



## **Jr. Chiefs Cheer Program**

**(JCCP)**

**2024 SEASON**

**Rules & Regulations**

This is not a CCSD sponsored program.

## **Guidelines**

Congratulations! You have been selected as a 2024 Jr. Chiefs Cheerleader! We are looking forward to a FANTASTIC season. It is important that all cheerleaders read and understand ALL of the following rules and regulations. These guidelines are designed to ensure that each squad has a safe, successful, and fun season.

- Cheerleaders are just what the word implies... LEADERS! They are leaders when cheering, but also in their everyday lives.
- They are role models for others and should lead each day with that in mind.
- JCCP is more than a cheerleading program. We are a team AND a family. We will work and grow together over the course of the season.

## **Values**

Make good choices. Poor choices could lead to dismissal from the squad.

- Maintain a positive attitude toward teammates, coaches, directors, opponents, classmates, teachers, and other individuals.
- Be aware of your dress both on and off the field. You are a Jr. Chiefs Cheerleader at all times, and how you dress and carry yourself reflects on your team and organization as a whole.
- Give 100% at all times! Cheerleading is a very time consuming and physically demanding sport.
- Cheerleading and tumbling must be taken seriously to ensure the safety of all participants. No horseplay during practice or games and NO stunting without a coach or director present.

## **Sideline and Competition Practices**

- Practices will take place at SHS East or Showtime Elite Cheer.
- Sideline practice is every Tuesday 4:45-6:15 @ Showtime Elite .
- Competition practices are every Tuesday 10 am-12 pm during summer and Friday 4-6:00pm and Sunday 12:30-2:30pm during the season. (TENTATIVELY)
- Use the restroom before practice starts.
- Cheerleaders should wear the practice wear they purchased to each practice and cheer shoes.
- No jewelry of any kind will be permitted. This includes earrings, rings, necklaces, anklets, watches, and belly button rings. This is a GHSA rule that is strictly enforced for your safety.
- No eating, drinking, or gum chewing during practice. Water breaks will be given.
- No cell phones usage is allowed during practice
- Keep practice area(s) clean at all times.
- Gather belongings and take them with you at the end of practice. No lost and found is available.

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## **Sideline and Competition Practices (cont)**

- Practices are closed to parents and siblings. Parents should drop off/pick up their cheerleader unless otherwise instructed. Parents are not allowed in the gym at any time.
- Cheerleaders should arrive and be picked up on time.
- Attendance is mandatory. Illness or death in the family are the only excused absences. If you are sick please provide a doctor's excuse.

## **Uniforms**

Each cheerleader will be fitted for all uniform pieces. An adult must be at the fitting and sign off on sizes.

- You are free to make alterations to your uniform at your expense. All alterations require a director's approval.
- Be sure to keep uniform and shoes clean and free of stains.

## **Sideline Games**

- Attendance is mandatory for all games, including pre-season and play-off games. Some games may fall during holiday weekends or school breaks. Cheerleaders are still expected to attend.
- Cheerleaders must be ON THE FIELD 30 minutes before games and ready to stretch, practice, and prepare for the half-time routine.
- Cheerleaders must be in FULL uniform at game time. Any cheerleader not prepared for the game (bow, shoes, poms, etc.) will sit out until they are identical to the rest of the squad.
- Please keep all cheer items in your cheer bag at all times.
- No jewelry of any kind is allowed while in uniform.
- All cheerleaders will remain on the field in the event of inclement weather, unless the game has been suspended or their coach has dismissed them.

## **Code of Conduct**

Cheerleaders represent their school and community. They are expected to behave in an exemplary manner AT ALL TIMES. Cheerleading is a privilege, not a right, and failure to abide by the rules will result in the loss of that privilege. Cheerleaders should be willing to cooperate with all directors, coaches, captains, and teammates.

Inappropriate behavior, unsportsmanlike conduct, excessive tardiness, and absenteeism could result in removal from a squad. Removal is at the discretion of the board.

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## **Code of Conduct (cont)**

Inappropriate behavior includes, but is not limited to:

- Improper use of social media
- Smoking, vaping, drinking, or use of illegal drugs
- Profane language on or off the field
- Bullying
- Fighting
- Vandalism
- Cheating
- Inappropriate displays of affection and gestures/poses
- Uncooperative attitude or actions by parent(s)

All CCSD rules/policies apply to cheerleaders at all school events. Policy states that while a student athlete is suspended, in ISS, or has alternative school, he/she is not to practice or participate in his/her respective sport. Cheerleaders must attend practice and games completely dressed out, but will not be able to participate until school punishment is fulfilled.

