

Clarion University CHEERLEADERS CONSTITUTION

The Cheerleading Squad shall be known as the CU Eagles.

1 PURPOSE:

1.1 It shall be the purpose of the Golden Eagle Cheerleaders is to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the Team management and administration, other athletic teams and sporting organizations.

2 ELIGIBILITY:

2.1 A cheerleader candidate must support the Golden Eagle above all other teams.

2.2 A candidate must be neatly presented, medically fit, and if under 18 years old provide parental permission..

2.3 Acceptance of a candidate shall be on the basis of ability, the coaches agreement, acceptance of the squad rules, and without prejudice of race creed or color.

3 MEMBERSHIP:

3.1 The Golden Eagles are a co-ed squad. The regular squad will consist of a maximum of 30 cheerleaders. Additional members may be admitted and allowed to fill regular squad positions as they reach performing proficiency, vacancies occur, or temporary positions in the event a regular cheerleader is unable to perform his/her cheerleading duties.

3.2 The entire regular squad will cheer at all games and competitions, promotions, fundraisers, community and charity events.

4 ATTENDANCE REQUIREMENTS:

4.1 All cheerleaders will attend all practices and competitions or events, unless pre-approved by council. Absenteism of 3 or more practice per quarter (Jan- Mar, Apr-Jun, Jul-Sept, Oct - Dec) will result in suspension of cheering. Practices will continue to be mandated.

4.2 Summer Camp; All cheerleaders, managers and coaches, are required to attend annual camp as a squad.

4.3 Competitions: The squad as a group will decide to enter a competition. If the majority decide to compete, the entire squad will do so

4.4 Social Activities: All members are encouraged, but not required to attend. Advance notice of non attendance is required.

4.5 Team activities other than Games: As social activities, but members will be required to attend a reasonable proportion of these duties throughout the year.

4.6 If any other activities or opportunities are chosen by the coaches/managers, the coaches/managers shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.

5 FINANCIAL RESPONSIBILITIES: (Other than uniform) All through Fundraising

5.1 Annual Camp/Clinics: The cheerleader is responsible for the cost of attending. Fundraiser projects will be available to assist those participating.

5.2 Transportation: The squad managers/coaches will be responsible for supplying game/event transport

5.3 Competitions: The squad/managers/coaches will bear the cost of competition entry. Members will bear a proportion of transport costs to cover fuel/hire etc.

5.4 Members will provide their own refreshments when not provided by the managers/coaches or event organizers.

5.5 Each member will be required to purchase certain items of clothing/uniform for hygienic reasons. These will be listed.

6 TRYOUTS:

6.1 A Tryout will consist of performing designated skills in front of council members and coaches/managers. A majority decision by the council for acceptance will be taken. However the coaches/managers have the right to accept or veto this vote.

6.2 Tryouts will normally be held each year prior to the start of Angels team training, but may additionally be conducted at other times at the discretion of the coaches/managers.

6.3 The format of the Tryouts will be decided by the coaches, and will be held in a fair and open manner conducive to allowing each candidate to show his/her best abilities and potential.

8 DUTIES AND RESPONSIBILITIES OF COACHES/MANAGERS:

The coaches/managers are responsible for:

8.1 Ensuring that squad members are safe, as the top priority at all times, that First Aid is available, and emergency contact list is kept up to date and present at all times.

8.2 Organizing and arranging training schedule, equipment, training facilities, travel and events.

9 DUTIES OF CO-CAPTAINS: (if chosen)

9.1 Set an example to the rest of the squad by following the rules and regulations of the Golden Eagle Cheerleaders. The Co-Captains will set an example by doing more than his/her share.

9.2 Be at practice early and start practice on time.

9.3 Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the decision shall be by the Co-Captains and Coach.

9.4 Act as a peacemaker in case of disagreements

9.5 Co-ordinate the painting and hanging up of signs.

9.6 Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.

9.7 Keep the crowd cheering and your cheerleaders in proper formation during games-

9.8 Show no partiality within the squad

9.9 In the event the Co-Captain is not able to perform his/her duties the secondary Co-captain or assigned Group Leader will do so.

10 PRACTICE SCHEDULE:

10.1 To set by the coaches/managers, with squad approval. As far as is practical this will be Monday and Thursday nights from 7:30 -9:30 pm. This schedule will increase with competitions and playoffs.

10.2 All cheerleaders are required to attend all practice sessions unless valid reasons are notified to the coaches/managers.

10.3 All absences from either a game or practice **MUST** have a written dr's excuse brought to the coach before you will allowed to cheer again.

11 UNIFORMS & PRACTICE WEAR:

11.2 Only official squad jackets may be worn over uniform. Official jackets, T shirts, and practice wear are the only items of squad clothing that can be worn whilst not in full uniform. Uniform will only be worn for events as designated by the coaches/managers.

11.3 Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to an Golden Eagle member.

12 APPEARANCE:

12.1 For safety reasons jewelry or watches will not be worn with uniform or at practice, except for small flat earrings or small stud earrings.

12.2 Uniforms must be kept spotless at all times.

12.3 Makeup should be natural and not excessive.

12.4 All hairstyles must be neat and secured up out of the face, not needing attention (combing etc) while performing. Bows must be worn and be identical. Unless due to special events. aka Cancer Awareness or Senior Days.

12.5 Cheerleaders should look their best at all times, especially when in uniform.

13 CONDUCT:

13.1 Squad members are required to maintain and uphold the reputation of the ~~team~~ Cheerleaders through their own conduct and squad spirit.

13.2 Members are required to be courteous, polite, friendly, and try to have a smile for everybody.

13.3 All cheers and chants shall be of a positive and sportsmanlike manner.

13.4 Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.

13.5 No cells will be permitted during games..You may check your phones at halftimes only..Not during timeouts either during football or basketball season.

13.6 You are **NOT** allowed to leave your cheer lines during football game to get a drink from the sidelines. Once you are in your cheerlines you **MUST** stay there unless we are either stunting or dancing.

14 FUND RAISING ACTIVITIES:

14.1 All cheerleaders will participate in all fundraising project per year. The money raised will be used to fund additional agreed expenses during the year such as extra items of kit or equipment. Donations to, and fund raising for, Eagles team funds or charity projects may be conducted as agreed by the squad and coaches/managers.

14.2 All fundraising activities will be approved by the majority of the squad and with the approval of the coaches/managers.

15.1 It shall be squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends. Demerits will be given for every violation to the listed constitution, practice rules and/or squad rules. Written notice of such will be given. With 3 demerits, the cheerleader will be suspended from 1 game (practice remains mandatory). With 6 demerits, the cheerleader will be suspended from 2 games or events (practices still mandatory). With 8 demerits the cheerleader will be dismissed from the squad.

15.2 A cheerleader may be suspended from games/events for the following reasons:

Unexcused absence, excessive absence or tardiness, failure to cooperate with coaches/managers, if grade point average falls below 2.5, or failure to abide by squad rules and regulations.

15.3 A cheerleader may be dismissed from the squad for the following reasons: Excessive and irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs), and as otherwise deemed necessary by coach.

Name.....

Date.....

We are what we repeatedly do. Excellence then is not an act, but a habit.

