

**MOUNTAIN BROOK HIGH SCHOOL
CHEERLEADER CONSTITUTION
2008-2009
MOUNTAIN BROOK HIGH SCHOOL CHEERLEADERS**

ARTICLE I

QUALIFICATION OF CANDIDATES

- SECTION 1:** Candidates for the Mountain Brook High School Cheerleading Squads must be currently enrolled in Mountain Brook City Schools. A student who does not currently meet this eligibility requirement but plans to attend Mountain Brook High School in the fall must provide proof of intended residency and obtain permission to tryout from the principal. The cheerleading tryouts are open to grades nine, ten, and eleven.
- SECTION 2:** Each candidate must have attained an overall average of 70 or above with no failures in course work for the preceding semester (January grades preceding tryouts). Furthermore, all students selected for the Cheerleading Squads are expected to maintain a C average with no failures and keep class attendance in good standing.
- SECTION 3:** Each candidate must participate in the entire clinic. Exceptions may be made in extenuating circumstances. These exceptions are up to the discretion of the Coach.
- a. The Coach will organize and coordinate the activities of the clinic.
 - b. The Coach will hire a choreographer to teach the tryout material as well as required technique skills. Attendance will be required of all candidates at the clinic, and only excused absences will be accepted. The Coach must approve excuses in advance. All excuses must be submitted in writing.
 - c. All registration/release forms are due on the Friday, March 14 (before Spring Break) since tryouts begin on Monday, March 24 (after Spring Break).
- SECTION 4:** Parents and candidates will sign and return a form stating that they have read the policies outlined for the cheerleading program and understand the rules/regulations for clinic, selection, and participation. These signatures also indicate an acknowledgement of the physical requirements for both clinic and participation. Parents will assume responsibility for any injuries that may occur as a result of practice or performance.

ARTICLE II

SELECTION OF CHEERLEADERS

SECTION 1: The Coach will determine the number of cheerleaders chosen. After tallying the scores, the number of cheerleaders will be determined based on the natural break of the scores. In case of a tie in scores above the natural break, the judges reserve the right to conduct callbacks before making final scoring decisions.

SECTION 2: A panel of certified judges will be hired through Spirit Event Coordinators. This panel will consist of three adult judges. These judges will evaluate each candidate individually and in a group. The candidates will be judged on the basis of the qualities listed on the sample score sheets found on pages 9 and 10 of the Constitution. Each candidate will be assisted in learning these qualities and techniques during the week of clinic.

SECTION 3: The candidates will be assigned a tryout number and tryout group. A random drawing conducted by the Coach will determine a candidate's number and group. The Coach reserves the right to reassign numbers and/or groups in order to fill gaps left by candidates who may drop out or be dismissed from clinic.

SECTION 4: The tryout attire will be white MBHS t-shirt (that can be tucked in), green shorts, yellow ribbon and white cheerleading shoes. No cheerleading accessories or clothing bearing cheerleading affiliation may be worn during tryouts.

SECTION 5: Scores will be awarded as follows.

- Judge's Score = 300 points (100 points per judge)
- Teacher evaluations = 50 points (25 points per teacher evaluation)
- Clinic score = 50 points
- Interview = 100 points
- TOTAL = 500 points

Students should give the included evaluations to two current teachers and have them return the evaluations to Carrie Alexander Bates at MBHS by March 14, 2008. The clinic score will be judged according to the same criteria as the teacher evaluations.

SECTION 6: All candidates must be present during the entire school day on each day of the clinic week. The Coach will verify class attendance each day. In cases such as family illness, injury, or other extenuating circumstance, the Coach may make an exception to this policy.

SECTION 7: Only designated school personnel will be allowed in the audition area.

SECTION 8: Scores will be tabulated by a computerized spreadsheet.

ARTICLE III

RESPONSIBILITIES OF THE CHEERLEADERS

- SECTION 1: The Mountain Brook High School Cheerleaders will perform at the following activities and events:
- a. All varsity football games and playoff games.
 - b. All home and regional away varsity girls and boys basketball games and playoff games.
 - c. All pep rallies including the Community Pep Rally held at Crestline Elementary School.
 - d. The Halloween and Christmas Parades that end at Crestline Village.
 - e. Special performances to which the Cheerleaders are invited.
- SECTION 2: All cheerleaders are required to attend the UCA summer camp from **Wednesday, June 4 - Saturday, June 7 at Mississippi State University.**
- SECTION 3: If a conflict occurs between a scheduled cheerleading activity and outside interest, the cheerleading activity takes precedence. DO NOT make vacation or travel plans during seasonal activities. Also, do not schedule college visits the week before school starts (August 4-8, 2008) or on dates we are scheduled cheer at a football or basketball game.

