



# Cheer



**2013-2014**

**Ozona High School  
Cheerleader Constitution**

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*The Crockett County CCSD School Board has established the position of high school cheerleading sponsor, beginning with the 1982-83 year. The following rules and regulations are an endeavor by the administration to establish guidelines that will assist the sponsor and the cheerleaders in the performance of their duties.*

*The sponsor will direct the Ozona High School cheerleaders in all their activities. The sponsor or principal will settle any disagreement that might arise among the cheerleaders. (Sponsor and/or principal has final decision)*

*The sponsor is responsible for transportation to out-of-town varsity games and other events where cheerleaders' attendance is required as determined by the administration.*

## **Purpose**

The Ozona High School Cheerleaders shall:

1. Provide and uphold school spirit.
2. Amplify good sportsmanship among students.
3. Work to improve inter-school relations during athletic events.

## **Membership and Tryout Eligibility**

1. Students that were ineligible for more than one grading period during the year will not be allowed to try-out for cheerleader that year.
2. Students that have not been in school for 90% of the time (unless the absences were excused by a doctor) when the try-out signup deadline has passed will not be allowed to try out.
3. Students that have been suspended from school or assigned to DAEP for more than one day will not be allowed to try out.
4. Tryouts will be held in the spring of each year, and cheerleaders will serve all athletic events for the following year. A cheerleader is considered "on the squad" and under the constitution immediately upon the posting of results.
5. Cheerleaders will be selected by outside judges. **All cheer candidates will learn** a dance, chant and cheer. Judges will select the members of each squad plus an alternate for each.
6. There will be one varsity squad consisting of eight cheerleaders and one mascot. The squad will be composed **of the cheer candidates with the top eight scores who are a current freshman, sophomore or junior**. They will be required to attend camp.
7. The head cheerleader will be chosen by the judges through a leadership interview. The head cheerleader will be a senior and previous experience will not be a factor. In a case where there are no senior members, a junior member will be chosen in the same manner.
8. There will be one junior varsity squad consisting of six cheerleaders. This squad will be composed of freshmen and sophomores. A minimum of six candidates must tryout or there will not be a JV squad. If membership drops to less than three members, the squad will be dissolved.
9. A mascot will be elected by the same criteria as the varsity cheerleaders and will perform all duties of a cheerleader. If no one tries out for mascot the alternate cheerleader will be offered the position.
10. In the event that a cheerleader cannot serve on either the varsity or junior varsity squad, (i.e. moves during the summer) the person having the next highest rank according to the judges will be placed on the squad. After camp, no replacements will be made.

## Duties of each member

1. Plan pep rallies with the advice and approval of the sponsor and principal.
2. Varsity squad members will direct the selling of ribbons on Friday mornings at the other schools. Members must be at the designated campus no later than 7:15 a.m.
3. Paint signs for every football game and make necessary decorations.
4. Cheerleaders must meet assigned deadlines set by the sponsor/head cheerleader. (Locker decorations, signs, etc.)
5. Decorate the gym for pep rallies and basketball season.
6. Each member will support all OHS athletic teams, girls and boys, to the best of his/her ability.
7. Attend all mandatory practice sessions. Practice sessions will be set by sponsor.
8. If during the season, you sustain an injury, you must notify the sponsor immediately. You will be required to be under a doctor's or Doc's supervision to correct the injury. This may include early-morning treatment, etc. If the injury requires that you not jump or participate, you must present a doctor's statement to this effect. If you are restricted from participating due to an injury, you are required to attend all HOME events and sit with the sponsor or a place designated by the sponsor. It can be understood that if you are bedridden or ill, you are excused from attending with a doctor's note.
9. The head cheerleader will also accept the following duties:
  - Work closely and communicate fully with sponsor
  - Be spokesperson and a positive leader for the squad
  - Report to cheerleader practice before starting time
  - Contact all members on the squad when necessary or requested to do so by the sponsor to disseminate information
  - Design pep rally schedule along with sponsor and receive the principal's approval by practice on Monday
  - Make sure pep rallies are ready to perform on Fridays and that all props/other items needed for skits are available
  - Be responsible for music used during pep rallies
  - Work with sponsor to arrange practice and work sessions necessary to meet the squad's goals
  - Arrive one hour early to home football games – prepare signs, etc.
  - Be prepared with appropriate cheers and chants for all contests
  - Check cheerleaders' uniforms and shoes for uniformity and cleanliness
  - Check schedule and game times and make sure all squad members are informed
  - Make sure all signs and gear get to bus for out of town events
  - Make sure all gear is unloaded from the bus after returning from trips and put away
  - Lead all members in stretching exercises before practices and games
  - Carry out the duties delegated by the sponsor, principal, and athletic director
  - Advocate and promote Lion spirit and Lion Pride in all OHS activities
  - Show no favoritism to squad members or team members

