



Anna High School
Cheerleading
Constitution & Handbook

2017-2018

This Constitution has been written and adopted for the Anna High School Cheerleaders. The team and its Constitution are governed by Anna High School, its administrators, and the cheer coach(es). Interpretation of this Constitution is the sole right of the coaches and administration. This Constitution can be amended due to any changes in TEA rules, AISD policies, or any other changes approved by coaches and/or the administration.

Purpose

The purpose of Anna High School cheerleading is to create, promote, and uphold school spirit in accordance with school rules and to represent Anna High School at cheerleading-oriented activities, cheerleading competitions, and other cheerleading appearance. Cheerleaders promote leadership, sportsmanship, and self-discipline; and encourage high academic standards and good citizenship for the school and fellow cheerleaders. Cheerleaders plan and initiate activities which will promote student body and community support and involvement in the promotion of athletic events and other school activities.

Please note: Cheerleading is a privilege; not a right. There is a certain code of conduct expected from an Anna High School Cheerleader and each candidate and/or participant in the program will adhere to that code. As a prospective candidate and/or participant, each candidate and/or participant will adhere to a no tobacco, no alcohol, no drugs, and no violence policy, both on and off the Anna High School campus (this includes after school and weekends). These expectations and the program guidelines are listed below. Non-compliance to these standards is grounds for immediate removal from tryouts and/or the squad.

Tryouts

Clinic: Tryout clinic is a two day practice in which the senior cheerleaders of the current school year will teach a dance and cheer to the candidates to perform during tryouts. Tryout clinic is mandatory. Failure to attend clinic will result in ineligibility to tryout for any cheer squad. Tryouts will be held on a Friday afternoon. Tryouts will start at 4:30 pm. Mascot tryouts will be intermittent throughout the tryouts.

Clinic Practices:

Wednesday, April 5th 4:30 to 7:00 pm

Thursday, April 6th from 4:30 to 7:00 pm

Tryouts:

Friday, April 7th starting at 4:30 pm

Qualifications

1. A candidate must be currently enrolled at Anna High School (or Anna Middle School, if in 8th grade) in order to be eligible to tryout for cheerleader for the following school year. Exceptions may be made on an individual basis for out of state or out of district students who will be moving into the district the following school year.

2. A candidate must be academically eligible, according to UIL rules, in all subjects, at the time of tryouts, in order to qualify for Anna High School Cheerleader/mascot tryouts.

3. The candidate must have at least a 70 or above in all courses.

4. Anytime during the school year, if any candidate has been suspended from school, or has been assigned time in DAEP, that candidate will not be eligible to tryout.

5. The candidate and a parent or guardian must attend the Mandatory cheer/parent meeting, where the candidate and parent must sign the form at the back of the Anna High School Cheerleader and Mascot Constitution, acknowledging receipt of the constitution, AND, agreeing to abide by it **all year long**. This form must be returned to the head cheer coach by the date specified by the coach or the student will not be allowed to tryout.

6. Any cheerleader still owing money from the current year will not be allowed to tryout until payment has been made in full. All uniforms must be turned in by the deadline established by the cheer coach prior to tryouts.

7. Candidates will not be eligible if they lost credit in any class due to grade or attendance during the previous school year, or if they have failed more than two six week grading periods during the current school year in any course.

Tryout procedures: Cheerleaders

In our closed tryouts, a panel of three certified judges who are not associated with Anna ISD and/or have not attended AISD within the past four years will judge each candidate on the following:

1. A dance, cheer and/or chant which will be taught prior to tryouts.
2. Appearance. Must be clean and neat. For tryouts, candidates must wear a white shirt (no cheer logos), navy or black shorts (no cheer logos), white socks, and white

tennis shoes (cheer shoes are acceptable). No jewelry or heavy make-up may be worn. Hair (if collar-length or longer) must be pulled back in a ponytail with a white ribbon (if you choose to wear one).

3. Spirit and enthusiasm.
4. Technique and motions.
5. Voice projection.
6. Three different jumps. (Toe Touch, Herkie, and Hurdler)
7. Tumbling. Candidates are to approach gymnastic movements with caution and only attempt those that are within their range and abilities. Tumbling is not required to be on the squad, but is part of the scoring.

