

## **BERRYHILL LITTLE CHIEFS CHEERLEADING BY-LAWS 2024/25**

### **I. OBJECTIVES**

- A. The purpose shall be to boost school and BES activities by:
  - 1. Increasing interest and sportsmanship
  - 2. Creating a more intense spirit of loyalty.
- B. This group will also represent Berryhill Public School District in a credible manner.

### **II. MEMBERSHIP**

- A. Membership is open to girls entering 1st - 6th grade
- B. Girls signing up must:
  - 1. Be willing to commit to ALL PRACTICES AND GAMES
  - 2. Be willing to use good standards of character.

### **II. ATTENDANCE**

- C. Attending Practice Is Mandatory.
- D. Attending Regular Season Games Is Mandatory.
- E. Crisis situations needing special consideration for an absence will be dealt with on an individual basis. A parent or guardian must notify a Sponsor and/or Cheer Director as soon as possible with the reason for the absence.
- F. Absences
  - 1. Sponsor(s) and Cheer Director(s) must be notified of an absence prior to the practice, game or special event for it to be excused. Notification must be provided in writing via text message, GroupMe direct message or a post on the Cheer Squad GroupMe. If Sponsor(s) and Cheer Director(s) are not notified prior to, the absence will be an unexcused absence.
  - 2. Only 2 (two) excused absences will be granted per calendar month. An exception *may* be made in the event of prolonged illness but is not guaranteed.
  - 3. CHEERLEADERS THAT DO NOT ATTEND PRACTICES AND/OR GAMES WILL SIT OUT THE HALFTIME PERFORMANCE AND THE THIRD QUARTER OF THE NEXT GAME IF SPONSOR(S) OR DIRECTOR(S) DOES NOT EXCUSE THE ABSENCE OR IF THE CHEERLEADER HAS MORE THAN 2 (TWO) EXCUSED ABSENCES IN THE CURRENT CALENDAR MONTH.
  - 4. Missing practice to attend a Middle School Football game is not an excused absence. Cheerleaders that miss practice to attend a Middle School Football game will sit out the third quarter of the following game.
  - 5. All cheerleaders must be at the field at least 20 minutes prior to the game. If a cheerleader arrives right at game time or after the game begins, she will sit out until the next quarter of that game, unless otherwise approved by the Cheer Director prior to the game. The only exception is when a cheerleader is traveling from a sibling's game at another field.
  - 6. More than (3) unexcused absences from games and/or practices may result in suspension from the squad.
  - 7. A parent/guardian or approved adult must pick up the cheerleader immediately following the scheduled clinic, camp, practice, and games.

### **III. GENERAL BEHAVIOR**

1. Listens to instructions from coaches and/or sponsors.
2. Helps And Encourages Others
3. Refrains from hurtful comments to or about others and is sensitive to others' feelings, including fellow cheerleaders and coaches.
4. Does Not Use Profane, obscene, or rude language.
5. Does not view instructions as Criticism.
6. Is punctual and maintains a good attendance record.
7. Shows respect for instructors and sponsors.
8. Is cooperative and enthusiastic.
9. Uses time well (does not waste time).
10. Thinks of cheerleading as a squad effort, rather than an individual performance.
11. Makes Sponsor Aware of Impending Absence Or Problems.

#### **IV. DISCIPLINE**

1. Any girl who fails to comply with any of the above rules is subject to discipline. Such Discipline will be for conduct unbecoming to a BES member in uniform or at any BES activity. This includes conduct that brings embarrassment or distracts from the images of the group.
2. Discipline Will Follow the Progressive Format.
3. 1st Demerit: Verbal warning by the sponsor. Cheerleader will be isolated from the group until the behavior is under control.
4. 2nd Demerit: Written warning by sponsor and parental contact. Cheer director will also be notified.
5. 3rd Demerit: Benching. Parent will be notified and cheerleader will be benched for the next game that he/she is in attendance.

