



Cheer Constitution (Varsity & JV) (updated 1/28/22)

- I. The purpose of this organization shall be as follows:
 - A. To promote school spirit at Loyola College Prep
 - B. To promote better sportsmanship among students, spectators, and players
 - C. To perform at athletic events such as football and basketball games, pep rallies, and any other functions may be assigned by the Spirit Group Co-ordinators.

- II. Membership limits shall be determined on the day of tryouts.
 - A. Membership of varsity cheer **may** consist of (numbers may vary): sophomores, juniors, and/or seniors. Membership of junior varsity cheer **may** consist of (numbers may vary): freshmen, sophomores, juniors, and/or seniors. The number depends on who does not score above where the **natural break** in scores falls.

- III. To be eligible to try out for membership, a student must:
 - A. Be a registered student at Loyola College Prep.
 - B. Registration packets for tryouts must be turned in by the set date and include the following:
 - 1. Parent permission slip
 - 2. Legal Disclaimer
 - 3. Copy of report card showing previous semester grades and cumulative GPA
 - 4. Parent/Student contract
 - 5. A Physical Form on file with Athletic Director
 - 6. Non-refundable application fee of \$25.00 (this fee is to help pay for the judges and supplies needed during tryouts)
 - 7. Must be able to execute the requirements of tryouts
 - C. Have a minimum grade point average of at least 2.0
 - D. Have NO OUTSTANDING FEES i.e. tuition, library fines, lunch fees or any other fee at Loyola College Prep.
 - E. Have NO disciplinary action that has resulted in a suspension from school on your Loyola College Prep record in the academic year tryouts are held.

- IV. General standards for remaining on the squad.
 - A. Standards of conduct:

1. Show school spirit and cooperation
 2. Behave in a ladylike or gentlemanly manner at all times
 3. Have an attitude of respect toward school authority and other members of the squad or individuals at Loyola College Prep
 4. Attend all activities, practices, events, and performances of the squad in a punctual, courteous, polite, and appropriate manner
 5. Must not have any disciplinary action that results in a suspension from school
 6. Failure to abide by the regulations set by the Spirit Group Co- Coordinators, coaches, or principal will result in points lost towards your grade in the class. (A partial list of infractions resulting in grade loss is included at the end of the constitution)
- B. JV & Varsity Cheerleaders must maintain the following:
1. Uphold the standards and regulations set forth for LCP cheer
 2. Maintain a 2.0 grade point average each grading period
 3. Not be suspended from school during the school year.

V. Varsity Cheer Tryouts

- A. Students will tryout for cheerleader as follows:
1. Tryouts will be held in the spring, with the exact date being set by the Spirit Group Co- Coordinators and principal.
 2. All candidates will meet the requirements set forth in this constitution.
 3. Three days of practice will precede the tryouts to prepare the candidates for judging.
 4. All candidates must perform before a panel of 3 judges selected by the UCA. Judges scores will be **FINAL AND CONFIDENTIAL**.
 - a. The judges will rate each candidate on a point system set up by the coach/Spirit Group Co- Coordinators, and principal.
 - b. Participants will tryout in the following areas: Cheer, dance, 2 jumps, fight song, and standing/running tumbling. Students will be judged on the following: spirit and enthusiasm, motion/technique, voice/projection, jumps, appearance, tumbling, and overall potential for a possible total of 300 points (95 possible points from each judge).
 - d. Candidates will tryout in groups made up of two to three people depending on the total number of candidates trying out.
 - e. Tryouts are closed. No spectators are permitted at tryouts.

Junior Varsity Cheer Tryouts

- A. Students will tryout for jv cheerleader as follows:
1. Tryouts will be held in the spring, with the exact date being set by the

- Spirit Group Co-Coordinator and principal.
2. All candidates will meet the requirements set forth in this constitution.
 3. Two days of practice will precede the tryouts to prepare the candidates for judging.
 4. All candidates must perform before a panel of 3 judges selected by the UCA. Judges scores will be **FINAL AND CONFIDENTIAL**.
 - a. The judges will rate each candidate on a point system set up by the coach/Spirit Group Co-Coordinator, and principal.
 - b. Participants will tryout in the following areas: Cheer, dance, 2 jumps, and standing/running tumbling. Students will be judged on the following: spirit and enthusiasm, motion/technique, voice/projection, jumps, appearance, tumbling, and overall potential for a possible total of 300 points (95 possible points from each judge).
 - d. Candidates will tryout in groups made up of two to three people depending on the total number of candidates trying out.
 - e. Tryouts are closed. No spectators are permitted at tryouts.

VII. Uniforms

- A. Varsity and junior varsity cheer will have uniforms in addition to camp clothes and other accessories totaling approximately \$2,500, depending on if the member is new or returning.
- B. Any uniform expense will be covered by the individual squad member. Money can be earned towards the cost by selling football ads during the summer,
- C. Uniforms are to fit properly, be washed after each use, pressed, and cared for.
- D. The following rules are to be followed concerning uniforms:
 1. No jewelry. Pearl stud earrings are allowed as permitted by the Spirit Group Co-Coordinator. No colored nail polish. No watches, necklaces, or bracelets are to be worn. These restrictions are for safety purposes, and the spirit group co-coordinators have the final decision on the appropriateness of accessories.
 2. No excessive hairstyles, wigs, hair color, or hair extensions are allowed. Hair must be clean, combed, and pulled back (if long enough).

