

GCAA Stallions Cheer Squad Constitution

GCAA Cheer Board Members

- GCAA Cheer Board Liaison - Eric Winter
- GCAA Cheer Coach - Chelsea Dawsey
- GCAA Cheer Treasurer - Dedra Winter
- GCAA Cheer Communications - Traci West
- GCAA Cheer Fundraising - Shelley Hurley
- GCAA Cheer Secretary - Bev Nowlin

Purpose/Mission

- Develop godly character and a sense of community through the avenues of encouragement, servant leadership and disciplined training.
- Promote and uphold the integrity, pride, and spirit of the GCAA Stallions cheer program.
- Represent GCAA Stallions cheer program to the highest degree during games and events.
- Set an example of good behavior at all times (whether in uniform or not).
- Promote friendship between members of our cheer squad and with other programs /teams with whom we interact.

Program Vision

- To give all team members an experience they will carry with them for a lifetime.
- To help them grow not just as “cheerleaders” but as individuals as well.
- To encourage performing and competing to build self-confidence, self-esteem, coordination, personal enjoyment and success!
- To help develop physical skills and learn about personal conditioning and safety.
- To help all cheerleaders develop socially through teamwork, cooperation, competition, and appropriate behavior standards.

Educational Value for Cheerleaders

Membership on the GCAA Stallions cheer squad offers a unique opportunity for personal growth, leadership and involvement in diverse activities. The attitude, dedication, and enthusiasm of the team members are just as important as the skills involved. Coaches and members of the GCAA Stallions cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of spirit and pride.

Requirements

Cheerleaders should understand that teamwork and the maintenance of discipline is key to the success of the program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through *example*. Adherence to the program rules and regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out, of uniform directly reflects on the entire team and program.

It is recognized that these rules, regulations, and requirements are necessary to maintain team morale, team and individual discipline, and effective learning. Consistent enforcement of rules, regulations and requirements is also necessary to ensure the safety and general well being of each individual cheerleader. Being a cheerleader is a privilege, not a right.

GCAA Stallions Cheer team requirements; expectations, rules and regulations are clearly outlined and stated in the team packet. By signing these documents there is the understanding that the documents are understood and agreed to as being part of the participation on the GCAA Stallions cheer squad. The Board reserves the right to review and revise policies during the year as deemed necessary.

All members are expected to take part in at least the mandatory fundraisers. Any merchandise lost or stolen must be replaced/paid for by that member. Since thefts occur, it is wise not to leave items/money in cars, etc but rather kept in one's possession at all times.

Expenses for Varsity Cheerleaders

By signing this contract, cheerleaders (and their families) are agreeing to pay the cost of registration fees, as outlined below. If there is a need for financial assistance, that should be brought before the Board for review. Failure to pay the fees as outlined below will result in removal from the team. Fees are due on or before the November 18 practice.

GCAA Fee - \$10

Insurance - \$17

General Fund - \$35

Uniform - \$363

Total - \$425*

***Total does not include the cost of camp, warm ups, practice shorts or cheer shoes.**

Expenses for Junior Varsity Cheerleaders

By signing this contract, cheerleaders (and their families) are agreeing to pay the cost of registration fees, as outlined below. If there is a need for financial assistance, that should be brought before the Board for review. Failure to pay the fees as outlined below will result in removal from the team. Fees are due on or before the November 18 practice.

GCAA Fee - \$10

Insurance - \$17

General Fund - \$35

Uniform - \$138

Total - \$200*

***Total does not include the cost of practice shorts or cheer shoes.**

Conduct

By accepting the privilege/honor of wearing a GCAA Stallions Cheer uniform, a member accepts the fact that his/her actions are more prominent than those not associated with such a recognized activity. Because of this prominence, exemplary behavior is mandatory at all times and at all functions where the team is recognized as representatives of GCAA Stallions cheer program. Cheerleaders must display proper behavior in accordance with GCAA guidelines.

