

Cheerleading Constitution

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MISSION STATEMENT:

The mission of the Mehlville Jr. Panther Cheerleading Organization is to develop a quality middle school program that allows for continued skill development while providing inspiration, enthusiasm, and support for Jr. Panther football, basketball, etc. through cheer, by bringing together students, alumni, and fans in the community to create spirit, pride and traditions in a safe and respectful environment.

GENERAL INFORMATION:

Being a Mehlville Jr. Panther Cheerleader is a privilege and honor which carries with it many responsibilities. It should be understood that the appearance of the cheerleaders and their conduct at the games will reflect on the school. Cheerleaders should be the school's most effective student leaders. They have the responsibility to serve as a support group for the various interscholastic activity programs within the school. The squad should strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help their school achieve the most worthwhile educational objectives. The cheerleading squad is not intended to solely develop their physical skills and talents for the purpose of entertainment. The activity of cheerleading should serve to develop leadership, confidence and skill, while maintaining their commitment to support the school programs. Cheerleaders should remain in high standing with their school academically and socially.

OBJECTIVES:

These are goals the group will attempt to attain for the school year.

1. To promote the type of sportsmanship that will help students acquire the basic attributes of good Citizenship.
2. To develop a positive spirit within the community by bringing together fans and alumni to support the Jr. Panther football teams and other middle school athletics
3. To develop a comprehensive Mehlville Jr. Panther Cheerleading organization that focuses on teaching the fundamentals of cheer to middle school students and promoting a commitment to the organization.
4. To help a students achieve the most worthwhile educational objectives through athletic activity programs.

CHEERLEADING CONDUCT GUIDELINES:

Cheerleading squads should be informed of standards of conduct which they are to meet at both home and way athletic contests. The importance of cheerleaders as representatives of the school and the community should not be underestimated.

The following are suggested standards for cheerleaders:

1. Cheerleaders should always be on their best behavior. Other people will judge the school based on their conduct. "You never get a second chance to make a first impression."

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2. Cheer positively
3. Accept the decision of the officials
4. Set a good example. Cheerleaders can positively influence the conduct of student and adult spectators.
5. Uniforms should be worn only for games and pep assemblies unless permission is given by Mehlville Jr. Panther Cheer Board.
6. All cheerleaders should have and abide by a written constitution established by Mehlville Jr. Panther Cheer Board. Acknowledgement of this constitution should be verified by the signature of the cheerleader and her parents.

GENERAL AND SAFETY GUIDELINES:

The JPCB has developed an Emergency Plan to include procedures regarding the safety of all participants. Emergency Plan is included in this document:

Additionally:

1. Hair must be worn in a manner to minimize risk for the participant
2. No jewelry (except stud earrings) are to be worn at practices and games
3. Do not practice in loose or slippery clothing
4. Tumbling and partner stunts should not be performed on wet surfaces
5. It is considerate to kneel down in front of the crown when an injury occurs and cheering should not resume until game officials signal to continue play
6. Performing of stunts may only be done during time-outs, quarter, and half on the playing area of the gym.
7. Do not go onto the field or floor during a 30 second time out
8. Partner stunts and pyramids shall be practiced in a properly matted area and approved by coaches
10. Must be in full uniform at games.
11. Uniform MUST be clean.
12. No gum is to be chewed during practice or games.
13. Cheerleader should not be disrespectful to opposing team, their cheerleaders, team, fans, or coaches. This behavior includes before, during, and after the games.
14. Use of inappropriate language will not be tolerated.
15. If a cheerleader quits or is removed from the cheer squad, there is no reimbursement
16. Cheerleaders MUST notify coaches when late or absent to a game or practice
- 17. No cell phone use of any kind during practice or games!**

EMERGENCY PROCEDURES

1. At least one member of the Junior Panther Cheerleading Board (JPCB) will be CPR/First Aid Certified.
2. Coaches will maintain copies of every cheerleaders phone numbers including Emergency contact numbers.
3. Coaches will take attendance at each practice to ensure the safety and accountability of all cheerleaders.
4. All stunts will be supervised and regulation "back, front, and side spots" will be mandatory.
5. Coaches will ensure that cheerleaders get frequent water breaks to ensure girls do not get dehydrated.

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6. The JPCB will develop a schedule to ensure adequate supervision at practices, games, and other participating events.

