

# **Waskom ISD Cheerleader Constitution**

**2011– 2012**

## **Middle and High School**

Please read the following information carefully before you make your final decision to try out for cheerleader/mascot. The following guidelines are intended to help you be a part of the best cheerleading squad possible. It should be the goal of each individual to make the cheerleaders at Waskom ISD a model for other schools in the district and area. You must also consider the position of honor in which you will be placed. Your actions and performances will affect the entire school. More will be expected of you and your behavior will be held to a higher standard than that of the average student. It is a tremendous duty to take on many activities and it is encouraged that you make the highest possible effort to support all of your activities to the fullest. Since Waskom ISD has the desire for our students to be successful, we hope that your participation in the cheerleading squad is an amazing experience for many years to come. Keeping all of this in mind, as well as the following guidelines, you need to set your priorities and decide if you are prepared to do what is necessary to make the sacrifices that may be required to be a Waskom Wildcat cheerleader or mascot.

### **Congratulations and Best of Luck!**

#### **Purpose and Values of Cheerleading**

1. Leadership
2. Physical Fitness, Coordination, and Healthy Lifestyle
3. Respect, Courtesy, Tolerance, and Self-Control
4. Sportsmanship and Citizenship
5. Sports Appreciation
6. Responsibility and Patience
7. Communication Skills
8. Self-confidence and Character
9. Moral Development

#### **Cheerleader Duties**

1. Cheerleaders will plan pep rallies, contribute spirit ideas, and help control the attitudes of the crowd.
2. Attendance in school for the required academic day is mandatory for performance that day. Excessive absences may result in non-participation or possibly dismissal from the squad.
3. At the end of each game/pep rally/performance, each cheerleader/mascot is expected to meet with the coach to clear away trash and other items prior to being released. Each cheerleader/mascot will be assigned items to pick up and load at each activity.

#### **Squad Membership**

The *High School Varsity Squad* will have up to 16 members and 1 mascot.

The *Middle School Squad* will have up to 10 members (7<sup>th</sup> and 8<sup>th</sup> graders only) and 1 mascot

#### **Athletic Team Support**

##### *High School Varsity Squad*

1. The Varsity Squad will cheer at all varsity football games and playoffs.
2. The Varsity Squad will cheer at home district girls' and boys' basketball games and playoffs.

##### *Middle School Squad*

1. The Middle School will cheer at all 7th and 8th grade football games.
2. The Middle School will perform during halftime at all home football games.

## **Cheerleader's Vow**

### **A Cheerleader/Mascot-**

1. Will attend practice and show cooperation with other cheerleaders and the coach.
2. Will know the cheers, chants, and routines for all games and performances. Will attempt to improve cheerleading skills.
3. Must adhere to the rules as listed in the constitution.
4. Must follow the safety rules as listed in the *National Federation's High School Spirit Rules* book both on and off the campus.
5. Will always promote positive leadership, show good sportsmanship, school spirit, respect, cooperation and be courteous to faculty, administration, officials, coaches, players, and visitors.
6. Shall be aware of their appearance at all times, using good grooming and dress habits.

