



Schertz Cibolo Universal City ISD Junior High Cheerleading Constitution

revised January 2020

Philosophy/Purpose

Being a cheerleader is both an honor and a special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. First and foremost, they are representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the SCUCISD Student Code of Conduct, the Student Handbook, and this Cheerleading Constitution. Members of the cheerleading squad will be expected to maintain a higher standard of behavior than their peers, both on and off campus and in academic achievement.

Objective

All cheer and spirit performances shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook. Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers and routines. They also are expected to be able to publicly demonstrate a skill level suitable for their squad position and the timing necessary for group performance. Off the field they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the cheerleading coach and approved by the principal.

Definition

Cheerleading year: The rules and procedures outlined in this Constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date.

TRYOUTS

Eligibility

A student is eligible to try out for cheerleader if that student is enrolled in SCUC ISD at the time of tryouts. Students must try out at the school which they are registered to attend during the next school year. A student may try out for the following year's cheerleading squad at only one SCUC ISD school.

Regardless of application deadlines, to the extent the child or dependent is otherwise qualified, children or dependents of active military (uniformed services) shall be afforded the opportunity to try out for inclusion on the cheerleading squad provided they make application no later than within 10 school days of their enrollment in an SCUC ISD school. After administration consults with the UIL in accordance with the Texas Military Compact, a military child who is otherwise qualified will be afforded a tryout within ten school days. This provision does not apply to children or dependents of (1) retired members of the uniformed services, (2) inactive members of the national guard and military reserves, (3) veterans, or (4) other U.S. Department of Defense personnel and other federal agency civilian and contract employees not defined as active duty members of the uniformed services. If a student who is eligible under the Texas Military Compact should apply at any time other than during the spring tryouts, the student shall try out before a panel consisting of the cheerleading coach(es) of his/her school and one other District school.

Academic Grades

To be eligible for tryouts, students must:

- Have an overall average of 70 or higher in all core classes from the first semester of the current year.
- Have no more than 3 office referrals submitted for the current school year
- Have no more than 2 ISS placements for the current school year
- Have no DAEP placements for the current school year

Commitment

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the advance approval of administration and coach will not be allowed to try out for cheerleading the next year on any SCUC ISD campus.

Selection

The procedures for selection are based on the guidelines set out in this Constitution.

Each SCUC ISD Junior High will hold a tryout for the selection of the Junior High cheerleading squads. The tryouts will be held on a date in the spring to be determined by administration and coaches. Only judges, coaches, scoring assistants and administrators will be present during the tryouts. Parents/guardians, regardless of whether they are employed by the District, will not be allowed in the building during any phase of tryouts. Parents/guardians will be permitted in the school parking lot to drop off and pick up their child. **Violation of this rule by a parent or guardian may result in disqualification of the parent/guardian's child.**

Tryout Guidelines

All candidates must submit a completed application packet no later than one week prior to the scheduled tryout. One week prior to the tryouts, all applicants who have submitted their completed application packet will be given access to a video of the cheer dance they are expected to perform for the judges at the tryouts. Cheerleading clinic(s) will be scheduled after school during the week of tryouts. Attendance at cheerleading clinic prior to tryouts is strongly advised. These cheerleading clinics provide additional practice time to learn routines and receive individual help.

Coaches will be responsible for preparation and distribution of the Tryout Guidelines, a packet of information to be made available to all candidates. This information will include all application forms, specific tryout dates, times, attire, and procedures, and a copy of the Cheerleader Constitution. Administration will approve this information prior to distribution. Candidates and parents/guardians must sign a "Tryout Application," stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process.

In addition, SCUC ISD Policy FM (Legal) states: *Each student participating in an extracurricular athletic activity must complete the UIL forms entitled "Preparticipation Physical Evaluation — Medical History" and "Acknowledgement of Rules" on an annual basis. Each form must be signed by both the student and the student's parent or guardian. Education Code 33.203(a).*

Mats

Mats will be used in tryouts.

Judges

There will be a panel of two judges. Judges will be selected from UCA, other professional associations, universities, and/or out of district sponsors. Professional judges with outstanding credential and references will be hired for all tryouts. They will be instructed to judge the candidates based only on mastery of the skill that they see demonstrated during tryouts. At the discretion of the campus administration, the school coach/sponsor may serve as the second judge.

Panel Judging Criteria

Entrance		
	Spirit/Enthusiasm/Poise	10
Jumps		
	Toe Touch	10
	Hurdler	5
	Jump of Choice	5
Cheer		
	Motion Technique	10
	Voice/Projection	10
	Knowledge of Cheer	10
Dance		
	Motion Technique	10
	Timing	10
	Projection	10
Overall Impression		
	Spirit/Skills/Poise	10
Total		100

Tryouts Before the Judges

Tryouts before the judging panel will be closed to everyone except coaches, judges, scoring assistants, and administrators. There will be no students, parents/guardians, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores. Parents/guardians will be permitted in the school parking lot to drop off and pick up their child. **Violation of this rule by a parent or guardian may result in disqualification of the parent/guardian's child.** Any deviation from the tryout requirements by a candidate may result in the disqualification of the candidate.

