

La Pryor High School and Middle School

Cheerleader Constitution and Guidelines for 2009-10

I. Purpose of the Bulldog Cheerleaders

The Bulldog Cheerleaders is an organization that provides the student with the opportunity to develop physical, behavioral, social, and creative skills. It also provides its members the opportunity to develop the traits of leadership, cooperation, sportsmanship, loyalty, responsibility, good scholarship, conduct and poise. The squad will be of service to the school and community, supporting their activities by participating in athletic events that occur during the year.

II. Membership

A. Eligibility

1. Membership is open to students presently in the eighth, ninth, tenth, and eleventh grades at La Pryor I.S.D. for the varsity squad. Membership for the seventh and eighth grade squad is open to students presently in the sixth and seventh grades at La Pryor I.S.D.
2. Any candidate chosen or selected for the high school or middle school squad must attend all practices, meetings, games, and any activities designated by the sponsor. Any conflict must be scheduled around all cheerleading activities.
3. Cheerleaders/Mascot are subject to UIL regulations (as per H.B. 72) regarding academic eligibility. Students will be suspended from participation in extracurricular activities after any grade evaluation period in which the students received a grade lower than the equivalent of a 70 on a scale of 100 in any academic class other than an identified honors or advanced class. A suspension continues for at least three school weeks and is not removed until the principal has reviewed the students' grades and determined that the student has an average of 70 or higher in all academic classes other than the identified honors or advanced classes. Additional information regarding this rule can be found in the Board Policy FM(LEGAL). An eligibility calendar with specific dates is published every year in the student handbook.
4. Students desiring membership must complete all required paperwork and must try out before a panel of judges.

5. All members must have a physical prior to the first day of practice or camp.
6. All candidates are required to attend the informational meetings with a parent/guardian, in order to try-out. There will be two opportunities to attend the parent mandatory meetings. Candidates will receive written notification of dates and times of meetings. There will be no make up dates for mandatory meetings.
7. There will be one varsity squad consisting of ten (10) members. Only eighth, freshmen, sophomore, and junior students may tryout. If there are ten or less qualified for tryouts, the squad will be made up of those eligible and tryouts will not be held.
8. There will be one middle school squad consisting of eight (8) members selected from the sixth and seventh grades. If there are eight or less qualified for tryouts, the squad will be made up of those eligible and tryouts will not be held.

B. Mascot

The Mascot will follow all cheerleading rules except:

1. Tryouts will be in the form of a skit.
2. At the discretion of the sponsor, the Mascot may be allowed to skip practices that are for cheers only. Attendance will be required at pep rally practice, sign painting, and any organizational meetings.
3. Mascots will organize skits for each pep rally. They do not have to participate in each skit but must make sure there is an approved skit/competition for each pep rally.
4. La Pryor H.S. will furnish the Bulldog uniform for the Mascot. The Mascot will be responsible for keeping the Mascot uniform clean and dry. In bad (wet) weather, the Mascot may be allowed to take the uniform off but must wear approved attire in public.
5. The mascot is not a cheerleader but is part of the SQUAD and has its own responsibilities.

C. Morality and Scholarship

1. Cheerleaders/Mascot must abide by the rules and regulations of the La Pryor I.S.D. Handbook.

2. Cheerleaders/Mascot must maintain a 70 average in all subjects. Times set forth in the constitution are governed by the rules set forth in H.B. 72.
3. Cheerleaders/Mascot must not be heard using profanity, violation will result in probation from the squad.
4. No member may smoke, drink alcoholic beverages, or use illegal drugs.
5. Members are selected to represent the student body. A members' conduct should reflect good leadership qualities.

D. Tryouts

1. Contestants must check in with sponsor or principal on the day of the contest.
2. Parents, family, friends, and community members must remain outside of tryout area.
3. Contestants will draw for a position and wear a number corresponding to the tryouts during the cheer practice clinic.
4. Each contestant will do an entrance, one yell, an exit, and perform in a group dance.
5. The tryout uniform will consist of a white T-shirt or Bulldog Spirit Shirt and black or navy shorts. Prior cheerleaders cannot wear official camp clothes.
6. No jewelry, makeup, or glitter on face or body.
7. Shoes must be approved for use on the gym floor.
8. The sponsor must approve any special uniforms.

