

*CANON-MCMILLAN
MIDDLE SCHOOL
CHEERLEADING
CONSTITUTION
2020-2021*

This system for Rules and Regulations is hereby established as the Constitution for the Canonsburg Middle School (CMS) Cheerleaders. All cheerleaders will follow the Canon-McMillan School District Athletic Handbook in addition to the following:

Purpose of CMS Cheer

- To represent the school and community in an exemplary manner
- To execute a school spirit program that supports the school itself and the athletic teams
- To serve as positive role models and leaders
- To promote sportsmanship within our school and among other schools
- To develop the ability to work as a part of a group in achieving common goals

Eligibility

All cheerleader candidates must be:

- Residents of Canon-McMillan School District
- Have a 2.0 GPA

Tryouts

- Due to COVID-19, CMS cheer tryouts will be virtual for the 2020-2021 season.
- Candidates will be required to learn tryout material using the links provided, record themselves performing the material, and then submitting their videos on the form provided to be judged.
- All links and forms, along with a tryout number, will be emailed on May 30, 2020. You can also access the links by going to www.cmhscheer.com and clicking on the tab for middle school. Candidates will have until Friday, June 5th at 4:00 to submit their tryout videos. No videos will be accepted after that time.
- Candidates only get one submission so make sure it is complete.
- An email will be sent out by noon on Monday, June 8th, with tryout results. Only numbers will be included in the email. NO names will be mentioned so please make sure your child knows his / her tryout number.
- Appropriate tryout attire:
 - Black or blue Shorts
 - White T-shirt WITHOUT writing
 - Socks and athletic shoes
 - Hair pulled back (personal bow if they would like)
 - ABSOLUTELY NO jewelry
 - NO gum

Chain of Command

- The first point of contact for any / all questions, comments, suggestions or complaints is Mrs. Shaffer or Mrs. Robinson.
- We will NOT discuss issues or concerns at a practice, game, or in front of the squad. We will arrange a meeting time for us (cheerleader, parents, and coaches) to discuss issues and concerns.
- After contacting Mrs. Shaffer and / or Mrs. Robinson and there is no resolution, you may then go to the Canon-McMillan Varsity Coach, Marissa Mannarino.

Squad

- The decisions of the coaches following tryouts are **FINAL**.
- The squad will cheer as 1 squad throughout the entire year, consisting of 7th and 8th grade students. There may be additional appearances requiring attendance, along with:
 - Spring / Summer: CMS cheerleaders will be REQUIRED to attend:
 1. Cheerleading Camp – Beginning of August
 2. High School Cheer Clinic for Big Mac Night – TBD
 - FALL:
 1. All 7th and 8th Grade **HOME** Football Games
 2. One – Two Varsity Football Games – TBD
 - Winter:
 1. All 7th and 8th Grade **HOME** Boys Basketball Games
 2. Middle School **HOME** Boys Wrestling Matches

Attendance

- You will be expected to be at ALL practices, games, events, and team activities. One cheerleader's absence affects the ENTIRE squad.
- Cheerleaders must arrive on time at all scheduled events and stay for the required amount of time.
 - It is the important to message both coaches when a cheerleader will be late to an event.
 - Continuous "I have to leave early" or "I will be a little late" will not be tolerated. Again, the entire squad will be affected.

Excused Absences

- Medical absences (must provide doctor's excuse)
- Family emergencies (funerals, hospitalizations, etc)
- Excused educational trips

Unexcused Absences

- Those caused by anything other than excused absences

- Once a cheerleader has reached 3 unexcused absences, Mrs. Shaffer will issue a warning to the cheerleader.
- Once a cheerleader has reached 6 unexcused absences, she will lose membership as a CMS cheerleader.
- If a cheerleader must leave practice 30 + minutes before end time of a practice, scheduled event, or game, they will receive half of an absence.

School Attendance

- Full Day Absence: Cheerleader may NOT participate in any event.
- Half Day Absence: Cheerleaders are permitted / expected to participate in all practices / events.
- If you are absent from school due to an illness, please get a medical excuse.

