



2024-2025 Cheer Lions Constitution

Peachtree Ridge High School

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HEAD COACH & VARSITY

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THE FOUR SEASONS OF A CHEERLEADER

This is just an outline to give each candidate an idea of how much commitment is required. The cheerleading season will begin immediately after tryouts. Each cheerleader's obligation for the year will not end until the tryout for the next year. Each cheerleader is expected to participate in ALL events as assigned, and it is a full-year commitment.

I. SPRING (March – May)

- a. Tryouts- this will take place in March as dictated by GHSA, and it is the first activity of the new cheerleading year.
- b. After school practice – This will begin immediately. Dates will be given after tryouts.
- c. Fundraising – This will begin immediately to help pay for cheerleading organization expenses and potentially reduce overall fees for individuals.

II. SUMMER (June – July)

- a. Summer camp – Camp is 3 days. This is an important time for the squad to bond and grow into a team. It is also an opportunity for us to learn new and proper cheerleading techniques.
- b. Fundraising - this may take place in the form of a car wash, crowd-funding, spiritwear sales, sponsors, and/or Youth Camp.

III. FALL (August – October)

- a. Practices
- b. Football Games
- c. Pep Rallies
- d. Fundraising
- e. Community Service

IV. WINTER (November – February)

- a. Basketball Games
- b. Pep Rallies
- c. Practices
- d. Competitions - *Game Day team only*
- e. Fundraising

Cheerleading Constitution

Our purpose and goal is to promote school spirit and unity while supporting Peachtree Ridge Athletics and the community as a whole. We are ambassadors for our school and always represent our students and community with class, integrity, professionalism, positive sportsmanship, and competitive tenacity. We set the standard for competitive excellence.

The cheerleading program at Peachtree Ridge High School will provide its participants with many opportunities involving leadership, teamwork, spirit, and enthusiasm. We will:

1. Promote and uphold school spirit and enthusiasm of spectators at athletic events.
2. Develop a sense of excellent sportsmanship through competition.
3. Create and maintain a successful competitive program.
4. Promote Peachtree Ridge High School by being involved in the community.



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1) The Role of a Cheerleader

- Represent the school to the highest degree academically and athletically
- Set an example of good behavior, character, and sportsmanship at all times
- Provide leadership
- Promote the crowd's involvement during the athletic event
- Balance academic requirements and demands with extra-curricular and personal activities

2) Standards of Behavior for Cheerleaders

Cheerleaders by title are **role-models**. Your coaches hope that you will embrace this role. Remember there are people watching everything you say and do. Because of this, Peachtree Ridge High School Cheerleaders are expected to set high standards for their school and to set a good example for fellow students.

- All cheerleaders must maintain an attitude of enthusiasm and cooperation with the team members and the coaches at all functions. Working together may mean making personal sacrifices at times for the good of the whole team and doing so with enthusiasm.
- As a representative of Peachtree Ridge, **cheerleaders are expected to uphold all handbook policies from GHSA, GCPS, and PRHS while in uniform or out of uniform**. Any violation of these rules or conduct deemed improper or unsuitable for a cheerleader will result in consequences administered at the discretion of the cheerleading coaches and/or administrators.
- Grades will be checked periodically at the coaches' discretion. If **any** grade falls within the failing range, cheerleaders will be asked to attend tutorial sessions and may be removed from participation if grades do not improve. The expectation for all squads is the students will not have any class average below 70% throughout the year. (demerits will be given). Two failing grades will result in benching until the grades improve to passing.
- Two in-school suspensions (ISS) or one out-of-school suspensions (OSS) will result in automatic removal from the squad. **Refunds will not be offered and all items ordered will remain with the school.**
- Profanity will not be tolerated. No public displays of affection.
- No excessive talking with friends, team members, or members of the crowd during the games.
- Eating, drinking (except water bottles), or chewing gum is not permitted at practices or games.
- Cheerleaders are expected to finish the season. If a cheerleader is removed from the squad or quits during the season, she/he will not be able to try out the upcoming year. Cheer is a team sport and losing a member could affect performances and other members.
- Cheerleaders are expected to maintain a Social Media presence that is always positive and uplifting of those around them. Posts including inappropriate language, content, or behavior will result in demerits.



