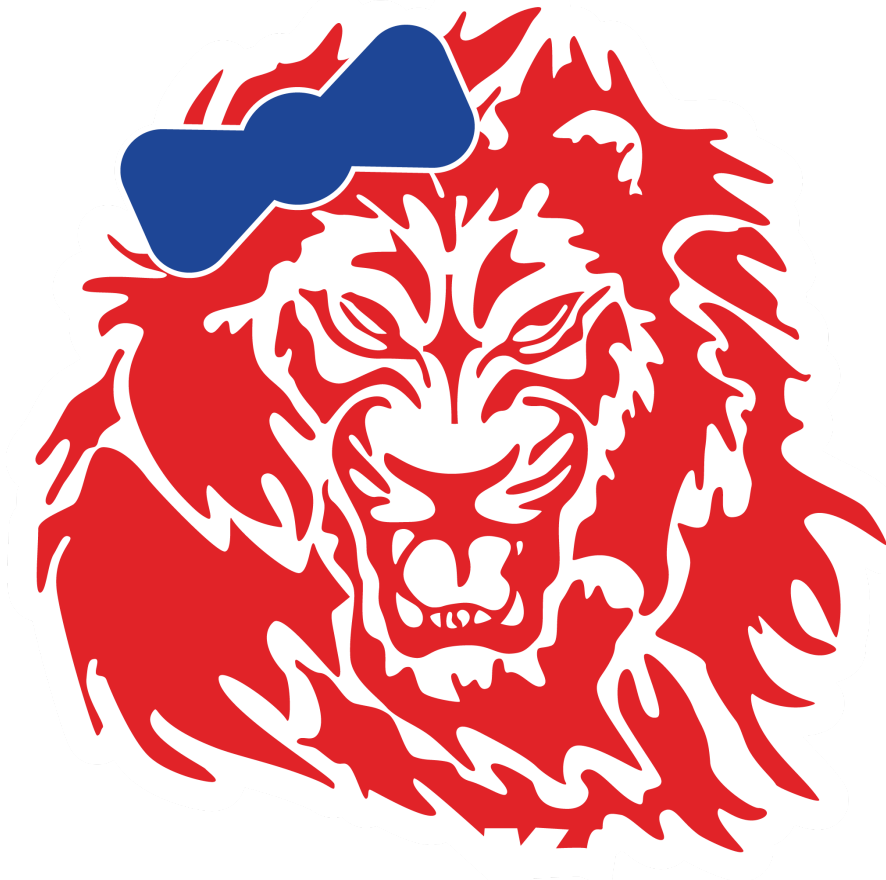


**Marysville Exempted Village School District
MHS Cheerleading Constitution
2024-2025**



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

Revised March 2024

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2023-2024 Marysville Cheer Staff Directory

MHS Athletic Director

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<http://www.marysvillemonarchs.com/>

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MHS Assistant Coach

TBD

MHS Competition Coach

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Marysville Exempted Village School District Cheerleading Program Grades 9-12

Philosophy & Mission

The **philosophy** of the Marysville Cheer Program is to develop strong and confident young adults, through the sport of Cheer, preparing them for their next phase of life beyond high school. By setting high standards and expectations, the program will teach valuable life lessons: integrity, work ethic, mutual respect, accountability, and a high level of commitment. We are dedicated to building champion athletes while representing our school with enthusiasm and pride.

It is our **mission** to uphold the pride and tradition of the Bunsold Middle School and Marysville High School Monarchs through the unification of the student body, alumni and fans. We will support as many athletic events as possible and promote a positive game-day atmosphere for Bunsold Middle School and Marysville High School and its athletes. Our tradition of success comes from a strong belief in building up the “whole” student with a focus on academics, accountability, integrity and an athletic tradition of excellence.

