DAVIS HIGH SCHOOL CHEERLEADING CONSTITUTION

PURPOSE

- To support Davis High School and promote school spirit at all school activities
- Set an example to the students and athletes at Davis High School
- To display great sportsmanship and great relationships with teammates, students, faculty, staff, other schools and their students. Develop good character and cooperation skills as well as commitment, self-discipline and integrity
- To learn and display leadership and friendship to everyone around you by being positive and friendly, inclusive, and maintaining high academic standards
- To compete in cheerleading competitions, aiming to be the best team you can be
- Utilizing social media in a positive and appropriate manner

REQUIREMENTS

- Maintain a 3.0 GPA or higher per term, and no F's any term, once on the team
- Once on the team, "U"s must be made up in 1 week
- Must be a full-time student at Davis High School (to be full-time must be in at least 5 classes all year-seminary does not count as part of this requirement.)
 - Attending DHS or plan to attend DHS (variance must be cleared)
- Must attend school regularly
- Expected to make a commitment to Davis Cheer for the full school year
- Must be able to meet the physical demands that will be placed upon them
- Set a positive example to students and teammates & have respect for administration, faculty and coaches
- Must be able to attend all mandatory practices and performances
- Once selected, every cheerleader must download the BAND app
- There will be a team website where cheers, choreography and other information will be posted for the team. It is recommended that a cheerleader/parent has access
- Must be able to finance the expense of being a Davis Cheerleader
 - Expenses Page 5

ELIGIBILITY

- Tryout Information Page 22
- 3.0 cumulative GPA for 3rd Term
- No F's
- All U's must be worked off prior to tryouts
- Former cheerleaders are required to tryout
- Must be able to meet the physical demands that will be placed upon them
- Competition teams are allowed, as long as Davis Cheer requirements come first
 - Must attend all Davis practices, games, performances, competitions, activities
 - Davis Cheer performances come before any dance/cheer/recitals/competitions

CLASS REQUIREMENTS

Cheerleaders will enroll in the cheerleading class – 5th Period (first class on 'B' day). Cheerleaders will participate on a point system basis, where it will be graded like a normal class, where attendance, preparedness and attitude will be evaluated. The cheer coach will keep track and reserve the right to give/take away points where/when appropriate.

- Academic Grade will be based on 100 points given at the start of each term
 - **❖** A = 100-88
 - **❖** B = 87-78
 - **❖** C = 77-65
 - Φ D = 64 55
 - ❖ F = 54 0
- Loss of Points/Privileges and Penalties
 - o Loss of Points Page 10
 - If cheerleader receives below an A and/or U at midterm or end of the term, parents will be notified
 - Consequences cannot be made up (these start over each term)
 - There are several options to make up points. Point make ups must be done 1 week prior to the end of the term.

EXPENSES

The cost for cheerleading is **\$1995** per member/per year according to the District Fee Schedule. This may be paid in installments. <u>Davis Cheer Payment Schedule-Page 23</u>

Costs

- o \$995: Uniforms, Camps, Choreography, School Outfits, etc.
- \$5.00: Drug Testing Fee
- \$1000: Extended Travel Trip (excluding food)
- If you owe money after the payment deadlines you will not receive uniforms until payment is made (unless prior arrangements have been made)
- Additional apparel and items will be earned through fundraising
- Refunds will **NOT** be given if a member decides to quit or is dismissed from the team

FUNDRAISING

- All fundraisers go into the general cheerleading fund, a team goal will be set per fundraiser.
 - Approved fundraisers: Golf Tournament, Halloween Dance, Mini Cheer
- Cheerleaders may individually fundraise, but it must be done individually

COMPETITION

- This will be a competition team, and we plan to compete in 5-6 competitions throughout the school year.
- A select number of team members will be selected for the competition team at the end of August based upon summer practice, performance and skill.
- You must agree to attend all mandatory competition practices and competitions
- National competition will be an option at the discretion of the administration.
 - The PTA will hold a parent vote. At least 80% approval is required for the team to participate in a national competition. (District Policy)
 - May be required to compete on a Sunday

ATTENDANCE

SUMMER

Summer practices are vital to the success of our cheer team. You are allowed to miss a total of **5** June practices, with the exception of the mandatory dates.

