



# Buna I.S.D.

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## Cheerleading Handbook

**Superintendent: Dr. Steve Hyden**

**Buna High School Principal: Nathan Ross**

**Varsity Sponsor: Barbara Smith**

**Junior Varsity Sponsor: Kristy Yoes**

**Buna Junior High School Principal: Kelley Peck**

**Junior High Sponsor: Terra Seaman**



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Application for Cheerleading Tryouts

My child, \_\_\_\_\_ has my permission to be a cheerleader at Buna I.S.D. I understand that he/she must abide by the rules and regulations set forth by the advisor and the Principal, he/she must be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter/son to ride with the advisor and/or other parents when necessary. I understand that all forms attached must be completed by the mandatory cheer meeting, or my child will not be allowed to tryout. I understand that my child must attend mandatory practices and tryout sessions(unless excused by the advisor), or my child will not be considered for a cheerleading position.

- I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.
- I understand all costs involved as stated in the rules.
- I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Parent or Guardian                      Date                      Parent or Guardian                      Date

I am interested in being a cheerleader at Buna High School/Buna Jr. High. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the advisors and the Principals of Buna ISD. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Home Address:

\_\_\_\_\_  
Grade next year: \_\_\_\_\_



### **The following applies to all cheerleaders and mascot:**

- A Cheerleader's first responsibility is to her academic program. The educational process should not be compromised by cheerleading. Therefore, any cheerleader not passing will not participate in any cheerleading event; except practice.
- The primary function of a cheerleader is to support interscholastic athletics.
- As a cheerleader, you have an obligation to uphold standards set by the school.
- As a cheerleader, **you have received an honor and a privilege – not a right.** A cheerleader is in a very influential position in her relationship with the student body. She/he is looked upon by parents and the public as an example of ALL Buna ISD students. In such a capacity, highest standards must be met and maintained.

### **Tryout Paperwork:**

All forms must be returned on the day indicated on the tryout schedule. If forms are not returned by the deadline you will not be eligible to tryout. Getting a copy of the physical to the sponsor is solely your responsibility. **NO EXCEPTIONS!** Physicals must be given to the sponsor prior to tryouts. **DO NOT ASK THE SPONSOR TO OBTAIN YOUR PHYSICAL FROM A COACH or EXPECT THE COACH TO GET THE PHYSICAL TO THE SPONSOR.**

### **Selection Process:**

#### **Cheerleaders**

1. A panel of judges, obtained through UCA, will select all cheerleading squads.
2. Tryouts are **CLOSED** to anyone not participating.
3. The Varsity squad will consist of 12 cheerleaders. The JV squad will consist of 10 cheerleaders. Exception: If there is a distinctive point break more or less may be chosen.  
\*In the event of a point break the Principal will make the final decision.  
(The qualifying candidates earning the highest scores will fill these positions.)
4. The Buna Jr. High Squad will consist of 12 cheerleaders and 1 mascot.  
Exception: If there is a distinctive point break more or less may be chosen.  
\*In the event of a point break the Principal will make the final decision.  
(The qualifying candidates earning the highest scores will fill these positions.)
5. A physical is required: We must have a copy of your physical. Physicals are good for two years. Failure to have a physical on file will result in dismissal from the tryout process.
6. *Rules and Regulations* and *Release to Tryout* are required with parent signature.
7. **Attendance to the orientation meeting and dress rehearsal are required.**



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8. **Tryout apparel** – White shirt and blue shorts. Shirt must be long enough to be tucked in shorts and stay tucked into shorts. No crop tops. No jewelry. Candidates must wear their tryout apparel during dress rehearsal. Anyone not properly attired, will not tryout.
9. **NO CELL PHONES ALLOWED DURING TRYOUTS!**
10. **Clinic** – There will be a mandatory practice and dress rehearsal prior to tryouts. Candidates will learn a tryout cheer and dance.
11. **Tryout Process** –
  - a. Each candidate will draw a number and tryout in numerical order.
  - b. Each candidate will perform one group Dance. In groups of no more than three.
  - c. Each candidate will spirit into the gym and tumble, if desired. They will then perform the required cheer. The following jumps will be required: Herkie (aka Herky) and toe touch.