Every attempt will be made to discipline fairly/equally and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of the offense or repeated offenses may dictate harsher action. We will attempt to resolve all conflicts or discipline issues using the

guidelines set forth in Matthew 18. Coach Chelsea will speak with the cheerleader first. If the problem persists, then the Board will meet with the cheerleader and her family to determine the best course of action. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coach with assistance from the Board if necessary. Poor conduct/behavior could result in warnings, consequences, and suspension/dismissal from the team. Inappropriate behaviors not only reflect on the individual, but can also affect the image of the entire team and GCAA Stallions Cheer program. The good of the squad always comes before any one individual. No one is irreplaceable or indispensable.

Uniforms for Varsity Cheerleaders

In accordance with GCAA standards the individual will pay for uniforms kept by the individual. Uniform styles will be decided by the Board with the goal of maintaining the same uniform and adding/replacing pieces as style and availability issues arise. Uniforms are to be kept clean, neat and in good repair at all times. Items ruined, lost or stolen will be replaced by that member at his/her own expense. The game uniform will consist of a shell, skirt, black midriff, poms, warm-up suit, and white cheer shoes. Cheer bows and socks will be provided as part of the registration fee. Cheer shoes are Nike - item # 448002100. Nail polish and jewelry are prohibited during games and practices.

Practice uniforms will be a t-shirt as issued by the squad, black sofee shorts (to be purchased by the cheerleader) and a practice bow.

If a member is removed from the squad he/she will be expected to return all items belonging to the cheer squad. If a cheer uniform is in good condition, there may be the possibility for the member to sell them back to the team depending on factors including, but not limited to: size, need, availability, time of the year, condition etc. Each situation will be determined on a case-by-case basis.

Uniform fees include all EXCEPT for the black sofee shorts and the cheer shoes.

Uniforms for Junior Varsity Cheerleaders

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Practice uniforms will be a t-shirt as issued by the squad, black sofee shorts (to be purchased by the cheerleader) and a practice bow.

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Other Expenses

CCA Camp is mandatory for all cheerleaders. The camp helps the squad in becoming a real team and gaining knowledge that will be used during the regular season. Fundraising monies may assist in the payment of summer camp, when possible. However, fees for summer camp/transportation are ultimately the responsibility of the individual.

Practices and Performances

Cheerleaders are expected to be attentive, cooperative, and quiet when learning techniques and routines. Repeated disruptions, especially during the same practice, will result in warnings and consequences as per the code of conduct. Constructive criticism/suggestions given in a polite manner are welcomed. Complaining and/or rudeness to the coach or other team members are a disruption that will carry consequences including possible removal from the practice or performances.

Missing an important practice before a performance or competition *may* result in the individual forfeiting the opportunity to perform. Cheerleading is an athletic activity and all members must be present in order to complete a routine. The decision will depend on the circumstances, attendance history and other factors of the member. The team member will still be expected to attend the game, performance or competition in full uniform and adhere to all the requirements of behavior at such an event. The decision regarding the performance will be made by the coaching staff and is final.

Being tardy to events including but not limited to practices, games, meetings, etc... warrants consequences as outlined in the code of conduct. Three tardies = 1 unexcused absence. 2 unexcused absences = being benched for the next event. Reasonable tardy excuses include tutoring, academic meeting, school/sport practice, all for which the coach should be notified PRIOR to the occurrence, or in case of emergency, as quickly as possible. Abuse of the notification rule and Coach's trust with respect to tardies will warrant a one-on-one conference with that student and possibly parents, and more severe consequences for further tardies *regardless* of reasons.

Members are required to wear appropriate practice gear and must follow the National Spirit Rules regarding jewelry and nails. No exceptions. Anyone not adhering to these rules will not be allowed to practice until they are dressed properly and in accordance with all rules and regulations.

If you are injured or sick for more than one week of consecutive practices, for the safety of that individual and the entire team, a written parental release will be required before they will be allowed to re-participate outlining the nature of the sickness and stating that the member has parental permission to re-participate fully and will take any responsibility for ramifications from the re-participation. This is for the health, well being and safety of the member and his/her teammates.

Accidents and Injuries

In the event of an injury, the parent/guardian will be notified by either a board member or assistant coach. While we do have insurance as a cheer squad, that insurance is secondary and any claims must first be filed through your primary insurance.

