

CHS Varsity Cheerleading Rules

1. Cheerleader candidates will follow the UIL guidelines. If they have failed a class at the 2nd 9 weeks, they must be passing all classes at the last mid UIL grading period as indicated in the UIL documents. They may not have more than one citizenship grade below the S level at the time of tryouts or as their cumulative citizenship average for the academic year. A citizenship grade of U is equivalent to two N's.
2. The varsity squad will be composed of 8-12 members depending on the caliber of skill, and the number of candidates trying out. The candidates will be scored by qualified judges, evaluated by their teacher/coaches and given a rules test. (Candidates must meet a minimum skill score to be determined by the judges. A candidate's skill score is the total of their judges' scores.) The top scoring 8-12 candidates who meet the minimum score determined by the judges will be the elected cheerleaders. Tryouts will be conducted according to the adopted CHS Tryout guidelines.
3. All cheerleaders will attend summer camp for the purpose of learning new cheers and preparing for the school year. The CHS Cheerleaders' Activity Fund will pay for this camp, if funds are available. (If not the cheerleader is responsible.) Failure to attend camp may result in suspension pending review by the CHS principal and cheerleader sponsor.
4. Citizenship grades will be checked after each three-week period in a six weeks. Suspension for one week will be the result of citizenship falling below the levels established for tryouts. Academic grades will be checked at the end of each six weeks period. Cheerleaders must maintain at least a grade of 70 in each class. Failing a class will result in suspension for a period in accordance with TEA/UIL rules. Cheerleaders must comply with local school board policy regarding smoking and drinking. Any cheerleader seen smoking or drinking in public by any faculty member of the Celina Independent School District may be suspended. Any cheerleader participating in a public act, which may discredit or bring embarrassment to the school or organization may be suspended pending review by the CHS principal and cheerleader sponsor. The Internet is a worldwide, publicly accessible form of communication. Any communications such as MySpace, Facebook, etc. appearing on the Internet is public domain even if it is marked private. Cheerleaders and mascots are responsible for their personal websites and postings as well as for postings on other students' websites. The area of appropriateness will include but are not limited to, language, pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the principal and

sponsor. They should be aware that in or out of uniform, they are held to a higher standard and should act accordingly.

5. All cheerleaders are required to report for duty the Monday of the first week in August in order to prepare for the school year. They are required to lead in the Cheerleading Clinic held in August. Failure to participate in Cheer Clinic may result in suspension pending review by the CHS principal and cheerleader sponsor.
6. Two absences in one week, excused or unexcused, will result in not performing at that week's pep rally or game.
7. Each cheerleader position will terminate after one year and tryouts will be held again. Senior cheerleaders will be required to hold clinic in the spring for the next year's tryouts.
8. Cheerleaders must perform at all regular season and playoff football and basketball games in and out of town for both boys and girls. (This includes girls and boy's basketball but excludes tournament games.) They will also cheer at playoff baseball and softball games.
9. All cheerleaders' parents are expected to work in the concession stand twice during football season. Any cheerleader whose parents do not fulfill their obligation to work in the concession as scheduled either by working herself or sending an appropriate replacement, will receive five demerits for each time they do not work.
10. Cheerleaders must ride together in the school van or school bus to and from games.
11. A varsity cheerleader alternate will be named at the time of tryouts. The alternate will serve as varsity cheerleader if the cheerleading squad should fall below 10 members or the cheer coach deems that adding the alternate is in the best interest of the squad. The alternate will be the JV cheerleader who received the highest score at tryouts. Other JV cheerleaders may be used on the varsity squad as needed and at the discretion of the cheer coach.
12. If a varsity cheerleader is unable to fulfill her position before camp, the person with the next highest score for Varsity will be moved up. If it occurs after camp, the Varsity alternate will take the Varsity position.
13. A member who quits or is terminated from their position is ineligible to participate in any Spirit related organization the following year without the written consent of the previous year's sponsor.

14. Any money owed to the CHS Cheerleaders must be paid in full before a candidate is eligible to try out or if cheerleaders is a senior, their diploma will be held.
15. These are general rules and guidelines for all CHS cheerleaders, mascot, and mic master. At times, the sponsor and administration may be required to make a judgment call. These decisions will be left up to the individual sponsors and principals. Principal and sponsors reserve the right to upgrade any penalty (immediate suspension, office referrals, etc.) depending on the severity of the situation.