### **Squad Configuration**

1. Freshmen will be allowed to try out for the JV squad only.
2. You must have served one year on the JV squad before trying out for the Varsity squad. (Exception: If you will be a senior the upcoming year you may try out for a spot on the Varsity squad.)
3. Jr. High squad will be made up of the 12 qualifying individuals with the highest scores.

### **Mascot Selection**

1. The mascot candidates will perform an individual skit. Skits should promote school spirit and be performed to music. The skit will be performed in the mascot uniform. Skits should last at least one minute and not exceed two minutes.
2. Mascot candidates are responsible for choosing their skit music, additional costume pieces and props.
3. Mascot skit must be approved by sponsor at the Mandatory practice.
4. Mascot candidates must turn in a copy of their performance music at the Mandatory practice.
5. The Varsity mascot will be the highest scoring candidate entering grades 10<sup>th</sup> -12<sup>th</sup>. (exception: if there are no 10<sup>th</sup> – 12<sup>th</sup> grade candidates freshman may fill this position)
6. The JV mascot will be the highest scoring candidate entering grades 9<sup>th</sup> -11<sup>th</sup>.
7. The Jr. high Mascot will be the highest scoring candidate from 7<sup>th</sup> or 8<sup>th</sup> grade.
8. Some things to keep in mind if you are trying out for mascot:
  - a. Wearing the suit is HOT.
  - b. The mascot will be required to wear the suit the entire game. You may take short breaks and halftime off. Other than that, **YOU WILL REMAIN IN THE SUIT!**



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**In order to tryout:**

**Grade requirements of either:**

- A. Overall average of 80 or more through the 4<sup>th</sup> six weeks (or most recently completed six weeks), with no more than one failing six weeks grade during the school year.
- B. Overall average of 75 or more through the 4<sup>th</sup> six weeks (or most recently completed six weeks), with no failing grades during any six weeks of the current school year.
- C. **Exception:** Approval by the Principal for any student not eligible above due in part to an identified learning disability accompanied by a written agreement from the sponsor of the activity that the learning disability would not be a hindrance in the student participating in the activity.

**After Selection:**

Participation will be based upon the UIL eligibility requirements.

**A total of six weeks of ineligibility will result in dismissal from the squad.**

- 1. The sponsor will periodically check grades of any failing cheerleader to see if her grades have improved.
- 2. If standards are not met after six weeks, the cheerleader will be removed from the squad.

**Attendance:**

**All try-out applicants must be in compliance with the State Attendance Law.**

**Discipline:**

**Tryouts – must have no habitual discipline offenses during the current school year as attested by a signed release form from the Principal. The campus principal will make the final recommendation on eligibility.**



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**Discipline:**

**After Selection disciplinary action by sponsor Levels A, B, & C.**

**A. No - Performance at weekly event. (Any Cheerleader/Mascot that receives 2 level A disciplinary actions by the sponsor will receive an automatic referral to the Principal)**

1. Failure to Respect and Cooperate with Sponsor/Squad. (Lying, Talking Back, splitting the squad for benefit, ect...)
2. Tardy to a performance.
3. Not cheering during a performance.

**B. No- Performance and Referral to Principal**

1. Wearing Uniform to an unassigned event.
2. Inappropriate behavior (cursing, arguing, physical contact with boys during performance or in uniform.)
3. Unexcused absence from practice or performance.
4. Any referral for disciplinary action.

**C. Automatic Removal from the Squad**

1. 2<sup>nd</sup> unexcused absence to performance or practice.
2. 2<sup>nd</sup> referral to principal for disciplinary action.
3. Any violent activity (fighting, stalking, bullying, ect...)
4. Conviction of any Criminal Activity.

Dismissal from the program is for one calendar year from the date of dismissal. If further violations occur within the period of dismissal, the period will be extended for one more calendar year.