## Uniforms

1. The school will provide cheerleader uniforms consisting of one top and one skirt each. These uniforms are the property of the school and must be returned in good condition. All school uniforms must be turned in at a designated date. Each person will be held financially responsible for any damaged uniform. Replacement costs will be determined by the current price for the damaged item. Grades will be held until fines are paid. If further measures are necessary, the Principal will be consulted and the matter turned over to the administration.
2. New school uniforms (for varsity) will be purchased every four years unless the sponsor and administration determine new uniforms are needed prior to that time. (Spring 2009, 2013, 2017, 2021...)
3. The cheerleaders will buy all other articles of clothing set by the squad and sponsor. This will include purchasing uniform(s) to match the rest of the squad.
4. JV squad members will purchase one uniform and have one school uniforms.
5. Alterations to uniforms are the responsibility of the cheerleader and all alterations must be completed by time set by sponsor. Uniforms MUST fit appropriately and meet sponsor's approval. If uniforms that belong to the school need to be altered, they MUST NOT be altered in such a way that the uniform will not be useable in future years (i.e do not cut seams or hem, etc.). If this occurs the cheerleader will be responsible for replacing the uniform.

## Contests

### Football

1. The varsity will perform at all pep rallies and all varsity football games.
2. All activities must be cleared through the sponsor before they are carried out.
3. Varsity cheerleaders and Mascot are responsible for seeing that the gym is decorated for each pep rally.
4. The junior varsity will perform at designated pep rallies.
5. All cheerleaders are responsible for helping clear the gym after pep rallies and help with other decorations at any time.
6. Pep rallies are subject to approval by the Athletic Director, Principal and Sponsor. They must be planned ahead of time. Varsity cheerleaders must be in uniform for every pep rally. Junior Varsity Cheerleaders will wear uniforms only for pep rallies in which they are invited to participate. When not participating in the pep rally, junior varsity cheerleaders will be seated with the student body to help with student spirit.
7. The JV squad will cheer for all freshman and junior varsity home games. The cheerleaders will travel to all or most of the out-of-town games. Sponsor will make a decision on travel when the freshman and JV football teams do not play in the same town.
8. Cheerleaders must be present at least one hour before football game time and promptly at departure time for out-of town games.
9. All varsity football games (home and away) are mandatory except for personal illness or death in the family. In the cases above, a note must be presented to the sponsor by the parent.

10. During varsity home football games, junior varsity cheerleaders will be in uniform selling fundraising items. When selling is completed, JV cheerleaders will sit in the stands cheering with the fans.
11. While performing, cheerleaders will be allowed to have a drink on the sidelines. NO FOOD OR GUM is allowed while performing.
12. Varsity cheerleaders are responsible for selling ribbons and or tattoos to the other schools, Head Start, Del's Little School and the Community Center each week as assigned by the sponsor during football season.

## **Basketball**

*At the beginning of each sport's season, when the formation of various teams is completed, the decision as to who will cheer for these teams will be made by the sponsors and administration. Cheerleaders may be expected to support teams other than the one for which they were chosen due to the large number of games played in basketball.*

1. All cheerleaders will cheer at all district home basketball games and all playoff games.
2. Varsity cheerleaders will travel to out-of-town basketball games as determined by the sponsor.
3. Cheerleaders must arrive 30 minutes before game time. Cheerleaders must arrive at the designated departure time for all out-of-town events.

## **Baseball/Softball**

*Cheerleaders should attend, if possible, home baseball games for their respective teams. Uniforms will not be worn but cheerleaders are encouraged to attend the games and support the teams.*

## **Trips**

1. The cheerleader squad must travel to and from out-of-town games in transportation provided by the school and must be accompanied by a sponsor.
2. Permission to return by other transportation may be given only if a parent signs a wavier and brings a note to the sponsor or principal prior to departure. Every effort should be made to travel to and from events with the group.
3. Cheerleaders will follow the OHS dress code and sponsor decisions (i.e. wear a designated cheer shirt) while traveling to and from games.
4. Travel arrangements are set by the administration and sponsor.

## Practice

1. Organized cheerleader practice shall begin on a date designated by the sponsor. Practice sessions will be held during the summer months.
2. **Cheerleaders who miss two consecutive weeks of summer practice will be asked to step down.**
3. Cheerleaders will begin working on signs, fundraisers, ribbons, etc. after being elected in the spring. Deadlines will be set for projects. Project deadlines may be set during the summer months.
4. Be on time and present for ALL practice sessions.
5. Cheerleaders must personally call the sponsor ahead of time for any absence or tardy.
6. Cheerleaders should expect no less than daily practice/work sessions during football season and weekly practice/work sessions during basketball season.
7. Wear clothing appropriate for school and the work to be done during that session.
8. No food during practice. Drinks will be allowed.

