

# **FRIENDSWOOD**

## **HIGH SCHOOL**

### **CHEERLEADER/MASCOT CONSTITUTION**

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**POLICIES AND PROCEDURES  
2017-2018**

# FHS CHEERLEADER/MASCOT CONSTITUTION

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## **NAME OF ORGANIZATION**

The name of the organization shall be the Friendswood High School Cheerleaders and Mighty the Mustang.

## **PURPOSE/PHILOSOPHY**

The purpose of the cheerleaders is to support the curricular and extracurricular activities of FHS by promoting school spirit. Being a cheerleader is an honor and special privilege. Cheerleaders and mascots exist to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. Cheerleaders and mascots are first and foremost representatives and ambassadors of their school. Cheerleaders should exemplify both individual and

group behavior suitable to their position and in accordance with the rules as stated in the FHS Student Code of Conduct. Members of this group have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these special responsibilities, members of the cheerleading squad will be expected to maintain higher standards of behavior, both on and off campus, and higher standards of academic achievement than that of their peers.

### **OBJECTIVES AND COMMITMENT**

Cheerleaders are expected to be skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for group performance. In addition, the skills shown at tryouts should be improved upon throughout the entire school year. Off the field/gym floor, cheerleaders are to enthusiastically support all school groups through advertisement, personal attitude, and attendance at events designated by the sponsor.

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full school year. Any cheerleader who voluntarily quits the squad before the end of the school year will not be allowed to tryout for the next school year.

### **TRYOUTS**

#### **ELIGIBILITY REQUIREMENTS**

A student must be in attendance in accordance with the state requirements.

- A. We will follow all UIL and FHS eligibility requirements. A student who is ineligible will not be allowed to attend the clinic but can come to tryouts. If a student has failed a class in the current year (1<sup>st</sup> semester), he/she may not tryout for cheerleader. Also, if a student passed the all classes during the 1<sup>st</sup> semester but is currently failing a class at grade check for cheer tryouts he/she may tryout but not attend the clinic.
- B. A student may not have incurred more than 1 ASC assignment, 1 alternative to ASC assignment, or 1 community service assignment (for disciplinary reasons) during the present school year. Also, any student who has 10 or more absences in any class during any semester may not tryout for cheer. If a student has incurred excessive tardies (20 or more) total in any semester he/she may not tryout for cheer. If there are extenuating circumstances such as death in family or long term illness it will be up to the coach whether the student will be able to tryout.
- C. Any student that has received 2 or more office referrals that resulted in disciplinary action may not try out.
- D. If a student incurs suspension or sent to alternative school, their eligibility to tryout will be determined by the coach.
- E. All cheer financial obligations must be cleared before a cheerleader may tryout. Special circumstances will be addressed by the coaches.

## **INELIGIBILITY REASONS**

**Below are the reasons that will make a student ineligible to tryout.**

- A. Any student who has been unable to take physical education for chronic medical reasons.
- B. Any student who knows prior to tryouts they are moving to another school district during any part of the 2016-2017 school year.
- C. Any student who has conflicting interests such as a part time job, dance classes, gymnastics, band, choir, theater productions, and athletics, and who cannot verify in writing that cheerleading responsibilities can be carried out in addition to other outside activities. **Varsity, JV, and Freshmen members (including mascots) cannot miss a game for any other school activity, unless approved by coach.**
- D. Any student who is not available after school, weekends and for all summer practices, starting with spring selection.
- E. Any student whose parents will not allow them to travel to out of town games.
- F. Any student who does not accurately or thoroughly fill out the required forms or who does not submit them by the deadline.
- G. Any cheerleader who quits the squad by their own choice or asks to leave for any reason will not be able to try out again during the following calendar year.
- H. Students will not be allowed to participate in both Wranglerettes

and cheerleading. They must make a choice. Once a student is selected for the Wranglerette Rookie Team Class or is selected as a Wranglerette manager, that student shall not try out for any cheerleading squad during the rest of her high school career. This applies even if you are removed from the Wranglerette Rookie Team or removed as manager for disciplinary or grade action or if you drop out of the Wranglerette Rookie Team or the Wranglerettes. The only way a student may try out after having been involved with Wranglerettes is if she does not make the Wranglerette Rookie Team Class when trying out for Wranglerettes or was not named as manager.

