



## **Creekview Cheer Constitution 2025-2026**

**Program Statement and Purpose:** Creekview High School Competition Cheerleaders are a united group of student athletes that support our school's mission statement in the pursuit of excellence. We are determined to excel in academics, athletics, and our moral character. We encourage athletes to be respectful students and seek growth opportunities while learning. We challenge athletes to continually be their best in their skills and remind them that they are accountable for their own abilities. Most importantly we guide athletes in strengthening important characteristic traits that will last a lifetime. These characteristics include leadership, integrity, kindness, sportsmanship, perseverance, and commitment. These characteristics are regularly defined, spoken about, and embodied at all practices, competitions, and events. As cheerleaders, it is our job to support all sports and extracurricular programs at CVHS. We are dedicated to lifting the spirit of Creekview by walking in kindness and positivity and by committing our actions to high standards within the community. It is our responsibility to set the best example possible for all present and future Grizzlies.

### **Communication:**

- A. Cheerleaders and parents will follow the appropriate chain of command for all squad matters. Squad Coach (Varsity - Alyssa Handley & Gary Milloway) (JV – Kaydee Cohran), (Middle School- Tiffany Rafferty & Alexis Carroll) Head Coach – Alyssa Handley, Athletic Director – Matt Cates, Principal – Mr. Vance, and County Athletic Director.

Contact information for Middle School- Tiffany Rafferty

Email: [Tiffany@tagathletics.com](mailto:Tiffany@tagathletics.com)

call/text:(404)384-8926

Contact Information for Alyssa Handley

Email: [alyssa.handley@cherokeek12.net](mailto:alyssa.handley@cherokeek12.net)

call/text: (678)595-5598

- B. While there are many squads/seasons, cheerleaders are considered “on the job” all year long. Cheerleaders must abide by the Creekview Competition Cheerleading Constitution throughout the entirety of the school year.

### **GHSA Rules:**

- A. We will operate and make decisions based on the current GHSA rubric/scoresheet, GHSA code of conduct and Cherokee County Athletic Department Code of Conduct and their policies. GHSA 2025-26 Rule book has not been published. The scoresheet/rubric/guidance could be altered/updated throughout the season.
- B. This includes but is not limited to no jewelry while in uniform, no body glitter, no painted nails, no nails longer than fingertip length, only natural hair color, hair falling below waist, stunting on appropriate surfaces, maintaining a positive sportsmanlike conduct during a game

### **Sportsmanship:**

- A. All cheerleaders and parents are expected to display positive sportsmanship while at a competition, practice, community event, in the presence of other teams and/or while wearing Creekview attire.
- B. Positive sportsmanship includes but is not limited to cheering on other teams, talking positively in the public regarding teammates and other teams/sports, encouraging others in warmups, clapping for other teams during awards, being a positive support system/mentor for the other teams within the program.

**Safety:**

- A. Squads shall be under the appropriate Coach/instructor's supervision at all practices, events, and performances.
- B. Each team member must have a current physical on file and participate in IMPACT testing to participate in tryouts or any practice/performance activity. (Impact is HS only)
- C. Cheerleaders that have sustained an injury throughout the season and brought a doctor's note to a coach specifying physical restrictions, must obtain a doctor's note before resuming cheer activity.
- D. Cheerleaders are expected to participate in assigned physical therapy exercises as preventative and post-injury care.

**Uniforms:**

- A. Uniforms are the property of Creekview High School. Your coach must approve any alterations or adjustments to the uniforms. (NEVER CUT THE FABRIC!) If you alter a uniform without permission, you may be required to pay for its replacement. (Middle School uniforms are purchased by the athlete)
- B. Uniforms are to be cleaned after each competition/event. Do not iron or dry clean the uniforms. Follow laundry directions on the uniform tag and do not remove the tags from the uniform.
- C. Uniforms and equipment will be signed out by the cheerleaders and should be returned as coaches instruct. Uniforms must be cleaned, dried **completely** and in a plastic bag, with a seal. Failure to turn these items in promptly and in good condition will result in an office debt from Creekview High School for the price to replace the uniform.
- D. All cheerleaders are required to wear proper underwear that have been approved by the coach.
- E. Uniform attire includes warm up pants, no-show ankle socks, white cheer shoes, bloomers, sports bra, hair bow, correct shade of lipstick and skirt. All cheerleaders are required to have all items on competition day.

**Attendance Competition/Practice:**

- A. Cheerleaders must attend all competitions and practices in season. You should arrive 15 minutes before the designated time and place, dressed and ready to compete
- B. Cheerleaders must attend all mandatory practices, games, meetings, pep-rallies, team building events, and fundraisers during the season.

