

# **CARROLL HIGH SCHOOL/CARROLL SENIOR HIGH SCHOOL CHEERLEADER CONSTITUTION 2010-2011**

**THIS CONSTITUTION IS DESIGNED TO SERVE AS A SET OF GENERAL GUIDELINES FOR ADMINISTRATORS, SPONSORS, PARENTS, AND STUDENT CHEERLEADERS. THE PURPOSE OF THE CONSTITUTION IS TO COMMUNICATE THESE GUIDELINES IN ORDER TO HELP THE CARROLL ISD CHEERLEADING SQUADS BE THE BEST POSSIBLE REPRESENTATIVES FOR THEIR SCHOOL. GOOD JUDGMENT AND COMMON SENSE WILL BE USED WHEN EVENTS ARE NOT COVERED IN THE CONSTITUTION. THE INTERPRETATION OF ALL ARTICLES IN THIS CONSTITUTION IS THE RESPONSIBILITY OF THE SPONSOR AND PRINCIPAL. THEY HAVE THE RIGHT TO ADD OR DELETE ITEMS THEY FEEL ARE NECESSARY FOR THE BENEFIT OF THE ORGANIZATION. ANY CHANGES IN THIS CONSTITUTION WILL BE COMMUNICATED IN WRITING TO ALL CHEERLEADERS AND THEIR PARENTS PRIOR TO GOING INTO EFFECT.**

## **ARTICLE I –PURPOSE**

The purpose of the CHS junior varsity/freshman and CSHS varsity cheerleading squads is to create, promote, and uphold school spirit in accordance with school rules. Cheerleaders should plan and initiate activities that will promote student body and community support and involvement in the promotion of athletic events and school activities.

Note: For the purposes of this document, the CHS junior varsity mascot is considered part of the junior varsity/freshman cheerleading squad and is subject to all rules and regulations of the squad. For the CSHS varsity squad, the mascot is part of the CREW and is not considered part of the cheerleading squad.

## **ARTICLE II – MEMBERSHIP**

Prior to seeking membership on a cheerleading squad, students must understand that self-discipline, self-confidence and dedication are very necessary on and off the field. Cheerleaders will be expected to participate in every cheerleading activity. Employment, discretionary tutorials, and serving detention or other forms of student discipline are not acceptable excuses for missing a cheerleading activity. Students who are members of a cheerleading squad as well as a club squad must attend assigned Carroll ISD events if there is a scheduling conflict with club activities

All members of a cheerleading squad must enroll in the required cheerleading class. Cheerleaders are required to participate in any and all activities. As referred to in this document, activities include all performances, fundraisers, camps, practices, social events, decorating and sign-making events, and other organized events involving cheerleaders and assigned by the sponsor.

All members of a cheerleading squad must be enrolled in the required cheerleading class. To remain as an active member of a cheerleading squad, a cheerleader must maintain a passing grade in each class (as defined by no-pass/no-play guidelines outlined for UIL participation), maintain a level of cheerleading performance (specifically the ability exhibited at tryouts), and follow and uphold all guidelines established in the constitution as well as any verbal directives given by the sponsor. Members must exhibit and maintain a satisfactory conduct grade at all times during the school year.

If a cheerleader quits the squad, he/she will be required to drop the cheerleading class immediately. Once a cheerleader quits the squad, he/she will not be granted membership again for the current squad year.

### **ARTICLE III- GENERAL OPERATING PHILOSOPHY**

A cheerleading team is only as good as its members.  
Cheerleaders will set a good example for their fellow classmates.  
Cheerleaders will display the following characteristics on and off the field:

- Work (and practice) hard
- Be honest and truthful
- Be good role models
- Display positive school spirit
- Show good sportsmanship
- Exhibit positive attitudes toward cheerleading

### **ARTICLE IV – PARENT COMMITMENT**

Parent/guardian commitment and involvement are vital to the success of each cheerleader and the cheerleading team. It will be a parent's/guardian's responsibility to help in various activities when deemed necessary.

Prior to tryouts, each cheerleading squad member must submit an agreement of compliance from his/her parent/guardian permitting him/her to participate in all cheerleading activities. In addition to this agreement, prior to tryout clinics, a signed medical release form and a signed Standards for District Extracurricular/Co-Curricular Activities Discipline Policy Statement must be filled out and submitted to the sponsor. All dates for tryout clinics and tryouts will be communicated to the entire student body with sufficient notice to fulfill these requirements.