## **PRE-TRYOUT PROCEDURES**

- A. A tryout date will be determined by the coach. Tryouts will always be during the spring semester.
- B. The candidate and/or a parent or guardian of each of the candidates must attend a mandatory pre-tryout parent's meeting. This meeting is to fully inform the parent/guardian of the requirements, responsibilities, expenses and procedures involved in cheerleading. If unable to attend, a meeting with the coach must be scheduled to discuss the above items before the student may receive the forms to tryout. The parent or guardian must sign a permission form authorizing his/her child to participate in

tryouts, and if elected, all activities involved with cheerleading.

- C. All tryout paperwork must be turned in to the coach by a designated date, typically a week after the parent meeting.
- D. Grades, conduct, tardies, and attendance will be checked.
- E. The candidate's' current teachers will complete an evaluation, which will be used for head cheerleader elections only.

### **TRYOUT PRACTICES**

- A. Mandatory tryout practice time and location will be determined by the coach. If a student must miss for any reason the coach must be notified immediately and it will be up to the coach's discretion whether to excuse the absence or not.
- B. Tryout practices are closed to everyone except candidates, senior helpers, and coaches.
- C. Candidates should wear proper cheerleading attire: t-shirts, cheer shorts, and tennis shoes. Hair should be worn up and out of face and all jewelry should be taken off.
- D. Candidates will learn a cheer, a dance routine and will practice basic stunting skills. Supervised tumbling will be allowed at designated times.
- E. Tryout numbers will be drawn during the week of tryout practices.
- F. Coaches have the right to dismiss a girl from tryouts if her conduct is deemed inappropriate.

### **TRYOUT PROCEDURES**

- A. Tryouts are closed to everyone except sponsors, judges, senior helpers and candidates.
- B. Candidates will tryout in groups of three or less.
- C. Candidates should wear a plain white shirt, black or blue cheer shorts and tennis shoes. No visible logos are allowed on any of the clothing. Hair should be worn up and all jewelry should be taken off.
- D. If time allows, candidates will be allowed to warm-up their cheer, dance, jumps, and tumbling before the tryout begins.
- E. Results will be posted the same day. Scores will be listed by tryout number, not student name on our website.
- F. If a tie occurs for last position on any squad, the tie will be broken first by referring back to the coaches' score sheets, and if a tie occurs there, we will go back to the judge's score sheets.
- G. Should a cheerleader drop from the squad after tryouts, the candidate who has received the next highest number of percentage points during the spring tryouts will replace the cheerleader/mascot who is dismissed/resigns from the squad before summer camp. After summer camp, the vacant position will not be filled.

### **SCORES**

- A. Cheerleaders will be determined by judges' evaluations (100%).
- B. Discipline will be a category on the Friendswood coach who judges tryouts. It will be a 5 point category

that takes in account discipline issues including attendance including tardies and discipline. It will be scored as such:

Tardies:

0-3 – Full 5 points given

4-6 – 2 points off

7+ - 5 points off

Discipline:

1 write-up – 5 points off

ASC or Community Service:

No points will be given.

- C. Scores will be discussed by appointment only.
- D. Parents/candidates have 5 school days to review scores.  
By law, all other student scores are confidential. No other candidates scores will be discussed.
- E. All tryout scores are final.

**JUDGES**

- A. Candidates will go before a panel of 3 professional qualified judges, none of which are associated with FHS, and the current squad coach.
- B. Every effort will be made to ensure that judges have no prior relationships with candidates. However, this is not guaranteed since judges are selected by a third party. Judges and cheerleaders are required to divulge this information immediately should either know one another. Failure to do so will result in consequences decided upon by the sponsors and administration.

