

SAHUARITA/GREEN VALLEY 49ERS CHEER CONSTITUTION

PURPOSE

Sahuarita/Green Valley 49ers are part of American Youth Football and Cheer. We offer a positive environment for learning; teaching discipline, sound teamwork fundamentals, and techniques that will help the children reach athletic goals. The association is composed of committed coaches, parents, and administrators volunteering and working together to support our community's youth.

It is our purpose to promote and uphold TEAM spirit within our organization and those we encounter. To teach good sportsmanship by example, to support and keep good relations within the community, between teams and squads during events. The overall goal within the organization is to also work in harmony with the coaches, administrations, other athletic teams and sporting organizations. The purpose of a CHEER CONSTITUTION is to protect all parties involved with the Sahuarita/GV Cheer program and help provide a structured environment for everyone.

ELIGIBILITY

A cheerleader candidate must support their Sahuarita/GV 49ers above all other teams.

A candidate must be neatly presented.

A candidate must provide

- physical signed by a doctor deeming that they are physically fit,
- report cards for the previous scholastic year showing all 4 quarter grades,
- a signed Parental permission, Code of Conduct, Image release waiver and Medical release forms,
- a signed Fundraising agreement,
- a signed Cheer Constitution

A candidate may be male or female and a minimum age of 5 years by July 31st and a maximum of 14 years of age by the same date.

Acceptance of a candidate shall be without prejudice of race, color or creed. There are no tryouts in this program, all are eligible as long as the above criteria are completed.

MEMBERSHIP

The Sahuarita/Green Valley 49ers cheerleading program can be a co-ed squad. A small squad consists of 17 or less members; a large squad will consist of 18-35 members. It is the sole responsibility of the Cheer Commissioner to divide the teams as he/she deems necessary. These are the appropriate age guidelines developed by American Youth Football and Cheer.

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| ● Flag | Ages 5, 6, 7 |
| ● 8U | Ages 6, 7, 8 |
| ● 10U | Ages 7, 8, 9, 10 |
| ● 12U | Ages 9, 10, 11, 12 |
| ● 14U | Ages 11, 12, 13, 14 |

These are the only age groups in cheer. They are not assigned to any football team; therefore, they can cheer for any team. They will participate in fundraisers, community and charity events as requested by the Cheer Director(s) and the Sahuarita/Green Valley 49ers Board of Directors.

ATTENDANCE REQUIREMENTS*

CHEERLEADERS:

Due to the nature of the sport, a practice missed by one cheerleader has a significant impact on the squad, particularly on that cheerleader's stunt group, who are unable to stunt without every member present. It also takes away from others when a coach has to step out during practice and teach what was missed. Cheerleading is a unique sport in which each athlete's safety is dependent upon teamwork, trust and responsibility of the whole squad. As a result, attendance at all practices, games, and competitions is mandatory.

Excessive absences* (which is defined as five (5) or more) will be considered a voluntary cut unless a doctor's note is provided to justify absences. Arriving more than 15 minutes late or departing more than 15 minutes early from a practice is considered an absence. Please make an effort to schedule your family vacations around the cheerleading season. The head coach and Cheer Director **must approve** all absences. A minimum of 10 hours of conditioning exercise is required before a TEAM or TEAM MEMBER may be allowed to stunt.

Pre-season preparation and game season attendance policy:

- **One (1)** absence in the week will result in suspension from cheering in the first quarter of the following game.
- **Two (2)** absences in one week will result in suspension from cheering in the first half (including half time) at the following pep rally or game (whichever comes first)
- **Three (3)** absences will result in suspension from cheering at the following pep rally or game (whichever comes first).

All cheerleaders, managers and coaches are required to attend all cheer functions such practices, games, fundraisers, exhibitions, Cheer Competitions, etc. Practices are held at Walden Grove High School at a minimum of three (3) times a week. Days and times are to be decided.

COACHES:

ALL rostered coaches are required to attend the Cheer Coach's Clinic where they will receive training and stunt certification. If they do not attend these mandatory meetings, they cannot coach. They must also provide fingerprint and background checks. They will also have to complete online courses at their own cost to fulfill any other certifications necessary to be a coach. Failure to do so will result in the ineligibility to coach for our program.

COMPETITION: The Cheer Director(s) and coaches, will decide which squads will enter in a specific level at the competition. City and Regional Competitions will be a **MANDATORY** event that will be attended by every cheer member. Failure to drop a child who was not planning to attend due to personal obligations that cannot be avoided or because of lack of attendance and not mentioned to the head coach AND Cheer Director(s) will result in possible disqualification. Please plan appointments accordingly. We do not want to have the girl miss out on these very important parts of our season. The worst feeling there is for the girls is having a teammate let them down.

