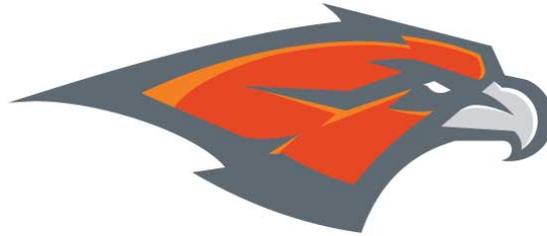


2020-2021 Skyridge High School
Cheerleading By-Laws



ARTICLE ONE. PURPOSE & PHILOSOPHY

Section One. Purpose. The main purpose of the Skyridge High School cheerleading program is to generate school spirit and support school athletics. We also place emphasis on cheerleading competition, but do so in a balanced manner.

Section Two. Philosophy. The cheerleading program at Skyridge High School is well-respected and admired due to the behavior and attitude of its participants and coaches, its dedication to school support, and its advanced level of performance. First and foremost, we seek individuals who set a positive example and demonstrate friendship and respect toward fellow students and faculty. These behaviors are vital in obtaining positive interaction with our crowd at sporting events and other functions. Furthermore, we seek individuals that aspire to great levels of performance and work hard to maximize their potential.

The Skyridge High School cheerleading program cannot function unless its members are united with one another and dedicated to the responsibilities outlined in this document. Harmony, hard work, and commitment must exist in order for the program to succeed. It is a great privilege, and not a right, to hold membership on the Skyridge High School cheerleading teams. Members that violate their responsibilities or demonstrate poor conduct will forfeit participation or membership in the program. Cheerleaders are in a position of visibility, and must therefore hold themselves to the highest standards of conduct and performance, both in and out of uniform. If you feel unable to abide by the rules, policies, and procedures outlined in this document, please do not try out.

ARTICLE TWO. RULES, CONDUCT, & DISCIPLINE

Section One. General Rules.

- Be in attendance and on time to all functions
- Wear correct uniform at all times
- Work hard and stay on task at all times
- Complete assignments punctually and correctly
- Demonstrate good conduct, positivity, and respect at all times
- Do not bully others in any form as defined by ASD Policy No. 5181
- Wear proper support on injuries and follow doctors' recommendations
- Follow NFHS Spirit Rules at all times
- Never display poor sportsmanship
- Do not share or post inappropriate, unkind, or unsportsmanlike texts, comments, pictures, or videos on any form of social media
- Do not conduct oneself in an illegal or inappropriate way in or out of uniform

Section Two. Conduct & Performance. Skyridge High School cheer team members are expected to act appropriately at all times. Members should maintain good citizenship in the community, honor school policies, and respect faculty, coaches, teammates, and students. During daily cheer practices and events, members should listen attentively, show enthusiasm, and put forth their very best effort. Personal conflicts must be dealt with outside of the classroom and should not disrupt the unity or flow of team functions. It is the responsibility of each team member to act maturely and deal with problems proactively. Failure to demonstrate respect, cooperation, or good performance effort may result in removal from upcoming games, routines, dances, stunts, etc., and may result in probation and/or dismissal from the team.

Section Three. Social Media. As previously stated, team members must demonstrate respect and good behavior at all times. All interactions, including those on social media, must reflect decency, kindness, and integrity. All texts, comments, photos, and videos shared or posted via Instagram, Snapchat, Twitter, Facebook, YouTube, etc. must follow these guidelines. Members that choose to conduct themselves poorly via social media will be subject to disciplinary action and/or dismissal from the team.

Section Four. Transportation Rule. When bus transportation is provided to an event, all members of the cheerleading team are expected to ride on the bus to and from the event. A parent is only allowed to take their daughter home from an event under extenuating circumstances when prior arrangements have been made with a cheer coach in advance.

Section Five. Grounds for Suspension and Removal. It is a privilege, and not a right to hold membership on the Skyridge High School cheerleading teams. Those who choose to conduct themselves poorly will face consequences such as suspension from events or removal from the cheerleading program. A cheerleader may be suspended or removed from the cheer program for offenses that include, but are not limited to:

- Failing to maintain the academic/attendance standards in Article Three
- Failing to maintain the tardiness/attendance standards in Article Five
- Failing to abide by the Social Media standards outlined in Article Two
- Inflicting physical harm on others
- Abusing illegal substances or alcohol
- Taking part in illegal activity
- Engaging in behavior in or out of cheerleading that warrants such discipline as determined by the cheer staff

ARTICLE THREE. ELIGIBILITY GUIDELINES

Section One. Full-Time Enrollment Status. Cheerleaders must attend Skyridge High School and maintain a full-time student enrollment status to participate in the cheerleading program.