**JUDGING CRITERIA**

A. Candidates will be judged on the following:

- Tumbling
  - Jumps
  - Projection
  - Crowd Appeal
  - Motions
  - Dance
  - Discipline (coach only)
  - Tumbling

B. Coaches will determine point values for tumbling passes and standing tumbling. They will be discussed with candidates during clinic. If a pass is not performed, the student will receive a score of 0 for the tumbling section. Should an injury occur at clinic that only affects the candidates tumbling ability, the coaches will write in a score based on what was seen at the clinic prior to the injury.

**INJURY GUIDELINES**

In the case of a serious injury that has occurred to a candidate, a separate tryout will be arranged at a later date when a doctor has cleared them for tryouts. They will be evaluated by 3 outside judges and the current coach of the squad they are trying out for. If their score is within the range of scores of the newly elected squad, we will add that candidate to the team. The tryout must occur by the end of the current school year. They must attend all clinic practices.

- A. Under **NO** circumstance will a video tryout be allowed.
- B. With regard to tumbling, no points

will be awarded based on any private coach's word. Points will only be if an FHS coach has seen the tumbling skill either at clinic or if the student has been on a past squad.

### **MEMBERSHIP**

Membership/squad makeup for the 2017-2018 school year shall be the following:

- A. Varsity cheerleaders:  
16 -18 members from the junior and senior class.
- B. JV cheerleaders:  
12 members from the sophomore class
- C. Freshmen cheerleaders:  
12 members from the freshmen class.
- D. **Coaches reserve the right to take more or less depending on quality of tryout candidates.**

### **PENALTIES, LOSS OF MEMBERSHIP, AND DEMERITS**

#### **Penalties**

- A. 5 Demerits – one suspension from one game. Suspension includes attending game in uniform and sitting with the sponsor.
- B. 10 Demerits – suspension from 2 games. Parent/Sponsor/Principal conference.
- C. 20 Demerits – dismissal from squad.
- D. Eligibility- all cheerleaders will follow the policies set forth by UIL for eligibility. Any cheerleader with an "F" at an eligibility check will be placed on probation. The student

will regain eligibility according to the UIL rules/calendar.

- E. The coaches have the right to demote a cheerleader to alternate if she is not fulfilling her cheer or financial obligations as a cheerleader such as attending practices (excessive absences).

### **REASONS FOR LOSS OF MEMBERSHIP**

- A. **Noncompliance with conduct regulations set up by the constitution, mustang manual, and/or student conduct manual including body piercing, dress code, attendance, etc.**
- B. **Abusive language or obscene gestures toward any coach including our private cheer coach.**
- C. Dropping out of school.
- D. Requesting withdrawal.
- E. Not meeting scholastic eligibility for two nine-week periods during the school year.
- F. Failing a class twice or failing a combination of classes during the grading periods of the same school year.
- G. **The use, possession, transmittal of or being under the influence of drugs, alcohol, and/or tobacco resulting in arrest, MIP, or school discipline. There will be an automatic 2 week suspension from all cheer activities (excluding practices), physical punishment, and a mandatory drug and alcohol awareness program that must be completed prior to return for the first offense. The second offense will result in automatic dismissal.**

- H. Accumulation of 20 demerits.
- I. Receiving more than 1 ASC assignment or 1 Community Service assignment (for disciplinary reasons), during the present school year.
- J. Having an unexcused absence from a game (automatic 20 demerits).
- K. Hazing.
- L. Unexcused absence from a playoff game. Excused absences will be determined by the coaches and must be brought to their attention in advance. Excused absences include, but are not limited to: college visits, personal illness, and family emergencies. Coach has final say.
- M. Not attending Camp/Pre-Camp or missing part of camp/pre-camp. EVERY MINUTE OF PRE-CAMP AND CAMP IS MANDATORY.
- N. After tryouts, newly elected cheerleaders cannot fail a class twice or fail a combination of classes during the remaining grading periods (9-weeks) during that current school year.
- O. Not learning the cheer material to the coach's satisfaction or participating in games and practices to the coach's satisfaction.
- P. If a student is suspended from school or arrested at school or after school including weekends, there will be an automatic 2 week suspension from all cheer activities (excluding practices), physical punishment, and a mandatory drug and alcohol awareness program that must be completed prior to return for the first offense. The

second offense will result in automatic dismissal.

