

Folsom Junior High School

Bylaws, Expectations, and Important Dates

*****NOTICE:** *The coach and administration reserve the right to exercise discretion given the situation as it arises concerning any area with these Bylaws.****

I. Academics

- a. Must maintain a **1.5 GPA or higher to participate**.
- b. Report cards will be checked at the end of each nine week period. It is the cheerleader's responsibility to turn in each report card to the coach within one week of date issued. Failure to do so will result in 2 demerits per day late.
- c. Any team member falling below 1.5 GPA will be placed on probation for one nine week period. If said member has not risen to 1.5 GPA or above, said member will be dismissed from the team.
- d. Must maintain a **good attendance** report including check in/out and tardiness. Team member must attend school for **five** full class periods in order to participate in an event on the day of check out.

II. School Discipline

- a. Must display a **positive attitude** when dealing with teammates, coaches, faculty and staff of Folsom Junior High School.
- b. **Gossip and/or verbal bullying will not be tolerated** from any member of the cheerleading squad. If a problem occurs, the coach and/or principal will take action.
- c. Must maintain a **positive discipline report** which will be checked periodically by the coach. In the event that you receive an infraction, **you** are responsible for informing the coach the day of the incident. Failure to do so will result in an additional **5 demerits**.
- d. **Suspension** from school will result in **dismissal** from team.
- e. A Saturday detention, in-school suspension, or negative reports from teachers, administrators, or substitutes the cheerleader will be disciplined accordingly and **may** result in demerits not allowing you to participate at a pep rally or game, suspension, and/or dismissal from the team.
- f. Team members are to serve as **role models** for the school. Inappropriate dress and/or behavior from a member of the team while at school or at a school function will result in demerits and/or disciplinary action.

*****Participants are to uphold the positive leadership image and responsibilities of a Folsom Junior High Cheerleader. Failure to do so can result in demerits, suspension, and/or dismissal from the team. Any consequences not mentioned are not necessarily excluded.*****

III. Team Participation

- a. Must attend **all practices**. (See Important Dates)
- b. Must participate in the **summer camp and other scheduled clinics** designated by the coach. (See Important Dates)

c. Medical appointments (doctor, orthodontist, etc.) must be made outside of practice/game times. Only emergency doctor/dentist appointments will be excused. Consequences will include demerits.

d. Must participate in all performances at football games, team events, pep rallies, and basketball games.

e. Must be on time for all events (i.e. practices, games, and other assigned functions). Meeting time is determined by the coach. More than 10 minutes late is considered an absence for disciplinary purposes. Cheerleaders are expected to be in uniform and prepared to stretch at 3:00 pm. Consumption of food during practices/events is not allowed. Tardiness or early departure up to 10 minutes will result in 3 demerits.

f. If a cheerleader becomes **injured** during the season, the member is **still held to all FJH cheerleading responsibilities** outlined in this document. The cheerleader must attend all functions within their ability as outlined by a doctor's note. If a cheerleader misses practice, excused or unexcused, the cheerleader will not perform at the half-time show for that week's game, but is responsible for all other team duties.

g. Must attend all competition practices and dress rehearsals. Absences, excused or unexcused, could result in non-performance at the competition as determined by the administration and the coach.

h. Certain circumstances will be counted as an excused absence. 1. Failure to notify the **coach of an absence IN ADVANCE of that day's practice** and 2. Provide documentation within two practice days will negate an excused absence. Five absences may be excused; each absence for any reason after the fifth absence will result in demerits. Only the following will be counted as an **excused** absence.

1. death of a family member or close friend

2. serious injury or illness that results in emergency care (per physician's note)

3. conflict with another school related activity

4. full day, excused absence from school

*****Coach and administration reserve the right to determine the legitimacy of the excuse*****

i. Unexcused absences to practice during the week of a game will result in disciplinary action. For each unexcused absence, the cheerleader will forfeit the right to participate in that week's half-time show and pep rally.

j. If a cheerleader has two or more excused absences the week of a performance, the cheerleader will be unable to perform.

k. Cheerleaders are expected to respect and follow the bylaws and expectations set forth in this document, by the coach, officers, and administrators of the school. Failure to do so will result in demerits, and/or further disciplinary action.