Additional Tryout Information

- Doctor's notes, specifying any limitations or injuries, will only be taken prior to 4:15, on the first day of the cheer clinic, and must specifically address the categories of jumping or tumbling. No notes will be accepted once candidates have been taught the cheer and dance. Any category that a candidate cannot participate in due to a doctor's note will receive a score of 1 in that category.
- Candidates must be physically present in order to tryout.
- Juniors who are eligible for either JV or Varsity must declare BEFORE tryouts, in writing, if they will accept a position on the JV squad, if they do not make Varsity. Any positions on JV left vacant due to Juniors not willing to be on JV will be filled with the next sequential scores from Sophomores and Freshman candidates.

Tryout procedures: Mascot

1. Candidates will perform an original skit. The skit will be limited to three minutes in length. Scores will be penalized ten (10%) of the overall score for exceeding the three (3) minute time limit.
2. Candidates can be eligible for mascot if they are incoming 9th, 10th, 11th, or 12th grade.
3. Candidates will be judged on dance, appearance, spirit, enthusiasm, creativity, use of props and motions.
4. Doctor's notes, specifying any limitations or injuries, will only be taken prior to 4:15 on the first day of the Cheer Clinic, and must specifically address the

categories of jumping or tumbling. No notes will be accepted once candidates have been taught the cheer and dance. Any category that a candidate cannot participate in due to a doctor's note will receive a score of 1 in that category.

5. Candidates must be physically present in order to tryout.

Tryout procedures: Male Cheerleaders

1. Male Spirit Leaders must meet the same qualification and requirements as all other cheer candidates and are eligible to tryout for the JV, Varsity or Mascot position. Male Spirit Leaders who are incoming 9th grade will be eligible for JV positions only.
2. Male Spirit Leaders- Candidates will be judged on the same criteria as all other cheer candidates with one exception. Dance will be replaced with Stunts. Stunts will be practiced during the clinic.
3. Male Spirit Leaders that will be Juniors must declare BEFORE tryouts, in writing, if they will accept a position on the JV squad, if they don't make Varsity.
4. Doctor's notes, specifying any limitations or injuries, will only be taken prior to 4:15 on the first day of the Cheer Clinic, and must specifically address the categories of jumping or tumbling. No notes will be accepted once candidates have been taught the cheer and dance. Any category that a candidate cannot participate in due to a doctor's note will receive a score of 1 in that category.
5. Candidates must be physically present in order to tryout.
6. Male Spirit Leaders will be in addition to (not included in) the 14 Varsity or 12 JV Cheerleaders squad count.

Cheerleading Squads

- A. VARSITY: Maximum of fourteen (14) candidates will be selected by the judges consisting of 10th, 11th and 12th graders. Tryout, candidate reports, and teacher evaluation scores must be at least 45% of the overall total; that means candidates must score at least a 49.5 or above to be considered for Varsity. Candidates (who selected JV and Varsity) but do not meet the minimum 45% requirement for Varsity will then be placed in the JV candidate pool and ranked accordingly. Please note that selecting both JV and Varsity does not guarantee you a spot on either squad.

- B. JUNIOR VARSITY: Maximum of twelve (12) candidates will be selected by the judges consisting of 9th, 10th and 11th graders.

Results will be posted on the evening of April 7th on the AHS cheer website located at the following link: http://ahs.annaisd.org/clubs_organizations/cheer

You can obtain a copy of your child's scores by the following:

- *Send an email to kendra.tilley@annaisd.org
- *Subject line: Request Tryout Scores for (insert child's name)
- *Body of the email should include your child's full name, grade, and your name
- *Scores will be ready to be picked up on Friday, April 21st in the AHS front office
- *Scores will not be given to students
- *All requests need to be sent between April 10th and April 14th

Competition Cheerleading Squad

The Competition Cheer Squad will consist of AHS cheerleaders (JV or Varsity) that want to compete and are **not** involved in any sport or extracurricular activity that will conflict with competition and competition practices. The competition team will consist of a total of 20 performers, flag runners, and a mascot. Practices will begin within a few weeks after results have been posted. Competition is very competitive. Joining the competition team will require a great deal of dedication and commitment. Cheerleaders are to keep the two-week period before any cheer competition open to changes in schedules. The cheerleader coach will evaluate exceptions when adequate notice is given.