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3) Attendance Policy

All practices, games, and community service events are mandatory. Cheerleading is a time-intensive, team commitment, and cheerleaders are expected to be at every practice and game. Practice time is when new cheers, chants, dances, hand motions, jumps, stunts, and game routines are formed. Information is also passed out at practices. Schedules will be given in advance and posted on RankOne; however, unforeseen changes may occur and every effort will be made to give adequate notice of changes in schedule. All cheerleaders are expected to attend scheduled meetings, practices, games, and events. Coaches always have discretion in each matter.

- **Routine doctor's visits and all other similar activities that can be planned outside of the season will not be excused.** For normal doctor appointments, notify your student ahead of time. Same day notices will not be tolerated for regularly scheduled dentist and doctor visits. Demerits will be administered. Also plan appointments outside of any Tumbling or Stunting Camps. Early communication with the coaches is highly recommended.
- **If you are at school, you are expected to be at practice that day. If at all possible, please schedule appointments during times that will not conflict with cheerleading.** Conversely, Cheerleaders must attend at least half of the school day in order to participate in any extracurriculars. Excessive absences will not be tolerated.
- **Working will never be excused.** Cheerleading is a sport. Such as with football, basketball, baseball, and soccer, the participant must be fully committed for the duration of the season. **Review all future plans before participating in tryouts. Failure to abide by this policy may result in removal from the squad without a refund. Items ordered will remain with the school.**
- Cheerleaders must be in attendance at school to be eligible to participate in practice or performances unless cleared with the coaches in advance. Excused absences include: death in the family, medical illness (doctor's note required), school activities (approved with coaches in advance). **Participants will not be allowed to miss a game or multiple practices for another team, club, or group.** Remember, birthday parties, going to the mall, movies, sleep-overs, or other extra-curricular activities that conflict with cheerleading practices and games is not an excused absence. Consult with the coach if you have any scheduling concerns before tryouts.
- Cheerleaders are expected to split their time halfway with other clubs and activities, and coaches **MUST** be notified **far** in advance of all meeting dates. Late notice and no notice will result in disciplinary action.
- Missing practices that have a valid excuse may still lead to consequences if they become excessive due to not physically being available for practice.
- During game suspensions, **the team member will sit in uniform with the coaches for the duration of the suspension.**
- Community Service events are mandatory. More information is addressed in the Community Service section below.



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4) Skill Maintenance & Effort - See the skill rubric at the end of this packet for details

- Cheerleaders are **expected to maintain their skill level and improve** throughout the seasons.
- Failure to do so may result in benching at coach discretion.

5) Tardiness

- Cheerleaders are expected to be prompt to all practices and after half-time of games.
- Being tardy to practice will result in consequences
- Being tardy after half-time of games will result in suspension from performance for the quarter following half-time.

6) Dress Code

Each cheerleader is responsible for her uniform. Your uniform must be clean for every event. Each cheerleader is responsible for any lost, stolen, or damaged item. Uniforms are to be worn for school/team activities only. You cannot lend your uniform to anyone.

- Full uniform is MANDATORY for all games. This includes shell, skirt, bloomers, cheerleading socks, cheerleading shoes, hair bow, warm-up, liner (from mid-season Football and all of basketball), and pom-poms.
- A cheerleader out of proper uniform will not perform. Demerits will be given.
- Hair must be worn as specified by the coaches prior to games. Low ponytails and out of the face is the minimum requirement.
- NO JEWELRY of any type may be worn during practices or games; this includes earrings, rings, necklaces, waist beads, and bracelets.
- NO nails longer than the tips of the fingers, and they must be a round or squared shape (*squared nails must have the corners rounded to avoid sharp corners*).
- No part of the uniform may be worn unless specified for the game, event, or performance; *Students are not allowed to give uniform items (hoodies, jackets, etc..) to friends to wear.* No one else should wear your uniform or warmups. **Allowing a friend to get in a game wearing your items will result in dismissal from the squad.**
- Cheerleaders must have proper attire for practice: shorts (must be long enough to cover), t-shirt or tank (no spaghetti straps or midriffs), sports bra, socks, tennis shoes (cheer shoes preferably). **On stunt days, cheer shoes are required.**
- **Cheerleaders must also follow school dress code rules. Failure to follow them by wearing crop tops, excessively short shorts, or any other revealing outfit will result in demerits and accelerated removal from the team.**
- Cheerleaders will wear their full uniform to school on home game days. In the event of multiple home games in a week, Varsity cheerleaders will wear uniforms on Fridays, and JV & 9th will be Thursdays. On all other and additional game days, cheerleaders will be notified in a timely manner what their spiritwear outfit will be. Failure to participate may result in demerits or sitting a quarter of the game.