Demerit System for CHS Cheerleaders:

I. Club members will receive 1 demerit for any of the following:

1. Tardy for any practice
2. Leaving any practice early for any reason. (Missing one hour or more is an absence) One absence per 6-weeks allowed for doctor appointments only.
3. Not being in appropriate clothing/shoes for practice.
4. Uncooperative attitude such as excessive talking, rude or disturbing behavior during practice.
5. Leaving trash, food, or a mess in locker room, under the bleachers, practice area, bus, hallways, or any other area.
6. Chewing gum at a pep rally, game or performance, or anytime while in uniform.
7. Not being in required/ appropriate clothing on Friday's or at any other activity. This includes but is not limited to wearing colored socks, bras, etc. that do not go with the uniform.
8. Being late for any game or performance
9. Not being in full clean and repaired uniform at a game or performance (including having poms when needed).
10. Leaving the field or stands during a game without permission
11. Turning in money late for ads, uniforms, ribbons, or projects. (One demerit for each day late)
12. Irresponsibility in caring for school or club property.
13. Missing a practice. (One doctor's appointment allowed per 9-weeks.) No demerit if school is missed that day due to illness or other excused absence. In the event of an injury, a doctor's excuse is required for non-participation. A doctor's release is also required for activation after an excused injury
14. Behaving inappropriately at any school function. (attitude, language, etc.) This includes dressing inappropriately for school and violating the school dress code. (One demerit each time a teacher reports a dress code violation to the sponsor.
15. Wearing jewelry or colored polish during performance, games, or pep-rallies
16. Leaving early from a pep-rally before being dismissed by the sponsor. All cheerleaders will help clean up after each game, pep-rally, or other event.
17. Excessive talking while at games or pep-rallies
18. Being disrespectful to any of the sponsors or other adults.
Rudeness/insubordination will not be tolerated.
19. Cheerleaders will respect all teacher/staff members at all times.

II. Club members will receive 2 demerits for any of the following.

1. Not fulfilling head cheerleader duties of selecting cheers for the pep rallies, giving director pep rally routine outline on **Monday**, informing members of practices, completing a game plan, completing skit, confirming speaker, assigning ribbon sales, and collecting equipment for games and putting it up, and communicating uniform choice to squad.
2. Leaving a game before the end of the game. (1 demerit if director gives permission due to school related event or emergency.)

III. A club member will receive 3 demerits for cheating on an assignment or exam. The sponsor must be notified by a CHS staff member.

V. Missing any game or performance will result in the following demerits.

- a. Absence with parent and director permission – 2 demerits
- b. Absence with parent permission only – 3 demerits (the parent must notify the sponsor at least one week in advance or 4 demerits)
- c. Absence without permission – 4 demerits
- d. Absence without notification – 5 demerits

VI. Club members will receive 15 demerits for breaking any school policy regarding smoking, drinking, or anything illegal. Any cheerleader seen smoking or drinking in public by any faculty member of the Celina ISD may receive up to 15 demerits. Cheerleaders may receive up to 15 demerits for participating in public acts which discredit or bring embarrassment to the organization.

VII. Accumulation of 5 demerits will result in suspension the following week. Cheerleaders who are suspended must still attend practices and games. They will assist the sponsor and Mic Master as needed.

VIII. Members will be dismissed from the Spirit Club for the remainder of the school year if 15 demerits are accumulated through out the season. Members who accumulate 15 demerits in one year may return to the cheerleading squad or Las Gatitas the next year only with the written consent of the director.

IX. Uniforms may be altered, but no fabric may be cut without the prior approval from the sponsor. If a uniform is cut without permission, the cheerleader must replace the entire uniform.

X. If a cheerleader is sent to the office, she will be benched depending on the severity of the offense. If a cheerleader, mascot, or Mic Master is sent to CDC, they will receive 2 demerits per day.

- XI . Competitive cheer is secondary to Celina High School cheerleading. School practice overrides any competitive cheer activities. Practice times vary based on weekly events, such as homecoming, blackout, etc. 1 demerit will be given each time a cheerleaders leaves practice early.

- XII. Social media abuse, harassment, etc. will not be tolerated and will be handled according to the discipline matrix as determined by administration.

Cheerleader Tryout Guidelines 2014

Tryouts: Friday (2/28 or 3/7), in the H.S. Auxiliary Gym.

The main gym will be used for candidates to warm up. They will also wait in this gym before being escorted to the tryout gym.

Varsity Candidates will report to the gym no later than **4:00 pm**.

Junior Varsity Candidates should arrive no later than **5:00 pm**.

Freshmen Candidates should arrive no later than **6:00 pm**.

Mascot Candidates should arrive no later than **7:00 pm**.

Candidates should wear a white T-shirt with orange shorts and white tennis shoes.