Captain & Co-Captain Cheerleaders

1. Captain & Co-Captain cheerleaders will:
 - Be in charge of game activities as assigned by coaches.
 - Serve as a link between the coaches and the group.
 - Lead by example for the cheer program, other cheerleaders, and the community.
 - Meet weekly with other captains and coaches.
 - Perform other duties as assigned.
 - *See additional form for captain & co-captain duties and responsibilities.*

2. Varsity: Any senior with one year of AHS cheer experience is eligible to hold the position of captain for the varsity squad. Any senior or junior with one year of AHS cheerleading experience is eligible to hold the position of co-captain.

JV: Any cheerleader with one year cheer experience is eligible for captain.

3. Captains will be chosen by the following procedure:

- a. Cheer tryout score (40%)
- b. Grades and teacher recommendations (25%)
- c. Administrator Interview (35%) - Varsity Only
- d. Final selection of captain(s) will be at the discretion of the coach.

Consideration will be given to those individuals who display talent, leadership potential, dependability, responsibility, a positive attitude, willingness to make the time commitment, and other qualities deemed necessary by the coaches. A captain will be a person who displays loyalty and respect to the program, coaches, and fellow teammates.

4. Any captain that fails to fulfill her duties will be demoted from her position as head cheerleader.

5. The replacement of a demoted captain will be at the discretion of the cheer coach and administration.

Expectations of Anna High School Cheerleaders & Mascot*

**Below the term cheerleader applies to both mascot and cheerleaders unless specified mascot only*

1. A cheerleader is considered a leader of the student body 24 hours a day, 7 days a week. Certain responsibilities accompany any position of leadership. Drug and alcohol use, any immoral behavior, disobedience of school policies, and in-school suspension are not acceptable in any member of a high school cheerleading squad.
2. Cheerleaders are expected to set a good example for their classmates. Cheerleaders must have and must continue to display the following characteristics:
 - a. must be honest and truthful
 - b. must exhibit high moral standards
 - c. must be willing to display positive school spirit **at all times**
 - d. must show good sportsmanship
 - e. must exhibit a very positive attitude toward cheerleading
3. Varsity, Mascot, and Junior Varsity cheerleading teams are required to:

- Attend summer cheerleading/mascot camp.
 - Attend all scheduled home and away varsity football games.
 - Attend all assigned district games and playoff basketball games.
 - **Varsity** cheerleaders are expected to attend any playoff games that may be added beyond the regular schedule for any sport offered at AHS.
 - Attend all cheerleading/mascot fundraisers.
 - Attend all special events as requested, ex. Robotics, Christmas Parade, Special Olympics, etc.
 - Mascot:
 - Must transport mascot outfit and accessories to all games
 - Must perform a skit at all/most pep rallies.
 - Is expected to perform the entire duration of the game or event unless a doctor's note is provided stating otherwise.
 - Will interact and entertain children at all assigned events.
 - Will never remove their head, hands, or feet in front of any audience or spectator.
4. Cheerleaders must maintain and exhibit high moral standards. There will be no tolerating of public display of affection at school, in public, or in uniform. Examples: Kissing, hugging, hanging on each other.
 5. Cheerleaders must participate in and give freely of their time for all cheerleading activities deemed appropriate by the coach. This includes all fundraisers, summer practices, summer camp, community service, practices, competition participation, etc. All conflicts must be discussed with the coach in advance.
 6. ALL cheerleaders must be enrolled in cheerleading class in the fall and spring semester.
 7. Cheerleaders must be cooperative with teachers, administrators, sponsors, and fellow cheerleaders. Cheerleaders must promote and maintain good relationships with other school organizations and the student body.
 8. Cheerleaders must be in good physical condition and are required to **dress out daily**. Cheerleaders will participate in a conditioning program including such activities as running, weight lifting, stamina jumps, tumbling, stunting, etc. Any braces or supports must be worn to all practices/games.
 9. Cheerleaders must treat every appearance (game, pep rally, competition, etc.) as a performance. Inability or refusal to perform a certain task, such as required dances,

- jumps, tumbling, or stunts may result in the cheerleader being removed from that specific performance. Additionally, inability to maintain a certain expected level of enthusiasm and spirit may also result in being removed from that specific performance.
10. Cheerleaders must commit 100% to the program for the entire year (try-out to try-out). Basketball season is a part of our year. The same level of commitment and dedication given to football is expected for basketball as well. Failure to give 100% the entire year may result in removal from the squad.

