

Kilgore High School

Cheerleading Constitution

2018-2019

TABLE OF CONTENTS

Introduction	1
I. Purpose	2
II. Eligibility	2
III. Tryouts	3
IV. Participation Requirements	5
V. Discipline	8
VI. Acknowledgement Form	11

Kilgore High School Cheerleading Constitution

Each member of the KHS Cheerleaders must adhere to the following articles. It should be understood that as an athlete of this program, the student is a representative of the district and school, and each athlete must maintain high moral and ethical standards.

Article 1

PURPOSE

The purpose of the KHS Cheerleader Constitution is to communicate the expectations of the sponsor, in addition to those required by the KISD Administration. All members should be familiar with these guidelines, along with any directions that are given verbally. The purpose of a cheerleader is to create and promote loyal school spirit, encourage quality performance, and high academic standards. Through the development of spirit and cheer technique, leadership, cooperation, self-discipline, and sportsmanship in each individual athlete, the KISD cheerleaders will encourage their student body and their community through support in the promotion of athletic events and activities, which will inspire the athletes to perform to the best of their ability.

Article II

ELIGIBILITY

Section 1. Requirements: Prospective candidates must meet the following:

- A. Candidate must have an 80 average for the first semester. If the student has been ineligible (below a C average) for one or more grading periods, the candidate cannot tryout. Pre-AP and honors classes will include the additional five points per GPA calculation standards at the high school level.
- B. Candidate must meet the attendance qualifications set by the school board, which is 90%, and must be verified by the attendance office. If medical related absences, candidate must have the principal's approval.
- C. Candidate must not have more than two assignments to detention of any kind, have been assigned to ISS, or have more than one discipline referral. Candidates who have been to DAEP are not eligible to tryout without principal's approval.
- D. Student must not owe money to any KHS organization.
- E. Student must not have visible tattoos or piercings (other than ears).

Section 2. Additional Probationary Considerations: A candidate who has resigned or been dismissed from the program (middle school included) for any reason

will be suspended for one cheer season. After the one-year suspension, the candidate is eligible to tryout again.

Section 3. *Mandatory Tryout Meeting:* All candidates and their parent/guardian must attend and sign-in at the mandatory tryout orientation meeting. Failure to attend will result in the candidate's loss of ability to tryout unless approved by sponsor/administration.

Section 4. *Returning Athletes:* All former cheerleaders will submit completed paperwork before the deadline and tryout each year. No one can automatically be reinstated. Current cheerleaders cannot tryout if they have more than 10 demerits.

Section 5. *Early Graduation:* Candidates who plan on graduating within the school year may not tryout for the team. Early graduation is prohibited.

Section 6. *Cheer Season:* The KHS cheerleading season runs all year (summers included). All candidates that make the team are expected to fully participate the entire season. Failure to participate and attend all practices/events the entire season may result in removal from the team.

Article III

TRYOUTS

Section 1. *Qualifications:* Each candidate must fulfill all requirements before he or she may be considered.

Section 2. *Medical Limitations at the time of Tryouts:* If a candidate is under the care of a physician or a KHS athletic trainer at the time of tryouts, he or she can submit a video demonstrating their ability. However, the candidate is more than welcome to still tryout to the best of his or her ability and will still be critiqued like everyone else. The candidate must not wear anything indicating prior cheerleading experience.

Section 3. *Tryout Week:* There will be two days before tryouts. On the first day, the candidates can ask questions about the routine they will perform, practice with one another, etc. On the second day, there will be a mock tryout. The third day is the actual tryout.

- a) *Attire:* Candidate must wear workout clothes, such as athletic shorts, a t-shirt and tennis shoes. No jewelry of any kind will be worn. Hair must be in ponytail, out of face.
- b) *Attendance:* Attendance at all tryout sessions is required.

Section 4. Tryout Day: Only candidates, sponsor, outgoing seniors, administrators, Judges, approved help, and athletic trainers will be allowed in the building where the tryout is being held. Failure to do so will result in the candidate's disqualification.

