

NP JR. TROJANS 2017 CHEERLEADING CONSTITUTION

Please go to www.NPJTrojans.com for the latest updates to game schedules and other important information.

The cheerleading constitution is written to ensure that all participants in the cheerleading program are aware of what is expected once they decide to become part of our team.

It is imperative that you review this entire document with your child. You, as a parent or guardian, have enrolled your child in the North Pocono Jr. Trojans organization. Your child is now part of a team that depends on the dedication of each and every member to be successful. Please be sure that you and your child can make this commitment. There are many people that count on your child's attendance at practices, games, and of course at Competition. This sport is not for everyone because of the time consuming nature, but if your child has cheerleading in their blood it is worth every minute. I ask that you go over the meaning of this commitment with your child and make sure it is something you both want and can commit to. I do not want to see anyone unhappy with their decision to join as we get further into the season. If you have any questions or concerns regarding anything contained herein, please address it directly with me so that I can have every opportunity to resolve the issue. I am looking forward to a fun filled and exciting season!

I. ELIGIBILITY & TEAM PLACEMENT: Any Youth meeting the following criteria is eligible. Team Placement is based on grade and is set forth according to the ACCJFL ByLaws.

Eligibility is as follows:

- A. The child must reside in the North Pocono School District.
- B. Must be either 5 years old or not older than 14 before the end of the current season.

Team Placement is as follows:

- C. A Squad: Cheerleaders that are in 7th & 8th grade during the current season. 8th Graders that are 14 years old may participate provided they do not turn 15 before the end of the current season. Any Cheerleader that is in 9th grade or higher during the current season is **not** eligible to participate regardless of age.
- D. B Squad: Cheerleaders that are in 5th & 6th grade during the current season.
- E. C Squad: Cheerleaders that are in 2nd, 3rd & 4th grade during the current season.
- F. D Squad: Cheerleaders that are in K & 1st grade during the current season.
 1. ** Cheerleader must provide a Birth Certificate photocopy by the first day of practice to verify eligibility. Parent Signature on official ACCJF Application is required and their grade must be filled in. The Birth Certificate copy is required by the ACC.

II. FINANCIAL RESPONSIBILITY: The following are required purchases by each cheerleader. Any additions to the list will be upon notification by your individual coach/advisor.

- A. Rain Jackets, Black Gloves, Duffle Bags.
- B. Crop Tops and Bloomers.
- C. Laced White Athletic Shoes for Competition (MUST only be used for Competition.) Any White Laced Athletic Shoes for Games.
- D. Bows, Show and Tell Tees.
- E. Fees:
 2. Registration Fee: A \$75.00 non-refundable fee to be paid at registration which includes insurance while at practice and games.
 3. Fundraisers: Fundraisers are very important to our Organization; if not for them we would not be able to run our program. We run several of them during the season and ask that you participate in all of them. It all benefits the children.

III. CAPTAINS AND MASCOTS:

- A. Captains may be selected at the discretion of the Head Coaches.
- B. Mascots will only be allowed at the discretion of the Cheerleading Coordinator.

IV. TRANSPORTATION:

- A. Each Cheerleader is responsible for their own transportation to and from practices and games. If you need a ride, please contact another teammate.
- B. For safety purposes, it is the Parent's responsibility to see that the cheerleader gets to their squad's practice and game location.

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- C. Cheerleaders must be picked up promptly at the end of practices and games. Recurring late Arrivals and late Pick Ups will result in a written warning. Parents - please be considerate of coaches and volunteers by picking up your children on time; they have lives outside of cheer.

V. **PRACTICE: All practices will be held at the field behind the North Pocono Intermediate School (the old Middle School). Cheerleaders must be with their squad at all times during practice.**

