



Bunsold Middle School Cheerleading Constitution 2024-2025

ALL DECISIONS REGARDING THESE GUIDELINES AS WELL AS HOW THEY ARE CARRIED OUT IS LEFT TO THE DISCRETION OF THE HEAD CHEERLEADING COACH

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2024-2025 Bunsold Middle School Cheer Staff Directory

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Our Core Values

Pledge to be committed to my team and our community

To be held accountable for all decisions that I make, good and/or bad

Be respectful to my teammates, coaches and myself, in and out of uniform at all times

Make an effort of 100/100 - putting forth 100% effort 100% of the time

Community Spirit Leader

The BMS Cheer Coaches make the assumption that all Bunsold Cheerleaders understand they are ambassadors and spirit leaders of not only their school, but also the community of Marysville at all times. Bunsold Cheerleaders are always expected to make the “right” decision in relation to matters of behavior, discipline, and academics. If a cheerleader makes a “wrong” decision in relation to matters of behavior, discipline, and academics the coaching staff will assume it was a conscious decision on the part of the athlete. The athlete will be held accountable for willfully making a “wrong” decision. Accountability can range from being counseled by the coaching staff, use of the demerit system in place, and/or suspension or dismissal from the team and is up to the discretion of the coaching staff.

Coaches Letter

To our Parents: Thank you for sharing your children with us. We are privileged that you allow us even this short time with them, and we hope to live up to your expectations of us. Please know that we want what is best for our athletes in every decision that we make. None of this would be possible without you, and we look forward to having an open and honest relationship with both you and your child!

To our Athletes: We are looking forward to this upcoming year and cannot wait to see all that unfolds - know that we are already so proud of you! We want you to know that you are so much more than the uniform you put on, and hope that throughout this year you are able to grow in yourself - not only in cheer, but also as a young adult. While we expect a lot from you, know that we expect it from ourselves too and will do everything we can to help you succeed!

- Coach Kara and Coach Kristin

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Squad Membership and Eligibility

- Above the expectations listed in this document, it is the expectation that every student athlete and parent has read and is familiar with the Marysville Exempted Village School District Handbook.
- Squad membership is for **ONE YEAR** for the seasons of fall and/or winter.
- The cheerleader must meet the required eligibility standards of MEVSD
 - Pass 5 core classes or credit equivalent in the quarter prior to the season of participation and earn a 1.50 quarter GPA each quarter including the one just prior to your season of participation.
- A current physical must be on file with the athletic department
 - The date coaches will be checking for current physicals is August 1
 - Forms can be found on maryvillemonarchs.com (Athletic Website)
- Eligibility must be maintained throughout the season
 - Grades are checked at the conclusion of each marking period
 - Depending on the length of the season and postseason, the fall/winter cheerleading season may cross over from one quarter into another.
 - You must maintain your academic eligibility each quarter.
- The cheerleader must pass a sideline/cheer/dance test 2 weeks before the start of each season. They will be tested in sideline chants, band dances and cheers, passing with at least a 75% to be eligible to participate in the first game and any game thereafter. Should a cheerleader not pass, they will be given another opportunity at the coach's discretion.
- If a cheerleader is unable to participate at the same level as when she/he tried out, they will be subject to sitting on the sideline. This includes injury and attitude.

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Squad Information and Communication

