

# **BUCKHOLTS ISD HIGH SCHOOL CHEERLEADER CONSTITUTION**

**2015-2016 School Year**

**Constitution in effect from the first day of summer to the last day of the following school year.**

This document is the guidelines for the Buckholts High School Cheerleading Teams. The purpose of the cheerleading teams is to encourage school spirit and loyalty, high academic standards, and strong personal values among all of its members. Through leadership, cheerleading techniques, and sportsmanship of each member of the Cheerleading Team they will fulfill their purpose for the benefit of school and the community of Buckholts ISD.

## **ELIGIBILITY**

1. Candidates must maintain a grade of 72 or above in all courses taken during the current school year.
2. Candidates must not have been dismissed from any BISD organization during the current school year in which tryouts occur.
3. Candidates must be in good standing with campus principal in regards to discipline. (principal must sign approval for tryouts)
4. Candidates must be able to attend and endure practices, performances and events as assigned by coach.
5. Candidates must sign a Constitution agreement stating that it has been read and also be willing to follow all guidelines that it sets forth.
6. Candidates must be willing to cheer at all Football and all home Basketball games in order to be able to tryout.

## **TEAM SELECTION**

Tryouts will be held in the spring semester for selection of the team for the following school year.

Selection of team members will be made by 2 qualified judges in the following categories: appearance, spirit and enthusiasm, motion technique, voice and projection, jumps, and tumbling. Candidates will be required to perform a spirited entrance, individual cheer, jumps, and a group cheer. The candidates will also be scored on attendance, behavior, and academics.

Attire for try-outs will be as follows:

Black shorts, a white t-shirt, socks, and athletic shoes

T-shirts should be worn in such a manner that a candidate will not expose the midriff during jumps, cheers, or tumbling. Tank tops are not allowed. Hair should be worn in a neat style that does not cover the candidate's face.

Selection of teams will be as follows:

High School Team - top 6 scores among all candidates, regardless of previous squad assignment, who will be in grades 9-12 the following school year.

Mascot-IF candidate is not chosen for cheerleader, they have the option to be the mascot. Determination will be made from the scores from the try outs.

## **TIME INVOLVEMENT**

Cheerleaders will be expected to adjust their schedules as necessary in order to participate in ALL events. These include the following:

**Camp**- Date will be determined by coach between June and August. **Camp is mandatory.**

**Football and home Basketball season** – must cheer at all games for corresponding teams.

**Pep-rallies** – Varsity team will cheer at all pep rallies, all football games, Homecoming and down town pep rallies.

**Practice** – must be at all scheduled practices. These will be scheduled by the coach and will be mandatory.

**Other events** – may be asked to attend other events such as open house, sports playoffs, sports banquets, fund raisers, etc.

## **RESPONSIBILITIES**

### **GRADES**

Team members must maintain a 72 average in all classes in order to participate. Falling below a 72 will result in not being able to participate. All cheerleaders with failing grades will be required to attend tutorials after school.

### **Absences**

Members are expected to attend school all day in order to maintain eligibility to participate in Cheerleading. Three consecutive absences will require a doctor's note in order to cheer the next game.

### **PRACTICES**

Practice schedules will be given to each team member. Each practice will include proper warm up as instructed by coach; practice of all materials necessary for events and games –including stunts, jumps, cheers, etc; discussion time for solving any issues or conflicts.

### **DRESS CODE**

During regular school hours, all cheerleaders will be required to wear leggings under their skirts at all times.

**ALL PRACTICES ARE MANDATORY just as other events, performance and games!!!!!!**

### **GAME PERFORMANCE**

1. All team members are expected to follow instructions of coach.
2. Members must be in designated FULL uniform when they arrive for the game or bus.
3. No jewelry should be worn; hair should be up and/or out of the face with ribbons for every performance/game. (ribbons not necessary for practices)
4. Members must perform throughout entire game and should remain in assigned formation;
5. Members will participate in all cheers, chants, dances, etc and are responsible for learning materials.
6. No food or drink (other than water) should be consumed during game or performance time or in the cheer area.
7. Cheerleaders will be permitted to leave 2 minutes before half time and will be back before game starts 2<sup>nd</sup> half.
8. No cell phones should be used during performance time. (coach will take phone from member )

9. Members are expected to have all equipment (poms, megaphones, etc.) for each game/performance.
10. Members are expected to travel to all events as a team. Parents must have arrangements made to pick up their child after each event. Members will be able to travel after out of town games with ***their parent/legal guardian*** if they sign them out with the sponsor.

### **FINANCIAL INVOLVEMENT**

#### **UNIFORMS**

Each Cheer Candidate will be responsible for a \$200 deposit before tryouts begin. When the Cheer team is selected, the candidates who do not make the cheer squad will have their deposits returned. This deposit will help cover costs for shell top, skirt(S), long-sleeve under garment, shoes, socks, and briefs. Selections will be made to keep costs at a minimum not to exceed \$400. All other payments must be paid before May 2, 2015.

#### **FUNDRAISERS**

Each team member will be required to participate in all cheerleading fundraisers. Funds from these events will be used to cover the cost of warm-up suits, camp, poms, megaphone, and/or other activities. All fundraisers will be determined by the coach.

### **EMOTIONAL AND BEHAVIORAL INVOLVEMENT**

#### **EXPECTIONS**

Cheerleaders represent the entire school. Everything they do reflects themselves, their families and the activities they are involved in. Therefore members are expected to:

1. Display appropriate manners and behavior at all times.
2. Treat others with respect and courtesy
3. Always listen to instructions and announcements given.
4. Be present and on time to class, practices, performances and events

#### **Squad Duties**

- a) All Cheerleaders/Mascot will do their share of spirit work, such as making signs, hanging signs, etc.
- b) Each Cheerleader will have a week where they plan the pep rally and bring the sign to the game and make sure the sign sticks are put where they belong for the next games use.

