



# FELLOWSHIP ACADEMY CHEERLEADING CONSTITUTION 2018-2019

## I. ORGANIZATION

- a. This Constitution has been written and adopted for the Fellowship Academy Cheerleading teams. The teams and its Constitution are governed by Fellowship Academy and the Fellowship Academy Cheerleading coaches and administration.
- b. The purpose of the FA Cheerleading team is to:
  - i. **Bring honor to the Lord in everything we do.**
  - ii. Create school spirit, pride, and loyalty.
  - iii. Promote interest in school activities and perform at school games.
  - iv. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and develop character.
  - v. Teach teamwork and pride in a quality performance through maintaining high standards.
  - vi. **Understand that being part of the squad is a privilege, not a right, and treat membership on the team in such a manner.**
- c. Coaches
  - i. The coaches will be responsible for the daily running and activities of the FA Cheerleading teams.
    1. Coaching the teams to achieve excellence in supporting and creating school spirit!
    2. Coaching the teams to understand the value of team and excellence in all performances for camps, competitions, pep rallies, and games. .
  - ii. Any disciplinary concerns will be handled at the discretion of the coaches and administration.
- d. Fellowship Academy Cheerleaders will follow the policies written in FA Athletic Handbook.

## II. TRYOUTS

- a. Varsity Cheerleaders will do an official tryout and reach a pre-determined score or a pre-determined number of cheerleaders in order to make it. Outside judges will be used for the tryouts. Additionally, the candidate must also attain favorable teacher and coaches evaluations. Former coaches will be contacted regarding the abilities and character of the candidate. **ALL Varsity Cheerleaders perform at every event. With that in mind, cheer coaches have been authorized to cut just one athlete from the Varsity team at tryouts if the coaches feel that person is the only candidate that will not be able to perform at a Varsity level or has unfavorable evaluations.**
- b. Junior High Cheerleaders will do an official tryout. It is possible that cuts will be made.
- c. Fall tryouts will be available, by request, for new students who are entering FA for the first time in the fall. Requests must be made by the end of the second week of school. Each applicant will have two weeks to learn all dances, cheers, and chants that the squad has practiced throughout the summer. Teachers and/or coaches at the previous school will be contacted for evaluations. The Varsity cheer coaches will judge the tryout.
- d. The teams will be posted after tryouts.

### III. CHEER SEASON

- a. **The cheering season begins after tryouts and goes through the end of basketball season including cheer competitions.** It is the longest sports season at the school. Cheerleaders must commit to participation for the entire season.
- b. Practices will follow the schedule below:
  - i. On Tuesday and Thursday mornings after tryouts to prepare for Spring Pep Rally @ 6:55 a.m.-7:55 a.m.
  - ii. Summer practice schedules will be posted on the website. We understand there are weeks you will be out-of-town or on vacation. A pre-approved absence form must be filled out for these days. The forms must be turned in no later than a week before the missed practice. **Pre-approved Absence Forms turned in late will not be accepted and the absence will be considered unexcused.**
  - iii. During the year, 6:55 a.m. – 7:55 a.m. practices on Tuesday and Thursday mornings and Varsity Competition team will be practicing on Fridays at Spirals from 2:30 p.m. to 4:30 p.m.
  - iv. On the Friday mornings of pep rallies we will be having a 6:55 a.m. – 7:55 a.m. practice. If we are not prepared, we might have a practice on a Saturday morning the week before a pep rally. This practice would be from 9:00 a.m. – noon.
  - v. We will attend all football games except those more than 3 hours away.
  - vi. We will attend Varsity boys' home basketball games at least once a week.
- c. **Avoid vacations in August if possible.** Usually during the first week of we will be having choreography practice for pep rallies and both teams will perform at Meet the Mustangs. The remainder of the month we will be preparing our routines for our Kick-Off Pep Rally, Homecoming Pep Rally, and Senior Pep Rally. We will be learning dances, stunts and formations so we need all cheerleaders at the practices in order to make practice effective. If your daughter is not able to attend these practices she may be pulled from the stunts. During the month of June and the week of July 4 are the best time to plan family vacations.
- d. During the school year avoid planning tutoring, doctor's appointments, orthodontist appointments, independent study classes, work schedules, etc... on Tuesdays and Thursdays (Varsity has Pony Express practices several weeks after school during the year on these days). If your daughter will be on Varsity, do not plan appointments for Fridays after school. If you have visitation schedules, please make sure the other parent is willing to let your daughter attend games on Friday nights (and possibly some Saturdays).
- e. **SENIORS** – You will be required to fulfill all the demands and schedules of being a cheerleader throughout the entire season, including, but not limited to, Friday after school practices, Pony Express practices, and coming back for Hallway Pep Rallies, even if you have already left campus. If you are taking dual credit classes, working and/or tutoring for ACT/SAT, please decide whether or not you can also fully participate in cheerleading BEFORE trying out for the team. If you make the team you will be expected to attend ALL practices and performances.