- Cheerleading is self-supporting, raising money through **mandatory** fundraising.
- Cheerleaders must maintain a current physical in order to participate. Physicals are good for one year. Final Forms will inform you when your physical is due.
- Football Cheerleaders: **Summer practices will begin in June 2024 with mandatory practices beginning July 31, 2024.** Summer practices will be held under the direction of the coach to prepare for camp and the upcoming season. Once mandatory practices begin, vacations will not be excused.
- Cheerleaders will be expected to participate in community summer events (i.e. Fourth of July Parade). Details will be provided for all events as soon as they are available to coaches.
- Cheerleaders will attend an away cheerleading camp July 29 - Aug 1 at Great Wolf Lodge in Cincinnati
- Cheerleaders will be encouraged to attend tumbling classes. There will be classes set-up specifically for Marysville Cheerleaders to attend at an outside gym, or they are able to schedule their own where they are comfortable.
- All athletes will be required to create and maintain a Final Forms profile through Marysville Exempted Village Schools.
- Communication with Athletes - Coaches will communicate with athletes through the BAND app. Athletes will join the app during the tryout process.
- Communication with Parents - Coaches will communicate with parents mainly through the BAND app and Final Forms, using email and phone on rare occasions if needed.
 - Parents will receive an invite to the BAND group via the email used during the tryout sign-up process following tryouts. Please make sure there is an email provided for all parent/guardian(s) to ensure everyone receives the invite.
 - Updates will be provided in BAND prior to the season beginning, and then once the seasons begin, monthly and weekly updates will be distributed.
 - Final Forms will be used for all school requirements
 - Please note: Coaches will only respond between 8:00 am and 8:00 pm on weekdays. On weekends, coaches will only respond when available, and it may not be immediate.

Practices and Attendance

- All practices during the season are mandatory and will be scheduled in advance.
- Absences from school have a negative effect on cheerleaders' academics, and also hinders the cheerleaders ability to practice. A missed day of school and/or practice is potential for growth that cannot be made up.
- A **PARENT** must notify the head coach in advance if their athlete will be absent from a practice / game due to an "excused" reason prior to the beginning of the missed event.
 - Contact a coach ASAP for excused absences
 - *Excused* absences include but are not limited to:
 - Death in Family
 - ACT/SAT testing
 - Illness
 - Extra Academic Tutoring
 - *Unexcused* absences include but are not limited to:
 - Detentions/Suspensions
 - Car Trouble
 - Vacations
 - Driving Friend/Sibling Home
 - Any other action that the head coach deems unexcused
- Cheerleaders are responsible for being at the appropriate practice area on time.
 - If you need to be seen by an athletic trainer (injury or tape) you must arrive early enough to still be on time for practice following your visit.
- Practice Attire
 - Cheerleaders will be given a practice wear schedule.
 - Hair will be pulled completely back from the face
 - No jewelry or acrylic/long nails (this is an NFHS safety policy)
- Plan appointments, work, etc., around practice times. These are not excused.
- Cheerleaders will not be permitted to leave practice early.
- Conflicts with school activities that are required for a grade will be worked out between coaches and the cheerleader in advance.
- Cell phones and smart watches will be kept in a bag during practice. If there is a parental concern/emergency during practice time, please contact a coach.
- All cheerleaders are responsible for putting cheer mats out prior to the start of practice and for clean-up following the conclusion of practice.
 - **Plan to arrive to practice 15 minutes early and stay 15 minutes late for clean-up.** If you are late to that time or leave early, it will be counted as a demerit.

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Games

- You must be able to attend all games.
- You must attend at least ½ the school day to be able to cheer a game the same day.
- If you are injured or disciplined, you are required to be present at the correct time and you will sit with the coach, in proper cheer wear, throughout the entirety of the game.
- Cheerleaders will be at the appropriate location, in proper apparel, and on time.
- Game-Day Attire
 - Cheerleaders will be made aware of proper apparel in advance of their arrival
 - Hair will be pulled completely back from the face in a matching style
 - No jewelry or acrylic/long nails (this is an NFHS safety policy)
 - No smart watches, phones will be kept in bags
- At the conclusion of the athlete's game, the athlete must check in with a coach prior to leaving
- It is necessary to have all parts of the uniform available at all times. This includes summer polos, uniforms, shoes, bow, warm-up, poms, and any other items deemed as uniform for that season.
- Sideline Etiquette:
 - No unnecessary talking with the crowd or teammates.
 - Stand in proper form.
 - No practicing chants, cheers, dances, etc.
 - Kneel when a player is injured
 - No gum chewing or eating. Only bottled water is permitted.
 - Respectable behavior during the National Anthem on or off the field. This also means absolutely no talking during this time.
- Remember, your behavior is being watched by your coaches, your families, and your community members.

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Transportation

- Cheerleaders are responsible for their own transportation to and from practice and home games.
 - Coaches are not permitted to transport.