**Physical Condition:**

1. Parents and squad members must recognize that cheerleading is a sport. Squad members will be required to participate in tumbling, stunt building, and jumps. At any given time a serious injury could occur. As sponsors of these squads, we will take all proper precautions in protecting the cheerleaders. However, accidents do happen! As in any sport, injuries may occur.
2. Squad members must be in good physical condition as this is a demanding activity (jumping, lifting, climbing, etc...).
3. If you are under a doctor's care due to injury or illness that prohibits you from cheering, performing, etc. you will need to provide a doctor's excuse. Once you have been released from the doctor's care; you will need to provide a letter of release from the doctor which states that you are no longer under his/her care and can return to school and or practices.



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**Expenses:**

1. Cheerleaders are responsible for keeping their account paid on each due date.
2. Expenses include but are not limited to: Uniform expenses, shoes, Warm-up suits, Camp costs and clothing, and other items decided on by the sponsor and squad as needed.

**Duties:**

**All duties, responsibilities and expectations begin at the time of notification of selection. All duties are unable to be outlined but these serve as a very minimum of what will be expected:**

1. Create sideline signs, hall and gym spirit signs.
2. Attend for the full duration and actively support all assigned sporting events.
3. The squad member should not hold a job that will interfere with these activities.
4. Attend and actively participate in all assigned practices.
5. Attend and actively participate in any form of camp or instruction as assigned by the sponsor.
6. Attend the community pep rally.
7. Attend the homecoming parade and homecoming community pep rally.( High School Squads only)

**Uniform:**

1. **Hair must be IN A PONYTAIL at all practices and games.** You must have permission from the sponsor to wear your hair in braids or any other way. All cheerleaders must look the same.
2. **Each cheerleader will be responsible for keeping her uniform neat and clean, and will be required to replace damaged pieces.** Make sure all outfits are clean and ready to go. The weather changes quickly in southeast Texas and you need to be prepared for last minute changes in the uniform choice.
3. **Jewelry is not a part of your uniform.** Earrings, necklaces, and watches, ect. Will not be allowed during cheer practices or events.
4. Members should have all new piercing done in the summer when there is no practice. You will be expected to remove any new ring during practice, games, or any other events.
5. No body piercings or tattoos should be visible during practice or performance in accordance with school dress code.
6. Each member of the squad will have his/her uniform cleaned and returned to the sponsor immediately upon retirement of his/her position.(Varsity only)



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**Head Cheerleader:**

1. Head Cheerleader will be chosen on their: rank in try-outs, past participation as a cheerleader, leadership skills, performance ability and Sponsor input.
2. Varsity Squad: Must serve 1 year on Varsity before eligible. Jr. High: must be a returning cheerleader, 8<sup>th</sup> graders only.
3. Head cheerleader duties/responsibilities include, but are not limited to the following:
  - a. Leading the squad at all practices and games.
  - b. Showing confidence and leadership at all games/events.
  - c. Working with the sponsor to make choices for the squad.
  - d. Working with the sponsor to plan pep rallies and other events.
  - e. Shows fairness and respect to all members of the squad at all times.
  - f. **YOU MUST BE ABLE TO BE ON TIME AND ATTEND ALL PRACTICES, GAMES, AND EVENTS IN ORDER TO HOLD THE POSITION OF HEAD CHEERLEADER (aka Captain-Co. Captain).**

This position is optional you are choosing to accept this position. Therefore if any of these requirements are not upheld you will be removed from the position.

