



*Oasis Cheer
Sharks
2020-2021
Constitution*

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OASIS HIGH SCHOOL

Cheer SHARKS: Constitution 2020-2021

Oasis High School Cheer Team is something to be proud of and being selected means that you will abide by the rules set forth and will act like an OHS Cheer Team athlete at ALL times (inside and outside of school).

SHARK CHEER VALUES:

- **Develop:**
 - Teamwork and pride through maintaining high standards.
 - Individual success through responsibility, self-respect, and character.
 - Discipline through practice, patience and commitment.
 - Improving athleticism, physical fitness and coordination through training.
 - Sports appreciation and promote the sports of Cheer & STUNT.
- **Demonstrate:**
 - a. Leadership abilities and communication skills.
 - b. Courtesy, tolerance, self-control and self-confidence.
 - c. Sportsman-like conduct and respect for others.
 - d. Character, citizenship and moral development.
 - e. Selflessness, putting team goals before personal goals.

ELIGIBILITY

- Each athlete must maintain an unweighted 2.0 grade point average.
- Each athlete must maintain proper character, behavior, and dress code at all school related events.

MEDICAL

- Each athlete must have a complete annual physical exam before the first scheduled tryout practice.
- All pertinent health issues and injuries are to be brought to the coach's attention.
- All medical or parent excused absences from school must be documented and given to coach at the next practice.

ATTENDANCE

- Oasis High School Cheer Team regular season is from Aug 2020 – Feb 2021. Off Season conditioning begins in March and ends 29 May.
- Mandatory Summer Practices begin 28 June 2020 and end 24 July.
- In order to participate in any Cheer-sponsored activity, the student must have attended at least half of the school day on the day of the activity.

- If an athlete misses ANY practices during the week, it will be up to the coach's discretion as to whether the Athlete will perform in that week's game. The athlete will still be required to attend the game. All athletes must attend each activity in its entirety.
- All appointments should be scheduled so they do not interfere with team activities.
- Athletes will be allotted **ONE** excused absence (per season) from practice without penalty.
- An unexcused absence from school will result in an unexcused absence on the team.
- All prearranged absences, tardiness, or need to leave early **must be given to the head coach in a minimum of 24 hours in advance.**
- All absences/tardiness **must be documented in written form** (from your parent, doctor, teacher, club sponsor, etc.) and given to the coach.

CHEER SEASON

- Cheer Season is year-round, from March 2020 to February 2021. This includes conditioning and summer camp. Breaks will be posted on the BAND app.
- All members are expected to cheer for both fall (football and volleyball) and winter (basketball) seasons. **Varsity members will not letter if they do not complete both seasons. EXCEPTION:** participation in another OHS sport during the fall or winter season.
- Per the OHS Athletic Handbook, athletes may not participate in 2 sports during the same season, however, you may still come condition with the team if it does not interfere with your other sport schedule and with the consent of your other coach.
- Leaving the team at any point during the season (whether it be your choice, or a decision made by the coaches) will make you ineligible to tryout the following season.
- **Attendance is mandatory for all games.** With the exception of a death in the family or hospitalization, demerits will be issued if you miss a game.
- Attendance at games will vary depending on the number of games scheduled. When a schedule is released, athletes will be notified ASAP.
 - It is important to note that Athletes are expected to attend every game; however, we will try to be flexible for those involved in All-star cheer competitions and jobs.
 - During the Winter Season, all the football games are scheduled for Friday Nights. **Please ensure you are available for all of those games (both HOME and AWAY.)**
 - Other sports game days vary, if you are scheduled for those,

ensure you have those days available. Schedules will be posted on the BAND app for athletes and parents to view.

- Per school policy, if the school has provided for transportation, we will ride to the game as a team and we will return to OHS as a team. This is a school district policy.
 - Any special exceptions for returning on other than the school provided transportation need to be cleared with coach 24 hours in advance.

