

SIDNEY CHEERLEADER/MASCOT/TWIRLER

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.

Purpose:

All members of the squad shall promote and uphold school spirit

They shall develop a sense of good sportsmanlike conduct among the students and adults

They shall strive to build better relationship between schools

They shall promote unification of the crowd's involvement during athletic events

They shall strive to uphold the highest personal, as well as, cheerleading standards

Values:

Leadership abilities

Physical fitness and coordination

Courtesy, tolerance, and self-control

Excellent sportsmanlike conduct

Responsibility

Respect

Good Communication skills

Outstanding character and citizenship

Head Cheerleader (When applicable)

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.
5. Each squad member is responsible for keeping up with their belongings!

Uniforms & Appearance

1. Junior High / High School camp (\$410) **Balance is expected to be paid in full by May 16th . If balance is not paid the cheerleader will not be able to participate at camp until balance is paid in full.**
2. Each cheerleader/mascot/twirler 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.
Balance is expected to be paid in full by August 16, 2024 . If balance is not paid the cheerleader/mascot 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. Including facial piercings, which will be covered or removed.
10. All cheerleaders will be in the 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 members of the squad will wear school appropriate game day attire during school hours and performance uniform during all Pep Rallies and Games.

Squad Practice Sessions:

No Practice will be conducted without sponsor or other approved SISD staff in attendance

PRACTICES

All members of the squad are REQUIRED to attend practices.

1. Illness, family emergencies, or if involved in another scheduled school activity are the ONLY excusable reasons for missing required games and practices. **The sponsor must approve the nature of these emergencies.**
If it is necessary to miss a practice, **notify the cheer coach, not another cheerleader or parent.** 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.

2. If a squad member misses a practice due to any other reason, the cheer coach and administration will determine if the squad member will lose privileges to cheer at the pep rally and/or at the game.
3. All members of the squad will be expected to help with the decorating of the gym, which will be done during a time that is available and clean-up of the gym will be done immediately after pep rallies.
4. Summer Practice:
 - a. Will begin the same day as football two-a-days or at the discretion of the coaches:
 - i. Time TBA
 - ii. Will be used to:
 1. Paint signs for the year
 2. Refresh on new material from camp
 3. Refresh material from past years
 - b. Upon the discretion of the cheer coach, summer practices may be scheduled for practice and preparation for the upcoming season.

Summer Camp

1. **All Cheerleaders/Mascot will attend summer cheerleading camp.**
2. Camp for Jr. High and High School will be held at Tarleton State University responsible for their own expenses due to camp.
 - a. We will leave for camp at 7:30am on June 9-12.
3. The Student Handbook, The Code of Conduct, and Athletic Handbook, will all apply.
4. Payment for camp is due by May 16th, 2025

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 squad members 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/twirler 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/twirler 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 are 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/Twirlers 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/twirler must sign a contract stating they will be cheerleader/mascot/twirler during the following school year. If an elected cheerleader/mascot/twirler quits anytime after cheer camp until the end of the school year, they will not be able to try out in the future for cheerleader/mascot/twirler 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/twirler 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 3rd quarter.

- b. Mascot will wear the uniform at all Varsity football games and all District home basketball games if not participating in the basketball game.
 - c. During basketball season cheerleaders/mascot, when applicable, 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/twirler should not eat or chew gum while on the field, court, or during pep rallies.
 - 5. Water allowed between cheers.
 - 6. A cheerleader/mascot/twirler 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.

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
(final decisions will be determined based on administrative discretion)

- a. BEFORE the group attends camp, only the contestant with the next highest total score will have the option of filling a position and/or have been a cheerleader previously.
- b. AFTER cheerleader/mascot summer practices have started there will 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.

Parents Signature

Date

Cheerleader/Mascot/Twirler Signature

Date

\$ Due Dates: May 16th Camp balance

August 16th Uniform and accessories balance