- Q. Checking out school excessively and missing practice resulting in makeup hours. Extenuating circumstances will be considered.
- R. Any form of embarrassing or inappropriate social media( videos, snapchat, twitter, facebook's, vines, etc) that is brought to the coach's attention will result in 2 weeks suspension from all cheer activities (excluding practice), physical punishment, and some kind of social media awareness program. This will be required before return. The second offense is automatic dismissal. This includes posting on social media of any negative comments about FHS Cheer or its members or other FHS organizations and their members.

#### **DEMERITS**

- A. Demerits will be given and recorded by the coaches.
- B. Demerits cannot be worked off after the first three weeks of school until a punishment is served. However, there will be a list of demerits that will not be able to be worked off for any reason given to the cheerleaders.
- C. "3<sup>rd</sup> offense rule"- earning demerits 3 times for the same offense will result in a parent conference and punishment left to the discretion of the sponsors.
- D. The coaches will decide how demerits can be worked off.
- E. Please review Appendix A for a list of Demerits.



## **SAFETY**

### A. Injury:

- a. All reasonable caution to avoid injury of the cheerleader/mascot will be exercised by FISD and the sponsors.
- b. No financial obligations or liability for injury will be assumed by FISD or the coaches.
- c. Each cheerleader will be required to have physical exam prior to participation. These forms are kept on file with the trainers at FHS and the coach. They must be on file prior to pre-camp.
- d. If any injury occurs, the coach if necessary will first contact emergency personnel first and then the parent. The parent will decide the appropriate course of action for all injuries whether its removal for off site care or return to play. No coach will make any judgments with regards to injury.

## **INSURANCE**

FISD does not provide insurance coverage for cheerleaders/mascots. It is not required that the cheerleader/mascot purchase school insurance, but it is suggested that school insurance be purchased by the parent/guardian of elected cheerleader/mascot for injury protection

if the student is not covered by another type of insurance policy.

## **BEHAVIOR AND CONDUCT**

### A. General:

- a. All cheerleaders must abide by the rules set forth in the constitution, mustang manual, and student code of conduct.
- b. Each cheerleader must understand the privilege/responsibility of representing their school/community and make behavioral decisions accordingly.
- c. Each cheerleader's dress, appearance, attitude, language, and behavior around the opposite sex should be approached wisely and tastefully.
- d. Each cheerleader should keep their social media free and clear of any words or pictures that might embarrass the program.
- e. Each cheerleader should be supportive and positive about other school teams.

### During a game:

- f. Know the rules of the game thoroughly.
- g. Stay attentive to the game and keep socializing to a minimum.
- h. Establish standards of

- desirable behavior for the squad and attempt to transfer that to your spectators.
- i. Select positive cheers that praise your team without antagonizing the opponents.
  - j. Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
  - k. Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers and treat opposing players like you would treat your own team.
  - l. Applause/spirit during intro of players, coaches, and officials and at end of contests.
  - m. Give encouragement to injured players for both teams.
  - n. Respect the integrity and judgment of game officials, even if you disagree with their judgment.
  - o. Respect to opposing cheerleader/team members following either victory or defeat

### **DUTIES AND RESPONSIBILITIES**

All cheerleaders shall:

- A. Attend all meetings, practices, games and special events designated by the coaches.
- B. Attend ALL playoff games.

