

Vanden High School Cheerleading



Constitution

and

Code of Conduct Handbook (2026-2027)

Mission Statement

Increase school spirit through enthusiastic and dedicated involvement during athletic events and school programs. Represent Vanden High School student body, staff and administration in the highest regard at all times.

VIKINGS CHEERLEADING MISSION

- Promote and uphold school spirit, unity and pride.
- To represent the school to the highest degree at all times
- Set an example of good behavior and sportsmanship at all times (in or out of uniform)
- Promote the development of lifelong values and skills.

EDUCATIONAL VALUE TO VANDEN HIGH SCHOOL

Membership on the VHS Cheer Squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad and spirit club members are just as important as the skills involved in spirit leading.

Members of the VHS Cheer Squad are committed to the highest level of athleticism, performance, self-discipline, respect of the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with co-curricular and personal activities. Being a VHS cheerleader is an honor and a special privilege.

Members of the VHS Spirit Club Team are committed to the highest level of performance, self-discipline, respect of the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, spirit team members demonstrate a proven ability to balance academic requirements and demands with co-curricular and personal activities. Being a VHS spirit club member is an honor and a special privilege.

TEAM GOALS

- Cheer at football games and boys'/girls' basketball games (including pre-season games, regular season games and playoffs and state tournaments if applicable)
- Cheer for any sport that requests cheerleading support.
- Continuously support all athletics and activities through inspiration and recognition.
- Support and perform at pep rallies and recognition assemblies (as needed).
- Provide assistance to the school and community when needed.
- Cheer squads will cheer game, sideline, and half-time performances.
- All members must abide by the code of conduct at ALL times. Failure to abide by the Code of Conduct will result in dismissal from the team and club. (Refer to the Code of Conduct and strike policy)

VANDEN HIGH SCHOOL CHEERLEADING Annual Membership Process

The following is a tentative (high-level) timeline for annual membership signups:

- March/April – Announcements and Tryout packet information will be provided to students regarding Cheer Tryouts
- April – Mandatory Parent Informational Meeting to be held highlighting vision, philosophy and requirements of becoming a VHS Cheerleader
- April/May – Cheer clinics and tryouts – Learn the required material and get valuable feedback, Uniform fitting & ordering completed. Fundraising begins
- June – Early season daily practice sessions begin.

- June & July – Continued daily practice session/ schedule to be provided (continues through summer with a 4 week break to be determined)
- July – Summer Cheer Camp
- August – School session begins.
- Football season – end of August through November/December
- Competition season – October through February
- Basketball season – January through April. We will not be doing preseason December Basketball games.
- Cheer Team Banquet – End March/April

CHEERLEADER TRYOUTS

All students interested in trying out for cheer:

- MUST meet the eligibility requirements, (Refer to Eligibility Requirements highlighted under VHS Code of Conduct & Ambassador Attributes)
- Attend and participate in the scheduled annual tryout session.
- MUST be selected based on combination of total point values from judged reviews, feedback from teachers, and feedback from departing Varsity Captains, GPA eligibility, Rule of 85 and skill sets. (Final selections will be made by coaching staff)
- MUST meet the expected behavioral standards already in place/identified in the Code of Conduct. Discipline and attitude from previous year will be taken into consideration during tryouts.

Four to six judges will be present to judge enthusiasm/spirit, jump capability, game cheer, tumbling and dance routine. Point values will be assigned to each category. Final Cheerleader selections will be made based on the decisions of the Head Cheer Coach (Additional feedback from Assistant Coaches, teacher's comments, departing Varsity Cheerleaders, current student GPA, & questionnaires will be taken into consideration)

Note 1: Once cheerleader tryouts are completed and final cheerleader squad selections are made, the cheerleader squad team membership is closed. Military Transfers must contact coach directly.

