



## CYPRESS BAY HIGH CHEERLEADING CONSTITUTION 2020-2021

### RULES – EXPECTATIONS - BEHAVIOR

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By accepting a position as a Cypress Bay Cheerleader, you agree to pay all fees in a timely manner, to fundraise as a team member, and to abide by the following rules, expectations, and behavior guidelines. As an athlete, you have agreed to be a leader among the entire school. In or out of uniform, you are expected to adhere to a code of behavior that exemplifies the best of Cypress Bay. You are not only responsible for your own reputation, but for the reputation of your teammates, coaches, and school. We hold each cheerleader to the highest standard and expect nothing but the utmost respect for this program in return.

#### Cheerleaders

I. **ACADEMICS:** Grades are your number one priority. You will be required to present sign **Grade Sheets** continually throughout the season. Your specific coach will discuss due dates for Grade Sheets. If you fail to present a Grade Sheet by the due date, you will sit out one game. Incomplete grade sheets are not acceptable and will result in the same consequence as stated above. A minimum of a 2.0 GPA in all classes (unweighted) is required to participate in cheerleading. One “F” in a class is grounds for being benched. Consistently low grades are grounds for removal from the team. Additionally, it is at the coaches’ discretion to bench you for poor grades or reported unacceptable school behavior. *\*refer to consequences on pg. 3*

II. **UNIFORMS/ATTIRE:** All Cheerleaders must dress properly for **practice** and **games**.

- 1) Cheerleading shoes with socks
- 2) Assigned outfit for that day and a sports bra: Practice uniform and spirit days will be announced by the coaches. (incorrect color sliders, socks, bows, jackets etc. will result in “**out of uniform**” consequence.)
- 3) Hair must be pulled back into a neat ponytail (completely out of your face) per coach’s instructions. (ie. high ponytail, half up/ half down)
- 4) **NO JEWELRY** at all during stunting (Do not pierce anything once the season has begun.) Only earrings which **lay flat** are permitted during games.
- 5) Trimmed fingernails-no acrylics, gels, tips, etc.

**Note:** You will be required to wear your uniforms in school on several occasions to advertise an upcoming game, to encourage the competing athletes, and to promote school spirit and participation. Cheer apparel, including practice wear and jackets is to be **worn only by members** of the current year Cypress Bay cheer team. While in uniform only the following jewelry may be worn: a simple watch or bracelet, small rings, small stud or hoop earrings, and simple necklaces. **Note: ON SPECIAL SCHOOL SPIRIT DAYS, YOU ARE STILL REQUIRED TO WEAR YOUR UNIFORM**, however, you may add “FLASH” in order to participate with your Class, Organization, etc.

### III. BEHAVIOR/SOCIAL NETWORKING:

- 1) **NO PUBLIC DISPLAYS OF AFFECTION** are allowed in uniform. Remember to be discrete and polite. Respect yourself above all else. Remember you are recognized as a Cheerleader whether in or out of uniform. Reported incidents, in and out of uniform, will be dealt with individually and privately.
- 2) Foul or profane language will not be tolerated, either at practice, games, or on social media.
- 3) If at any time, a student/cheerleader demonstrates behavior in school, in the community, or on social media that the head coach feels are detrimental to their team, coaches, teachers, or school, they will no longer be on the school cheer team.
- 4) While we support each cheerleader expressing themselves as individuals, we expect them to do so respectfully. Social Networking websites (Facebook, Twitter, Instagram Snapchat, etc.) are great tools to stay connected to friends and organizations and are to be used as just that. **As a member of this team, you are required to accept "follows" from @cbhscheer and/or join GROUPME and Remind.** Social Media is one form of sharing information about cheer events. Furthermore, nothing is to be "blocked" on your profile. If you feel the need to "hide" or "block" anything (ex. pictures, status), then it should not be up there at all. Inappropriate matters will be dealt with at the coach's and or administration's discretion. Fake accounts, such as Finstagram, are not tolerated.
- 5) The following are **NOT ACCEPTABLE** uses of social media, and will result in an immediate consequence, up to and including dismissal from the squad: **(THIS APPLIES ALL YEAR AND NOT JUST DURING THE SEASON. YOU CONSISTENTLY REPRESENT CYPRESS BAY HIGH SCHOOL, ITS ATHLETICS, AND THE CHEER PROGRAM, IN AND OUT OF SCHOOL.)**
  - a) pictures of alcohol, smoking, solo cups, drug paraphernalia illegal activities, including those mentioned.
  - b) nude/nearly nude photographs (i.e. undergarments and private areas should NOT be displayed)
  - c) disrespectful language towards others or inappropriate comments about school, cheerleading, teammates teachers/administration/coaches
  - d) posts indicating sexual promiscuity
  - e) communication with or about teammates OR players/cheerleaders from other schools

**Note:** Please remember that posts online are PUBLIC and can never be taken back, even when your settings are private. Please protect yourself and the cheerleading team from invasions of privacy and a disrespectful or inappropriate social media image. YOU ARE REPRESENTATIVES OF CYPRESS BAY HIGH SCHOOL. Finally, parents and cheerleaders may be required to attend a social media seminar prior to the start of the school year. Date TBA.