- A. Cancellations Due to Weather
 - 1. We will cheer in all types of weather including **Snow and Rain**. It is the cheerleader's responsibility to be prepared for all weather conditions at all times.
 - 2. Telephone calls will be made by each squad's coach/advisor in the event a game or practice is cancelled.
 - 3. Missing a game or practice due to weather without the NPJT Board cancelling practice will be marked as **UNEXCUSED**. A written warning may be issued.
 - 4. Parents also need to keep an eye on the weather. We may end practice early due to Thunder/Lightning. Please be close enough to return and pick up your child in the event this occurs.
- B. Before School begins: Monday – Thursday from 6PM – 8PM.
- C. After School begins: Tuesday – Thursday from 6PM – 8PM (D squad will end at 7:30PM).
- D. We know that some cheerleaders participate in other extra-curricular activities that have regular meeting times during NPJT practice times. Signing up as a team member of the NPJT is an equal commitment to any other organization, therefore, should be taken under serious consideration. Cheerleaders may be tardy a **maximum of two (2)** practices per week due to other activities. However, any additional occurrences for other activities will be unexcused, and disciplinary action will be enforced and benching at games may occur.
- E. If tardiness is due to physical activity, a warm – up is not required. However, for their health & safety if the activity is not physical (such as piano, clubs, etc.), the full warm – up will be required before participation is allowed.
- F. We know that birthdays and special events do come up, however we ask that missed practices are kept to a minimum. **You must call your Advisor at least 30 minutes before the start of practice time for the missed practice to be counted as an excused absence.**
- G. Punctuality is essential! The first 15 minutes of every practice is devoted to warm –up to avoid injury.
- H. The use of cellular phones is restricted to break times only. No cell phone use is allowed during practice.

VI. **PRACTICE ATTIRE**

- A. T- Shirts, shorts, or sweatpants and required athletic shoe (laced sneakers only)
NO FLIPFLOPS OR SANDALS!!!!
- B. **No** revealing shorts or indecent attire will be allowed; we are following the school dress code since we are practicing on school property.
- C. For safety purposes, no slippery material should be worn.
- D. **No** jeans or jean shorts.
- E. **No** sandals or bare feet. No platform sneakers or open back sneakers.
- F. **No** jewelry of any kind.
- G. Hair **must** be pulled securely back and up, away from the face.
- H. Tank Tops may be worn in hot weather. They must be at least 2 – 3 fingers wide.
No spaghetti straps or camis are allowed!

VII. **STUNTS**

- A. All Teams will perform beginning and/or advanced stunts. All cheerleaders are expected to try all stunts being taught by the teams' coaches.
- B. **There will no talking, laughing, chewing gum, or horseplay of any kind tolerated during stunting. This is important and will be strictly enforced with appropriate disciplinary actions taken to avoid the risk of injury.**

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VIII. GAMES

- A. Games are played every weekend on Saturdays and Sundays beginning August 16.
- B. Home games are held at the North Pocono Middle School (the old High School) Football Stadium.
- C. Directions for away games will be provided closer to game dates.
- D. Game times played home and away are as follows:
 - Saturday Evening Games:
 1. D Team 4:30 PM
 2. C Team 5:30 PM
 3. B Team Approx. 7:00 PM (Immediately follows C Team Game)
 4. A Team Approx. 8:30 PM (Immediately follows B Team Game)
 - Sunday Afternoon Games:
 1. D Team 12:00 PM
 2. C Team Approx. 1:00 PM (Immediately follows D Team Game)
 3. B Team Approx. 2:30 PM (Immediately follows C Team Game)
 4. A Team Approx. 4:00 PM (Immediately follows B Team Game)
- E. Cheerleaders must arrive 30 minutes prior to game time for warm - up and practice. Late arrivals will sit on the bench with the coach for the first five minutes of the game.
- F. During halftime you will only be allowed to go to the bathroom, if needed. Please have all drinks on the sidelines before the game starts or have a parent bring it down during halftime. You **WILL NOT** be allowed to visit the food stand at any point during the game.
- G. There will be no eating during a cheerleader's scheduled game. (This includes, but is not limited to; pizza, sandwiches, candy, gum, lollipops, etc.)
- H. If a cheerleader must sit out of the game for any reason (i.e. sick or suspended) they must sit with their coach in full uniform.
- I. If a cheerleader is not properly dressed in uniform, they will be asked to sit out the entire game.

IX. COMPETITION

- A. The ACCJFL holds one **MANDATORY** competition each year for the A, B, & C Squad cheerleaders. If we do not attend, our organization will be penalized. D Squad performs in an exhibition at the competition.
- B. There will be two (2) weeks of mandatory practices before competition including at least one Saturday practice. More information will be given as we get closer to competition. If a cheerleader cannot make this commitment, then they will not be able to cheer at competition. They will still be able to cheer at games, just not at competition.
 1. Practice will be Mon – Thurs. from 6PM - 8PM during this time. Saturday practice time TBA.
 2. Extra Friday Practices and or Sunday practices may be necessary during this 2 week period and will be left to the discretion of the Head Coach of each squad.
 3. If a cheerleader participates in another sport or activity (i.e. dance, piano, etc.), they will be allowed one (1) excused absence during the first week of mandatory practice.
 4. There are no exceptions made for the second week of mandatory unless a doctor's note is provided.