- C. Work on all fundraisers designated by the coaches.
- D. **Attend summer pre-camp and camp.**
- E. **Place cheerleading above all other school and non-school activities.**
- F. Avoid employment situations that will conflict with cheerleading.
- G. Learn and memorize material for games, pep-rallies, special events, etc.
- H. Be responsible for learning missed material.
- I. Paint neat and colorful signs.
- J. Be present for all of school day on game days or the Friday before a Saturday game. This includes special cheer event days including banquets or dances. If you miss more than one day of cheer practice without a doctor's note you may not cheer/attend at that week's events.
- K. Be punctual.
- L. Provide a doctor's note to the coaches if absent from an event due to illness.
- M. Work beyond normal duties to come up with creative spirit raising ideas.
- N. Be willing to spend time after school hours to complete unfinished cheerleader business.
- O. Wear proper uniform and clothing including shoes to all events including practices.
- P. **All Cheerleaders will be required to complete 10 hours of outside coaching during the summer. Forms will be handed out at the end of each school year.**

**Special Duties of Varsity Squads and/or**

### Seniors:

- Support ALL Varsity athletic teams.
- Work in cooperation with the mascot.
- Plan pep-rallies and other spirit raising events.
- Work with younger cheerleaders to teach and critique material.
- Assist coaches with tryouts.

### Special Duties of Junior Varsity Squads:

- Support ALL Junior Varsity athletic teams.
- Assist Varsity in teaching/critiquing material.
- Help prepare for and clean up after pep rallies and other activities so designated by the coach.
- Sell tattoos at all Varsity home games and other events designated by the coaches.
- Assist Varsity and Freshmen with any special needs.

### Special Duties of the Freshmen Squads:

- Support ALL Freshmen athletic teams.
- Help prepare for and clean up after pep rallies and other activities so designated by the sponsor.
- Sell programs at all Varsity home games including playoff games and other events designated by the coaches.
- Assist Varsity and Junior Varsity with any special needs.

### Special Duties of the Mascot:

- Attend camp.
- Be available year-round.
- Work with varsity cheerleaders on activities and duties related to cheerleading.
- Help sponsor with spring tryouts

for new mascots.

- Must wear entire mascot uniform at all times (except for breaks Okayed by the sponsors).
- Must learn school song and fight song motions, along with all cheers and chants and perform with cheerleaders.
- Must be prepared and have a plan for every game or special event.
- Must attend all games and special events unless cleared by the sponsors.

### HEAD CHEERLEADER

Head Cheerleaders will be chosen based on the following criteria:

- 25% Teacher Scores
- 25% Judges Scores
- 25% Squad Vote
- 25% Interview

- A. All cheerleader candidates will be screened by their current year teachers only. The areas evaluated include; participation in class, participation among peers, preparedness, producing work in a timely manner, conduct in class, attendance in class, punctuality to class, and behavior/discipline. They will be rated on a 1-5 scale with 1 being the lowest and 5 being the highest. The lowest and highest teacher evaluations will be thrown out. The teacher evaluations will not be shown to guardians or candidates (which are used only in head cheerleader elections).
- B. Head Cheerleaders will be the two candidates with the highest number of cumulative points.

- C. The Varsity Head Cheerleaders have to have been a member on the Varsity squad the previous year. In a situation where none of the HC candidates meet the criteria, the coaches will decide who is eligible.

#### Special duties of Varsity Head Cheerleaders:

- Attend all summer meetings called special or mandatory.
- Meet continually with Co-Head (if applicable) to let them know what is going on.
- Lead squad in all its organized activities.
- Make final decisions as to what cheers are to be performed at games and what uniforms will be worn.
- Keep members who are not at practice updated on cheers and chants.
- Be responsible for running errands that directly relate to cheerleading.
- Be responsible for any special decorations for activities such as pep rallies, tryouts, and games with coaches' approval.
- Call a meeting of the cheerleaders if something needs to be talked over, contact all that are involved, conduct a majority vote to solve problems and report the result to coach.
- Inform the sponsor of all planned activities for approval.
- Inform absentees about projects and decisions.
- Initiate new activities – movies, dinner before games, etc.
- Cooperate and coordinate with HC

- of other squads if needed.
- Supervise the mascot and include her or him in all athletic events.
- Be expected to uphold her or his office and will be issued demerits when failing to do so.
- Must establish and maintain discipline, order, and a level of performance; will act as mediator.
- Must be imaginative, energetic, and demonstrate great initiative and creativity.
- Must be flexible.
- Organize yard signs.
- Must maintain an organized Head Cheerleader Binder.