JCCP will be preparing all cheerleaders for the *No Pass No Play* policy expected of all high school athletes. Cheerleaders need to be passing 5 out of 6 classes at all times to remain an active member of the squad. We will require end of year grades to be submitted to verify eligibility for participation during the summer months. Once school has started we will request grades be submitted at the end of each month.

## **Social Media**

***Inappropriate behavior on social media will not be tolerated. Should you post or take part in ANYTHING inappropriate on social media, you will be immediately removed from the program.***

***We will be asking parents to sign a form agreeing to monitor their cheerleaders social media post as.***

## **Time Commitment**

Cheerleading is a very time consuming sport. Parents and cheerleaders should be aware of this commitment. You are now a part of a sport that relies on your participation and attendance.

CHEERLEADING IS A TEAM SPORT and when one cheerleader is missing stunts cannot be built and revisions to dance routines, cheers, and chants are missed. Dances and stunts are designed for the entire group. Attendance is imperative for the success of each squad/team. The squad cannot work around individual schedules. We will make every attempt to make you and your parent(s) aware of the squad/team obligations at all times. Occasionally during the season, changes are made that are beyond our control. Directors reserve the right to make changes that serve in the best interest of JCPP.

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## **Demerit and Infraction System:**

Demerits will be issued to cheerleaders who fail to abide by the rules as specified in the Junior Chiefs cheer constitution. Directors have the sole responsibility for assigning demerits.. The directors reserve the right to issue demerits for unacceptable situations which are not outlined in the cheer constitution. Final decisions regarding demerits will be made by the directors.

<b>Infraction</b>	<b>Consequence</b>
Incorrect practice attire	Conditioning and 1 Demerit (4 laps around practice area)
Missing practice (unexcused) (Excused = death in family, quarantine, or illness w/doctor's excuse)	Sit for 1st quarter of next game and 2 Demerits
Tardy to practice, game, or competition*	Conditioning and 1 Demerit (4 laps around practice area)
Missing a game Let your director know the Tuesday before the game if you will be out. (Excused = death in family, quarantine, or illness w/doctor's excuse)	Sit for 1st half of next game and 4 Demerits
Missing a uniform piece during a game or competition	Sit at current game until dressed correct and 2 Demerits
In School Suspension (ISS)	Sit at next game and 3 Demerits
Out of School Suspension (OSS)	Sit at games/competition until OSS is complete and 4 Demerits
Poor Conduct/Unsportsmanlike Conduct**	To be determined by coaches/board
Vaping Infraction (Possession, use, or transfer of any vaping paraphernalia)	Immediate dismissal from squad (s)

\*If a cheerleader is lost or having car trouble and calls the team mom prior to the designated arrival time exceptions may be made on a case-by-case basis.

\*\* Unsportsmanlike conduct (verbal or otherwise) will NOT be tolerated. This includes negative comments or actions regarding directors, coaches, teammates, students, athletes, and teachers, either in school, on school property, during practice, games (your game or anyone else's) or out of school. This also includes comments on all social media networks including, but not limited to, Facebook, Instagram, Twitter, Snapchat, text, or email.

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## **Demerit and Infraction System (cont)**

Consequences of Demerits

6 demerits – Cheerleader conference with Director

8 demerits – Cheerleader conference with Director and parent contact, plus extra conditioning

12 demerits – Cheerleader sit entire next game/comp

## **Sideline Cheerleading**

- Picture Day** – TBD
- Sideline Summer Practice** - 7/19 & 7/20 at Showtime Elite 9:00 am - 11:00 am
- Sideline Practices** – 7/2-7/30 every Tuesday & Thursday 11-12:30 pm @ Sequoyah East
- Sideline Choreography** - 8/3 & 8/4 at Showtime 9:00 am-2:00 pm (mandatory)
- Football Games** – Saturdays – all pre-season game(s) and play-off game(s) including those over holidays and/or school breaks
- Team Fundraisers** – TBD
- Team Bonding/Service Projects** – TBD
- SHS Homecoming Parade**- TBD

## **Competition Cheerleading**

- Picture Day** – TBD
- Practices** – Summer Practice begins June 4 (10am-2pm) @ Showtime and continues until July 25. Fall Practice Begins August 2nd every Friday 4:00–6:00pm @ Sequoyah East and every Sunday 12:30–2:30pm at Showtime Cheer.
- Choreography Clinic:** July 18th 1-6pm and July 19th 1-3pm Mandatory
- Competitions** – TBD
- Team Fundraisers** – TBD
- SHS Homecoming Parade**- TBD
- Extra practices** – Determined by Coaches.

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## **Financial Commitment**

There is a financial obligation to participate in the JCCP. Cheerleaders are expected to meet their financial responsibilities. JCCP offers payment plans and fundraisers in order to assist with financial obligations. A \$250.00 non-refundable deposit is required on the date of fitting or your child's uniform and practice wear will not be ordered.

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