X. UNIFORMS

- A. You will be receiving a uniform consisting of a vest, skirt, crop top, bloomers, and wind suit. **This uniform will be collected by your coach/advisor at the end of the season at a date/time TBA.**
- B. Parents and Cheerleaders are responsible for proper maintenance of issued equipment. Parents are asked to launder the uniform after each use and prior to return.
- C. Uniforms are to be worn at games and North Pocono Trojans functions. **Do Not** wear uniforms to school unless approved by the Cheer Coordinator.
- D. Normal wear of uniforms is expected. However excessive damage will result in required replacement cost to be paid by the parent.
 1. Vest: \$60
 2. Skirt: \$60
 3. Warm up suits: \$85

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E. Attire For Games:

1. Crop Top, Skirt, Vest, White Ankle Socks, Required shoes & Team Hair Bow. (Wind Suit, Gloves & Headband should be accessible at all times!)
2. No Jewelry of any kind.
3. Pom Poms (Coach will bring these to every game).
4. No food or candy; **WATER ONLY (No Glass Bottles)**
5. Hair should be pulled back and/or up off of the face.
6. Make-up and nail polish must be light.
7. The use of cell phones is restricted during game time.
8. Your appearance must pass the approval of your coach.
9. If you fail to wear the proper uniform, you will not cheer in the game. Be prepared and carry all gear to every game.
10. Cheerleaders will refrain from personal grooming during games. Restrooms should be utilized before the game or at half-time.

XI. BEHAVIOR

A. Game:

1. Cheerleaders are not to leave the cheerleading area for any reason during the game. Take care of bathroom needs when you arrive or at half time.
2. Cheerleaders are to remain with their squad at all times while game is in progress. Cheerleaders will not be allowed to cheer in the remainder of the game should the rule be broken.
3. During Half Time: Cheerleaders will be permitted to go to the bathroom and/or get a drink (**WATER ONLY while in uniform**). No food, gum, or candy is allowed during your team's game. Please eat before or after your designated game.
4. Friends and/or boyfriends will not be allowed on the sidelines during games and /or practices. If there is a problem with conversations or distractions during these times with those on the sidelines at practices and/or games, the cheerleader will be addressed and disciplinary action will follow.

B. Insubordination:

1. Arguing or disrespect toward the coaches, advisors, and/or fellow cheerleaders **WILL NOT BE TOLERATED.**
2. No foul language at any time. Disciplinary action will be taken if this rule is broken.
3. At all times you should treat the opposing team with the utmost respect.

C. Sportsmanship:

1. As a Team, each cheerleader will respect the abilities and opinions of others.
2. Keep open, respectful communication with coaches, discuss problems with them and **NOT** each other.
3. Any cheerleader participating in unsportsmanlike behavior with opposing teams will be benched for one (1) game. They will come to the game in full uniform and sit with their coach. If they do not come to the game, they will be removed from the squad.
4. When in uniform, cheerleaders represent the **NP JR Trojans organization** and should act appropriately.
5. If unsportsmanlike behavior is aimed at any NPJT Cheerleader, they must ignore it and report such behavior to their coach who will then take it to the Cheerleading Coordinator.
6. Cheer for your team, **NOT** against the opponent!

XII. DISCIPLINARY ACTIONS:

- A. Written warnings will be issued at the Head Coach & Advisor of each squad's discretion.
- B. Warnings will be signed by both the cheerleader and the parent and returned to the coach to be kept on file.
- C. Three (3) written warnings are grounds for dismissal.
 - a. 1st Offense: Written Warning
 - b. 2nd Offense: Written Warning and Suspension
 11. 3rd Offense: Written Warning and Removal from the Squad

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XIII. **ABSENTEEISM: Regular attendance is very important to the effectiveness and strength of the squad. Every cheerleader on each squad plays an important role and creates difficulties in routines and stunts when absent. One cheerleader's absence affects the whole squad's performance.**

A. Practice:

1. In Season Practice cheerleaders are allowed to miss 9 days maximum.
2. Playoff practice cheerleaders are allowed to miss 4 days maximum.

B. Games:

1. In Season Games cheerleaders are allowed to miss 2 Games Maximum.
2. Playoff Games cheerleaders are allowed to miss 1 Game Maximum.