June:

- Practices:
 - Monday-Friday 6:00-8:30 AM
 - Tuesday evenings 6:00-8:30 PM
- Mandatory Golf Tournament: June 10th
- Cheer Camp: June 24th-28th (All Day)
- Tumbling: TBA Optional

July:

- No practice
- You are expected to attend the Kaysville City Parade unless prior arrangements have been made.
- No Tumbling

August:

- All of August is mandatory
- 2 A Days: 5th-9th Time TBD
- Tuesday/Thursday evenings TBD
- Tumbling: TBA Optional

GAMES

- Cheerleaders are required to cheer at all football games, girls' & boys' basketball games, and any State games.
 - o State games include Football, Volleyball, Boys Basketball and Girls Basketball
- For all other sports or events, the team will be divided up and will attend their assigned game, supporting Davis High.
 - Wrestling, Track, Soccer, Baseball, Softball, Golf and any other event that is deemed appropriate for cheerleaders to attend.

PRACTICE

- Cheerleaders are expected to attend every practice and class period
- No practice will be held on 3-day weekends (September-November)
- Practice WILL be held on 3-day weekends (December-February)
- Saturday morning practices will start in September
 - At least ONE Saturday a month (September-February)

ABSENCES

- Excused absences include: weddings, religious ceremonies and funerals of immediate family members and school related actives that are cleared by the coach, ahead of time.
- An excused absence for a serious injury or illness must come from a doctor's note or a text/note from the parent of when the doctor's appointment is.
 - A doctor's note is required for anything that would prevent cheerleader from being at practice/performance or an event with the team
 - A doctor's note will also need to be presented once the cheerleader is cleared. The cheerleader will not be allowed to participate until note is presented.
- All excused absences from a game/class/practice must be sent to the head coach in writing 24 hours before the beginning of that game/class/practice.
- Missing week of a performance/game/practice will remove you from routine/game
- Injury and illness does not excuse you. You are still required to dress, attend practice and games. If injured/ill you won't need to participate, but will need to be in attendance
- If you miss class/practice excused or unexcused your spot in a routine may be moved, removed or you may be replaced.
- You will be allotted one excused absence from class per semester (excluding mandatory competition practices) December-February
- Pre-arranged vacation requires requests to be submitted at least six weeks prior to the date being requested off through the Cheer website.
 - Request will be approved or denied by the coach
- Vacations will not be excused in the months of December-February

APPEARANCE REQUIREMENTS

- Adhere to the clothing schedule for practice, games and school days. Points will be taken
 off by the outlined class requirements.
- No jewelry, acrylic nails, or gum at practice or games (state policy).
- If a cheerleader chooses to pierce her ears or other body parts during the cheer season, she must have her jewelry removed for all practices, games and competitions.
- Uniform must be clean when worn, wear white no show socks with your uniform. (points will be deducted if they are not white), hair must be pulled back from face.

TRANSPORTATION

- Getting to and from practice, evening practices, and home games/activities, stunt clinic and local camps are parent's responsibility to provide transportation for their cheerleader.
- Cheerleaders are required to ride to and from games, competitions and all other performances and events assigned by a parent carpool
 - District Car Pool Policy will be provided
 - In circumstances prevent you from riding in the carpool, written notice from a parent must be provided and a parent/guardian is responsible to get you to/from the event
 - Buses will be provided for state games only

CAPTAIN / CO-CAPTAINS

- The coaches have the final say on the captains that are selected which will be uncontested by students, parents and/or administrators.
- The Captain position is open to Seniors and Co-Captains are open to Juniors and Seniors.
- Campaigning for a captain position will not be tolerated and you will be removed from the ballot.
- Captains must behave in compliance with the constitution at all times and demonstrate the highest standards.

HEALTH, SAFETY AND LIABILITY

- a. It must be understood that cheerleading carries with it a risk of physical injury. Strict adherence to the rules and guidelines is necessary to ensure the safety of all team members, including stunting, tumbling, and cheering. Even with the highest degree of caution, it cannot be guaranteed that injuries will not occur.
- b. The cheerleader or parent/guardian will not hold the Coach, Davis High School, or Davis School District responsible in the event of an accident or injury.
- c. If a cheerleader becomes injured and is unable to participate in cheer activities, a medical release, signed by a physician, must be submitted before the cheerleader can resume any cheer activity.
- d. All team members must have medical clearance from a physician before engaging in school cheerleading activities.

PROBATION

Probation is the loss of performance, game, and halftime privileges. You are still required to attend all games, performances or practices but will not be allowed to wear your uniform. You will sit in the stands with the coach/advisor.