ACTIVITIES: All members are encouraged to attend and participate. These activities are considered to be a practice time; advance notice of non-attendance is **required**.

****Communication with the Cheer Coaches and Director is imperative if your athlete will be absent. Extenuating circumstances may be taken under consideration on a case by case basis if your athlete has excessive absences.***

FINANCIAL RESPONSIBILITIES

Each member will be required to purchase a "CHEER PACKAGE" which was presented at the time of registration. The athlete will be able to keep all items included in the "cheer package". These items include 1 complete cheer uniform (skirt, shell, midriff, shoes, bow, and poms).

Other expenses throughout the season may/may not include a backpack, tracksuit, practice wear, and additional bows and/or shirts for special performances/events.

The Association will bear the cost of both the City Cheer Competition and Regional Cheer Competition entry fees. The team member will bear the cost of travel, souvenirs, parking and snacks. If it is not already discussed that it would be provided, cheerleaders will need to provide their own refreshments at events such as practices (water sold for \$1 a bottle at the snack bar) if they forget.

Scholarships are available for those in financial need. Please contact the Cheer Director or General Manager for more information.

SAFETY

LISTENING: Cheer is a very dangerous sport, therefore we coaches do our best to ensure your child's safety at all times. Cheerleaders need to be respectful and listen to their coaches directions during conditioning, practice, instruction, tumbling, and stunts. We coaches provide specific instructions for their own protection. Please keep in mind that we have your child's best interest at heart. No one child is more important than another. However, also keep in mind that coaches and staff members have a child on a 49ers cheer team. If they see their child is injured or hurt they may tend to their child and are in no way trying to neglect yours.

Coaches- if your child happens to be on another team and they have been injured, please have faith in your daughters' coach and their training, for they are doing their best to provide them with the best care possible. The coaches are not baby-sitters. Parents are expected to be at practice and available throughout the practice time. Athletes must also be picked up on time. Parents must plan to be on time for pick up to avoid any problems.

BLOOD: Coaches, managers or cheerleaders are never to touch blood. Coaches have gloves and bandages to handle simple wound care.

SPECIAL HEALTH NEEDS: Please inform the head coach regarding any special health needs/allergies that your child may have. Remember to send critical items i.e., inhalers for asthma, EPI-pen or other necessities to practice and games. Coaches are not allowed to administer EPI pens unless they are CPR/First Aid certified.

WATER: All participants need to bring a reusable water bottle labeled with their name. This will prevent accidental sharing of bottles between kids. We live in a very dry and hot area therefore **ALL participants** need to remember that hydration is extremely important.

CONDUCT

Team members are required to maintain and uphold the reputation of the 49er's cheerleaders through their own conduct and team spirit.

ALL participants are required to be courteous, polite, friendly and respect all managers and coaches. Be prepared to have a smile ready for everyone regardless if they return the gesture.

All cheers and chants shall be positive and conducted in a sportsmanlike manner.

Team members will make every attempt to ignore or dissuade negative responses at events and not become involved in such actions themselves. The Cheer Director and Coaches will take care of this behavior.

Team members will refrain from gossiping or bad-mouthing coaches or teammates. Such actions will result in immediate termination with the organization. Any issues between teammates must be brought up to the head coach, and/or Cheer Director attention and should be resolved in a timely manner.

UNIFORMS AND PRACTICE WEAR

Uniforms will be issued by the Sahuarita/Green Valley 49ers. Uniforms are only to be worn on game days and special events.

Cheerleaders in uniform or wearing any item with team identification must always conduct themselves in a manner becoming of a 49er.

Cheer shoes should only be worn on game days and only on the field. Cheerleaders should wear flip-flops or other shoes before games and then change into their cheer shoes once they are on the field.

The Cheer Director, along with the Cheer General Manager and coaches will deem what is inappropriate dress for our cheerleaders. If not followed; a cheerleader will not be able to participate.

Practice attire:

- Gym shorts or leggings
- T-shirts with appropriate sayings, socks and athletic shoes (Vans, Converse, and slip on shoes are **not** considered safe athletic shoes. .
- Always bring a large beach towel or yoga mat for floor exercises and a reusable water bottle.
- Sweatshirts without a hood or pockets are acceptable.
- Spraying mosquito repellent is highly suggested and needs to be done before practice begins. Each participant is to supply their own spray.
- Hair must be pulled back into a tight ponytail keeping hair away from the cheerleader's face. No plastic or metal accessories are allowed such as bobby pins or headbands. This is for your child's safety.
- No earrings, bracelets, necklaces, watches, or body jewelry is allowed to be used during the cheer season.

