or demerits for:

- a. Gum chewing
- b. Tardiness to practice
- c. Wearing jewelry, too much makeup, or long nails
- d. Inappropriate dress at school
- e. Tardiness to cheer line up after half-time.
- f. Out of uniform (bows, wrong color brief, soiled or wrinkled uniform) or uniforms with tears
- g. Failure to have a ride from practices and events after dismissal
- h. Failure to perform game duties.
- i. Showing lack of enthusiasm during a game: lack of positive facial expression, not saying words to cheers, and overall lack of spirit.
- j. Deadlines- This will be 10 points per day that the cheerleader goes beyond any deadline set by coaches.

25 points or demerits for:

- a. Tardiness to a game (A sign-in sheet will be at the gate for each cheerleader to sign at home games.) Habitual tardiness (2) will warrant a suspension from a game.
- b. Profanity or improper language
- c. Cell phone use during cheering duties
- d. Allowing a non-squad member to wear any BHS cheerleading attire.
- e. Allowing friends and family members to interfere with cheering duties
- f. Academic dishonesty
- g. Arguing with other squad members, using profanity toward any member, failing to cooperate with the group.
- h. Missing transportation to an away game, but making it to the game

50 points or demerits for: (50 demerits=one game suspension & 15 points deducted from tryouts total)

- a. Wearing the wrong uniform or absence of any major piece of the uniform to school or athletic event (Two offenses warrant dismissal from the squad.).
- b. Misconduct-Public display of affection, vulgar language, not conducting yourself in an appropriate manner, etc.
- c. Missing practices – If someone misses a scheduled practice, except in the case of an emergency, she/he will not be allowed to cheer for the pep rally or scheduled game; however, she/he must still be present for both. This includes summer and in-school practices.
- d. Arguing with coaches, failing to cooperate with the coaches, disrespecting coaches
- e. Misbehavior/misconduct at school or any school-sponsored function
- f. Lying or displaying any act of disrespect toward any school official, coaches, or teachers

100 Demerits = DISMISSAL FROM SQUAD, Forfeiture of participation in the next year's tryouts, 20 points deducted from final score the next tryouts opportunity.

TECHNOLOGY/PICTURES (Snapchat/Facebook/Cell Phones/Instagram/Twitter/TikTok etc.)

If ANY misconduct regarding any of these rules is discovered in paper, electronic, and/or video forms, the cheerleader will be automatically dismissed!!!!

- a. Smoking and vaping
- b. Drinking alcohol
- c. Engaging in illegal sexual acts
- d. Fighting
- e. Vandalizing property
- f. Using Drugs
- g. Being suspended for major school offenses
- h. Insubordination
- i. Missing a game for any reason deemed **unexcused** by the coach or administration

VI. TRYOUT PROCEDURES:

1. Judges Selection: The head varsity coach will be responsible for hiring UCA judges for the tryouts.
2. Clinic: A mandatory clinic will be held prior to tryouts. Candidates will be given the opportunity to learn the necessary tryout material.
3. Tryout Attire: Candidates must purchase the required tryout shirt from the school and be responsible for acquiring specified shorts.
4. Tryouts will be open to parents or legal guardians only! No cell phones will be allowed.
5. Tabulation of scores: The scores will be tabulated from the following: 3 UCA judges (50%), teachers (20%), and coaches (30%). All scores from tryouts are property of Beauregard High School and are not public information. See Appendix for Lee County Schools Rubrics.
6. Announcement of the results: The results of tryouts will be given to the candidates after tabulation. Each candidate will receive a sealed envelope with a letter stating whether or not the child made the necessary score for placement on one of the squads. This envelope **MUST** be signed for in order to be received. Candidates will be directed to open their envelopes after they leave the tryout area.