- Probation may occur for the following reasons (but is not limited to):
 - Grades below a 3.0 for the prior term (and will be reevaluated at mid-terms)
 - Any U's. The cheerleader will be on probation until U is worked and paid off
 - Any F's (will be reevaluated at mid-terms)
 - o Rude, disrespectful, demeaning behavior
 - Truancy from class
 - Participating in illegal activities/behaviors
 - Not following personal conduct rules (see below)
 - Causing unnecessary drama or contention on the team
 - Any violation of this constitution
 - Coaches and administration reserve the right to dismiss cheerleaders at their discretion, at any time

PERSONAL CONDUCT (includes all forms of Social Media)

Everything you do and say reflects Davis High School and our cheer team. The actions, words, posts, and texts you do, speak, type and send should never be rude, disrespectful, offensive, demeaning, and/or negative. Cheerleading is a privilege not a right, you are to be a high moral character and an example to your fellow students and community members.

- Do not complain, gossip or talk badly about another cheerleader to a teammate, another team or on social media.
- Do not smoke, vape, drink, or use illegal drugs. Doing so will result in removal from the team.
- Do not cheat, lie, steal, become truant, participate or support illegal activity.
- No bullying or hazing team members or other students in any way.
- Respectful behavior is expected in halls, classrooms, actives and games as well as social media, and outside of any school function
- Cheerleaders are to conduct themselves in an appropriate manner on social media sites, as well as texts. Any use of vulgar pictures, or language, or sexting will be grounds for removal from the team depending on the severity as determined by the coach and the Administration. Cheerleaders are responsible for their personal websites and postings as well as postings on other students' websites. The area of appropriateness will include, but are not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the administration.
- Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the high school they attend and represent and should act accordingly

This constitution may be changed by coaching staff with prior notification to cheerleaders and parents

DAVIS HIGH SCHOOL CHEERLEADING CONSTITUTION SIGNATURE PAGE

I have read the Cheerleading Constituition, Code of Conduct and Loss of Points Chart and the Requirements stated in the Davis Cheer Constitution and I give permission for my child to tryout and possibly become a cheerleader for the Davis High Cheer Team. I agree to adhere to the terms, rules and conditions stated. I understand the consequences for poor grades, citizenship, attendance and any other violation of the rules stated in the constitution during my child's time on the Davis Cheer team and understand that violation of any of these rules may result in temporary or permanent dismissal from the team.

I understand that there are financial obligations that come with being a Davis Cheerleader, and will communicate with the head coach or administration if there are questions or concerns that arise.

I understand that mandatory practices, games and competitions are not to be missed. If my child needs to be excused, they will communicate with the coach in advance in accordance with the absence policy in the constitution.

I understand that my child will be evaluated by judges and agree to abide by the decision of coaches and judging panel.

DADENT CICNIATUDE.

PAREINI SIGNATURE.	
Parent / Guardian Signature:	Date:
I understand that being a Davis High School Cheerleader is a big time mandatory practices, games, competitions and activities for Davis (
By signing below, you are committing yourself, your parents, your following all rules Davis Cheerleading Team . You are committing to following all rules Davis Cheer Constituition. You understand that the items in this consuggestions, they are rules, which if not followed, can jeapordize you	s and requirements listed in the estitution are not guidelines or
If chosen, you will abide by the Davis Cheerleading Constitution and an administration.	I rules set forth by the coaches
CHEERLEADER SIGNATURE:	
Cheerleader Signature:	Date:

The above constitution may be changed by coaching staff with prior notification to cheerleaders and parents.

