

New Berlin Eisenhower High School  
Varsity Prep Cheerleading Constitution  
***Enforced by Coaches***

**PREAMBLE**

New Berlin Eisenhower Cheer Coaching staff established this constitution.

**SECTION I**

**The Selection of Cheerleaders**

**ARTICLE 1**

- A. The Varsity Prep cheerleaders will be selected in the spring/fall of the year with the season to begin in August. Each high school student will try out for a position on the Varsity Prep Cheer & Stunt Squad. The cheerleader fully understands the expectations of a Varsity Prep Cheer & Stunt member.
- B. Tryouts will be open to students having a "C" average at the completion of the previous quarter. Selection will take place after a trying out period where each student will display his/her ability to cheer. The coach and judging panel (determined by the head coach) will select who makes the team. *This decision is final.* **Athletes can be refused from the program based on a previous season of poor attitude, too many unexcused absences and/or does not meet the athlete required minimum GPA.**
- C. Any outstanding cheer account balances from a previous year (or previous siblings) must be paid in full prior to tryouts.

**Athlete and Parent/Guardian initial here:**

**ARTICLE 2**

All cheerleaders will be required to have a physical examination every two (2) years. An official W.I.A.A. Physical exam card must be on file with the Athletic Department by June 01. On alternate years of an exam, a cheerleader must have an official W.I.A.A. Alternate Year Athletic card on file with the Athletic Department by June 01. (First practice is up to coach's discretion.)

**ARTICLE 3**

Parents permitting their child to participate in cheerleading must complete all the Addendums within this document. **The coach must receive Addendum A, B, C, D, E and F before the child can participate in the cheerleading tryouts.** All varsity cheerleaders will be assessed an activity fee, set by the school district. This fee is collected at the beginning of the school year and does not get deposited into a cheerleader's personal account or the Booster Club account. If you have any questions regarding this fee, please call the EHS District Office for a thorough explanation. This fee is due along with school registration materials.

**SECTION II**

**Membership**

**ARTICLE 1**

- A. Football Season: All Varsity Prep members are expected and will cheer for all home football games and pep assemblies.
- B. Basketball Season: All Varsity Prep members will cheer at home games following a schedule developed by the coaching staff.
- C. Attendance at playoff games is required and is dependent upon the number allowed by the Conference and the W.I.A.A., and at the discretion of the coaches.
- D. Each student, upon becoming a cheerleader, will remain so for the above-determined seasons, providing he/she lives up to and abides by the rules set down in this constitution.

**Athlete and Parent/Guardian initial here:**

### **SECTION III**

#### **General Rules**

#### **ARTICLE 1**

All cheerleaders must ride as a team on the student bus to and from events when provided unless given approval by a coach prior to the event.

#### **ARTICLE 2**

The maximum number of cheerleaders to cheer at any event is set by the coaching staff, athletic director and the Conference.

#### **ARTICLE 3**

Cheerleaders must follow this general rule concerning grades. A student that did not receive a minimum of a 2.00 GPA in the latest grading period (quarter grade) will be ineligible **as directed by the Eisenhower Administration**. Ineligibility takes effect when the report card is issued. Freshman must enter the fall activity season with no less than a 2.00 GPA.

#### **ARTICLE 4**

##### **Games/Practices**

- A. Appropriate cheer attire must be worn at all times. **NO** sweatpants, slippers, or loose-fitting clothes at practice. **For safety reasons, the clothes acceptable for practice, tumbling sessions, and stunting sessions will be sports bra, t-shirts, shorts, and cheer shoes.**
- B. **Do not chew gum or eat candy under any circumstances while in front of a crowd or during practice.**
- C. **Do not initiate conversation with spectators, players, parents or cheerleaders.** It is important to watch the game closely and always know what's going on. Cheers and sidelines must be appropriate.
- D. It is the duty and responsibility of a cheerleader, as a representative of the school, to act in a sportsmanlike manner and promote sportsmanship throughout the entire cheering section.
- E. ***Friends and boyfriends are not allowed to socialize with you or sit near the bench while cheering at a game*** (or during practice times). You are there to support the team.
- F. Cheerleaders are expected to cheer at all scheduled games and be active at all scheduled practices, tumbling sessions, and stunting sessions. Missing a game (or a tumbling and stunting session) for something other than an illness or excused absence could result in a suspension, at the coach's discretion. Excuses, such as illness and vacation, should be explained to both coaches. A job, baby-sitting or a birthday is not an excuse to miss a game/practice. **If you are not in school and will miss practice or tumbling, your coach must be notified via phone prior to 2:00pm.** Coaches will review questionable absences.
- G. No TikTok (or similar app) dances or affiliations will be tolerated at practices or games as it is a major distraction and not conducive to a learning atmosphere.