Expectations-Grades

1. Grades will be checked at the end of each six weeks grade reporting period. In accordance with UIL No Pass/No Play, a cheerleader who is failing a course will be ineligible to cheer for the following three weeks. During that time the member will dress out and participate in all practices, but may not dress out for or participate in any games, pep rallies, etc.
2. Candidates will not be eligible if they lost credit in any class due to grade or attendance during the previous school year, or if they have failed more than two six week grading periods during the current school year for any course.

Expectations-Attendance

1. Cheerleaders are expected to have above average school attendance habits and have a responsibility to their fellow squad members to attend and participate in all practices and activities.

In compliance with AISD and Texas State guidelines, excused absences are:

- Personal illness or accident (with a doctor's note)
- Death in the family
- Special school activities with advanced approval from the coach and teachers

Unexcused absences are:

- Work (During basketball season, if you take on a job that conflicts with any cheer event, you may be removed from the squad.)
- Competitive Cheer (non-school)
- Club Meetings (non-school)
- Social engagements
- Community Service
- Hair and nail appointments

- Routine doctor and dentist appointments
 - Drivers Education Courses
 - Other
2. Unexcused absences are grounds for disciplinary action.
 3. Cheerleaders must notify the coach 24 hours before being absent from a cheerleading activity.
 4. Work, dental or doctor appointments are not an excuse from cheerleading practice or activities (with the exception of emergent situations).
 5. Any cheerleader unable to perform because of injury or illness will appear at all cheerleading events in full uniform and sit in a designated area. A doctor's note must be presented to be excused from a cheerleading event or practice. If any cheerleader is injured and is out for two (2) practices, a note from their parent and/or doctor stating the reason is required. If an injury requires any cheerleader to be out three (3) or more practices a doctor's note is required. The note needs to include the restrictions and the length of time in which the cheerleader will be out. No note from a parent or doctor will be considered a missed practice. A cheerleader will NOT be excused from practice or workouts without proper documentation.
 6. Cheerleaders are expected to ride the bus to and from all cheerleading events. The approval of the coach must be obtained for a cheerleader to return home with his/her parent/guardian, and this will only occur upon completion of an Anna ISD Athletic Department Travel Release Form. We strongly urge that all cheerleaders leave with a parent/guardian only in emergency situations. A release form can be found on the Anna High School website under the Athletics tab. If a cheerleader will be riding home with a parent, it is up to the parent and cheerleader to print the form from the website. The coach may not always have a copy on hand.
 7. Cheerleaders are required to set up and take down the gym for all pep rallies. Any cheerleader whose absence from clean-up is unexcused will not perform at the next pep rally. Schedules will be provided with assigned duties. Volleyball games typically are scheduled to start right after pep rallies end. Therefore, no one will be exempt from clean up. The gym must be cleaned up as to not to interfere with the volleyball games.
 8. All cheerleaders are required to attend the selected summer cheerleading camp provided by AHS. **An up-to-date and complete physical exam is required. A copy must be provided to the coach or athletic trainer prior to camp.**

Expectations-Practices

1. Before school, after school, summer and holiday practices will be required as needed. Time specifications will be established as camp dates, sports schedules and competition dates become available. All practices are mandatory for all members.
2. The two week period before a competition or performance is considered “top priority” and must be attended in lieu of any other obligations.
3. There will be no cell phones, jewelry, gum, or food at practices.
4. Cheerleaders & mascots will be ready to go at the start of practice. This means hair up, jewelry off, shoes on and tied, and phones and food put away. Any violation of the expectation will result in demerits. Additionally, appropriate practice attire is expected to be worn.

