

GHS Cheer / Drill Constitution

Philosophy: The purpose of a cheer or dance/drill team organization shall be to offer an opportunity for its members to participate in wholesome physical activity, promote physical fitness, promote interest in school activities, achieve high academic success, to encourage good sportsmanship, develop self-discipline, and to learn how to be a good team member, while developing an appreciation for the art of cheer and or dance/drill. These organizations will represent its high school's athletic events, competitions, as well as community functions. Participation and membership in these organizations, as in any other extracurricular activity is a **PRIVILEGE. NOT A RIGHT.**

Athlete Responsibilities

Please read the rules and expectations very carefully. All guidelines will be enforced.

Purpose of a Cheerleader/ Drill Member:

1. To provide leadership
2. To help promote school spirit, enthusiasm, and good sportsmanship.
3. To promote unification of the crowd's involvement during the athletic event.
4. To strive to uphold the highest personal, as well as cheerleading standards.
5. Encouraging the spectators to become involved.
6. Providing service to the team, school and community through continued support of the teams.
7. Encouraging and upholding of good sportsmanship on and off the field/floor.

Athletic and Academic Eligibility

As per UIL Guidelines, all members shall meet the following eligibility requirements:

1. All participants must attend all class periods of the day in order to participate at a game or activity. Students must attend school in order to attend or participate in any extracurricular activity while being a member of the GHS Cheerleading / Drill Member program.
2. Must be on time and attend all practices and games.
3. To be eligible at the beginning of the school year members must have earned the accumulated number of credits to be classified at the appropriate grade level. A student who lacks the prescribed number of units shall remain ineligible for the first six weeks of the fall term. If, at the time, the student has passed all classes for the six-weeks period, the student becomes eligible.
4. After the initial six-week period of any school year the student must meet the academic requirements for all extracurricular participants as defined by Chapter 76 of the Texas Administrative Code and as described in the TEA-UIL Side by Side under Academic Requirements (No Pass, No Play).
5. Must meet District eligibility requirements published in the GHS Student Handbook. Students failing to meet these academic requirements shall be ineligible for the three weeks following the grade reporting period and can regain eligibility once he/she maintains a 70 or higher in all classes.

Attitude and Behavior

GHS Cheerleaders / Drill Members are:

1. Responsible for his/her actions both on and off the field/court.
2. Members that are expected to follow all rules as outlined in the GHS Cheerleader / Drill Member Contract.
3. Must maintain good rapport with GHS staff, faculty and administration both on and off the school grounds.
4. Are role models at school and should behave accordingly. Members shall not violate school rules. Additionally, **shall not be involved in PDA** (Public Displays of Affection) with their boyfriend/girlfriend while on campus or on any cheerleading events.
5. Must have hair that is a natural hair color during participating season (all sports) ; **only** brown, black, natural red or blonde. They can dye their hair another color as long as it is one of the colors previously listed.
6. Members may not have visible tattoos during any games or whenever wearing their uniform.
7. They **may not wear any** facial jewelry or have any visible piercings when in uniform.
8. No long nails **ONLY** sport cut.
9. The cheer coach reserves the right to:
 - a. Suspend a member from participation
 - b. Remove a member from the squad
10. Cell phones must be put away during practice and games.
11. **If a cheerleader violates any of these responsibilities, it will result in a demerit following the demerit system.**
12. A cheerleader is a **role model** for the fans and must remain positive and display good sportsmanship toward the other cheerleaders, teams, coaches and officials at all times.
13. A member is responsible for his/her actions on the floor at all times. He/she is to support his/her own team and never against the opposing team.
14. You will not drink, eat, chew gum, comb hair or visit with friends during performances. Bathroom stops should be taken **before** a game, during **halftime**, or **after** the game.
15. Be able to accept constructive criticism for the improvement of the group.
16. Display teamwork and unity at all school/sporting activities.