#### Special Duties of JV and Freshman Head Cheerleader:

- Should work closely with the Varsity Head Cheerleaders and coaches to seek guidance regarding all duties.
- Responsible for designating and organizing cheerleading activities and responsibilities with coaches' approval.
- Assigning duties to other members of the squad and calling all members to inform them of any changes in schedules or practices.
- Must maintain an organized Head Cheerleader Binder.

#### UNIFORMS

Any reference to uniform in this section also refers to camp wear, warm-ups, etc.

- A. The cost for uniforms will be the responsibility of each individual cheerleader.

- B. All uniforms must be paid in full when they are ordered.
- C. The sponsor and administrator will approve all uniforms. Every best effort will be made to accommodate the suggestions of the cheerleaders.
- D. Each squad will have at least 1 but no more than 3 uniforms.
- E. Every effort will be made to keep costs at a minimum.
- F. It is the responsibility of each individual cheerleader to take proper care of his or her uniforms.
- G. All uniforms must be in compliance with the school colors.
- H. Corsages/mums are not permitted on uniforms.
- I. Coaches and/or Head Cheerleaders will designate what uniform is to be worn for practices, games, special events (pep rallies), etc.  
Cheerleaders are not to wear their uniform to any event that is not school-sponsored without prior approval of the coach.
- J. There will be no deviations from the specified uniform requirement.
- K. Uniforms must be worn correctly.
- L. No one other than cheerleaders will be allowed to wear any part of a current cheerleader uniform, including the jacket.
- M. Hair and hair bows are considered part of the overall uniform; therefore, hair and hair bows will be worn alike when in uniform. Hair will be pulled completely back from face with no bangs, side bangs, or wispies. If compliance is not made to the coach's satisfaction you will be asked to leave and it will

- count as an unexcused absence.
- N. NO JEWELRY will be worn with the uniform- no matter what the event.
- O. **The coach must approve any t-shirts or wearable items that are ordered.**

#### **SUMMER CAMP**

- A. A location and date shall be chosen by the coaches.
- B. The expenses shall be paid for by each cheerleader.
- C. At camp each cheerleader is to conduct him or herself in a proper manner. If any problems arise and it is determined that the individual is dismissed from camp, that individual will be sent home at the parent's expense.

#### **PRIVATE GYM**

A private gym will be chosen that the cheerleaders will attend to practice their stunting and tumbling. The cost of these lessons is to be determined by the coach and owner/coach of the said gym that is being used in a particular year. All cheerleaders are responsible for the cost of the said gym lessons. The time spent at the gym is divided as coach sees fit – i.e. tumbling, stretching, jumping, dancing, cheering, and stunting, etc. All-Star Revolution (ASR) is our designated gym. All ASR coaches should be treated as if they were a Friendswood coach. **On their designated days girls must show up to practice and may not leave early for any reason including test make-ups, appointments, etc. The cheerleaders may only miss with coach's approval. If you are out sick that day you will need a**

**doctor's note. If compliance is not made it will count as an unexcused absence.**

### **COMPETITION SQUAD**

- A. ALL Squads/members will participate in coach-approved competitions. It is mandatory.
- B. If a cheerleader is placed on a higher level competition team and does not perform to the coach's satisfaction she will be moved to the lower level team and replaced with a girl from the lower level competition team.
- C. There will be no discussion with coaches about which competition team a cheerleader is placed on. This decision is solely up to the coaches.
- D. All rules and demerits also apply in this context.
- E. They must attend all practices. Unexcused absences will result in removal from the cheerleading squad.
- F. All absences from practices must be approved by the sponsor in advance, excluding illness or family emergencies. A doctor's note must accompany an illness absence.
- G. The coach has the right to pull a cheerleader from the competition routine or make her an alternate if she has excessive absences.
- H. If your child cannot participate in a competition or is removed from the routine for any reason, you are still responsible for all financial obligations associated with the competition.