Expectations-Uniforms

1. Cheerleaders are responsible for maintaining all necessary uniforms and accessories as needed.
2. Uniforms may only be worn by the assigned cheerleader to **approved** activities.
3. All cheer clothing is to be clean and in good repair before each cheer activity. Makeup and deodorant stains will need to be removed before performance.
4. Jewelry may not be worn with a cheer uniform.
5. When in uniform at school or in public, the proper cheerleading shoes, socks, accessories and hair bow **MUST** be worn. Cheerleaders will not be seen in partial uniform (this includes shoes). When in public, cheerleaders will be performance ready the entire time.
6. School owned uniforms should be returned to the coach professionally laundered and repaired at the end of the basketball season.
7. Uniforms may be altered (NOT CUT) to fit but it is at the discretion of the coach to determine the proper fit of the uniform. Cheerleaders will sit out of performances if alterations are made without prior consent from the coach. Costs for alterations are at the expense of the cheerleader.
8. Only team provided warmup jackets and backpacks are allowed at cheer activities.
9. Uniform fittings are scheduled by the coach and the company’s representative. The coach has final say in decisions regarding acceptable fit, in staying in dress code and ease of movement.

Cost

It is the sole responsibility of the cheer candidate's parent/guardian for the payment of cheerleader's personal accessories (ex. Socks, shoes, warmups, camp clothes, etc.). The approximate cost per cheerleader for the year is \$865 for new Varsity & Mascot and \$795 for new JV. Extra expenses such as pictures, big/little sister gifts, t-shirts, etc, should be expected throughout the year.

A \$200 deposit must be paid before April 21, 2017. Failure to pay the deposit by the due date, will result in removal from the squad. Cheerleaders will participate in a fundraiser to assist in the cost. The fundraiser has a 40% profit. Profits made by a cheerleader will be applied towards their balance for the items they or their parents personally sold. Fundraiser will begin April 10th and run through April 24th (tentatively).

Once camp clothes and accessories have been ordered, the cheerleader is responsible for full costs and refunds will not be issued. All balances must be paid prior to camp.

Payment schedule is as follows:

- Friday, April 21 - \$200 deposit due/per cheerleader
- Friday, May 5 - \$200 payment
- Friday, May 19 - \$200 payment
- Friday, June 2 - \$200 payment
- Friday, June 16 - Remaining balance must be paid

Additional payment arrangements can be made with appropriate communication with the coach. If additional arrangements are necessary, please contact the coach prior to April 21, 2017.

Coyote Cheerleading in ACTion

AHS Cheer Accountability System for 2017-2018

The AHS Cheerleader Accountability System is designed to help each member of the AHS cheerleading program to be accountable to their squad, the cheer program, the sponsors, and themselves. We have high standards in place for the cheerleading program because the cheerleaders and other athletic teams deserve nothing but the best. All of the standards we set can and should be met by every member of the AHS cheerleading program.

Attitude: Cheerleaders are expected to be positive, to have high moral character, be a team player, give 100%, have heart, uphold high standards in and out of school, be dedicated, responsible (no cell phone, no gum, jewelry, in dress code, hair up, on time, in attendance, etc.), and display respect to all.

Cheerleading: Cheerleaders are expected to show spirit, enthusiasm, crowd leading ability, effective prop use, performance confidence in skill and facial expression, positive presence in front of crowds, strong voice projection, leadership, and be a role model for behavior in school and in the community.

Talent: Cheerleaders are expected to maintain and improve upon their athletic ability and cheer technique, jumps, tumbling, motions, dance, memorization and recall of material, stamina, endurance, and flexibility as demonstrated during the tryout process.

All members of the AHS Cheerleading program will be held accountable to the ACT system. Cheerleaders are expected to be 100% in compliance with the expectations at all times. Discipline is essential for a cheer team to run properly. Any infraction will result in the cheerleader being issued a demerit(s). Demerits will allow the sponsors to keep a record of all infractions and to help the cheerleader hold themselves accountable during the cheer year. In order for Anna ISD cheerleaders and mascots to function in this manner, the team will operate on a demerit/merit system. Demerits and merits will be given based on coach's discretion. Grades for cheer class will be impacted by the number of demerits received in class or at practice. (Please see the list of offenses below for demerit totals.) Each week cheerleaders

will begin their week with a daily grade of 100. Any grade deductions will affect the weekly grade for the week of the offense. Test and quiz grades will be given periodically during the six weeks in the form of a performance of a cheer/chant/dance, creating a routine, pep rally performances, etc.