Cheerleader Season Requirements:

- MUST commit to an 11-month commitment. If commitment is not fulfilled, you may not return.
- MUST abide by the Constitution, Code of Conduct and Ambassador attributes.
- MUST have a current physical on file and a signed emergency form.
- MUST pass regular stunt safety, sidelines readiness and routine reviews.
- MUST be able to practice, games or events over the breaks and all Holidays.
- MUST be able to commit to and be held responsible for the financial commitment outlined under the Cheer Program/Finance Section of this Constitution.
- MUST attend all practices, events and games.
- MUST arrive on time to games and practices and all events instructed by cheer coach to all activities. If late to designated time for game you will be benched 1 quarter. (1 minute pass means late)
- MUST maintain a minimum B grade in Physical Education (PE) and dress out daily, participate full out, and give full effort in all runs.

VANDEN HIGH SCHOOL CHEERLEADING CODE OF CONDUCT & AMBASSADOR ATTRIBUTES

As a member of the Viking cheerleading squad, you must agree to and abide by the following code of conduct at **ALL** times. Failure to abide by the Cheerleading Code of Conduct will result in dismissal from the team (*See strike policy*).

CODE OF ETHICS

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school, district and league rules.
- Show courtesy to all visiting teams, competitors, fans and officials.
- Respect the integrity and judgment of all sports officials and coaches.

PROGRAM STANDARDS

- Cheerleaders understand that teamwork and discipline is key to the success of a spirit program.
- Cheerleaders are dedicated to promoting spirit, enthusiasm, and positive attitude through example.
- Cheerleaders take seriously the responsibility to represent Vanden High School positively and respectfully at all times.
- These standards are required to maintain squad's morale, squad and individual discipline, and effective learning on the cheer mat and in the classroom.
- Cheerleaders understand cheerleading was voluntary, not mandatory. It is a privilege, not a right.
- Community Volunteer Events are mandatory to participate

ELIGIBILITY REQUIREMENTS

- Students must maintain a 2.0 GPA.
- Students who are struggling may be required to submit a weekly walk around progress report.
- Students who are academically ineligible will be dismissed from the squad.
- Rule of 85
- Members must maintain good citizenship, attendance and class performance during the time of the squad from tryouts until the End of the season banquet.
- All members and parents must sign and abide by the VHS athletic and Cheer Code of Conduct.
- All practices, games, performances etc are mandatory.
- All members fundraising activities are required.
- All members are required to attend all scheduled team bonding activities and count towards attendance.
- No member can be a member of an all-star cheerleading squad or be a member of another time conflicting sport.
- **MUST** maintain a minimum B grade in Physical Education (PE) and dress out daily, participate full out, and give full effort in all runs.

CHEERLEADER CONDUCT & AMBASSADOR ATTRIBUTES

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions.
- Excessive public displays of affection are not allowed in uniform, at games or school settings. (Holding Hands is ok)
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- Cheerleaders must follow the school approved dress code at all times.
- By being part of a spirit squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at school functions where you are a representative of Vanden High School.

- If at ANY time, your behavior and/or reputation is called into negative question or falls below the expected standards, **you will be dismissed.**
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Disrespect to a team mate, coach or parent will not be allowed. Team members must display a positive attitude at all times. Negative responses, lack of productivity, and disrespect will NOT be tolerated and such behavior will be considered grounds for immediate suspension and/or removal from the team.
- At no time shall any personal issues be brought into Cheer.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.
- Cheerleaders WILL refrain from posting inappropriate posts, pictures, comments or hazing on social media.
- Each case of discipline will be judged individually. The coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary situation.
- Posting any videos of competition routines or pictures of **competition** routines (including pyramids and stunts) on ANY social media (i.e. Facebook, twitter, Instagram, Snap Chat etc.) is ABSOLUTELY not permitted by both cheerleader and parents. School halftimes not of competition material are ok.
- If parents pull their child for any reason during the season, cheerleader may not return that year.

