

2021 - 2022 FORMS

Cheerleader: _____

FRESHMAN JV VARSITY

- Social Media Contract
- Constitution Acknowledgment
- Year-long Commitment Acknowledgment
- UCA Participant Release & Waiver Form
- ASR Registration Form
- Captain Consent (optional)



<i>Cheerleader's Name</i>

Social Media Guidelines and Contract

The Friendswood High School Cheer Program recognizes and supports the cheerleaders' rights to freedom of speech, expression, and association, including the use of social media. However, remember that being an FHS Cheerleader is a privilege. As a Cheerleader, you represent FHS and FISD and you are expected to portray yourself, your team, your school and the school district in a positive manner at all times. Below are the social media guidelines which provide the following direction for social media usage:

- Everything you post is public information – any text, photo or video placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future! Many college admissions officers, athletic recruiters and employers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, and comments).
- Similar to comments made in person, the FHS Cheer Program will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm teammates or coaches; other FHS student athletes, teachers or coaches; and student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.
 - Incriminating photos or statements depicting violence, hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behavior (including the use of profanity).

Social media outlets will be used as communication device. They will also be used to encourage involvement with family, friends, fans, colleges and recruiting outlets. For this reason all cheerleaders and parents need to comply with the following:

- Sign up for group emails/texts when info is provided.
- Never involve yourself with alcohol or any controlled substance. Posting pictures, retweeting or “liking” a post where this behavior is going on also indicates your approval.
- If you are asked to remove a post, you must do so immediately! This is for the protection of your reputation and that of FHS Cheer.

Failure to follow this contract may result in disciplinary actions as stated in the Constitution and/or Mustang Code of Conduct.

In short, do not have a false sense of security about your rights to freedom of speech Social Media sites are NOT a place where you can say and do whatever you want without repercussions. The information you post is considered public information. Think about who you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come.

By signing this social media contract, you are stating that you will follow the rules indicated above and you understand that disciplinary actions may be imposed for failure to comply with those rules.

Cheerleader

Date

Parent

Date



<i>Cheerleader's Name</i>

**FHS CHEERLEADER/MASCOT CONSTITUTION
ACKNOWLEDGMENT & AGREEMENT**

By signing below, we acknowledge that we have read and understand the Friendswood High School Cheerleader/Mascot Constitution and agree to comply with stated policies.

I acknowledge the constitution may be revised and that I will be notified of any changes.

I also understand that my role as an FHS Cheerleader is one of privilege and responsibility, and that I am to uphold the standards outlined in the Constitution.

Cheerleader Signature

Date

Parent Signature

Date

The FHS Cheerleader/Mascot Constitution can be downloaded and printed from www.friendswoodcheerleading.com under the Documents tab.



<i>Cheerleader's Name</i>

YEAR-LONG COMMITMENT

I understand that my role as an FHS Cheerleader is a year-long commitment. I understand that it is mandatory for all cheerleaders to attend mandatory practices, camps, community service events, the cheer clinic and other events deemed mandatory by coaches and sponsors. Senior cheerleaders are required to work tryout week. Failure to attend either event may result in receiving a failing semester grade.

Cheerleader Signature

Date

Parent Signature

Date

CHEER CAPTAIN CONSENT & ACKNOWLEDGMENT

Cheer captains will be chosen based on the following criteria:

- 25% Teacher Scores | 25% Judges Scores | 25% Squad Vote | 25% Interview
- A. Captains will be the candidates with the highest number of cumulative points.
 - B. Varsity Captains must have been a member of the Varsity squad the previous year. In a situation where none of the captain candidates meet this criteria, the coaches will decide who is eligible.

Special duties of Varsity Captains:

- Attend all summer meetings called special or mandatory.
- Meet continually with other captains.
- 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.
- Take charge of practices, games activities, and pep rallies.
- Keep members who are not at practice updated on cheers and chants.
- 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 sponsor.
- Inform the sponsor of all planned activities.
- Inform absentees about projects and decisions.
- Initiate new activities (movies, dinner before games, etc.)
- Cooperate and coordinate with captains of other squads if needed.
- Supervise the mascots and include 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, flexible and demonstrate great initiative and creativity.
- Organize yard signs.
- Must maintain an organized Captain Binder.

Special Duties of JV and Freshman Captains:

- Should work closely with the Varsity captains and sponsors to seek guidance regarding all duties.
- Responsible for designating and organizing cheerleading activities and responsibilities.
- Assigning duties to other members of the squad and communicating to all members to inform them of any changes in schedules or practices.
- Must maintain an organized Captain Binder.

By signing this document, we understand that being a Captain requires a big time commitment from both the cheerleader and parents. We agree to the policies related to Cheerleader Captain and state my interest in interviewing for the position. I have discussed this with my parents/guardians and they support me in this decision.

Cheerleader Name (Printed)

Interview date/time
 Varsity JV Freshman

Cheerleader Signature

Date

Parent Signature

Date