

## **Y-Cats Cheerleaders Constitution**

The Cheerleading Squad shall be known as the West Lothian Y-Cats.

### **1 PURPOSE:**

1.1 It shall be the purpose of the Y-Cats to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the Head Coach and administration, other athletic teams and sporting organisations.

### **2 ELIGIBILITY:**

2.1 A cheerleader candidate must support the Y-Cats above all other teams.

2.2 A candidate must be neatly presented, medically fit, and if under 16 years old provide parental permission.

2.3 A candidate may be male or female and a minimum age of 4 years.

2.4 Acceptance of a candidate for competition shall be on the basis of ability, the coach's agreement, acceptance of the squad rules, and without prejudice of race creed or color.

### **3 MEMBERSHIP:**

3.1 The entire squad will cheer at all games and competitions, promotions, fundraisers, community and charity events.

### **4 ATTENDANCE REQUIREMENTS:**

4.1 All cheerleaders will attend all squad practices and at least one cheer technique class also competitions or events, unless pre-approved by the Head Coach. Absenteeism of 3 or more practices per quarter will result in suspension of competition cheering. Practices will continue to be mandated.

4.2 Social Activities: All members are encouraged, but not required to attend. Advance notice of non attendance is required.

4.3 Team activities other than Games: As social activities, but members will be required to attend a reasonable proportion of these duties throughout the year.

4.4 If any other activities or opportunities are chosen by the Head Coach, the Head Coach shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.

### **5 FINANCIAL RESPONSIBILITIES:**

5.1 Competitions: Fundraising throughout the year will assist with competition cost wherever possible; however this will not include tracksuit costs or tops.

5.2 The Head Coach and Fundraising Co-ordinator will keep all squads updated via the web site [www.y-cats.co.uk](http://www.y-cats.co.uk) there will also be updates posted on the cheer class notice board.

5.3 Members will provide their own refreshments.

5.4 Each member will be required to purchase certain items of clothing/uniform for hygienic reasons. These will be listed.

### **6 The Squad:**

6.1 Potential squad members will be approached by the Head Coach and invited to join the squad.

## **7 SELECTION OF ASSISTANT COACHES**

7.1 The Y-Cats will have two Assistant Coaches – Hayley Kerr and Jenna McWilliams

## **8 DUTIES AND RESPONSIBILITIES OF HEAD COACH:**

8.1 Ensuring that squad members are safe, as the top priority at all times and emergency contact list is kept up to date and present at all times.

8.2 Organising and arranging training schedule, equipment, training facilities and events.

## **9 DUTIES OF ASSISTANT COACHES:**

9.1 Set an example to the rest of the squad by following the rules and regulations of the Y-Cats cheerleaders. The Assistant Coaches will set an example by doing more than his/her share.

9.2 Be at practice early and start practice on time.

9.3 Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the decision shall be by the Head Coach.

9.4 Act as a peacemaker in case of disagreements.

9.5 Co-ordinate the hanging up of signs.

9.6 Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.

9.7 Keep the crowd cheering and your cheerleaders in proper formation during games.

9.8 Show no partiality within the squad

9.9 In the event one Assistant Coach is not able to perform his/her duties the other Assistant Coach will do so.

## **10 PRACTICE SCHEDULE:**

10.1 To set by the head coach, with squad approval.

10.2 All cheerleaders are required to attend all squad practice sessions unless valid reasons are notified to the Head Coach.

## **11 UNIFORMS & PRACTICE WEAR:**

11.1 Clothing during practice classes must be suitable to dance in, with appropriate dance shoes.

11.2 At competition only official squad tracksuits may be worn over uniform. Uniform will only be worn for events as designated by the Head Coach.

11.3 Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a Y-Cats member.

## **12 APPEARANCE:**

12.1 For safety reasons jewellery or watches will not be worn with uniform or at practice, except for small flat earrings or small stud earrings.

12.2 Uniforms must be kept spotless at all times.

12.3 Makeup should be natural and not excessive.

12.4 All hairstyles must be neat and secured up out of the face, not needing attention (combing etc) while performing.

12.5 Cheerleaders should look their best at all times, especially when in uniform.

## **13 CONDUCT:**

13.1 Squad members are required to maintain and uphold the reputation of the Y-Cats Cheerleaders through their own conduct and squad spirit.