## Requirements and Expectations

1. Members of the cheerleader squad shall possess good physical condition, maturity, sound judgement, pleasing personality, and emotional stability.
2. Members of the cheerleader squad shall maintain scholastic eligibility according to UIL regulations. Students that are ineligible for more than one grading period during the year will not be allowed to try-out for cheerleader that year.
3. Members should abide by cheerleader responsibilities and penalties as set forth by sponsor. Cheerleaders will abide by the rules and regulations set forth in these guidelines and will fall under the discipline of the outlined demerit system. Cheerleaders who acquire 40 or more demerits during the school year will not be eligible to try-out for cheerleader again that year.
4. Merits may be earned by participating in optional activities and will offset Demerits. Merits earned prior to Demerits could prevent suspension from games. Each merit activity will earn one merit point and will offset one demerit point.
5. Members must abide by the Athletic Code in addition to this constitution and must adhere to both guidelines as soon as the election results are announced in the spring. The cheerleader sponsor and athletic coach may work together on discipline details when the need requires. A cheerleader who also participates in an athletic sport will also be disciplined by the coach of that sport. The cheerleader will not be able to perform in uniform as long as the punishment is in place. It is understood that a cheerleader who is not involved in any other athletic sport but cheerleading will be disciplined under the constitution and Athletic Code by the cheerleader sponsor. The cheerleader will also receive 15 demerits for violating the Athletic Code of Conduct in addition to the punishment handed down by the coaches/sponsor.

## Money making projects

Each member is responsible for participating in all moneymaking projects. If a cheerleader misses a mandatory fundraiser, the member will be required to pay for a share of the profits in the fundraiser. The profit from each fundraiser will be used to offset any expenses incurred during the year.

## Conduct

1. As official student representatives of the school, members of the cheerleading squad shall conduct themselves properly at all times.
2. **Members involved in questionable social networking activity will be dismissed from the squad.**
3. **Members involved in any litigation or formal complaints through the Texas Law enforcement will be dismissed from the squad.**
4. Members shall display good sportsmanship and proper respect for others.
5. Members' conduct at school shall serve as a good example to other students.
6. Members shall be prompt, courteous, and cooperative and demonstrate an attitude to others that commands respect.
7. Members will demonstrate respect for all sponsors, administration, teachers, and other OHS staff members and display a positive spirit for ALL Ozona High School activities and student affiliations. (Band, UIL, baseball, student council, etc...)

## Cheerleading No's

1. Small clear studs may be worn in the ears. No other jewelry may be worn while in uniform.
2. No abusive language.
3. No chewing gum while performing duties.
4. Anything excessive will be left to the discretion of the sponsor.

## Suspension or dismissal

1. Poor citizenship or unbecoming conduct—penalty at discretion of sponsor and athletic code.
2. Use of alcohol, drugs, smoking—athletic code will be used to determine penalties.
3. Suspension from school:
  - a. Out of school Suspension—dismissal from squad
  - b. Placement in DAEP – dismissal from squad
4. Disrespectful or rude behavior directed towards any employee or volunteer of Ozona High School—demerits or suspension from squad as determined by the sponsor.
5. Disrespectful or rude behavior toward referees/officials or opposing teams – demerits or suspension from squad as determined by the sponsor.
6. Unable to participate at cheer practices.

## Awards

Cheerleading jackets and awards shall be made in accordance with the UIL regulations.

## Cheerleading Camp (Mandatory for Varsity, Encouraged for JV)

1. Cheerleading camp is not a school-sponsored event. However, the school will furnish transportation to and from an out-of-town camp. The cheerleader must pay for all other expenses.
2. All varsity cheerleaders and mascot must attend cheerleading camp.
3. Cheerleader Camps, Clinics, and Dates are selected at the discretion of the sponsor.

## Equipment

The following is an **estimated** cost of equipment that each cheerleader will be required to purchase, based on school suggestions and participant choice.

### Varsity Members:

Estimated Cost: ~\$1500.00

Cheerleaders for 2013/2014 will purchase only 1 full uniform, warm-up suit, bloomers, leggings, bodysuits, megaphone, pompons, and other items decided on by Sponsor

\* Also note that varsity cheerleaders are required to pay for cheerleading camp.

Estimated Cost of Cheerleading Camp and/or Clinics \$400.00

### Junior Varsity Members:

Estimated Cost: \$550.00

Estimated Cost of Cheerleading Camp and/or Clinics \$200.00

\*Required: one uniform, shoes, bloomers, pompons, long sleeved body suit, tights, bag, warm ups, traveling uniform, etc.