In addition, parents must be willing to make the monetary commitment necessary to fulfill obligations related to the duties and responsibilities associated with being a member of the cheerleading squad. Certain fees may be waived if a student or the student's parent/guardian is unable to pay due to financial hardship.

## **ARTICLE V – MORAL AND ETHICAL EXPECTATIONS**

Certain standards and expectations are necessary for the integrity and reputation of the cheerleaders in the CISD. Cheerleaders should be leaders within their school and set a good example at all times. Cheerleaders are expected to have and maintain a character above reproach and to exhibit personal appearance and habits that will reflect a positive image. Cheerleaders are constantly representing the school before the public; they are never to smoke, drink, use drugs, or show an inappropriate public display of affection. **These expectations apply at all times, not just at school functions.** All infractions shall be subject to disciplinary action as outlined in the Standards for Extracurricular Activities and in the Student Code of Conduct. Please refer to Articles XII and XIII for Moral and Ethical Violation Consequences.

Cheerleaders must never put themselves in a compromising position. If others around the cheerleader are not acknowledging the proper social or moral standards and values outlined in these expectations, the cheerleader will be expected to remove herself/himself from the situation immediately.

## **ARTICLE VI – TRYOUT PROCEDURES**

Candidates must meet all UIL and CISD Board policies and requirements. Each cheerleader and mascot candidate must be enrolled in a Carroll ISD school at the time of tryouts. All candidates must have a signed agreement of compliance, medical release and District Discipline Policy statement on file PRIOR to the tryout clinic to be eligible for tryouts.

There will not be a set maximum for how many members are on each squad. Squad members will be chosen according to a minimum score. All candidates whose total score (judges plus conduct) meets the minimum for their division will be on the squad. Minimum score requirements and scoring details will be provided to parents and candidates at a designated meeting prior to tryouts.

**JV AND FRESHMEN:** Minimum number of 10 members per squad

When more than 10 tryout for the jv and freshmen squads, there will be a minimum of 10 members. In the event that 10 members do not make the minimum score, the top 10 scores of the students who have completed the entire process will be placed on the squad. In case of a tie for the 10<sup>th</sup> spot, the tied candidates will be added to the squad.

**VARSAITY:** Minimum number of 20 members

When more than 20 tryout for the varsity squad, there will be a minimum of 20 members. In the event that 20 members do not make the minimum score, the top 20 scores of the students who have completed the entire process will be placed on the squad. In case of a tie for the 20<sup>th</sup> spot, the tied candidates will be added to the squad.

There will be one mascot representing Carroll High School.

FORMULATION OF SQUADS:

- The Varsity squad will be made up of juniors and seniors.
- The JV squad will be made up of sophomores.
- The Freshmen squad will be made up of freshmen.
- The mascot representing CHS can be a freshman or sophomore.

SELECTION PROCEDURES:

MINIMUM SKILLS TRYOUT

On the first day of the tryout clinic, all candidates must pass a minimum skills tryout before at least two qualified (certified by a widely recognized cheer or gymnastics association such as NCA or UGCA) judges. The candidates will be judged on their ability to complete the following tumbling skills competently and safely:

VARSAITY:

- Standing toe-touch back handspring and/or standing back tuck
- Round-off with 3 connected back handsprings

JV:

- Standing back handspring
- Round-off back handspring

FRESHMEN:

No minimum tumbling requirements to make the squad, but tumbling can help the candidate's score.

If needed, candidates will receive two opportunities to successfully complete the minimum tumbling skills unless the judges consider it unsafe to allow a candidate to repeat a skill. Candidates will be informed at the conclusion of the minimum skills tryout of the results. Only candidates who pass the minimum tumbling skills tryout will continue with the tryout process.

TRYOUT CLINIC AND TRYOUTS

The tryout clinic will be held on five consecutive school days with the tryout on the fifth day. The minimum skills tryout will be on the first day. On the second and third days, the tryout dance and cheer will be taught and practiced. The fourth day will be continued practice and a mock tryout. Attendance during the entire tryout process (minimal skills, clinic, and tryout) is mandatory.

