

Stephenville High School
Cheerleading Constitution Recommendations
January 20, 2020

Recommendations for 2020-2021:

1. Increase the number of Freshmen and JV cheerleaders from 8 to 10
HJH currently allows 10 cheerleaders for both 7th & 8th grade squads
2. Remove demerit system pending approval of an extra-curricular code of conduct

*** red highlighted areas represent changes needed for 2020-2021 constitution

Cheerleader/Mascot Information Packet



Return Form By
Friday, Feb. 8, 2019

Application for Cheerleading Tryouts

(sign and return this form only)

My child, _____ has my permission to be a cheerleader at Stephenville High School. I understand that he/she must abide by the rules and regulations set forth by the advisor(s) and the principal(s) of Stephenville High School, and **be present for all practices and games**. I have read the rules and regulations and understand that the violation of any of these rules may

lead to temporary or permanent suspension from the squad. I understand that my child must attend all practices and tryout sessions, or my child will not be considered for a cheerleading position (unless excused by the advisor(s)). 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 by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Stephenville High School or any of its personnel responsible in the case of accident or injury at any time. I grant my daughter/son permission to travel home after the game with advisor(s). By granting permission, I absolve Stephenville High School and the Cheerleading Sponsor of all responsibility for his/her safety and care.

I understand that this form must be returned to Ms. Jones or Mrs. Greene no later than **Feb.8, 2019** by 4:00 pm or my child will not be allowed to tryout for cheerleader.

By signing this form I am agreeing to all attached documents, which include: Uniform Payment Schedule, ExtraCurricular Activities Agreement, Code of Conduct Acknowledgement, Hazing Contract, the Cheerleader/Mascot Tryout Procedure and the Cheerleader/Mascot Constitution.

Parent or Guardian Signature _____ Date _____
Printed Name _____

Student agreement section

I am interested in being a cheerleader at Stephenville High School. I understand the risks stated above and have read and agree to abide by the provided documents stated above. If elected, I promise to abide by the rules and regulations set forth by the advisor(s) and the principal(s) of Stephenville High School. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature _____ Date _____
Printed Name _____

Student Contact Information:

Home Phone: _____ Student Cell Phone _____

Home Address (to mail scores): _____

Grade Next Year: _____

Uniform Payment Schedule

It must be understood that expenses will be incurred in cheerleading. Much of this expense must be borne by the individual and his/her family. Those things purchased by the individual will become his/her own property. Those things purchased by the school or the cheerleading organization will become the property of the Stephenville High School Cheerleading organization.

Companies who sell cheerleader uniforms and supplies require payment within thirty days after we receive shipment. Since we usually receive everything by the end of June, the bill must be paid before August 1.

If selected, you will be expected to pay the total camp payment (last year's camp totaled **\$395.00**) on or before first parent meeting (around April 1st). Payments for miscellaneous items will then be expected every thirty days until your bill is paid off (due by **August 1**). 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 very soon after try-outs. Uniforms will be provided by the school district for all 3 SHS Cheerleading squads. Additional purchases include camp wear, pom poms, megaphone, etc.

The full amount may be paid at any time but must be paid by August 1st; otherwise, your daughter/son will be ineligible to cheer until the bill is paid.

Signatures indicate that you have read and understand this procedure for payment and will agree to make these payments promptly.

Extracurricular Activities Agreement

Participation in extracurricular activities is a privilege, not a right! Extracurricular activities are offered as extensions of a student's educational, social, and emotional needs. Extracurricular activities are important in teaching the basic essentials of teamwork, a spirit of cohesiveness, pride in school, positive self-image, responsibility, and quality character building.

A student who violates the law, or the Student Code of Conduct, by possessing, using, or delivering alcohol or illegal drugs at any time during the calendar year will be subject to disciplinary actions on the first offense. Any additional occurrences during the calendar year will result in the immediate dismissal from all extracurricular activities for the remainder of the school year or season, whichever is later. The removal from extracurricular activities applies whether the illegal action occurred at a school event or an event outside the school campus boundaries or facilities. No individual exceptions will be made.

Students who wish to register an objection to the suspension must follow the procedures outlined in Board Policy FNG (Local).

Acknowledgement of Constitution/Code of Conduct Schedule

This constitution was created as a guide for the expectations of cheerleaders at Stephenville High School. It is not intended to be used as a tool against anyone or his/her beliefs but instead to protect those who wish to do all they can to keep cheerleading the honorable positions it should be.

A student's signature signifies that he/she has read and understands the constitution/code of conduct schedule and, if selected, will do his/her best to abide by these rules and expectations.

Parents should understand that if their child is selected as cheerleader or mascot, their help is vital to the organization's success. Prompt payment on accounts and support in following the guidelines set forth in this constitution/code of conduct are expected.