Responsibilities of Cheerleaders/ Drill Members

1. Athletic Games
 - a. Attendance at all football games is **required**. Varsity will attend **all** home and away games. The only valid reasons for missing a game are as follows: injury/serious illness (doctor's note required), death of a family member, or academic ineligibility. All other reasons are not excused and will affect the members standing and will result in a demerit and/or suspension from further games.
 - b. Members will be expected/ **required** to participate at volleyball, basketball, baseball, and softball games. If he/she does not attend it will result in following the demerit system and will affect standing for the following year.
 - c. Members cannot leave early from games. If a cheerleader plans to leave from an away game they must leave with their parents, and the parent must sign them out. If they have to leave with anyone other than parents, they must submit a letter and photo copy of a drivers license of the person who will be taking the athlete to the coach **a day** before the event.
 - d. Keep the sidelines flowing at all times.
 - e. Pay attention to the game (**it is not social time**)

- f. Never cheer against or boo the opposing teams, officials, or participate in unsportsmanlike conduct
 - g. No food or drink while you are participating during a game or event.
 - h. Water only on the sidelines
 - i. Be set up and ready to go 1 hour before a football game and 30 minutes before a basketball, volleyball, baseball, and/or softball game.
 - j. Be ready to cheer/perform (properly stretched, warmed up, wearing proper uniform)
 - k. Follow coaches and captain's instructions at all times
 - l. Must have all parts of uniform on at all times for the game (including bows, bloomers, cheer or dance shoes, poms, etc.) All athletes must look the same! If the student is not FULLY prepared, he/she will be sat down and given a demerit.
 - m. On game days athletes will wear our spirit shirts. They must wear the spirit shirt over the uniform before and after the games.
 - n. If the weather changes (rain or cold) either the **whole team** wears the raincoat or the jacket or no one does.
2. Practices
- a. Practices will be arranged by the coach and shall be held as needed.
 - b. Practices start promptly, and tardiness is unacceptable.
 - c. Absences from practice that are unexcused without prior approval from the coach. The coach will determine whether an absence is excused or unexcused. Giving notice to the coach **does not** make the absence excused. In case of emergency, an absence may be excused the following day with a note from a parent/guardian.
 - d. In case of an absence (excused or unexcused) the participant must speak with the coach the day before the absence is made. If a student is absent and does not let the coach know before practice, it will be counted as an unexcused absence and will be given a demerit.
 - e. Proper shoes and clothing should be worn at every practice. The following are required:
 - Must wear appropriate practice attire.
ex. shorts: bikers and or bloomers must be worn under the shorts. Black leggings, spirit shirt (**NO tank tops/crop tops or sheer shirts**).
 - Athletic shoes and socks.
 - If the student is not fully prepared for practice, he/she will be given a demerit.
3. Pep-Rallies
- a. On days of a pep-rally participants **must** come completely groomed and ready to just put their complete uniform on.
 - b. Participants are responsible for making up any work missed when absent for pep rallies or games.
 - c. If not fully prepared for the pep rally, participants will **not** perform at pep rally and be suspended for the first half of the game. Demerit will be given.
4. Attendance
- a. In order for an absence to be considered approved, it must be cleared by the coach or coaches prior to that event.
Excused Absences: Illness with a doctor's note, death in the family, religious holidays, UIL game/match/performance, or UIL-school related meeting.
 - b. **Unexcused Absences:** Work, school work/homework (should be taken care of on your time not practice time), vacation, appointments etc. dental and vision, non-UIL involvement, non-UIL meetings, and competitive cheer practice or events. Unexcused tardies to practice/games will result in conditioning after practice. Unexcused absence from a practice will result in the participant sitting down for the following game and/ or event. If the vacation is planned 2 weeks in advance and discussed with the coach it will

be considered excused, **ONLY** if told two weeks before the day of absence. ******(Coaches will use their discretion to increase sit time if attendance becomes an issue)

Missed Games due to an unexcused absence will result in automatic sitting for 2 games following the absence. ******(Coaches will use their discretion to increase sit time if attendance becomes an issue).

- c. Participants will cheer at all of the games, tournaments, and other events as assigned by the coach.
 - d. Participants will be responsible for the following: pep rallies, spirit signs, parades, spirit days, fundraising, play-off games, the response of the crowd, and other duties as assigned by the coaches.
 - e. Participants must attend all practices the week of a Pep Rally; if a student misses any of these practices (excused or unexcused) the participant will be benched from the performance. When benched the participant will sit, in uniform, with the coach during the performance, and then rejoin for the remainder of the pep rally.
5. Safety
- a. Cheerleading involves high risk of injury. Members must be in good health and physical condition to participate.
 - b. Members must notify coaches of any and all injuries.
 - c. Members must consider safety at all events. They must adhere to the following safety guidelines:
 - When learning new stunts or tumbling passes they must be practiced on mats.
 - When performing stunts or tumbling passes, they must be performed on either grass, dirt, a gym floor or mats. Stunts or tumbling passes will not be allowed on cement or concrete.
 - When stunting, the flyer's safety comes first.
 - All stunts must be approved by the Coaches.** In high school there are several "illegal" stunts that our cheerleaders may see other schools do, but will not be allowed to do for their own safety. Stunting safety is determined by professional cheerleading associations such as UCA and NCA.
 - d. If injured, the coach may require the member to see a doctor before being allowed to participate again.
 - e. After seeing a doctor for an injury, a member must have a written note from the doctor allowing him/her to participate. If certain activities are permitted, and other activities are not, the doctor's note must be **specific**. For example, "Can cheer but cannot stunt or jump for 2 weeks."
 - f. If a member becomes pregnant they must immediately notify one of their coaches and/or the school nurse for their own safety as well as the safety of the fetus.