LOSS OF POINTS / PRIVILEGES CHART

Penalty	Loss of Points	Loss of Privilege
Summer Tardies (4 tardies = U 1 st Term)	-1 point for every minute late (max. 30 points)	If more than 4 during month of June, you will be pulled from the football halftime performance
Missing more than 5 June Practices	-25 points	Will sit Brown & Gold Game
Missing any mandatory June Dates	-25 points	Will sit Brown & Gold Game
Tardy (4 tardies = U)	-1 point for every minute late (max. 30 points)	Per minute late, is a per minute loss of cheering at the next game
Unexcused Absence from practice/game/performance (this includes state games and fall/spring sports)	-20 points	1 Consequence 2-hours community service Lose your spot in game lineup
Missing practice week of a performance	-25 points	Pulled from routine/game
Missing Carpool w/out being excused	-15 Points	1 Consequence
Wearing Jewelry, Acrylic Nails Chewing Gum, Excessive Phone Use, Failure to complete an assignment (video assignment)	-10 points	Loss of cheering / practice for 10 minutes
Excessive talking or not paying attention during a game	-10 points	1 Consequence
Leaving a practice/game/performance early (only allowed with approved permission)	-20 points	Automatic 2 Consequences
Forgot Pom Poms for practice or game	-15 points (points given if items are not present once practice/game starts	Loss of cheering at the game / practice until poms arrive
Incorrect/ No Clothing Item at Game, Practice, Class (bows, uniform, bra showing, spanx, team clothing item, white no show socks, etc.)	-10 points per item (points given if items are not present once practice/game starts	Loss of cheering at the game/practice until clothing item is correct 1 Consequence
Outside Competition-Missing any Davis Events Hazing, bullying, gossiping, disrespectful behavior, towards team/classmates or coaches	-20 points Automatic Probation	Automatic 1 Consequence Automatic Probation

CONSEQUENCES *You can't make up consequences!

- o **1st Offense =** loss of cheering in 1st ½ of the next game (includes state playoff games)
- o **2nd Offense** = loss of cheering in 1st ½ of the next game AND loss of performing at next halftime (includes state playoff games)
- 3rd Offense = loss of cheering at the next game, loss of performing at halftime, will need to help with set up and take down of next HOME game with custodians
 - o (once football/basketball season is over, loss of performing in the next assembly)

MAKE UP POINTS

- +5 points = Team Motivational
- +5 points = Vacuum (1) floor mat
- +10 points = attending a Fall/Spring sport that you aren't assigned to (not covering for someone else)
- +10 points = take a team treat to another sport/team
- +20 points = cheering at a basketball game that you aren't assigned to (not covering for someone else)
- Other makeup options available throughout the year
 - o All Make Up Points must be done 1 WEEK prior to the end of the term.

DAVIS CHEER IMPORTANT DATES

APRIL

- April 8-10 at 6:00 pm Tryout Clinics
- April 11 at 6:00 pm Tryouts
- April 15 at 5:00 pm: New Team Pic/Dinner
- April 15 at 7:00 pm: Parent Meeting & Fitting
- **April 16** at 6:00 8:00 pm New Team Practice
- April 22 at Davis-Golf Tournament Meeting
- April 23 at 6:00 8:00 pm New Team Practice
- April 30 at 6:00 8:00 pm New Team Practice

MAY

- May 1st First Payment Due \$350
- May 3 Team Social TBD
- May 7 Mandatory Stunt Clinic @ Viewmont (4-7pm)
- May 14 at 6:00 8:00 pm New Team Practice
- May 21 at 6:00 8:00 pm New Team Practice
- May 28 at 6:00 8:00 pm New Team Practice

JUNE

- June 3rd Second Payment Due \$350
- June 3rd Team practices begin
 - 6:00-8:30AM (Mon-Friday)
 - o Tuesday Evenings 6:30-8:30
- June 7th-8th- Senior Leadership
- June 10th Mandatory Golf Tournament
- June 17th Cheer Pass Off
- June 24th-28th Mandatory Cheer Camp
- June 24th Team Picture (Evening)
- June 28th Parent Cheer BBQ

JULY

- NO PRACTICE IN JULY
- July 1st Third Payment Due- \$255
- July 4th Kaysville Parade @ 9am

AUGUST

- August 1st-3rd Cheer Retreat
- August 5th-9th 2 A DAYS TIME TBD
- August 5th Mandatory Practices Begin
- August 9th Brown & Gold Game
- August 16th Sophomore Orientation @ Davis
- August 16th Football @ Davis
- August 20th School Starts
- August 23rd Football @ Davis
- August 30th Football @ Davis
- End of Summer Party TBD

SEPTEMBER

- Every Tuesday evening practices
 - o 5:30 pm to 8:30 pm
- Homecoming Week (Sept 22-28th)
 - Paint Sidewalks, Decorate Locker Room, Posters, Balloon Banner
- Begin Volleyball & Tennis Season
- September 9th

OCTOBER

- Saturday Morning Competition Practices
 - TIME TBD
- Every Tuesday evening practices
 - o 5:30 pm to 8:30 pm
 - Thursdays TBD
- August 17th NO Football Game prior to fall break
- State Games Volleyball (UVU)