In the case of physical injury prior to the tryout, the principal/sponsor must be notified for permission to have any deviations in the tryout procedure. A video can only be used after notification of the principal and only in the case of an injury that impairs a student from participating in a “specific skill” of the tryout. If a video is used, only a small segment of the video that shows the “specific skill” done by the student prior to the tryout may be judged. A medical doctor’s note indicating the specific skill the student is incapable of performing will be required prior to video use. No score reduction or credit shall be exercised due to claimed injury. A medical form will also be needed stating that the candidate will be able to perform by the time the squad goes to camp.

Cheerleaders

I. Judge Tryouts:

II.

- III. 1. Candidates will perform in groups of 3 or 4, depending on the number of candidates. They will perform the dance as a group. (The dance will be taught by the current year's senior cheerleaders.) Groups are determined by the number each candidate draws.
2. After each group has performed, each candidate will rally and/or tumble back on and perform a cheer and jumps for the judges by themselves. The cheer will be taught by the current year's senior cheerleaders.
3. After individual performances are completed; each candidate will be interviewed by the judges. Candidates will be escorted to another dressing room after their interview so that interview questions may not be discussed.

4. The senior cheerleaders will teach each group of candidates a new cheer. Candidates will have 10 minutes to learn the cheer before they perform it in the groups designated earlier.
5. Scores will be tallied and judges may ask for callback performances. Candidates will wait in the dressing room until the judges are finished with their particular group.
6. Results will be posted online at staff.celinaisd.com/~malloryguyton under the cheer tab after the completion of mascot tryouts.

II. Tryout Records:

Tryout records will be kept by the building principal. A candidate's score sheet (judge's form with total score) will be released only to the candidate's parent by the principal. Permission forms and medical releases will be kept on file with the cheer coach.

III: Material:

All material will be taught starting on Monday of the week of tryouts. The 10 minute cheer will be taught on Friday during tryouts. The clinic will be from 4-6 pm Monday-Thursday.

CELINA HIGH SCHOOL CHEER TRYOUT FORM
TRYOUTS 2014-2015
SCORE SHEET
EXAMPLE

MAX POINTS	CRITERIA	SCORE	COMMENTS
CHEER 5 items / 5 pts each 25pts total	Execution Sharpness Voice (loud & clear) Spirit Knowledge of Material		Beginning -3 Intermediate - 4 Advanced - 5
DANCE 5 items / 5 pts each 25 pts	Execution Precision/Motions Timing/Rhythm Confidence Knowledge of Material		Beginning -3 Intermediate - 4 Advanced - 5
JUMPS 20 pts	Toe Touch (10 points) 2 Jumps of Choice (10 points)	_____ _____	Toe Touch B-4 I-7/8 A-9/10 2 jumps B-4 I-7/8 A-9/10
TUMBLING 15 pts	Spirit Entrance-2 Basic 3 (cartwheel/round off) Intermediate 6 (back handspring) Series of back handspring 8 Advance 10 <u>(back tuck or anything above)</u> Standing None Back handspring 3 Standing back or anything above 5	_____ _____	
CROWD APPEAL 5pts	Physical Appearance (neatness, hair pulled back, poise) Overall Performance Comfortable in front of crowd, facial expressions,	_____	Awesome- 5 Comfortable-3 Not ready-1

INTERVIEW 10 pts	Does the candidate have Confidence/ Poise when speaking, did they answer the questions correctly		Awesome- 10 Comfortable-8 Not ready-6
10 MINUTE CHEER 15 pt	Sharpness Voice (loud & clear) Knowledge of Material	_____ _____ _____	Beginning -1 Intermediate – 3 Advanced – 5

FRISCO ISD HIGH SCHOOL CHEER TRYOUT FORM
TRYOUTS 2014-2015
SCORE SHEET

CANDIDATE #: _____

JUDGE # _____

MAX POINTS	CRITERIA	SCORE	COMMENTS
CHEER 5 items / 5 pts each 25 pts total	Execution Sharpness Voice (loud & clear) Spirit Knowledge of Material	 	
DANCE 5 items / 5 pts each 25 pts	Execution Precision/Motions Timing/Rhythm Confidence Knowledge of Material	 	
JUMPS 20 pts	Toe Touch 2 other jumps	 	
TUMBLING 15 pts	Running Tumbling Standing Tumbling in cheer	 	
CROWD APPEAL 5 pts	Physical Appearance (neatness, hair pulled back, poise) Overall Performance Comfortable in front of crowd, facial expression	 	
INTERVIEW 10 pts	Confidence/ Poise when speaking Response given	 	

10 MINUTE CHEER 15 pt	Sharpness & execution Voice (loud & clear) Knowledge of Material	<hr/> <hr/> <hr/>	
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