IV. Uniforms

a. Cheerleaders will wear approved uniforms to school sponsored events **ONLY**. No cheerleader should wear any portion of their uniform (practice or game) except at authorized functions nor allow others to wear any portion of a cheerleader uniform.

- b. Any cheerleader in uniform must conduct his/ herself appropriately. Any negative conduct, (i.e. inappropriate language, fighting, etc.) will be disciplined and may result in a one/two-week suspension from the team or dismissal from the team.
- c. Cheerleaders are responsible for the upkeep, cleanliness, and replacement of all approved uniforms, including alterations.
- d. Team members must be in good standing at the end of the year to be eligible for an award.

V. Monetary Concerns

- a. Cost includes uniforms, shoes, camp, camp clothing, bloomers, practice clothing, and sling bag. (See Important Dates and Purchase List.)
- b. Approximate cost will be **\$750.00-\$850.00**.
- c. **No refunds.**
- d. Cost **does not include competition or extra workshops**. Additional amounts will be necessary if the team decides to compete. These costs may include uniform, music, choreography, judges, entry fees, room and board, food, transportation, etc.
- e. The cost of cheerleading includes items for your child specifically. Fundraising is a necessity to purchase items for the team as a whole. Examples of these items include, but are not limited to, transportation to functions, shipping and handling, paint supplies, sign paper, flowers, team meals, national judges for team tryouts, etc.
- f. Each cheerleader is required to participate in fundraisers to offset the cost of these items and lower individual cost. Refusal to participate in fundraising will result in additional out-of-pocket expenses.

*****FAILURE TO PAY ON TIME RESULTS IN AUTOMATIC EXPULSION FROM THE TEAM. *****

VI. Practices (see Important Dates.)

- a. **Mandatory Meeting:** Parent and cheerleader attendance is mandatory. We will review bylaws and ordering information.
- b. **Uniform fitting:** Mandatory for all cheerleaders. Uniforms are ordered at this time.
- c. **Cheerleading practice will begin at the end of May and continue until summer camp in June. There may be an additional clinic in July.** A calendar for practices and events through the first day of school will be given out at the Team fitting.
- d. Practices will be on **Mondays, Tuesdays, and Thursdays from 3:00-5:00**. Additional practices may be necessary on Wednesday.
- e. We strongly encourage and support your child's decision to participate in various school events on campus. It is your child's responsibility to communicate any school conflicts with cheer performances and practices to the coach directly a minimum of 48 hours in advance (preferably more).
- f. No siblings or friends are permitted to stay for practice unless parent is present. Parents are only permitted if they are approved through the school board.

VII. Merit/Demerit System

*****The merit/demerit system is devised in order to maintain the high standards of our cheerleading team. All members need to understand the responsibility involved in being a FJH Cheerleader. Merits and demerits will only be given by the coach. Sit ups may also be a consequence of an infraction at the coach's discretion. *****

a. **Merits**—Merits are earned through volunteer service. 30 minutes of service work will earn 1 merit. 2 merits are equal to 1 demerit, so one hour of service works off one demerit. No member may bank more than 10 merits. Merits can be earned for the following:

1. School activities (volunteer time after school)
2. Sporting events (not required by the team- 4 merits per game; must stay the entire game in order to receive merits)
3. Service to the faculty, office staff, guidance staff
4. Service to school community
5. Other opportunities given by the sponsor

*****NOTICE: All notes for the above must be written (time, date, activity, name of cheerleading team member) and signed by a school administrator and/or faculty member actively involved in the event taking place. Merits must be submitted at the practice held which immediately follows the event. Failure to submit merits at the appointed time nullifies the merits. *****

b. Demerits:

1. **10 demerits:** suspended from team until total demerits fall below 10, must be in attendance in appropriate uniform but not allowed to participate.
2. **20 demerits:** suspended from team until further notice, letter sent home to parent, put on probation from squad which includes appropriate uniform and non participation in events.
3. **25 demerits:** suspended until further notice, hearing with principal regarding status on team, may result in dismissal from team.