## **Expectations and Responsibility** ***Middle and High School***

### **A Cheerleader/Mascot-**

1. Shall be aware of their appearance at all times, using good grooming and dress habits. (Male members should appear clean-cut, no facial hair, no braids or ponytails in hair.)
2. Must follow the safety rules as listed in the *National Federation's High School Spirit Rules* book.
3. Shall always remember that their primary responsibility is to support the athletic program.
4. Should be enthusiastic and prepared.
5. Will be expected to wear the full uniform (with exception of the mascot environmental conditions permitting).
6. Must attend camp (or will be released from the squad).
7. The mascot will perform and participate at all activities.
8. Cheerleaders/Mascot playing basketball will cheer after their basketball game. (NO EXCEPTION)
9. No jewelry will be worn to camp, practices, pep rallies or games.
10. All cheerleaders will wear the same hair styles. It must be pulled away from the face and preferably back in a ponytail, braid or bun. Any bangs that extends below his/her eyebrows will be clipped back with a clip the same or close to your hair color.
11. Must attend scheduled practices and will not eat or chew gum while involved in any cheerleading activities.
12. UIL eligibility requires a grade point average of 70 or above to participate in extracurricular activities for that six-week grading period.
13. While serving as a cheerleader/mascot, if a cheerleader/mascot fails more than two consecutive grading periods in a cheer season he/she will be dismissed from the squad and not allowed to try-out the next year.
14. Cheerleaders/Mascot playing fall sports will be responsible for maintaining their cheer obligations before leaving for sport activities. They should be equally dedicated to all activities that they participate in.

## **Coach Responsibilities**

Coach responsibilities are to attend and carefully supervise all practices, performances and any other function(s) that involves the cheer team and to ensure that the cheerleader's code of conduct is followed along with N.F.H.S.S.R.

## **Transportation**

All cheerleaders will ride to and from each game with the coach. Special circumstances might warrant a member riding with a parent after a game. These arrangements need to be made in advance and a parent must sign a release. If a squad member misses the bus, he/she will not be able to perform at the game and will receive appropriate demerits.

## **Special Events**

Special events include participation in parades, exhibitions, or community service projects the squad will be involved with as determined by the coach.

## **Fundraising Activities**

We will be involved in the following fundraisers: spirit items and car wash. Each squad member will be involved in each fundraiser with 100% participation.

## **Athletic Banquet**

The cheerleaders are required to decorate and take up money at the banquet.

## **Practice Sessions**

1. All practices are mandatory.
2. More than 4 missed summer practices will result in your removal from the squad. Attendance is important at every practice and meeting.
3. If you are more than 30 minutes late to a practice, consider it an absence and demerits will be added.
4. Without prior approval and notification to the coach, the absence will be considered unexcused; a call after the fact does not constitute prior approval to be absent.
5. If a practice must be missed, pre-notification must be given in writing and approved by the sponsor at least 2 days in advance. The sponsor will review extenuating circumstances for notification less than the required time period.
6. During the summer, there will be at least 2 practices per week for 2 hours per practice. A letter of intent is required by cheerleaders whose families will be going on vacation at least two weeks in advance.

## **Merits and Demerits Discipline:**

Cheerleading or being a mascot is a privilege. Cheerleaders/mascot should be held to the highest standards. Any disciplinary action you may receive as a result of any rule infractions is not intended to be malicious, but to encourage you to accept responsibility for your actions and the consequences of failure to uphold your responsibilities.

- A. If a cheerleader/mascot receives 5 demerits or is asked to not participate in an activity, the cheerleader must dress out in uniform and remain with sponsor throughout the event, game or activity. If you miss a pep rally you will not be allowed to participate in the game performance. You will receive a written notice of possible dismissal to be signed by the cheerleader/mascot and his/her parent/guardian.
- B. A cheerleader/mascot may be dismissed from the squad for blatant insubordination to the sponsor or any other school authority.
- C. Any cheerleader/mascot who behaves improperly while representing the school in practice, travel, or in uniform may be dismissed from the squad at the discretion of the coach.
- D. AEP/SAC or other out of school suspension by the principal or assistant will be subject to dismissal from the squad.
- E. Any activity, behavior or action deemed inappropriate by sponsor or school principal (included but not limited to criminal behavior) will be dismissal from the squad.
- F. Laps may be run in addition to demerits at the discretion of the coach. The number of laps equals the seriousness of the offense.
- G. The coaches will give merits to cheerleaders who wish to clear demerits off her/his record. The coaches will decide all merit points. Two merits equal one demerit.
  - 1. Merits may be given for the following: Spending extra time teaching cheers or chants (2-merits per hour).
  - 2. Doing volunteer work with prior approval of the coach.
  - 3. For “per hour” work, you may earn 2-merits per each hour of work.
  - 4. When a cheerleader finds it necessary to earn merits, the cheerleader must have the merit work approved by the coach before the particular work is done