## SELECTION PROCEDURES

- At tryouts, cheerleader candidates will perform a required individual cheer, a running tumbling pass, standing tumbling skill, a dance, and three consecutive jumps before qualified judges. Any deviation from the cheer or dance could result in disqualification or a five-point deduction from the total score. Judges' scores will count 90% of the total score.
- At tryouts, candidates for mascot will perform a two minute crowd involvement performance. Music can be used. The skit must be pre-approved by the sponsor and any deviation could result in disqualification or a 5-point deduction from the total score. Candidates for mascot will also be interviewed individually by the panel of judges. The interview portion will be incorporated into the judge's score. The judge's score will count 90% of the total score.
- A conduct/attendance check of the school year in which the tryouts are held will be used to determine 10% of the total score for each cheerleader and mascot candidate. For this portion of the selection process all candidates will start with a score of 10.
  - 10 points will be deducted for any discipline offense that results in DAEP placement.
  - 9 points will be deducted for each discipline offense that results in suspension from school.
  - 8 points will be deducted for each Level IV discipline offense.
  - 7 points will be deducted for each Level III discipline offense.
  - 3 points will be deducted for each Level II discipline offense.
  - 2 points will be deducted for tardies and late to schools that result in disciplinary procedures (2 points per occurrence).
  - 1 point will be deducted for each Level I discipline offense (except tardies and late to schools).

If a conduct/attendance calculation score results in a negative number, a zero will be entered in this portion of the selection score.

Conduct scores will be provided to the candidates prior to the day of tryouts.

- A candidate may elect to privately view his/her own individual judges' tryout score sheets. The score sheets may be reviewed in an administrators' office by appointment and may not be removed from the school. The statute of limitations concerning viewing scores is 10 school days following the tryout.
- **In case of injury or serious illness during the time of tryouts, a video may be allowed in place of requirements unable to be performed. A video will only be allowed with a doctor's note proving that the skill is unable to be performed. The video needs to be showing a skill that is currently able to be**

**performed, meaning that the skill can be currently performed when healthy. The video must have prior approval from both the sponsor and administrator.**

### **ARTICLE VII– CHEERLEADER CLASS**

Cheerleading is a full-year course, and the cheerleader is expected to commit to activities and practices during both the fall and spring semesters. The cheerleader will receive ½ P.E. credit and ½ Fine Arts credit for the academic year. Each cheerleader will receive a numerical grade average and a conduct grade on all grade reports. The numerical grade will be based on overall participation at all required activities.

### **ARTICLE VIII– ACTIVITY PROCEDURES**

All cheerleaders will attend every assigned activity whether performing or not. Transportation will be provided to most activities except home games and activities. Everyone will ride to and from the activity with his/her team. Only the principal or sponsor can make exceptions to the transportation requirement.

Cheerleaders must never leave the group without permission when cheering at the activity. Cheerleaders must be ready for the game when they get off the bus. Cheerleaders must not eat on the field/court or use a cell phone or pager on the field/court. Cheerleaders must wait until halftime to eat or make a necessary phone call.

Cheerleaders must never cheer when any player is injured. Cheerleaders must always exhibit appropriate behavior.

JV and Freshmen squads will be expected to attend all football playoff games. Varsity is expected to attend playoff games for all sports. If a cheerleader misses a playoff game without permission from the sponsor, he/she will not be allowed to participate in further playoff games for the particular sport missed.

Each cheerleader is responsible for knowing the departure schedule for each activity. Missing the bus is considered an unexcused absence and will result in sitting out at the next game with the sponsor.

When using a bus for transportation, certain rules should be followed:

- Be courteous to the bus driver.
- Only headphones may be used for radios, CD players, tape recorders, etc.
- State law prohibits standing up on the bus.
- State law prohibits placing anything in the aisle of the bus.
- Do not hang out the windows, yell or communicate in any way with other motorists or pedestrians.
- Do not throw anything out of the bus.
- Do not eat on the bus unless permission has been given by the sponsor.

- Roll up the windows before leaving the bus.
- Clean up after yourself before leaving the bus.
- Do not leave the bus before permission has been given by the sponsor.