### IV. DRUGS AND ALCOHOL:

Under no circumstance will the use of drugs or alcohol be tolerated. This is not only illegal but portrays everything this program is against. If an issue does arise, aside from removal from the team, that situation will be dealt with by administration.

### V. ATTENDANCE/ABCENSES:

- 1) You are expected to attend **every practice and every assigned game and event.** This is a huge time commitment. Consider which clubs/classes you participate in and if those clubs/classes would continually interfere with your commitment to cheerleading. Absences prevent the squad from stunting. Incomplete stunt groups during practice and or games could result in NOT stunting during the game.

- 2) Football season runs from August-December and Basketball season runs from December-March, if you commit to the TEAM it must be your priority. **Plan vacations and visits around your commitments.**
- 3) If you have been injured, in or out of cheerleading, **a doctor's and athletic department release will be required** before you return to practice or perform with your team. (If you are injured during Cheer Camp, you WILL NOT be placed in a stunt group for the entire season.)
- 4) If you are **sick, miss school or will be late** on a practice or game day, you must **e-mail** or contact your coach through **TEXT** ASAP (Coach Malone-Varsity Football, Coach Stu-JV Football, Coach Kate-Basketball). **Do not email or text message captains about absences. 24 hours' notice is mandatory for planned absences or late arrivals.** Absences from a practice or game will only be EXCUSED because of a doctor's note or extreme family emergency. **However, consequences for even an excused absence is at the coach's and or athletic administration discretion. Cheerleaders who are excused from a practice may still have to sit out during a new cheer, chants, or performances, but not from an entire game.**
- 5) Per Broward County School Policy, you must attend school for half of the day (not including lunch) during the day of an event or practice in order to participate in any extracurricular activity.
- 6) Practice and game times will be published in advance but are subject to change. Be on time. *\*Refer to consequences for late arrivals.*

#### VI. STUNTING/PERFORMANCE:

- 1) Stunting is a HUGE part of the football cheer program. **IF YOU CANNOT PARTICIPATE IN STUNTING PLEASE DO NOT TRY OUT! STUNTING IS NOT AN OPTION.** YOU WILL NEED A DOCTOR'S NOTE STATING WHY YOU CANNOT STUNT.
- 2) **Stunting is only allowed when a coach is present and attentive to the stunting that is occurring.** A violation of this rule is serious and dangerous and may result in the entire squad losing stunting privileges.
- 3) Regardless of stunt/cheer experience, coaches will determine stunt positions and cheer formation.

#### VII. GAME DAY/PRACTICE EXPECTATIONS:

- 1) While an event or game is in progress, cheerleaders are expected to be fully engaged in that event. **Visiting with one another, friends, and fans is prohibited. Absolutely NO CELL PHONES are to be in use during this time (game, practice or event), including at half time.** Remember we are there to support the team and our school. When the game or event is in progress, the squad will remain together.
- 2) Water is required in order to participate in any and all cheerleading activities. South Florida's climate can be extremely hot, humid, and unpredictable. **In order to keep hydrated cheerleaders must ALWAYS have their assigned cheer water bottle with them. MAKE SURE YOUR CHEER BOTTLE IS CLEAN AND WITH YOU ALWAYS.**

#### VIII. CONSEQUENCES:

- 1) Failing grade(s), Late to practice, Out of Uniform-game/practice- (bow missing, incorrect sliders etc.):
  - a) First offence=Sit out 1<sup>st</sup> qtr.
  - b) Second offence=Sit out two qtrs.
  - c) Third offence=Possible removal from team

- 2) Miss practice or a game: (unexcused) **Coaches discretion even if excused.**
  - a) First offence=Sit out 1<sup>st</sup> qtr.
  - b) Second offence=Sit out two qtrs.
  - c) Third offence=Possible removal from the team
- 3) Being benched in two games is grounds for evaluation and possible dismissal from the squad.
- 4) If you quit or are removed from the team you cannot tryout the next year.