\*\*\*The maximum number of demerits that can be cleared is 5 for the year. \*\*\*\*

Some examples of demerits and combination of other disciplinary actions are:

Letter	Item	Demerit
a.	Disrespect to another squad member or visiting squad member.	2
b.	Incorrect outfit or uniform worn to an event (includes missing parts of uniform such as bow, socks, bloomers; wearing jewelry, wearing hair improperly).	2
c.	Unexcused tardy or leaving early from a performance or practice (includes half-time breaks), or unexcused practice.	2
d.	Unexcused absence from performance or practice	6
e.	Leaving activity without permission (includes leaving field or court during game without coach's permission).	3
f.	Failure to keep cheer notebook at notebook check.	2
g.	Profane language, inappropriate behavior or uncooperative behavior.	3
h.	SAC	5
I.	Conduct other than satisfactory, including report card grade, teacher detention, not turning in money as required, chewing gum, and other minor offenses.	5
j.	Failure to follow coach's instructions.	4
k.	Sarcasm, insults or negative remarks made to an administrator, coach, cheerleader, teacher or other school personnel.	3
l.	Temper displayed during practice, pep rally, game and other activities.	3
m.	Any disciplinary action in principal's office (Includes principal's detention).	3
n.	Non-participation in fund-raisers or work sessions.	3
o.	Horse play at practice, game, or other activities.	2
p.	Not smiling, jumping or splitting at practice, games or activities.	2
q	Not saying words or doing motions to the fullest at practice, games, and other activities.	5
r.	Refusal to fulfill obligations (Not performing, not getting trash, poles, etc. at pep rallies, practices, games and other activities	5

1. This list of demerits is not inclusive; a cheerleader/mascot may be reprimanded at the coach or principal's discretion.
2. Removal or benching can be done at the discretion of the coach based on the number of demerits.
3. Grievance procedure: You must discuss your grievances with the coach first. If not settled to your satisfaction, you may take your grievance to the principal. Grievances not heard in this order will result in no action.
4. Probation:
  - a. A cheerleader/mascot receiving 2 demerits will be verbally warned and reprimanded by the coach.
  - b. A cheerleader/mascot receiving 10 demerits will be removed from the squad for the remainder of the school year.

### **Health Guidelines**

- A. Any cheerleader/mascot that suffers a major injury or illness during preseason or the regular season may be released from duties. Proper medical documentation must be provided to release or reinstate the individual.
- B. If a cheerleader has sustained an injury that prohibits him/her from cheering, that cheerleader must still attend practices, performances and other activities. Doctor's appointments related to the injury should be scheduled around practice, performance and other activity times.
- C. All cheerleaders/mascot can be subject to random drug testing. Refusal to take the test or inability to pass the test will result in dismissal from the squad.
- D. In the event a cheerleader becomes pregnant, she will not be allowed to participate. Being a member of the cheerleading squad is a privilege. Each cheerleader serves as a role model for Waskom ISD. In the event that the uniforms have been ordered, the cheerleader will still be responsible for all balances due for uniforms and accessories.

## **Guidelines for High School Varsity Cheer Captain**

**The coach will choose captains based on the following criteria.**

1. Two cheerleaders will be chosen for the high school varsity squad. To be eligible for Captain, you must have served two consecutive years as a cheerleader.
2. Captain's responsibilities
  - a. Start cheers and chants at games.
  - b. Provide communication and organization for entire squad.
  - c. Other designated duties assigned as necessary.
  - d. Leadership skills and an ability to work with other people in a professional manner are required.
3. Captain selected based on criteria:
  - a. Input from staff to be determined by leadership skills
  - b. Had not been kicked off the squad, or quit without a valid reason (approval by coach and principal) the previous year.
  - c. Leadership skills and an ability to work with other people in a professional manner.
  - d. Scores and evaluation
  - e. Cannot be in High School Marching Band, or play a Varsity Sport during cheer season.
4. If the above criteria is not satisfactorily met throughout the season, the coach has the authority to rename the captain at his/her discretion.

