



# JUNCTION CITY HIGH SCHOOL

## Cheerleader Constitution

STATE CHAMPS: 2008, 2011, 2012, 2013, 2015, 2019  
2023

Runner Up: 2016, 2018

T-shirt Size

YOUTH

S            M            L            XL

ADULT

S            M            L            XL            2XL

Short Size

YOUTH

S            M            L            XL

ADULT

S            M            L            XL            2XL

## The Purpose of Cheerleading:

- ☐ To promote and uphold school spirit
- ☐ To support and encourage school teams
- ☐ To develop a sense of good sportsmanship among students
- ☐ To improve student morale
- ☐ To establish the high personal ideals and good character expected of high school cheerleader in order to be a role model for peers and younger children in the Junction City School District.

## Eligibility Requirements:

- The Junior High Squad will consist of 7<sup>th</sup>-9<sup>th</sup> grade students and the Senior High squad will consist of 10<sup>th</sup>-12<sup>th</sup> grade students. Select 9<sup>th</sup> graders can be chosen to move up to compete with the Senior High squad. In that case, the selected cheerleader will be a part of the Senior High Squad for game day and competition.
- A candidate must meet the eligibility requirements set forth by the AAA, which state that the
- A candidate must *have and maintain* a 2.0 GPA.
- Each candidate must turn in a written certification by a medical doctor stating that she has passed a physical examination and is capable of cheering BEFORE February 10, 2024.
- If a cheerleader was on the team the previous year, and quit or was removed before the year was finished, it is up to coach's discretion on whether the cheerleader can try out the following year.
- Be in good standing with your financial obligations to be eligible to try-out (have a balance of \$0.00)
- Think in terms of team success not individual glory- always put your team first
- Be honored to be a Dragon cheerleader

## Commitment:

- Candidates selected to be members of the cheerleading squad are expected to make a commitment to the activity for the full school year.
- All scheduled practices are MANDATORY.
  - Candidates will practice occasionally during the summer. Practice will be scheduled the week before camp and other miscellaneous dates.
  - Candidates should be prepared for *any* practices scheduled August-December (this includes during Thanksgiving Break).
- Cheer camp/choreography day are mandatory. Dates will be given at a later date.
- All cheer competitions are mandatory. Failure to attend a competition for ANY reason will result in removal from the squad.

## Method of Selection:

- This is a competition squad. A JCHS Cheerleader must be able to perform skills necessary for competition in order to be chosen for the squad. If a candidate does not possess these skills, then she will not be chosen.
- All practices and tryouts will be conducted in CLOSED sessions. NO EXCEPTIONS.
- Cheerleaders will be selected by a panel of judges from outside of Junction City. The scores will be tallied and verified by the secretary and principal.
- Parents will have 3 days after the results are posted to request to see their student's scores. All score sheets will be destroyed on the 4th day unless a request has been received.

## Expenses:

- Each girl and her parents are responsible for all expenses. These include the cost of camp, camp clothes, uniforms, poms, shoes, warm-ups, bloomers, body liners, cold weather gear, rain gear, and bag. If you do not have your Varsity order paid for by the time of the first function you will sit until your bill is paid.
- Costs can be up to \$2500 or more for a brand new cheerleader
- Suits may be purchased from former cheerleaders provided they fit properly, and the cheerleader is willing to sell them. Payment arrangements and prices are set between seller and buyer
- Cheerleaders will pay expenses in 2 installments directly to Varsity. The first payment will be due in April and the second payment will be due in July.

## General Rules:

- □All Junction City Handbook rules overtake any team rule.
- ISS for a total of 10 days will result in dismissal from the team
- □Two unexcused absences from games or three unexcused absences from practices will result in dismissal from the squad.
- Excessive absences for practice, *even with medical excuses*, may result in a cheerleader being pulled from competition.
- A cheerleader must attend school for 5 of 8 periods in order to cheer at a game or scheduled function.□
- The squad will cheer at all football games, all home basketball games, most some basketball games, and any basketball tournaments required by the sponsor.
- When representing the school officially, cheerleaders are to be in full uniform, including all cold-weather gear or rain gear when necessary.
- When the squad travels to any away games or functions, all girls will be required to ride the bus with the cheer coach/sponsor. Cheerleaders may ride home with parents or legal guardians as long as they have been signed out by the parent. Parents are responsible for picking up cheerleaders from the school. PLEASE BE ON TIME WHEN PICKING UP YOUR CHEERLEADER FROM PRACTICES OR GAMES
- Cheerleaders are responsible for their own transportation to and from practices and home games.
- If a student has more than 6 absences from school in one semester, she may be pulled from the squad.

# Punishment/Suspension/Dismissal:

The following are Expectations of JC cheerleaders. If the cheerleader can not uphold the expectations of the squad, then she will be dismissed. The coach will keep a detailed log of infractions made by the cheerleader.

