

Yukon Varsity Pom Squad

Pom Squad Constitution

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It is a privilege to represent Yukon High School as a member of the Pom Squad and appropriate behavior is expected from all team members at all times. We strive to set a standard for our school and for ourselves. The goal of the squad is to support the school's athletic programs, promote sportsmanship and school spirit within the student body of YHS at all sporting events, pep assemblies and similar activities. In addition, the pom squad may perform/compete, with the permission of the administration, sponsor and coach in events not related to the Yukon athletic program. Members must meet the eligibility requirements and abide by the rules of the Oklahoma Secondary Schools Activities Association, and any constitution or rules approved by the building and district administration.

1. Purpose

- A. Promote and uphold school spirit and unity at school events
- B. Develop responsibility, self-respect, work ethic, and teamwork
- C. Create an environment of accountability, stability and positivity.
- D. Represent Yukon High School to the highest degree by displaying proper behavior at all times
- E. Promote friendship between members of the squad, other spirit squads, athletic teams and other schools
- F. Display sportsmanship at sporting events, pep assemblies, competitions, fundraisers and similar activities

2. Philosophy and Roles (sponsor/coach/team/parent)

- A. Our goal is for the students to dance and act as a team, instead of as an individual. We will improve individual skills and promote others success. We will set realistic goals, support our school, have respect and most importantly, we will become more prepared for our future as adults.
- B. Parents, your child will be held responsible for their own schedules and information. Your child will be held accountable for passing information to you.
- C. Rules are made and enforced. **YOU WILL NOT BE THE EXCEPTION.**
- D. Your sponsor and coach will have the final say on routines, choreography, music, costumes, competitions, dance categories, formations and alternates.
- E. Communication is critical.
- F. In school performances and responsibilities, everyone will perform/participate. In competition, we compete to win (see Competition section).

G. ROLES OF THE POM PROGRAM

- **Sponsor**- is present at all school functions. Files all paperwork for squad. Maintains demerits/merits and grades. Supervises practice. Schedules performances at school. Works with cheer. Make ALL final decisions for squad with coach. Manage social media. **THE SPONSOR IS YOUR CHILDS TEACHER**, and shall be treated like any other class.
- **Coach**- Choreograph and set formations in all dances. Make ALL final decisions on performances/costumes/competitions/alternates. Make ALL decisions with sponsor concerning squad. The coach has the right to bring in outside, qualified, coaches/choreographers to help during the year.

The Squad leadership roles below will be filled by a squad vote. The team, sponsor and coach all have equal votes.

- **Captain**- knows counts, dances, choreography, calling sidelines, leads in motivation to work hard, cleaning and running practice when coach is not present. Must be a senior.

- **President**- focuses on fundraising, chooses uniforms, keeps attendance at functions that the sponsor is not present, helps assign groups for fundraiser. Reminders, monthly calendar, packing lists, organization, checking ahead of schedule.
- **Team Leader**- moral standard, sleepovers, big/lil, gifts, thank you cards, behavior, and knowing the mood of the team. The liaison between team and coach/sponsor. Call monthly meeting. Maintain social media with sponsor.
- **Member**- maintains the standard of leadership. Progress in talent, Keep a GOOD ATTITUDE. Follow the rules.
- **Parents and Booster Club**- To be positive about Pom and be supportive of your child's growth in this sport. Be respectful of the Program. Raising funds for the squad and support the vision and direction of the sponsor and coach.