Miscellaneous Items

The constitutional items listed above are in conjunction with and in addition to all the team expectations, rules and regulations as set forth in the team packet. These are formulated and designed to assist and support the GCAA Stallions Cheer program.

Parental support is necessary and vital to the success of the program. Parents can feel free to talk with the GCAA cheer board which includes the coach about issues that arise but must do so in a respectful manner. Please know that we are giving our full attention to the team at practices, games and competition so time will need to be set aside, and pre-arranged for individual conferences.

Fundraising is key to raising money to support the program and to help offset costs to individuals. At this time, we have a mandatory GCAA Stallions Cheer fundraiser set for Saturday, April 19 at the Bass Pro Shop. We are also currently working to schedule more fundraisers.

Individuals on the team who are currently dating a team member need to keep the relationship "off the matt." Practice or game time is team time. Any relationship (dating or not) that interferes with the good of the squad will be counseled. The rule of thumb is that if a bystander can pick out the dating couple then

you are not behaving in a team like manner. Public displays of affection while wearing the GCAA Stallions Cheer uniform at games or events is not acceptable, this includes but is not limited to: kissing, sitting on laps, etc....

Team members should always remember that the success of our squad has more to do with how the relationships work in the squad than how our elements work. If there is a disruption in relationships that is affecting that teamwork we will deal with that, consequences include but are not limited to counseling and not stunting.

Parents are asked to adhere to the same adage team members follow about refraining from making any type of negative, derogatory comments or stating "opinions" about how situations are handled. We are all examples of promoting an environment of positive and mutual respect. Please address concerns at an appropriate time to the parties involved.

2013-2014 GCAA Cheer Fundraising Guidelines and Expectations

This year's GCAA Cheer Fundraising Chair is: Shelley Hurley. You may contact her with any questions at: 704-453-8275 or at shelley17hurley@aol.com.

Fundraising Expectations:

Each team member is expected to participate in all mandatory fundraisers to help offset the costs incurred during this season. If a member cannot participate in the mandatory fundraiser, then she will be expected to pay \$50 to cover her portion of the fundraiser proceeds.

Fundraisers Scheduled:

| Location | Date & Time | Goal | Mandatory | Benefits |
|-----------------------|---------------------------|-------------|------------------|-----------------|
| BassPro Hot Dog Stand | April 19, 10 AM - 7 PM | \$650.00 | Yes | General Fund |

Parental Expectations:

Each family is expected to participate in a mandatory service night on Aug. 30. We will work concessions, take tickets and assist in cleanup for the Aug. 30 game. If you cannot participate on this particular night, it will be expected that you volunteer to serve on another night.

Definitions:

Benched- the teammate may not participate in the game, event, performance, and competition.

Suspended-the teammate is removed from all activities for a specified period of time. Uniform/cheer jacket may not be worn during this time.

Dismissed-the teammate is permanently removed from the team. Uniform/jacket may not be worn at all for the rest of the year.

