



Welcome to the Creekside Cheerleading Program

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Creekside High School Cheerleading By-Laws

The guidelines set forth by this document applies to the Creekside High School cheerleading program.

Code of Ethics

*A cheerleader is a representative of Creekside High School whose purpose is to promote and uphold school spirit, as well as, **represent CHS to the highest degree** in performance, games, practice, competition, and daily life. A Creekside High School cheerleaders behavior should/ must exemplify **good moral character, have integrity in all aspects of life, trustworthiness, friendliness, and leadership**. All CHS Cheerleaders will and should be a positive role model for fellow students, as well as exhibit responsibility and dependability for themselves and others. Cheerleaders must follow all rules and regulations set forth by the St. Johns County School Board, Creekside High School, and all coaching staff.*

All cheerleaders will abide by the Knights Code of Honor at all times: Respect others and yourself. Show good character everyday. Set goals, Stay focused. Think and act like a leader. Strive for excellence.

Membership

- Members of the CHS Cheerleading program must meet all requirements as dictated by the Creekside Athletic Department and the Florida High School Athletic Association (FHSA).
- Cheerleading must take priority over other co-curricular activities. (including but not limited to: jobs and various other sports).
- If you participate in another sport you must notify the coach *prior* to tryout date to determine if a conflict will arise. The athlete must be willing to make adjustments with other sports to be present with the CHS Cheerleading squad. CHS must take priority. If a JV or Varsity cheerleader misses competition this could be grounds for automatic dismissal, no refunds will be given, and the athlete will not be able to tryout for the squad in the current and subsequent year.
- Cheerleaders must follow all rules and regulations set forth by the St. Johns County School Board, Creekside High School, and the coaching staff. Inappropriate behavior on or off campus may be grounds for dismissal with no refunds. **Pursuing the Victory with Honor** PVWH is a collaborative effort to proactively build character in young people by teaching, enforcing, advocating and modeling the Six Pillars of Character – trustworthiness, respect, responsibility, fairness, caring and citizenship.

Tryouts/Team Selections

- Team divisions and number of teams can change from year to year based on the numbers and talent at tryouts.
- Being selected as a CHS Cheerleader for one season in no way guarantees placement on the squad for this year or the following year. If a cheerleader is offered placement on the team with JV or Varsity, and does not accept OR a cheerleader resigns from the team, that cheerleader will be prohibited from trying out for the following year/season.
- CHS Cheerleader will complete the tryout process and be judged by Creekside Cheer Staff, to obtain a raw tryout score. Team Placement and decisions will be final. No discussion, email, message, and other forms of communication will be accepted and will not receive a response, in regards to team placements.
- If selected as an alternate, the athlete is required to go to all competitions, events and practices.
- All CHS members are required to be at choreography. If a conflict arises, athlete must communicate with the coach. This may result in spot being filled by an alternate. All members are required to pay for choreography and music.

