

# **PKHS SPIRIT CONSTITUTION**

**2018-2019**

## **Purposes of Spirit Teams**

- 1) The athletes shall promote and uphold school spirit.
- 2) They shall encourage good sporting behaviour among students, adults and teammates.
- 3) They shall lead in a positive manner.
- 4) They shall strive to build better relationships between schools.
- 5) They shall strive to uphold the highest personal, as well as cheerleading, standards

## **Rules**

### **Athlete Guidelines**

- 1) Must attend all practices.
- 2) Must show cooperation with other athletes and volunteer coaches.
- 3) Must know routines for all performances.
- 4) Should keep a good attitude about improving athletic skills.
- 5) Should take responsibility for providing positive leadership both when cheering and not cheering.
- 6) Should always show respect and be courteous to faculty members, administration, officials, coaches, players, and visitors.
- 7) Should be aware of their appearance at all times, using good grooming and dress habits.
  - a. Avoid inappropriate clothing as this projects a negative image that we do not want associated with the team.
- 8) Should strive to be modest in victory and gracious in defeat.
- 9) Must follow all safety rules.
- 10) Must adhere to the rules as listed in this constitution

## **Cheerleader Conduct and Responsibilities**

- 1) Athletes shall cooperate with volunteer coaches, all officials and other squad members.
  - a. No gossiping;
  - b. No swearing;
  - c. No inappropriate behaviour;
  - d. No “attitude”; and,
  - e. No fighting or feuds.
- 2) A cheerleader should be enthusiastic, prepared, and in command of the situation at all times.
- 3) A cheerleader should not do any of the following in uniform:
  - a. Wear jewellery;
  - b. Be involved in public displays of affection;
  - c. Use profanity or make obscene gestures; or,
  - d. Behave in such a way that embarrasses the school or team.
- 4) Athletes should promote good sporting behaviour and school spirit through cooperation with other students, faculty and administrators.
- 5) Athletes should help with and participate in school activities (i.e. pep rallies, assemblies, ceremonies etc.)
- 6) Cell phones will be put away during practice. Use of cell phones during practice will result in confiscation.
- 7) Athletes must not consume alcohol, tobacco or illegal drugs of any kind.
  - a. This will result in an immediate dismissal from the team. See **Discipline** for further information.
- 8) Athletes are expected to maintain a personal standard of health and wellness.
  - a. All athletes are expected to work to increase their physical fitness, endurance, and flexibility over the season.
  - b. All athletes are expected to maintain a healthy diet.
  - c. All athletes are expected to manage their commitments in order to reduce stress.

## **Uniforms and Appearance**

- 1) Competition uniforms are provided but several pieces must be purchased by the athlete; further details will be given to team members.
- 2) Athletes are in charge of cleaning and caring for all equipment and clothing.
- 3) Cheer practice uniforms will consist of a team t-shirt, shorts and cheer shoes. Hair must be up in a ponytail.
- 4) Dance practice uniforms will consist of a team t-shirt, shorts and jazz shoes. Hair must be up in a ponytail.
- 5) Athletes will wear their practice uniforms to practice.
- 6) Female athletes may choose to wear sports bras/half tops for practice, but when outside of the training facility athletes must wear a full shirt.
- 7) Male athletes may choose to remove their shirts during practice, but when outside of the training facility athletes must wear a full shirt.
- 8) Uniform pieces will be worn only for school events with permission from Mr. Knoll or the coaches.
- 9) Jewellery will not be worn during practice; piercings will be taken out before practice begins.
- 10) Tattoo's will be covered for competitions.
- 11) Water bottles are to be brought to all practices.

## **Practice Sessions**

- 1) **Attendance is mandatory at all practices.**
  - a. If you are ill and attend school you are still expected to attend practice to watch.
  - b. If an athlete does not attend school, they cannot attend practice that same day.
- 2) Coaches must be informed of absences one week in advance by **parents**. Illness or family emergency will be within 24 hours. Failure to notify the coach will result in a noted unexcused absence.
  - a. Coaches must be informed by the **parent**. A message passed along by other teammates is not considered valid.
- 3) Unexcused late arrivals to practice will be recorded as an unexcused absence.

- 4) Athletes must provide a note from a medical doctor or a physio therapist if they have a long term injury
- 5) Cheer team practices will be Mondays and Wednesdays 4:00-6:00pm.
  - a. Cheer team members will also be required to attend a workout session once a week. Workouts will be assigned and must be signed off by a staff member.
- 6) Dance team practices will be **Tuesdays & Thursdays 3:30-5:30pm.**
- 7) It is recommended that athletes make use of local gyms to practice their tumbling and stunts.
- 8) Athletes must be changed out, with the mats rolled out ten minutes before the designated practice start time.
- 9) Practice will begin with a team warm-up, followed by team stretching.
  - a. Warm-up intensity will increase over the season.
- 10) Parents/guardians/friends/family will be invited to view certain practices. The gym will be open only to team members, coaches, and school staff. If parents/guardians/friends/family enter the gym without invitation or during a regular practice they will be asked to leave immediately.