If the maximum is met in each practice and games, you will average 70% of the season. Anything below this will require a doctor's excuse or it could result in dismissal from the squad and cheerleader will not be eligible for a Trophy. In order to get a Trophy the season must be complete. This means cheerleader must attend playoff practices and games. Cheerleaders cannot stop coming after Competition and still be eligible for a Trophy.

C. If you are not going to be at Practice or a Game you must contact your Advisor at least 30 minutes prior to start of practice / game. If you do not do this it will result in an unexcused absence. If you have a vacation planned you must put it in writing and give it to your advisor.

D. Unexcused Absences:

1. If a cheerleader misses two (2) unexcused practices, they will be benched for two (2) quarters of a game (this includes all absences unreported to advisors prior to practice/game time.)
2. If they do not show up to the game for which they are benched, they will be benched the entire next game.
3. If they miss #2 above (entire game benching), they WILL NOT be allowed to participate in competition. They may come in full uniform and sit to support their squad with coaches/advisors, but will not compete.

XIV. **SOCIAL MEDIA: This section of the constitution was devised to regulate the appropriate use of NPJT photos, information, electronic/non-electronic bullying, and slander.**

A. Photographs:

1. As with all entities working closely with children, a photo release form will be signed prior to release of photos in any form of social media.
2. If photos are taken with children other than your own, the permission from the child's parents is required prior to posting on any media device (i.e. Facebook, twitter, etc.)

B. Information:

1. Personal Information (i.e. medical condition or personal life experiences – no matter how obtained) will remain personal. Sharing personal information by word of mouth or via social media (by either cheerleader or adult) will **NOT** be tolerated. The disciplinary action will be deemed to fit the violation. It could range from a written warning; benching from quarters or even from game(s); to ejection from the team without refund. We are a team and will be committed to one another as team members for the duration of the season; on and off the field.

C. Bullying:

1. Any form of verbal taunting, including, but not limited to: name calling, badgering, picking on, teasing, singling out, or any form of physical abuse is bullying. **BULLYING WILL NOT BE TOLERATED!!!!** First time offenders are subject to be ejected from the team without a refund if an investigation by the board has found them to be guilty. We are a team and need to act as such on and off the field for the duration of the season.
2. Posting, blogging, emailing, texting, twitting, facebooking, or any other type of electronic bullying will not be tolerated (including, but not limited to: teasing, taunting, making fun of, name calling, threatening or promising negative messages). One time offenders are subject to be ejected from the team without a refund, if an investigation by the board has found them to be guilty.

XV. **PARENTS BEHAVIOR**

- A. There are **NO ALCOHOLIC BEVERAGES** permitted on the practice field or at any games.
- B. There is **NO SMOKING** on school grounds.
- C. **No Foul Language** should be used around any of the children.

If any of these occur; you could be asked to leave and it could result in your child being removed from their team.

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XVI. CONCESSION STAND

- A. Each child's parent (football and/or cheerleading) is required to work the concession stand at one home game. Prior to the first home game a schedule will be handed out to each child. It is your responsibility, as the parent, to check this schedule and show up for your shift. If you cannot work the shift you have been assigned, then YOU must find another parent to switch with. If you switch with another parent you must let a board member know so they can adjust the schedule
- B. If you do not show for your shift it will result in your child being benched for the next game.
- C. If there is inclement weather and you are scheduled to work the stand you **MUST** wait to see if referees/board members cancel the game. Usually the children will be removed from the field to a safe location while the decision is made. Please check with the fundraising coordinator if you are scheduled to work.

XVII. WEATHER

- A. The cheerleaders will cheer in all kinds of weather. If the boys are playing, the cheerleaders will be cheering.
- B. We will try to cancel before practice starts if at all possible.
- C. If there is a threat of dangerous weather, we will excuse the cheerleaders as soon as we can. Please be aware of the weather in case this happens. We do not want anyone to be injured.
- D. The only people that can cancel a practice or game are the members of the board. If you decide not to bring your child due to weather, you must contact your advisor.

Above all, I want this to be a positive learning experience for all involved. If at any time you or your child has any questions or concerns, please do not hesitate to contact me directly. With your help, we will be able to make this a fun and exciting season!

Thank You,
Moriah Minich
Cheerleading Coordinator

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I have read (or have had read to me), understand, and accept the contents of the 2017 NP JR. TROJANS CHEERLEADING CONSTITUTION without exclusion and commit to the rules and regulations:

Parent/Guardian Signature

Date Signed

Cheerleader Signature - D, C, B & A Squad
(Circle One)

Date Signed