NOVEMBER

- Saturday Morning Competition Practices
 - TIME TBD
- Every Tuesday evening practices
 - o 5:30 pm to 8:30 pm
 - Thursdays TBD
- Begin Basketball Season
- Begin Wrestling Season
- No Practice During Thanksgiving Break

DECEMBER	JANUARY	
Saturday Morning Competition Practices	Saturday Morning Competition Practices	
o 6:00 am to 9:00 am	o 6:00 am to 9:00 am	
Every Tuesday – evening practices	Every Tuesday – evening practices	
o 5:30 pm to 8:30 pm	5:30 pm to 8:30 pm	
 Thursdays TBD 	Thursdays TBD	
Competition Season Begins	Region Drill Performance TBD	
Dec 7 & 14 – Tentative Comp Dates *	 Jan 11, 18, 25, – Tentative Comp Dates* 	
 December 14th – Christmas Dance 	Practice: Fri. Jan 17th (Teach Prep)	
Team Holiday Party	Practice: Mon. Jan 20 (MLK)	
 Christmas Break Mandatory Team Practice – 	After School Practices TBD	
 Dec 23rd, 28th, 31st 3rd and 4th 	Mini Cheer TBD	
TBD - Basketball Game During Holiday Break	Min Gricer 122	
FEBRUARY	MARCH	
 Saturday Morning Competition Practices 	Begin Baseball / Softball Season	
o 6:00 am to 9:00 am	Begin Boys Soccer Season	
 Every Tuesday – evening practices 	End of Year Banquet	
o 5:30 pm to 8:30 pm	Night to Remember (D'ettes)	
 Thursdays TBD 	, ,	
 Sat February 8th – Sweethearts Dance 		
TBD - Cheer Competitions*		
After School Practices TBD		
• Feb 7–9 UCA NATIONALS in Florida		
• Feb 14–18 USA NATIONALS in California		
 State Games – Boys/Girls Basketball 		
APRIL	MAY	
Tryouts	End of Year Assembly	
	Parade of Champions	



2019 **Davis Football Schedule**

Date	Opponent	Time
August 9	Brown & Gold	7pm
August 16	@Herriman	7pm
August 23	Vs Viewmont	7pm
August 30	Vs Northridge	7pm
(Labor Day weekend)		
September 6	Vs Clearfield	7pm
September 13		7pm
September 20	@ Roy	7pm
September 27	Vs Syracuse	7pm
(Homecoming Game)		
October 4	@ Weber	7pm
October 11	@ Fremont	7pm
October 25	FB State 1st Round	TBD
November 1	FB State 2 nd Round	TBD

Coaches: Mitch Arquette Principal: Dr. Greg WIlkey

Athletic Director: Mylei Zachman

DAVIS HIGH SCHOOL SONG

O Dear Ol Davis High School

Well fight for you, we'll fight for Davis

We're up to snuff, we never never never bluff

Against the Darts of Davis
None Can Progress

Three cheers for Davis

Our D-H-S

Against the Darts of Davis,

None Can Progress

Three cheers for Davis

Our D-H-S!

PAYMENT SCHEDULE & FEES DAVIS CHEER 2019-2020

CHEERLEADING FEES			
APRIL	\$248.75		
MAY	\$248.75		
JUNE	\$248.75		
JULY	\$248.75		
NATION	NATIONALS TRIP		
*Travel cost per pupil may not exceed \$1,000 per trip, excluding food per Davis District Fee Schedule			
AUGUST	\$200.00		
SEPTEMBER	\$200.00		
OCTOBER	\$200.00		
NOVEMBER	\$200.00		
DECEMBER	\$200.00		

Uniform	Competition Fees	Travel Fees	Misc
White Uniform	Comp Uniform	Hotel	Maintenance Fee
New 2019	New 2019		(Stereo, Mats, Signs)
Skirt, shell, liner			
Brown Uniform	Bow/Spanx	Flight	Coaching Fees
Skirt, shell, liner			
Warm Ups	Music	Entertainment	Cheer Camp
Spanx	Choreography	Bus Transfers	Team Meals
Bows	Competition Entry	Park Tickets	Team Gifts
	Fees		
Poms	Choreography	Competition Entry	Banquet
		Fees	
Socks			Nationals Gifts
Backpack			Team Shirt
Comp Uniform			Team Jacket
Practice outfits (5)			Team activities
Game Day Wear			Coaches Clothing
Sweatshirt/Leggings/			
Jackets-Shirts			