Responsibilities

- All members of both JV & Varsity are required to attend all scheduled events during the regular cheer season. Including but not limited to home and away football games.
- If the football teams continues with their season, please plan accordingly to participate in the playoff game.
- The coach/coaches will have the right to determine if an athlete will participate in an event according to her/his participation and effort, and according to squad needs during the week of an event, performance, or game.
- Every member of JV & Varsity must maintain a 2.0 GPA with NO FAILING grades. Grades will be checked with each quarter. Failing grades will/may be grounds for temporary suspension. It is the coaching staff's discretion of what disciplinary action is to be enforced.
- A Cheerleader JV & Varsity, regardless of whether he/she is in uniform or not, will follow all school dress code policies set forth by Creekside High School. Remember Cheerleaders are the role models of the school.
- Members will be required to pay for specific cheer/practice/camp/uniform wear, registration fees, gym fees, competition fees, music for competition routine, travel fees in a timely matter. The cost of competition/performance is the sole responsibility of the cheerleader. This cost will often include but not limited to: registration and travel fees. All issued uniforms are the property of CHS and MUST be returned in the same condition as the uniform was issued at the beginning of the season, NO ALTERATIONS WITHOUT COACH APPROVAL. Immediately following the conclusion of the season, all school owned uniforms will be returned to the coaching staff. If alterations are made to any school owned uniform without permission from the coaching staff dismissal from the team could be the result.
- Cheerleaders are required to watch the band and/or dance team performances during halftime and competitions. All squad members are required to stay with the squad at all times unless otherwise indicated/approved by the coaching staff. No fans are permitted on the field or court during a game.
- When CHS Cheerleaders are dismissed from performing, it is their responsibility to remain professional in and out of uniform. When in uniform, all athletes are to be game ready, If a cheerleader chooses to disobey this rule, the coaching staff will determine disciplinary action.
- All Cheerleaders are expected to help with equipment to & from the field.
- The coaching staff will determine practice days & times at the beginning of the season. The coaching staff will make every effort to be consistent with practice schedules, however, there are times where extra mandatory practices will be held, especially during competition season/performance season.
- The week of Homecoming cheerleaders are expected to be available for extra practice and performances at the Friday night Homecoming game.
- Cheerleaders are expected to perform at practice as they would at a game or competition. As a result, refusal to "practice like you play" is considered defiance and will be grounds for suspension or dismissal from the squad. Any verbal/nonverbal/ expressions of anger/sarcasm/attacks/postings on social media are considered unacceptable behavior and the coaching staff will decide on disciplinary actions.

- Cheerleaders must be consistent in performance at or above the skill level that was scored during the tryout process and all skills that were exhibited at tryouts will be required at practices, games, and competitions throughout the season. *(For example: if a cheerleader receives points for a standing back tuck at tryouts, she/he is expected to demonstrate that skill upon required demand throughout the season).* Any athlete that refuses or is unable (unless excused by coaching staff) to execute skill level performed at tryout may be removed from the team. The coaching staff determines the appropriate action. Therefore, tumbling classes/lessons are highly recommended and encouraged to maintain and improve skill level.
- ***With regard to social media: cheerleaders are required to become friends with CHS cheerleading Facebook page, twitter page, instagram page, snapchat.*** All athletes are to NEVER post any inappropriate content or have a secondary shadow account (Finstagram account). Failure to comply may be grounds for removal from CHS Cheer and may jeopardize chances to tryout for the following season. CHS Cheerleaders are held to a higher standard and should act accordingly/responsibly while using social media. Any post, comment, picture, and snaps that could be linked to bullying, illegal behavior, promiscuous behavior, profanity, or reflects poorly on the CHS cheer and athletic program may result in immediate dismissal from the team.

Hazing/Team Initiation

- Any form of hazing or team initiation will NOT be tolerated. CHS has a zero tolerance for this behavior, immediate dismissal from the CHS Cheer program may be put into effect.
- If at anytime an athlete or team member witnesses any form of hazing or team initiation it MUST be reported to the head coach of the CHS cheer program.

Uniforms

- All cheerleaders will be provided with school owned uniforms. These MUST be returned in a clean and appropriate state within one week of the season ending. If an athlete resigns or is dismissed from the CHS cheer team, the uniform/ uniforms must be returned immediately.
- The loss or damage of the school owned uniform(s) or equipment is the sole responsibility of the athlete. Uniforms MAY NOT be cut/altered, including length. *Seams may be taken in (with coach approval), but material may not be removed.*
- A member may not wear any part of the CHS uniform at any other time than scheduled cheerleading activities, and he/she MAY NOT LEND THE CHS UNIFORM(S) TO SOMEONE WHO IS NOT A CHS CHEERLEADER. This includes ALL items/apparel wore or used by CHS Cheer.

- When wearing CHS Cheer attire (uniform, warmups, practice wear, spirit wear, etc.) cheerleaders are expected to act accordingly and appropriately. The community KNOWS who you are and that you represent them.
- JV & Varsity cheerleaders are expected to arrive to all cheerleading events (including practices) in the required full uniform/practice wear ready to go. (For example: Cheerleaders **MUST** have shoes on and tied, bow in hair, uniforms zipped and fitted appropriately, makeup applied prior to walking into practice, walking into a game, or getting off the bus for away games). Failure to do so will result in disciplinary action, such as sitting out for partial time of the game, practice, or sitting out for a full game.
- At any time a CHS Varsity or JV Cheerleader is in a uniform they are **NOT** permitted to wear jewelry of any kind and must be in complete uniform (including: shoes, apparel, hair, makeup)
- All members of the CHS Cheer program must wear proper apparel set in place by coaching staff to school on game day.