For additional information on the safety guidelines that we will adhere to please refer to that section in the Jr. Panther Cheerleading Constitution Document...(all information is aligned with guidelines from AYC (American Youth Cheer Organization) and MSHSAA Cheer Manual

SPORTSMANSHIP:

1. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations, and graceful acceptance of results.
2. Cheerleader should always cheer in a positive fashion
3. Cheers with suggestive words and/or motions shall not be used
4. The use of a hello cheer is optional. If used, the cheer should be done at the start of the game. It is unsportsmanlike for one squad to be performing a cheer while the other squad is cheering.
5. When the official signals for the game to begin after a time-out, the cheerleaders should not be on the field or floor. Officials can call a technical foul against the team who violates this procedure.\
6. Cheerleaders should call attention to the importance of sportsmanship at all pep rallies.
7. Cheerleaders shall discourage their followers from yelling while an opponent is shooting free throws and/or directing unpleasant remarks towards players or the opposing school
8. Obnoxious behavior by fans is inappropriate and should not be encouraged or tolerated. All players and officials should be treated with respect

For regulations regarding safety requirements and stunts refer to Rules 1 &2 in the National Federation Spirit Rule Book, 2010 MSHSAA Cheerleading Manual, or the 2010-2011 American Youth Cheer Manual

PARENT RESPONSIBILITIES:

1. Transportation to and from practices
2. Transportation to and from assigned practices and games
3. Cheerleaders will pay a \$100.00 Uniform Deposit fee (this check will be cashed but reimbursed at the end of the season or carried over to secure a position on squad for following year)
4. Cheerleaders will pay \$100.00 Registration Fee for Football or a \$100.00 Registration Fee for Basketball. If Cheerleader wishes to register for **both Football and Basketball** the Registration Fee is \$150.00
5. Cheerleaders will be responsible for purchasing their own shoes
6. Sign and agree to MJPC Constitution/Contract/Registration Forms

CHEERLEADER RESPONSIBILITIES

1. Remain in good standing with your Middle School/ Maintain a "C" average
2. Learn and Master Cheers/Chants and Cheer Building Fundamentals
3. Follow Cheerleading Conduct and Sportsmanship Rules
4. Attend Cheerleading practices and Games
5. Participate in additional cheering events when possible
6. Support Fundraisers

MEHLVILLE JR. PANTHER CHEERLEADING EXPECTATIONS & RULES

CHEER SEASON

Our 2011-2012 Jr. Panther Football cheer season begins with the August 28th Jamboree at MHS. Games run from September thru November. Information regarding Jr. Panther Football game times and locations can be found on the Mehlville Jr. Panther Website: www.mehlvillejuniorpanthers.com. All football games are held on Saturday mornings at various locations (6th grade @ 9am, 7th grade @ 10:30am, 8th grade @ 12 noon)

The Jr. Panther Basketball Season runs from January to March. The Jr. Panther Basketball schedules will be available in December and will be forwarded to participating cheerleaders immediately. All MJPC will be notified and included in an Extra Mehlville District School Spirit Activities/Opportunities that arise during the year. (Example: These include the Mehlville Walk Run and the Mehlville Middle School Wrestling Tournament in March.) Participation in any extra cheer events is strictly voluntary.

REGISTRATION:

Cheerleading Registration will be on May 17, 2011 at MHS from 6:30-8:00pm. Any 6th, 7th, or 8th grade girl interested in being a Mehlville Jr. Panther Cheerleader will need to submit the required Registration forms (located on the Mehlville Jr. Panther website: under Cheerleading) Along with the required Registration Fee on May 17, 2011 at MHS. Each squad (6th, 7th & 8th), will be capped at the first 25 girls.

PRACTICES

Cheerleading Training Camp will be held for the following 3 weeks, Monday – Thursday July 25-28, Aug. 1-4, & Aug 8-11th at WMS from 6:00-8:30pm. Weekly Cheer Practices follow on Tuesdays, beginning August 23, 2011 from 6-8pm at WMS .

ATTENDANCE

Attendance is mandatory to cheer practices and games. (Notification should be given prior to any practice or game absence) It is very hard to create, learn and perform a routine if everyone is not there. Being a JR. Panther Cheerleader is an honor and a privilege. You are always to be positively representing the Mehlville Jr. Panther Organization as well as the Mehlville School District as a cheerleader.

PARENT PARTICIPATION

Parents may be asked to help with supervising during practices and games as well as supporting MJPC fundraisers. We acknowledge that their commitment is a vital part of the success of the MJPC Org. and are always open to their comments and suggestions. The Mehlville Jr. Panther Cheerleading Board meets on the 1st Monday of every month from 6:30-8:30pm. Please feel free to contact a board member for the monthly meetings location.

Parent Signature: _____ Date _____

Student Signature: _____ Date _____