Uniforms And Appearance

- Each cheerleader will be assigned a uniform at the beginning of their season, which will then be returned at the end of their season.
- If the uniform is not returned at the end of their season, the cheerleader will be responsible to pay for the replacement of the uniform.
- Throughout the season, each cheerleader is responsible for the correct cleaning of his or her uniform - coaches will distribute proper care sheets
- Uniforms are not to be worn anywhere except to a game, competition, or when otherwise directed. Uniforms and cheer apparel cannot be lent to a friend.
- Shoes bought for cheerleading will be worn only at practices, games, and camp. Basketball shoes are not to be worn off the gym floor.
- Each cheerleader is expected to pay for or replace any part of the uniform damaged beyond reasonable repair.
- Which uniform(s) will be worn will be decided by coaches prior to the event.
- “In Uniform” or “Game Ready”
 - All uniform pieces are clean
 - Cheerleaders will either wear their entire uniform or entire warm-up - no mix and match unless discussed with the head coach.
 - Hair is pulled completely back off the face and shoulders in a ponytail
 - Cheerleaders will match hairstyles for each game.
 - Hair must be a natural color.
 - No beads, headbands, or hair clips other than bobby pins may be worn.
 - No jewelry of any kind and no fake nails at practices, on the sideline or at competitions. These are an NFHS policy.
 - No nail polish unless clear, nude, or French manicure.
- No Public Displays of Affection while in uniform or cheer apparel. This includes hand-holding.

Discipline Policy

- Demerits or points will be used for the failure to fulfill obligations in the Marysville: Cheerleading Constitution, Student Code of Conduct, and Athletic Code of Conduct .
- Demerits/disciplinary action are given at coaches' discretion, and are cumulative throughout each season. If cheering football and basketball, Demerits will reset between seasons.
- You only serve each consequence once until demerits are worked off. You may not begin to work demerits off until the third demerit is received.
 - ie. An athlete receives their 3rd demerit and sits out one quarter of the next game. Following that game, the athlete tutors another athlete and has a demerit removed. The following week, the athlete receives another demerit. This will not lead to them sitting another quarter, they would need two more to move to the 5 points which would be sitting out for half of the next game. They are also allowed to continue to work towards removing points at this time.
- When a demerit is given, coaches will enter the demerit into the cumulative spreadsheet
 - When entered, the athlete will be notified immediately in a confidential manner
 - Following practice, coaches will send an email to both the athlete and parent including:
 - What the demerit was awarded for
 - The athletes total demerits at that time
 - The results of that demerit (ie. sitting a quarter)
- Demerit Point Results
 - 3 Points - sitting out a quarter of the next game
 - 5 Points - sitting out for ½ of the next game
 - 8 Points - sitting out for the entire next game
 - 10 points - 2 week suspension from games (must still attend practices/games)
 - 12 points - dismissal from the squad

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Demerit Points

One point will be awarded for the following

- Tardiness to any team activity by 15 minutes or less (longer than 15 minutes will result in 1 demerit **and** sitting out the first quarter of the next game)
- Chewing gum
- Use of cell phones or smart watch
- Excessive talking during games
- Personal displays of affection
- Forgetting any necessary apparel or accessories
- Wearing fake nails or unapproved nail polish
- Failure to not give prior notice with other school activities
- Wearing Jewelry
- Eating on the sideline
- Incorrect practice wear

Three points will be awarded for the following

- Inappropriate language, gestures, or behavior at school or school/team functions
- Disrespect to a coach or athlete
- Inappropriate use of social media at school or school functions
- Wearing cheer apparel in the Pit
- Failure to follow transportation policy
- Unexcused practice

Five points will be awarded for the following

- Unexcused absence from a game

Eight points will be awarded for the following

- School suspension

One point will be deducted for the following and all need coaches prior approval

- Attending 2 additional outside tumbling classes (team tumbling cannot be counted)
- Helping a teammate learn material outside of practice
- Tutoring other teammates
- 2 hours of community service (proof must be submitted)
- Cleaning up bleachers after games
- Straight A's for an entire quarter (must submit grade card)

Parent Expectations

For our cheerleading program to be successful, we ***MUST*** have parental support. Our parents will be expected to understand the philosophy of the program and the list of expectations below for how they can increase the success of the program.