13.2 Members are required to be courteous, polite, friendly, and try to have a smile for everybody.

13.3 All cheers and chants shall be of a positive and sportsmanlike manner.

13.4 Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.

#### **14 FUND RAISING ACTIVITIES:**

14.1 All cheerleaders will participate in all fundraising projects per year. The money raised will be used to fund additional agreed expenses during the year such as extra items of kit or equipment. Donations to, and fund raising for, Y-Cats team funds or charity projects may be conducted as agreed by the Head Coach, Fundraising Co-ordinator and squad.

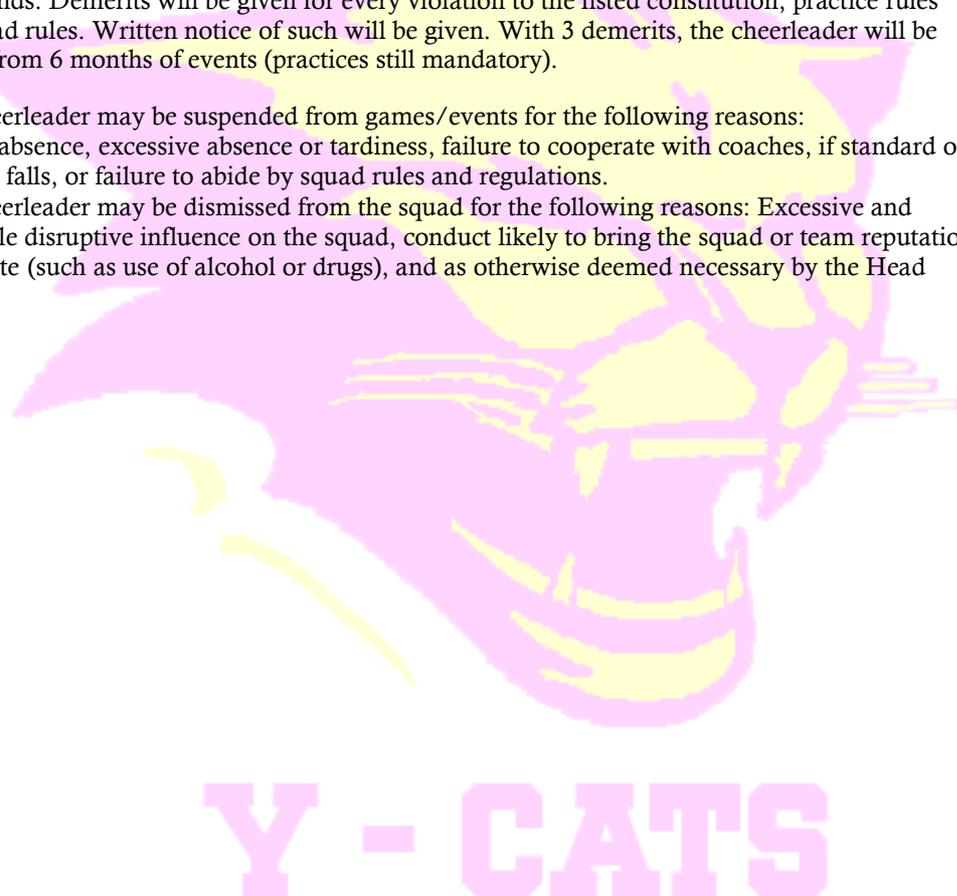
14.2 All fund raising activities will be approved by the majority of the squad and with the approval of the Head Coach and Fundraising Co-ordinator

#### **15 DISCIPLINARY ACTION:**

15.1 It shall be squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends. Demerits will be given for every violation to the listed constitution, practice rules and/or squad rules. Written notice of such will be given. With 3 demerits, the cheerleader will be suspended from 6 months of events (practices still mandatory).

15.2 A cheerleader may be suspended from games/events for the following reasons: Unexcused absence, excessive absence or tardiness, failure to cooperate with coaches, if standard of cheer dance falls, or failure to abide by squad rules and regulations.

15.3 A cheerleader may be dismissed from the squad for the following reasons: Excessive and irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs), and as otherwise deemed necessary by the Head Coach.



**Y - CATS**