

# Grapeland ISD Cheerleading

## Handbook

2019-20



# CONSTITUTION OF THE GRAPELAND CHEERLEADER SQUAD YEAR 2019-2020

## Article I – Name

The name of this organization shall be the

### GISD CHEERLEADER SQUAD

## Article II – Purpose

The purpose of the GISD Cheerleader Squad shall be to promote school spirit at Grapeland Schools and help promote goodwill in competition with other schools.

## Article III – Membership Requirements

### I. Eligibility

- a. All Students shall be eligible for membership upon completion of the established requirements.
- b. To be eligible to try out for the position of Cheerleader, a student must:
  - i. Be enrolled as a Grapeland ISD student at least 6 weeks prior to the time of tryouts. Any student enrolled for less than 6 weeks is eligible to tryout if, and only if, they were an acting cheerleader upon transfer and their previous cheerleader sponsor provides a letter of recommendation.
  - ii. Have cumulative discipline, academic and attendance records screened. A student will be ineligible to try out for GISD Cheerleader if she/he:
    1. Received a failing grade in more than one grading period during the academic year in which tryouts are held
    2. Receives a failing grade for the reporting period prior to tryouts
    3. Has been suspended from school or assigned to AEP during the year in which tryouts are held.
    4. Has an excessive number of after school detention referrals.
    5. Has a high rate of absence from school (9+).
  - iii. Complete and turn in required forms by the deadline set by the sponsor and coaching staff.
  - iv. Attend a mandatory meeting, on a date set by the sponsor, of cheerleader candidates, candidates' parents/guardians, cheerleader sponsor, cheerleading coaches, and school administrator
  - v. Tryout with the designated cheers, chants, routines, and jumps taught in an after-school clinic, held on dates designated by the sponsor and cheerleading coaches before the tryout date. Attendance at these clinics will be importance but are not mandatory.

### II. Qualifications

- a. Physical Fitness

- i. ALL cheerleaders will be required to enroll in athletics for the 2019-2020 school year.
- ii. Each cheerleader candidate must be physically able to participate in long periods of vigorous activity without undue fatigue.
- iii. Any cheerleader candidate who has a medical condition must note this on the cheerleader application to make the sponsor and cheerleading coaches aware of the condition.
- iv. Each cheerleader must have a physical exam on file before practices begin for the 2019-2020 season.

b. Attitudes and Leadership

- i. Each cheerleader candidate must maintain desirable attitudes and a spirit of cooperation with fellow cheerleaders as well as in all classes and with all teachers.
- ii. Each cheerleader must realize the commitment she/he makes to the school and student body to be a school representative and leader once elected.
- iii. Each cheerleader must be able to control, to the best of the squad's ability, unsportsmanlike conduct of boosters/fans. Start a positive, supportive cheer to discourage the crowd from any negative conduct.
- iv. Each cheerleader must be willing to cooperate fully with the sponsor and cheerleading coaches. If there is a problem, come directly to the sponsor and/or coaches.
- v. Each cheerleader will abide by all of the policies set forth in the GISD Student Handbook/District Code of Conduct.
- vi. Each cheerleader will represent GISD at its finest.

c. Grades

- i. Each cheerleader must pass each subject in which she/he is enrolled each six-week period in order to remain academically eligible. If a cheerleader received a failing grade during the year, the cheerleader will be ineligible for a three-week period. After the three-week period, grades will be checked in ALL classes, if the cheerleader is passing ALL classes, ineligibility will be lifted.

III. Election and Selection Process

- a. The GHS Varsity will consist of no less than eight members. The GJH squad will consist of no less than six members. Candidates receiving the top total scores after tryouts will become cheerleaders.
- b. The candidates for the position of cheerleader will receive a total score that combines:  
Judges' Evaluation: 60%      Teacher Evaluation: 40%
- c. A panel of qualified judges will score each candidate according to:
  - i. Appearance (black shorts, white t-shirt, hair up and out of face, school spirit)
  - ii. Cheer (strong motion technique, coordinated, knowledge of material)
  - iii. Voice projection (clear and confident words, voice level strong)
  - iv. Jumps (good height and flexibility, good toes and form, toe touch required)
  - v. Showmanship (smile and energy level)
  - vi. Tumbling
- d. Head Cheerleader Requirements, Appointment, and Duties:
  - i. Captain requirements