**Athlete and Parent/Guardian initial here:**

### **SECTION IV**

#### **Selection and Duties of Captains/Co-Captains**

#### **ARTICLE 1**

The coaching staff will determine the appointment of the captain/co-captain(s) each year. The role of a "captain" is open to any incoming 7<sup>th</sup> – 9<sup>th</sup> graders. The athlete must meet all expectations of a captain/co-captain to be considered for this role. Any cheerleader expressing interest in these leadership roles must complete the captain/co-captain application form.

#### **ARTICLE 2**

- A. It is the captain/co-captain responsibility to see that all squad members are abiding by the rules. They have the authority and full support of coaches to redirect behavior when necessary.
- B. The captain(s) must report any absences or inappropriate behavior/conduct to the coach.
- C. The captain(s) are the spokespersons for the squad if the occasion may arise.
- D. The captain/co-captain(s) must assist the coaches in running an efficient practice and keep the squad informed.
- E. The captain/co-captain(s) are responsible for getting warmups started on time at practices and before games.
- F. The captain/co-captain(s) will organize decorating/spirit events.
- G. The captain/co-captain(s) is responsible for making sure teammates have on appropriate practice attire (including shoes, no jewelry, etc.)
- H. The captain and co-captain(s) will meet with the coaches at least weekly or more often as needed to help with issues, changes or organizing any events.

### **ARTICLE 3**

If there is a disagreement in the squad and a solution must be reached immediately, it is the duty of the captain(s) and coaches to make a decision. The members of the squad must abide by this decision. All squad members must always maintain respect for the captain(s) and the decisions made. Violations will result in disciplinary actions by the coaches which could include game suspension, competition suspension, running laps, or some other form of discipline.

## **SECTION V** **Rules of Conduct**

### **ARTICLE 1**

These general rules must be followed on and off the school grounds. Remember you have been selected to be a leader, role model, and a representative of Eisenhower High School. Coaches will take these offenses more seriously and punishments may be more severe if any rule is broken.

- A. **No Smoking of any type including vaping, or use of illegal drugs.**
- B. **No drinking of alcoholic beverages.**
- C. **No bullying.**
- D. Show good judgment in obeying school and cheerleading rules.
- E. Show good moral conduct at all times.
- F. No disruptive or disrespectful behavior will be tolerated in classrooms or towards teaching and administrative staff. Conduct in the classroom should set a good and positive example to other students.
- G. All social media sites must be tasteful and appropriate at all times. Keep in mind that these accounts are monitored by the school district and coaching staff.
- H. Cheerleaders must show good sportsmanship at all times.
- I. All rules set up by the W.I.A.A. and the National Federation for Cheerleaders must be obeyed.
- J. All rules by the Woodland Conference administrators must be obeyed.
- K. Encourage the enforcement of these rules to all squad members. Cheerleaders should not place themselves in a situation where they would even be suspected of breaking any of these rules. **Violation will result in disciplinary actions as determined by the coaches and/or administration.**

### **ARTICLE 2**

**Practices:** All cheerleaders must report to the practice facility on time and prepared. Tardiness will result in additional cardiovascular exercise (jumps, running laps, pushups or tumbling).