## **Guidelines for Middle School Cheer Captain**

**The coach will choose a captain and co-captain based on the following criteria.**

1. Only one captain and co-captain will be chosen for the middle school squad. To be eligible for Captain, you must have served one year as a middle school cheerleader.
2. Captain's responsibilities
  - a. Start cheers and chants at games.
  - b. Provide communication and organization for entire squad.
  - c. Other designated duties assigned as necessary.
  - d. Leadership skills and an ability to work with other people in a professional manner are required.
3. Co-Captain's Responsibilities
  - a. Take on responsibilities of captain in her absence
4. Captain & Co-Captain selected based on criteria:
  - a. Input from staff to be determined by leadership skills
  - b. Had not been kicked off the squad, or quit without a valid reason (approval by coach and principal) the previous year.
  - c. Leadership skills and an ability to work with other people in a professional manner.
  - d. Scores and evaluation
5. If the above criteria is not satisfactory met throughout the season the coach has the authority to rename the captain at his/her discretion

## Cheerleader Lettering/Qualifications

A cheerleader/mascot-

1. Two Consecutive years on Varsity Cheer
  - A. Cheered at least 30 quarters per football season.
  - B. Cheered at least 15 periods per basketball season.
2. Has not been removed from the squad due to ineligibility.

### Uniform Fees

A deposit of \$150.00 is required the night of tryouts if they are selected. If \$150.00 is **not paid** that night, your child will not be allowed to be a member of the squad. The next girl in line according to scores will take her place on the squad. Types of payments will be cash, money order or cashier checks only. No personal checks. The remaining balance is due June 1, 2011, **NO EXCEPTIONS!** If your balance is not zero dollars by June 1, your uniform will not be ordered, **NO EXCEPTIONS!**

#### Fee Deposit (Nonrefundable) Due Dates

<b>February 12</b>	<b>Try-Out Deposit</b>	<b>150.00</b>
<b>March 18</b>	<b>Camp Deposit</b>	<b>100.00</b>
<b>April 15</b>	<b>Uniform Deposit</b>	<b>150.00</b>
<b>June 1</b>	<b>Remaining Balance due (Uniform/Camp Fee)</b>	

### Uniform Selection

The coach will select uniforms and camp clothes. We are a cheerleading squad and are looking for uniformity, not individuality. All alterations will need prior approval by the coach. No alteration will be made on uniforms once final fitting takes place. Any alterations made will be penalized via demerits and sitting on the bench. Depending on how bad the offense is, the offender may have to purchase a new uniform. Until the new uniform arrives, the offender will be benched.

### Judges

1. Cheerleaders will be chosen by outside, independent judges. These judges will be trained in judging the qualifications for cheerleader based on NCA or UCA standards.
2. Election results are confidential; however, a parent may be shown the judges total score for his/her child but for no other candidate (After tryouts, you may review your child's score at a pre-determined time).
3. Three judges will select our squad members.
4. Judges' scores are final.
5. In case of a tie in the final position, all candidates with the same cumulative whole number score will perform the individual cheer as a tie breaker.

### Try-Out Requirements:

1. Completion of forms by the designated deadline include: medical wavier, try-out application and constitution agreement.
2. Must maintain passing grade average of 70. Candidates cannot be ineligible during the cheer clinic or try-outs.
3. Each candidate must have an acceptable discipline record. A candidate cannot have had AEP, suspension, or been assigned to SAC more than two times during the current school year.
4. Must attend entire pre-tryout training sessions. On time both days, or you will not be allowed to try-out. If you are not in school the days of pre-tryout training you are not allowed to attend.