3. **Requirements (Eligibility)**

- A. Please refer to Yukon High School Activities Handbook for basic requirements, including grade and legal expectations.
- B. Academic Eligibility
 - Members must maintain good academic standing. If a member becomes ineligible any time during the year due to academic ineligibility, they will be benched until the grade is raised. For repeated offense, they are unable to fulfill their responsibility to the squad and will be dismissed.
 - Members must comply with all requests from the sponsor to maintain good grades.
 - Members must maintain good attendance, class performance and teacher recommendations during the time on the squad and for tryouts.
 - If you are ineligible while learning a routine, or setting formations, you will not perform that routine. This applies to competition, if it is one month before.
- C. Tryout Eligibility
 - A candidate must submit a completed tryout packet.
 - A candidate must be a 8th through 11th grade student at the Yukon School District.
 - **Any prior members must turn in all uniforms or Pom Squad property and pay any outstanding balances with the Booster Club/Coach from the previous year before a candidate is eligible to tryout for the following year.**
 - Being on the Pom Squad one year in no way guarantees placement on the squad for the following year. Every member must go through the same tryout and selection process each spring.
 - Any pom member or cheerleader dismissed from a squad will not be eligible to try out for any squad the next year.

- If a member quits a squad they may not return for the remainder of the school year, and will not be allowed to tryout the following year.

4. General Responsibilities

- A Pom member will cheer at all Football games, half of all Basketball (split with cheer), and half of the Wrestling matches. We will have 3 Spirit clinics a year; Pep Assemblies and pep rallies.
- Pom members need to have transportation to fulfill their responsibilities.
- Members may be required to submit a doctor's note verifying illness/injury.
- Members are required to purchase items and fundraise (see Expense Sheet).
- We will fulfill our school responsibilities first, then we will compete. BUT SCHOOL IS FIRST. We will compete at OSDTDA State and UDA nationals.
- IMPORTANT:
 - **WORK ETHIC: Please expect to work hard. You are expected to practice at home, take any necessary extra technique, and work on things that may be troublesome for you.**

5. Tryouts

- All required paperwork must be completed, turned in and approved, before any student will be allowed to participate in clinics or tryouts. If you turn in late, there will be a penalty on your score sheet under clinic participation.
- Paperwork that must be completed includes the following:
 - Application (student signature)
 - Letter of Agreement (student and parent signature)
 - List of Current Teachers for Teacher Evaluations (student and teacher signature)
- The tryout schedule will be included with the tryout packet. Attendance for the entirety of tryouts is mandatory. The only exception is another school event that has been discussed prior to clinic with the sponsor.
- Clinic and the actual tryout are closed to the public.
- Mock tryouts are open to parents, family, friends and the student body.**
- 3-5 qualified judges, selected by the sponsor and coach, will evaluate each prospective member (see score sheet in tryout packet).
- During clinic week, there are 30 points given to their total score by the coach and the sponsor.

- Clinic Participation- 15 points based but not limited to; your paperwork being turned in on time. The ability to learn choreography. Attitude and ability to work with others.
 - Interview- 10 points based on 3-5 questions, asked by sponsor and coach in a private meeting during the clinic.
 - Teacher evaluations- 5 points based on the number of teachers you get a recommendation from and content will be taken into consideration.
- H. Potential members will tryout in small groups. Individuals will draw for their order.
- I. The sponsor and coach will determine the squad size by natural break. The numbers may vary from year to year depending on number of applicants and overall scores. The exact number of pom members is chosen at the discretion of the sponsor and coach.
- J. **All judging is final. Decision of squad size is final. There is no appeal process. We will have up to 16 members on the Varsity Pom Squad.**

6. Attendance Policy

A. General Attendance Information

- Members are expected to participate in EVERY practice, designated school athletic events, fundraisers and performances.
- Members must be present for at least 3 hours of the school day to participate in any pom activity. Exceptions can be made for unexpected doctor's appointments

B. SQUAD POLICY: The only excused absences are as follows:

- **Serious or contagious illness. If you have a temperature, you should NOT come to practice.**
- Injury with a signed parent's note within 72 hours of absence
- Death/Funeral of family member
- Wedding of immediate family member
- Family Crisis
- Medical reasons (only in certain circumstances) prior approval required
- Approved school events (see below for further explanation)
- Additional situations may be deemed excused by the sponsor if the squad member notifies sponsor in advance. **DO NOT assume that your absence will be excused. Prior approval is required.**
- For a practice absence to be excused, the sponsor must be notified at least 2 hours before practice is scheduled to start.
- For a performance absence to be excused, sponsor must be notified at least 1 week (7 full days) before the performance date. In the event of last minute emergencies, the 1-week rule may be waived at the sponsor's discretion.
- If a member misses the regularly scheduled practice immediately before a performance, that member may not be allowed to perform even if the absence falls under the unexcused category.