Section Two. GPA, F's, and Incompletes. All cheerleaders must maintain a 3.0 GPA and have no F's or Incompletes at the end of each quarter.

Section Three. School Attendance. Cheerleaders must be in attendance and on time to all school classes. Truancies are not tolerated. Team members that choose to be truant from school classes may be subject to disciplinary action and/or dismissal from the team.

ARTICLE FOUR. TEAM STRUCTURE & DUTIES

Section One. Team Structure. The Skyridge High School cheerleading program is organized into three teams: Spirit, Elite, and Stunt Crew. All three teams may include freshman, sophomore, junior, and senior class-men. After tryouts, new members may be considered for placement throughout the year based on the current status of the program.

Section Two. Girls Spirit Cheerleading Team. The central focus of the Spirit Cheer Team is to generate school support and help facilitate crowd enthusiasm at athletic events. Its responsibilities are to cheer for the following sports:

- JV Home Football
- Varsity Home and Away Football
- Varsity Home Volleyball
- Varsity Home Girl's Basketball and Away Girl's/Boy's Basketball

Section Three. Girls Elite Cheerleading Team. The Elite Cheer Team is an advanced, skill-focused team. It also shares in the responsibility to generate school support and help facilitate crowd enthusiasm at athletic events. Its responsibilities are to cheer for the following sports:

- Varsity Home and Away Football
- Varsity Home Volleyball
- Varsity Home Boy's Basketball and Away Girl's/Boy's Basketball

Section Four. Boys Stunt Crew Team. Boys Stunt Crew members will be assigned to either the Elite or Spirit Cheerleading Teams and will support football and home basketball events and compete alongside Elite and Spirit. Boys Stunt Crew will not attend volleyball matches or away basketball events.

Section Five. Cheerleading Competition. The main purpose of the Skyridge High School cheerleading program is to generate school spirit and support school athletics, but emphasis is also placed on cheerleading competition. The Skyridge High School Cheerleading teams are well-recognized, accomplished, and admired in state, regional, and national competition arenas. It is a great honor to represent Skyridge High School in cheerleading competition. The Spirit and Elite Cheer Teams will combine to compete locally and nationally in the Crowd Leader/Game Day Division. The Elite Cheer Team will compete locally and nationally in the Varsity Show Cheer Division.

SHS cheer team members are not guaranteed participation in competition. We not only seek individuals that aspire to significant levels of performance and skill, but we require members to demonstrate hard work, determination, teamwork, positivity, and adherence to the aforementioned behavioral and academic standards.

ARTICLE FIVE. TIME COMMITMENT

Section One. Cheer Class. During the school year, cheerleading is a formal class period that takes place B5. Practice will start 6:00am and run through B5. A formal disclosure document will be distributed at the beginning of the 2020-2021 academic school year, which outlines the process by which grades are determined.

Section Two. Time Management. Cheerleading is a year-round sport that requires a great deal of time in practice and performance. All cheerleaders must be extremely organized to balance the demands of cheerleading. Cheerleading activities include practices, games, camps, clinics, fundraisers, assemblies, school events and so forth. Involvement in other clubs, organizations, and activities cannot conflict with the cheerleading schedule. Out of necessity, the tardiness and attendance policies for the cheerleading program are very strict because all members are choreographed into stunt groups and routines.

Section Three. Attendance Policy. When a cheerleader is absent, it practically halts progress. As a result, absences are not tolerated. Work schedules, technical training courses, vacations, FSY, TREK, girls camp, hair appointments, medical appointments, driver's education classes, homework make-up, extracurricular activities, all-star cheer programs, and other functions cannot conflict with the cheerleading schedule. A cheerleader may be temporarily or permanently removed from stunts, routines, and performances due to absences for any reason. Absences are only excused in the case of a death in the family. Other extenuating circumstances will be dealt with on an individual basis. The cheer staff must be made aware of all absences as far in advance as possible. In the event of severe illness, a cheerleader's parent must contact the cheerleading staff prior to the event (including practice) to excuse the cheerleader from attendance.