### **ARTICLE IX – ATTENDANCE AND TARDY POLICY**

1. All activities are mandatory, and attendance is required. Any absence from any activity, if considered unexcused, will result in ten demerits and sitting out the next performance.
2. A cheerleader who is absent (excused) for all or part of a performance day will perform at the discretion of the sponsor/coach.
3. Summer practice and camp are mandatory.
4. Failure to attend practice necessitates removal from a performance.
5. Consequences of any absence from a cheerleading activity resulting from participation in another school or school-related activity will be given at the discretion of the sponsor and the administrative team.
6. A person who skips cheerleading or any other class for any reason is subject to disciplinary action as outlined in the CISD and specific school Codes of Conduct as well as cheerleader demerits.
7. Work will not be an excusable reason for missing, being late, or leaving early from any cheerleading activity.
8. Cheerleaders may take one college visit as long as permission is given in advance by the sponsor and the visit is in accordance with school policy. College visits cannot be taken during any scheduled cheerleading activity. The cheerleader must obtain the college visitation form from the counselors' office and show the completed form to the sponsor the following day.
9. Any person who is one to fifteen minutes late to any cheerleading activity will be considered tardy.
10. If a cheerleader is more than 15 minutes late to an activity, it will count as an unexcused absence (10 demerits). No excuses will be accepted.
11. A doctor's note will be required for a cheerleader who is unable to perform due to an injury. Where possible, the cheerleader should attend the event in uniform and sit with the sponsor.

### **ARTICLE X – DRESSING ROOM AND DRESSING OUT**

Cheerleaders must dress out every day according to the uniform schedule given by the sponsor or head cheerleader.

Cheerleaders must lock everything in their lockers during practice. Cheerleaders must not assume that personal property will be safe in the dressing room. Cheerleaders must keep the dressing room neat and clean.

## **ARTICLE XI– SAFETY**

Any members who are injured will receive medical attention immediately. If a parent cannot be reached, an ambulance will be called if necessary. A medical release form must be signed by the parent *prior to the tryout clinic* and taken to all cheerleading activities by the sponsor.

Camp is mandatory because safety instruction is an integral part of the camp day. Failure to attend summer camp may result in permanent dismissal from the squad. Safety guidelines will be enforced. Once a skill is mastered on safety mats, it may be performed on the gym floor or track.

Not following the safety rules outlined by the sponsor will result in dismissal from the cheerleading squad.

## **ARTICLE XII– DEMERIT SYSTEM**

The demerit system is designed to provide a management system for the sponsor/coach . Only the sponsor/coach may issue demerits. The system provides demerits and penalties for rule violations. Demerits begin as soon as the squad is announced and continue until the completion of the next cheerleading election.

When a cheerleader accumulates 20 demerits, he/she will be placed on probation. When sitting out a performance, a cheerleader must still attend the event in uniform and will sit in a place designated by the sponsor. When a cheerleader accumulates 30 demerits, he/she will be permanently dismissed from the squad.

Demerit assignments include, but are not limited to, the following:

### 1 Demerit

- Any item left behind at an activity
- Hair not pulled up in uniform
- Wearing jewelry at practice or games
- Not having poms/megaphone
- Band-Aid not covering bellybutton ring at practice or games
- A visible tattoo at practice or games
- Wearing wrong practice shirt
- Wearing wrong practice shorts
- Not having hair ribbon or incorrect hair ribbon
- Chewing gum/eating candy
- Not fulfilling responsibilities with a positive attitude

### 2 Demerits

- Not following bus rules

- Failure to return to positions on time after halftime or between games
- Not returning items by due date (demerits given each day the item is late)
- Incorrect/incomplete uniform
- Inappropriate talking at practice or games

### 3 Demerits

- Poor sportsmanship
- Tardy to game or practice (one to fifteen minutes)

### 5 Demerits

- Unexcused absence from practice or more than fifteen minutes tardy
- Uncooperative behavior at practice or games
- Use of cell phones and/or pagers at practice or games
- Improper behavior on field/bus/court
- Uncooperative behavior regarding head cheerleader
- Squad not cleaning up after painting or decorating activity
- Detention assigned by any administrator (for Level I offense)

### 10 Demerits (also requires sitting out of the following game)

- Unexcused absence from a performance or game or more than fifteen minutes tardy
- Disrespectful to sponsor/head cheerleader/teachers
- “N” in conduct in any class
- Detention assigned by any administrator (Level II offense)

