

# Sidney Cheerleader/Mascot

## Constitution

Students who wish to become a cheerleader/mascot must realize that participation is a privilege and certain guidelines must be followed to attain the privilege.

**Tryout Year:** \_\_\_\_\_

### **Coach Contact Information:**

Junior High: Ashley Kinnard

[akinnard@sidney.esc14.net](mailto:akinnard@sidney.esc14.net)

254-842-5500 ex: 113

High School: Candice Rust

[crust@sidney.esc14.net](mailto:crust@sidney.esc14.net)

254-842-5500 ex: 125

### **Purpose:**

1. The Cheerleaders/Mascot shall promote and uphold spirit
2. They shall develop a sense of good sportsmanlike conduct among the students and adults
3. They shall strive to build better relationship between schools
4. They shall promote unification of the crowd's involvement during athletic events
5. They shall strive to uphold the highest personal, as well as, cheerleading standards

### **Values of Cheerleaders & Mascot:**

1. Leadership abilities
2. Physical fitness and coordination
3. Courtesy, tolerance, and self-control

4. Excellent sportsmanlike conduct
5. Responsibility
6. Respect
7. Good Communication skills
8. Outstanding character and citizenship

**Tryouts:**

1. Sign-up deadline for cheerleader/mascot will be \_\_\_\_\_  
Eligibility forms will be due at this time.
2. Tryouts will be held and planned at the discretion of the principal & sponsor.
3. Senior cheerleaders/mascot must attend and help with scheduled tryout practices, rehearsal, and on the day of tryouts, IF applicable.

**Tryout – Eligibility:**

1. Must return parent permission form and medical treatment permission form.
2. Must be passing the current six week grading period.
3. Must attend pre-tryout sessions.
4. Must be presently enrolled in the 8<sup>th</sup>, 9<sup>th</sup>, 10, or 11<sup>th</sup> grade for High School cheerleader/mascot
5. Must be presently enrolled in the 5<sup>th</sup>, 6<sup>th</sup> or 7<sup>th</sup> grade for Junior High Cheerleader

**Tryout – Procedure:**

**Cheerleaders:**

All contestants will perform the same tryout procedure

1. One group/individual cheer for Jr. High
2. One group/individual chant for Jr. High
3. One group/individual cheer for High School
4. One group/individual chant for High School
5. Including Jumps
6. Tumbling allowed during entrances only for judges and student body
7. The Senior cheerleader(s) will lead try-out practices

**Mascot:**

1. One dance/chant will be performed in the mascot uniform.

2. Each mascot contestant will perform to the same song.
3. The sponsor will be responsible for the contestant's DVD with song performed to.

**Tryout Scoring:**

1. \_\_\_ girls/boys will be chosen for High School Cheerleaders.
2. \_\_\_ girls/boys will be chosen for Junior High Cheerleaders.
3. 1 girl/boy will be chosen for High School Mascot.
4. Selections will be based
  - a. One-third judges vote
  - b. One-third popular vote
  - c. One-third GPA.
5. Universal or National Cheerleader Association judges will be used, if available. There will be two separate tryouts if needed, otherwise they will be combined into one try out:
  - a. One for the student body
  - b. One for Judges only.
    - I. Sponsor & a District Administrator will be the only persons allowed in the gym while the contestants are being judged by the judges.
6. The principal and two other staff members will count the votes.
7. Judges will break any tie
8. Contestants may review their own score sheets but no other contestant's sheets
9. All prospective cheerleaders will wear:
  - a. A white T-shirt
  - b. Black Shorts that allow for movement
  - c. Regular shoes
  - d. NO Insignia or writing of any kind on cheer tryout clothes. These items must be provided by prospective cheerleaders on their own and approved by sponsor by the end of the last try-out practice sessions.

**Head Cheerleader:**

1. Overall high score

2. One year high school level cheerleading experience at SISD and must be a Junior or Senior

### **Responsibilities**

1. Plan Pep Rallies along with Sponsor
2. Work closely with sponsor and communicate with sponsor on all decisions
3. Duties are decided by the sponsor
4. Layout a basic game plan for each game and present it to the sponsor for approval the Tuesday before the game.