During summer practice weeks, absences of any kind are strongly discouraged. Please do not try out if you are not able to honor the spring and summer practice schedule in Article Five, Section Six. During school months, absences will result in grade deductions. Grade points lost for absences cannot be made up. Absences of any kind are detrimental to the entire team so absences may result in being temporarily or permanently removed from stunts, routines, and performances at the discretion of the cheer coaches.

Section Four. Tardy Policy. In order to operate an organized, efficient cheerleading program, members must be on time to all events and cannot leave early.

Section Five. Truancy Policy. Deliberately and blatantly skipping cheer class, practice, or any other cheer event will not be tolerated. Members that choose to be truant from cheer events will be subject to disciplinary action and/or dismissal from the team.

Section Six. 2020-2021 Cheerleading Schedule.

- Spring Schedule
 - Practice: April 20th - May 22nd, B Days 6:00am-7:45am
 - Practice: Mondays April 20th - May 18th, 6:45-9:00pm
 - Elite: A Day Mondays
 - Spirit: B Day Mondays
 - MANDATORY Uniform Fitting: April 15th, 2:30pm
 - MANDATORY Stunt Safety Clinic: Monday, May 4th, ≈ 3:00-8:00pm

- **Summer Schedule**
 - Practice: June 15th - 18th 6:00-9:00am (Everyone)
6:00-9:00pm (Spirit Only)
 - June 19th 6:00am-12:00pm (Elite Only)
 - June 22nd - 26th 6:00-9:00am (Everyone)
6:00-9:00pm (Spirit Only)
 - July 27th – August 14th, M-Th 6:00-9:00am
 - Lehi Round-Up Parade: Saturday, June 27th
 - Home Cheer Camp: July 6th - 10th (All Day)
 - Jr. High Cheer Camp Fundraiser: August 5th - 7th, 10:00am-1:00pm

- **School Schedule**
 - Practice: 6:00am through B5
 - Practice: Mondays 6:45-9:00pm
 - Elite: A Day Mondays
 - Spirit: B Day Mondays
 - Games & Events: 2 - 4 days/nights a week
 - Extra Practices: May take as needed.

Section Seven. Tumbling Lessons. Tumbling is a significant part of cheerleading. Although tumbling skills are often executed at cheer practices and events, this does not take the place of consistent repetition and technique-focused training. We strongly encourage all team members to enroll in regular, weekly lessons outside of cheer practice to continue progression in the art of tumbling.

ARTICLE SIX. COACH & PARENT ROLES

Section One. Roles of Cheer Staff. The cheerleading coaches are united in purpose and will jointly determine the policies and procedures of the Skyridge High School cheerleading program. Though individual responsibilities are assigned, the coaches represent a united front where all questions and concerns from parents should be directed.

Section Two. Roles of Parents. We encourage all parents to be supportive of the cheerleading program and to promote a positive environment where the objectives of the cheerleading program can be met. Please assist your student-athlete in upholding the rules and expectations outlined in this document. Parents must understand it is not their place nor entitlement to regulate or direct any part of the cheerleading program. At times, concerns may arise you desire to discuss with a cheerleading coach. We hope you will encourage your child to speak with a coach before you intervene. Serious issues will be discussed by appointment only and may require administrative presence.

Section Three. Parent Support. Parents are vital in boosting our endeavors! As coaches, we can't do it all. We have big ideas and fun plans, but we need more hands to make the fun extras happen. Our hope is with support and help from equally-invested parents, coaches can focus the majority of their efforts on quality cheerleading instruction while parents assist with the extras that make a big difference. This year we plan to appoint one or two cheer parents that will oversee the creation of committees and handle communication amongst parent volunteers. We hope parents will attend the opening social (details TBA) with the purpose of becoming acquainted and facilitating the formation of a strong parent volunteer support group. Some of our needs include:

- Team bonding activities
- Home cheer camp lunches & activities
- Fundraiser facilitation
- Team meals before select football games and cheer competitions
- Locker & bus decorations for important events
- Competition treats & snacks