ABSENCES/TARDIES

- Every cheerleader is an integral part of the cheerleading squad. An absent cheerleader has many impacts to the rest of the team. Cheer is a commitment, please consider the commitment as attendance at all practices, camps, games, playoffs, championships, competitions etc are MANDATORY.
- Being absent from choreography clinics will eliminate you from the routine.
- All absences will be unexcused unless it is due to illness.
- Absences due to work schedules, family events, etc. are unexcused. Please do not put us in a position to judge importance. This is not for us to decide. An absence is an absence, and we ask that you understand the policy and supportively accept the consequences should they occur. As a team sport each member makes a significant impact and when they are missing, work cannot be done. All events must work around the cheer squad schedule. This rule is in place due to safety issues; having to rework routines last minute is not safe and doesn't support the squad's best performance standards.
- If ill a phone call, text or email must be received by email or band message by the cheerleader to coaching staff. Messages should not come from parent. Must be received at least an hour prior to start time of practice and 24 hours for games or performances. If not, the absences will be considered a NO CALL NO SHOW and will result in a strike.
- Missing a scheduled practice the day before a game/activity or day of a game/activity will result in the individual not performing/cheering at the game and will result in a strike.
- Missing a community volunteer event will be considered an absence and will result in strike.
- Attendance at a game or practice without proper shoes, clothing or uniform will be considered an absence. You will not be allowed to participate in practice/game and will result in a strike.
- Tardy– All efforts should be made to avoid tardies. In the event this is to occur you must notify the Head Coach via phone, text or email BEFORE hand. Even 1 min late for any reason will result in sitting out of the first quarter, 15 min late or more will result in sitting out the first half. Only a doctors note excusing the late will be permitted for cheerleader to participate right away. All tardies result in strikes.
- Late Pick Ups – Please be mindful of coaches and ensure all athletes are picked up on time. Any late pick ups will result in a strike.
- Two No Call No Shows will lead to dismissal from the team.
- Vacations during the cheer season: If you have a pre-planned vacation, you must discuss with the Head Coach before tryout to ensure it will not conflict with the timeline outlined in our constitution. Please note that any vacations scheduled within 2 weeks of a competition will result in your cheerleader not competing. The cheer team will be on same break schedule as the school UNLESS it is deemed necessary for coaches to add practices for upcoming events/competition.

PRACTICE

- Practices are **MANDATORY**.
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.

- Hair must be pulled back.
- Chewing gum or eating during practices is prohibited. Only water or sports drinks are allowed during practices. NO soda or juice.
- **NO SITTING.** You will not be allowed to sit during practice unless directed by your coaches or captains. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, cheer, etc.
- Side conversations during practice especially during stunts will result in running laps after practice.
- Missing practices that have a valid excuse (illness only) can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- If for any reason a cheerleader is unable to practice, she/he will still be expected to assist, as instructed by coach.
- Missing the last practice before a game or performance, will lead to being benched or sitting out.
- Safety is our first priority. No horse-playing during practice or breaks will be tolerated.
- Stunting is not allowed, under any circumstances, without the presences and approval of the coach.

GAMES

- All games are **MANDATORY**.
- Members are required to arrive at least one hour before game time. Exact time will be designated.
- Members are required to dress in full uniform, including at school. Girls must also participate in all spirit week for school.
- Make-up can be worn in moderation.
- Nails may be painted. Nails need to be athletic length – no nail past the finger length. No artificial nails during football season or competition.
- No chewing gum or eating during games.
- Socializing with family while game is in progress should be kept to a minimum.
- During game suspensions/bench, the squad member will sit in full game uniform just as all other cheerleaders including hair/bow for that game and sit with the coach for the entire game and help where needed, No exceptions.