1. Varsity captain/s must be a Grapeland Varsity Cheerleader during the year of tryouts.
  2. Junior high captains may be either 7<sup>th</sup> or 8<sup>th</sup> grade students
  3. Student/s must be a leader in the school district and maintain exceptional conduct. They can not have any negative conduct issues in the year of tryouts.
  4. Student/s must have passed every six weeks during the year of tryouts
  5. Failure to maintain a passing average in all classes and/or abide by the extracurricular student code of conduct will result in permanent removal from the head cheerleader position. In this instance, the sponsor will determine a new head cheerleader.
- ii. Appointment
1. Appointment of head cheerleader/Squad Captains/Co-Captains will be made by the Sponsor and Cheerleading Coaches.
  2. Appointment is based on leadership skills, attendance, organization skills, cheer skills, and ability to work with others.
- iii. Duties
1. Team leaders must be willing to perform the following duties:
    - a. Communicate with every squad member in such a way as to prove teamwork and show no partiality
    - b. Always have a positive attitude and set a good example for the other cheerleaders
    - c. Be at practice or cheering events before starting time and see that practice begins on time
    - d. Assist the planning of pep rallies and events
    - e. Accept responsibility for making sure that each cheerleader knows the motions and words to every cheer, chant, and routine
    - f. Delegate duties fairly to each squad member
    - g. Make sure the cheer area is clean after all games, events, and practices.
    - h. Team leaders may not give permission to a squad member to miss or to be late to practice or an event. **ONLY THE SPONSOR AND COACHES CAN DO THIS!**
    - i. Be respectful to sponsor/coaches and follow all directions given by the sponsor/coaches
    - j. Failure to perform these duties will result in permanent dismissal from the position at the discretion of the sponsor

#### IV. Attendance

- a. Absence from any cheerleader activity is determined excused or unexcused by the team sponsor and coaches. Example are:
  - i. Personal illness or accident; (will require parent note for 1 day and a doctor's note if > 1 day)
  - ii. Funeral or death in the immediate family
  - iii. Special school activities with permission from the sponsor and coaches in advance

- b. Each member is required to attend every athletic event, activity, fundraiser, etc scheduled by the sponsor. Missing a scheduled cheerleader event will result in demerits. Missing 3 scheduled events will result in probation.
- c. Any dental or doctor appointment which takes a member out of any after school practice is considered unexcused unless prior approval has been given by the sponsor and coaches.
- d. Working cannot interfere with practice or games. Involvement in other sports cannot interfere with practices or games. If this becomes a problem, the sponsor will take action.
- e. If one practice is missed, the weekly pep rally is forfeited. If two practices are missed during the same week, both the pep rally and game for the week are forfeited. Consistently missed practices will result in other disciplinary action.
- f. Any 2 absences from school during a week, excused or unexcused, will result in non-participation in the football/basketball game/s and pep rally that week.
- g. A cheerleader must attend school for the entire day in order to participate in a cheerleader activity scheduled for that day.

#### **Article IV – Uniforms**

##### **I. Uniforms Rules and Regulations**

- a. Each cheerleader will incur the full financial responsibility of a uniform.
- b. Each cheerleader will be fitted for a uniform in the presence of her/his parent or guardian on a date/time selected by the sponsor and coaches. Parent/Guardians must approve any and all sizes assigned to their cheerleader for items being ordered and the required deposit must be made at the time items are ordered.
- c. Cheerleaders are required to provide the proper upkeep of their uniform (dirty uniforms result in demerits)
- d. While cheering, wearing jewelry is prohibited and hair must be pulled back to the approval of the sponsor and coaches
- e. A cheerleader is not permitted to wear any part of the uniform at any time unless instructed by the sponsor and coaches.
- f. While in uniform and performing at any function, cheerleaders do not chew gum or candy.
- g. All cheerleaders must wear the same uniform at any time uniforms are worn, including socks, tights, hairbow, etc.
- h. Cheerleaders must maintain a natural hair color (blonde, black, brown, natural red)
- i. Tattoos are prohibited

#### **Article V – Meetings**

##### **I. Games**

- a. The Cheerleading Squads will cheer at all home football and basketball games and any playoff games in which these teams play. Cheerleaders need to arrive at the stadium or gymnasium at least 30 minutes prior to game time. When traveling to away games, cheerleaders will be notified of the departure time well in advance. Any cheerleader not on the bus at departure time, and therefore not traveling with the team, will not be

allowed to cheer upon finding another ride to the game. The only exception to this is if the student is involved in another UIL event.

- b. Cheerleaders, after being signed out by a parent, may ride home from an out-of-town event with her/his parent, that cheerleader must hand deliver a note of parental permission, signed and dated by a school administrator, to the sponsor prior to leaving for the event; that note must plainly state the name of the person who will be signing out the cheerleader from the event that evening.

## II. Practices and Preparation

- a. Attendance to summer camp is mandatory. This is the focus of preparation for the following school year. Camp is closed to the public, including parents.
- b. Summer Practice: The sponsor and/or coaches will schedule and supervise ALL practices held on school property. All practices are closed to the public, this includes parents.
- c. Practices During Athletics: All cheerleaders are required to dress out and practice cheer during the athletic period. They will be required to wear appropriate attire and shoes to all practices.
- d. After School Practices: Special after school practices will be called based on the need prior to scheduled activities and games. All cheerleaders must learn to be flexible with their time schedules. All practices will be mandatory when announced by the sponsor and/or coaches.