Our Core Values

Pledge to be committed to 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 Marysville Cheerleading Coaches make the assumption that all Marysville Cheerleaders understand that they are the ambassadors and spirit leaders of not only their school, but also the community of Marysville at all times. Marysville 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 that it was a conscious decision on the part of the athlete to do so...and the athlete will therefore be held accountable for willfully making a “wrong” decision. Accountability can range from being counseled by the coaching staff, use of the consequences in place, and/or suspension or dismissal from the team and is up to the discretion of the coaching staff.

Marysville Exempted Village School District Cheerleading Program Grades 9-12

Coaches Philosophy & Commitment

As coaches, our goal is to develop strong and confident young adults, through the sport of Cheer, preparing them for their next phase of life beyond high school. By setting high standards and expectations, we strive to teach valuable life lessons: integrity, work ethic, mutual respect, accountability, and a high level of commitment. We are dedicated to building champion athletes while representing our school with enthusiasm and pride.

Coaches Kim, Kara, & Siobhan

Coaching Philosophy

- Foster and model a supportive but challenging learning environment that inspires individuals to reach their full potential.
- Offer continuous motivation and personalized feedback to ensure each athlete's success.
- Instill an appreciation for purposeful training and structured programs. "If you work the plan, the plan works."
- Incorporate "outside the box" alternative methods of cross/functional sports training to enhance physical conditioning.
- Encourage athletes to continually set new goals and expand their "comfort zone".
- Maintain organization and communicate clear, reasonable expectations.
- Above all, have fun!

Marysville Cheer Coaches Commit to:

- Serve as role models for their team, setting a positive example and upholding all Cheer Contract Standards and Expectations
- 100% investment in the program.
- Maintaining organization and consistency.
- Instilling tradition, honor, commitment, and pride in the team and in each other.
- Building a solid foundation based on trust and loyalty.
- Working hard and being supportive to make this an exemplary cheer program and a positive experience for all.
- Communicating with the coaching staff about highs, lows, concerns, and issues
- Meeting at least once a month to discuss the program.

Marysville Exempted Village School District Cheerleading Program Grades 9-12

Squad Membership and Eligibility

- 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 credits 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.
- 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 every sideline chant, band dance and cheer and must pass 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.

Marysville Exempted Village School District Cheerleading Program Grades 9-12

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 July 2024 with mandatory practices beginning in August 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 ahead of time.
- Cheerleaders will attend a UCA cheerleading camp July 29- Aug 1 at Great Wolf Lodge.
- Cheerleaders will be encouraged to attend tumbling classes weekly. We will work together to set up classes specifically for Marysville Cheerleaders to attend, or they are able to schedule their own where they are comfortable.
- Communication with Athletes - Coaches will communicate with athletes through the BAND app. Athletes will join the app once they are selected for a team.
- Communication with Parents - Coaches will communicate with parents through email, the BAND app and Final Forms.
 - Updates will be provided on BAND prior to the season beginning, and then once the seasons begin, a weekly update will be distributed.
 - Final Forms will be used for all school requirements

Marysville Exempted Village School District Cheerleading Program Grades 9-12

Practices and Attendance

- All practices during the season are mandatory and will be scheduled in advance. **(See Appendix A for practice days and times)**
- Any missed practice(s) two weeks prior to the start of each season (excluding a doctor's note), will result in the cheerleader sitting the entire first game of the season.
- Absences from school have a negative effect on cheerleaders' academics, and also hinders the cheerleaders ability to practice, which eventually affects the entire team.
- A missed day of school and/or practice is potential for growth that cannot be made up.
- The cheerleader must notify the head coach in advance if they 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
 - 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. Being on time means ready to start practice at the given practice time with mats out.
 - 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 for the season.
- Plan appointments, work, etc., around practice times. These are not excused.
- Cheerleaders will not be permitted to leave practice early. However, the coach may use her discretion.
- Conflicts with school activities that are required for a grade will be worked out between coaches and the cheerleader in advance. It is necessary for the student-athlete to make the coaches aware of any potential conflicts as early as possible.
- The coaches encourage the girls to participate in school clubs. Please work with coaches prior to any potential conflicts between meeting times and practice times.
- 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.