- A. **Practices – Will be scheduled at the discretion of the coaching staff.**
  1. **Tumbling – will be optional for all varsity prep cheerleaders, but highly recommended, beginning in June. Elite Tumbling will provide tumbling training on Monday evenings beginning the first week of practice.**
  2. **Summer Practice – Required/Mandatory practices will begin on August 1 or as determined by the coaching staff.** Time will be determined by the current coaching staff. While actual days have not been confirmed, you should expect three practices per week. All cheerleaders should plan on two full days of choreography in the month of August. Time and location will be determined by the current coach. All family vacations and work schedules should be adjusted accordingly. Failure to attend these practices will result in a suspension from game performances and the cheerleader will only be allowed to return when he or she is game ready.
  3. **Weekly Practice – Practices will be determined by the head coach in coordination with the school schedule.** A practice schedule will be distributed and is considered mandatory. No excuse will be accepted except for valid illness and school related events. Attendance is required even if a cheerleader is not scheduled to cheer at that week's game or if they are out of the building due to a school field trip. Set all doctor's appointments and work schedules so these won't interfere with practice times. If the cheerleader is unable to attend practice due to illness, he/she is excused from the game and should not attend as a fan. However, if a cheerleader misses for any other reason than an illness, they are required to attend game in uniform and sit on the track with coaches.
  4. If an athlete is unable to attend a game due to illness, they will be required to find a replacement and make it up by attending the next scheduled game, basketball only.
  5. Inability to participate in any part of practice or tumbling will **require a doctor's note if it occurs more than twice.** Extra practices can be called at the coaches' discretion and will be announced ahead of time.
  6. **All missed practices, tumbling, or stunting clinics must be communicated directly to the coaching staff as soon as possible and prior to 2pm of that day of practice.**

**B. Attire at Practice**

1. Shorts, t-shirt/tank top and cheer shoes must be worn at practice, tumbling, and stunting clinics. Sweatpants, hooded sweatshirts and pocket t-shirts are not permitted for safety reasons. **Failure to comply with the required practice attire will result in some extra cardiovascular training at the end of the practice.**
2. Hair must be pulled back and out of face.
3. Hair clips must be flat. This means no fashion barrettes or clips allowed.
4. Fingernails must be kept short for safety reasons at all times.

**C. Camps**

1. **Youth Camp** – All Varsity Prep Cheer & Stunt members are encouraged to participate in our weeklong Youth Camp, as a camper, which is usually scheduled the week after 4<sup>th</sup> of July.
2. **Summer Camp (IF APPLICABLE) – Is MANDATORY for all varsity prep members.** This camp helps to build team skills with professional cheerleading instructors. Date / location to be determined by the coaching staff. Summer camp is typically scheduled in the month of August. **Any absences will need to be discussed with coaches.**

**Athlete and Parent/Guardian initial here:**

**D. Work Schedule**

1. After receiving your cheerleading schedule, set your off days from work accordingly.
2. Know you are responsible to be at all practices, games, competitions and mandatory fundraisers.
3. A job should not interfere with cheerleading. No excuses. Early dismissal from practice will be at the discretion of the current coaching staff. If a conflict does occur, the cheerleader may be suspended.

**Athlete and Parent/Guardian initial here:**

**E. Tumbling**

All Varsity Prep Cheerleaders are **highly encouraged** to participate in tumbling. Elite Tumbling will hold tumbling sessions at Eisenhower. Day and time to be determined by the current coaching staff and Elite Tumbling. The cost of tumbling is the responsibility of each cheer family currently at \$10.50 a week plus a \$20.00 registration fee per year. Tumbling is paid monthly and will be deducted from your account on the first Monday of each month. Refer to the financial obligations sheet (Addendum D) and (Addendum E). Tumbling is an increasingly important aspect of competitive cheerleading. For safety reasons, professional instruction is required.

**F. Stunting**

**All Varsity Prep Cheerleaders** will be expected to attend stunt clinics. Day and time to be determined by the current coaching staff. The cost of the stunt clinic is the responsibility of each cheer family. Refer to financial obligation (Addendum D)

**Athlete and Parent/Guardian initial here:**

**SECTION VI**  
**Uniforms**

**ARTICLE 1**

New shoes will be purchased yearly for competition team members based on coaches' discretion. Shoes from the prior year may be used for games if they are still in good condition. **First year varsity prep members will need to purchase 2 pair of shoes.** Shoes are purchased at the expense of the athlete and must be kept clean for each event. Old, worn out shoes will not be permitted for safety reasons. Shoes will not be worn for anything other than performances or practices. They are not to be worn to school for casual dress.