### **TRANSPORTATION**

- A. School transportation will be provided for out of town games.
- B. Except under special circumstances pre-approved by the coach, a cheerleader/mascot must ride the bus to and from the event. An Alternate Travel Permission Slip must be on file with the high school and coach in order for a cheerleader to leave with a parent. A cheerleader may only leave with his/her own parent.
- C. All cheerleaders/mascots must provide transportation to required home games and private gym practices.

### **FUNDRAISERS/FINANCE**

- A. Each cheerleader/mascot must work on ALL fundraising projects throughout the school year regardless of whether or not their squad is in season.
- B. The money earned with all fundraisers will help pay for uniforms, equipment, competitions, or whatever the coaches deems necessary. All cheerleaders/mascots, however, must be able to assume all financial obligations.
- C. The sponsor must approve all fundraising projects.
- D. The sponsor, upon approval of the principal, will decide how any finances earned by the cheerleader/squad are spent.
- E. Cheerleaders with financial obligations will not receive their

end of the year award, nor will they be allowed to tryout for the following school year.

### **COSTS/EXPENDITURES**

The coaches will present parents with an estimated list of costs at the mandatory pre-tryout meeting. Every best effort will be made to keep these costs to a minimum. Costs involved with cheerleading include but are not limited to: camp costs, uniforms, equipment, campwear, Big/Little sis gifts, t-shirts, buddy gifts, etc.

### **AWARDS**

- A. Letter jackets are awarded to varsity members will be awarded to those who try out and make the squad as a varsity cheerleader, or mascot. Any awards given at the banquet will be chosen by the coaches or squads. These can be withheld due to financial obligations, demerits, or membership issues.

### **BOOSTER CLUB**

The FHS cheerleading organization is a member of the FHS Booster Club. We will adhere to the rules and policies set forth by this organization. All cheerleader representatives to the Booster club will be chosen and approved by the sponsors.

### **INVESTIGATIVE PROCEDURE**

All conduct violations will undergo a complete investigation by the cheer coaches and the FHS administration (if needed). After the investigation is

complete, demerits will be assigned by the coach if deemed necessary.

### **COMPLAINT PROCEDURE**

The first step in the complaint process will be to contact the cheer coaches. If the issue is unresolved, the next step will be to contact the FHS administration. If the issue is still unresolved, the parent/cheerleader will be referred to the hearing officer at the Administration building. All parents are expected to follow these guidelines in the complaint process.

### **AMENDMENT PROCEDURE**

The cheerleader constitution will be reviewed annually by the coach and administration. Review will occur prior to spring tryout. Should any changes be made to the constitution during the school year, cheerleaders will be required to sign an amendment document.

All other issues that are not covered in our FHS Athletic Policy or in the rules covered in our Constitution will be up to the coaches'/administrators' discretion and dealt with in a consistent manner.