# CHEERLEADER DEMERITS

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The role of the Ozona High School cheerleaders must be, in addition to the primary role as spirit leaders, *ambassadors* of their schools, and in most instances, diversely skilled athletes. It is very important that the cheerleader understands the importance of this role and abides by the qualifications outlined in the Constitution and Athletic Code of Conduct. Failure to do so will result in the assignment of demerits. Demerits are set up to hold each member of the squad responsible to the School and the squad of which they are a member.

10 demerits	Failure to participate in a required activity or performance by your squad (Exceptions will be made in the case of personal illness or death in the family.)
5 demerits	Missing a scheduled practice or work session ( Doctors note- 2 demerits) Exhibiting disrespectful or rude behavior directed towards any employee or volunteer of Ozona High School—demerits or suspension from squad as determined by the sponsor
3 demerits	Showing up late for an event or practice without an excuse or prior notice. (This includes departure times)
2 demerits	Wearing the incorrect uniform or parts of a uniform Wearing jewelry not authorized by sponsor Does not bring all equipment or uniform to contest or pep rally. (missing megaphone, bloomers, pompons etc..) Does not meet assigned deadlines on projects and or assignments Does not meet deadlines for turning in items Breaking rules about food, drink, or gum while performing
15 demerits	Violation of the <i>Athletic Code of Conduct Policy</i> - Section A Demerits will be assigned for each violation handed down by the athletic director or coach/sponsor – the student will be <u>required</u> to carryout punishment as outlined in the <i>Athletic Code</i> . Demerits for this violation will be totaled in to the final demerit count.

The Sponsor will notify the cheerleader in writing when demerits are assigned.

**Twelve** assigned demerits (does not include Athletic Code violation demerits) will result in a suspension from one week's cheerleading performances. Cheerleader may be asked to work and participate during practice and meet all requirements of the squad for that week. (i.e. football=cheerleader will be suspended from one pep rally and one game; basketball= 2 game suspension)

A cheerleader with **twenty-five** demerits (does not include Athletic Code violation demerits) will result in a suspension from three weeks of cheerleading performances. The cheerleader may be asked to work and practice during this three-week period and meet all requirements of the squad. (ie: football=cheerleader will be suspended from 3 pep rallies and 3 games; basketball=cheerleader will be suspended for 3 weeks of basketball cheering, usually 2 games a week, not to exceed 6 games.)

A cheerleader with **forty** or more demerits (including Athletic Code Violations) during a single year will not be allowed to try out for cheerleader the next year. The cheerleader will also be suspended from all cheerleader activities for six weeks. (ie: football=cheerleader will be suspended from six pep rallies and 6 games; basketball=cheerleader will be suspended for 6 weeks of basketball cheering, usually 2 games per week, not to exceed 12 games.)

# Parent Permission Slip

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My child, \_\_\_\_\_ has my permission to be a cheerleader at Ozona High School. I understand that he/she must abide by the Cheerleader Constitution and rules set forth by the sponsor and the principal of Ozona High School, and be present for all practices and games. I have read the Cheerleader Constitution 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 to ride with the sponsor and/or other persons designated by the school when necessary. I understand that all forms attached must be completed by 1:00 pm on March 4, 2013 or my child will not be allowed to tryout. I understand that my child must attend the mandatory clinic(s) and tryout session, 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 constitution.

I understand by the very nature of the activity, cheerleading carries a risk of physical injury. No matter how careful the participant and sponsor are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Crockett County Consolidated Common School District or any of its personnel responsible in the case of accident or injury at any time.

\_\_\_\_\_  
Parent or Guardian

\_\_\_/\_\_\_/\_\_\_  
Date

I am interested in being a cheerleader at Ozona High School. I understand the risks stated above. If elected, I promise to abide by the constitution and the rules set forth by the sponsor and the principal of Ozona High School. I promise to cooperate and follow the instructions of the cheerleading sponsor.

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

\_\_\_/\_\_\_/\_\_\_  
Date

\_\_\_\_\_  
Home Address

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Box Number

Revision Schedule:

Date: Revision description

Revised 2/15/2008

Revised 2/19/2008

Revised 5/6/2008 – changed demerits: moved “missing practice session” from 3 to 5 demerits.

Revised 2/16/2009 – #9 membership, delete some duties, #10 football contests, add merits to requirements, detail suspension: ISS, out of school, DAEP, equipment estimates, formatting

Revised 3/3/2009 – change JV selection, V = jr/sr only, head cheer selection; add clarification to Athletic Code section; add ISS tryout rule;

Revised 3/4/2010- drop ISS rule, change failure rule, add JV to camp, move revision schedule to end of document

Revised 2-22-11-social networking clause, law enforcement clause-

Revised 2/12/13- Doctor note-demerits, cost, and arrival at OES for ribbon sales,

