

CHEERLEADERS CONSTITUTION

The Cheerleading Squad shall be known as the Hawaiian Garden Ravens.

1 PURPOSE:

1.1 It shall be the purpose of the Ravens to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the Team management and administration, other athletic teams and sporting organizations.

2 ELIGIBILITY:

- 2.1** A cheerleader candidate must support the Ravens above all other teams.
- 2.2** A candidate must be neatly presented, medically fit, and must provide parental permission.
- 2.3** A candidate may be male or female and a minimum age of 5 years, and maximum of 14 with accordance to Pop Warner regulations.
- 2.4** Acceptance of a candidate shall be on the basis acceptance of the squad rules, and without prejudice of race creed or color.

3 MEMBERSHIP:

- 3.1** The Ravens are a co-ed squad. The regular squad will consist of a maximum of 35 cheerleaders.
- 3.2** The entire regular squad will cheer at all games and competitions, promotions, fundraisers, community and charity events.

4 ATTENDANCE REQUIREMENTS:

- 4.1** All cheerleaders will attend all practices and competitions or events, unless pre-approved by council. Absenteeism of three or more practice per quarter (Jan- Mar, Apr- Jun, Jul-Sept, Oct – Dec) will result in suspension of cheering. Practices will continue to be mandated.
- 4.2** Practice: All cheerleaders, managers and coaches, are required to attend practices as a squad.
- 4.3** Competitions: The squad as a group will decide to enter a competition. If the majority decides to compete, the entire squad will do so
- 4.4** Social Activities: All members are encouraged, but not required to attend. Advance notice of non-attendance is required.
- 4.5** Team activities other than Games: As social activities, but members will be required to attend a reasonable proportion of these duties throughout the year.
- 4.6** If any other activities or opportunities are chosen by the coaches/managers, the coaches/managers shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.

5 FINANCIAL RESPONSIBILITIES: (Other than uniform) All available through participating fundraising.

- 5.1** Annual Camp/Clinics: The cheerleader will not be responsible for the cost of attending. Fundraiser projects will be available to assist those participating.
- 5.2** Transportation: The squad managers/coaches will be responsible for supplying game/event transport
- 5.3** Competitions: The squad/managers/coaches will bear the cost of competition entry. Members will bear a proportion of transport costs to cover fuel/hire etc.
- 5.4** Members will provide their own refreshments when not provided by the managers/coaches or event organizers.
- 5.5** Each member will be required to purchase certain items of clothing/uniform for hygienic reasons. These will be listed.

6 SELECTION OF CO-CAPTAINS AND OTHER OFFICERS:

- 6.1** The Ravens will have one captain. A majority vote of the council will decide the positions.

7 DUTIES AND RESPONSIBILITIES OF COACHES/MANAGERS:

The coaches/managers are responsible for

7.1 Ensuring that squad members are safe, as the top priority at all times, that First Aid is available, and emergency contact list is kept up to date and present at all times.

7.2 Organizing and arranging training schedule, equipment, training facilities, travel (if needed).

8 DUTIES OF CAPTAIN:

8.1 Set an example to the rest of the squad by following the rules and regulations of the Raven Cheerleaders. The captain will set an example by doing more than his / her share.

8.2 Be at practice early and start practice on time.

8.3 Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the decision shall be by the captain and/or Coach.

8.4 Act as a peacemaker in case of disagreements

8.5 Coordinate the painting and hanging up of signs.

8.6 Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.

8.7 Keep the crowd cheering and your cheerleaders in proper formation during games

8.8 Show no partiality within the squad

8.9 In the event the captain is not able to perform his/her duties a secondary Co-captain or assigned Group Leader will do so.

9 PRACTICE SCHEDULE:

9.1 To set by the coaches/managers, with squad approval. This schedule will increase with summer and other vacations.

9.2 All cheerleaders are required to attend all practice sessions unless valid reasons are notified to the coaches/managers.

10 UNIFORMS & PRACTICE WEAR:

10.1 Uniforms will be purchased by the regular members.

10.2 Only official squad jackets may be worn over uniform. Official jackets, T-shirts, and practice wear are the only items of squad clothing that can be worn whilst not in full uniform. Uniform will only be worn for events as designated by the coaches/managers.

10.3 Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a Hawaiian Garden Ravens member.

11 APPEARANCE:

11.1 For safety reasons jewelry or watches will not be worn with uniform or at practice, no exceptions (including oral and body jewelry). Nails should always be kept short.

11.2 Uniforms must be kept spotless at all times.

11.3 Tennis shoes (athletic tennis shoes, no skate shoes or shoes with any kind of platform sole or zipper.) Shoes must have a back for safety reasons. Socks must also be worn at all times with shoes.

11.4 Makeup should be natural and not excessive, minimal.

11.5 All hairstyles must be neat and secured up out of the face, not needing attention (combing etc) while performing. No hair may be dyed any unnatural colors during the cheer season

11.6 Cheerleaders should look their best at all times, especially when in uniform. Shorts and tee shirt if not provided with camp wear. No strapless or spaghetti tops allowed. No mid drift or halter-top shirts. No rolling or tucking of waistbands on shorts, uniforms, or any type of pants. Absolutely no jeans.

12 CONDUCT:

12.1 Squad members are required to maintain and uphold the reputation of the Raven Cheerleaders through their own conduct and squad spirit.

12.2 Members are required to be courteous, polite, friendly, and try to have a smile for everybody.

12.3 All cheers and chants shall be of a positive and sportsmanlike manner.

12.4 Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.

13 FUND RAISING ACTIVITIES:

13.1 All cheerleaders will participate in all fundraising project per year. The money raised will be used to fund additional agreed expenses during the year such as extra items of kit or equipment. Donations to, and fund raising for, Ravens team funds or charity projects may be conducted as agreed by the squad and coaches/managers.

13.2 All fundraising activities will be approved by the majority of the squad and with the approval of the coaches/managers.

14 DISCIPLINARY ACTION:

14.1 It shall be squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends. Demerits will be given for every violation to the listed constitution, practice rules and/or squad rules. Written notice of such will be given. With 5 demerits, the cheerleader will be suspended from 1 event, i.e. games, pep rally (practices still mandatory). With 10 demerits, the cheerleader will be suspended from 2 events (practices still mandatory). With 15 demerits, the cheerleader will be dismissed from the squad.

14.2 A cheerleader may be suspended from games/events for the following reasons:

Unexcused absence, excessive absence or tardiness, failure to cooperate with coaches/managers, if grade point average falls below 2.0, or failure to abide by squad rules and regulations.

14.3 A cheerleader may be dismissed from the squad for the following reasons: Excessive and irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs), and as otherwise deemed necessary by coach.

Remember all vacations should be prior to August 1st. We will need 100% participation from parents and cheerleader to get the job done.

HAWAIIAN GARDENS CHEER AGREEMENT FORM

Name of Cheerleader:

By signing this form I have read and agreed with the HG Raven coaching staffs rules and regulations as it pertain to my daughter/son as a member of the HG Ravens cheer family.

Cheerleader Signature:

Parent Signature:

Head Coach Signature:

Please check one of the boxes below on which one you are interested in:

Cheer (football games and an OEC competition): _____

Cheer/Competition (football games and multiple competitions): _____

(Will require 100% participation & possible practice after the regular season)

Thanks for your 100% support. We are looking forward to another exciting year here in Hawaiian Gardens.

“BE PART OF A PROUD TRADITION”