Parent's signatures signify that they have read and understand the constitution/code of conduct and, if their child is selected, will do their best to support the organization and see that their child abides by these rules.

Hazing Awareness Agreement

HAZE OR HAZING: To intimidate by physical punishment, to harass or try to embarrass or disconcert by banter, ridicule, or criticism, treatment intended to put in ridiculous or disconcerting positions

Because of the increase in occurrences of hazing, and for the safety of our students, we have created this document. By signing this document, you are agreeing to the expected behavior of the cheerleader in respect to any involvement that she might have during the calendar year that involves hazing. Hazing is an illegal action that will not be tolerated in any way. Any cheerleader caught hazing will be immediately suspended for the year from cheerleading and will not be allowed to try out any of the remaining years she is enrolled in Stephenville High School.

I fully understand the contents of this document and the punishment that will be enforced if I do not follow the rules set forth.

Cheerleader/Mascot Try-out Procedure

Congratulations. . . .

By accepting this packet/contract for try-outs, you have taken the first step toward a long standing tradition at SHS. We appreciate your interest in wishing to become a part of Stephenville High School through cheerleading.

Cheerleading is one of the most rewarding and educational activities in which you could participate. Accepting this position brings the tremendous responsibilities of representing Stephenville High School and the entire Stephenville community. Both the school and the community expect a great deal from their cheerleaders, and you must be willing to live up to the highest expectations set by them, the squad, and yourself.

Your responsibility as a cheerleader will take a large amount of your personal time and effort. While it will also interfere with family time, it is our hope that your family will be part of your activities as well. We expect you to be mature enough to budget your time among all the activities to which you are committed.

Please follow these instructions exactly:

- Read all of the following information very carefully.
- Read all forms in the cheerleading information packet.
- Sign and return the Application for Cheerleading form to Ms. Jones or Mrs. Greene before **February 8, 2019** by 4:00 pm. Candidates may not tryout if the forms are not turned in by the designated date and time.
- Report to the SHS gym on **Feb. 25-28** for instruction and practice.
- Tryouts for SHS Cheer/Mascots will be **Friday, March 1, 2019 at SHS, beginning at 4:00 pm** in the SHS Gandy gymnasium.

A mandatory meeting will be Monday, **February 4 at 6:00 p.m. in the cafeteria at the high school. It is essential that each cheerleading candidate and an adult representative (*parent/guardian*) be present at this meeting. You should contact a sponsor in advance in the event that you or your representative will not be able to attend.**

In order to be eligible to tryout for cheerleader, each candidate must meet the standards set forth in the section entitled "Eligibility and Tryouts" of the Cheerleader Constitution.

The Stephenville High School Varsity Cheerleaders will be the top 20 candidates (juniors/seniors) who receive the highest final try-out scores. The Junior Varsity will be the top **8** candidates (sophomores) who receive the highest final try-out scores. The Freshmen squad will be the top **8** candidates (freshmen) who receive the highest final try-out scores. The scores will be determined by a panel of qualified and experienced judges. The judges scores will count for 100% of tryouts.

Mascots will follow the same procedure- judge's score of the mascots' interviews/skit performances will account for 100% of their scores. The top two mascot candidates will be selected for the squad.

Candidates will meet for instructions and practice on the following dates in the SHS gym:

- Feb. 25-28 from 4-6 pm.

Candidates will be taught two cheers, SHS fight song, practice jumps, and concentrate on skills focused on by judges. These practices are closed to the public.

Candidates for High School Varsity (incoming 11-12th grade), JV (incoming 10th grade), Freshmen (incoming 9th grade) & Mascot (incoming 10-12th grade) will perform for the judges in the SHS Gandy gym starting at 4:00 p.m. on **Friday, March 1, 2019**.

Each candidate will perform the following: (Please see the judges score sheet attached)

- Jumps
- One individual cheer
- Group Cheer/ SHS fight song
- A display of spirit, enthusiasm, and gymnastic capabilities (tumbling)

Judges will score each category separately.

Jumps are worth up to 5 points based on execution.

Spirit & Enthusiasm is worth up to 5 points and based on overall spirit & enthusiasm during tryouts.

Voice & Projection is worth up to 5 points and based on volume and clarity.

Group cheer/fight song is worth up to 5 points and based on how well the individual performs within the group(knowledge of motions/routine).

Standing Tumbling is worth up to 5 points and based on execution of standing back handspring, back flip or combination.

Tumbling is worth up to 10 points based on execution of the following:

1-4 points - Cartwheel/round-off

5-6 points - Handspring

6-7 points - Multiple

7-8 points - Tuck

8-10 points - Series to tuck

8-10 points - Layout or better

Individual cheer is worth up to 10 points based on execution of motions and technique.