### 20 Demerits (also constitutes automatic probation)

- Inappropriate behavior anytime, anywhere as outlined in Article
- “U” in conduct in any class
- Disciplinary procedures in school (Level III offense or greater)
- Insubordination
- Violation of Safety Rules
- Receiving a second “N” in conduct
- First violation of the Standards for Extracurricular Activities, unless otherwise dismissed

## **ARTICLE XIII – PROBATION**

Any member who accumulates 20 demerits will be placed on probation for 15 school days. During this probationary period, the member will not perform, but will attend all activities. Both the cheerleader and the parent/guardian will be informed when he/she has received 15 demerits placing him/her in the “danger zone.” Any member receiving 30 demerits receives a failing grade of 65 in cheerleading and will be permanently dismissed from the squad.

Grounds for probation will include, but not be limited to, the following:

- Accumulation of 20 demerits per semester
- An occurrence when 20 demerits are given. This may include, but not be limited to, the following:
  - Using profane or obscene language or gestures
  - Public display of affection
  - Hazing
  - An offense where suspension is rendered
  - Cheating for which an administrator has received documentation
  - Cutting any class
  - Truancy
  - Vandalism
  - Insubordination to any school personnel or head cheerleader
  - Violation of safety rules
  - Failure of a course. (UIL/TEA guidelines will be followed in the event of a failed academic course.)

#### **ARTICLE XIV - PERMANENT DISMISSAL**

Permanent dismissal from the team will be determined by the sponsor and the principal. **Once a cheerleader has been dismissed from the squad, he/she will be required to have a schedule change out of the cheerleading class.** Reasons for dismissal will include, but not be limited to, the following:

- Making a failing grade of 65 in cheerleading
- Receiving 30 demerits per semester
- Failing two six weeks' grading periods during the cheerleading term, which consists of the time period from election to election
- A second probation level offense where probation has already been given
- Assignment to DAEP
- Second violation of the Standards for Extracurricular Activities, unless already dismissed

## **Standards for District Extracurricular/Co-Curricular Activities Carroll Independent School District**

All students are expected to adhere to the Student Code of Conduct as it applies to school-related or school-sponsored activities. Students involved in extracurricular and co-curricular activities are expected to exhibit the highest standards of ethics and conduct. Carroll Senior High School students, staff, and parents view participation in these extracurricular and co-curricular activities as a privilege and not a right. Therefore, the teachers, sponsors, coaches, and directors of these activities may develop and enforce codes of conduct that will take into consideration conduct that occurs outside of the school's usual jurisdiction, regardless of time or location. This would include any misconduct that would reflect negatively upon Carroll Senior High School. Students involved in major disciplinary infractions (including, but not limited to, drugs, alcohol, violent behavior, and other illegal offenses) or who violate the Student Code of Conduct resulting in a DAEP assignment will be suspended from participation in all extracurricular and co-curricular activities for a specified length of time. Offenders may be suspended from participation by the Carroll Senior High School administrative panel after a review of the incident. Evidence must be presented to the administration in one of the following forms:

- A report from a law enforcement agency
- Personal confession by the participating student
- Observed behavior by a school employee

When such evidence is presented to the administration, the student and parents(s) or guardian(s) will be notified of the offense. The student and/or parent(s) or guardian(s) will be afforded the opportunity of a meeting with the administrative panel to discuss the offense. After this meeting, the following penalties may be rendered:

1<sup>st</sup> Offense: Suspended from activities for 30 school days

2<sup>nd</sup> Offense: Suspended from activities for 60 school days

3<sup>rd</sup> Offense: Suspended from activities for 90 school days

Penalties are for "school days" and may continue into the next school year. For example, if a student is suspended for 30 days with 10 school days remaining in the school year, he/she will serve the other 20 days at the beginning of the following school year. These penalties are not subject to appeals or reviews by the district's hearing officer.

These penalties are cumulative throughout the high school career of a student. For each violation beyond the 3<sup>rd</sup>, a suspension of one calendar year will be imposed. While under suspension from activities, a student may participate in any tryout, election, or process that would allow them to participate in an activity that begins after their suspension is lifted.