- C. You are expected to arrive 15 minutes before the time you're scheduled to be at all events. (15 Minute Rule) "If you are on time, you are late." This includes all cheer events: practice, games, or competition. Once you arrive, ALL CHEERLEADERS are to help your teammates roll out mats and start stretching.
- D. Cheerleaders are expected to attend all summer practices/workouts and will be required to know the material learned during summer.
- E. If a cheerleader has an emergency regarding attendance, the cheerleader must contact their head coach IMMEDIATELY to discuss a solution.
- F. It is expected that Creekview competition cheerleading is your priority when scheduling conflicts arise due to tutoring, all-star practice, doctor appointments, club meetings, etc. Plan to schedule appointments outside of practice time.

**Practice/Games/Competition Attire:**

- A. All cheerleaders must wear the assigned practice clothes at all practices and events. At practice, hair must be pulled away from the face with an elastic band and long bangs must be pinned back. Middle School must wear a bow to practice.
- B. Fingernails must be kept at an appropriate length: if they can be seen from the palm side, they must be cut. Only clear nail polish will be allowed. This is in accordance with GHSA rules. (Middle School must be a bare nail, fingertip length or shorter)
- C. No jewelry of any type will be allowed including earrings, rings, bracelets, watches, belly rings, necklaces, nose rings, tongue rings, etc. Medical alert tags may be taped to the body. Tattoos must be appropriately covered at all times including practices. No Glitter whatsoever in accordance with GHSA rules. This includes the clear plastic posts.

**Competition Expectations:**

- A. All cheerleaders are expected to arrive in their CLEAN uniform and prepared to cheer at all events. This includes your hair up and bangs pinned back. On competition days, wear the appropriate shirt, leggings and jacket/sweatshirt approved by your coach as a warmup.
- B. All cheerleaders must remain in their assigned attire until they leave the event.
- C. Cheerleaders should not ever wear partial uniform at events or in public.

**Lettering:** (High School only)

Only Varsity cheerleaders can letter. To letter you must meet all the requirements:

- A. Must finish the season academically eligible and pass 5 out of 6 courses
- B. If cheerleaders are removed from the team or quit during the season, they will not receive a letter.
- C. Must participate in all mandatory events designated by the coach. This includes practices during the season and all competitions.

D. Due to specific circumstances, the requirements above may vary at the discretion of the coach.

**Academics:**

- A. Academics come first, and cheerleaders must meet all the eligibility requirements of GHSA. Eligibility will be checked through administration at the end of each grading period. (High School )
- B. Academic dishonesty WILL NOT be tolerated. If there is an academically dishonest situation a meeting between the cheerleader, coach and teacher will be held.

**Banquet:**

- A. Cheerleaders are expected to attend the banquet for the season/team they have cheered. Attendance is considered part of the lettering process.

**Financial Responsibility:**

- A. All financial obligations/ledgers are handled by the head coach and booster club. All payments should be made on our website.
- B. If a cheerleader quits or is dismissed for any reason, a refund cannot be issued and if there is a remaining balance, it will still be owed.
- C. Uniforms and other items may not be distributed until a cheerleader is current on her ledger.
- D. Uniforms not returned at the end of a season will result in the cheerleader's name being placed on the hold list at CVHS.
- E. Payments must be submitted by the payment deadline. Balances must be paid to receive uniforms, practice wear and attend events (choreography, camp, etc.). Payments will be applied to mandatory items first. Otherwise, items will be withheld (or your athlete will not be able to attend the event) until payments are made.

**Fundraising:**

- A. During the year, cheerleaders will participate in fundraising projects. Each cheerleader is expected to raise funds for its operational costs, clinics, uniforms, and other cheerleader accessories.
- B. Each fundraiser will have a team minimum. Fundraisers cover purchases such as our mats, uniforms, team building events, and possibly a portion of fees. You will be notified prior to each fundraiser of the minimum amounts.
- C. Absence of a fundraising event will result in additional costs to the athlete.
- D. Parents are expected to participate in the fundraising process. You are required to be at all fundraising events unless the coach has stated otherwise.

**Camp:**

- A. Camp is not a mandatory event, but it is strongly encouraged. This is a chance for us to learn new skills, bond as a team, and participate in a spirit competition against other schools in the state.
- B. All the expectations that are in this document apply while we are at camp. (Please see Consequence Policy section).

- C. While we are at camp, you are always with your team. You are not permitted to roam the campus, do campus tours, etc. while you are at the camp.
- D. Dorms: While in the dorms you are to shower, complete team building activities with your coach and teammates, be in your rooms and lights out when designated by your coach. If any cheerleader is caught leaving their room to roam the campus or meet up with anyone, they will be automatically sent home and dismissed from the team.
- E. You must arrive at camp and leave camp with a parent/guardian or an assigned adult (approved by your parent/guardian). You may not drive yourself.