Marysville Exempted Village School District Cheerleading Program Grades 9-12

Games

- You must be able to attend **ALL** games however the coach may use her discretion.
- You must attend at least ½ the school day to be able to cheer the game.
- 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.
- At the conclusion of the athlete's game, the athlete must change out of uniform and check in with a coach prior to leaving whether it is home or away.
- Any athlete sitting in the Pit cannot be in any Marysville Cheer attire.
- It is necessary to have all parts of the uniform available at all times. This includes summer uniforms, sweaters, shoes, bow, warm-up, poms, masks, 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.
 - No cell phones or smart watches 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.

Marysville Exempted Village School District Cheerleading Program Grades 9-12

Transportation

- Cheerleaders are responsible for their own transportation to and from practice and home games. Coaches are not permitted to transport.
- Transportation to and from away games / competitions will be determined closer to the start of school.
- If applicable...not riding the bus home from away games / events:
 - The cheerleader must leave with their own parent or guardian.
 - A completed Marysville Alternate Transportation form must be submitted to coaches prior to leaving Marysville.
 - The parent/guardian must sign the athlete out with a coach before leaving the event.

Uniforms And Appearance

- Each cheerleader is responsible for the correct cleaning of his or her uniform.
- 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"
 - Uniform is clean
 - White no-show socks
 - Cheerleaders will either wear the 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.
 - 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.

Marysville Exempted Village School District Cheerleading Program Grades 9-12

Discipline Policy

- Consequences will be given for the failure to fulfill obligations in the Marysville: Cheerleading Constitution, Student Code of Conduct, and Athletic Code of Conduct.
- Consequences/disciplinary action are given at the coaches' discretion and are cumulative throughout the season.
- Possible consequences (determined at the coach's discretion)
 - sitting out a quarter of the next game
 - sitting out for ½ of the next game
 - sitting out for the entire next game
 - 2 week suspension from games (must still attend practices/games)
 - dismissal from the squad

Consequences could be given for any of the following:

- Tardiness to any team activity
- Chewing gum
- Use of cell phones or smartwatch
- 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 basketball shoes outside
- 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
- Unexcused absence from a game
- School suspension
- Wearing Jewelry
- Eating on the sideline
- Incorrect practice wear

Marysville Exempted Village School District Cheerleading Program Grades 9-12

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 the middle school to the 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.
8. Be an active member in our Booster Organization to support all of our athletes.

Parents should feel that they are able to communicate concerns with coaching staff without prejudice. Parents will not always agree with the 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.

Appendix A

Football Cheerleader Commitments

- Cheerleaders are required to attend the UCA cheer camp at Great Wolf Lodge on July 29 through August 1st
- Cheerleaders are required to attend a get-together at MHS at the beginning of the season for team building, run-through, painting and lunch
- All practices in August are mandatory
 - Before School Starts: Practice TBD
 - After School starts: Practice TBD
- Games: All Games begin the week of
 - Freshman Games occur on either Thursday evenings or Saturday mornings
 - JV Games occur on Saturday mornings
 - Varsity Games are on Friday Nights

Basketball Cheerleader Commitments

- If not participating in a different fall sport - cheerleaders are required to attend the the UCA cheer camp at Great Wolf Lodge, July 29- August 1
- Practices in August prior to school starting are not mandatory, but attendance is encouraged!
- Practices in Winter
 - After football season, but prior to basketball season: practices will be TBD
 - Once the season starts – practices are TBD
- MHS Games: While a schedule has not yet been released, games occur on Tuesdays, Fridays, and Saturdays (each week is different, but will not have set dates until the schedule is released).

All Cheerleaders

- All cheerleaders will attend a weekly tumbling class - either one of the classes set-up for Marysville Cheerleading or at another place/time set-up on their own.

Competitive Cheerleading

- Commitments and specifics will be shared at a later date.