- A. Candidate will be evaluated by a panel of outside judges and tryout in groups of up to three. Judges' decisions are final.
- B. Judges will critique candidates based on general appearance (5%), entrance (5%), chant (30%), cheer (25%), dance (20%), and jumps (15%). Tumbling will be extra points.
- C. Candidates must wear solid red shorts, solid white shirt, white socks, and white tennis shoes. Hair must be in a ponytail, out of face, with a red bow. No jewelry of any kind will be worn. Tattoos must be covered. Clothing may not display any lettering or logos indicating prior cheerleading experience.
- D. Numbers will be posted in numerical order on the glass doors by the gym after tryouts. Family members and candidates are to wait outside until numbers are posted.

Section 5. Officer Tryouts: Cheerleader officers are selected to be leaders of the team and school; therefore, the officers are required to maintain higher standards.

- I. Candidates will create a routine consisting of a dance, cheer, and jump sequence. She will be required to teach the judges either the dance or cheer (depending on which is selected).
- II. Officer candidates must be an upcoming junior or senior, and current cheerleader.
- III. Candidates must have at least two years of KHS experience.
- IV. Candidates will be selected based on their made-up routine (20%), their individual tryout score (20%), squad vote (20%), teach ability (10%), teacher recommendations (10%), judges' interview (10%), and grades (10%).
- V. Candidates may use two people in their routine. The routine will be videoed and will be continuous with music cut by each of them.
- VI. There will be two officers: co-captains.
 - a. **Co-Captains:** The captains are second in command to the sponsor and are to keep strict supervision of the other cheerleaders. They are responsible for calling cheers, helping polish routines, uniform inspections, delegating responsibilities, and other duties.

Section 6. *Squad Size:* The size of each squad will be based on the natural break of scores.

1. *Varsity:* This team is open to upcoming seniors and juniors only. There will be no less than 12 and no more than 14 members.
2. *Junior Varsity:* This team is open to freshmen and sophomores. There will be no less than 10 and no more than 12 members.

**In the event of not having the minimum number of girls try out, we will take all girls.*

Section 7. *Individual Results:* If a parent or guardian wishes to see their child's tryout document, they must make an appointment with the principal. The statute of limitations for viewing is five school days following the tryout session. All other scores, by law, cannot be shared with anyone except the sponsor, principal, or school administration. The original judges' score sheets will not be released to parents or students.

Section 8. *Mascot Tryouts:* These tryouts will follow the same procedure as cheerleaders, with the exception of the judging criteria. Everything is worth 20%.

- A. Criteria will be based on a one-minute skit created by the candidate:
 - a. Originality/creativity
 - b. Enthusiasm/spirit
 - c. Movements/crowd appeal
 - d. Use of audience/props
 - e. Judge interview
- B. Potential mascots may use up to two cheerleader candidates for their skit.

Article IV

PARTICIPATION REQUIREMENTS

Section 1. Athletes must participate in all activities, pending eligibility status, in which the cheer program is involved. This included fundraisers, practices, volunteer work, or anything the sponsor deems necessary.

Someone in every family **MUST** volunteer at least three times during the year. This includes helping with the programs at the football games, fundraisers, helping take girls to and from places, helping with food at games, cheer banquet, etc. In addition, you will write a \$75 deposit check or cash for the program to hold until the end of the season. If you have not completed your three times, your check will be cashed and deposited into the program.

Section 2. Attendance: Members may not participate in any event if absent from school that day (unless approved by the sponsor). A cheerleader may not leave any function for any reason, unless approved by the sponsor, other than illness, injury, or death in the family.