E. Judging Procedures

1. The principal and sponsor shall secure a minimum of two and a maximum of three judges. The judges shall be college cheerleaders NCA, UCA affiliates.
2. All contestants will be judged on a scale of 1 to 10 in the following Categories: Entrance, Exit, Motion Technique, Projection, Voice

Spirit Presentation, Sharpness, and Jumps.

3. All ties will be broken on the day of the tryouts. In order to break a tie, all of the contestants will be asked to perform a predetermined cheer. This cheer will be taught to all of the contestants prior to the day of tryouts. The contestants will be divided into two equal groups to perform this cheer. This allows the tied contestants to remain anonymous, which reduces the stress of being involved in a tie breaker. The judges will only record scores for the two contestants who are involved in the tie. The average of the judges' score will determine the overall score of the contestants. The contestant with the highest score average will be selected.
4. Each candidate will be given a letter stating Selection or Non Selection by the Campus Administrator on the next school day after they have certified the accuracy of the point totals of the contestants.
5. The ten high school contestants with the highest scores will be chosen as varsity cheerleaders. The eight 6th and 7th grade contestants with the highest scores will be chosen as the middle school cheerleaders.
6. The varsity and middle school head cheerleader will be the top ranking candidate selected from each squad.

F. Conduct and Performances

1. Attendance and participation is required at all designated football games.
2. No outside activities should interfere with games and/or pep rallies the squad must attend during the summer or school year. (This includes work).
3. Sections reserved for the squad should be left neat and orderly. Only squad members are allowed in the reserved section.
4. Members will follow the rules and regulations set forth in the Parent-Student handbook concerning travel to and from school functions.
5. Attention must be focused on the game at all times.
6. No gum chewing, candy, or food while cheering. A break will be provided during the game or practice.

7. Hair is to be worn neatly. It should be pinned or pulled back away from the face.
8. Failure to attend games and pep rallies for unexcused reasons will constitute benching for one week.
9. Continued violation of rules will result in permanent dismissal from the squad.
10. Boyfriends, girlfriends, and other students will not be allowed to sit with, or talk to the cheerleaders and mascot during games, pep rallies, and practices.
11. Skin marks as determined inappropriate by the sponsor/principal, will result in benching for one week.
12. No jewelry will be worn. **NO EXCEPTIONS!**

G. Duties and Responsibilities

1. The cheerleaders/mascot must work with the sponsor for the purpose of scheduling and seeking approval for all cheerleader activities including pep rallies.
2. All cheerleaders must attend all projects for making signs, etc.
3. Cheerleaders/Mascot must agree to abide by the guidelines specified in the Cheerleaders/Mascot Constitution.
4. All cheerleaders/mascot must abide by the decisions made by the Principal and Sponsor.
5. Each cheerleader/mascot must agree to cooperate fully with the head cheerleader and the sponsor.
6. The varsity squad is expected to participate in all out of town varsity football games.
7. The middle school squad will participate only at home games. Out of town games will be approved on an individual basis by the campus administrator.
8. Both middle school and high school squad will be required to cheer during basketball, softball, and baseball district games, or playoff games at the request of the campus administrator.

H. Duties of the Head Cheerleader

1. Help the sponsor coordinate and designate the practice days and time for summer and the school year.
2. Designate uniforms to be worn for all games, pep rallies, summer camps (if any), and other cheerleading functions.
3. Work with the sponsor and help keep the squad working together as a team.
4. Make the sponsor aware of any problems among the other members.
5. Keep the sponsor informed of all cheerleading activities.

I. Practices

1. Practices are held twice a week during football season. The sponsor may designate special practices in advance.
2. Practice times are schedules and approved through the office. **No other activities should interfere. This includes sports and band activities!**
3. An absence due to an illness, death, or emergency in the family will be excused. Unless necessitated by illness, doctor's appointments should not conflict with practice, pep rallies, or games.
4. If a member must be absent for any reason, he/she must contact the sponsor or principal before the absence. One or more unexcused absences from practice will result in benching for that week.
5. High School Cheerleaders/Mascot must make one practice to perform in a pep rally and game.
6. All cheerleaders/mascot must have a practice uniform that consist of a T-shirt, shorts, and sneakers.
7. All cell phones must be turned off or set on silent until practice is over.
8. **All practices are closed to the public!** This includes parents, boyfriends, girlfriends, and siblings.

