



Rock Starz CHEERLEADING CONSTITUTION

As an All-Star Cheerleader, I agree to the following terms & team policies. I will first be verbally warned when breaking this contract, followed by a written complaint in the logbook. Three serious infractions of this contract will result in probation and/or dismissal.

Conduct:

- ❖ All girls will act in a respectful manner at all times towards teammates, coaches and opposing teams.
- ❖ No negativity will be tolerated! All complaints will be logged. Serious or repeated problems will result in a parent phone call and probation.
- ❖ Good sportsmanship must be shown at all team practices and events.
- ❖ Bad attitudes will not be tolerated! **One bad attitude will affect the entire team.**
- ❖ If at any time a girl is found to have been involved in drinking alcohol, smoking or any illegal substances, they are subject to immediate dismissal from the team.
- ❖ Social Media: Facebook, Twitter, etc. When using this form of communication please be POSITIVE. Understand that anything you write can be read by many people. This can create potential issues and conflicts within our program. It also can be a safety issue for strangers who have ill-advised thoughts.

Policy:

- ❖ All team members will be treated equally. No one member is more important than any other. **We are a TEAM – Unity is our goal!**
- ❖ **Respect** is a necessity!
- ❖ All members are expected to act for the benefit of the team.
- ❖ 100% effort is expected at all times! Extra work may be required to achieve desired results in certain areas (i.e. jumps, motions, stretching). Practice at home if asked. If improvement has not been made to bring you up to the required level, you may be placed on probation.
- ❖ Members are expected to perform to the best of their abilities & challenge themselves.
- ❖ Quitting is not an option!

Attendance:

- ❖ Attendance is mandatory!!
- ❖ Girls need to be at practice **on time.**
- ❖ Lengthy illnesses and injuries will require a doctor's note upon returning to practice.
- ❖ Absences **MUST** be reported to a coach **PRIOR** to practice.

** We will begin practicing mid-June and will practice once or twice a week. Summer practice will continue until September when we will begin practicing twice a week and Saturdays, as needed. We expect everyone to be at ALL practices, however, our summer policy will be somewhat flexible to accommodate family vacations.

Rock Starz CHEERLEADING CONSTITUTION (Continued)

Beginning in the fall, each girl will be allowed 3 unexcused absences (i.e. dances, school functions, other sports, sickness without a MD note, etc.) before being dismissed from the squad. There is NO EXCUSE for missing a competition. This will result in immediate dismissal from the team. Attendance will be taken at each practice and the attendance policy will be strictly enforced.

- 1 Upon the fourth unexcused absence: DISMISSAL in fall (as of Sept 1st)
- 2 Three latenesses equals one unexcused absence
- 3 Two early departures equals one unexcused absence
- 4 *No practices can be missed during the week prior to Nationals except in the case of extreme illness*

Stunting:

- ❖ A coach must supervise stunting AT ALL TIMES
- ❖ All members of the stunt group are equally important and must know their specific job for a stunt to be successful.
- ❖ USASF guidelines will be enforced in the areas of degree of difficulty and Safety.
- ❖ **SAFETY is PRIORITY!!!!**

Appearance and Attire:

- ❖ Tee-shirts tanks, shorts, socks and sneakers should be worn to practice. Shorts may only be rolled ONCE.
- ❖ No jewelry of any kind!
- ❖ No jean shorts, jeans, zippers or drawstrings.
- ❖ Hair must be away from face and in a ponytail.
- ❖ Nails must be sport length
- ❖ Full uniform needs to be worn to competitions, including socks and hair bow and REMAIN on until the end of awards.
- ❖ Sneakers must be clean.
- ❖ Hair must be worn in the style designated by the coaches (i.e. cheer curls, half up/half down).

Fundraising:

Each team member needs to reach their fundraising quota or have their account paid in full before competing at Nationals.

Cheerleader

Signature: _____ Date: _____

Parent

Signature: _____ Date: _____



Rock Starz CHEERLEADING CONSTITUTION

As an All-Star Cheerleader, I agree to the following terms & team policies. I will first be verbally warned when breaking this contract, followed by a written complaint in the logbook. Three serious infractions of this contract will result in probation and/or dismissal.

Conduct:

- ❖ All girls will act in a respectful manner at all times towards teammates, coaches and opposing teams.
- ❖ No negativity will be tolerated! All complaints will be logged. Serious or repeated problems will result in a parent phone call and probation.
- ❖ Good sportsmanship must be shown at all team practices and events.
- ❖ Bad attitudes will not be tolerated! **One bad attitude will affect the entire team.**
- ❖ If at any time a girl is found to have been involved in drinking alcohol, smoking or any illegal substances, they are subject to immediate dismissal from the team.
- ❖ Social Media: Facebook, Twitter, etc. When using this form of communication please be POSITIVE. Understand that anything you write can be read by many people. This can create potential issues and conflicts within our program. It also can be a safety issue for strangers who have ill-advised thoughts.

Policy:

- ❖ All team members will be treated equally. No one member is more important than any other. **We are a TEAM – Unity is our goal!**
- ❖ **Respect** is a necessity!
- ❖ All members are expected to act for the benefit of the team.
- ❖ 100% effort is expected at all times! Extra work may be required to achieve desired results in certain areas (i.e. jumps, motions, stretching). Practice at home if asked. If improvement has not been made to bring you up to the required level, you may be placed on probation.
- ❖ Members are expected to perform to the best of their abilities & challenge themselves.
- ❖ Quitting is not an option!

Attendance:

- ❖ Attendance is mandatory!!
- ❖ Girls need to be at practice **on time.**
- ❖ Lengthy illnesses and injuries will require a doctor's note upon returning to practice.
- ❖ Absences **MUST** be reported to a coach **PRIOR** to practice.

** We will begin practicing mid-June and will practice once or twice a week. Summer practice will continue until September when we will begin practicing twice a week and Saturdays, as needed. We expect everyone to be at ALL practices, however, our summer policy will be somewhat flexible to accommodate family vacations.