5. Must be enrolled in Waskom ISD by the first day of the spring semester.
6. Cannot have been dismissed from the squad due to excessive demerits during the school year, or has quit the previous year without a valid reason (determined by coach, and principal).
7. Parents and/ or student must attend a group meeting prior to tryouts to discuss costs, rules and schedules. This meeting will be held on Monday January 24, 2011 at 6:00 p.m. at the High School Library. All parents/guardian must attend the group meeting.
8. You cannot try-out for both cheerleader/mascot at the same time.
9. Each candidate for try-outs will be required to pay a \$20.00 nonrefundable clinic fee due Monday February 7, 2011.

### **Try-Outs Practices:**

1. Two practices will be held to learn and practice cheers, chants and jumps on February 16<sup>th</sup> from 3:30-6:30 p.m. and February 17<sup>th</sup> from 6:00-7:30 p.m.. These are open practice sessions for parents and spectators, but if any interference occurs you will be asked to leave. Photography or filming will not be permitted. You must attend both practices on time each day, or you will not be able to tryout.

### **Try-Out Day**

1. Tryout will be conducted on Friday, February 18, 2011 at 5:00 p.m. in the high school gym. You must be there @4:30 to pull your number. Tryouts will start promptly @ 5:00 p.m.
2. Attendance in all classes at school on Friday, February 18, 2011 is mandatory in order to tryout on Friday. Numbers will be assigned by lottery to determine the order in which students' try-out and to determine groups. (Groups of 3 Middle School candidates will try-out first, then varsity candidates).
3. All candidates will remain in the locker room until their candidate number and group is called to perform for the judges.
4. Each candidate must wear plain black shorts, a plain white tee-shirt, white ankle socks, and plain white tennis shoes. There can be no writing on any part of the tryout clothing. You will not be allowed to try-out if you are not dressed according to the guidelines.
5. No part of an old cheerleading uniform may be worn; this includes shoes and socks.
6. Black spandex only may be worn under shorts but not alone.
7. No tight tops or sports bras should show.
8. No jewelry or glitter will be worn at tryouts.
9. Hair must be pulled away from face and secured in a ponytail, braid or bun, if necessary.

## Cheerleader Tryout Day

ALL CANDIDATES WILL ENTER THE GYM IN THEIR ASSIGNED GROUPS THEN PERFORM THE FOLLOWING WHEN INSTRUCTED TO:

### Skills and Performance

Each candidate will perform in a group: dance, cheer, and chant

Each candidate will perform individually: chant, jumps, and cheer,

A tumble of your choice

Will recite all Cheerleaders' Vows

### Mascot Tryout Day

1. The mascot will be the highest scoring candidate who tries out.
2. Mascot candidates will follow the same guidelines as cheerleaders to be eligible for tryouts and to maintain an active status.
3. Mascot candidates will do a 1-3 minute skit (use props). They will be required to wear the Wildcat uniform and judges will have no knowledge of who they are until after their performance. Numbers will be assigned by lottery to determine the order in which candidates' try-out.  
Candidates will try-out in numerical order.

### Cheerleader Results Format

1. Will be the sum of points from "Skills and Performance"
2. After the last candidate performs, all candidates will enter and wait in the gym on the bleachers. Parents and guest are welcomed to sit in the stands and find out the results with us.
3. Scores will be ranked (up to 16 cheerleaders), from the highest to the lowest score. No more than 16 will be selected based on meeting the judges' criteria of a **high school** varsity cheerleader. Scores will be ranked (up to 10 cheerleaders), from the highest to the lowest score. No more than 10 will be selected based on meeting the judges' criteria of a **middle school** cheerleader squad. When your number is called, please go to the center of the court.
4. Next, the highest mascot score will be called. Please go to the center with the others. Once the team is assembled they will perform the cheer chant and dance they used for try-outs!!! After that, there will be a meeting for the new team and their parents. At this time \$150.00 deposit for the uniform will be due. The remaining balance will be due June 1st 2011.