## o **PRACTICES**

- o Be on time
- o Be ready- hair pulled back, appropriate shoes and clothes
- o no gum
- o no jewelry
- o no cell phones or watches
- o no visible tattoos
- o water only for games and practices
- o no food- you can eat before practice
- o attitudes must be positive and upbeat= you must always be willing to work at practices and games- DO NOT BRING YOUR PROBLEMS WITH YOU
- o Do not make appointments during practice time
- o if it is necessary to be late or absent YOU must notify the coach if were (are) absent from school due to illness or emergency, if you do not notify the coach it is UNEXCUSED and punishment will be enforced
- o If you have an UNEXCUSED absence you will sit out the pep rally that week and/or game
- o You are expected to be totally committed- physically and mentally- during cheer season, cheer season is from August-December (competition season)
- o One person being absent will affect the whole team. Remember you made a commitment to this team- people are counting on you
- o Bullying will not be tolerated, page 108 in handbook

## o **GAMES**

- o Be prepared for the game prior to arrival (hair, bow, make up)
- o arrive 60 minutes before the game starts (football)- this allows time for warm-ups, stretching, review, this includes anything pre-football season (purple/gold game or pep rallies before school starts) if you miss you will sit out the next game in uniform
- o Games are for cheering NOT TEACHING
- o Have complete uniform
- o Water only on sidelines
- o NO JEWELRY
- o NO GUM
- o NO CELL PHONES OR WATCHES DURING THE GAME
- o Perform all assigned duties (signs)
- o Be willing to help out
- o Hair pulled back
- o Do not socialize with the players or fans, you are there to cheer
- o Follow the coach's directions during the game
- o Anyone may call a cheer- as long as its appropriate
- o Be back on the sidelines prior to the beginning of the second half
- o Only cheer jackets or letterman jackets may be worn with uniforms
- o On sidelines all cheerleaders must be dressed the same
- o Hair can not be any longer than mid back (when pulled up) this is a safety hazard for the girls when stunting
- o Unsportsmanlike conduct will not be tolerated, page 149 school handbook

# Violations of Team Rules

- \*The cheerleader will be given 2 verbal warnings for violation of team rules
- \*3rd time rules are violated then the cheerleader will be given a written violation
- \*After 3 written violations the cheerleader will be removed from the team
  - \*1 written violation- sit out pep rally
  - \*2 written violations- sit out game
  - \*3 written violations removed from the team
- \*coaches will keep a documented record of verbal and written violations
- \*penalties are at the discretion of the coaches

JCHS Cheerleader  
Tryout Guidelines and Dates  
2024-2025

Please read the entire application packet and sign. All forms must be completed and turned in, along with the \$40.00 fee, by the deadline in order for the candidate to tryout.

\*If you were not on a JCHS athletic team for the 2024-2025 school year OR you are an incoming 7<sup>th</sup> grader, then you will need to have your physical completed and submitted to the school by February 9th.

Forms are due by 3:00 pm, Monday, February 5, , 2024, to Dana Seitz.

Important Dates

Monday, February 5th

Cheerleader Forms  
and Tryout Fee Due!

Saturday, February 10th

Cheer Tryout Clinic  
2:00-6:00 in MPR

February 12-14th  
\*\*Still practice with P/T  
conferences

Tryout Practice  
3:30 – 5:00 in MPR  
\*Mandatory for Jr High\*  
\*Optional for Senior High\*

February 15<sup>th</sup>

Mock Tryouts  
3:30-5:30  
\*Mandatory for Jr High\*  
\*Optional for Senior High\*

February 16th

TRYOUTS  
8am in MPR

April

First Varsity Payment Due  
and Camp Payment

June 23- July 7

Dead Weeks- Take  
vacation during this time

July

Second Varsity Payment Due

# RELEASE OF ALL CLAIMS

## Parental Permission for Extracurricular Activity

Release made on \_\_\_\_\_, 2024 by \_\_\_\_\_  
(Date) (Parent or Guardian's Name)

of \_\_\_\_\_.

(Address – House # Street, City, State, Zip Code)

As \_\_\_\_\_ of \_\_\_\_\_

(Student's Name)

(Parent or Guardian's Name)

Permission is hereby granted for the above named student to participate in Cheerleading Tryouts at Junction City Schools. I hereby release the above named District for all personal injuries, known or unknown.

I further hereby authorize a representative of the school district to consent to medical treatment of the above named student in the event of an emergency on any trip or at any function.

I, the undersigned, have read this release and consent to medical treatment and understand all of its terms. I execute it voluntarily and will full knowledge of its significance.

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date and Year)





JCHS Cheerleader Agreement  
2024-2025

I read and understand the expectations of the JC cheerleading squad. I understand that if I fail to uphold the rules and standards put in place, I will not be allowed to participate.

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*(Signature of  
Cheerleader*

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*(Date)*

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*(Signature of Parent or Guardian)*

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*(Date)*



**\*\*IF YOUR CANDIDATE MAKES THE CHEER TEAM THERE WILL BE A MANDATORY PARENT MEETING SUNDAY FEBRUARY 25,2024 AT 3:00 IN THE HIGH SCHOOL LIBRARY. ALL IMPORTANT INFORMATION WILL BE DISCUSSED AND DATES GIVEN.**