## Article VI – Discipline / Probation / Dismissal

### I. Reasons for Dismissal

- a. If a cheerleader has excessive suspension from school, assigned to AEP, or assigned to ISS for any reason other than tardies, she/he will be dismissed from the cheerleading squad. (this is at the discretion of the sponsor and/or coaches)
- b. If a member receives more than one failing grade during the year in which she/he is cheerleader, she/he will be dismissed from the squad.
- c. Dismissal will be the results of a member who fails to maintain the conduct and character required of a cheerleader. This can be done at the discretion of the sponsor, coaches, or principal.
- d. If a member is dismissed or quits for a reason such as illness, divorce, or death, it will be left to the discretion of the principal, sponsor, and coaches to determine if she/he will be allowed to tryout again the following year.
- e. A member will not be allowed to perform because of insubordination toward the sponsor or coaches. If a cheerleader is insubordinate/disrespectful to the sponsor or coaches she/he will receive 10 demerits and will be placed on probation. Following the second such documented incident of insubordination/disrespect, the member will be dismissed from the squad.
- f. A cheerleader will not be on probation during one school year for two separate offenses (such as grades and demerits). If this occurs, the cheerleader will be dismissed from the squad.

## II. Conditions of Dismissal

- a. When a cheerleader is dismissed, a letter will be sent to her/his parents explaining the situation, and a copy of the letter will be sent to the principal requesting her/his dismissal.
- b. If a cheerleader is dismissed, she/he will NOT be allowed to tryout the following year.
- c. If a cheerleader is dismissed, her/his parents will not be reimbursed for expenses incurred when that student was cheerleader.
- d. Any equipment or apparel paid for by GISD must be returned upon dismissal.

## III. Probation – Reason for probation include, but are not limited to:

- a. Violation of any school code of conduct
- b. Disrespect/insubordination to sponsor, teacher, or administrator
- c. Excessive absences from class (9+)
- d. Conduct in violation of any school policy
- e. Missing 3 scheduled cheerleader events in a school year, excused or unexcused
- f. Attending a game out of uniform
- g. Consistent poor attitude
- h. Accumulation of 10 demerits in a semester

## IV. Conditions of Probation

- a. When a cheerleader is placed on probation, the sponsor will notify the cheerleader and her/his parent, as well as the principal
- b. The length of the probationary period will be determined by the cheerleader sponsor and principal based on the severity of the offense
- c. If the behavior of the cheerleader on probation does not improve within the time specified by the sponsor, the cheerleader will be dismissed from the squad.
- d. A cheerleader who is placed on probation will be penalized by not performing at games/events, as set by the sponsor, coaches, and/or principal.

# Cheer Demerits

Demerits are used by the sponsor / coaches to determine which members are not upholding their obligation to Grapeland High School / Jr High Cheer. Anytime a cheerleader received a demerit, she/he will be notified immediately and will sign their demerit sheet with the offense indicated at that time. They will be given a copy of any demerit they receive. Accumulation of 10 demerits in 1 semester will result in probation

Demerit behavior includes, but is not limited to:

## 10 DEMERITS:

- \_\_\_\_\_ Truancy from class (9+ absences)
- \_\_\_\_\_ Missing games/activities/fund raisers without prior approval from sponsor/coaches
- \_\_\_\_\_ Excessive tardiness to games/practice
- \_\_\_\_\_ Disrespect/insubordination to sponsor, coaches, teacher, or administrator
- \_\_\_\_\_ Using profanity in or out of uniform (This includes social media)

## 5 DEMERITS

- \_\_\_\_\_ Missing practice without prior approval from the sponsor / coaches
- \_\_\_\_\_ More than 10 minutes late to practice/game/trip, etc.

## 3 DEMERITS

- \_\_\_\_\_ Leaving practice/game early without prior approval from sponsor/coaches (this includes leaving fields without helping clean up signs and carrying equipment to van or bus)
- \_\_\_\_\_ Not helping in loading vehicle to leave for game/activity/etc.
- \_\_\_\_\_ Not wearing full uniform when required; this includes socks, shoes, bow, etc.
- \_\_\_\_\_ Wearing jewelry while in uniform (this includes earrings, necklaces, bracelets, or rings)
- \_\_\_\_\_ Unsportsmanlike behavior (booing, degrading chants, etc)
- \_\_\_\_\_ Wearing any part of the cheerleader uniform unless in attendance of game/activity/etc.
- \_\_\_\_\_ Allowing any part of the uniform to be worn by another person

## 2 DEMERITS

- \_\_\_\_\_ Late to practice/game/trip, etc.
- \_\_\_\_\_ Missing practice with notice
- \_\_\_\_\_ Not knowing cheer/chants
- \_\_\_\_\_ Not dressing out or participating during practice
- \_\_\_\_\_ Not following instructions of the sponsor, coaches, or head cheerleader
- \_\_\_\_\_ Not cooperating with fellow cheerleaders

## 1 DEMERIT

- \_\_\_\_\_ Chewing gum while in uniform
- \_\_\_\_\_ Wearing jewelry during practice or game
- \_\_\_\_\_ Fingernails painted or at inappropriate length
- \_\_\_\_\_ Eating and drinking at games, while in view of the fans
- \_\_\_\_\_ Not dressing in clothing designated by the sponsor
- \_\_\_\_\_ Hair not in style designated by the sponsor

Signature: \_\_\_\_\_

Date: \_\_\_\_\_