Transportation

- All cheerleaders are required to ride the bus, van, or assigned transportation chaperoned by the coach to and from a scheduled event. This only occurs during wrestling season.
- Leaving games, practices, or other events:
 - A cheerleader may leave a game, practice, or other event with parent (s) and / or guardian (s). If your cheerleader is getting a ride with another cheerleader, you must email or text Coach Shaffer and Coach Robinson prior to the day of the game, practice, or event.

Pick-Up

- It is imperative that pick up is prompt. If you are unable to pick up your cheerleader on time, you must make arrangements PRIOR to the practice, event, game, etc.
- Cheerleader may only be picked up 15 + minutes late 3 times. On the 4th time, they will be dismissed from the squad.

Physical Fitness

- Cheerleading requires a physical demand. If your child has any restrictions, limits or needs, they must be provided in a doctor's note and / or in cheerleader's physical.
- Physicals are due on or before the first day of the 2020-2021 school year.

Safety and Injuries

- Warm-up and stretching must precede all practice sessions, games, and other physical activities.
- Absolutely NO stunting or tumbling without a coach present.
- If a cheerleader is injured, she must:
 - Submit a note from doctor that specifies what she can and cannot do along with the dates of restriction.
 - Attend all scheduled events as usual (dressed appropriately and sit with the coach for the event).
 - Submit a doctor's note that clears the cheerleader to return before she can participate again.

General Conduct

- Each cheerleader is a representative of our school and community therefore, cheerleaders will be held accountable for their behavior at all times.
- Any cheerleader who violates our code of conduct, on or off of the field, will be subject to discipline at the Coach's discretion.
- Cheerleaders are not permitted to use their phones during practice or during games. Cheerleaders will be instructed by the coach to text parents for a pick-up reminder if needed.
- Cheerleaders must always present themselves at their best when out in the community, this includes social media. Inappropriate pictures, dance videos, inappropriate language, and / or comments will NOT be tolerated.
- There is absolutely no jewelry (this includes studs) for games or practices.
- Nails must be a neutral color and sports length during practices and games.

Practice Conduct

- During practices, cheerleaders are expected to:
 - Wear cheerleading shoes
 - Have hair pulled back
 - NO jewelry
 - Display appropriate manners by not talking excessively during instruction
 - Be on time and remain for the duration of practice
 - If absent, cheerleaders are still responsible for learning all material
 - Clean up practice area as a team

Game / Performance Conduct

- During games / performances, cheerleaders are expected to:
 - Arrive on time
 - Be dressed in complete uniform including bow, vest, skirts, etc
 - NO jewelry
 - Sit / stand as a team the entire event
 - Not talk while in line, stunting, or performing
 - Not leave a game /event without prior coach's permission

Dismissal From Team

- Loss of membership can occur for violations of any rules or district policies. These infractions include, but are NOT limited to:
 - Substance abuse
 - Bullying
 - Out of school suspension
 - Violation of school, community, or property
 - In school suspension will result in not participating for that week's games / events. They will also count as unexcused absences.

Uniforms

- All uniforms are property of the Canon-McMillan School District CMS cheer organization.
- If for any reason a cheerleader quits or is dismissed, she is expected to return all uniforms / equipment within 7 days of termination.
- At the end of the season, uniforms are to be turned in to the coach CLEANED
- Damaged or lost uniforms will be replaced by the cheerleader
- At no time should any piece of a uniform be lent to anyone or worn at a non-cheerleading event.
- All cheerleaders are required to purchase additional uniform items throughout the year.
- All items are to be purchased by the individual cheerleader. The items you pay for are yours to keep.
- If a cheerleader does not have their "full uniform" for a game, they will sit out and not participate.

Cheerleading is a disciplined activity that requires cooperation and a coordinated effort by all involved. Therefore, compliance to this set of guiding principles is essential. We will have a **ZERO TOLERANCE**

policy for disrespect or disobedience toward coaches, teammates, or all others involved. All rules and disciplinary actions are at the coach's discretion. Thank you for entrusting your child into our care.

Kriste Shaffer Contact Information: sisulk@cmsd.k12.pa.us

Lori Robinson Contact Information: robinsonlala@comcast.net