1. A written note or email needs to be submitted to, and approved by, the sponsor that states that the student is leaving with the parent or guardian, time and date, the reason for leaving early, and the parent or guardian signature (if written). The school and KHS sponsor is released from all responsibility and liability.
2. Cheerleaders are **not** allowed to have jobs that will **interfere** with practices, performances, or meetings. Missing practices, performances, and/or meetings due to employment are considered **unexcused** absences.
3. UIL Competition is in January. Be prepared to go and to work hard. Night practices will most likely be a must.
4. If a cheerleader is involved in other school extra-curricular activities, games/playoff games come before practices. I try to work with other coaches or sponsors, so it should not be a problem.

Section 3. Transportation: The school will provide transportation to all out of town functions. Every member is required to ride there together; however, transportation to and from the school, and all in-town events, is the cheerleader's responsibility. I understand the occasional late pick-up, but please be on time to pick up your child. Please have a backup if needed. If you are late by **15 minutes** more than **two times**, the cheerleader is subject to dismissal. I have to wait until everyone is picked up in order to leave.

Cheerleaders are allowed to ride home with a parent or guardian from out of town functions. The member must be signed out with the sponsor before leaving the function. If you choose to let your child ride home with another parent or their friend, the sponsor needs a note stating, "(Cheerleader) will be riding home with (name of parent or friend) from (event) on (date)." Both of the parents' or guardians' signature of each student is required. The school and KHS sponsor is released from all liability and responsibility.

Section 4. Appearance: Both squads will be provided uniforms on a yearly rotation.

- I. Uniforms should only be worn by Kilgore High School Cheerleaders and may not be loaned to nonmembers. This includes jackets, pom-poms, megaphone, or anything related.
- II. No jewelry will be worn with the uniforms. Glitter may be worn for special occasions. (Must be approved by sponsor).
- III. Hair will be up and out of member's face.

- IV. Uniforms should be kept neat and clean at all times.
- V. Loss of any part of the uniform will result in the cheerleader paying full cost for the replacement.
- VI. The sponsor must approve any alterations in advance.
- VII. Nails are to be kept short at all times for safety reasons. Clear polish or school colors only on game days is acceptable. Demerits will be given every day until the nails are fixed.
- VIII. Matching practice clothes are to be worn according to the schedule made by the sponsor and captains.
- IX. No bra straps should be visible while in uniform or practice clothes.

Section 5. Game/Pep Rally Behavior: Failure to comply with the following will result in being pulled from the event or given demerits.

- A. Personal grooming needs to be done before getting set in line. (Lipstick, hair, etc.) Do not be the last one to get in line because of this.
- B. No chewing gum while in uniform – especially WHILE cheering!
- C. No eating in front of the crowd. Water bottles are acceptable.
- D. NO TALKING TO THE CROWD! (Saying “Hi!” is acceptable).
- E. Member must be in position ONE MINUTE before the end of half time.
- F. Do not swear or make negative comments to the officials, players, coaches, or crowd – no matter if they “start” it or not.
- G. Do not quarrel in front of the crowd. Save the drama for your mama.
- H. No PDA while in uniform.
- I. Know all cheers/dances/routines. Sponsor may pull cheerleader until he or she is deemed ready to perform.

Section 6. Social Media: Attention to Facebook, Snapchat, Instagram, and other social media or personal accounts is extremely important.

- 1. If a member chooses to participate in social media, he or she must maintain a profile that is held to a higher standard. No inappropriate language, photos, or comments. Cheerleaders are responsible for not only their page, but also all things in which they are “tagged.”
- 2. Cheerleaders must add sponsor to their pages. Captains are responsible for helping monitor other members’ profiles. Do not block sponsor or captains; doing so will result in probation.

Section 7. Academics: Performance as a cheerleader is dependent on successful academic standing. Cheerleaders should communicate respectfully with their teachers and classmates, attend class and be punctual, fully participate, and turn in work on time. Members must abide by the KISD Student Code of Conduct

policies (which can be found on the KISD website). The policy states that a member who fails a class is not eligible to perform with the team and is placed on probation. If a member fails a second grading period, and does not improve the grade within three weeks, he or she will be removed from the team.