For practice and for safety concerns:

- No shorts with pockets, no jean shorts, baggy sweats or slip on shoes such as Converse, Vans, Keds, any non-supportive shoes
- No nail polish, temporary tattoos, or writing on arms or legs is allowed.
- No halter tops, half shirts, crop tops, or spaghetti strap tank tops are allowed.
- No hats or sun visors are allowed.
- **UNDER NO CIRCUMSTANCES SHOULD JEWELRY OF ANY KIND (rings, earrings, necklaces, watches, belly piercings, etc.) BE WORN AT PRACTICE, GAMES AND COMPETITION - unless it is a religious medal or medical alert. Such permitted items must be worn under uniform and secured. If your child is in possession of one of these two items, please alert the head coach.**

DISCIPLINARY ACTION

It shall be 49er organization policy that disciplinary action will only be invoked as a last resort. Every reasonable attempt will be made to avoid situations from getting out of hand and leading to an extreme action. Preventative measures such as team discussions and positive encouragement are a couple of examples we will have to find ways and means to prevent negative trends from developing. Warnings in the written form can be given for every violation to the listed constitution, practice rules and/or team rules. With 3 (three) warnings, cheerleaders will be removed from the team at the discretion of the Cheer Director and the Sahuarita/Green Valley 49er Board of Directors.

A cheerleader may be suspended from games or events for the following reasons:

- Unexcused absence
- Excessive absence
- Tardiness
- Failure to cooperate with coaches and managers
- Bad grades
- Failure to abide by team rules and regulations
- Disruptive and/or disrespectful behavior

A cheerleader may be dismissed from the team for the following reasons:

- Irreconcilable differences within a squad
- ❖ Conduct likely to bring down the good reputation of a squad or team by participating in such things, but not limited to: insinuated inappropriate sexual behavior, foul language, fighting, or use of drugs and alcohol. The use of any illegal substance will never be tolerated and will be punishable by immediate termination with the organization. The Cheer Director will contact the board members and the proper authorities if necessary.
- Bullying will never be tolerated within the team and/or by the parents towards any child

SOCIAL MEDIA

All members of the Sahuarita/Green Valley cheerleading organization are prohibited from using any social media site as a means to insult the organization, other teammates, coaches, or anything related to the AYC.

No photos are to be uploaded to any media site with Sahuarita/Green Valley attire by participants from the organization, unless photos are in relation to an activity that pertains to the 49ers i.e. cheer camps, practices, pep rallies, games, competition. Any inappropriate pictures in 49ers attire posted to any social media site will result in disciplinary action.

Sahuarita/Green Valley 49ers Facebook page will not be used to complain about any issues you may have with the organization. These issues need to be directed to the Cheer Director or board members.

Bullying of any type – in person or on any social media site (Facebook, Instagram, Snapchat, etc) within teammates **WILL NOT** be tolerated. It is understood that some children are more sensitive than others and sometimes things are said as a joke yet misinterpreted. Situations will be taken on a case by case basis to make sure no one is crossing the line intentionally. However, there is a ZERO Bullying Policy and the repercussions will be as follows:

- 1st offense – Warning, discussion with cheerleader and parents, apology made to the child and the team.
- 2nd offense – Dismissed from the team

DUTIES AND RESPONSIBILITIES OF COACHES/MANAGERS

The head coaches will be held responsible for all the cheerleaders, cheer parents and any other persons associated with their team. ALL coaches and team managers are responsible for ensuring the safety of each team member. This will remain as the number one priority at all times.

Assistant coaches are responsible for assuming the position of the head coach when they are not present. They are to follow all duties accordingly.

First Aid will always be available. All certified staff members are CPR/FIRST AID and AED certified. If there is no rostered coach present at a practice, game or competition, cheerleaders will not be allowed to participate at that event.

All coaches must complete the required training(s) and pass a background check.