### **Social Media/Internet/Cell Phone**

- 1) Most information will be sent out by e-mail to parents and athletes by the coaches.
- 2) Paul Kane Cheer Team has Instagram and Facebook, please follow/join to receive updates.
- 3) Athletes must keep their profile pages and online presence clean; the coaches will be checking profiles periodically.
- 4) Athletes found to be using social media, the internet, or their cell phones for harassing other athletes or students will be put on immediate probation. Depending on the severity of the harassment, it may result in removal from the team and action by the school.

## **Discipline**

- 1) If a probationary level issue arises two times the result will be dismissal from the team, depending on the severity.
- 2) Dismissal from the team is non-reversible for that competition season.
- 3) If you are dismissed from, or quit the team, your fees will not be refunded to you.
- 4) The following will result in probation:
  - a. Undesirable or immoral behaviour;
  - b. Sloppy appearance or habits;
  - c. Undesirable language or gestures;
  - d. Attitude problems and the inability to get along;
  - e. Skipping classes;
  - f. Use of alcohol;
  - g. Unsafe behaviour in practice;
  - h. Unprofessional profile pages/online presence;
  - i. Inappropriate behaviour in class, complaints by teachers;
  - j. Unexcused absences;
  - k. A parents behaviour, if found to be detrimental to the team or volunteer coaches, may result in probation for their child; and/or,
  - l. Failure to uphold constitution;
  - m. Violation of rules and regulations;
- 5) The following will result in automatic dismissal:
  - a. One unexcused absence following probation;
  - b. Use of tobacco or drugs;
  - c. Harassment or abuse of others online;
  - d. Unexcused absence of a competition/performance;
  - e. Anything that harms the reputation of the program or the school; and/or,
  - f. Violation of rules and regulations.

## **Parent Expectations**

- 1) Anytime an athlete is expected to be absent, the parents must let the coaches know. Our expectation is one week in advance or within 24 hours for illness or family emergency. Failure to notify the coach will result in a noted unexcused absence.
  - a. Emails following the practice missed will be counted as an unexcused absence.
- 2) Cooperate with volunteer coaches, school staff, athletes and parents/guardians.
  - a. Any concerns should be brought directly to the Head Coach.
- 3) Those parents/guardians found to be behaving in a manner that may be detrimental to the team or the volunteer coaches will have their child removed from the team.
  - a. The coaches will also do their best to support the parents by providing updates as soon as we receive them, and by working together with the family so the athlete may be successful in all ways.
- 4) Attend functions/competitions whenever possible.
- 5) Cheering along at competitions gives the team a boost, so please, Cheer!
- 6) Keep a positive attitude and an open mind.
- 7) Strive to be modest in victory and gracious in defeat.

## **Safety Rules**

- 1) Please ensure all contact and medical information is current and correct.
- 2) Any cheerleader acting in an unsafe manner that puts either their self or others in danger will be asked to leave practice and will be on automatic probation.
- 3) No stunting unless coaches are in the gym supervising.

## **Tryouts**

- 1) All forms must be returned before try outs:
  - a. Personal information form with all contact information filled out
  - b. PKHS Spirit Constitution form must be signed by parent and athlete
- 2) Cheer try-outs will include:
  - a. Cheer;

- b. Jumps;
  - c. Tumbling;
  - d. Dance; and,
  - e. Interview.
- 3) Dance try-outs will include:
- a. Dance; and,
  - b. Interview.
- 4) Prior experience on the previous years' team does not guarantee a spot on the current years' team.

### **Special Events/Competitions**

- 1) Performances outside competitions are a possibility; the team will be informed as far in advance as possible.
- 2) We will do our best to participate in school events.
- 3) Competitions should be a fun learning experience. While we learn from other teams they will learn from us, this is also a great opportunity to make friends with students from other schools.
- 4) All team members will travel to/from competitions and performances by team bus. Written or e-mail consent by parent/guardian otherwise must be given to the coach.
- 5) Teams may be called upon to participate in school pep rallies. Attendance by all members is expected.
- 6) Athletes must attend all practices in the two weeks leading up to a competition. If an athlete misses for any reason, even for excusable reasons such as illness, they will be unable to participate in that competition. This is meant for the safety of all athletes.

## **Important Dates to Remember**

Below are the dates that athletes will be expected to be at practice/performances. We are providing these dates so far in advance so that you will be able to plan ahead accordingly. As a member of a team all athletes are expected to be available for all dates. If a cheerleader is not able to make a certain date notice must be given at least **one** week in advance. If a cheerleader attends school that day, they are expected to be at practice as well.