Attendance

- **(4) Four unexcused absences from game/practice WILL result in replacement/removal from the squad . Absence from a competition/game /performance will result in automatic removal from the team. If a cheerleader is dismissed from the team, he/she may not be permitted to tryout again.**
- ***Absentee google forms will be required for any absence from practice, extra mandatory practice, and/or game.*** Absentee forms should be turned into the coaching staff (1) one week prior to the absences or with a doctor's note attached when returned from illness. Appointments should be scheduled around practice times.
- Prompt attendance at all cheerleading functions/events is **MANDATORY**.
- Cheerleaders must be present at least 1/2 of the school day in order to participate at a game or practice. This is a SJCS policy.
- All CHS cheerleaders are **REQUIRED** to attend practice (including mandatory extra practice) unless they have an illness that is deemed contagious by a **PHYSICIAN**. Alert the coaching staff **PRIOR TO PRACTICE** and provide a doctor's note when cleared to return. Telling a teammate is not acceptable. All doctor's notes must include: visit date, diagnosis, out of practice date(s), and return date(s).
- Practices are mandatory!! All missed practices are unexcused (unless in the case of an emergency or extreme sickness)
- Cheerleading (especially competitive) is a team effort and is extremely difficult when even one teammate is missing. **NOTE:** if a student misses school (4 or more periods) they cannot attend practice/game/competition.
- If a cheerleader is injured or "not feeling well" she/he **MUST** make coaching staff aware prior to practice and **MUST** attend the scheduled events with the team.
- If a physician has restricted the athlete's participation, she/he must provide a note of clearance, from the same physician who restricted the athlete from being allowed to resume to cheer for practice/games/etc. **THIS IS SCHOOL POLICY.**
- If an emergency should arise and the cheerleader is forced to miss a scheduled event, the coaching staff will determine if the absence is excused or unexcused, according to the nature of the emergency. School projects and homework, are to be done on your own time and are not acceptable excuse for missing practice/games. The only excused absences that will be granted are sickness, death in the

family, or emergency medical family event. Time management is a must have to be a member of the CHS cheer team. Disciplinary action will be determined when functions are missed. IF an athlete misses too many practices, games, is excessively tardy, and/or exceeds the maximum amount of unexcused absences this may result in dismissal from the team.

- No refunds of any kind will be given if the athlete is not permitted to perform at a competition/function due to the athlete's lack of commitment, discipline consequence, or inability to attend necessary practices prior to competition.

Performances/Practices/Games

- Cheerleaders will be required to ride the bus to and from all required athletic events otherwise notified. Members must follow the schedule and arrive at the designated time. Cheerleaders will be allowed to leave an event with his/her parents ONLY if approved by coaching staff.
- Cheerleaders will arrive ready to practice (in designated practice clothes and shoes). Excessive tardiness will not be tolerated and can result in removal from the squad, with no refund given.
- Cheerleaders may not leave the sidelines of any event without permission from coaching staff (ex. restroom, concessions, socializing, etc.).
- Specified cheer attire will be worn to school on game days of a scheduled athletic event. A cheerleader is required to be clean and neat at all times. The uniforms and shoes are to be clean and well kept. Failure to do so will result in appropriate action.
- As a safety precaution: Hair is to be worn completely up and away from the face at all times during ALL scheduled events including practice. Unless instructed otherwise. Refusal to do so will be considered unacceptable and may result in a consequence. A designated hair bow will be worn to games/competition/practices.
- Makeup is part of the cheerleaders game preparation and part of the uniform. A team lipstick (color) will be purchased by the athletes after discussed.
- NO JEWELRY EXCEPT FOR A MEDICAL ALERT BRACELET MAY BE WORN at any event unless instructed to do so. This is an FHSAA rule and a safety issue. Removal of all body jewelry, belly, earrings is expected prior to the start of practice or events. Clear belly rings are not allowed.
- Horseplay, excessive laughing, talking or disregard for coaching staff instruction will not be tolerated at any cheerleading function/event. No talking or playing during stunting/pyramid sequences (except counting) is tolerated. Lack of respect and observance of the stated situations is grounds for disciplinary action or possible dismissal. Chewing gum is prohibited during practice, games, performances, or events while in uniform.
- Cheerleaders are expected to welcome visiting cheerleaders, students, and fellow athletes.
- Cheerleaders are to remain absolutely still and silent during the National Anthem regardless of their location at the time it begins.
- Squad members who appear to be improperly dressed or unprepared for games, performance, competitions, practice may be required to sit out during the event. Sitting out will require a member to stay on the bench but maintain being at the event.
- Squad members that do not know cheers, band dances, half time routines, etc will sit out. Proper preparation is a must for the excellence of the program and promoting school spirit at all times.