ARTICLE IV

RULES AND REGULATIONS FOR CHEERLEADERS

Academics, Attitude, Attendance, Appearance, and Dismissal

- SECTION 1: Cheerleaders are subject to all rules and regulations of Mountain Brook High School. They must also follow the guidelines and procedures of the Mountain Brook High School Athletics and the Mountain Brook High School Cheerleader Constitution.
- SECTION 2: Cheerleaders are expected to maintain an academic average of 74% in all coursework with no failures. Grades will be checked at every distribution interval.
- a. Grades will be checked at the first progress report. If a cheerleader fails a class or falls below a 74%, she will be put on probation. This means that she will be able to participate in all performances, but her grades will be monitored very closely.
 - b. If a cheerleader placed on probation fails a class or earns below a 74% for the next nine weeks reporting period, the cheerleader will be suspended from all performances until the next progress reports are sent out. The cheerleader will still be expected to attend practice.
 - c. The cheerleader may participate in performances once the second progress reports are checked and the student has pulled up the grade.

SECTION 3: Cheerleaders are expected to maintain a positive attitude and a high standard of behavior.

- a. Cheerleaders are representatives of Mountain Brook High School and should conduct themselves in an appropriate manner for upholding the integrity and character of Mountain Brook High School, Mountain Brook High School Athletics, and the Mountain Brook High School cheerleading program.
- b. Cheerleaders are expected to show respect for those in authority including faculty, administration, directors, choreographers, and captains.
- c. Cheerleaders should respect each other as teammates and work coherently as a group. If the attitude or conduct of any cheerleader should have a negative effect on the team or the school, the Coach will hold a conference with the cheerleader outlining the expected behavior improvements. If there is no immediate correction of the behavior or conduct, the cheerleader will be sidelined until further notice. Behavior problems that persist will result in the cheerleader being dismissed from the team.

SECTION 4: Cheerleaders are expected to attend all scheduled practices and performances.

- a. Cheerleaders are expected to comply with rules and regulations stated in this Constitution (see p. 6-7 for specific rules and regulations).
- b. The cheer period during the school day is a scheduled practice. Cheerleaders should not schedule appointments or other activities during this class period or during after school practice. A cheerleader who misses a practice immediately prior to a performance (with an unexcused absence) may not be allowed to perform.
- c. Any cheerleader who misses a scheduled practice or performance is responsible for learning missed choreography and contacting a captain in order to be notified of announcements.
- d. Habitual tardiness could result in a cheerleader being sidelined.

SECTION 5: In the event that an injury or illness incapacitates a cheerleader, **a written doctor's excuse must be submitted to the Sponsor/Coach.** This excuse should specifically dictate the type and degree of physical activity allowed. No injured or ill cheerleader will be permitted to practice or perform until fully recovered and released by a doctor. Illnesses and injuries should be reported immediately to the Coach. Cheerleaders may use the school's voice mail or e-mail system in order to leave a message for the Coach regarding an illness or injury.

SECTION 6: Cheerleaders are expected to follow all guidelines established for appearance, practices, and performances. Cheerleaders must also be in good health and be physically able to perform all movements and conditioning activities deemed appropriate by the Coach.

SECTION 7: Failure to abide by the rules and regulations established for the Mountain Brook High School Cheerleaders will be reflected in the grade for the cheerleader and could

result in being sidelined or dismissed from the team. In the event of a dismissal or resignation, the cheerleader will be ineligible for future cheerleading tryouts.

SECTION 8: Attitude, attendance, and preparation for class will affect the cheerleader's grade for 8th Period cheer class. A grade will be assigned for each practice during the course of the year. A cheerleader will receive a daily point for each 8th period practice during the school year based on the following items.

1. Dressing out properly in designated practice/performance apparel.
2. Cooperating at practice.
3. Arriving early or on time to practice.
4. Following the applicable rules and regulations listed on pages 6-7.
5. Maintaining a positive and helpful attitude at practice.

**MOUNTAIN BROOK HIGH SCHOOL
CHEERLEADERS**

Rules and Regulations

Cheerleaders are expected to comply with the following rules and regulations throughout the entire cheerleading season. In the event that the rules and regulations are not followed, the member will be subject to necessary disciplinary action which will be determined by the Coach and Coaching Staff.

SECTION 1-ATTENDANCE

No member shall be late or absent from any event. There are, however, unavoidable events that may, on rare occasions, cause a member to be late or absent. They are defined in parts A and B of this section.