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C. All other absences fall into the unexcused category. Some examples (but not limited to) of unexcused absences are:

- Vacations, Ski, Club or Youth Trips
- No show and no call/text absences
- Work and/or interviews
- Doctor's appointments (see attendance policy)
- Concerts, plans after practice
- Birthday plans/trips

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**D. REMEMBER: If you're early, you're on time.
 If you're on time, you're late.
 If you're late, you're in trouble!!!**

E. Performance Attendance

- Members will be required to be present for the entire portion of that sporting event, in addition to the times of performance.
- For performances at sporting events, squad members are required to sit as a squad.
- During sporting events, remain positive and spirited!
- Members will be notified in advance by the sponsor or squad member what is to be worn for each event. Members must wear all items designated or be subject to benching and/or disciplinary action.
- You are expected to be in line up when the game starts, either at the beginning or after halftime. There will be demerits given if you are not ready.

F. Practice Attendance

- Attendance for practices is mandatory. Additional practices can and will be added as needed.
- Making up homework will not be an excused absence.
- Members may not leave practices early without prior approval.
- **Practices will be held during the summer and may be held over holiday breaks. All practices are mandatory, unless specifically stated "optional". Excessive absences can result in the following: demerits, benching, suspension and/or dismissal.**

G. Tardiness

- You must be on time to all practices, games, competitions, meetings and any other event we are participating in. Please arrive AT LEAST 10 minutes early to EVERY event.
- If you are more than 20 minutes late, you will be considered absent. This is an unexcused absence! Excuses will not be tolerated for tardiness.

H. Camp Attendance- All members are required to attend camp.

I. Fundraiser Attendance

- **Squad fundraisers are mandatory.** Example but not limited to: Mr. Yukon, selling spirit cards, car washes, selling cookie dough and kiddie clinics
- At the end of the year, all money or items acquired by fundraising remains the property of the YHS Pom squad.
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J. Attendance for Conflicting School Events: Inevitably, there will be instances where a student will be committed to multiple school events on the same day. When this happens, please contact sponsor immediately to work out conflict. We are more than willing to work with other groups at school, but in a timely manner.

7. Attire and Uniforms

- A. Each member will be expected to provide their own practice clothing.
- B. The sponsor, coach and the elected leadership will decide camp clothes.
- C. The squad and/or school district purchase uniforms and costumes, and fundraisers assist in this expense.
- D. Because the squad and/or school district purchase the uniforms, they are property of YHS and should be treated as such. Uniforms must be maintained in a good and clean condition at all times.**
- E. Poms are purchased by the squad/or by school.
- F. Members are required to purchase personal items, which include but are not limited to hot pants, socks, shoes, crop tops, black pants and hair bows. The entire squad may decide upon additional performing items. (See expense sheet)
- G. Every time the squad is to dress alike, the items to be worn will be announced by the sponsor. Members must wear all items designated for the entirety of that event (this includes wearing matching attire to school). If a member does not wear or bring all required items, they will not perform or participate in that event (or if school attire, they will not perform at the following game).
- H. All uniform items will be properly cleaned and in good condition before being turned in at the end of the season. Failure to do so will result in a fine equal to the amount of a professional cleaning when deemed necessary.**
- I. If a member is removed from the squad, the student will be expected to return all uniforms and poms within one week.
- J. That member, at their own expense, must replace uniforms that are not returned, are damaged, lost or stolen. If an item cannot be replaced (due to discontinued) the member will be fined the amount to purchase an equivalent item or the cost to custom make a replacement, if the item must be replaced.
- K. No other person should wear our uniforms.

- L. Any member who fails to return any items or pay for any outstanding account balances will have a hold put on their grades, and or diploma in accordance with school policy.
- M. Piercings or tattoos should not be visible in a uniform. Hair must be out of the face and fixed according to what the sponsor has stated for that particular performance. Hair color also can be changed, but the color chosen has to natural.
- N. The sponsor and coach will manage and control the “brand” of YHS pom. Nothing can be screen printed, made or sold with YHS pom on it without direct approval from sponsor and coach.

8. Summer Camp

- A. Members will be required to attend summer camp.
- B. The estimated cost for camp is listed on the Estimated Expenses sheet.
- C. **Deadlines for deposits and payments will be announced to squad members as soon as possible. Prompt payment is expected so please plan accordingly.**
- D. Sponsor and coach will decide rooming.
- E. A bad attitude at camp will not be tolerated.
- F. Parents will be allowed to be present at nightly awards and performances. NOT DURING REGULAR CAMP HOURS.

9. Practice

- A. Members are to be attentive and cooperative during practices.
- B. Members will bring all necessary items to practices. This includes but is not limited to appropriate clothing assigned by the sponsor, shoes, poms, uniforms, etc.
- C. **Members must maintain good personal hygiene and a clean appearance.**
- D. Only stud earrings and no other jewelry may be worn during practices or performances.
- E. **Cell phones must be turned off or on silent during all games, practices and performances. Exceptions will only be permitted for emergency situations and have prior approval from the sponsor and coach.**
- F. No gum chewing at practices or performances.
- G. All practices are closed to the public. This includes parents, family members, friends and student body. Anyone waiting for a pom member to finish practice may wait outside the practice facility as to not disrupt practice or distract members.

10. Games and School Performance

A. IMPORTANT

Sidelines are taken very seriously; we have a strong tradition to uphold. How students, parents and members of the community perceive the squad is largely decided at games. Therefore, while dancing at games, pom members are to always portray professional behavior and a strong performance.

- B. Members must pay attention to the direction of the sponsor and squad captains at all times.
- C. There will be a sideline test given; you must pass before you get to perform.
- D. Gum chewing, slouchy appearance, jewelry, incorrect uniform pieces or inappropriate dancing/gestures/language will not be allowed and may result in immediate benching.
- E. If a pom member is out of uniform or in the wrong uniform, they will not be allowed to perform and appropriate demerits given. Poms are included in the uniform.
- F. If a pom member forgets a portion of the assigned uniform, the member will not be allowed to perform and the appropriate demerits will be given. **MEMBERS WILL NOT BE ALLOWED TO LEAVE AFTER THEY HAVE ARRIVED AT AN EVENT.**
- G. An injured pom member must still attend all pom performances in full dress and sit with the sponsor.
- H. If you are injured or ineligible while setting formations, you will not perform in that routine.
- I. If at anytime, you fall behind in skill or performance, you will be benched from that performance.

11. Competition

- A. **After we have completed our school responsibilities, we will work on competition.**
- B. **Alternates may be chosen for competition ONLY.**
- C. Compete to win- at State and at Nationals, there are different rules and also different categories. We will evaluate each year, and in each competition, what is the best strategy for the team.
- D. We will compete one dance at state, and two dances at nationals.
- E. Alternates will be chosen solely on skill for that specific part in the dance. The pom squad members will be evaluated during practice. The coach and sponsor have the right to bring in other coaches/choreographers/judges to help with this process.
- F. The alternates will be told before that they will be considered for an alternate position at least 24 hours before the decision, and why they were chosen. Then, when the decision is made, they will be told in private at the end of practice.
- G. Alternates are NOT final. Any team member can be replaced with an alternate at anytime.

H. In protection of the team, and individual dancer, there is a **ONE-month rule**. If you are **injured**, and unable to practice for more than one practice, you will be taken out of that competition routine. Injury, by definition, would prevent you from completing the necessary practices to compete. The school trainer will be part of this decision. Contagious illness (that results in one missed practice) will NOT apply to this rule, example; Strep.

12. Safety and transportation

- A. Practice will not be allowed without the presence of the sponsor, coach, or designated district employee.
- B. No jewelry is to be worn during practice or performances unless specifically assigned by the sponsor.
- C. Hair needs to always be pulled back and out of the face for all practices and performances. For some performances, you will be allowed to wear your hair down, but even if you are allowed to have your hair down, sides/bangs still need to be pulled back.
- D. Medical release, camp information, travel permission and physical must be on file with sponsor and YHS
- E. YHS will provide transportation to and from events whenever needed.
- F. Alternate transportation (parents driving) may be used in certain instances. For any member to be allowed to get into a vehicle and travel out of town, parents will be notified and a signed release will be required.
- G. When traveling, the Pom Squad will always be accompanied by the sponsor, designated district employees, and/or designated parents whose sole responsibility will be supervision of the pom members.
- H. When the school provides transportation, pom members will ride to and from the event on the bus. They will not be allowed to leave early or go home with a parent. Exceptions can be made in special circumstances. A form must be filled out prior to the event.
- I. We have a trainer available at school, if injury occurs, the first step will be an evaluation by the school trainer.

13. Financial Responsibility

A. IMPORTANT:

Please see attached Estimated Expense sheet for an itemized list of expenses. This cost list contains estimates only (usually based on last year's prices). Exact price of an item may change due to the availability from vendors and may be out of the control of the sponsor. The exact list of items may change at any time due to the needs of the squad. Changes will be made only when necessary.

- B. The financial responsibility will be helped with many opportunities to fundraise, but that also requires participation in the event.
- C. IF the member and parents have not met the financial deadline, there will be demerits that could lead to benching.
- D. Payment plans can be made, but COMMUNICATION IS KEY! Please make arrangements ASAP if needed.
- E. Coaching fees are part of those mandatory fees.

14. **ZERO TOLERANCE RULES**

- A. The following actions may result in the immediate dismissal from the squad
 - Drug or alcohol use: the use of drugs, alcohol or smoking at any time is prohibited, regardless of being in uniform or not. If found guilty of this offense, the student(s) will be subject to immediate action as stated in the YHS Athletic and Academic Handbooks.
 - Violation of school rules (major offense)
 - Excessive grade ineligibility
 - School suspension
 - Maximum number of demerits
 - Insubordination (not able to work with your sponsor or teammates)
 - **The use of information and communication technologies to support hostile or inappropriate behavior by an individual or group is strictly prohibited.** Texting, email, Facebook, Twitter, Snapchat, Instagram and all other forms of communication will remain positive and regulated as any verbal or visual communication. Any and all communication in these arenas will represent the YHS pom squad, not just the individual. The increased presence of the Internet in our everyday lives has allowed students more freedom but also more exposure, so in protection of the individual and reputation of the YHS pom squad, this issue will be taken very seriously. Anything stated on the Internet has the potential to be eternal and visible to the entire public. We will assess each individual issue and severity of each issue, with dismissal being the most severe consequence.

15. **Procedure**

- A. Parents-if you have an issue you would like to discuss with the sponsor or coach, you may contact us by email, phone call or text from the hours of 8am-7pm unless it is an emergency. There is a time and a place for everything, and a performance, game or practice is not one of them. Contact us and we will be glad to set up a meeting.

B. Pom girls- if you have an issue you would like to discuss with the sponsor or coach, you may contact us by email, phone call or text from the hours of 8am-7pm. Also, at the end of practice would be fine. Going to your sponsors classroom is not appropriate unless an emergency.

C. No student will be discussed with anyone but their own parent. Don't ask.

D. Absence or tardy pom girls should contact sponsor and coach. Not the parents.

E. Chain of command- if there is an issue

1. Pom member- they must voice any concern first to elected president, captain, team leader, and/or coach or sponsor. If they have chosen to go to student leadership, that student will contact sponsor and coach to resolve the issue. A parent can be present during this initial meeting if that makes the student feel more comfortable.

2. Parent- The student should make first contact. You may do it together, parent and student. Parents must voice any concern to coach and sponsor before contacting Administration. You must receive a response from sponsor and coach. This includes coaching decisions, discipline, outside coaches, and choreographers. ANY ISSUE YOU MAY HAVE WITH THE PROGRAM.

3. If the problem is not resolved, then Coach and Sponsor will contact Administration for a meeting to resolve the issue. Our ideal situation would be to not have an issue, or resolve any issues ourselves. If needed, we will seek assistance from administration. This is to simplify the process, and also to protect everyone's time and effort in a resolution.

4. At no time is it appropriate to skip the chain of command.

16. Discipline

It is the goal of the YHS Pom Squad to never have to give demerits to any of its members. However, times arise when even small infractions, made repeated times, need to have consequences. This system is designed to keep all infractions and consequences equal among all squad members. Sponsor and Coach give the demerits.

Accumulation of demerits can result in a Pom member being suspended from participation during a game. Suspension from a game will be as follows: The Pom member has to stay with the sponsor, fully dressed in uniform and be supportive of her squad for the entire game. The demerit system starts the first day of practice and ends

the first day of the tryout clinic for the next year. They do not start over. Once the punishment is handled, the squad member must work to bring themselves in good standing.

Expectations/Discipline

Members	Parents
<ol style="list-style-type: none"> 1. Be Positive 2. Be respectful 3. Be on TIME!!! 4. WORK HARD 	<ol style="list-style-type: none"> 1. Be Positive 2. Be respectful 3. Be supportive 4. Lovingly, you are
10 demerits	Verbal warning, discussion with parents
15 demerits	Benched for a game of the sponsor's choosing
20 demerits	Benched for a game, meeting with parents
25 demerits	Suspension or dismissal

2 DEMERITS

1. Late arrival to practice, game, competition, event (less than 15 min.)
2. Not in complete uniform. Or wearing the wrong hair, uniform or shoes.
3. Not paying attention
4. Chewing gum
5. Being inappropriately loud and/or disruptive. Excessive talking.
6. Untidy or unclean uniform
7. Wearing unapproved jewelry during practice or performance
8. Forgetting items at home (Depending on item that was forgotten, the member may also be asked to sit out for the performance. Example-poms!)
9. Not handing in ANY paperwork by the deadline (2 demerits each day)
10. Not 100% ready when practice time begins

5 DEMERITS

1. Late arrival to practice or performance (more than 15 minutes)
2. PDA (public display of affection) Always be careful of how things "appear" to others
3. Using cell phone while at practice or at games
4. Not having hair or make-up done before games
5. Not having full attention to game/squad captain. Goofing off on sideline.
6. Behaving in an undignified manner at any point deemed inappropriate by sponsor or coach.

10 DEMERITS

1. Not learning choreography you have missed or not knowing it well enough to keep up with the rest of the squad
2. Inappropriate attire at school
3. Profanity
4. Any sort of inappropriate behavior or disrespectful behavior toward sponsor, coach, parent or other squad member/ cheer squad member
5. Unexcused absences from practice, games, competition or event
6. Losing any part of the school uniform/property.

MERITS

1. Assist in copying/filing of squad paperwork
2. Cleaning squad equipment
3. Additional prep work for fundraisers
4. Making posters for announcements.
5. Being on the honor role

Merits and Demerits are up to the discretion of the sponsor and coach.

17. Grades

- A. Pom is a grade. Treat it like a class in your regular class schedule.
- B. With our demerit system, there will also be a deduction in your class grade. Any demerit will also be a deduction in grade, excluding Booster Club activities or Booster club finances/payments.
- C. There will be a 9 weeks test (potential examples)
 - Our competition dance performed alone
 - A written paragraph about our goals as a squad
 - Test over our constitution
- D. There will performance grades.
 - Sideline knowledge
 - Being on time to line up
 - Being
- E. There will practice grades.
 - Work ethic
 - Having correct attire
- F. Homework
 - Perfecting a skill personally
 - Videos and comments online