### **DISCIPLINE/CONDUCT**

Each student who tries out for cheerleader must realize that they are a representative of this school/community. Because of that responsibility anyone who wishes to try out for cheerleader will be held to a higher standard of conduct and citizenship than the rest of the student body. Candidates are expected to HAVE and MAINTAIN character above reproach. If a student is selected and receives a major disciplinary infraction, finds themselves in trouble with the law, or participates in an activity that could compromise their good standing in the community they will be immediately dismissed from the squad the remainder of the cheerleading season. Cheerleaders are expected to be a credit to the school at all times. Candidates for try outs and Cheerleaders should at all times conduct themselves in a proper manner including:

- a. Courteous and friendly to opposing teams, squads, and visitors.
- b. Courteous and friendly wherever you go.
- c. Be cautious of ALL conversations which might be overheard.
- d. NO profanity, dishonesty, bullying, or unsportsmanlike conduct during school related activities, events or classes.
- e. Show respect for yourself, teachers, and other students.
- f. Neat appearance at all times.
- g. No gum chewing at games and/or pep rallies.
- h. No hair combing/applying makeup/primping at pep rallies or during games.
- i. Practice clothes which do not meet school dress code will not be worn to class.
- j. While on campus or participating in school activities or school trips, cheerleaders are subject to all rules and regulations of the Buckholts ISD Code of Conduct.
- k. Cheerleaders/mascots will not display undesirable emotions, such as anger, loudness, rage, or public display of affection at any time.
- l. Cheerleaders/Mascot will set the example in the classroom.
- m. On the day of the game every Cheerleader will wear the complete uniform all day and at the game.
- n. Cheerleaders who are sent to ISS, OSS or DAEP at any time will be dismissed from the squad.

Cheerleaders will be expected to support all school teams and organizations. There will be times they are expected to create signs or attend special events.

Failure to attend practices, games or events may result in disciplinary action. All members are expected to be on time and in appropriate attire for practices, performances or games.

The following forms of discipline will be used with the cheerleaders:

- a) Demerit System will be followed along with B&C below.
- b) Verbal Reprimand: Conference between sponsor and cheerleader
- c) Parent Conference: Conference between sponsor, cheerleader, and parent.

### **Demerit System**

- The following infractions are subject to **One Demerit**:
  - Gum at practice and games.
  - Uniform or shoes not in compliance (wrinkled/unclean)
  - Wearing jewelry at games and pep rallies
  - Up to 5 minutes late for game or practice
  - Failure to report to advisor prior to an absence from a game or practice
  
- The following are subject to **Two Demerits**:
  - Up to 10 minutes late for game or practice
  - Negligence of cheerleader duties (signs, pompoms)
  - Use of cell phones or any other electronic device during events
  - Not participating satisfactorily in all phases of a fund raising project
  
- The following are subject to **Three Demerits**:
  - Being over 10 minutes late to games or practices
  - Public display of affection at school or in uniform
  - Inappropriate practice attire or uniform at practice or game
  
- The following are subject to **Five Demerits**:
  - Failure to report to sponsor before leaving after games or practices
  - Missing game, event or practice for unexcused reason
  - Failure to cooperate with ANY other squad member
  
- The following are subject to **Ten Demerits and is not allowed for extra duty to take off demerits**:
  - Disrespect to coaches/sponsors/teachers
  - Fighting at school
  - Cheating in school

**Demerits may be given for other things that are not included in the handouts, for it is not possible or necessary to spell out every possible violation.**

If a cheerleader receives 5 demerits, she receives a warning.

If a cheerleader receives 10 demerits, she receives a warning and parent/sponsor conference.

If a cheerleader receives 15 demerits, she will be removed from the squad.

Demerit sheets are available to be viewed by the cheerleader/Parent at any time.

**\*\*The cheerleader and parent may request for the cheerleader to do extra duty to earn back any demerits over 10. This may include but not limited to picking up garbage, putting up supplies after painting signs, or putting up equipment after games. This can be used only one time per school year and parent, cheerleader, and sponsor must sign for approval and only 3 demerits will be taken off.**

**Anyone who is selected as cheerleader will participate in the random drug testing policy adopted by Buckholts ISD.**

#### **Immediate Dismissal from the Squad**

1. Use of tobacco at school or any school activity will warrant dismissal. If school administrator or law enforcement official determines that a cheerleader is under the influence of or in the possession of alcohol and/or drugs on school property or at a school related activity, that cheerleader will be dismissed.
2. Any actions that result in being placed in ISS, suspended from school or placed in ISS will warrant immediate dismissal.

# **Cheerleading Acknowledgement**

## **Candidate:**

I, (applicant name) \_\_\_\_\_, have read all rules and regulations that govern the Buckholts Cheerleaders. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2015-2016 school year.

Signature of Applicant : \_\_\_\_\_ Date: \_\_\_\_\_

## **Parental:**

I, the undersigned, have read and fully understand the rules and regulations which will govern my son/daughter if he/she is chosen to represent Buckholts ISD as a cheerleader. I further understand that this is an extracurricular activity and that attendance at all practices, games, special functions, and summer camp is a requirement of the elected cheerleader.

I hereby give my consent to my son/daughter \_\_\_\_\_ to try out for cheerleader and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that, if chosen, my son/daughter will be required to pay for uniforms, camp, and anything else that the cheerleader may need.

Signature of Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_