### **Uniforms & Appearance**

1. Each cheerleader/mascot will be responsible for the cost of their uniforms and accessories. This could run as high as \$1000.00 to buy all new items, depending on uniform and accessory styles chosen. A down payment of \$50.00 will be required at the time the cheerleader on March 1<sup>st</sup>, 2018 , if try outs are required. If try outs are not required then the deposit is due at the time the sign-up sheet is due to the instructor. If the deposit is not paid and the sign-up sheet is not returned by the due date then the cheerleader will not be able to cheer for that year, but can try out again the next year. **Balance to be paid in full by September 1<sup>st</sup> . If balance is not paid the cheerleader/mascot will not be able to participate until balance is paid in full.**
2. Junior High / High School should expect to spend approximately \$1000.00; a down payment of \$150.00 (and a \$50.00 camp deposit for total of \$200.00) will be required at the time of uniform fitting and ordering( April, 1<sup>st</sup> 2018) . **Balance to be paid in full by September 1<sup>st</sup> . If balance is not paid the cheerleader will not be able to participate until balance is paid in full.**
3. Uniforms will be selected at a Parent, Cheerleader, and Sponsor meeting. Once a uniform has been agreed upon, the style of the uniform will be kept for at least two years.
4. Each girl/boy will be responsible for their shoes, socks, uniforms, bags and all accessories.

5. Each girl/boy will be responsible for the care of their uniforms. Uniforms must be clean and undamaged.
6. Make-up must be minimal.
7. Hair must be worn in a style that keeps it out of the face and in a uniform manner (Ponytail or a Half-up do).
8. Hair must be a natural color that meets the codes set in the student handbook.
9. NO jewelry shall be worn, during cheer camp, cheer practices, or football/basketball games.
10. All cheerleaders will be in same uniform and look alike, (Example: if one cheerleader forgets her tights, no cheerleader can wear tights).
11. **In all public appearances uniformity is a must. This includes hair, hair accessories, socks shoes, tights, etc.....**
12. Failure to pay for uniforms and supplies ordered for any cheerleader/mascot by the determined deadline will result in forfeiture of the position and loss of tryout privileges as long as she/he is a student at SISD, or until balance is paid in full.
13. All Cheerleaders and Mascot will wear school appropriate game day attire during school hours and performance uniform during all Pep Rallies and Games.

### **Squad Practice Sessions:**

1. No Practice will be conducted without sponsor or other approved SISD staff in attendance
2. **All practices are mandatory.**
  - a. 1 Unexcused Absences sit out the first half of a football game
  - b. 2 Unexcused Absences sit out of 1 Pep Rally
  - c. 3 Unexcused Absences sit out a Pep Rally and Football game
  - d. 4 Unexcused Absences, Cheerleaders/Mascots will be suspended from cheerleading for the remainder of the term/school year and will not be able to try out for cheerleader/mascot for the next year.
  - e. If cheerleader/mascot misses a practice prior to a Pep Rally, he/she will not participate in that week's pep rally.
3. Illness or family emergencies are the ONLY excusable reasons for missing required games and practices. The sponsor must approve the nature of these

emergencies. The squad must be able to depend on the presence and promptness of each member to operate smoothly.

4. The sponsor will call practices. If it becomes necessary to miss a practice, **the sponsor, (not another cheerleader or parent) must be contacted in advance.** If you miss a practice due to a Doctor's appointment a note must be provided to the sponsor from the Doctor. stating that you were seen in their office.
  - a. If the Doctor does not want you to participate in practice(s) or cheering at the game(s) that must be stated in the note also. Any cheerleader/mascot whose safety is deemed to be in question will need to bring a Doctor's note in order to resume participation.
5. If you have other scheduled school activities please notify sponsor, **not another cheerleader or parent.**
6. All cheerleaders and mascot will be expected to help with the decorating of gym, which will be done during a time that is available and clean-up of gym will be done immediately after Pep-Rallies.
7. Summer Practice:
  - a. Will begin the same day as football two-a-days
    - i. Will be from 9am – 11:30am
    - ii. Will be used to:
      1. Paint signs for the year
      2. Refresh on new material from camp
      3. Refresh material from past years