Parent Commitment

- Parents are responsible for all monetary obligations clearly outlined by cheerleading coaching staff at the beginning of the season.
- It is recommended that parents support their cheerleader and the program by becoming active members of the CHS Booster Club.
- All parents are periodically required to assist in volunteering for activities and events. All parents are expected to serve in some capacity during the season. (August - February)
- Parents are responsible for providing transportation to ALL events for which the athletic department does not provide transportation. Transportation to and from practice is not provided by the athletic department.
- Parents are required to provide appropriate fees and paperwork by the announced deadline.
- If for any reason, a cheerleader is removed from the squad or resigns, re-admittance will not be allowed and may result in the athlete not being permitted to tryout the following year. NO REFUNDS WILL BE GIVEN.
- Parents will allow the coaching staff to coach. Unlike other sports, in cheerleading all squad members participate; however, by the nature of the sport, some cheerleaders will be more visible than others, especially in a competition routine. As a result, parents have the responsibility to support the coaching staff on all decisions of/but not limited to: tumbling sequences, stunting and pyramid sequences, jumps, formation of athletes, transitional elements, as well as other coaching decision. We are all a team and will work together as one to best benefit the CHS cheer team and all athletes and coaching staff.
- Parents need to be aware of ALL expectations and Pursuing Victory With Honor, contract agreements, and student/athlete code of conduct. We seek your partnership in all of these things and do not wish to engage in confrontations regarding policy AFTER the fact. Please ask for clarification of anything prior to your student athlete trying out for the CHS Cheer Program. Confrontations will not be tolerated only discussions with positive intent will be given the attention that is needed. Be aware of tone and wording choice in emails or messages. Please invoke the 24 hour rule: Wait 24 hours to send an email or ask for a meeting to ensure this concern is valid and helpful to your athlete and the team.
- If parents have any questions or concerns, please come to the coaching staff first. All situations can most likely be resolved in an extremely positive and respectful manner when communication with coaching staff is first and the initial step. The appropriate chain of command for questions and concerns: A. Coach First, B. Athletic Director, C. Principal. All questions and/or concerns are to remain private and confidential until discussed between parent/coach/athlete if needed. As a parent of the CHS Cheer Program you should/are expected to refrain from gossip and conflict. As a coaching staff we want to have a great positive working relationship with our athletes' parents in order to set a good example and provide a wonderful experience for all student-athletes. Remember your athlete hears and sees everything you do.

Please retain this copy of the Creekside Cheerleading By-Laws for your records.

The following page is the parent/athlete agreement that is to be signed by both parent and athlete and must be turned in by 4/19/2022 on the first day of tryout clinic as well as other documents requiring signatures.

Your (parent & athlete) signature confirms that all parties have carefully read and accept these by-laws, and also confirms your understanding & acceptance of the offense and consequence system, as well as the costs associated with the sport of cheerleading. All signatures constitutes your agreement & acceptance of the above stated policies and procedures of the CHS Cheer program.

Parent Print Name

Parent Signature

Athlete Print Name

Athlete Signature

Date