Try-outs before judges will be private; only sponsors and administrators will be present. The try-outs will be conducted in a formal and uniform manner in order to be fair.

The uniform for the try-outs will be:

- Solid navy shorts (no stripes)
- Solid white t-shirt or polo style shirt with sleeves (white sports bra)
- White socks
- White shoes
- White bow (optional)

***Stephenville High School
Cheerleader Constitution
Revised August 2016***

Being a cheerleader is an honor and a privilege. It is the purpose of cheerleaders to promote good sportsmanship and good citizenship. They are also, first and foremost, representatives of Stephenville High School and should conduct themselves accordingly. Members of the squad have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior, both on and off campus, and academic achievement than that of their peers.

Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the sponsors and approved by the principal.

The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next try-out date.

Eligibility and Tryouts

1. Selection will take place during the spring semester preceding the year of service. Eligibility for try-outs will be based on grades and classification during the spring semester.
2. Members of the (incoming) junior and senior classes will be eligible to tryout for Varsity cheerleader.
3. Members of the (incoming) sophomore class will be eligible to tryout for Junior Varsity cheerleader.
4. Members of the (incoming) freshmen class will be eligible to tryout for the Freshmen squad.

5. Members of the (incoming) sophomore, junior and senior classes will be eligible to try out for Varsity mascot.
6. To be eligible for tryouts, a student must be enrolled in Stephenville High School and passing all subjects for the six week grading period prior to the time of try-outs. Students assigned to the alternative school (DAEP) during the current school year are not eligible to try-out for cheerleader.
7. If a student is failing for any two six week grading periods prior to try-outs, that student is not eligible to try out.
8. Any cheerleader who quits the squad before the end of the cheerleading year or is dismissed will not be eligible to try out the following year.
9. To be eligible for tryouts, a student must turn in signed copies acknowledging this constitution, the uniform payment schedule, extracurricular form, and the hazing form by the designated date and time.
10. The Stephenville High School Varsity Cheerleaders will be the top 20 candidates who receive the highest final try-out scores. The Junior Varsity will be the top 8 candidates who receive the highest final try-out scores. The Freshmen squad will be the top 8 candidates who receive the highest final tryout scores. Selection of all cheerleaders and mascots will be made by a panel of professional judges whose decision will account for 100% of each individual's total score.
11. Call-backs will occur at the end of each cheerleading tryout (Freshmen, JV, Varsity).
12. In the case of a tie in final tabulations, the cheerleader who has the highest fall semester GPA will be the determining factor.
13. Head cheerleaders (two seniors) for the Varsity squad will be appointed by the sponsors based on judges' scores, a secret ballot from the cheerleading squad, and a questionnaire.
14. An administrator and sponsors will be present during the try-out process as well as in the tabulation process.
15. Each candidate's score sheet will be mailed the day after tryouts to the address provided on the contact information.
16. In the event of a concussion prior to tryouts, the parent/guardian must schedule a meeting with the sponsor and administrator to inform them of the candidate's situation.

Service

1. The student must possess the required number of credits, at the end of the spring semester when selected as cheerleader, in order to move on to the next academic classification for the following fall semester of service.
2. To serve, a student must meet and maintain UIL requirements: pass all subjects each six week grading period. A grade check will be made at the end of each six-week period. If a cheerleader or mascot is not passing at the grade check, she cannot participate for the next three weeks. If she is passing all classes at the three week check, she will be allowed to rejoin her squad.
3. Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year.

4. Demerits will be awarded for failure to meet the above criteria, such as failure to pass and failure to meet scheduled commitments.
5. Cheerleaders and mascots must ride the school-provided transportation to and from all out of town games. Exceptions can be made if there are conflicting school sponsored events. A cheerleader may be released to his/her parent after a performance by signature or signed release form.
6. Cheerleaders must report to a sponsor if he/she is unable to attend a scheduled practice, game, or other activity. This notification is to be made as soon as possible **prior** to the scheduled activity.
7. It is the responsibility of the cheerleader to acquire the information about uniforms and meeting times.
8. Attendance at summer camp is mandatory.
9. Demerits will be issued in cases where a cheerleader has failed to perform any of the duties listed above or any other duties dictated by the sponsor(s) or head cheerleader(s).

