



## Creekview Sideline Cheer Constitution

### **Contact Information**

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### **Philosophy:**

We are a united Cheer family here at Creekview. We support all sports and extracurricular programs with the utmost integrity. We are dedicated to lifting the spirit of Creekview by committing ourselves to building a program that supports and encourages athletes to be well-rounded, responsible, and positive in all aspects of their life. We are dedicated to setting the best example possible for all present and future Grizzlies.

### **Purpose:**

The purpose of this sport shall be to promote and uphold school spirit, to develop a sense of good sportsmanship among students, to build a better relationship between schools during athletic events, and to promote the safety and integrity of cheerleading.

### **Tryout Eligibility:**

- Cheerleaders' eligibility for tryouts is determined by their grades from the Fall 2025 semester. Athletes must have passed 5 out of 6 classes. If there are any concerns or clarification needed, please contact a coach.
- To participate in Fall 2026, athletes must have also passed 5 out of 6 classes and be on track for graduation from Spring 2026.

**\*\*Late tryouts are only applicable for transfers. Academic ineligibility does not qualify\*\***

### **Uniforms:**

- Uniforms are the property of Creekview High School. Your coach must approve any alterations or adjustments to the uniforms. If you alter a uniform without permission, you may be required to pay for the replacement of the uniform.
- Uniforms are to be cleaned after each game. Do not iron or dry clean the uniforms. Follow laundry directions on the uniform tag and do not remove the tags from the uniform.
- Uniforms and equipment will be signed out by the cheerleaders and should be returned one week after the last game of the season. Uniforms must be cleaned and on a hanger.

Failure to turn these items in promptly and in good condition will result in an office debt for the price to replace the uniform.

- All cheerleaders are required to wear proper under garments that have been approved by the coach.
- Uniform attire includes white ankle socks, white cheer shoes, bloomers, sports bra, hair bow, uniform shell and skirt, and pom-poms. All cheerleaders are required to have all items on game day.
- Cheerleaders will not wear any portion of their uniform at any time other than those determined by their coach. In addition, no cheerleader is to allow another student to borrow/wear any portion of a uniform.

### **Practice & Games:**

#### **Attire:**

- A. All cheerleaders are expected to arrive in their CLEAN uniform and prepared to cheer at all games. This includes your hair up. On game days, wear the appropriate uniform and shoes, to school and have your cheer bag packed with pom poms, jackets, socks, bloomers, bows, hair ties, and all other necessary cheer accessories. The coach will indicate appropriate game day attire for school.
- B. Fingernails must be kept at an appropriate length: if they can be seen from the palm side, they must be cut. Only clear nail polish will be allowed at games. Per GHSA rules/regulations NO ACRYLIC NAILS are allowed.
- C. NO JEWELRY of any type will be allowed including earrings, rings, bracelets, watches, belly rings, necklaces, nose rings, tongue rings, etc. Medical alert tags may be taped to the body. Tattoos must be appropriately covered at all times including practices. NO GLITTER whatsoever in accordance with GHSA rules.

#### **Games:**

- A. Cheerleaders must attend all games. All cheerleaders are required to ride the bus to away games. You may ride home from a game with a parent only. Cheerleaders and their parent driving them home must sign out with the coach before leaving the game.
- B. All Cheerleaders must be in the same attire at the game. You should dress in uniform (top & skirt). You are to look identical meaning you all wear skirts or warm up pants, not a mixture.

#### **Lettering:**

- A. Only Varsity cheerleaders can letter. To letter you must meet all of the requirements:
  - a. Must finish the season academically eligible and pass 5 out of 6 courses
- B. If cheerleaders are removed from the team or quit the team during the season, they will not receive a letter.

C. Must participate in all events designated by the Coach which include fundraisers, practices during season, team building events, and games.

**Academics:**

Academics come first, and cheerleaders must meet all the eligibility requirements of GHSA. Eligibility will be checked through administration at the end of each grading period.

**Any student failing more than one class will not be able to participate in any cheer activities (practice, games, fundraisers, before game meals, etc.)**

**Fundraising:**

A. During the year, cheerleaders will participate in fund raising projects. Each cheerleader is expected to raise funds for its operational costs, clinics, uniforms, and other cheerleader accessories.

**Football Sideline Cheerleaders** will sponsor the Miss Auberon Pageant, and attendance is mandatory for all football cheerleaders and parents the day of the event.

B. Each fundraiser will have a team minimum. Fund-raisers cover purchases such as our uniforms, team building events, and possibly a portion of mandatory fees. You will be notified prior to each fund-raiser the amounts of the team minimum.

C. Parents are expected to participate in the fundraising process. You are required to be at all fundraising events unless the coach has stated otherwise.

**Camp:** This is a chance for athletes to learn new skills and bond as a team. All the expectations that are in this document apply while we are at camp.

**Cell Phone Policy:**

A. Any time you are with your team, whether it be team building events, practice, games, or competitions, you are not to be on your cell phone. Your cell phones must be turned off, and they must not ring during practice or games.

B. Your coach will allow you to call your parents in the event that practice is running late or early, etc...

**School Appearance:**

A. All cheerleaders must uphold the school's code of conduct and dress code while they are on school grounds for any reason.