GCAA CHEER 2014 Football Cheer Calendar

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|---|---|--|--|
| <p>Mon Apr 7, 2014 6pm Registration and Informational Meeting</p> <p>Mon Apr 28, 2014 6pm Varsity Cheer Practice</p> <p>Thu May 1, 2014 6pm JV Cheer Practice</p> <p>Mon May 5, 2014 6pm Varsity Cheer Practice</p> <p>Thu May 8, 2014 6pm JV Cheer Practice</p> <p>Mon May 12, 2014 6pm Varsity Cheer Practice</p> <p>Thu May 15, 2014 6pm JV Cheer Practice</p> <p>Mon May 19, 2014 6pm Varsity Cheer Practice</p> <p>Thu May 22, 2014 6pm JV Cheer Practice</p> <p>Mon May 26, 2014 6pm Varsity Cheer Practice</p> <p>Thu May 29, 2014 6pm JV Cheer Practice</p> <p>Mon Jun 2, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jun 5, 2014 6pm JV Cheer Practice</p> <p>Mon Jun 9, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jun 12, 2014 6pm JV Cheer Practice</p> <p>Mon Jun 16, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jun 19, 2014 6pm JV Cheer Practice</p> <p>Mon Jun 23, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jun 26, 2014 6pm JV Cheer Practice</p> <p>Mon Jun 30, 2014 6pm Varsity Cheer Practice</p> | <p>Thu Jul 3, 2014 6pm JV Cheer Practice</p> <p>Mon Jul 7, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jul 10, 2014 6pm JV Cheer Practice</p> <p>Mon Jul 14, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jul 17, 2014 6pm JV Cheer Practice</p> <p>Mon Jul 21, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jul 24, 2014 6pm JV Cheer Practice</p> <p>Mon Jul 28, 2014 6pm Varsity Cheer Practice</p> <p>Thu Jul 31, 2014 6pm JV Cheer Practice</p> <p>Mon Aug 4, 2014 6pm Varsity Cheer Practice</p> <p>Thu Aug 7, 2014 6pm JV Cheer Practice</p> <p>Mon Aug 11, 2014 6pm Varsity Cheer Practice</p> <p>Thu Aug 14, 2014 6pm JV Cheer Practice</p> <p>Sat Aug 16, 2014 Stallions Football</p> <p>Mon Aug 18, 2014 6pm Varsity Cheer Practice</p> <p>Thu Aug 21, 2014 6pm JV Cheer Practice</p> <p>Sat Aug 23, 2014 Stallions Football</p> <p>Mon Aug 25, 2014 6pm Varsity Cheer Practice</p> <p>Thu Aug 28, 2014 6pm JV Cheer Practice</p> <p>Sat Aug 30, 2014 Stallions Football 4:30pm Cheer Volunteer Night</p> | <p>Mon Sep 1, 2014 6pm Varsity Cheer Practice</p> <p>Thu Sep 4, 2014 6pm JV Cheer Practice</p> <p>Sat Sep 6, 2014 Stallions Football</p> <p>Mon Sep 8, 2014 6pm Varsity Cheer Practice</p> <p>Thu Sep 11, 2014 6pm JV Cheer Practice</p> <p>Sat Sep 13, 2014 Stallions Football</p> <p>Mon Sep 15, 2014 6pm Varsity Cheer Practice</p> <p>Thu Sep 18, 2014 6pm JV Cheer Practice</p> <p>Sat Sep 20, 2014 Stallions Football</p> <p>Mon Sep 22, 2014 6pm Varsity Cheer Practice</p> <p>Thu Sep 25, 2014 6pm JV Cheer Practice</p> <p>Sat Sep 27, 2014 Stallions Football</p> <p>Mon Sep 29, 2014 6pm Varsity Cheer Practice</p> <p>Thu Oct 2, 2014 6pm JV Cheer Practice</p> <p>Sat Oct 4, 2014 Stallions Football</p> <p>Mon Oct 6, 2014 6pm Varsity Cheer Practice</p> <p>Thu Oct 9, 2014 6pm JV Cheer Practice</p> <p>Sat Oct 11, 2014 Stallions Football</p> <p>Mon Oct 13, 2014 6pm Varsity Cheer Practice</p> <p>Thu Oct 16, 2014 6pm JV Cheer Practice</p> | <p>Sat Oct 18, 2014 Stallions Football</p> <p>Mon Oct 20, 2014 6pm Varsity Cheer Practice</p> <p>Thu Oct 23, 2014 6pm JV Cheer Practice</p> <p>Mon Oct 27, 2014 6pm Varsity Cheer Practice</p> <p>Thu Oct 30, 2014 6pm JV Cheer Practice</p> <p>Mon Nov 3, 2014 6pm Varsity Cheer Practice</p> <p>Thu Nov 6, 2014 6pm JV Cheer Practice</p> |
|---|---|--|--|

I/We have fully read the constitution and understand what is expected to remain in good standing as a member of the GCAA Stallions cheer squad. I/we will keep knowledgeable and informed of all rules, and realize the consequences of poor behavior or inappropriate actions may be severe. I/we will do all we can to uphold the honor and tradition of being involved with the GCAA Stallions cheer program. I/we will do all we can to uphold the standards set forth by respecting my teammates, coaches, and the program by always presenting myself with the utmost integrity both in and out of uniform.

Signed by the cheerleader: _____

Signed by the parent(s): _____

Date: _____

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