Cheerleaders must attend the following:

- All scheduled practices
- All Home and Away Varsity Boys Football games
- Any playoff Varsity Boys Football games
- All Home Varsity Boys and Girls Basketball games
- Regional Away Varsity Boys and Girls Basketball games
- Scheduled parades and public appearances

The Coach will notify all members as soon as possible if any other event(s) come up, so that each member may make the necessary scheduling arrangements to be at the event.

***** At no time is work, a family reunion, a party, vacation, or any event of this nature excused to miss practices, games or travel to games.** The Coach will determine what excuses are appropriate or inappropriate at the time of the event. Un-notified and/or inappropriate absence from a game or other event will result in a conference with the Coach.

***** With the exception of illness, the Coach must be notified at least TWO (2) WEEKS IN ADVANCE IN WRITING prior to an absence for that absence to be considered excused. Final approvals are up to the Coach.**

Part A. EXCUSED ABSENCES

Excused absences shall be defined as follows:

1. Sickness or injury that is severe enough to prevent a member from attending and watching. If you can attend class, you can attend practice. If at any time you are absent due to illness, a doctor's or parent's excuse will be required within 24 hours of the absence.
2. Death or severe illness in the immediate family. The Coach must receive either written notice or a phone call.
3. In the event of excessive absences due to injury, the member may be asked to meet with the Coach to discuss her physical well being and continued membership on the team.
4. College Visit (with 2 weeks written notice)

Part B. UNEXCUSED ABSENCES

Unexcused absences shall be defined as follows:

1. Work
2. Mild illness or injury (not severe enough to prevent attending and watching)
3. Any absence where at least TWO WEEKS WRITTEN notification was not given

SECTION 2-SPECIFIC RULES AND REGULATIONS

Part A: "THE DO'S"

1. **Be on time...**
 - a. To practices (8th period, after school and summer practices).
 - b. To football games. Cheerleaders should arrive at football games one hour in advance.
 - c. To basketball games, parades, and other events. Cheerleaders should be there thirty (30) minutes in advance unless otherwise told by the Coach.
 - d. To the second half of the games (football and basketball). Cheerleaders should be ready to cheer for the second half when there are two minutes left in half-time.
 - e. Unexcused absences will be dealt with on an individual basis.
2. **Wear the correct uniform...**
 - a. To football and basketball games.
 - b. To school on football game days and on designated basketball game days.
 - c. To parades and other designated events.
 - d. To practice. Until practice clothes are purchased, please wear appropriate shorts, t-shirt, and shoes to practice. A practice uniform schedule will be issued once the practice clothes arrive.
NOTE: "Correct uniform" includes the all aspects of your attire...uniform, shoes, ribbon, hair style, jackets, pants, and turtle tards.
3. **Be kind and courteous!** Everyone knows that you are a cheerleader and your actions and attitudes are closely watched by numerous people in the school and community. Remember to respect your own teammates and to welcome the visiting cheerleading squad when football and basketball games are held at home.
4. **Pay attention!** This is a safety issue!
5. **Follow the rules!** Remember that insubordination means direct refusal to follow a specific request from any adult and that can result in disciplinary action by the Administration as well as the Coach.

Part B: "THE DON'T'S"

1. **Do not chew gum** while in uniform or at practice...this is a safety issue.
2. **Do not wear jewelry** while in uniform or at practice...this is a STATE LAW!
3. **Do not use profanity!**
4. **Do not fight***
5. **Do not participate in forgery***
6. **Do not use tobacco, drugs, narcotics, alcoholic beverages, and/or any illegal substances***

*Also subject to disciplinary action by the Administration.

Since we cannot foresee all situations that may arise during the year, the Coach and Coaching Staff reserves the right to assign appropriate disciplinary action for offenses that may not be specified above.

MBHS Cheerleaders 2008-2009
Tryout Information

Clinic

- **Monday, March 24-Thurseday, March 27, 2008, 3:30-5:30 p.m.** in the Spartan Arena.
- The cheer coach will hire a choreographer to teach the tryout material to all applicants.
- All practices led by senior cheerleaders or hired choreographers must be held during regularly scheduled clinic times. Any violation of this rule will result in a forced withdrawal of offender's application.
- Applicants will tryout in groups of four. All groups will be chosen at random. The Coach will draw numbers prior to tryouts in order to determine the groups.