### **Summer Camp**

1. All Cheerleaders/mascot will attend summer cheerleading camp.
2. Cheerleading Camp for Jr. High and High School will be held at \_\_\_Tarleton State University \_\_\_ on \_\_\_June 11<sup>th</sup> – 14<sup>th</sup> 2018\_\_\_ and determined by the Sponsor. Cheerleaders/Mascot are responsible for their own expenses due to camp.
3. Demerits, The Student Handbook, The Code of Conduct, and Athletic Handbook, will all apply.
4. Payment for uniforms applies to camp clothes also.

## Conduct & Responsibilities

1. If you miss a practice due to a Doctor's appointment a note must be provided to the sponsor from the Doctor stating that you were seen in his/her office. If the Doctor does not want you to participate in practice(s) or cheering at the game(s) that must be stated in the note also. **Any cheerleader/mascot whose safety is deemed to be in question will need to bring a Doctor's note in order to participate.**
2. All cheerleaders/mascot will be subject to the Drug Testing Policies of the SISD and can be released from cheerleading according to the SISD Drug Testing Policy. **Any cheerleader/mascot that is caught with alcohol, drugs, or tobacco will not be allowed to participate in cheerleading/mascot activities:**
  - a. **First Offense:** will be suspended for a minimum of 3 weeks and any games/contests scheduled for that week and maximum of (4) weeks and any games/contests scheduled for those weeks
  - b. **Second Offense:** Any subsequent offenses can cause the Cheerleaders/Mascots to be suspended from cheerleading for the remainder of the term/school year and loss of tryout privileges as long as she/he are a student at SISD
    - i. Parents or guardians will be notified of any punishments that will involve:
      1. Extended practices
      2. Suspensions
      3. Changes in normal activities.
    - ii. Valid Proof must be presented by one of the following:
      1. Law Enforcement Personnel
      2. School Administrators
      3. Cheer Sponsor
3. All discipline, dismissals and consequences found in the Student Handbook and the Athletic Handbook also apply.
4. Cheerleaders/Mascot shall cooperate with the appointed head cheerleader and sponsor.
5. Cheerleaders/Mascot must be a positive example in academics, citizenship and leadership qualities (A student who receives a grade below 70, at the end of any grading period after the first six weeks of the school year in any class may not participate in extracurricular activities according to UIL policies and SISD.) However, an ineligible student

- must attend practices or rehearsals. The student regains eligibility when the principal and teachers determine that he or she has:
- a. Earned a passing grade (70 or above) in all classes
  - b. Completed the three weeks of ineligibility
6. Cheerleaders/Mascot should be involved in planning pep rallies, contribute spirit ideas, tattoo sales, and help control the attitude of the crowd.
  7. Each varsity cheerleader/mascot will be required to cheer at all regularly scheduled pep rallies, varsity football games, and district home basketball games Boys/Girls.
    - a. Every Jr. High cheerleader will be required to cheer at all regularly scheduled Pep Rallies and JH football games.
    - b. Check with Sponsor for any changes
  8. All members of the squad required to be at all home games at least 1 hour before scheduled game time. They will need to be at the bus ready to leave at least 30 minutes before scheduled departure time for out of town games.
  9. All Cheerleaders/Mascots are required to ride to the game/contest with the group. Each Cheerleader/Mascot is expected to return with the group unless **PRIOR** written notice is given to the Cheer Sponsor stating that the Cheerleader/Mascot is riding home with the students' **PARENTS, LEGAL GUARDIAN, or AUTHORIZED SCHOOL PERSONNEL ONLY.** **Sponsor must have a note from parent each time.**
    - a. If an overnight stay is involved, any activities that are in violation of the guidelines set forth by the Cheer Sponsor can result in suspension or dismissal and an immediate return to their parents.
  10. Elected cheerleaders/mascot must sign a contract stating they will be cheerleader/mascot following the year they are elected from August through May. If an elected cheerleader/mascot quits before his/her time they will not be able to try out for cheerleader/mascot anytime while they are students at SISD

#### **At Games:**

1. **In order to cheer at football/basketball games you must be at the school for half a day on the day of the game.**
2. A cheerleader/mascot should be energetic, well-groomed and in command at all times
3. A cheerleader/mascot should not sit in the stands, leave the stadium, or leave the squad until the end of the football game.