Coaches and managers are required to make an emergency contact list. It is to be kept up to date and with them at all times. A phone tree or appropriate chat group **WILL BE MADE AND AVAILABLE FOR ALL PARENTS.**

Coaches will not allow children to leave practices or games without a parent or guardian present, with the exception of the parent being a fellow staff member on the field. Athletes still need to inform their coach, and the coach must

communicate with the parent to make sure they know they are on their way. If the lights are off and the parent is on another field, the parent must come over and get the child. If a child needs to leave with someone else; you must inform the head coach **AHEAD OF TIME** detailing who the child will be leaving with. Identification will be checked if it is not someone already known to the coach. Coaches will also stay at an event until ALL children have been picked up and accounted for. No child is ever to be left unattended.

All head coaches will work in unison with the Sahuarita/Green Valley 49ers Cheer Director and the AYC Cheer Commissioner. Any discipline issues will be brought up to the 49er Cheer Director and they will take action with other 49er Board members.

It is the coach's responsibility to correct a team member displaying inappropriate conduct such as, but not limited to rough housing, eye rolling, talking back or showing disrespect towards another team member, coach or adult. This behavior could result in suspension from participating at a practice or a game. If the problem persists, the team member may be removed from the team. This will be determined by the Cheer Director.

A coach can decide to sit out a team member or send them home if they are being disrespectful, showing no interest in participating or being difficult. The situation will be discussed with the Cheer Director and a decision will be made on the appropriate disciplinary action. Please be respectful of our time. We are not a babysitting service, we are not getting paid; we are volunteers and we are expected to teach your children the fundamentals of cheerleading and prepare them for performing at games and competitions. If you notice your child may be having a difficult day focusing or other issues may be affecting them in a negative manner, please help our coaches by advising them and feel free to excuse them so they may collect themselves and come back when they are doing much better.

All head coaches and assistant coaches shall conduct themselves in a respectable manner becoming of a SGF 49ers staff member. They must always lead by example and be a good role model to anyone they meet through this organization i.e. parents or guardians, sponsors, other teams, board members, etc. This will have a direct impact on the cheerleaders so positive behavior is encouraged. Any issues between coaches, managers or parents should be brought to the attention of the Cheer Director but should be attempted to be resolved by the coach within their respectable team. If a resolution to an existing problem could not be found, it will be up to the Cheer Director and/or board members to decide on a reasonable solution to the problem. Negative sportsmanship, name calling, and laziness by a staff member will never be tolerated. If the issue is with the Cheer Director, please contact a board member and bring it to their attention.

It is important to note that most coaches are parents. If you have other children that are not participating in our program, you **MUST** make previous arrangements with someone to care for those children or be prepared to keep them entertained on the sidelines where they can give you some space. There can not be any other children on the field that are **NOT** certified running around at any given time as it is a violation to this constitution as well as a violation to our liability insurance. This negligence places our cheerleaders in danger as well as the children who are not being properly supervised. As stated before, their safety is of utmost importance to us all and will be taken seriously. Depending on the severity of the offense the following actions will follow:

- 1st offense - Warning/Parent Meeting
- 2nd offense - Suspension
- 3rd offense - Possible dismissal as a coach

COACH TRAINEE/STUDENT DEMONSTRATOR

The Cheer Head coach, General Manager, Director and board members must approve the coach trainees. The Cheer Director will have the final authority in consultation. Coach trainees are there to set good examples for the children by following all rules and regulations themselves from behavior to appropriate attire. Coach trainees are to show no partiality within the team. Playing favorites is not acceptable. You are there to help everyone equally try and develop their skills.

Coach trainees are there to help run conditioning, demonstrate cheers, and provide any help necessary. They are not responsible for running practice but are there simply to assist. The Coach trainee can help make suggestions, but the head coach and Cheer Director have the final say. The student demonstrator is not a coach therefore she is not held accountable to the coach responsibilities.

Coach trainees will abide by the head coach, team manager, and cheerleader guidelines at all times, including AYF guidelines.

As coach trainees, you are liable to receive both a verbal warning and a written warning. Depending on the severity of the offense, the Cheer Director will have the authority to decide if the coach trainee should be kept on the roster or dismissed.

DUTIES OF CHEERLEADERS

The SGF Cheerleaders are expected to be an example by following the rules and regulations of the Sahuarita/Green Valley 49ers Cheerleaders. All cheerleaders must be on time to both practices and SGF sanctioned activities.

Cheerleaders are responsible for attending all SGF activities such as practices and games in the appropriate attire. This means it is the **cheerleaders** job to make sure that the **complete** uniforms are washed and ready to be worn on appropriate days. Additional items such as water bottles and towel/yoga mat are mandated. Parents and cheerleaders, please make sure you have used the bathroom **before** practice begins. You may have a bathroom break during a water break but cheerleaders will not be allowed to constantly disrupt the team. Flag cheerleader parents must accompany their child to the restroom. If the entire group needs to use the facilities, the coach and not a parent will take the team to the bathroom. Parents can assist if needed.