ARTICLE SEVEN. HEALTH & SAFETY GUIDELINES

Section One. Health & Strength. Members are expected to maintain their health and strength to have the ability to tumble and stunt. Regular conditioning and strength training will be part of the cheer program. If any condition arises (physical, mental, emotional, etc.) that interferes with the safety and function of a cheerleader, proper precautions including removal from the squad will be taken to protect the safety of the cheerleader and other team members. If a cheerleader misses vital practices for performance content of any kind due to illness or injury, the cheerleader may be permanently removed from the affected performance content. *Note: Please do not tryout if existing injuries, diseases, or physical/mental/emotional limitations prohibit you from vigorous exercise or extreme impact due to stunting and tumbling.*

Section Two. Stunt Safety Clinic. All Skyridge High School cheerleaders are required to attend the stunting certification course in the spring. UHSAA Risk Management rules do not allow a cheerleader to stunt during the 2020-2021 school year if he/she does not attend the stunt certification clinic. The 2020-2021 mandatory Stunt Safety Clinic will be held Monday, May 4th, at Corner Canyon High School.

Section Three. Injuries. Unfortunately, due to the nature of cheerleading, serious injuries can occur. If a member becomes injured in or out of cheerleading and is unable to train with the cheerleading team, a medical release note must be submitted by a physician to

remove the cheerleader from activity and also to clear the cheerleader back into activity. The cheerleader must then prove through conditioning and training that he/she can return to full performance and will remain absent from routines until doing so. A cheerleader absent from vital practices due to illness or injury may be permanently removed from the affected performance content. It is expected the injured cheerleader remain in attendance at all functions, even though participation is limited or prohibited.

Section Four. NFHS Spirit Rules of Safety. All efforts will be made to prevent injuries by following the National Federation of State High School Associations Spirit Rules of Safety.

ARTICLE EIGHT. UNIFORM GUIDELINES

Section One. Practice Uniform. Cheerleaders must wear clothing that allows movement but is not baggy. Shorts and a t-shirt are preferred. Briefs or “spunks” cannot be worn as shorts, and sports bras cannot be worn as tops. At times, specific clothing may be assigned for practices. Hair must be secured out of the face before entering practice and cheer shoes must be worn. No unnatural hair color is allowed (gray, Coca-Cola red, blue, pink, green, purple, orange, etc.)! Extreme hairstyles are prohibited. Jewelry, long nails (past fingertip), and gum are prohibited. A cheerleader that fails to maintain the practice uniform guidelines may not be allowed to participate in practice. During spring and summer months, incorrect practice uniform 3 times will equate to one absence. During school months, incorrect practice uniform will result in grade deductions. Lost points cannot be regained.

Section Two. Game Uniform. Game uniform is assigned for each event. White, no-show ankle socks must be worn. Bra straps must never show. Hair must be styled as directed with flyaway pieces secured out of the face. No unnatural hair color is allowed (gray, Coca-Cola red, blue, pink, green, purple, orange, etc.)! Extreme hairstyles are prohibited. Jewelry, long nails (past fingertip), and gum are prohibited. Cheerleaders who do not wear the assigned uniform in its entirety may not be allowed to participate in the associated game or event. Incorrect game uniform will result in grade deductions. Lost points cannot be regained.

Section Three. School Uniform on Game Day. On the day of a game, cheerleaders will be required to wear matching spirit gear to school. Hair may be styled as desired, unless otherwise directed. Cheerleaders who fail to wear the correct spirit gear to school will incur grade deductions. Lost points cannot be regained.

Section Four. Travel Uniform. In an effort to look professional and uniform, cheerleaders must arrive at games and travel on buses in their 2020-2021 cheerleading apparel and cheer shoes. Other articles and accessories should be carried in the designated cheerleading bag. Hair must be styled correctly before loading the bus.

Section Five. Loss of Uniform. Cheerleaders who lose an article of uniform or spirit gear must pay for a replacement piece immediately. The cheerleader may not be allowed to participate in games, performances, and events until the article of clothing is replaced.

ARTICLE NINE. FINANCIAL OBLIGATION

Section One. Cheerleading Fees.