Consequences for receiving demerits are as follows:

Cheerleaders who receive 5 demerits will perform a workout:

- 15 toe touches
- 15 burpees
- 5 one minute wall sits with 15 second breaks in between each minute
- 5 yo-yo's (on basketball court):
 - Baseline to free throw line and back
 - Baseline to half court and back
 - Baseline to opposite free throw line and back
 - Baseline to baseline and back

Cheerleaders who receive 10 demerits will perform a workout and be benched from a performance:

- 30 toe touches
- 30 burpees
- 10 one minute wall sits with 15 second breaks in between each minute
- 10 yo-yo's (basketball court):
 - Baseline to free throw line and back
 - Baseline to half court and back
 - Baseline to opposite free throw line and back
 - Baseline to baseline and back

Cheerleaders who receive 15 demerits will be subject for suspension and/or dismissal from the squad. If dismissed from the squad, the cheerleader will be ineligible to tryout for the 2018-2019 cheer squad.

Merits may be earned. Proper documentation and procedures will be required to earn merits. If a cheerleader does not follow the procedures outlined where merits are listed, then the cheerleader will not receive the merits.

Each cheerleader will have their own demerit tracker chart. The coach will keep and maintain the chart. A cheerleader will be permitted at any time to see their own individual record upon request. However, the coach's tracker documentation will be the official record. Any discrepancies will be validated by the coach's tracker chart.

CLASS/PRACTICE/PERFORMANCES (GAMES, PEP RALLIES, ETC.)

**Denotes a misconduct demerit*

A. Attendance & Tardies

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|--|-------------------------|
| 1. Tardy (class or practice) | 1 demerit & -5 points |
| 2. Leaving class/practice without permission | 2 demerits & -10 points |
| 3. Failure to notify coach of absence (at least 24 hours prior) | 2 demerits & -10 points |
| 4. Late to a performance (On time means arriving on or before the time the coach indicates) | 2 demerits & -10 points |
| 5. Inability to participate in either practice or performance due to injury or illness will require a doctor's note. Cheerleaders/mascots will have a 2 day grace period to obtain documentation. This includes any special recommendations from your doctor (ie. needing to eat, sit out, or rest for any reason). No doctor's note will require full cooperation/ participation without complaint. | |
| **Missing 2 required performances will result in dismissal/suspension | |
| 6. Missing performance | |
| (unexcused w/o notifying the coach) | zero & 2 week probation |
| (unexcused with notification to coach) | 5 demerits & -25 points |

B. Performance Behavior

- | | |
|--|----------------------------------|
| 1. Hair not in ponytail (or as instructed by coach) | 1 demerit & -5 points |
| 2. No/wrong bow, briefs, socks, etc | 1 demerit & -5 points |
| 3. Incorrect/no shoes | 1 demerit & -5 points |
| 4. Wearing jewelry in class or at an event | 1 demerit & -5 points |
| 5. Cell phones-any use without permission during event or practice | 2 demerit & -10 points |
| 6. Chewing gum/candy in class/practice | 1 demerit & -5 points |
| 7. Not maintaining proper class behavior | |
| a. Not being prepared (dressed ready to go) | 1 demerit & -5 points |
| b. Not following instructions | 1 demerit & -5 points |
| c. Goofing off--not paying attention | 1 demerit & -5 points |
| 8. Not helping with cleanup (game, pep rally, mats, etc) | 1 demerit & -5 points |
| 9. Leaving trash in practice or event area | 1 demerit & -5 points |
| 10. Bad language (including replacement words/phrases) | 2 demerit & -10 points |
| 11. Arguing* | 1 demerit & -5 points |
| 12. Failing to cooperate with teammates* | 1 demerit & -5 points |
| 13. Excessive talking during class or practice | 1 demerit & -5 points |
| 14. Public display of affection (including kissing/hugging) | 2 demerits & -10 points |
| 15. Incomplete or incorrect uniform to performance | Benched for the event |
| 16. Missing poms/accessories | 3 demerits & -15 points |
| 17. Lending any piece of the cheer uniform to anyone who is not a cheerleader or a member of the cheer program | 3 demerits & -15 points |
| 18. Not maintaining proper sideline behavior: | |
| a. Excessive talking | 1 demerit & -5 points |
| b. Talking to ANYONE in the crowd | 1 demerit & -5 points |
| c. Not paying attention to game/event | 1 demerit & -5 points |