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7) Financial Responsibilities

All PRHS cheerleaders are expected to pay for the uniform items and accessories that are ordered. Any additional/optional items ordered are expected to be paid for in full by the payment deadline. **Please adhere to the payment deadlines. Failure to pay by the final deadline will result in demerits, a potential school fine, and an inability to participate in certain activities or receive items ordered with the designated funds.** *Note: School fines will prevent a student from accessing their transcripts for transfer or graduating.* If you have any concerns, please see one of the coaches. If your items are ordered late due to late payments you will be responsible for paying overages associated with small orders.

8) Community Service Responsibilities

All cheerleaders are expected to complete a set number of community service hours. The program will offer several opportunities for cheerleaders to complete their hours beginning in April. These are to be completed as a program and are mandatory. While there is some choice in which events cheerleaders must attend, most are required.

- Cheerleaders will sign in and out of events the whole program is working, and attendance will be logged by coaches. Outside opportunities must be cleared with coaches prior to attending. Those serving as Junior Coaches for PRYAA or for the middle schools must still fulfill their events with the program. Failure to complete the set amount of events by Winter Break in February will result in demerits, benching, and potential inability to try out for the next season.
- Cheerleaders will be able to sign up for events through a SignUp Genius link sent out after tryouts (but before fittings). All signups should be complete BEFORE arriving to fittings.
- Going more than two months without attending an event and/or missing an event without finding coverage
- Missing an event but still finding coverage will result in benching for a half game and demerits.

i. Varsity - 10 events

ii. JV - 8 events

iii. 9th Grade - 6 events

9) Parent Conduct Expectation

It is imperative that all parents involved with the PRHS Cheer Lions program understand and agree to abide by the guidelines set forth in this agreement. The best interest of the team will always be put ahead of the interest of an individual. Parent actions and behaviors can affect not only the individual child, but the team as a whole.

- Encourage and support all athletes on the team with positivity.
- Respect parents, coaches, athletes, and administration for all teams.
- Athletes and parents representing PRHS Cheer Lions will cheer for our team, not against the opposing team
- Understand that at all events they are representing our program and our school and will behave



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in a manner that reflects well on our school and community.

- During events, allow the team to prepare, cheer, and perform without interruption.
- If your child is frustrated with the program, coach, or teammates, you will support his/her need to vent to you. You will listen and offer constructive comments to help her resolve the conflict maturely and positively, and seek assistance from counselors and coaches if needed.
- Refrain from escalating any situation your athlete is experiencing by talking to other members of the team, their parents, or the coach.
- Wait 24 hours before contacting the coach if there is an incident or concern UNLESS there is a serious injury/incident. Wait 24 hours, through the weekend, or break for a response.
- If it is necessary to contact the coach because your child is unable to resolve the conflict themselves, request a meeting through email.
- Remember that mass emails to the team and parents to voice opinions and concerns are NOT appropriate.
- Remember that any concerns brought forth must have factual documentation. ONLY your child will be discussed, not other members of the team.
- Not arrive before, during, or after practices or events to meet with the coaches unless formally scheduled
- Remember that athletes will not be permitted to use their cell phone without permission during practices and events.
- When meeting with the coach, refrain from accusations and harmful language.
- As a parent, remember that you are only able to speak for your child and not a group or the team as a whole.
- Follow the appropriate communication chain of command should concerns arise. Concerns should be sent individually first and not to the entire group at once: Direct Coach -> Head Coach -> Athletic Director -> Grade-level Administrator -> Principal
- Remember that coaches are not able to address issues between families/parents on the team. These disagreements should be handled by the parties concerned, preferably with the counseling department.
- Participate in fundraising activities
- Maintain a clear account balance

10) Discipline System

In order to keep disciplinary actions consistent for everyone we have the following demerit system.