It is expected that stunt groups get together once a week, at a gymnastics or cheerleading club during drop-in times, to practice required stunts. Competition dates are non-negotiable.

<p><b><u>Cheer Practice Times</u></b>  Mondays 4:00 p.m. to 6:00 p.m.  Wednesdays 4:00 p.m. to 6:00 p.m.</p> <p><b><u>Dance Practice Times</u></b>  Tuesdays 4:00 p.m. to 6:00 p.m..  Thursdays 4:00 p.m. to 6:00 p.m.</p>	<p><b><u>Cheer Football Choreography Camp</u></b>  September 14 – 2:00 p.m. to 5:00 p.m.</p> <p><b><u>Junior Workshop with Cheerific</u></b>  First week of October – specific dates and times  TBA</p>
<p><b><u>Spirit Teams Competition &amp; Performance Dates</u></b>  Football games – September to October  Victoria Cheer Championships – February 2<sup>nd</sup>  Edwin Parr Cheerfest – February 16<sup>th</sup>  True North Cheer Championships – March 1<sup>st</sup>-2<sup>nd</sup>  Open House – March 7<sup>th</sup>  Cheerific Western Cheer Challenge – March 9<sup>th</sup>  Edmonton Zones – March 16<sup>th</sup>  Provincials – April 12<sup>th</sup>-13<sup>th</sup></p>	<p><b><u>Senior Workshop with Spring</u></b>  Second week of October – specific dates and times TBA</p> <p><b><u>Cheer Competition Choreography Camp</u></b>  November 4 – 8:30 a.m. to 3:30 p.m.  November 5 – 8:30 a.m. to 3:30 p.m.</p>



<p><b><u>Football Game Dates</u></b>  (Athletes will be bussed to and from games; otherwise athletes must be on site one hour before the posted start time)</p>	
<p>PK vs O’Leary, 5:15pm @ Clarke Park September 14</p> <p>PK vs SACHS, 5:00pm @ Riel Field September 29</p> <p>PK vs St. FX, 5:00pm @ Riel Field October 5</p> <p>PK vs Ardrossan, 7:30pm @ Riel Field October 18</p> <p>City Playoffs 2, 6/8:30pm @ Johnny Bright Park October 27</p>	<p>PK vs Strathcona, 5pm @ Riel Field September 22</p> <p>PK vs SACHS, 5:00pm @ Riel Field September 29</p> <p>PK vs Eastglen, 5:00pm @ Clarke Park October 12</p> <p>City Playoffs 1, 5/7:30pm @ TBA October 23</p> <p>City Playoffs 2, 6/8:30pm @ Johnny Bright Park October 27</p>

## **Coach Contact Information**

### **Marc Meunier**

- Athletic Director
- [Marc.meunier@spschools.org](mailto:Marc.meunier@spschools.org)
- (780) 459-4405

### **Suzanne Lewis**

- Teacher Advisor
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- (780) 459-4405

### **Melanie Girard**

- Cheer Coach
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### **Carter Buchanan**

- Cheer Coach
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### **Jamie Snyder**

- Cheer Coach
- [J.a.snyder@hotmail.com](mailto:J.a.snyder@hotmail.com)

### **Elizabeth Zee**

- Dance Coach
- [Elizabeth.zee@hotmail.com](mailto:Elizabeth.zee@hotmail.com)

## **Sign-Up and Parental Permission Form**

(Please return this page only; athletes missing this form before tryouts will be unable to tryout)

I have read the Spirit Teams Constitution for Paul Kane High School, and I agree that I will at all times abide by those rules as long as I am a member of the Paul Kane High School Cheer or Dance Teams. I promise to uphold the high standards of the team in a way that will always be a credit to my school. I realise that failure to comply with these rules may mean my dismissal from the team.

**Candidate Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_(Name of Athlete), has signified a desire to become a cheerleader/dancer at Paul Kane High School. If selected, there are certain responsibilities and obligations that must be assumed in order to remain a member of the team. I have read the rules and regulations set forth in the Spirit Teams Constitution. I will, insofar as I am able, see that these rules and regulations are carried out. Whenever questions arise, I will contact Ms. Lewis for clarification. I agree that my son/daughter will participate in all responsibilities as listed.

I understand that as a parent of a Paul Kane Cheerleader/Dancer that there are specific Parent Guidelines that I am expected to follow in order for my child to be a member of this team. I will follow these guidelines as set out in the Paul Kane Spirit Teams Constitution. \_\_\_\_\_

(Parent Initial)

I hereby give permission for \_\_\_\_\_ to try out and take part in cheerleading activities at Paul Kane High School.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phone Numbers: (Home):** \_\_\_\_\_ **(Other):** \_\_\_\_\_

**E-mail address(es):** \_\_\_\_\_