ASSUMPTION OF RISK

Participation in the Program carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. Again, while safety is our number one goal, please understand that every athlete should expect bumps, bruises, and other occasional injuries. Athletes and their Parents/Guardian, by agreeing to participate in the Program acknowledge that they know, understand, and appreciate these and other risks that are inherent in the Program and the activities undertaken in the Program, and given that participation in the Program is voluntary, each Athlete and their Parents/Guardian knowingly assume all such risks.

INJURY POLICY

- If a cheerleader is injured during the course of the season, and must sit out, the cheerleader is required to have a doctor's note notify the Coach the nature of the injury and length of inactivity. Cheerleader will be required to follow the medical orders. Prior to rejoining practices/performance, cheerleader must obtain approval from doctor with any limitations clearly given or an all clear to return without restrictions.
- Safety of our athletes is our **NUMBER ONE** priority. We understand during the season injuries may occur in and out of cheer. Please know that coaches will not leave to their own discretion what athletes may or may not be able to do during a practice. It is expected that any injuries no matter how minor seek medical attention to prevent any further injury to athlete or to other teammates.

UNIFORMS/APPEARANCE

- Uniforms must be clean and neat.
- You **MUST** follow the uniform washing instructions. IF the uniform is ruined or discolored, you **WILL** be financially responsible for the replacement cost of the uniform.
- Team athletic shoes must be free of excessive dirt, grass or track stains. They should only be worn for practice, games and performances. Shoes that are soiled or unable to be cleaned, you will be required to replace.

- DO NOT use profanity, or misbehave while in your cheerleader apparel (uniform, T-shirts, jackets, warmups) or while representing VHS at any event.
- You may not wear your cheerleader uniform off-campus, to any event, parade, competitions, etc without permission from your coach.
- Do not wear colored bras under uniforms. Sports bras are mandatory.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days. Failure to do so will result in not cheering at the game and a strike.
- Cheerleaders must participate in school spirit weeks. No exceptions.
- Any alteration to the uniform must be approved by the cheer coach.
- **Cheer Program is a major expenditure. Please read the Cheer Program Finances section and be prepared to commit and be held responsible for this expense**

PERFORMANCES AND CHEER LINES

Placement for performances and cheer lines will be based on performance, participation, ability and effort. Cheerleaders understand the Head Coach will put athlete in the position that they think is best suited for both cheerleader and the entire team at the best interest of the team (i.e. flyer, back spot, base, etc) as well as with all formation placements in routines. At the time of performance, if any team member does not have the routine clean enough for performance, they may be asked to sit out the performance. Any cheerleader that is absent on a choreography day is subject to not being in the routine. A spot will not be held for anyone so that teams can continue to learn and move forward. The same goes for stunts. Cheerleading is a team sport.

TRANSPORTATION

- Cheerleaders are responsible for their own transportation during the season.

DISCIPLINE POLICY

The following violations will be grounds for **immediate** dismissal from the cheer squad.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substance.
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member.
- Gross display of disrespect to the cheer coach, VHS staff/administration, or another team member.
- Any actions that cause the Code of Conduct and/or Ambassador attributes to fall below expected standards.
- Suspension from Vanden High School for any reason

***** You are recognized as a VHS cheerleader whether in or out of uniform. Your actions and behavior is a reflection of all members of the team, as well as the cheer coach and Vanden High School. These matters will not be taken lightly.***

STRIKE POLICY

Minor offenses will be determined on a strike scale. When a cheerleader has earned 3 strikes (any combination of attendance and or behavior as outlined below or to coach's discretion), they will receive a FINAL WARNING BEFORE DISMISSAL email to parent, any additional strike will cause cheerleader to be immediately dismissed from the team.

IMPORTANT NOTE: Some violations will result in immediate dismissal.

- **First strike** will result in official verbal warning.
- **Second strike** will result in bench from game, and warning email to parent. Cheerleader is expected to attend in full uniform same as all other cheerleaders and sit with coaches.
- **Third strike** will result in FINAL WARNING BEFORE DISMISSAL email to parent. Third Strike will result in being benched for entire game and halftime routine. Cheerleader is expected to attend in full uniform as all other cheerleaders and sit with coaches.
- **Any additional strikes will result in** immediate dismissal from the cheerleading squad.