APPENDIX

Lee County Schools' Evaluation Rubrics

- **Judges' Evaluation**
- **Coaches' Evaluation**
- **Teachers' Evaluation**

Parents' Role – LEE COUNTY ATHLETIC HANDBOOK

Role of the Parents (from the Lee County Athletic Handbook)

Parents need to set the standard of exemplary sportsmanship while attending games/matches and when discussing athletics with others. Because of the nature of athletic competition, parents can be detrimental to a student-athlete's development when they become too involved as aggressive spectators and/or when they act as self-appointed player "agents" or "bleacher coaches" who choose to publicly second-guess coaches' decisions. Also, parents can also be susceptible to the temptation to blame the coach for poor play or lack of performance by their student-athlete or the team. When these types of behaviors occur, the child of these parents may feel excused for his/her effort, or lack thereof, and poor attitudes toward the coach and the team may develop as a result. Parents need to trust the school and coach as partners in the education and development of their child. Coaches are certainly fallible people who will make mistakes at times. However, there must be a trust that the coach is doing everything that he/she can to help their child in their growth as athletes and as young adults. Mutual trust, respect, and encouragement among coaches, players, and parents will result in a top quality athletic program.

This is not to say that parents of a student-athlete should remain silent if a problem arises. Like relationships with teachers, parents should feel free to have open, constructive discussions with the coach on issues pertaining to their child. Parents should expect that the coach will respond with honesty, respect, and a mutual concern for the well-being of their child. Parents are advised not to discuss concerns with the coach "in the heat of the moment," but, rather, should wait (at least overnight as suggested in the following "Communication Procedure") until emotions have cooled. In addition, parents should use discretion and restraint when determining whether to bring a concern forward to a coach. In all such cases, the Communication Procedure that follows should be employed.

Parents (and grandparents, aunts, uncles, cousins, classmates, neighbors and friends) in their roles as spectators should understand their responsibilities to be encouragers of the team, supporters of the school, and, most importantly, respectful. Spectators should remember that school athletics are learning experiences for the students and that mistakes are sometimes made. Athletes from all sports should be praised in their attempts to improve themselves as athletes and as people. In addition, appreciation for outstanding play by either team should be shown.

More specifically, spectators should be aware that it is a privilege to observe the game/match. Respect should be shown to the opposing players, coaches, spectators, and support groups. They should be treated as our guests.

Game officials should be treated with respect. Understand that they are fallible and are doing their best to promote the student-athlete. Admire their willingness to participate in full view of the public and be eager to accept their authority.

D. COMMUNICATION PROCEDURES:

Lee County Schools is committed to communicating the goals and objectives of the athletic program, eligibility rules, and expectations of our athletes. If more information is required or should a concern arise during an athletic season, the procedure listed below should be followed:

1. the student athlete should first speak directly with his/her coach,
2. if further clarification is required, a parent should then contact the coach (*it is advised that no contact between parent and coach be made until, at least, the day after the incident/event in question – the so-called “24 hour rule”*) if the issue remains unresolved, the parent should then communicate his/her concerns to the athletic director.

If a problem cannot be resolved to the satisfaction of all parties involved, a written request should be made to the athletic director stating the reasons for dissatisfaction. An eligibility committee consisting of two coaches (appointed by the administration), the athletic directors, and assistant principal will be convened to adjudicate problems according to the following procedure:

1. the written request will first be considered by the committee,
2. the committee may then request a hearing with the involved parties,
3. the committee will make their decision by written ballot with a simple majority vote deciding the matter.
4. if the party or parties involved are still dissatisfied, they may bring the case to the Superintendent or designee

Beauregard High School Cheerleader CONSTITUTION AGREEMENT

I, _____, (candidate/cheerleader's name) have carefully read and agree to follow the rules and regulations set forth in this constitution. I agree that I will at all times abide by these rules and regulations as long as I am a member of the Beauregard High School Cheerleading Squad.

Cheerleader's Signature

Date

I, _____, (parent's name) have read and have discussed this constitution with my child. I will assist in every way to see that these rules and regulations are fulfilled.

Parent/Guardian's Signature

Date