J. Games

1. Cheerleaders/Mascot will remain on the sidelines until halftime.
2. At halftime, varsity cheerleaders may go to the concession to buy a snack or meal but must return to the designated area to eat. Middle School Cheerleaders must take a snack or make arrangements to have snack or meal delivered to them. They must remain at the area designated by the sponsor.
3. Cheerleaders/mascot must travel on the school bus unless prior arrangements have been made with the campus administrator. A parent must submit a written request to make any special traveling arrangements to the campus administrator at least two days prior to game day.

K. Consequences

1. All members are subject to the consequences for violations of the Student Code of Conduct, Cheerleader Handbook, and inappropriate behavior. **(See Attachment)**
2. Probation is a warning of dismissal.
3. Benching is temporary dismissal of a cheerleader/mascot for one week. The benched member will attend games and pep rallies in uniform and sit with the sponsor but may not perform or participate in the activities.
4. The members are representatives of the student body and are subject to disciplinary action for violation of school rules.
5. If a member is dismissed from the squad for reasons other than scholarship or if he/she chooses to quit at any time during the year, then he/she may not try out at the end of that year.
6. A member who is dismissed from the squad due to grades may try out at the end of that year.
7. During a probationary period, the member may not wear their uniform or sit with the squad. If a member is put on probation two times, the member will be dismissed from the squad.

L. Uniform and Props

1. High School squad members will be assigned a uniform(s), shoes, and props. At the end of the year, when uniforms and props are turned in, members are responsible for all items and their condition. If items are damaged or lost, the member must replace them.
2. All additional uniforms, camp wear, props, or other cheerleader/mascot accessories must be approved by the sponsor and a majority vote of the cheerleaders. The cheerleader/mascot will pay for additional uniforms and props.
3. High School Cheerleaders are required to purchase some items that they will keep at the end of the year. These will include two pairs of socks, uniform, warm-up suit, bloomers, a camp pack (3-4 outfits), and a megaphone. The estimated cost of this is \$950.00. Middle School Cheerleaders will be required to purchase camp wear and a uniform in addition to two pairs of socks and bloomers. Estimated cost is \$450.00. The sponsor and a majority vote of the cheerleaders will approve these items.
4. Cheerleaders/Mascot will not be issued the items until payment has been received. These items will be needed for summer camp, so items must be paid for prior to camp. If items issued to cheerleaders (uniform, props, etc.) are not returned in good condition or paid for by the cheerleader from that year, the cheerleader will not be allowed to try out for the next year.
5. The principal will approve all uniforms. **No Exceptions!**
6. No cheerleader/mascot or parent is allowed to purchase any clothing, props, or other cheer accessories for the squad without sponsor and campus administrator approval.
7. All outstanding balances must be paid in full before a cheerleader/mascot can participate in tryouts.

M. Summer Camp

1. All cheerleaders/mascot are required to attend the summer camp identified by the sponsor.
2. All school rules apply while at camp.

INAPPROPRIATE BEHAVIOR

The following behaviors will result in a cheerleader being benched for a pep rally and a game.

1. Not cheering at an assigned event/unexcused absence
2. One or more office referrals in a week
3. Truancy
4. More than three tardies in a week. Varsity cheerleaders will be checked for tardies from Monday through Thursday. Middle school will be checked from Friday through Wednesday.
5. One or more unexcused/missed practices in a week
6. Failure to report office referrals and detention to sponsor
7. Use of inappropriate language during games and practices
8. Dress code violation
9. ISS

The following behaviors will result in a cheerleader placed on probation and being benched from one pep rally.

1. Failure to be on time for all games and events. This means 15 minutes before time of departure for away games, 30 minutes prior to home football games.
2. Not practicing or participating during practice
3. Failure to act in an appropriate manner during games and pep

rallies (giggling inappropriately, acting silly, etc.).

4. Public display of affection
5. Detention
6. Leaving practice early more than once a week.
7. Late to practice without a note
8. Failure to represent pep rally agenda to sponsor and band director one week prior to pep rally
9. Not wearing proper attire to games and pep rallies. You must be in full uniform and have all accessories..
10. Failure to help squad with run through before and at the end of each game. The mascot is responsible for the care of the mascot costume. The mascot must store the costume in the band hall after each game.
11. Failure to return to football game one minute before the start of the third quarter
12. Failure to follow sponsor's directions or instructions