- **Uniform, Spirit Wear, & Home Cheer Camp Fees.** Each team member is required to pay \$900 toward uniform expenses, spirit wear, and home cheer camp fees. Cheer fee payments must be paid on time to place uniform orders. Cheerleaders will not be eligible to participate in most events without required clothing and uniforms. All team members are also required to provide all-white cheer shoes with a low profile sole. Cheer shoes may be purchased with a credit card from Varsity Spirit Fashions at the uniform fitting on April 15th or may be purchased online with the guidance of a cheer coach.
- **Participation Fee.** A \$100.00 participation fee will be charged during school registration for all team members.
- **Competition Trip Fees.** Additional competition tour fees up to \$800 may be finalized at a parent meeting early in the season.
- **Miscellaneous Fees.** There may be miscellaneous expenses not included above, but such expenses are optional.

Section Two. Payment Schedule.

Due Date	Amount Due	Description	Payment Location
April 14th	\$300	Required Uniform Fees	SHS Financial Office or myschoolfees.com
April 28th	\$300	Required Uniform Fees	
May 12th	\$300	Required Uniform Fees	

Section Three. Fundraising. Various fundraisers will take place throughout the year to support the cheer program. Funds raised are used for buses, signs, supplies, competition fees, music, activities, coach pay, additional clothing, tour events, and other various expenses. It is strongly encouraged all cheerleaders participate in fundraising activities, as they will not be entitled to use funds raised without their participation. The following fundraisers will take place throughout the year:

- Jr. High Cheer Camp: August 5th - 7th, 2020
 - 3-day cheerleading clinic for 5th-9th grade city cheer teams followed by a football game halftime show performance
- Mini Cheer Camp: Fall 2020
 - 2-day cheerleading clinic for pre-K through 6th grade children, followed by a football game halftime show performance
- The Skyridge Invitational: October 24, 2020
 - Cheerleading competition for 5th-9th grade city cheerleading teams
- Skyridge Youth 5th-9th Grade Cheerleading Tryouts: April 2021
 - Clinics and tryouts for 5th-9th grade city cheerleading teams

Section Four. Loss of Cheerleading Fees. Once uniforms are ordered, any cheerleader who quits before cheer fees are paid in full will still be responsible to pay any uniform and camp costs that are non-refundable. Furthermore, a competition team cheerleader that is unable to attend a trip event due to disciplinary procedures, injury, or any other reason forfeits her fees paid toward the event if refund deadlines are past.

ARTICLE TEN. TRYOUT INFORMATION

Section One. Tryouts, Part One. Just like other sports, the cheerleading teams will be selected by the cheerleading coaches. Tryouts will be held over the course of two days so coaches can observe participants for several hours. Guest judges will be present at day two of tryouts to observe participants and contribute personal evaluations. Boys will only attend the first day of tryouts. Tryouts are scheduled March 31st and April 2nd from 6:30-9:30pm at Skyridge High School. Tryouts will be held in auxiliary gym A on March 31st and in the dance studio on April 2nd. Tryouts are closed to spectators. Female participants will be taught a dance and a cheer, but will also be evaluated on jumps, showmanship, stunting, standing tumbling, and cross tumbling. Male participants will be evaluated on simple motions, jumps, showmanship, stunting, standing tumbling, and cross tumbling. Each participant should wear shoes and clothing suitable for athletic activity.

Section Two. Tryouts, Part Two. As coaches we care as much about positive attitudes and good character as we do about cheerleading skills. As part of selecting the Cheerleading and Stunt Crew Teams, we will review the following information about each participant:

- 2019-2020 1st, 2nd, and 3rd Quarter Grades
- 2019-2020 School Attendance
- Online Essays
- 3rd Quarter Teachers' Recommendations (8)
- Previous Coaches' or Instructors' Recommendations (2)

Section Three. Online Tryout Application & Participation Forms. Please visit skyridgecheer.com to begin your tryout application. Once logged in, you will submit basic contact info, upload grades and attendance, enter email addresses for recommendations, answer essay questions, and sign the following forms:

- By-Laws Acceptance Form
- Informed Consent & Acknowledgement Agreement
- Tryout Permission Slip
- Health, Safety & Performance Agreement
- Fee Transparency Form

Your online application must be complete and all recommendations must be received by March 31st in order to try out. Questions regarding the online application process may be sent to skyridgefalconscheer@gmail.com.

Section Four. Tryout Results. Tryout results will be posted Saturday, April 4th, by 6:00pm at skyridgecheer.com. Results are final.