### IV. COMPETITION

- a. Varsity Cheerleaders will compete at
  - i. FCC Summer Camp TAPPS Cheer Competition: November
  - ii. Dallas Cowboys Cheerleader Fall Classic: December
  - iii. FCC Cheer Competition: February
    1. All Varsity cheerleaders will be considered for the competition squad. The size of the squad competition squad will be determined based on the requirements of the competition routine.

2. Any Varsity cheerleader who is not on the competitive squad may be considered an alternate for the competition squad and may be asked to attend competition practices and learn the competition routines as well.
  3. Participation in summer practices, including cheer camp and Elementary Cheer Camp, attitude during practices and camp, as well as the ability to perform dances, cheers, and stunts will be considered.
  4. The competition team will be announced in the summer.
- b. Junior High cheerleaders are non-competitive.

## V. UNIFORM-

- a. Performance uniforms, camp clothes, footgear, hair bows and other accessories will be purchased by the team member and will be the property of the individual, unless otherwise stated.
- b. Each member will be required to maintain good condition and cleanliness of their uniform on a weekly basis.

## VI. CHARACTER

- a. **Team members should be leaders within the school and set a good example.**
- b. **Team members should be above reproach maintaining good appearance and habits that cannot be criticized.**
  - i. Smoking, drinking, and/or drug use are grounds for suspension or dismissal by the coach.
  - ii. Public displays of affection with boyfriends will not be allowed at school or school functions, in or out of uniform, or anywhere while wearing their FA cheer uniform or letter jacket. Your daughter's character and integrity are of utmost importance to us. If this is abused, it will lead to dismissal by the coaches.
  - iii. Each member must abide by those standards set by Fellowship Academy which are found in the Student and Athletic Handbooks.
- c. A member must be courteous and friendly to all other team members, the student body, as well as other teams and visitors.
- d. A member must be respectful to the coaches and a credit to the school
- e. List of unacceptable behavior: public displays of affection, disrespect toward coaches or team members, unexcused absences, use of inappropriate language, gossiping, inappropriate postings on social media, school issued detention and/or suspension

## VII. DEMERIT SYSTEM

- a. Cheerleaders are to be held accountable for all of their actions.
- b. Any faults to the items listed above in the constitution will be dealt with using the following system.
- c. What, specifically, will result in a demerit:
  - Unexcused missed practices
    - **Practices will only be excused if pre-approved by the head coach. Missing practice because of sickness will only be excused if the cheerleader also misses school that entire day because of sickness. Coming late to school because of being sick, will not count as an excused absence from cheer practice.**
  - Tardy to 3 or more practices
  - Missing pieces of uniform (including shoes or hair bows)
  - Tardy or missing from a game without notice

- d. If a cheerleader receives a demerit she will be asked to sit out of one quarter of a game. She will still be expected to attend the game and sit with the team, but she will not cheer with her team during that quarter.
- e. A second demerit will result in sitting out for two quarters of a game.
- f. A third demerit will result in being dismissed from the team and will make the cheerleader ineligible to participate in the following season sport.
- g. Optional consequences may be decided at the coach's discretion.