Suspensions and Dismissal

1. Cheerleaders will be suspended or dismissed for one or more of the following major violations:

- A. Any violation as defined in the student code of conduct and GHS cheerleader / drill member contract. (ex. referrals/ISS/ Skipping a class.)
- B. Use of tobacco, alcoholic beverages, or drugs at any time.

- C. Use of profane or obscene language and gestures
- D. Excessive boy/girl relationships on school grounds.
- E. Failure to attend practices or games.
- F. Uncooperative attitude within the squad or at school.

1. Any problem will be discussed with coaches in private.

G. Concerns of any member will be solved within the group and not become a school problem.

1. Cheerleaders / Drill Members will reflect team effort rather than individual concerns.

H. Disrespect shown to a coach or another team member will not be acceptable and will result in disciplinary action.

I. Unsportsmanlike behavior...

J. Leaving a game, fundraising event, competition or any other event without permission.

2. All suspensions and dismissals will be at the discretion and final word of the coach/sponsor. Parents will be notified when a suspension or dismissal occurs.

3. Possible Dismissal

May include but not limited to Bullying, Cyberbullying, suspension from school, inappropriate pictures and any incidence that will be referred to school police as per administrators discretion

- A. School Suspension: If a cheerleader / drill member is suspended from school, they will be ineligible to practice or play during the period of suspension. And will be subject to disciplinary action in accordance with the GHS Cheerleading / Drill Member Demerit System.
- B. Any picture of cheerleaders and or dance/drill team members in uniform may ONLY BE TAKEN at the school scheduled event, game or activity.

Discipline Procedure

- 1. The coaches and or administrators hold the right to sit a cheerleader for disciplinary reasons. A recurring negative/uncooperative attitude will result in the suspension or dismissal from the squad.
- 2. The coaches and or administrators hold the right to dismiss a cheerleader/ drill member from the team if there is excessive tardiness and/or absences from practices and/or games.

3. Any member that is dismissed from the squad is ineligible to receive a Varsity letter or participation award for the school year.
4. Any member that is dismissed from the squad will not be permitted to attend tryouts for the following season.

Demerit System

1 Demerit

- 3 unexcused tardies to practice, game, fundraisers, performance...Late to ANY CHEER/ DRILL ACTIVITY (tardiness must be told in advance, coach will decide if it is excused or unexcused)
- Leaving practice early or without permission
- Not in appropriate practice wear/uniform as assigned ---includes SHOES, No jewelry, hair securely tied away from face applies for practice, games or performance
- Missing equipment during practice, games, or cheer event (must have cheer shoes, bow, poms, jacket, uniform, bikers/bloomers, cheer shirt)
- Inappropriate language or excessive talking
- Having phone visible at practice, pep rally, game, event
- Failure to clear absences and/or tardies in advance
- Not participating – chants, cheers, sideline activities, painting signs, etc.
- Undesirable conduct in academic classes (teacher contacts coach)
- Unsportsmanlike behavior, including complaining and poor attitude

2 Demerits

- School assigned detention
- Inappropriate content on the internet, including social media
- Disrespectful body language – eye rolling, obscene gestures
- Non-Compliance– Do what your coach says when asked!
- Unexcused absence from practice, activity, game (any sport) or performance.
- Failure at the Six Weeks

3 Demerits

- Stealing
- Insubordination, defiance, lying or deception
- Leaving a game without permission
- ISS or Out of School Suspension
- Tobacco or Alcohol Use
- Violation of School Truancy Policy -Compulsory Attendance

(see RGCISD Student Code of Conduct)

Removal

Accumulation of 4 demerits

- Placement at DAEP (Alternative)
- Any arrest
- Drug use
- Getting into a fight on or off school property (on the bus/bus stop, at school, or at a school event.)
- Any other offense deemed inappropriate by the coach or school administration.