Demerits will be distributed accordingly for **any** behavior the coaches deem unacceptable according to the Constitution above. Please note that we may add or remove penalties throughout the year as necessary, but notice will be given if a change is made. All demerits will be recorded and dated.

Demerits do not restart at the end of the semester; however, **cheerleaders can earn positive merits for various acts at the coaches' discretions (i.e. Principal's Honor Roll, Honor Roll, extreme acts of citizenship, etc.).** One offense could result in multiple demerits. (Example: Fighting at school would result



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in demerits for fighting, demerits for OSS/ISS, and possible disrespect to an adult could result in around 25 demerits). Coaches reserve the right to dismiss a participant if that participant does not fit the dynamics of the team and culture set by the coaches. Coaches may override the demerit system under the coaches' discretion. **Refunds will not be given under dismissal.**

Demerits

5 demerits = 2 Quarters

10 demerits = 3 Quarters (1 hour workout with a coach)

15 demerits = 1 Game (5 hours of community service)

20 demerits = Suspended from Team (no refund for purchased items, accessories, no banquet etc.)

FAILURE TO COMPLETE A SEASON (VOLUNTARILY QUITTING) WILL DISQUALIFY YOU FOR ONE CALENDAR YEAR.

Behavior will be tracked using Google Sheets. Parents & cheerleaders will only have access to their individual tab.

Demerit Chart

	Behavior	Demerits
A	Not paying attention, late to practice-less than 5 minutes	1
B	Nails, jewelry, or hair out of compliance for a game or practice*, failure to follow directions, late to practice, failure to dress out in Game Day outfits, eating, drinking, or chewing gum during games, improperly caring for uniform, talking during games or practices w/o approval, excessive playing during practice or events	2
C	Using cell phone/electronic device during practice or games w/o coaches' permission, out of dress code (practice or school), late notice of missing practice or event, late to practice more than 5 minutes	3
D	Failure to meet payment deadlines, unexcused absences from practices/ games, talking back/disrespect to teammates, coaches, or other school officials, profanity, PDA	4
E	Incomplete uniform for game, missing deadlines provided by coaches, insufficient apparel for practice, wearing uniform in improper place/time/allowing a non-cheerleader to borrow uniform, late pickup from practice or games, no notice of missing practice/games, failing grade (5 demerits for each grade) at a grade check	5
F	ISS, improper use of Social Media	10
G	Failure to complete community service responsibilities by Winter Break, OSS non-physical	15
H	Fighting, bullying, or cyber-bullying, inappropriate material placed on cyberspace - immediate dismissal, use of drugs or alcohol	20

*B: No participation until rectified

**X: Two failing grades = benching until grades have sufficiently improved



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Permission to Tryout and Agreement to Constitution Rules and Regulations

As the parent of _____, I agree to help ensure that my son/daughter upholds the values, rules, and regulations outlined in the Cheer Lions Constitution for the 2024-2025 seasons should they be selected for a team.

Parent Signature: _____

Date: _____

Cheerleader Signature: _____

Date: _____

Demerit Acknowledgement

Upon reaching 20 demerits, my student will be removed from the squad and I will not receive any refunds. *Remember that bullying (any form) and fighting can result in instant removal!*

Parent Signature: _____

Date: _____

Cheerleader Signature: _____

Date: _____

No Refund Acknowledgement

We understand that we will not receive a refund for any monies paid to the PRHS Cheer Lions. Cheerleaders will receive ordered items unless a member is removed for disciplinary or demerit-associated reasons. If my student is removed due to disciplinary or demerit-associated reasons, items ordered will remain in possession of the school.