Tryouts

- **Friday, March 28, 2008, beginning at 3:45 p.m.** in the Spartan Arena.
- Clinic / Tryout fee - \$15.00 (payable in cash or check to MBHS) due with application by application deadline.
- Tryouts will be closed to the public.
- **Tryout attire will be:** white MBHS t-shirt (that can be tucked in), green shorts, yellow ribbon and cheer shoes.
- Hair must be in a high ponytail.
- List of 2008-2009 Cheerleaders will be posted on the web at or before 8:00 pm on March 28, 2008. Cheerleading website address is www.mtnbrook.k12.al.us/mbhs, select Athletics, select Cheerleaders.

**MOUNTAIN BROOK HIGH SCHOOL CHEERLEADER
AGREEMENT AND RELEASE FORM
(To be turned in with application by Friday, March 14, 2008)**

We agree that _____ will participate in the tryout clinic and selection process. We agree to accept the judging system for the selection process and the results of said tryouts. We have read the rules and regulations for cheerleaders established in the Mountain Brook High School Cheerleader Constitution. We understand these conditions and agree to abide by these rules and regulations if selected as a Mountain Brook High School Cheerleader for the 2008-2009 academic year. We also understand that failure to comply with these rules and regulations will result in dismissal from the group.

We understand that cheerleading is a strenuous, physical activity requiring strength, stamina, and flexibility. We agree to practice and condition in order to improve physical ability and prevent injury. We also agree to obtain a medical release with a physician's statement of the ability of the undersigned to participate in this type of activity.

Understanding the physical requirements and risk involved, we hereby authorize the staff and appointed supervisors of Mountain Brook High School and Mountain Brook City Schools to provide medical attention in the event of any situation requiring such attention. We understand that clinics, practices, and performances will be supervised, and in the event medical attention is needed, it will be provided by qualified personnel. We waive any claim against Mountain Brook City Schools, its employees, or appointed supervisors for seeking medical attention.

Parent / Guardian Signature

Date

Student Signature

Date

2008-2009 Cheerleader Tryouts
Teacher Evaluation

Participant's Name _____

This student has indicated an interest in trying out to be a cheerleader for the 2008-2009 school year. Thank you for taking the time to complete this teacher evaluation. In addition to cheerleading skills, we feel that it is important to get an independent evaluation of other desirable traits such as work ethic, attitude, punctuality, and ability to work with others. Therefore, it is very important that you score the tryout participant truthfully and impartially.

Please return the evaluations, sealed in the envelope provided, to Carrie Alexander Bates by Friday, March 14, 2008. The evaluations may be left in my box located at the High School.

Note: Please do not return the evaluation to the tryout participant.

Thank you in advance for your input.

Carrie Alexander Bates

Evaluation: (Please circle one number for each category)

	Lowest-----				-----Highest
Work ethic	1	2	3	4	5
Attitude	1	2	3	4	5
Punctuality	1	2	3	4	5
Ability to work w/others	1	2	3	4	5
Leadership Qualities	1	2	3	4	5

Comments: _____

Total _____ / 25

Teacher's Signature

Date

2008-2009 Cheerleader Tryouts
Teacher Evaluation

Participant's Name _____

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Ability to work w/others	1	2	3	4	5
Leadership Qualities	1	2	3	4	5

Comments: _____

Total _____ / 25

Teacher's Signature

Date

MBHS Cheerleader Tryout Application
Deadline: Friday, March 14, 2008, at 3:30 p.m.
Please turn in application and picture to Carrie Bates at MBHS.
Clinic & Tryouts: March 24-March 28, 2008

Name: _____

Address: _____

Telephone Number: _____

Parent/Guardian Name(s): _____

E-mail Address: _____

Parent E-mail (if different): _____

Date of Birth: _____

Emergency Contact:

_____	_____
Name	Phone number

Circle your grade level during the 2008-2009 school year: 10th 11th 12th

I wish to apply for membership to the Mountain Brook Cheerleaders. If I am selected for membership, I agree to the following conditions:

- To maintain excellent school attendance and grades
- To promote sportsmanship and proper conduct within our student body
- To cooperate with the Coach, Coaching Staff, captains in every way to make the squad enjoyable, as well as successful
- To accept constructive criticism from the Coach, Coaching Staff, and/or captains
- To meet the financial obligations
- To abide by the school constitution and the Cheerleader requirements
- To accept this commitment knowing that being a cheerleader demands a lot of work, energy, time and dedication
- To accept this commitment with a good spirit, a positive attitude

By signing below, I agree to the conditions listed above. I also understand that the sponsor will review a copy of my transcript in order to verify my eligibility to try out for cheerleading. Finally, in the event that I make the team, I give MBHS the right to post my first name and last initial on the MBHS Cheerleader website.

Applicant's Signature _____ Date _____

Parent's Signature _____ Date _____