After **4** Demerits, a member will be dismissed from the squad, however she may work off each demerit by running 2 miles or conditioning exercise at a specific time and place with the coach(**coach must be present**). If a member is dismissed/quits during the year, he/she must allow one full year to pass before being able to try out again.

Cheer/ Drill Season

1. Fall cheerleading: Football and volleyball
2. Winter cheerleading: Basketball, some baseball and softball games
3. Year round: Pep rallies, spirit events, fundraisers, competitions, community events, concerts

Cheer Squad Leadership

One Senior Captain and One Junior Co- Captain will be chosen in a method determined by the cheer coach. The responsibilities of a captain are:

1. Lead stretches and cheers at practice when necessary
2. Call all cheers at game and keep everything flowing
3. Make sure that all the rules and guidelines are being followed
4. Call squad members to communicate information
5. Additional duties may be assigned by coaches

Dance/Drill Team Leadership

High School Officers: Officers must commit 100% of the time to the organization or risk being removed from the officer position. Failure to fulfill duties, responsibilities, and team standards will result in loss of officer position.

The organization will have one Major, one Captain, and, if needed, up to three Lieutenants.

1. Officers shall assist the director in any way that they might be called upon.
2. Officers will not undermine any decisions or directives made by the Director. Continuous evidence of this behavior will result in loss of office.
3. Officers are expected to be role models for the rest of the team and always set the proper example of what is expected of team members.
4. Major - will directly assist the director and will command when the director is not available.
5. Captain - will directly assist the director and Major and will be in command when they are not available.
6. Lieutenant - shall assist the director, Major, and Captain.

LOSS OF LEADERSHIP

1. Exhibits conduct unbecoming of a member.
2. Failing any six weeks academic of a member.
3. ISS placement
4. Open affection with a boy or girl on school grounds, on dance/drill team time or in uniform.
5. Malicious gossip regarding each other or member of the team, including the director(s).
6. Excessive absences - 5 unexcused per year; 3 tardies is equivalent to one unexcused absence.

Transportation

1. Members will provide their own transportation to all events unless otherwise arranged by the coaches/advisor/school. (I will let you know beforehand)
2. All members are responsible for finding rides to and from practice and our home games.
3. Parents must be willing and able to pick up their child promptly after the completion of practice or games. **Please be on time.**

Other Non-School Participation

1. A member participating on a GHS cheer / drill team may practice and compete with an outside all star program or non-school team, provided the practices and events do not conflict with any scheduled game or practices at Grulla High School.
2. Absences due to participating in a **non-school activity** will be counted as an **unexcused absence**.

3. Absences due to another GHS school related event may be excused AFTER talking with the coach. If a member does not receive permission **beforehand**, then it will be counted as an **unexcused absence**.

Time Commitment

1. Cheer is very time consuming. Practices are nearly every day **after school, during summer, and winter breaks**. (Summer and winter practices, subject to change)
2. Cheerleaders are responsible for **weekly** games.
3. Summer practices will be held at least **three -four** times a week before school starts to prepare for the upcoming season. **THESE ARE MANDATORY**.
4. Occasionally there may be weekend commitments, such as games, competition, fundraisers and/or parades.
5. Members are responsible for keeping their grades up and completing all of their school work even when busy with cheerleading and or dance/drill activities. **UIL rules** will be implemented.

Interpretations and Change

1. The interpretation of this constitution is the sole right of the coaches and GHS administration.
2. Rules and guidelines are subject to change at any time, due to TEA/UIL changes OR with approval from the administration. Excluding the election process.
3. Final judgment will be left up to the school Principal/ Administration.
4. In situations that are not covered by this document, the coach and/or GHS administration will make the decisions.
5. The coach may enforce other rules as they become necessary for this organization.

Parent Communication

Communication: Communication is vital for a successful cheer program.

Parents should follow appropriate avenues to communicate issues pertaining to their child. Students and parents should follow the steps below if an issue or concern arises.

Step 1: Contact the Coach/Sponsor via email and notify her of the concern.

Step 2: If no resolution after initial contact with the Coach/Sponsor, schedule an in person conference with the Coach/Sponsor.

Step 3: If the issue has not been resolved after the conference with the Coach/Sponsor, contact the Assistant Principal on campus who oversees cheer and schedule an in person conference with the Assistant Principal.

Step 4: If there still is not a resolution to the concern, contact the Principal and schedule an in person conference.

