**East Paulding Junior Raider 2024-2025 Cheerleading Constitution**

**Purpose:** Cheerleaders exist to promote good sportsmanship, good citizenship, and wholesome, enthusiastic, school spirit. Cheerleaders are first and foremost *ambassadors* of their school and should exemplify both individual and group behavior suitable to their position in accordance with Paulding County School District and East Paulding High School rules. Being a cheerleader is an honor and privilege. Cheerleaders have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior.

Coach’s expectations of each cheerleader:

* If you must miss practice or a game, you must discuss the situation with the coach **prior** to **practice/game.**
* NO jewelry will be worn at practices or games. (GHSA rule)
* Hair must be pulled back into a ponytail at all practices and during games. (GHSA rule)
* Nails should remain trimmed and should not exceed fingertips.(GHSA rule)
* NO gum chewing is allowed during practices or games.(GHSA rule)
* Cheer shoes should be white and in good condition for all games.
* Uniforms should be cared for properly and clean at all times.

Coach’s expectations of each cheerleader’s attitude & behavior:

* Cheerleaders should act in a respectful manner at all times to coaches, parents, athletes, and students. **If you choose not to be a team player and disrespect your coach and/or teammates with verbal or body language, (rolling eyes, name calling, etc.) demerits will be given and disciplinary action will be taken.**

The following is a list of infractions that result in a **demerit**.

* Failure of the **CHEERLEADER** to notify a coach PRIOR to an absence. **DO NOT SEND WORD THROUGH ANOTHER CHEERLEADER**. (The only exception is when a cheerleader is in the hospital and cannot contact on their own)
* Gum at practice or game. (GHSA rule)
* Jewelry at practice or game. (GHSA rule)
* Eating during practice or games. (with the exception of half-time)
* **Not in proper uniform** (includes hair bow, poms, socks, shoes, briefs, sleeves, practice attire, etc.)
* Not having **ALL** uniform pieces in cheer bag at **all games.**
* Disrespect of ANY kind to a coach or teammate.
* Lying to a coach.
* Refusal to be a team player at practices or games.
* Other infractions at coach’s discretion
* Bullying of any kind.
* Illegal Substances of any type (Including Vaping)
* Inappropriate Behavior while in ANY East Paulding attire (in-person or via ALL Social Media Platforms)

Disciplinary actions:

* Extra conditioning at practice.
* Sitting out for part or all of a game.
* Dismissal from the team in serious instances
* If a Cheerleader is dismissed from the team, they will **not** be allowed to try out for the Junior Cheer Program for at least one FULL calendar year from dismissal date.

**East Paulding Junior Raider Cheerleading**

**Constitution Rules Acknowledgement**

**I have read and understand this 2024-2025 EPHS Cheerleading Constitution. I agree to abide by the contents written therein.**

**Cheerleader’s Name (please print):  
  
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**Cheerleader’s Signature:   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I have read and understand this 2024-2025 EPHS Cheerleading Constitution. I agree to support and encourage my athlete to ensure she abides by the contents written therein and will support my student-athlete in the EPHS cheerleading program.**

**Parent’s/Legal Guardian’s Name (please print):   
  
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**Parent/Legal Guardian’s Signature:**

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