B. Cheerleaders are LEADERS, and we lead by example.

**Social Media:**

- Cheerleaders are prohibited from creating, posting, or participating in inappropriate content on social media while wearing any school-issued cheer uniform or representing the cheer

program. Any violation of this policy will result in disciplinary action, up to and including consequences determined at the coach's discretion.

- All cheerleaders must have a respectful image on any social networking site. Creekview Cheer Program will not tolerate bullying, inappropriate posts or pictures such as sex, drugs, alcohol, or profanity.
- Rule of thumb: Don't post anything that you don't want your coach, parent, grandparent, or school administrator to see.

### Drugs and Alcohol:

- A. If a cheerleader is caught with drugs or alcohol and is given a citation, the cheerleader has 1 day to report the incident to the coach. We will follow the discipline policy laid out in the Cherokee County Discipline Handbook, appendix J.

### Commitment:

Being a member of a CVHS Cheerleading Program requires major commitment from athletes and their families. We encourage athletes to be well-rounded students and to be involved in multiple extracurricular activities; however, it is important that the athletes understand the necessity of time management. Your commitment to Creekview sideline cheerleading comes first.

**\*\*Absences and/or leaving early due to work or all-star events will NOT be excused. \*\***

Cheerleaders are expected to attend all practices and games. Please make note of the dates on the calendar. It is your responsibility to keep up with these dates. Excused and unexcused absences will be addressed by each coach involved. All athletes are expected to report on the first day of practice and for the duration of the tryout period as well as the entire season of the sport. Without prior approval, if a non-school related activity conflicts with participation on a school sponsored team, the coach will have the authority to remove the athlete from the team for failure to support his/her commitment to the school sponsored program. In addition, coaches may remove athletes they feel are not keeping with the philosophy of the team or the expectations of the program.

### Consequence Policy:

The consequence policy applies to all cheer events, school, and activities, and will be upheld by all coaches in the Creekview Cheer Program. The coaches have the right to change or bump a punishment at their discretion depending on the severity of the behavior. Consequences for late/missed game(s):

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Missed Game (1 <sup>st</sup> Offense)	All Squads: Sit out 1 <sup>st</sup> half of next game
Missed Game (2 <sup>nd</sup> Offense)	Varsity: Will <b>NOT</b> letter (if unexcused) and sit out 1 <sup>st</sup> half of next game JV: Removed from squad
Missed Game (3 <sup>rd</sup> Offense)	Varsity: Removed from squad
Late to Game	Sit out 1 <sup>st</sup> quarter (3 <sup>rd</sup> offense, removed from squad)
Late from ½ time	Sit out 3 <sup>rd</sup> quarter (3 <sup>rd</sup> offense, removed from squad)
Missed Duty on Assigned Game	Sit one quarter (3 <sup>rd</sup> offense, removed from squad)

### Consequences for late/missed practice(s):

Missed Practice	Sit 1 <sup>st</sup> quarter at next game (3 <sup>rd</sup> offense, removed from squad)
Late to Practice	Run a mile at next practice (3 <sup>rd</sup> offense, removed from squad)
Missed Duty Assigned at Practice	Sit one quarter (3 <sup>rd</sup> offense, removed from squad)

**\*\*Please Note:** If you quit before or during your season, then you will not be able to receive a refund for any money that has been paid to any of the Creekview Cheer programs if the date of quitting is after the first order is placed. Also, you will not be eligible for the next season try-outs for the teams that you previously quit. If you quit a team, then you will not be eligible to try-out for the next season. This also includes if your cheerleader has been removed from the team.

### Parents:

- Review the expectations with your athlete and be sure they understand there will be consequences for unacceptable behaviors.
- Volunteer in areas where you can make a difference and help keep the program running.
- Participate in fundraisers.
- Support the decisions made by the coach, even when it does not fall in the favor of your specific athlete.
- Refrain from negative comments aimed at the opposition, officials, or coaches. Allow the coaching staff to do their job without interference.

**School Behavior-** Each athlete is expected to be a leader by maintaining good behavior in all classes and activities. If an athlete is disciplined by a teacher or administrator for any reason, the coach will reference the discipline policy and apply appropriate consequences. Cheerleaders must follow ALL school rules, including the dress code. It is expected that athletes should report any issues to the coaching staff before a teacher notification.

**General Behavior-** The following behaviors are NOT allowed by CVHS Cheerleading standards. Violations will be evaluated by the coaches and appropriate consequences will be given. (Consequences may be, but not limited to benching, suspensions, and removal from the team.):

- Profane language
- Undesirable or immoral behavior
- Instigating conflict
- Bullying
- Posturing to Fight and/or Fighting
- Recording and/or encouraging fights
- Overt display of affection
- Plagiarism
- Forgery
- Skipping/AWOL from class, leaving, being out of class without permission

- Stealing
- CHEMICAL USE- A zero tolerance policy for chemical use will be strictly enforced. Such usage violates legal and ethical standards and imposes unreasonable long term health risks on the user. Disciplinary action will be taken against any athlete that participates in the use of, distribution of, or association with other persons in use or possession of any illegal drugs including alcohol. Discipline will range from suspension to permanent dismissal from the CVHS Athletic Program.