**Attendance:**

1. Cheerleader must attend **all** practices, games, and fundraisers **Summer Cheer Camp is mandatory. No exceptions.**
2. You must attend at least half a day of school the day of an event in order to cheer.
3. In case of an absence, the cheerleader must give prior notice to the sponsor at least one day in advance to the event. It is important for the team's success that **EVERYONE** attends all functions.
4. Excused absences must be approved 1 day (unless emergency medical) prior to the event. Failure to contact the sponsor immediately, in the case of emergency, will result in an unexcused absence. All absences are subject to the investigation by the sponsor. In extenuating circumstance, the sponsor and the Principal will make judgment. If the squad member is present for school then they are expected to attend practice and/or events.
5. **Two unexcused absences will result in dismissal from the squad.**
6. **School Attendance** - Each person must be in compliance with the state mandatory attendance law. **Any squad member not in compliance warrants grounds for immediate dismissal.**





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**Conflict in Activities:**

A student who attempts to participate in several extracurricular activities may run in to a conflict of obligations. As sponsors of the Buna ISD Cheerleading Squads we recognize students should have the opportunity for a broad range of experiences in different areas of extracurricular activities. As sponsors we build a schedule that minimizes conflict. We are unable to rearrange schedules due to conflict. It is the students responsibility to do everything they can to avoid such conflicts. This would include being cautious about participation in several activities where conflicts are bound to arise. Cheerleading is a team effort and requires the entire team to make an effective squad.

**Travel:**

1. All cheerleaders will checkout with the sponsor before leaving practices and games.
2. A parent must sign out squad members with the sponsor if they plan to ride home from a game with the parent. Otherwise, all cheerleaders will travel together as a team to and from each game.
3. If a parent wishes for his/her child to ride home with another adult from an event... a note stating these arrangements must be signed by the Principal or assistant Principal and given to the sponsor **at least one day prior to the event.**

**Punctuality:**

1. All cheerleaders **must** be on time to practices, fundraisers, or other squad activities.
2. Cheerleaders late to any away game will be left behind and will assume responsibility for being late.

**Behavior and Attitude:**

1. Cheerleaders should observe all school rules and regulations. Refer to all rules and regarding conduct as outlined in the campus handbook and applying to all student extra-curricular activities, as well as, these guidelines.
2. Positive presentation of self and squad is expected at all times. Frowning, pouting, non-participation, etc. will result in benching of the individual for the remainder of the event.
3. It is important that you understand that anything you do in public or that you post on the internet (i.e. MySpace, facebook, YouTube, etc...) reflects on you, our squad, the school and the community. Any inappropriate postings brought to my attention will be grounds for immediate dismissal.



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**Letter Jacket: High School Varsity Squad Only**

To earn a letter jacket a cheerleader/mascot must participate at all varsity football games and pep rallies, all varsity home basketball district games, complete summer responsibilities and participate in at least ninety percent of all other activities involving the squad as determined by the sponsor/Principal. Any exceptions will require sponsor and Principal approval.

**Grievance Policy:**

1. As being a member of a team, it is important that you maintain good relationships with your teammates. Keep open communication with each other and address problems in an appropriate way. If a problem cannot be solved amongst yourselves, consult with your sponsor and she will step in.
2. You may not always agree with your sponsor or why things are done in a certain way, but please address issues WITH YOUR SPONSOR before seeking help from other individuals. If the problem cannot be resolved between cheerleader and sponsor, then a parent or Principal meeting may be called with the sponsor to help solve the problem. As mentioned before, we want to keep open communication between all members and the sponsors. We are all in this together!

**Important Information:**

- This contract is in effect from tryout date to the last day of school through the following school year. This includes graduating seniors.

**Situations not covered specifically in this policy will be handled at the discretion of the sponsor and school administrators. Decisions will be made that are consistent with general policy.**

As your sponsors, we are looking forward to an awesome year with all of you!

**Barbara Smith, Varsity Cheerleading Sponsor**

**Kristy Yoes, Junior Varsity Cheerleading Sponsor**

**Terra Seaman, Junior High Cheerleading Sponsor**



## Pledge Signature Page

Please sign, detach and turn in at the parent meeting.

Please Print:

Student Name \_\_\_\_\_

Parent Name \_\_\_\_\_

I understand and support all the rules and regulations set forth by the sponsors of Buna ISD cheerleading.

I understand that cheerleaders are required to fulfill their duties from the date of tryouts to the last day of school.