#### **V. UNIFORM APPEARANCE**

1. The uniform includes the School t-shirt, School skirt, shell, skirt, Under shell, shoes, socks, hairbow, warm-up and poms.
2. Uniform Must Be Kept Clean And Neat.
3. Hair must be kept away from face with uniform hair bow.
4. A bag containing poms, warm-up, and water bottle must be brought to every game.
5. If a cheerleader is not in full uniform she will sit out for the game. This includes proper bow
6. For safety reasons, no jewelry of any kind can be worn at practices or games. If a cheerleader has recently had her ears pierced and the earrings cannot be removed, they must be covered with a band-aid prior to arriving at practice or the game.
7. Bold Makeup is not allowed.
8. No Gum Chewing Or Eating During Clinics, practices or games.
9. T-shirts, gym shorts and athletic sneakers must be worn to all practices and clinics unless otherwise instructed by coaches or sponsors.

#### **VI. CHEERLEADER EXPECTATIONS**

1. Show Good Spirit.
2. Pay attention to and obey coaches and sponsors.
3. Participate in conditioning exercises such as running or jumping jacks.
4. Support and encourage all others on your squad.
5. Give your best effort.
6. Come prepared and arrive at practice and game on time. Cheerleaders are expected to be ready to cheer and pay attention to the game. Breaks will be provided as necessary due to weather conditions. If a cheerleader becomes ill during a game, we will send her up to a parent or guardian so she can get necessary attention.
7. Use the restroom before being dropped off with your squad at the beginning of practice and games.
8. When coaches are working with small groups, sit quietly, listen, and watch other groups when it is not your turn.
9. Between cheers during games, cheerleaders are expected to turn towards the field and stand still to watch the game.
10. All cheerleaders must wear athletic shoes to practices. No flip flops, sandals or slip on tennis shoes will be allowed. If your daughter is wearing unacceptable footwear, she will have to sit out practice.
11. Pickup all water bottles and trash brought practice games.
12. Cheerleaders ARE NOT allowed to stunt without a coach present. This includes on the playground at school. Cheerleaders that stunt without a coach present will be set out the half time and 3<sup>rd</sup> quarter of the next game. Stunting can be dangerous and should be taken seriously!
13. Cheerleaders are encouraged to wear their cheer uniform to school on Fridays when there is a football game that Saturday. If there is a playoff or makeup game during the week, cheerleaders are encouraged to wear their uniform to school that day. Uniforms consist of camp t-shirt, camp skirt, shell, skirt, warm-up top.

## **VII. PARENT/GUARDIAN EXPECTATIONS**

1. Join the GroupMe board for your daughter's grade. All communication regarding practices, uniforms, games and special events are communicated on GroupMe. It is your responsibility to check GroupMe often and stay informed.
2. Parents may stay during practices but must stay in designated areas. All practices, camps and clinics are closed. Parents may not stand by their child's squad during closed practices, camps or clinics.
3. Let the coaches and sponsors do their jobs. If, for any reason, a problem should arise, contact a sponsor or director after the practice or game and not during. Do not approach coaches with complaints.
4. Have your child use the restroom BEFORE dropping them off at a practice or a game. We do not have access to restrooms during practices.
5. Get your cheerleader to practice and games on time. Cheerleading is a team support and when one child arrives late, it delays the entire group.
6. Please do not bring your cheerleader to games or practice if she is not feeling well.
7. During games only Coaches, Sponsors and Cheerleaders are allowed on the sidelines.
8. When picking up your child at a practice or game, please walk to your child's squad and let the sponsor know you are taking your child. Cheerleaders will

NOT be allowed to leave the squad to get in a vehicle without contacting a sponsor first.

9. If someone other than the typical parent/guardian/grandparent will be picking your child up from a practice or game, you must notify your child's sponsor before pickup time.
10. Pickup your child on time at the end of practice and games. Cheerleaders must be picked up immediately following games / practices / clinics.

#### VIII. PRACTICE AND GAME SCHEDULE

1. The director will determine all practices. You will be notified of time, day and location of practice.
2. The Indian Nation Football League (INFC) sets the schedule for all game times and locations. The season schedule may not be announced by the INFC until the week of the first game.

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Cheerleader Signature

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Date

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Parent / Guardian Signature

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Date