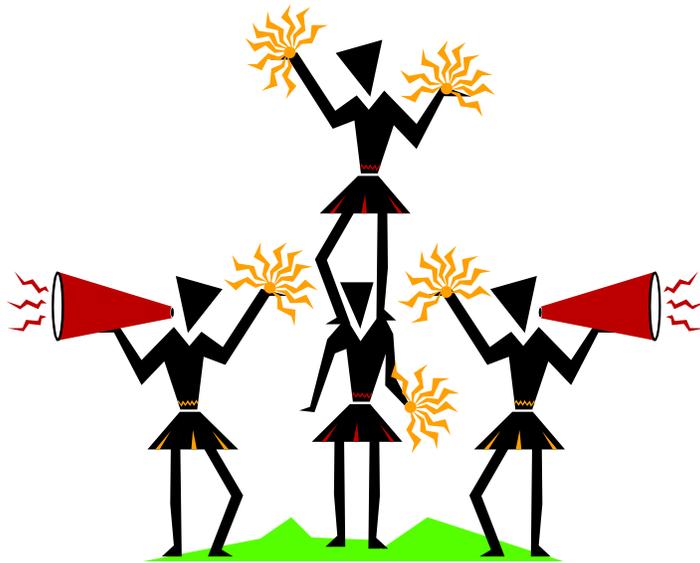


HUGHES SPRINGS VARSITY CHEERLEADER/MASCOT CONSTITUTION



Adopted 2006
Revised 2016

PURPOSE

Purpose of the Hughes Springs High School Cheer Squad:

1. Create school spirit, pride, and loyalty
2. Promote interest in school activities and perform at school games
3. Develop responsibility, teach self-respect, respect for others, encourage honest effort, strive for perfection, and develop character
4. Teach teamwork and pride

TRY-OUT INFORMATION

Cheerleaders are **REQUIRED** to attend all scheduled practices and meetings. Cheerleading is a year long **COMMITMENT**. If the student is not able to commit to cheer throughout the year, the candidate should not try-out.

Cheer candidates will receive a video with the dance, chant, and an optional cheer. Mascots are responsible for creating their own skit. A try-out clinic will be held the Monday and Tuesday the week of tryouts. All candidates are suggested to attend to practice with groups. A mandatory mock try-out will be held the Wednesday of try-outs. All cheer and mascot candidates are required to attend unless excused by the sponsor.

Any student trying out for cheerleader or mascot must meet the following requirements:

1. Must be enrolled as a student at Hughes Springs Schools the entire spring semester of cheerleader/mascot tryouts.
2. Must abide by the UIL "no pass-no play" rule (have a 70 in all classes at the six weeks prior to try-outs). The student may not have been assigned to the Special Assignment Center (SAC) more than one time during the school year. The student may not have been dismissed or quit the squad the previous year. The student **MUST HAVE** turned in all uniforms and equipment issued to him/her the previous year.
3. Must attend, **ALONG WITH A PARENT OR LEGAL GUARDIAN**, a mandatory, pre-tryout informational meeting and must return all permission slips and forms given in the try-out packet.
4. Must clear all financial obligations prior to try-outs.

Score:

1. Each candidate will be scored on the score sheet provided by the sponsor. A copy of this will be available at the try-out clinic.
2. Each candidate may receive up to 100 generic points to start try-outs. Generic points will be deducted upon the occurrence of any of the following:
 - a. Each Unexcused Absence per period.....1 point deduction
 - b. Each Tardy.....2 point deduction
 - c. Each Detention/GIP assignment.....5 point deduction
 - d. Each SAC assignment.....15 point deduction
 - e. Each Failing Six Week Grade.....15 point deduction

The day of try-outs:

1. Try-outs will be **CLOSED** to the public and will be scored by a panel of 3 qualified judges. The decision of the judges will be final. Judges may call back candidates if deemed necessary. Only the judges, administration, parents of the candidate, and cheer coach may review a candidate's score sheets.
2. Cheerleader try-outs will consist of a run-in (tumbling is encouraged but not mandatory), three consecutive jumps, an individual cheer, a group chant (learned from DVD), and a group dance

(learned from DVD). Each candidate must purchase the video which includes the dance, chant and optional cheer.

3. Mascots are responsible for creating their own skit. The try-out skit must consist of an entrance and skit, approximately one minute in length performed to music. Mascots will wear "Marty."
4. Candidates must wear red or black shorts, white t-shirt, gym shoes, white socks, hair up off face, and minimal make-up. No special costumes or any part of a cheerleader uniform will be permitted.
5. No jewelry or glitter may be worn by any candidate during try-outs.