**APPENDIX A:**  
**DEMERITS**

1. Unexcused missed game VARSITY, JV, FRESHMAN  
- **20 (automatic dismissal from squad)**
2. Excused missed game  
- **5 (must sit out next game)**  
\*By Coaches discretion
3. Unexcused missed practice (no phone call or email to coach)  
- **5**  
\*Sit out 1<sup>st</sup> quarter of next game
4. Disrespect to coach, head cheerleader, or parents  
- **20 (automatic dismissal from squad)**
5. Neglecting responsibilities assigned by coach (including warnings, directives, and rules specified in the Constitution)  
- **5**
6. Leaving early from an event without permission  
- **20 (subject to removal)**
7. Assigned to ASC  
- **10 (with 2 week suspension from cheer activities; excluding practices)**
8. Being written up  
- **10 (with 2 week suspension from cheer activities; excluding practices)**
9. Breaking formation to visit with friends  
- **5**
10. Lack of effort during practice or game  
- **5**
11. Chewing gum while cheering at practice or game  
- **2**
12. Wearing jewelry  
- **2**
13. Not in place one minute before half-time ends  
- **5**
14. Late to game  
- **5 with notification**  
- **10 without notification (2 week suspension from cheer activities)**
15. Incorrect uniform at game (including bows)  
- **5**
16. Signs not put up or taken down  
- **2**



17. Equipment not put up or taken down  
- 2
18. Equipment not brought to game  
- 2
19. Not wearing proper shoes or clothes to practice  
- 5
20. Not wearing hair in ponytail  
- 5
21. Using vulgar/abusive language in practice  
- 10 (2 week suspension from cheer activities)
22. Failure to turn in required forms or payments on-time  
- 5 (1 week suspension until payment is turned in)
23. Inappropriate display of affection with person of the opposite sex while in uniform (hugging, kissing, and sitting on laps are not appropriate. Holding hands is the only affection considered appropriate)  
- 10 (2 week suspension from cheer activities)
24. Any pictures/videos deemed inappropriate subject to demerits. A full investigation will occur before demerits are handed out.  
- 10 (2 week suspension from cheer activities for 1<sup>st</sup> offense)  
-20 and removal for 2<sup>nd</sup> offense
25. Physical evidence of intimacy, i.e. hickeys  
- 5
26. Asking for a pass from class to do “cheerleading business”  
- 5
27. Unable to be deemed in “Good Standing.” May result in cheerleader not being able to participate in weekly cheer activities. Coaches reserve the right to sit cheerleaders out based on, but not limited to, the following every week (demerits will also be given):
  - Using 7<sup>th</sup> Period Cheer for “personal use”: Using cheer class for test make-ups, tutorials, doctor appointments, etc. with or without notification. (1 warning will be given. 2<sup>nd</sup> strike=benched).
  - Wearing jewelry during practice (1 warning/2<sup>nd</sup> strike=benched)
  - Not dressing out in appropriate practice wear. This can be bow, shorts, shirt, shoes, etc. (1 warning/2<sup>nd</sup> strike=benched)
  - Not in roll call lines at 3:15 fully dressed. Cheerleader will also be counted tardy. (1 warning/2<sup>nd</sup> strike=benched)
  - Failure to learn cheer material OR failure to accept critiques and apply them to material. If you cannot perform to the coaches standard, you will sit out. (1 warning/2<sup>nd</sup> strike=benched).

- Any behavior during practice that is obscene and disrespectful to ANY coach (FHS/ASR) or behavior that is continually disruptive to the cheer environment. Foul language, talking back, eye rolling, refusal to fully participate, obscene gestures, etc.

\* All excused and unexcused absences will be determined by coaches.

You must give prior notification before any absence or the absence is automatically unexcused.

\* The number of demerits may vary at the coach's discretion. Running, as well as other activities approved by sponsor, can be done to work off demerits.

**After the first three weeks of school, demerits will not be able to be worked off until a punishment has been served.** (for example: A cheerleader receives demerits until she reaches 20, sits out a game, and then she may work them off). Community service will not count to work off demerits.

**\*DEMERITS THAT CANNOT BE WORKED OFF FOR ANY REASON ARE NUMBERS 3, 4, AND 21.**

**APPENDIX B:**  
**CHEER DANCE**

Cheerleaders may not attend a “cheer dance” in any form, even if it is privately hosted. All squad bonding activities and privately hosted squad functions must be cleared by a coach. Failure to comply will result in consequences to be determined by the FHS cheer coaches and/or FHS administrators.