- a. Mascot may change out of the suit during half-time break only at football games and be back in uniform ready for duties at the beginning of the 3<sup>rd</sup> quarter.
  - b. Mascot will wear suit at all Varsity football games and all District home basketball games if not participating in the basketball game.
  - c. During basketball season cheerleaders/mascot will stand on sidelines of basketball court as a group and cheer. Mascot will wear mascot uniform either first half or second half of the basketball game and cheer with cheerleaders when not in mascot uniform.
4. A cheerleader/mascot should not eat or chew gum while on the field, court, or during pep rallies.
  5. Water will only be allowed between cheers.
  6. A cheerleader/mascot should promote good sportsmanlike behavior and school spirit through cooperation with other students, and administrators.
  7. All squad members are required to ride the school bus to and from all out-of-town games, unless they are released to their parents in person after the game. **Sponsor must have a note each time.**
  8. No use of cell phones during the game. If there is an emergency you may contact the sponsor at the emergency number given by the sponsor.

### **Fundraisers**

1. Fundraisers and Spirit projects will be held at the discretion of the sponsor and principal
2. Each cheerleader/mascot will be responsible for any and all money collected or merchandise assigned to him or her by the sponsor.
  - a. i.e. Face Tattoos, water sales, etc.

### **Demerits**

1. Demerits may and will be issued by sponsor and/or school administrator.
2. Cheerleaders/Mascot and their parents may see their own demerit sheet at anytime
3. Cheerleader/Mascot and a parent will be asked to sign the demerit sheet each time a demerit is issued.
4. **Consequences for demerits will be:**
  - a. **10 Demerits – Benched for 1 Pep Rally**
  - b. **15 Demerits – Benched for 1 Pep Rally and 1 Game**
  - c. **20 Demerits – Benched for 1 week (7days)**
  - d. **25 Demerits – Dismissed from Squad**
5. **Causes of Demerits**
  - a. **Vulgar Language – 5 demerits per incident**
  - b. **Late to Game – 5 demerits for every 5 minutes late**

- c. **Late to Practice – 5 demerits per incident**
- d. **Disrespectful to Authority – 10 demerits per incident**
- e. **Unauthorized use of cell phone during game – 5 demerits**
- f. **Unexcused absence from Practice – 10 demerits**
- g. **Unexcused absence from Game – 20 demerits**
- h. **Failure to attend called Meetings – 5 demerits**
- i. **Failure to have complete Uniform – 2 demerits per piece**
- j. **Failure to learn assigned material by assignment date – 5 demerits**

**Vacancies:**

1. When a cheerleader/mascot fails a class, she/he will be benched until they become eligible to participate according to the school policies.
2. If a cheerleader/mascot should fail to attend summer camp she/he will be dismissed from the squad.
3. Should a cheerleader/mascot be dismissed or leave for other reasons,
  - a. BEFORE the group attends camp, only the contestant with the next highest total score will have the option of filling the positions.
  - b. AFTER cheerleader/mascot summer practices have started there will
  - c. be no alternate substitutions made to fill possible vacant positions

I have read the above Cheerleading Constitution & agree to abide by the rules set forth in this constitution. I understand that by signing this agreement I am agreeing to the financial obligations that were presented by the sponsor. I understand that the due dates are crucial and I am agreeing to maintain the due dates.

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**Parents Signature**

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**Date**

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**Cheerleader/Mascot Signature**

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**Date**

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**Date Due**

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**Date Deposit Due**