#### **VIII. TARDY TO PRACTICE OR PERFORMANCE**

- a. Cheer practice starts at 6:55 a.m. in the morning. Cheerleaders should be in the gym no later than 6:50 a.m. so they are ready to begin practice on time. The practice is only one hour in the morning, so every minute is critical.
- b. Arriving at 6:56 a.m. is considered late to practice.
- c. Cheerleaders arriving late to practice will be asked to stay double time at the end of practice to help roll up the mats and put away the sound system. If a cheerleader is more than 5 minutes late, that time will be made up at the next practice as well.
- d. Cheerleaders are asked to be at games early in order for us to practice half time performances or new cheers. Arriving late makes it impossible for the team to fully prepare for the performance.
- e. Cheerleaders arriving late to a game warm-up time will be asked to stay double time at the end of the game to help clean up the field and help the coaches put away supplies.
- f. Parents please be aware of this policy and be supportive of the coaches. Many of the cheerleaders are relying on their parents to get them to practices and performances. Please have your daughter there early!

#### **IX. TEAM CAPTAINS**

- a. There will be a captain, co-captain, and spirit captain for each of the JH and HS cheerleading teams based on tryout evaluations, grades, teacher recommendations, previous coaches' evaluations, their behavior and participation in cheer from the prior year, and an essay.
- b. Varsity Captain must have at least one year of cheer experience at Fellowship Academy. Freshmen will not be considered for Varsity Captain, but can be considered for co-captain or spirit captain.
- c. Responsibilities of the captain and co-captain include, but are not limited to, coordination of performance routines for all events and leading the team in warm up for all events, leading cheer during the games and pep rallies. **Additionally, the captain and co-captain must agree to be available to teach any new applicants, who request to try out for the squad, during the first few weeks of school.**
- d. Responsibilities of the spirit captain(s) include leading squad devotions, leading prayer time and facilitating prayer requests. They will also be vital in the resolution of inner squad conflicts.
- e. **All captains are held to an even higher standard than the other team members in regard to punctuality/attendance, cooperative attitude, grade maintenance, and overall behavior. Much will be expected of these leaders.**
- f. Candidates must write an essay in order to be considered for a captain's position. Only Varsity Cheerleaders who are trying out for both teams will be considered for captain positions.
- g. Varsity Captains will be announced prior to FCC Cheer Camp. Junior High Captains will be announced after JH Camp.

**X. CAMP & COMPETITION CHOREOGRAPHY**

- a. All cheerleaders are required to attend summer cheer camp and competition cheerleaders are required to attend competition choreography.
- b. If a cheerleader is unable to attend summer cheer camp or competition choreography due to prior plans made before the parent meeting, please notify the coaches by the first day of tryouts. Decisions will be made on a case-by-case basis as to participation as a cheerleader for the upcoming year. Additional practices made be required during the summer to learn camp material.

**XI. PONY EXPRESS – VARSITY CHEERLEADERS ONLY**

- a. Varsity Cheerleaders are required to participate in teaching the Pony Express Cheerleaders. This is a privilege and a ministry to the younger girls at the school.
- b. The dates will be determined by the beginning of the school year, but are traditionally once a month during September, October, November, and January.
- c. Practices will be held the week of a Pony Express performance on Tuesday and Thursday after school from 3:00 p.m. – 3:30 p.m. A Varsity Cheerleader is expected to attend these practices unless she is participating in another sport that has a game during that time.

**XII. DISAGREEMENTS WITH COACHES**

- a. All disagreements with the coach must follow the pattern set forth in Matthew 18.
- b. Matthew 18:15 – If your brother sins against you, go and show him his fault, just between the two of you. (NIV) Disagreements with a coach must be dealt with the coach directly first. Disagreements should not be discussed with your daughter or with other parents.
- c. Matthew 18:16 – But if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. (NIV) If, after discussing the issue with the coach, the matter is not resolved, then a meeting can be set up with the coach and the athletic directors. The coach must be present at this meeting
- d. Matthew 18:17 – If he refuses to listen to them, tell it to the church. (NIV) If, after discussing the issue with the coach and athletic directors, in which the matter was not resolved, then a meeting can be set with the school administration. The coach and athletic director must be present at this meeting.

**XIII. FUNDRAISING**

- a. Participation in ALL fundraisers is **MANDATORY** unless prior approval for the absence has been given by the coach.
- b. Fundraising primarily supports, maintains, and helps the cheer athletic budget remain viable to cover the operating costs of transportation, facility, etc.

## 2018-2019 FA Cheerleading Constitution Agreement

I have read and fully understand the FA Cheerleading Constitution and will wholeheartedly abide by the rules and guidelines contained therein.

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Cheerleader Name

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Date

\_\_\_\_\_  
Cheerleader Signature

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature