

Episcopal Highstepper Constitution

I. PURPOSE

To promote school spirit, to be of service to the school, and to represent Episcopal High School by upholding the highest personal and team standards.

II. TRYOUT QUALIFICATIONS

A. When: Tryouts will be held as soon as possible after the end of basketball season.

B. Eligibility:

- i. Open to students currently in grades 8-11.
- ii. Signed enrollment contract for the upcoming school year.
- iii. Turned in a completed & signed application packet by the deadline.
- vi. Candidates must be in good academic standing with the school.
- vii. If you have been a member of the Highstepper team for 3 years, you do not have to try-out before your Senior year.

C. Tryout Clinic:

Attendance at the tryout clinic is mandatory and is held the week before tryouts. The girls will be taught a dance and given instructions on the tryout process during this time.

D. Any girl who makes the Highsteppers will not be eligible to tryout for JV or Varsity cheer leading. Any girl who makes the JV or Varsity Cheerleading squad will not be eligible to tryout for Highsteppers.

E. Students who have been a member of any spirit organization and have quit voluntarily or have been dismissed for any reason during the school year will not be eligible for tryouts.

F. Summer Camp:

Attendance at the scheduled UDA summer camp and summer practice is MANDATORY. Please do not tryout if you have conflicts with the scheduled camp dates. See Mrs. Chenevert if your studio dance review conflicts with camp or practice, this may be excusable.

III. OFFICERS

A. Captain

- i. Will be a Senior having been on the squad for 2 years.
- ii. Responsible for all practices, dances, uniform requirements for each game/performance.
- iii. Will meet with the sponsor weekly to plan practices and keep the sponsor up-to-date on squad information, as well as checking daily e-mail for important updates or announcements.
- iv. Work with the sponsor in the areas of planning the monthly calendar, setting up practice schedules, teaching dances, and regulating dress.
- v. Maintain morale of the squad.
- vi. Be alert to the needs and difficulties of the individual squad members.
- vii. Will have discretion, in compliance with the sponsor, in regard to decisions for the team and shall meet with the sponsor for final approval on team decisions.
- viii. Act as the official representative of the Highsteppers.

B. Co-Captain

- i. Will be a Junior or Senior who has been a member of the squad 1 year.
- ii. Assist the captain in leading the squad during practice and games.
- iii. Help maintain the morale within the squad.
- iv. Be alert to the needs and difficulties of the individual squad members.

C. Chaplain (to be chosen by the team)

- i. Must serve as a model for the team
- ii. In charge of spirit prayer before each performance.

D. Historian (to be chosen by the team)

- i. Responsible for collection of digital or scanned pictures of events throughout the year.
- ii. Preferably someone who owns a digital camera, or can scan in their own printed pictures.

IV. PRACTICES

- A. Highstepper's will report to practice, on time, dressed out and ready to participate at the practice area designated by the sponsor.
- B. The sponsor and captain will determine the practice schedule, check the online calendar for updates.
- C. Highstepper's are responsible for notifying the sponsor concerning all absences or tardies prior to the practice. Failure to notify the sponsor will result in demerits.
- D. If a Highstepper misses or does not fully participate multiple practices before a performance the sponsor will use discretion as to whether or not that Highstepper may dance at that performance and if that Highstepper has attended enough practices to learn the dance for sickness or other reasons. If a Highstepper can not dance, she is expected to attend the performance in uniform assuming she is well enough to do so.
- E. In order for an absence from any required function to be excused, the sponsor must approve the reason ahead of time.
- F. If you miss a practice you are responsible for learning the dance before the next practice.
- G. If you have to take a makeup test, try to coordinate with the teacher to make it up at a time that does not conflict with practice.
- H. If you receive a detention from a teacher, you must make it up either Tuesday or Thursday mornings from 7:20-7:50 a.m. Missing practice due to a detention is not excused and will result in 1 demerit.

V. GAMES

- A. Highstepper's must arrive to games 30 minutes prior to the start of the game, unless otherwise stated by the sponsor.
- B. Highstepper's must be back in the stands by the time determined by the sponsor on games that you perform at halftime. If dancers attend a game and do not perform at halftime, you must return to the stands at the end of halftime.
- C. Highstepper's are required to attend all football games (home and away) and selected basketball games (regular season and playoffs). Dancers will report to the sponsor or captain when they arrive at the school or game.
- D. All members must wear the appropriate designated uniform.
- E. Highstepper's are responsible for notifying the sponsor concerning all absences or tardies prior to the game. Failure to notify the sponsor will result in demerits.
- F. Anyone who is absent from school or who checks in or out for more than one hour during the day may not participate in the game that day without prior permission from the sponsor/captain and the Head of Upper School.
- G. Highstepper's who are unable to dance because of injury or illness, but who are able to be at school will be expected to be in uniform for game day and to attend the game in uniform.
- H. Highstepper's are not to leave any game or performance early for any reason, unless the issue is discussed with the sponsor/captain.
- I. Anyone missing more than four games will be subject to dismissal whether these are excused or unexcused absences.

VI. SUMMER CAMP

- A. Every dancer will attend summer camp at her own expense.
- B. Every squad member will attend summer practices to prepare for camp.
- C. The sponsor will make the decision on the date, location, and type of camp.
- D. **It is recommended that you keep your June calendar open until you hear about the camp location when the dates are released by Varsity.com in February.**

VII. SUMMER PRACTICES

- A. Practices during the summer months will be at the discretion of the sponsor and captain.

VIII. EXPECTATIONS AND STANDARDS

A. Uniforms

- i. Uniforms must be kept neat and clean, including socks, shoes, etc.
- ii. Only official uniform pieces, as designated by the sponsor or captain, may be worn when participating in official EHS Highstepper activities.
- iii. Clothing not accepted as part of the official Highstepper uniform, such as sweatshirts, jackets, t-shirts, socks may never be worn with the uniform.
- iv. Official uniform pieces may not be loaned to friends without special permission from the sponsor.

B. Appearance

- i. Hair must be off the face, with long hair tied back and kept under control.
- ii. Makeup must be natural.
- iii. Nail polish: clear or pale shades only.
- iv. Jewelry: only small post earrings.
- v. Natural smiles, pep, good grooming, and good posture should always be evident.

C. Grades

- i. As stated in the student handbook: A student with a quarterly GPA below 2.0 is placed on academic probation until the grade report for the following quarter. During this probationary period an athlete may practice, compete, and participate in school sponsored extracurricular activities. If the next quarter cumulative GPA is 2.0 or above the student is eligible to continue in sports. If the next quarter cumulative GPA is below 2.0, the student is ineligible to participate in athletics the following quarter. Athletes are allowed only one probationary period for athletic participation during an academic year.
- ii. Highsteppers will count as PE credit for Freshmen & Sophomores for first, second, and third nine weeks. During days that Highsteppers do not have practice from 2:30—3:25, Freshmen and Sophomores are to report to the assistant sponsor or sponsor for study hall. Normally a grade of an “A+” is given, depending on attendance and other rules are followed. Fourth quarter Highsteppers must attend regular PE classes, unless they are in another sport, i.e. track, then they report to that coach. If for any reason a student is no longer a member of Highsteppers, voluntary, or otherwise, they must report to a regular PE class.
- iii. It is recommended, if at all possible, to schedule college visits around practices and performances. If this can not be done, advance notice must be given so the dance can be choreographed without that dancer.

D. Conduct

- i. There will be no smoking, drinking, use of drugs, use of profanity, or any other conduct unbecoming while in uniform.
- ii. All squad problems should be discussed with the sponsor.
- iii. Highstepper’s are expected to conduct themselves in a mature fashion during practice sessions, games, or any event at which they represent Episcopal High School.
- iv. Highsteppers will stand at attention during the Invocation and National Anthem.
- v. Highsteppers should refrain from fraternizing with fans, players, or with one another (beyond reason) during the games.

- E. Fund Raising
 - i. Each dancer is expected to participate in the junior dance clinic. Most of the money needed for the operation of the Highstepper's is generated from this clinic.

- F. Purchasing Uniforms
 - i. Each dancer will purchase uniforms through the sponsor.
 - ii. Used uniforms:
 - a. Used uniforms approved by the sponsor may be sold at a used uniform sale each year. Uniforms will depreciate in cost each year.
 - b. The sponsor will determine costs for used uniforms.
 - c. Any damages to uniforms during the year should be corrected as soon as possible at the expense of the dancer. Before uniforms are sold, they must be cleaned and mended.
 - d. All used uniforms will be purchased directly from the dancer selling the uniform.

- G. Transportation
 - i. School Guidelines: Episcopal High School will provide transportation to out of town away football games. Highstepper's are to travel to and from away games as a team.
 - ii. Highstepper's must behave with maturity and respect while riding in school vehicles. The behavior of dancers will be a reflection on the squad as a whole.
 - iii. A ride from the high school must be waiting for the squad member upon return of the school vehicle.
 - iv. Dancers must provide their own transportation to all home games and in-town away games. Rides must be waiting at the school or in-town away school immediately after the game to pick up the dancer.

- H. Lettering
 - i. Highstepper's are eligible to receive a letter after completing 2 successful years, lettering will be noted each year after as well.
 - ii. First year Highsteppers will be recognized at the awards ceremony as a participant.
 - iii. If the sponsor deems it appropriate, she may, after ample warning, refuse to issue a letter to a Highstepper. If a Highstepper receives excessive demerits during a season, she will not receive a letter.
 - iv. All Highsteppers are invited to the end of the year sports awards ceremony.

IX. DISCIPLINE

- A. Appropriate behavior (outlined in this constitution and the Episcopal Athletic Training Rules) must be exhibited at all times. Failure to comply will result in disciplinary action by the sponsor.
- B. The sponsor will give demerits when guidelines and rules have not been followed, notification will be given through e-mail.
- C. An excess number of demerits may result in suspension or dismissal, as determined by the sponsor.
- D. In order for an absence from any required function to be excused, the sponsor/captain must approve the reason ahead of time.
- E. By agreeing to become a Highstepper, each Highstepper agrees to make Highstepper events for first priority over all other school or extracurricular events, but participation in select sports is allowed. The Highstepper "off" season is typically the fourth quarter.

X. DISMISSAL

- A. Dismissal from the squad may result from the following offenses:
 - i. The use of drugs, tobacco, or alcohol during the season.
 - ii. Appearing at school or at a school function under the influence of drugs or alcohol.
 - iii. Conduct unbecoming a representative of EHS.
 - iv. Failure to maintain a 2.0 GPA (see section on Grades).
 - v. An excessive number of demerits.

XI. DEMERIT WORK OFF PROGRAM

- A. "Merits" - As opposed to the "demerit," a "merit" is a good thing. A merit can be given to someone who goes above and beyond the call of duty in being a Highstepper. The sponsor will determine if someone has earned a merit to take away one of their demerits.
- B. Wednesday's practices at 3:30 during football season, Highsteppers will work off demerits by doing 100 crunches. You will only be allowed to work off 1 demerit per week. This opportunity will not be available during basketball season.
- C. Failure to sign not sign in or out for Freshmen and Sophomores on days they are required to sign in or out will not be eligible for the demerit work off program. See the Demerit System page for those consequences.

DEMERIT SYSTEM

1 DEMERIT

- Late to practice
- Chewing Gum
- Not attending practice dressed out
- Missing a meeting or practice for a reason that was unapproved by the sponsor
- Leaving early from a meeting, practice, or game for a reason that was unapproved by the sponsor
- Uniform violation at a game or pep rally
- Not reporting to the stands at the scheduled time during a game.
- Not turning in forms by due date
- Not signing in or out for Freshmen & Sophomores ***see below for consequences

2 DEMERITS

- More than 10 minutes late to a game
- Missing a meeting or practice without prior permission from the sponsor
- Leaving early from a meeting, practice, or game without prior permission from the sponsor
- Infraction of school regulations
- Missing any events, other than pep rally or game
- Not having the correct uniform at a game or pep rally

4 DEMERITS

- Missing a required game or pep rally without prior permission from the sponsor.

INFRACTIONS

- First violation of the Episcopal Athletic Training Rules may result in suspension from one or more contests
- Second violation of the Episcopal Athletic Training Rules may result in suspension from the team for the remainder of the season. While under suspension, the athlete may not participate in another sport during the suspended season.
- While under suspension, the Highstepper will be required to attend all practices and games, in uniform.
- Any Highstepper who misses an event or game, unexcused, will not be allowed to dance at the following game.
- If a Highstepper attends a game or performance under the influence of drugs or alcohol, she will be suspended from the team and will not be eligible to try out again. No warnings will be given for this type of infraction.
- Any Highstepper suspended from school for any reason will be handled with the sponsor.

PENALTIES

- If a total of 8 demerits are acquired, the Highstepper will not be allowed to dance at the next game, but must attend the game, be on time, and in uniform.
- Highstepper must attend practices and games during suspension. Failure to do so will result in additional game suspensions.
- If a total of 20 demerits are acquired before the end of the year, the Highstepper will no longer dance. She must continue to attend practice and all games in uniform. The Highstepper will also not receive a letter.
- Extreme family emergencies will be dealt with by the sponsor and captain.
- Expression of disrespect to the captain/sponsor will result in the Highstepper being brought before the Dean of Students for discipline according to school policy for such violations.

Freshmen & Sophomores who fail to sign in or out of "PE" class are considered "skipping class." Failing to sign in or out 3 times will result in a school detention which must be served in the morning outside of practice. These demerits are not eligible to be worked off in the Demerit Work Off Program.

The sponsor reserves the right to issue demerits for any other actions not specifically listed on this sheet as she deems necessary.