Expectations

1. Financial expense is considered part of a cheerleader's responsibility. Money owed must be paid in full by August 1st.
2. Cheerleader/mascot is expected to have a spirited attitude and be dedicated with their time.
3. Cheerleader/mascot will not use his/her role to take advantage of any teacher or school rule.
4. Each cheerleader/mascot is expected to express his/her own opinion, listen to the opinion of others, respect the minority, and accept the will of the majority/higher authority with sincerity, spirit, and trust.
5. All cheerleaders/mascots must conduct themselves in a manner to reflect credit to Stephenville High School. Failure to do so will result in disciplinary action or dismissal.
6. Social Media, such as Facebook, Twitter, Instagram, Snapchat, and any other not listed, is a reflection of yourself and your activities. If you choose to participate in this program you are representing Stephenville High School cheer. All photographs and written posts need to be school appropriate.
7. Demerits will be issued for failure to meet the above expectations.

Competition Squad

A competitive squad will be selected by the cheerleading sponsors. The squad will consist of up to a combination of 20 members including cheerleaders (from grades 9-12), mascots and flag runners. The cheerleading competition is scheduled for January 2020. Participation is mandatory for those individuals selected to the competition squad.

Pep Squad

Any student enrolled at SHS may be a part of the pep squad. The pep squad's main duty is to promote school spirit. Pep squad members may assist with making posters, cheering for sports

teams, and assisting with pep rallies. During games, pep squads assist the cheerleading squad in leading cheers and chants.

Demerit System

Demerits are the means by which the sponsor determines which members are not fulfilling their obligations to the squad. A total of five (5) demerits will result in one week suspension, a total of seven (7) demerits will result in two week suspension, and a total of ten (10) demerits will result in removal from the squad and not allowed to try out for the following year.

A. Drug/Alcohol Related Offenses

1. Smoking, drinking, use of drugs while not in uniform in any form, including, but not limited to visual observation and/or social media will result in the following:
 - a. 1st Offense: Removal from participating for the rest of the season, but will attend games and sit on the sidelines.
 - b. 2nd Offense: Dismissal
2. Smoking, drinking, use of drugs while in uniform in any form, including, but not limited to visual observation and/or social media will result in immediate dismissal.

B. Attendance/Tardies/Academic Performance

- | | |
|--|------------|
| 1. CL will not skip school | 5 demerits |
| 2. CL will attend all practices/performances.
(Excused: school/UIIL sponsored activity, illness/doctor permit, death in the family.
Unexcused: work/vacation, appointments, non-UIIL/school related activity.) | 2 demerits |
| 3. CL will maintain a passing grade in all classes. | 3 demerits |
| 4. CL will be on time to class, practices, and performances.
up to 5 minutes will be jumps | 1 demerit |

C. Uniform/Student Dress

- | | |
|--|-----------|
| 1. CL will wear required/complete uniform. | 1 demerit |
| 2. CL will dress out for practice. | 1 demerit |
| 3. CL will not wear jewelry during performances/practices. | 1 demerit |
| 4. CL will not chew gum during performances/practices. | 1 demerit |
| 5. CL will wear hair up and secure. | 1 demerit |

D. Conduct: School and Performance

- | | |
|--|-----------|
| 1. CL will show proper respect for sponsor(s). | 1 demerit |
| 2. CL will follow directives by head cheerleader(s). | 1 demerit |
| 3. CL will refrain from profanity/obscene language including postings on social media. | 1 demerit |
| 4. CL will refrain from public displays of affection. | 1 demerit |
| 5. CL will show sportsmanlike conduct at all times. | 1 demerit |
| 6. CL will perform assigned pre/post game duties. | 1 demerit |

7. CL will maintain proper sideline behavior:	1 demerit
a. Refrain from excessive talking.	1 demerit
b. Refrain from conversing with crowd/team.	1 demerit
c. Pay attention to game.	1 demerit
d. Show proper respect during National Anthem.	1 demerit
e. Show proper respect during school songs.	1 demerit
8. CL will return from halftime/breaks on time.	1 demerit
9. CL will not be sent to the office for disciplinary reasons.	2 demerits
10. Assignment to ISS.	
Benched for 1 week	5 demerits
11. CL will follow all school/classroom rules including dress code.	1 demerit
12. CL will be respectful to all teachers/staff members.	2 demerits

*Additional demerits/benching can also be assigned at sponsors'/administrators' discretion.

E. Placement in DAEP

1. Cheerleader will be immediately dismissed.
2. Student is ineligible to tryout if assigned to DAEP during the current school year.

F. Merits

1. Cheerleaders may go to Saturday school (if available) for 4 hours to forgive 2 demerits.
2. Cheerleaders may run 2 miles to work off 1 demerit.
3. Any consequence worth 3 or more demerits may not be worked off.

*Additional merits can also be assigned at sponsors'/administrators' discretion.

The cheerleading constitution was reviewed and approved by a committee consisting of administrators, board members, teachers, parents, and community members in the fall of 2016.