### **Squad Behavior/Appearance:**

- Always have a positive attitude
- **Do not wear jewelry while cheering at any time. Body piercings are included**
- Fingernails should be kept short and should not have color on them. No fake nails. Nails will not exceed the tips of fingers. If you can see your nails with palms facing-they will need to be cut immediately.
- Keep hair pulled up in a high ponytail and away from face with the proper bow.
- Do not make excuses
- Refrain from chewing gum while in uniform or at practice
- Be willing to properly prioritize time, interests, talents, and personal feelings or opinions for the good of the team
- CVHS cheerleading must be a priority. Do not accept a job or take on another task that will interfere.
- Public display of affection is not allowed in or out of uniform or school insignia
- Cheerleaders will be pulled from the line-up if they are acting inappropriately, performing below expectations, and/or they do not know material until such time as they are properly prepared and have perfected materials to the CVHS standard. This is not an excused absence.
- Cheerleaders are responsible for their FULL uniform to all cheerleading activities.
- Cheerleaders are expected to be COMPLETELY dressed (no-show sports bra, uniform, bloomers, warm-up, appropriate socks, cheer shoes, and bow).
- Cheerleaders are required to have proper practice clothes at every practice. This includes shirt, shorts, cheer shoes, hair tie, etc.
- Uniforms and shoes should be well kept at all times.
- Cheerleaders should exhibit mature and appropriate behavior at all public functions.

**You may have extra conditioning, be benched, suspended, or removed from the squad for failure to follow any of the above expected behaviors.**

### **Safety (Per GHSA)**

1. Jewelry cannot be worn during cheerleading activities. You may NOT put a band-aid over new piercings.
2. Hair must be secured away from the face and off of the shoulders in a medium to high ponytail (No low ponytails). No hard clips, hair decor etc... should be used.
3. Fingernails must be short (cannot be over the edge of finger; nail salons will not cut them short enough).
4. No stunting or tumbling unless under the direct supervision of the coach.
5. Appropriate clothing and shoes must be worn at all times.
6. No chewing gum, etc... while engaging in cheer activities.

7. Never perform stunts and/or tumbling during public appearances that have not been practiced to perfection.
8. There are inherent risks, mostly due to stunting and tumbling, for cheerleaders. All safety guidelines must be followed to ensure the utmost safety of all participants. Therefore, a coach should approve any new stunt and/or tumbling skill before it is attempted.
9. Cheerleaders must be attentive and focused while engaged in cheerleading activities. This is especially important during basketball games due to the proximity of the cheerleaders to the game.
10. Cheerleaders must report any physical problems to their coach as soon as the problem arises. Failure to do so could cause further problems and jeopardize the safety of others.
11. Cheerleaders **MUST** obtain a doctor's release before resuming any cheerleading activity after an injury or illness requiring a doctor's visit.

## **Attendance**

### **Section 1: General Expectations**

- Cheerleaders are expected to be at practice in their practice clothes, unless absent from school (see below)
- In high school, cheerleaders are expected to communicate logistics with their coaches themselves, not their parents unless under extraordinary circumstances the cheerleader is not able to communicate.
- If a cheerleader needs to miss any part of a cheerleading function, she must tell the coach in person (do not send word or send an email unless you are absent from school due to illness, etc...). The coach must approve the miss. Any unapproved misses will result in a one game suspension.
- No other non-school activity may interfere with cheerleading practice. An agreement must be made between the teacher/coach for simultaneous school-related activities.
- Additionally, the squads are expected to attend all other required activities including, but not limited to: fundraisers, team building activities, camps, pep rallies, community service, and all other school functions to show unified school spirit to other teams at CVHS.

### **Section 2: Absences**

The coach will determine if the absence is excused or not. A cheerleader who must miss a practice and who is NOT absent from school MUST discuss the situation with the coach prior to the absence and is responsible for obtaining all information discussed at practice. If you are absent from school, please notify the coach of the absence.

1. A cheerleader must have a doctor's excuse on every missed function after the third absence.
2. In general, if a cheerleader is well enough to be at school, you are well enough to be at practice.

\* Missing a function due to a regular check-up does not count. Parents need to schedule regular check-ups around cheerleading activities. Failure to obtain appropriate documentation will result in a one game suspension.

### **Section 3: Tardiness**

"If you are early, you are on time. If you are on time, you are late. If you are late you are in trouble!"

1. Athletes who are late to a practice, game, an event, or the bus will receive the proper disciplinary consequence as tardiness is disrespectful to all parties involved.
2. Students are considered late if they are not properly attired when the practice/game/competition/event time is scheduled. If you are late for the bus, you will be left and there will be disciplinary consequences to follow. You may not drive yourself when you miss the bus.
3. What on time means: In the designated area at the assigned time. This means being fully dressed in specific attire, shoes, and socks, with hair pulled back, and absolutely NO jewelry.

**We look forward to a great season! GO GRIZZLIES!!**

Coach Mangum

Coach Sharrock

Coach Ford

Coach Webb