1. Let the coaches do the coaching. At no time should a parent be coaching from the stands and/or be disrespectful towards a coach at a game.
2. Be supportive of the program, from middle school to high school.
3. Support ALL members of the cheerleading program to encourage and model teamwork.
4. Encourage your cheerleader to talk with the coaches. If your cheerleader is having difficulties, encourage them to speak directly to the coaches.
5. Display appropriate behaviors both verbally and physically. Remember, you too are representing Marysville.
6. Be mindful when using/posting to social media just as we ask of our athletes.
7. Remember, we are all supporting the cheerleading program as well as the community.

Parents should feel that they are able to communicate concerns with coaching staff without prejudice. Parents will not always agree with decisions of the coaching staff, but there may be times when a parent needs to express concerns about their athlete. Steps to resolve concerns:

Step 1: The **cheerleader** must express her/his concern with a coach.

Step 2: If unresolved, the **cheerleader and parent** can schedule a meeting with at least **two** members of the coaching staff.

Step 3: If still unresolved, the **cheerleader and parent** can schedule a meeting with the Athletic Director and Head Coach.

Parental meetings can be scheduled for the following:

1. How the cheerleader can improve
2. Harassment, bullying, or any other type of incident that violates team rules
3. Concern about academics, social life or any other type of well-being
4. Role of the cheerleader on the team

Parental meetings will ***NOT*** be scheduled for the following:

1. Discussion of other athletes. At no time will a parent or coach discuss issues concerning other members of the cheerleading program with a parent.
2. Coaching decisions. Coaches are hired to coach, cheerleaders to cheer and/or compete, and parents support the team.
3. Parental concerns **should not** be addressed on the day of a game or competition. If a parent needs to communicate with a member of the coaching staff, they are asked to email the coach to arrange a scheduled time.

Cheer Booster Program

- The purpose of this program is to lend support to the Marysville Cheerleaders and Coaching Staff through donations of time, energy and fundraising to meet the program's needs as well as to provide positive encouragement and maintain enthusiastic interest.
- Parents are required to be an active participant in our booster program by signing up to participate on at least one committee or become a member of the board.
- The first booster meeting date of the 2024-2025 season will be shared with parents following tryouts.
- There will also be a mandatory parent meeting following the booster meeting.
- Below is a possible list of positions that may be available. Note: this list is ever evolving and may/will change as needed
 - Board Positions
 - BMS Treasurer (8th grade parent)
 - BMS Treasurer Assistant (7th grade parent)
 - BMS Secretary
 - Team Meals
 - Football
 - 7th Grade (Basketball)
 - 8th Grade (Basketball)
 - Banquets
 - Football
 - Basketball
 - Community Events and Parades
 - General Supplies
 - Fundraising
 - Note: This category has many small categories within it, with many opportunities to get involved

<p>Appendix A</p>

All Cheerleaders

- Apparel Fitting - Monday, April 29, Time TBD
- Cheerleaders will attend an away camp at Great Wolf Lodge July 29 - Aug 1
- Attendance at weekly tumbling classes - either one of the classes set-up by the program, or at another place/time set-up on their own.
- Summer Practices: 2-3 days per week, schedule will be released the first week of May. Note: These are not mandatory, but highly recommended if you are available.

Football Game Commitments

- 7th and 8th Grade Football Squads will combine and cheer all home games
- There will be one game per week, either on Wednesday or Thursday
- Football Sideline Practices: Season begins August 1
 - In August prior to the start of school, schedule released in June
 - After School Begins: Mondays and Tuesdays, time TBD until confirmed District Bell Schedules for the 2024-2025 school year

Basketball Cheerleader Commitments

- All winter athletes will be notified as soon as game schedules have been released.
- Practices in Winter
 - Practices will be added to the calendar once both the football and basketball schedules have been released.
- Games:
 - All games will be home
 - The majority will be on Tuesday/Thursday evenings in December and January
 - 7th Grade and 8th Grade will cheer for their respective games
 - A few Monday and Wednesday games will be added in - the number will depend on the B-team schedules once they are released