VIII. Officers

- A. The captain(s) and co-captain(s) will be chosen based on their individual try-out score and the following:

1. An interview with the judges at tryouts
 2. Original cheer
 3. Coaches scores based on squad rapport, leadership quality, responsibility, organization, and ability to learn quickly.
- B. There will be either one or two captains (depending on the number of members on the team) and one co-captain, each of which must meet the following qualifications:
1. Must attend all mandatory events (practices and games).
 2. Must be an effective leader, able to lead without 100% presence of the Spirit Group Co-Coordinators.
 3. Must treat all members equally
 4. Must make decisions that are best for the squad
 5. Must be willing to devote the time and effort that the position will demand
 6. Must be able to solve problems in a justly manner

IX. Practices, meetings, and miscellaneous obligations

- A. **Meetings and practices may be called by the Spirit Group Co-Coordinators at the last minute.** Failure to attend these events will result in loss of points towards your grade, unless the absence is excused **PRIOR** to the event. Advance schedules will be provided as often as possible.
- B. Summer practices will be scheduled. The time, place, and length will be determined by the Spirit Group Co-Coordinators and dependent on availability of space. Summer schedules will go out soon after tryouts. If you are unable to make a practice during the summer, you will not be allowed to participate as a member of the varsity and junior varsity cheer teams until school resumes in the fall.
- C. For all events and practices Loyola cheerleaders will meet at a set time in a designated place determined by the Spirit Group Co-Coordinators. **Tardiness will not be tolerated.** If a member is late to any activity, including practices, loss of points will be issued as stated in this constitution unless you present your excused, signed pass from an employee of LCP.

IX. Game attendance

- A. LCP Cheer must attend all athletic events as assigned by the Spirit Group Co-Coordinators.
- B. Excused absences from an activity will be determined by the Spirit Group Co-Coordinators. All absences must be reported to the Spirit Group Co-Coordinators **PRIOR** to the event, with at least a 24 hour notice and may or may not be excused. Exceptions are sudden illness and death in the family. A doctor's excuse must be presented upon arrival to the next event. Doctor's clearance to participate must also

be submitted. Unexcused absences will result grade loss and suspension from the squad for a period of time. **College visits are not acceptable reasons for missing games and will not be excused.**

- C. LCP cheer must ride in a school approved vehicle or with school approved parent drivers to all out-of-town games and activities, unless otherwise stated by the Spirit Group Co-Coordinators. LCP Cheerleaders ARE NOT ALLOWED TO DRIVE TO ANY OUT OF TOWN AWAY GAMES ALONE/ON THEIR OWN. If a cheerleader needs to drive to a game, an adult needs to be present in the car with them and this is only in situations pre-approved by the Spirit Group Co-Coordinators.
- E. Cheerleaders will have designated "break" times when they are allowed to go for water, usually halftime. The Spirit Group Co-Coordinators will set the break time.
- F. Schedules for basketball season will be decided when the basketball schedule is released (typically late October/early November).
- G. **All cheerleaders must be in attendance for half of the school day in order to participate in events/practices.**
- H. In the event that either football or basketball teams go to playoffs, attendance is mandatory. This is non-negotiable.

X. Grading Scale for Athletic Period:

- A. Point deductions will be given for the infractions listed below. This list is not all-inclusive. The Spirit Group Co-Coordinators may dock points as is deemed necessary.
- B. **Any cheerleader will be suspended from their respected team for two weeks when he/she's class grade drops to a "D" or below.** During this time of suspension, the cheerleader **MUST** continue to attend all team activities and not participate. During events he/she will be in uniform and sit with the Spirit Group Co-Coordinators. Point deductions can continue during a suspension.
- C. **The grading scale for this class is as follows:**
 - **Weekly class grade = 30**
 - **Game Attendance and Participation = 100 (100 per football game, 50 per basketball game)**
 - **Pep Rally Attendance and Participation rallies = 50**
- D. Class grade deductions will be given as follows, but are not limited to:
 - 1. Late to class or activity...
 - One to Five minutes = 2 points
 - Six to Ten minutes = 3 points
 - Eleven minutes or more = 5
 - 2. Missing or dirty parts of practice uniform = 1
 - 3. Jewelry = 1
 - 4. Excessive nail length, nail color = 1
 - 5. Chewing gum or eating during a game or activity = 3

- 6. Missing or dirty parts game uniform (including limited to: socks, shoes, ribbon, sports bra) = 5
- 7. Causing dissension on the squad = 5
- 8. Attracting undesirable attention or behaving in an undignified manner = 5
- 9. Neglect of any extra activities = 5
- 10. Being on phone outside of break time = 5
- 11. In school PH = 5
- 12. Any inappropriate behavior resulting in disciplinary action by administration = 10
- 13. Drinking any alcoholic beverage or smoking while in uniform DISMISSAL
- 14. Suspension handed down from School Administration DISMISSAL

XI. Suspension from the squad

- A. Members will be suspended immediately from the squad for 2 weeks for:
 - 1. One's grade dropping to a "C" or below

XII. Dismissal from the squad

- A. Members will be dismissed immediately from the squad for these reasons:
 - 1. Failure to maintain academic eligibility according to LHSAA Regulations.
 - 2. Using any alcoholic beverage before/during/after any game or school function
 - 3. Smoking in uniform (cheerleader or school uniform)
 - 4. Being suspended from school at any point during the school year
 - 5. Upon one's grade dropping to a "D" or below
 - 6. Chronic disruption of squad activities for any reason
 - 7. Violation of school policy toward cyber-bully stated in the Loyola Student Handbook accessed at <https://loyolaprep.org/students> and can exclude you from trying out in the future.

XIII. Under any extenuating circumstances, the Spirit Group Co-Coordinator, with the approval of the principal, has the right to make an exception to any rule that is necessary at the time.

I have read and understand the conditions of the following constitution and will abide by all written above.

Parent/Guardian Name (PRINTED)

Student Name (PRINTED)

Parent/Guardian Signature

Student Signature

Date