SELECTION OF CHEERLEADERS

Candidates scoring above a large break in score will make the squad.

SELECTION OF CAPTAINS

The cheer sponsor will make the final decision on captain and/or co-captains. Team members may be given the opportunity to perform other duties decided by cheer sponsor.

DUTIES OF CAPTAINS

The captain(s) will set an example to the rest of the squad by following the rules and regulations of the Hughes Springs School Cheerleading Constitution. Captain(s) will be at practice early, start practice on time, and assist in setting cheers and chants to be used at games and events. Squad should make suggestions, but the final decisions shall be made by the captain(s) and sponsor. Act as a mediator and leader in case of disagreements. Coordinate the painting and hanging of signs. Be responsible for welcoming visiting squads and set a good example of friendliness to other cheerleaders. Be impartial.

FINANCIAL RESPONSIBILITIES

Each member will be required to make a cheer deposit of \$150.00 within two weeks of making the team. Due date will be determined by cheer coach. Please be aware additional cheer cost may be incurred throughout the year. (Example: T-shirts, bows, secret sister gifts, etc.) Each individual will have opportunities to fundraise to cover some expenses. Financial responsibility for cheer lies with the cheerleader and his/her parent(s). Replacement cost will be charged for any damaged, lost, or not returned school owned uniforms and/or cheer paraphernalia.

PHYSICAL EXAMINATIONS

Each cheerleader is required to arrange and undergo a physical examination by a physician licensed to practice medicine in the State of Texas and file in the principal's office or with the sponsor a signed affidavit by the physician ascertaining that the examinee is physically fit to render the duties of cheerleader. This instrument must be on file prior to the cheerleaders' attendance at the first practice. If the cheerleader does not have a physical on file, the cheerleader will receive an unexcused absence.

A cheerleader who is injured at any time during the season must have a doctor's excuse for non-performance. The cheerleader will continue to dress out (if possible) and sit with the sponsor during any activities (practices, pep rallies, games, etc). A doctor's release must be received before performing again.

TRANSPORTATION

In case of emergency, the sponsor may approve other means of transportation. Each student must have completed and have on file a school trip permission form before traveling. All cheerleaders will ride school transportation to and from away games. Each cheerleader will be allowed one pass to ride home

with a parent. Notice must be written from a parent and approved by the cheer coach prior to game day. All duties must be completed regardless if riding home on the bus or with a parent.

APPEARANCE - UNIFORMS

Cheerleaders should look their best at all times. Cheerleaders and mascot must be in appropriate uniform for performances. Uniforms should not be worn at any other time besides game day, unless previously approved by sponsor. No part of the uniforms may be worn by anyone who is not a member of the cheerleading squad without sponsor approval. If a cheer uniform needs to be altered, it will be up to the cheerleader to get the alteration. Uniforms and all cheer clothing must be clean and in good repair before each cheer activity. It is up to the discretion of the sponsor to determine the proper fit of all cheer clothing. Makeup should be natural and not excessive. No glitter, unless approved by sponsor. Hair must be worn off the face. Hair needs to be a natural looking color. (Pink, green, blue, etc. are not natural looking.) If a cheerleader is removed or suspended from the squad the uniform may not be worn to school or any school functions.

Members will be responsible for the care and cleaning of their uniforms. Any damage due to poor care or loss of any part of the uniform will result in the member replacing the damaged or lost article. No cheerleader or mascot will perform until all parts of the uniform are paid for and/or replaced. Seniors will be ineligible for cheer scholarship monies until their school issued uniforms and materials are returned to the sponsor.

CONDUCT

Squad members are required to maintain and uphold the reputation of the squad through their own conduct. Members are required to be courteous, polite, friendly, and have a smile for everybody. All cheers and chants shall be of a positive and sportsmanlike nature. Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such actions themselves. While in uniform or wearing any item of squad identification, members must always conduct themselves in a manner becoming of a Hughes Springs Cheerleader. Each member will be held accountable for following the cheer constitution and the extracurricular code of conduct in the student handbook.

PRACTICE

A practice schedule will be set by the cheer sponsor. Participation in warm-up is mandatory. Must wear tennis/cheer shoes at all times. Never build a stunt without the sponsor present. Only squad members are allowed at practice. Hair must be worn up off of the face. Wear appropriate clothing (no midriff showing or jeans). Cheerleaders are required to attend all practices. If a member is unable to attend the sponsor should be notified well in advance.