<u><i>Infraction</i></u>	<u><i># of Demerits Received</i></u>
Missed event (unexcused)	20
In-school suspension	10
Saturday detention	10
Missed event (excused)	5
Missed practice (unexcused)	6
5 or more missed practices (excused)	6 (for each thereafter regardless of excuse)
Late to position after break	3

After-school detention	5
Talking in formations during performance	3
Cell phone use during practice or performance	3
Early departure or tardiness	3 (up to ten minutes)
Uniform infraction	1 plus 30 sit ups (per item)
Non-participation at practice	Max. 4

****** Any FJH Cheerleader who is put on suspension from the team for 3 or more weeks for demerits or any of the reasons mentioned in the bylaws will be considered on suspension until further notice. There will be a hearing with the administration regarding status on team. Your actions may result in your dismissal from the team. *****

Mandatory Dates for all Cheerleader and Dance Team Members:

The following dates are REQUIRED for your participation. *If you cannot commit to any of the following dates, you will be removed from the squad.* This is a team commitment, not an individual sport.

Month of March 2016

March 21...Mandatory Paperwork Turn in 3:00- 4:00- all candidates.....FJH Cafetorium
March 22-23... Try-Out Clinic.....3:00-5:00- all candidates.....FJH Cafetorium
March 24...Tryout Day.....3:15-till...all candidates.....FJH Cafetorium

Month of April 2016

April 12...3:00 –till. Parent meeting/FittingFJH Library

First Payment Due! \$355.00 for New Cheerleaders
\$150.00 for Returning Cheerleaders

Month of May 2016

May 2...**Second Payment Due! \$350.00 for New Cheerleaders**
Half of remaining balances for returning Cheerleaders

May 31...**Final Payment!** Remaining balances.
Stunt Clinic9:00-4:00.....FJH Gym

Month of June 2016 (Camp dates are tentative at this time)

June 14-16...Stunt classes, fundamentals, and team building9:00-4:00.....
Riverbend Gymnastics

Month of July 2016 (Camp dates are tentative at this time)

July 18-21...Cheer, Stunt, Tumbling Clinic...9:00-12:00.....Riverbend Gymnastics

Month of August 2016

- Prior to the first day of school, each person may complete service hours with the front office for merits; these dates and times will be given sometime during the summer. Typically these days are the few days before the start of school.
- When school starts, practices will begin the first FULL week of school in the fall of 2016.
- Practice is held on Mondays, Tuesdays, and Thursdays in the fall from 3:00-5:00

Wednesday practices will be called when necessary.

- A specific calendar will be mailed out over the summer so that you know when practices will be.

Summary of Costs:

- Cost includes uniforms, shoes, camp, camp clothing, bloomers, bag, poms, and a track suit. (A purchase list will be available at the first parent meeting/fitting at which time you will know your exact beginning balance.)
- **Approximate cost** for the guardian will be \$800.00 (A specific budget breakdown will be provided at the first parent meeting/fitting.)
- **No refunds will be provided.**
- This cost does not include competition, should we decide to compete. Additional amounts will be necessary if the team decides to compete. These costs may include uniform, music, choreography, judges, entry fees, room and board, food, transportation, etc.
- The cost of cheerleading includes items for your child specifically. Fundraising is a necessity to purchase items for the team as a whole. Examples include, but are not limited to shipping and handling, paint supplies, sign paper, social events for the team, team meals, etc...
- Each cheerleader is **required** to participate in fundraisers to offset the cost of team items and lower individual expenses.
- Refusal to participate in fundraising will result in additional out-of-pocket expenses.

Folsom Junior High Cheerleading 2016

I have read, understand, and agree to the Folsom Junior High Cheerleading Bylaws and Expectations. I understand that should any changes to these Bylaws and Expectations be made throughout the school year, I will be notified in writing of the changes. Any questions about the Bylaws and Expectations should be directed to the Folsom Junior High School Cheerleading Coach.

Cheerleader Signature: _____

Parent Signature: _____

Date: _____