Section 8. *Finances:* Failure to turn in financial obligations in a timely manner will result in probation or suspension, and could result in dismissal of the squad. Fundraisers will be organized to help with expenses.

Article V

DISCIPLINE

Section 1. *Probation:* A member on probation cannot perform in any of the activities in which the organization participates or sponsors. A member cannot have more than one grading period probation for grades a school year. Members will be placed on probation for but not limited to:

- A. Failing to meet academic requirements.
- B. Sponsor receiving multiple emails or conversations from teachers regarding member's behavior in class or on campus.
- C. Deliberately disobeying rules regarding the constitution.
- D. Receiving 10 or more demerits.
- E. Going to ISS more than once.

Section 2. *Dismissal:* A member who is dismissed is removed completely from the organization and will not be allowed to tryout the following year. Members shall be dismissed for but not limited to:

- I. Being on probation more than once.
- II. Verifiable information regarding reputation that is brought to the attention of sponsor.
- III. Charged with a felony.
- IV. Issued a class B or higher misdemeanor.
- V. Not working demerits off below 10 once put on probation.
- VI. DAEP

Section 3. *Demerits:* A member will be put on probation after accumulating 10 demerits. If the cheerleader has not cleared their demerits to below 10 in the grading period, he or she will be dismissed. Demerits may be issued but are not limited to the following:

1. **1 Demerit:**
 - a. Incomplete uniform or practice outfit (including megaphone, pom-poms, shoes, etc.)
 - b. Wearing jewelry while in uniform.
 - c. Chewing gum while in uniform.
 - d. Talking to the crowd/excessively talking to one another.
 - e. Late to games, practices, fundraisers. ANY CHEER ACTIVITY.
 - f. Turning in forms or money late.
 - g. Having long nails, period. (Safety reasons for stunting).
 - h. Visible tattoos in uniform.
 - i. Having wrong color nails in uniform.
2. **3 Demerits:**
 - a. School assigned detention.
 - b. Teacher contacts sponsor about behavior or classwork.
 - c. Failure to participate in chants, cheers, dances, jumps, etc.
 - d. Disrespecting teammates or sponsor (verbally or non-verbally).
3. **5 Demerits:**
 - a. Having cell phone out during class, performances, practices, events, etc. (unless approved by sponsor – i.e. videoing).
 - b. Unexcused absences from practice, events, games, etc.
 - c. Playing around or off task during practices.
4. **10 Demerits - Automatic suspension:**
 - a. Caught stealing.
 - b. Caught lying.
 - c. Leaving a game without permission.
 - d. Failure at the grading period.
 - e. Tobacco, marijuana, or alcohol use.

Co-captains should not accumulate more than SIX demerits, or he or she will be made to resign their role. Space will be filled by team vote.

- Section 4. Merits:** One merit will cancel on demerit. These are tasks that do not benefit the cheerleader themselves. Examples include but are not limited to:
- A. Cleaning the cheer room (sweeping, mopping, wipe down mirror, etc.)
 - B. Volunteering for community or school when not required.
 - C. Attending non-required games.
 - D. Bringing supplies if needed (paint, brushes, tape, etc.)
 - E. Running two laps around the school.

Section 5. *Grading:* Members will start with a 100 at the beginning of the grading period. Each demerit is worth five points.

The sponsor in conjunction with the principal, and KISD administration, will decide upon any situation that is not covered by the KHS Cheerleader Constitution.

Acknowledgement Form

Kilgore High School Cheerleader Constitution

To be completed by the student:

I, _____, recognize that my membership on the cheerleading squad requires that I follow guidelines above and beyond those required of a KHS student. High standards are expected of me. I have read the constitution, understand it, and agree to abide by the rules and policies.

Cheerleader Printed Name

Cheerleader Signature

Date

To be completed by the parent or guardian:

I, _____, have read the KHS Cheerleader Constitution, and I am aware of what is expected of my child. I agree to these terms.

Parent/Guardian Printed Name

Parent/Guardian Signature

Date