Each cheer team and their head coach is responsible for welcoming visiting squads and setting a good example of hospitality to other cheerleaders. The expectation is to represent Sahuarita/Green Valley 49ers (SGF) in a respectful manner while demonstrating good sportsmanship towards other organizations.

SGF Cheerleaders are expected to be kind. There is no room for personal conflicts. Do not bring them to practice or the games. A team must learn to work together with the head and assistant coaches leadership. A cheerleader is expected of the following to avoid accidents and injuries:

- Never build a stunt without at least one coach present **and** physically involved as a spotter. Coaches must be aware of the stunt and to supervise the appropriate technique.
- No talking or horsing around between cheers or during stunting. This will help prevent injuries.
- Hair must be worn away from the face. Up in a high ponytail with bangs pulled away from the face.
- No long fingernails. Finger nails must be clipped and nail polish is not allowed.
- Facial paint and glitter as well as temporary tattoos or writing all over their arms or legs is prohibited.
- No gum, candy, or soda before or during all SGF events such as but not limited to practices, games, and pep rallies. Only water, sports drinks such as Gatorade and/or clear juices such as Capri Suns are allowed.

PARENT DUTIES & EXPECTATIONS

Parents and guardians are expected to be respectful to all SGF board members, coaches, volunteers, parents of other team members and/or other organizations. Parents must express good sportsmanship towards other organizations. Taking it upon yourself to bad mouth other team members, coaches, parents or board members will not be tolerated. If there is an issue, please bring it to the attention of the head coach and/or Cheer Director, and the individual will follow the appropriate chain of command to find a resolution.

Parents and guardians are responsible for getting the athlete to and from practices, games, competitions, and all SGF events on time. We understand that time is precious but so is that of our volunteers. If you need to make carpool arrangements with other parents, please do so at your own accord. It is not the coach's responsibility to take their team members to and from events. However, should a coach decide to make such arrangements with a parent or guardian, the Cheer Director should be notified. The Sahuarita/Green Valley 49ers will not be held liable for any wrongdoing as this is not a mandated means of travel by the organization.

Parents and/or guardians must also make sure your child is dressed in age and weather appropriate clothing for practices and/or fully uniformed for games and events. Parents and guardians are also responsible to make sure your child has all required items when attending the SGF events.

Parents and/or guardians will be asked to participate in fundraising activities, volunteer opportunities, and help when it is needed. This includes, but is not limited to snack schedules within your team and snack bar duties at practices and/or home games. Every SGF athlete will benefit directly from our parent/guardian participation and is greatly appreciated.

Parents and/or guardians are expected to communicate with the Cheer Director and coaches about any issues taking place within the organization. If there is a problem, please bring it to the attention of the head coach and they will follow the appropriate chain of command to find a resolution. Please refrain from gossiping or bad mouthing participants, coaches, parents, board members, or opposing teams. Parents and/or guardians must conduct themselves in an acceptable manner. Incidents where adult issues are taking place in front of the SGF athlete/cheerleader will not be tolerated. This will result in immediate termination of your child participating with the organization.

Parents and/or guardians that stay during games and practices must sit on the sidelines/bleachers. Parents that are not certified coaches or volunteers through the organization will not be allowed on practice or game fields. The only time a parent has permission to be on the field is in the case of an emergency that directly involves their child.

The SGF organization asks that parents and/or guardians supervise siblings brought to practices. Due to safety concerns for both the participants and the siblings, it is crucial that siblings do not enter the SGF events, practice, or game areas.

We ask all parents and/or guardians to be mindful of staff members. All SGF coaches, assistant coaches, and SGF board members are volunteers. Their time and hard work is not to be taken for granted or belittled. If you would like to help and be involved with the team on a more personal level, inquire within regarding certification. Please trust that your child's safety and best interest is of our utmost concern.

It is essential that parents and/or guardians must be aware of the risks associated with the cheerleading sport and when joining our cheer program. The SGF Cheer program will always be run with every athlete's safety in mind. There are possibilities that our athletes can suffer from minor cuts, scrapes and bruises. We ask your help in ensuring that your child is hydrated to avoid dehydration and if your child feels sick, please keep them home. Please talk to your child about the importance of listening to their coaches regarding the proper and safe way of doing things at every event. Our biggest focus is to ensure every athlete is safe and protected.