**Cell Phone Policy:**

- A. Any time you are with your team, whether it be team building events, practice, games, or competitions, you are not to be on your cell phone. Your cell phones must be turned off, and they must not ring during practice, games, or competitions.
- B. Break-time during practices, and competitions are not the time to check your phone. Your coach will let you call your parents if practice is running late or early, etc.

**Grizzly Reputation**

**Attitude:**

- A. Anytime you enter practice, games, or competitions, you must have a positive attitude. You need to leave all cares, worries, concerns, or issues at the door.
- B. When you are at practice, you need respect for all people in the building, including ALL coaches, teammates, school officials, parents, etc.

**School Appearance:**

- A. All cheerleaders must uphold the school's code of conduct and dress code while they are on school grounds for any reason.
- B. Cheerleaders are LEADERS, and we lead by example.

**Commitment to Excellence:**

- A. All cheerleaders should consistently be committed to being the best version of themselves; personally, academically and athletically. All athletes should strive to embody the program statement and purpose. All athletes should lead by example and realize they represent the school.

**Alternate/Reserve Role:**

- A. Due to an athlete limit and various team factors, not all cheerleaders who are on a team roster may "take the floor" and compete with their team. These athletes will remain on the team roster and serve as reserves/alternates for their team. This role, along with all the roles on the team, depends on the team's needs and the athlete's circumstances and changes are made accordingly.
- B. Alternate/Reserve roles may exist either on the JV or Varsity Competition Cheerleading Teams.

- C. The coaches have full discretion to determine who is the role of an alternate/reserve and what this role consists of.
- D. The expectation is that Varsity Reserves will serve the team/earn their letter by participating in varsity practice when appropriate and participating in JV practice/competitions in accordance with their season.
- E. It must be understood that the alternate positions can change at any time.
- F. The coach will make this decision based off the needs of the team.

**Social Media:**

- A. All cheerleaders must have a conservative image on any social networking site. Creekview Cheer Program will not tolerate bullying, inappropriate posts, or pictures such as sex, drugs, alcohol, or profanity.
- B. Rule of thumb: Don't post anything that you don't want your coach, parent, grandparent, or school administrator to see.

**Drugs and Alcohol:**

- A. If a cheerleader is caught with drugs or alcohol and is given a citation, the cheerleader has 5 days to report the incident to the coach.
- B. We will follow the discipline policy laid out in the Cherokee County Discipline Handbook, appendix J.

**Try Outs**

- A. Tryouts will abide by GHSA and Cherokee County Athletic guidelines as it pertains to timeline, athlete eligibility, medical releases and safety.
- B. Tryouts will be closed to only participants, administrators and coaches.
- C. Tryout results will be determined by judges/coaches.
- D. All decisions made for teams will be final. Tryout scoresheets/notes are only to be shared with coaches and administrators

**Consequence Policy**

The consequence policy applies to all cheer events, school, and activities, and will be upheld by all coaches in the Creekview Cheer Program. The coaches can change or jump a punishment at their discretion depending on the behavior's severity.

**Demerit System:**

**1<sup>st</sup> offense-** Warning from Coach

**2<sup>nd</sup> offense-** Conditioning specified by Coach

**3<sup>rd</sup> offense-** Benched ½ a game or (if competition only) 3-15 min conditioning sessions before or after practice with your Coach

**4<sup>th</sup> offense-** Parent/Coach/ Cheerleader conference

**5<sup>th</sup> offense-** removal from the team

**\*\*Please Note:** If you quit before or during your season, then you are not able to receive a refund for any money that has been paid to any of the Creekview Cheer programs if the date of quitting is after the first order is placed. If you

are removed from a team/program or elect to quit after accepting your position within the program, your departure is factored into next year's tryouts.

### **Agreement/Signature**

Now that you have read the Creekview Cheer Constitution, you are required to follow the specified expectations and must sign below. This form must be signed by you and given to your coach to continue to try-out or participate in the Creekview Cheer Program.

By signing this document, you agree to uphold the rules and expectations of this program for the entire season. If you break this agreement, you will be subject to the consequence policy or removal from the team.

Please understand that this is a working document that is updated accordingly and while it is a broad overview of expectations and standards for the program, it cannot encompass all situations/circumstances. The coaches have full discretion to decisions made as it pertains to the competition cheerleading program.

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Cheerleader's First and Last Name (Print)

Date

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Cheerleader's Signature

Date

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Parent Name (Print)

Date

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Parent Signature

Date

**1-Heart 1-Mind 1-Team**

Creekview Competition Cheerleading

“Family on Three”