ATTENDANCE

All cheerleaders must attend summer camp. If a cheerleader does not attend camp, he/she will be dismissed from the squad. All cheerleaders will attend practices and games. If occupational activities (such as a job) will interfere with cheerleader preparation during the summer or preparation and performance during the school year, the candidate should not try-out before getting cheer coach approval. If a member is absent from school the day of an activity, he/she will not be allowed to participate in an after school activity. All cheerleaders are expected to have excellent school attendance. Occasional night and/or weekend practices may be necessary. Every effort will be made by the coach to give at least one week notice of such practices.

DUTIES – REQUIREMENTS

Cheerleaders will be required to participate in activities throughout the entire school year. Members must be ready to perform at least one minute prior to the beginning of each quarter and at half-time. No practicing cheers, chants, etc. will be allowed during games. **KNOW CHEER MATERIAL!** Cheerleaders will cheer/chant the entire game; there will be **NO** time off during quarters. Members are expected to promote school spirit and cheer at all games. If a cheerleader is unable to cheer due to illness or other complications, he/she is to notify the coach prior to the game. Cheerleaders are not allowed to chew gum or wear any jewelry other than stud earrings. Fingernails may not be longer than the tips of your fingers. During games, there will be no unnecessary “huddling” or talking to your friends and or other cheerleaders. Disrespect of one another or the sponsor will not be tolerated. Cheerleaders must maintain a level of physical fitness that will allow them to participate fully in all aspects of cheerleading. Members will make signs for all sports and any other groups deemed necessary by the cheer sponsor. Each member is required to participate in all assigned fundraisers. Mandatory fundraisers include but may not be limited to:

1. Little Girl Cheer Camp
2. Football Ad Sales
3. Spirit items (tattoos, poms, bells, etc.)

DISCIPLINARY ACTION

All disciplinary action will be at the discretion of the cheer coach and/or high school principal(s).

When demerits are given, the reason(s) for the action(s) will be noted and the document will be signed and dated by the cheerleader and sponsor.

Demerits will be given for the following violations:

DEMERITS

One demerit:

- Late practice or game (more than 10 minutes)
- Chewing gum in practice, at games, at pep rally
- Wearing jewelry at practice or game; stud earrings only
- Not dressing out properly for practice
- Unexcused school absence per period

Two demerits:

- Eating or drinking at game or practice at non-designated times
- Degrading remarks about the team you are cheering for or against
- Failure to come to attention at command
- Unclean uniform
- Nails not being kept short and/or with polish other than clear
- Leaving practice or game early

Three demerits:

- Detention
- Failure to wear correct or complete uniform
- Not knowing cheer material and failure to perform during a game
- Inappropriate behavior on bus
- Lack of participation at practice, game, or pep rally

Four demerits:

- Use of cell phone during practice or at a game
- Talking to friends/boyfriends while cheering

Five demerits:

- Missing a game or practice without a valid excuse
- Insubordination: negative attitude, talking back to sponsor or adult volunteer, not following the directive of the sponsor

- Use of inappropriate language or gesture
- Failure to cooperate with other cheerleaders, sponsor or adult volunteer(s)
- Assigned to SAC
- Arguing, fighting, and/or gossiping with other team members
- Horseplay: goofing off or engaging in activities at practice/games which could end in injury for members or others

Ten demerits:

- Inappropriate photos, text and/or graphics on social internet websites
- Failing more than one 6 week grading period during the school year
- Excessive warning issued by cheer coach

Offensives according to Student Handbook may result in dismissal from squad:

- Being placed in AEP
- Smoking or drinking alcoholic beverages
- Using drugs
- If a state or city law is broken
- Persistent violation of Code of Conduct or Class B or higher offense

If a cheerleader accumulates the following demerits, the following consequences will be enforced:

- 5 demerits—not allowed to cheer at the next pep rally / or game
- 10 demerits—not allowed to cheer at pep rally and/or games for two weeks
- 15 demerits—dismissal from squad

Minor offenses will be dealt with at the Sponsor's discretion. This constitution becomes valid as soon as a student is chosen to be a Hughes Springs High School cheerleader or mascot. The cheerleader/mascot will follow this constitution until a new squad is chosen the following year.

THIS IS NOT AN ALL-INCLUSIVE LIST.A CHEERLEADER MAY BE REPRIMENDED AT THE SPONSOR'S/PRINCIPAL'S DISCRETION.

Hughes Springs School Cheerleading Permission and Pledge

I, _____, will adhere to all rules and regulations specified by the cheerleading coach and this constitution. I understand the demerit system and the consequences. I accept the responsibility of being a cheerleader/mascot and representing Hughes Springs School District.

Student Signature

Date

I grant permission for my child to participate as a 2016-2017 Hughes Springs School Cheerleaders/Mascot. I accept the financial responsibility and understand the rules, which govern my child.

Parent/Guardian Signature

Date