TEAM STANDARDS

- **Cheer Smart:** If the top girl hits the ground, the whole team will condition to increase strength. Strength and Focus are the most important part of stunting safely. Top girls hitting the ground is an example of not having enough strength to keep the stunt up safely and/or not enough focus on saving the stunt. **SAFETY IS IMPORTANT** and the entire team will focus on conditioning and train to keep it safe.
- **Negativity:** Negative comments will not be tolerated.
- Bullying and gossiping will not be tolerated and are listed as punishable behavior with the amount of demerits being based on the severity of the event.
- All social media/social networking (for example TikTok, SnapChat, Twitter, Instagram, BAND, Facebook, etc.) must be appropriate and not question the integrity of the Athlete, Cheer team, the athletic program, the school or any other school or program. If caught/seen demerits will be issued based on severity of offense. The expectation will be the immediate removal of the offensive material. This includes on and off campus social media behavior.
- **SPORTSMANSHIP IS A PRIORITY – Set the example at all times (in and out of uniform).**

UNIFORM & APPEARANCE

- Hair will be up, pulled back off the face and off the shoulders in a ponytail or braid with bow in for all events and practices. No half up/half down hairstyles.
- Each athlete is to meet for games in uniform: proper shoes, socks, spirit accessories. The **ONLY** outerwear athletes can wear on game days is official cheer team wear.
- Uniforms will be issued prior to the game and turned in at the gym at the end of every game. Uniforms do not go home with you. They are school property and they stay at the school.
- Each athlete is expected to purchase or fundraise for the needed equipment for the year: practice wear, shoes, bag, warm-ups, athletic accessories, etc.

- Athletes must attain all safety and uniform items prior to performing/competing.
- Long nails are not permitted, they **MUST** be kept short, not visible beyond the fingertip as viewed from the palm side of the hand. Only neutral colors and French manicure (natural and white) will be allowed unless the entire team is doing a preapproved color/design for a specific event.
- Tattoos that can be seen must be covered while in uniform.
- Jewelry- no necklaces, rings, watches, bracelets, earrings, nose piercings, body piercings or any other jewelry may be worn. By signing this constitution, you understand that wearing jewelry, may result in injury piercing ripping out, scratches, etc.) and that you will abide by the NO JEWELRY SAFETY POLICY per OHS, NFHS, USA Cheer and FHSAA standards. Jewelry is a safety hazard not only to yourself, but also to your teammates as they can be injured by your jewelry.
- Be advised, that if you choose to get a piercing during the season, you will still have to remove it for all practices, games and camp, NO EXCEPTIONS.

CHARACTER

- Team athletes should be leaders within the school and set a good example at all times both on campus and off campus.
- Team athletes should be above reproach by maintaining a good personal appearance and habits that cannot be criticized.
- Smoking, drinking, and/or drug use are grounds for suspension or dismissal. Any fault with the police is grounds for suspension or dismissal.
- Any misconduct posted/displayed in a public arena or displayed for the public to see is grounds for suspension or dismissal.
- Sexual misconduct is grounds for suspension or dismissal.
- Each athlete must abide by those standards set by OHS, which can be found in the student handbook.
- As an OHS athlete, you must be courteous and friendly to ALL other teams, visitors, and the student body.
- As an OHS athlete, you must also be respectful to all coaches and all faculty at all times.

DEMERITS

- Team athletes are expected to be responsible for their personal behavior at all times and will be held accountable for their inappropriate behavior.
- Oasis Cheer Team will be governed by a demerit system that is outlined

below.

- Demerits may be suggested by any coach, but will be given by the head coach.

One demerit is given for:

- Tardiness (excused or unexcused) to any team activity
- Leaving early from a team function
- Any excused absence after the allotted one.
- Improper uniform at a performance, activity, or practice (includes jewelry, proper hair accessories, not having hair up, etc.)
- Loss of equipment/uniform or forgotten cheer gear at game or performance
- Wearing jewelry at team functions, games or practices
- Chewing gum during games or practices
- Not clearing tardiness/absences with the coach 24 hours in advance
- Failure to wear game day attire to school on game days
- Not achieving individual fundraising goals or paying required fees
- Failure to turn money, forms or fundraising money in on time
- More than one tardy to school in a week

Two demerits are given for:

- Cell phone use at team functions, games or practices
- Disrespect towards coach, captains, team, other teams, or school faculty
- Uncooperative behavior at team functions, games or practices
- Not completing tasks delegated by coach or captains
- Afterschool Detention
- Dirty uniform or shoes during practice or games
- Use of inappropriate language or PDA in uniform, at practice, or anytime representing OHS as an athlete.

Three demerits are given for:

- Unexcused absences
- Undocumented excused absences (i.e. doctor's appointments)
- Leaving an event without prior approval from the Head Coach
- Unfavorable reports from teachers
- Behavior unbecoming of an athlete (in or out of school)
- Gossiping or displaying any type of bullying
- Unsportsmanlike conduct at any team activity

Six demerits are given for:

- Per class: Failing for a six week grading period (automatically benched for two weeks on academic probation, must attend practice and bring classwork to complete during practice time.