**Athlete and Parent/Guardian initial here:**

## ARTICLE 2

NO jewelry and NO long fingernails. Jewelry is not to be worn at any practices, competitions, games, and/or any other cheerleading event. Fingernails should be kept trimmed at fingertip level. **This is for safety purposes. Cheerleaders are NOT permitted to get new body piercing during the season (Fall/Winter/Spring sports) June thru February or end of season and will be asked to remove all jewelry at tryouts and events where active participation is required.**

**Athlete and Parent/Guardian initial here:**

## ARTICLE 3

Uniforms will be handed out after tryouts. All Varsity Prep athletes along with a parent must complete the uniform sign out form on uniform handout day given by the coaches and booster club. If a cheerleader switches a piece of their uniform with another cheerleader during the season, they must inform the coaching staff who will keep track of all uniforms handed out. At the end of the year all uniform pieces must be handed in or that athlete will be charged a replacement fee which varies depending on each piece a **\$5.00 fee will be assessed to all pieces handed in dirty.**

**Athlete and Parent/Guardian initial here:**

## ARTICLE 4

Appearance of cheerleaders is expected to be at their best for all games, assemblies, and competitions. **Hair will always be pulled up and out of the face at ALL games and competitions.** Long bangs will also be required to be pulled back. Hair can present itself as a safety hazard and must be properly attended to. Conservative color and style are preferred. The final decision of appropriateness will be determined by the coaching staff and athletic director. Failure to comply with this rule will result in some extra conditioning determined by the coaching staff.

**Athlete and Parent/Guardian initial here:**

## ARTICLE 5

On game day, cheerleaders will wear their uniforms, warm-ups, or article of choice decided on by coaches and game captains to school. No sandals or flip-flops are allowed with uniforms. The appearance of all cheerleaders is expected to be at their best on these days. **The coach has the final say of what will be worn on game days. Captains or other team members may not make changes without the permission of the coach. Failure to comply with this rule may result in some type of a disciplinary action.**

**Athlete and Parent/Guardian initial here:**

## SECTION VII Discipline

### ARTICLE 1

All cheerleaders will be treated as athletes. The main objective of the Eisenhower Cheerleading Program is to provide students with a positive activity that enables them to grow and develop personally, physically and academically. Under this philosophy, the coach has the power to discipline when actions are warranted. This system is intended to protect the good and hardworking cheerleader.

## SECTION VIII Dismissal

### ARTICLE 1

- A. **Offenses** – A cheerleader may be suspended on a **first** offense from the cheerleading squad for two consecutive athletic events of the football or basketball season for any of the following.
  1. Smoking, vaping and/or drinking of alcoholic beverages.
  2. Any school suspensions.
  3. Repeatedly not following the rules and regulations set up for cheerleaders.
- B. **Second Offense** - On the **second** offense for any of the above rule infractions, the cheerleader may be suspended for the next three to five athletic events following the incident.
- C. **Third Offense**- the cheerleader may be suspended for the remainder of the year. For any violation a stricter penalty may be applied by the Eisenhower administration.
- D. The cheerleader will continue to participate in all practices and attend all games in uniform. If the violation results in a school suspension, the cheerleader will resume practice and attendance at games upon return to school. **The coaches have the right to give a suspension when they feel a suspension is warranted.**

- E. **Absence Dismissal** – A cheerleader will be subject to disciplinary action if they have three **unexcused** absences from games, practices, or tumbling. If a fourth occurs, the cheerleader may be permanently suspended and or dismissed from the IKE Cheer Team. **The coach will determine what constitutes unexcused absences.**
- F. Anyone dismissed or choosing to quit will be removed from IKE Cheer for the remainder of the season. All end of the year awards will be forfeited upon permanent suspension.
- G. Coaches have the final say about each offense and have the authority to discipline how they see fit. Each offense may be dealt with differently.