I understand the expense of cheerleading and I agree to make all payments listed on the payment plan in full and on time.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



## Principal Disciplinary Form

Applicant's name \_\_\_\_\_

Parent's name(s) \_\_\_\_\_

Current Grade Level \_\_\_\_\_

\_\_\_\_\_ **has had no serious disciplinary offenses during the current school year as attested by**

\_\_\_\_\_  
Principal's Signature

Date: \_\_\_\_\_

Applicant's signature \_\_\_\_\_

Date: \_\_\_\_\_

Parent's signature \_\_\_\_\_

Date: \_\_\_\_\_



## Contact Information Form

Student's name \_\_\_\_\_

Student's cell number \_\_\_\_\_

The sponsors use texting to send out information to the cheerleading squad. If this is a problem; please let me know.

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

Address (if different) \_\_\_\_\_

Parent's Cell # \_\_\_\_\_

\*Email address \_\_\_\_\_

The sponsors often use texting to contact parents and/or remind them of deadlines and important dates. If this is a problem; please let me know.

Sponsor: Barbara Smith, Varsity Cheer Sponsor  
Kristy Yoes, JV Cheer Sponsor  
Terra Seaman, Jr. High Sponsor



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Cheerleading Judging Form  
Cheerleader # \_\_\_\_\_

Judge # \_\_\_\_\_

Ranking System for Skills :

Poor	Fair	Average	Above Average	Superior
1	2	3	4	5

Maximum points each = 5

Cheer	<b>Spirit</b> <ul style="list-style-type: none"> <li>• Enthusiasm, energy, unique</li> <li>• Entrance and Exit</li> </ul>	
	<b>Jumps</b> <ul style="list-style-type: none"> <li>• Form</li> <li>• Landing</li> </ul>	
	<b>Motion Technique</b> <ul style="list-style-type: none"> <li>• arms level</li> <li>• sharp motions, precise</li> </ul>	
	<b>Communication Skills</b> <ul style="list-style-type: none"> <li>• Voice projection</li> <li>• Facial Expressions</li> <li>• Confidence</li> </ul>	
	<b>Tumbling</b> <ul style="list-style-type: none"> <li>• Execution</li> <li>• Delivery</li> </ul>	
Dance	<b>Knowledge</b> <ul style="list-style-type: none"> <li>• Memory</li> <li>• Confidence</li> </ul>	
	<b>Spirit and Enthusiasm</b> <ul style="list-style-type: none"> <li>• Expressions</li> <li>• Energy</li> <li>• Sharp motions</li> </ul>	
	<b>Technique</b> <ul style="list-style-type: none"> <li>• Sharp motions</li> <li>• Keeps beat</li> </ul>	
	TOTAL	

Judge's signature \_\_\_\_\_ Judge's Comments:



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Mascot Judging Form  
Mascot # \_\_\_\_\_

Judge # \_\_\_\_\_

Ranking System for Skills :

Poor	Fair	Average	Above Average	Superior
1	2	3	4	5

<b>Interview</b> Personality, Eye Contact, Facial Expressions	<b>Impro</b> Originality Creativity	<b>SPIRIT SKIT</b> (Music & Movement, Creativity, Use of Props)	<b>SPIRIT SKIT</b> (Character Personality Established)	<b>SPIRIT SKIT</b> (Overall Crowd Appeal & Spirit Promotion)	<b>Interview (after skit)</b> Eye contact, delivery of answers	<b>TOTAL SCORE</b>

Judge's Comments:

Judge's signature \_\_\_\_\_



## Expenses

The cost for Cheerleading typically runs \$600-\$900. You will be given an individual payment break down after fittings. We will do fundraisers that will help offset some of the expense.

Schedule for payment:

Payment #1    March 21<sup>st</sup>

Payment #2    April 25<sup>th</sup>

Payment #3    May 16<sup>th</sup>

No items will be distributed until balance has been paid off. All Balances must be paid in full before May 29th.