- This time will be used as a study hall/tutoring.)
- Inappropriate wearing or use of the uniform
- **Resulting in automatic suspension from any team function for 2 weeks**

Twelve demerits are given for:

- Academic ineligibility for any 2 six week periods
- Truancy or suspension from school
- Improper use of internet, cell phone in or outside of school that is detrimental, lewd, or sexual in content
- Use of Tobacco, Vape Products, Alcohol, Drugs or any other illegal activities
- Any citation for possession or use of tobacco, alcohol or other illegal substance
- Hazing or initiation of fellow team member
- **Resulting in automatic ineligibility to try-out the following year and dismissal from the team.**

Demerit Consequences

- **3 (three) total demerits** = benched ½ of a game, not allowed to perform Cheers, stunts, dances or halftime but must still attend all of the game.
- **6 (six) total demerits** = removed from the entire game but still must attend that game (benched) and must be in uniform.
- **9 (nine) total demerits** = removed from two entire games but still must attend the games (benched) and must be in team practice wear (not in Uniform).
- **12 (twelve) total demerits** = dismissal from the team.

This list of demerits is not all-inclusive.

- As these guidelines cannot cover all situations, the coach reserves the right to handle special cases.
- For an infraction, which repeatedly occurs, a more stringent solution may be in order. The coach will determine what that solution will be.
- These guidelines have been implemented to strengthen each team athlete's sense of responsibility to themselves and the team. They have been designed to build a higher caliber Cheer team with a respectable and impressive reputation.

ADDITIONAL REQUIREMENTS

- All athletes are expected to participate in all fundraising activities for the team.
- All athletes are expected to participate in community service events and activities. These events may take place on a day we normally

do not meet.

- All athletes are expected to take part in any camps, clinics or other outside training that benefits the team. This training will usually take place on a day/time that is not a normal practice time. Advanced notice will be provided for these events.

COSTS

- The cost is approximately \$650 (this cost includes cheer camp)
- Additional cost may arise during season for special events, i.e. championship events, competitive and regional performances.
- Fundraisers and banner sales defray the costs.

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OASIS HIGH SCHOOL CHEERLEADING: Contract for the 2019-2020 School Year

_____ has my permission to be a cheerleader at Oasis High School. We understand that she must abide by the rules and regulations set forth by the coaching staff, athletic director and principal of OHS, and be present for all practice, games and scheduled team events. We have read the rules and regulations in the Constitution and the OHS Student Athlete handbook and understand that the violation of any of these rules may lead to temporary or permanent demotion or suspension from the team.

We understand that a current FHSA physical, completed by a physician, must be on file with the athletic director's office and that all FHSA forms must be signed and turned in to the Athletic Director prior to participation in any practice or event.

We understand all costs involved as stated in the rules.

We understand that as a Cheer Team Athlete of Oasis High School / School District of Lee County, we acknowledge and understand the rules and expectations established for this sport in the OHS CHEER Constitution, the High School Cheer Rule book, the NFHS Spirit Rule Book, ACCAA and all FHSA/FACA rules and regulations for cheer and Cheer.

We understand by the very nature of the activity, cheer, STUNT, dance and tumbling carry a risk of physical injury. No matter how careful a participant and coach are, how many spotters are used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. We understand these risks and will not hold Oasis High School responsible in the case of any accident or injury at any time.

We understand that being committed to this sport means we must maintain academic eligibility and willingly attend all activities (to include practices) that are required for the entire team.

Athlete – Print Name

Athlete – Signature

Date: day-month-year

Athlete Parent/Guardian – Print Name

Athlete Parent/Guardian – Signature

Date: day-month-year

MEDIA RELEASE CONSENT: I give permission for my child to be included in photographs, videotaped or recorded interviews, and for the information collected to be used as part of news stories, to be published in print, internet, broadcast or video by the team, school, or news media for informational or promotional purposes. I understand that the images will not be used for commercial gain and will not be sold to anyone for commercial use. Please indicate by initialing the box below whether your child has permission to photographed or filmed.

☐ **YES** _____ (check and initial) I DO give permission.
Initial here

☐ **NO** _____ (check and initial) I DO NOT give permission.
Initial here

Athlete Initials: _____

Parent or Guardians Initials: _____

Date: _____ page # 11