- Strikes begin after tryouts and accumulate until banquet.
- The strike system will be put into effect immediately, spring practices, summer practices/events are all applicable to disciplinary policy. You are a VHS cheerleader from tryouts forward.
- Tardiness/Late Pick Up (1st tardy = warning; 2nd tardy = strike. A tardy/late pick up is defined as arriving to practice or pre-game after designated time of start or pick up– **no grace period (1 minute means late)**).
- Using profanity, excessive display of affection, unsportsman like conduct while in uniform or any part of uniform (including cheer wear, warmups, sweatshirts, etc.)
- Excessive talking during practice or games – One verbal warning will be given before strike.
- Disrespect at practice or games that does not require removal from an event.
- Inappropriate nail length or color – requiring removal of color or clipping nail length.
- Leaving practice early, before dismissal by the cheer coach. Included leaving a game before team huddle and dismissal from the coach.
- Violation of school dress code.
- Not in required dress for practice/games
- Unnecessary talking during sideline cheering.
- Unexcused absences from a game
- Unexcused absences from practices
- Disrespect that requires removal from an event – including practice, community event, games and any other VHS cheer function.
- Stunting without the approval and presence of the cheer coach.
- Inappropriate internet use
- Cheating in the classroom.

COMPLAINT PROCESS

Cheerleaders are directly responsible for his/her performance or behavior. If at any time a cheerleader or parent/guardian needs to discuss problems that he/she may be experiencing the Coach will always be available. Coaches have the final say in all matters. Members or parents, who have questions or concerns, are encouraged to discuss the matter directly with the Coach. If the matter is not resolved, you may follow the chain of command for resolution. The Chain of command is: 1.) Coach 2.) Administration We do request a 48 hour cooling off period before scheduling meetings.

CHEER PROGRAM FINANCES

Cheerleading is a team activity. Individual cheerleaders are responsible for all costs. On top of uniform expenses, we have to cover the costs to sustain the cheer programs' functionality (music, dance/choreography, team bonding, and accessories.) Costs will also cover everything a cheerleader will need for the entire season. We will establish payment due dates. If any of these payment due dates are missed resulting in the cheerleader to not be "game ready" with required full uniform, then that cheerleader will be benched until "game ready" dress uniform is approved by the coach.

Parents/Guardians and cheerleaders are responsible to fundraise, donate, or secure sponsorships for each cheerleader. Parents/Guardians and cheerleaders will have opportunities to earn fees working Vanden Bingo and team fundraisers. The program will offer fund raisers. Each fund raiser will have a mandatory minimum. If that minimum amount is not met; the minimum dollar amount will be added to the cheerleader's balance (mandatory minimums are directed to the program's general fund).

Seasonal expenses will be finalized with a firm budget once the Head Coach completes uniform selections. This approximate amount "generally" covers everything the cheerleader would need for the entire season. Shoes, briefs, poms, bags, bows, camp/practice clothes, cheer hoodie, choreography, music. Itemized items will be provided to all cheerleaders and parents once complete before the start of the season at the first parent meeting.

Important: If there are any outstanding financial commitments not met by designated deadlines, transcripts and report cards will be held and the cheerleader will be put on the Vanden High School fines list until the debt is paid in full.

Vanden High School Cheerleading



Constitution and Code of Conduct Handbook (2026-2027)

*****PLEASE READ HANDBOOK POSTED ONLINE IN ITS ENTIRETY BEFORE SIGNING*****

Team Member: _____ (Print)

_____ **Date:** _____

Signature

Parent permission and constitution agreement:

Print

_____ **Date:** _____

Signature

2026-2027 grade _____

This page is to be returned to the staff the day of paperwork turn in before tryouts.