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|--|---------------------------------------|
| d. Eating food during a performance | 2 demerits & -10 points |
| e. Not standing in correct formation/stance | 1 demerit & -5 points |
| f. Leaving formation without permission | 1 demerit & -5 points |
| g. Failing to stay peppy & enthusiastic for entire event | 1 demerit & -5 points |
| h. Unsportsmanlike conduct | Benched for the rest of event* |
| i. Disrespect during the national anthem | Benched for the rest of event* |

C. Misconduct

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|--|-----------------------------------|
| 1. Office referral for any reason | 3 demerits & -15 points |
| 2. ISS | 2 wk probation & -30 points |
| 3. Any conduct resulting in arrest by law officials | Dismissal/Suspension |
| 4. Choosing to be present during illegal/inappropriate social gatherings | Dismissal/Suspension |
| 5. Inappropriate social media | |
| a. 1st offense | 3 demerits & benched from 1 event |
| b. 2nd offense | 5 demerits & probation |
| c. 3rd offense | Dismissal/suspension |
| 6. Immoral conduct (including stealing, lying, fighting, smoking, drinking, drug use, or any other behavior/conduct that can be deemed as suggestive or inappropriate) | Dismissal/Suspension |
| 7. Disrespect to coach(s), captains, teachers, etc.* (ie not following instructions) | |
| a. 1st offense | 3 demerit & -15 points |
| b. 2nd offense | 5 demerits & benched event |
| c. 3rd offense | Probation |

Merits: Cannot cancel demerits earned for misconduct

Merits are given for conduct above and beyond the expectations of a cheerleader. Cheerleaders must acquire **5 merits for every 1 demerit** to earn merit credit. Merits are only given once demerits are received.

1. Community Service- 1 merit can be earned for every 2 hours of community service. Community service cannot be used for more than one extracurricular activity; meaning if you have performed community service hours for BETA, STUCO, etc., those hours CANNOT be used towards cheer merits. Cheerleaders must obtain prior approval from coach before performing community service hours.
2. A Honor Roll- 2 merits for each grading period.
3. Additional Merits: 1-5 merits can be given at the coach's' discretion

Constitution

Interpretation of all rules is the sole right of the coach and administrators. They have the right to add or change the rules for the benefit of the organization. The coach and/or administrator may deem a cheerleader’s behavior or action, that may not be defined above, as being in violation of the constitution or school policies. In such cases, the coach or administrator’s judgement will determine the appropriate disciplinary action.

The cheerleading Constitution is subject to change at any time due to any Texas Education Agency rule changes, AISD regulations, or changes approved by the coach, principal or athletic director.

The following form must be signed and returned to Ms. Tilley acknowledging the expectations with all information included by **Friday, March 24, 2017.**

I, _____, have read, understand, and agree to abide by the Cheerleader/Mascot Constitution and Guidelines. By signing below, I acknowledge and pledge to abide by the rules and regulations set forth in this constitution. I understand that failing to maintain or abide by this constitution could result in removal from the squad.

(Parent/Guardian Signature) (Date)

(Student Signature) (Date)

JUNIORS:

Please place a check in the corresponding box:

I will be a Junior during the 2017-2018 school year & if I don’t make the Varsity Squad, I.....

WILL accept a position on the Junior Varsity squad

WILL NO accept a position on the Junior Varsity squad.

By signing below you understand that checking a box does not guarantee you a position on an AHS Cheer squad.

(Student Signature) (Date)