#### **IX. FUNDRAISING/FINANCIAL RESPONSIBILITIES:**

- 1) Every cheerleader is required to participate in all scheduled fundraisers. Lack of participation will result in being benched or removed from the squad. **BEING ON 2 SQUADS = FUNDRAISING FOR 2 SQUADS.**
- 2) Uniform/poms must be returned or \$195 will be charged to the students account. All cheer financial balances must be **paid in full** in order to participate in cheer tryouts the following year.
- 3) Uniforms must be hand washed in cold water, air dried. Do not dry in dryer or dry clean! Uniforms and poms are the property of Cypress Bay High School. It is the responsibility of each cheerleader to clean and care for uniforms/poms. Any uniform not turned in or returned in poor condition is subject to a school obligation fine for the value of the replacement cost of items.

#### **X. CHEER CAMP ATTENDANCE:**

- 1) **All** Cheerleaders are required to attend **ALL** days of Cheer Camp.
- 2) If a cheerleader accepts a position on both basketball and football cheer squads, attending **BOTH** camps **ALL** days is mandatory.
- 3) **Failure to attend even one day of camp will result in removal from the team.**
- 4) Do not accept a position on the cheer squad if you have a conflict with vacations or other activities. *\*This includes camp/games.*

#### **XI. SCHOOL SPIRIT ATTENDANCE:**

- 1) All Cheerleaders are required to participate in charity events. **Charity event participation is mandatory.** Dates and locations will be announced during the season. *\*Harvest Drive participation / donation of designated food item is mandatory.*
- 2) All Varsity Football Cheerleaders are **required** to report to school at **6:45 am** to perform at the morning Pep Rally held in the courtyard the day of **HOME** Games. *\*Non-attendance or late arrival will result in sitting out the 1<sup>st</sup> qtr. of a game per each offense. Consistent non-attendance or late arrival could lead to removal from the team.*
- 4) JV football cheerleaders will be required to perform at the Freshman Orientation in August. If a cheerleader misses the performance, she will not be permitted to run for a captain or co-captain position.
- 3) Missing any of the above will result in **sitting out one full game.** A pattern of absences could result in dismissal from the team.

#### **XII. PARENTS AND CHEERLEADERS:**

- 1) Cheerleaders (rather than parents) are expected to be the primary source of communication about grades, attendance, and any other concerns. Parents are an important source of support, guidance, and clarification when

needed, but cheerleaders must take responsibility for their own actions and learn to communicate issues clearly and respectfully with their coaches and peers.

2) **PARENTS:** Please pick up your child at the conclusion of evening practice, game, or event. Please be considerate of the coaches as they are looking out for the safety of your child. **Cheerleaders/Athletes MUST ride the bus to and from events PER BROWARD COUNTY SCHOOLS.**

**XIII. ATTITUDE & WORK ETHIC:**

Ultimately, we want this season to be a fun, positive experience. In order to make this the best it can possibly be, everyone involved must be willing to give 100% - this includes attitude. A good attitude is extremely important under all circumstances, and we expect nothing less. This is a team effort, and a poor or negative attitude would be detrimental to what will be a promising season. Each spot on this team is not to be taken for granted.

**Note: Parents and Cheerleaders, please read and go over our rules and expectations carefully to ensure that you understand what is to be expected from everyone.**

Respectfully,  
Coach Malone  
Cypress Bay Head Cheerleading Coach

**Emails:** Head Coach Malone-Varsity Football/Basketball: [judith.malone@browardschools.com](mailto:judith.malone@browardschools.com)  
Asst. Head Coach Stu-JV Football: [deneen.stuczynski@browardschools.com](mailto:deneen.stuczynski@browardschools.com)

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**ACKNOWLEDGEMENT**

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By accepting a position as a Cypress Bay Cheerleader, I agree to pay all fees in a timely manner, to fundraise as a team member and to abide by the stated rules and expectations listed on pages one-five of the *Cypress Bay High Constitution of Rules and Expectations*. As an athlete, I have agreed to be a leader among the entire school. My position is a public one, and I will conduct myself in a manner that is consistent with this decision. In or out of uniform, I am expected to adhere to a code of behavior that exemplifies the best of Cypress Bay High.

We have read, understand and agree with the cheerleading rules/expectations and financial responsibilities. We respect the decisions made by the Athletic Department and the Cheerleading Coaching Staff.

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Cheerleader Name (Print)	/	/
	(Signature)	Date

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Parent/Guardian Name (Print)	/	/
	(Signature)	Date

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**OFFICIAL USE ONLY: DO NOT WRITE BELOW THIS LINE**

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*Judith Malone Head Cheerleading Coach*  
*Scott Selvidge, Athletic Director*

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