Fundraising/ Payment

1. All Cheerleaders / Drill Members will pay a \$400.00 fee if he or she makes the squad. This fee will cover: 2 sets of poms, shoes, warm up jacket and pant, bloomers, socks, travel shirt, cancer awareness bow/socks, homecoming mum, and parent night present etc. Due to the low fee, cheerleaders/ drill members will have to fundraise all year long to help support those costs for the following year.
2. Fundraising is an obligation. **All Members** must participate in fundraising. Fundraising pays for spirit shirts, food/snacks for away games, mats, cheer signs and megaphones, and cheer / drill expenses not covered by the annual fee.
3. Items purchased by the individual will become his/her property.
4. Items purchased by the school will become the property of the Grulla High School Cheerleading organization. If item(s) are lost, stolen or damaged, the member will be obligated to replace the item(s).

You will be given an itemized list of everything we plan to order so that you will know the projected expenses. This will be done a week after try-outs. Uniforms will be provided by the school district for GHS Cheerleading / Drill Member squad. Cheer/ Drill members who owe a balance on their account and/or fail to return any school owned items before the first clinic date, will not be allowed to participate in the clinic/tryout.
5. If a member is declared ineligible, injured, being disciplined, is dismissed or resigns from the squad, the member is responsible for all fees incurred.
6. Members must also return all school-owned equipment including uniforms, props, and accessories, as designated by the Sponsor if a cheerleader and or dance/drill team member quits, withdraws from school, or is removed from the squad.
7. **The cheerleader's parents must pay a deposit of \$100 by the day of the fitting for equipment to be ordered on date July 20, 2021. The deadline to pay the fee is on Aug 2, 2021, if not paid by the deadline the cheerleader will not be given a uniform, equipment, and cannot participate in any events until fee is paid off.** (Dues could be paid for by sponsorship posters fundraiser).

NO Refunds will not be issued, NO EXCEPTIONS!!

PERSONAL CHEERLEADER / DRILL MEMBER CONTRACT

I have read, understand and agree to the cheerleader's responsibilities. I know that it is a privilege to be a Grulla High School Cheerleader/ Drill Member . I will abide by the rules and regulations outlined in the contract. I understand that if I do not follow the rules, I will receive consequences and may be suspended and/or dismissed from the cheerleading squad.

I will cooperate fully with the coach, assistant coaches, captains, and all persons and organizations concerned to promote spirit and good sportsmanship at Grulla High School.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students and faculty at Grulla High School.

Member Signature _____ Date _____

Printed Name _____

PARENTAL PERMISSION

Our son/daughter, _____, has our permission to be a cheerleader and participate in all cheerleading related activities at Grulla High School for the upcoming school year.

We have read and discussed with our child the guidelines and we understand the responsibilities and commitment of being a cheerleader. We also understand the role we must assume as parents of a GHS Cheerleader / Drill Member and we will assist in every way to see that the rules and regulations are enforced. We will do our best to support the coaches and administration in decisions made throughout the season.

We understand that the school and coaches assume no responsibility for any accidents or injuries that might occur either at school, practice, or an event away from school grounds at any time. We understand that if an accident or injury may occur, we are ultimately responsible for taking our child to seek proper medical attention.

We understand that each cheerleader will be required to have a physical exam on file.

We agree to pick our child up within 10 minutes of their arrival to school, after away games.

We understand the cost, time commitment, and travel time involved with this activity. We understand that if our child is dismissed or quits the cheerleading squad, we will not receive any refunds for money paid for their camp, competition, or other costs associated with the activity.

We do hereby give our consent and support for our child to be a cheerleader at Grulla High School for the upcoming season.

Parent's Signature _____ Date _____

Printed Name _____

Due on the day of Clinic

Information & Permission Form

Name: _____ Age _____

Address: _____

City, State, Zip _____

Home Phone _____ Date of Birth _____

Email Address _____

Current School _____ Current Grade _____

Parent/Guardian _____

Health Concerns/Medication: _____

Parent participation is very important in the success of the GHS Cheer and Drill Teams.

Please check all or some of the areas that you would be interested in helping with during the year as a member of the Cheer Booster Club or Dance/Drill Team Booster Club.

I am interested in:

_____ Helping to organize fundraisers

_____ Helping with communication

_____ Hosting cheer team bonding activities

Other _____

I FULLY AUTHORIZE TEAM Coach/Sponsor TO POST PICTURES AND / OR VIDEOS ON SOCIAL MEDIA.

Student Signature _____ Date _____

_____ **Yes, I give permission**

_____ **No, I do NOT give permission**

Parent/ Legal Guardian Signature _____ Date _____

*****Rio Grande City Grulla Independent School District**

Cheer Team Information Packet***