**Athlete and Parent/Guardian initial here:**

## Eisenhower Cheerleader Tryout Application

### Cheerleader

First Name:

Last Name:

Grade (in fall):

Birthday:

Cell Phone:

Home Phone:

Email:

Current GPA (from last quarter in school):

Allergies:

ALL Health concerns:

Previous Cheer Experience:

Please explain why you would like to be an IKE Cheerleader:

### Parent(s) / Guardian(s)

Relationship:

Name:

Email:

Preferred Phone:

**If you do not wish to receive weekly emails or be added to our contact list, please do not include your email or phone number.**

Relationship:

Name:

Email:

Preferred Phone:

**My son/daughter has permission to try out for cheerleading.**

**Parent(s) Signature:**

**Date:**

## Cheerleader Agreement

Dear Prospective Cheerleader,

All prospective cheerleaders and their parents are required to read the Cheerleader Constitution. The Constitution acts as a guideline for the cheerleaders and the coaches for proper modes of behavior for an Eisenhower Cheerleader. Please read through the constitution carefully. When you have read it, discuss it with your parent(s) to make sure that you all interpret the Constitution the same way. If you understand the rules and the consequences of breaking these rules, and if you agree that the rules and consequences are fair to all involved, please sign the agreement below. A student will not be allowed to begin tryouts until this slip is returned.

Sincerely,  
Eisenhower Cheerleading Coaching Staff

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### CHEERLEADER AGREEMENT

I have read the Cheerleader Constitution and understand the responsibilities and privileges of being an Eisenhower Cheerleader. I will abide by these rules and regulations to the best of my ability. I will cooperate with the coaching staff and all persons and organizations concerned with promoting spirit and good sportsmanlike conduct. At all times, whether at school or away, I will conduct myself in a manner that best represents the students and faculty at Eisenhower High School.

Cheerleader Signature:

Date:

***Please attach a copy of your last quarter's report card.***

*This can be printed from infinite campus, or questions directed to the front office staff.*



## Parental Permission Slip

Dear Parent,

All prospective cheerleaders' parents are required to read and initial the Cheerleader Constitution. The Constitution acts as a guideline for the cheerleaders and the coaches for proper modes of behavior for an Eisenhower Cheerleader. Please read through the Constitution carefully. When you have read it, discuss it with your child to make sure that you both interpret the constitution the same way. If you understand the rules and the consequences of breaking these rules, and if you agree that the rules and consequences are fair to all involved, please sign the agreement below. **A student will not be allowed to begin tryouts until this slip is returned.**

Sincerely,  
Eisenhower Cheerleading Coaching Staff

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### PARENTAL PERMISSION SLIP

My child, \_\_\_\_\_, has my permission to be a cheerleader at Eisenhower High School.

I understand that he/she must abide by the rules and regulations set forth by the coaches of Eisenhower High School and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the team. I understand and give permission for my child to ride in a car with the coaching staff and/or other parents when necessary. **I understand that all forms must be completed, prior to tryouts, or my child will not be allowed to tryout.**

I understand that the judges and coaches will evaluate my child and I agree to abide by their decisions.

I understand all costs involved as stated in the Financial Obligations Addendum, and agree to pay **these costs**, plus the costs of competition, which **are noted as an anticipated amount (not actual) on the financial sheet.**

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls and soreness and dislocated, twisted or broken bones. The risk also includes catastrophic injuries from landing or falls on the back, neck, or head. I understand these risks and will not hold Eisenhower High School or any of its personnel (including, but not limited to, the Eisenhower Cheerleading Coaching Staff) responsible in the case of accident or injury at any time.

Parent/Guardian Signature

Date:

**Addendum D**  
**Eisenhower Cheerleader Discharge Form**  
**2023-2024**

Name:

Grade (2023-2024 school year):

Squad:

Reason for Dismissal:

Any Notes or Considerations to be addressed:

Account Status:

Parent Signature:

Cheerleader Signature:

Coach Signature:

Date:

UNIFORM RETURNED:

YES    NO