### Constitutional Amendments

The Constitution is subject to amendment at any time due to Texas Education Agency rule changes or with approval from the principal. Cheerleaders and parents will be made aware of any changes.

Although all measures have been taken to address all issues involved in the cheerleader organization, circumstances and situations may arise which are not addressed. These situations will require discretion on an individual basis using this Constitution as the guideline for making a determination or decision on an issue.

After you and your parents have read all the attached material, you should complete the information pages and return them to the cheer coach. Failure to return these documents by the deadline will result in your inability to try-out.

# Teacher Recommendations

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

The above student is trying out for a position on the Waskom ISD Mascot/Cheer Squad for 2011-2012 school year. Rate the student above on the following categories. Grade point average will be considered separately, so do not use the students' academic standing as a criteria

1=poor, 2= below average, 3=average, 4=above average 5=excellent

<b>Punctual to class and with assignments</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Works well with others</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Shows leadership qualities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Considered to be a dependable, responsible person</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Total** \_\_\_\_\_

**Please Sign** \_\_\_\_\_

**Date** \_\_\_\_\_

**Please return to Mrs. Wynn's box by Thursday February 3, 2011**

# Team Recommendations

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

The above student is trying out for Captain/Co-Captain for the Waskom ISD Cheer Squad for 2011-2012 school year. Rate the student above on the following categories.

1=poor, 2= below average, 3=average, 4=above average 5=excellent

Personality and Enthusiasm	1	2	3	4	5
Ability to get along with others	1	2	3	4	5
Shows leadership qualities	1	2	3	4	5
Considered to be a dependable, responsible person	1	2	3	4	5

**Total** \_\_\_\_\_

**Please Sign** \_\_\_\_\_

**Date** \_\_\_\_\_

**Please return to Mrs. Wynn's box by Thursday February 3, 2011**

# Constitution Agreement

## Applicant Release:

I (applicant's name) \_\_\_\_\_, have read all rules and regulations that govern the Waskom ISD Cheerleaders. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2011-2012 school year.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

## Parental Release:

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 Waskom 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 consent to my son/daughter, \_\_\_\_\_, to tryout for cheerleading at Waskom ISD 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 cheerleader camp and uniforms. Further, we understand that school and/or personal insurance must cover our son/daughter. We give our permission for our child to receive medical attention in the event that we cannot be present or reached for any reason.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

# Possible Points

## Cheerleader

Group Dance – 20 pts.	
Cheer – 15 pts.	
Chant – 15 pts.	
	_____ 50 pts
Individual Cheer – 20 pts.	
Chant – 20pts	
	_____ 40 pts
Jumps – 1 Herkey – 5 pts.	
1 Toe Touch – 5 pts.	
Pike – 5 pts.	
	_____ 15 pts
Tumble Combination of Choice – 5 pts.	
Cheerleader Vows -5 pts	
Teacher Recommendations -50 pts	
Student GPA-15 pts	
	_____ 5 pts
	_____ 5 pts
	_____ 50 pts
	_____ 15 pts
TOTAL	_____ 180 pts

## Mascot

Routine – 20 pts.	
Cheerleader Vows – 5 pts.	
Group Dance – 20 pts.	
Cheer – 15 pts	
Chant – 15pts.	
Teacher Recommendations - 50pts.	
	_____ 20 pts
	_____ 5 pts
	_____ 20 pts
	_____ 15 pts
	_____ 15 pts
	_____ 50 pts
Total Points-125pts.	_____ 125 pts

## Captain

**(Be prepared to answer questions)**

Teacher Recommendations - 50pts.	
Judges' interview -20 pts.	
Team Recommendation-10pts	
Total Points – 80 pts.	
	_____ 50 pts
	_____ 20 pts
	_____ 10 pts
	_____ 80 pts