Parent Signature: _____

Date: _____

Cheerleader Signature: _____

Date: _____

Parent Conduct Agreement

I will uphold the expectations outlined in the Parent Conduct section of the Cheer Lions Constitution. When concerns or conflicts arise, as a parent of the EDHS Cheer Squad, I will promise to abide by the guidelines set forth. I recognize failure to do so will affect my athlete's participation in this program.

Parent Signature: _____

Date: _____



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2024-2025 Cheer Skill Rubric

This rubric provides a list of skills we would expect from an athlete at a given level. While it is possible for an athlete to not have EVERY single skill in each category, it will serve as a deciding factor should two athletes perform similarly. Athletes who have not mastered certain skills within the expected time frame after earning a spot on a team may be benched at the coaches' discretion until the skill has been mastered.

	Varsity	Junior Varsity	9th Grade
Attitude	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.
Motions	Consistently sharp, precise, and clean.	Mostly sharp, precise, and clean.	Mostly sharp, precise, and clean. Confidence may play a factor.
Rhythm	Consistently on beat, confidence is apparent, picks up new concepts quickly and well. Dance skills are refined and confident.	Mostly on beat, confidence may or may not waiver, picks up on new concepts, but may need more time to refine. Dance skills show clear potential.	Mostly on beat, confidence may or may not play a factor, may or may not need more time to refine when learning new concepts. Dance skills show potential.
Voice	Loud, clear, and obviously projected from the diaphragm. Words can be understood very clearly, and volume is consistent without waiver.	Clear and projected from the diaphragm. Words are mostly clear, and volume may waiver.	Clear and projected from the diaphragm. Words are mostly clear, and volume may waiver.
Jumps	Toe-touches are even and nearly parallel with the floor, if not hyperextended. Hurdlers are above parallel with the floor approaching or at a 45* angle. Legs are always straight, and toes are always pointed. Landings are clean, safe (no buckled ankles), and light without a rebound.	Toe-touches are nearly even and approaching parallel to the floor. Hurdlers are at least parallel to the floor. Legs are always straight, toes may or may not be pointed consistently. Landings are mostly clean and always safe (no buckled ankles). Landings may or may not be light and may or may not have a rebound.	Toe-touches and hurdlers are high enough off the floor to allow for improvement. Legs are always straight, toes may or may not be pointed consistently. Landings are mostly clean and always safe (no buckled ankles). Landings may or may not be light and may or may not have a rebound.
Tumbling	One clean standing walkover (front or back). Standing backhandspring and/or tuck preferred. Open and able to work on tumbling to achieve a standing backhandspring or tuck by the return from Fall Break.	Series of cartwheels and clean roundoff with a strong rebound. Open and able to work on tumbling to achieve the next skill by the end of the first season.	Clean cartwheel and/or roundoff. Open and able to work on tumbling to achieve the next skill by the end of the first season.
Performance	Confidence is apparent, facials are clear and engaging, overall performance is clean, engaging, and candidate clearly enjoys performing.	Confidence shows, facials are clear, overall performance is mostly clean and candidate seems to enjoy performing.	Confidence may waiver but is shown, facials may or may not be clear, performance is mostly clean, and candidate seems to be enjoying performing.



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**Please sign and return this document to your
direct coach by _____, ____/____/202____.**

Demerit Report

***The following form is a reminder of your demerit and no refund acknowledgements. You are receiving this because your student has reached _____ demerits towards the maximum 20 demerits they can receive in a school calendar year.**

Demerits

5 demerits = 2 Quarter

10 demerits = 3 Quarters (1 hour workout with a coach)

15 demerits = 1 Game (5 hours of community service)

20 demerits = Suspended from Team (no refund given for uniform, accessories, etc.)

***FAILURE TO COMPLETE A SEASON (VOLUNTARILY QUITTING)
WILL DISQUALIFY YOU FOR ONE CALENDAR YEAR.**

Demerit Re-Acknowledgement

Upon reaching 20 demerits, my student will be removed from the squad and I will not receive any refunds. Remember that bullying (including cyber) and fighting can result in instant removal!

Parent Signature:_____

Date:_____

Cheerleader Signature:_____

Date:_____