Tabulation of Scores

The judges' scores will count as 100% of each candidate's total score. Each of the judges will enter their scores onto a scorecard. At the conclusion of tryouts, a technical assistant will enter all individual scores into a master database. Two other staff members will check the final scores and tabulations, and an administrator will review and approve scoring before announcement of cheerleading squad is made.

Squad Makeup

There will be one junior high cheerleading squad consisting of qualified candidates in a number to be determined by the coach and administrator. Junior High cheerleading squads should not exceed 20 members.

Video Usage Guidelines

Videos will **not** be allowed for any portion of a candidate's tryout, except in the following specific circumstances: (1) an applicant cannot attend the tryout because of participation in a UIL-sanctioned extracurricular activity; (2) an applicant cannot attend the tryout because of the applicant's serious medical illness or injury, as verified by a physician's note; (3) an applicant cannot attend the tryout because of death of an immediate family member; or (4) an applicant cannot attend the tryout but is otherwise qualified to try out for the squad under the Texas Military Compact. Any video submission under these circumstances should be of the same skills as other applicants.

Notification

After all tryout scores for a school are tabulated and confirmed by administration, each candidate will be given instructions on how to find out the results of the tryouts. No results will be distributed at the tryout site.

As soon as the final results are available, they will be published on each school's individual cheer website. Candidates will be given the website address.

Other acceptable forms of notification include the use of a call-out/call-in system and/or posting the results at the school. The list will be in numeric tryout order with no indication of ranking.

CHARACTER QUALIFICATIONS

Conduct

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the high school they attend and should act accordingly. Cheerleaders are expected to be role models, and they must adhere to the Student Code of Conduct, the Student Handbook and the Cheerleader Constitution at all times, both on and off school property.

Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad.

Social Media

Maintaining a high standard of conduct also includes ensuring that cheerleaders' websites and social media are appropriate. The internet is a worldwide, publicly accessible form of communication. Any electronic communication via computer, electronic device or cell phone, such as Twitter, Facebook, texting or photo sharing, etc. is considered social media accessible by the public. Material which appears on the internet is public domain even if it is marked private. Cheerleaders are responsible for their personal websites and postings as well as for their postings on other students' websites. Cheerleaders must use caution in maintaining appropriate social media communications, especially in the areas of, but not limited to, inappropriate language (abbreviated or alluding to), pictures, suggestive poses, clothing, and reference to sex, illegal or illicit activities, alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the principal and sponsor. Cheerleaders who violate conduct expectations may be subjected to disciplinary consequences by the sponsor and principal, including suspension from cheering up to removal from the squad.

Attitude

All squad members must be enthusiastic, positive, and demonstrate good manners. Any disrespect or insubordination toward coaches/sponsors will not be tolerated. At the coach(es) discretion, a participant may be removed from a function for such behavior. The coach(es) will then assess the appropriate discipline as set forth in the "Discipline Management" section of this constitution.

Dependability

All squad members must be reliable and dependable, and must demonstrate a desire to participate at all required functions and/or projects that promote school spirit. If a squad member signs up to attend an optional function or activity, he/she will be held accountable to attend.

Student Handbook and Student Code of Conduct

All participants must adhere to the guidelines set forth in the Student Handbook and the Student Code of Conduct, as well as this Cheerleader Constitution, at all times, both on and off school property.

Removal from Squad

Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryouts without written approval from administration. Areas to be reviewed will include but are not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, attendance, etc.)

Students who have been removed or who have voluntarily quit retain no rights to team awards, letters, recognitions, etc., which are received after dismissal, although they may have accrued over the duration of the school term. Students who are removed or who voluntarily quit the cheerleading squad lose all privileges associated with cheerleading membership, including attending cheerleading only events, using cheerleading facilities, and wearing cheerleader attire.

PARTICIPATION REQUIREMENTS

Constitution Knowledge

After the squad has been selected they will be required to score a 100% on a test over the SCUC ISD Cheerleading Constitution. A squad member will not be eligible for cheerleading camp until a score of 100% is met. The test may be taken multiple times to meet this standard. Students will be given multiple opportunities for reteaching and retesting the material, including both written and oral examinations to exhibit mastery. The goal is for the squad members to know and understand what is expected of them daily.

Camp Requirements

All squad members must attend the designated summer camp.

Camp dates will be determined after tryouts and after the school calendar for the following year is approved.

Cheer Activities

Junior High Cheerleaders will attend the following as designated by the coach and administrator:

- Football games
- Home basketball games as designated by the coach and campus administration.

Competition

SCUC ISD Junior High Cheerleading squads will not participate in cheer competitions.

Activity Attendance

All squad members must attend all designated activities. Activities include but are not limited to games, practices, pep rallies, meetings, community functions, service projects, and fundraisers. All squad members must arrive at the designated time and be dressed in the appropriate uniform and accessories specified by the Coach(es) for that event. Failure to attend activities will result in appropriate discipline as set forth in the "Discipline Management" section of this constitution.

Practice Requirements

All squad members must attend scheduled practices throughout the entire year. Squad members not fully participating at practices may be sent home and /or removed from routines and performances. Absences from practices may result in removal from routines and performances. Practices will be closed to the public.

Absences and conduct at practices will be handled according to the "Discipline Management" section of this constitution.

Tumbling

Junior High cheerleaders will not be required to tumble. At the coach's discretion, students with previous tumbling training and experience may be allowed to tumble.

Absences

Attendance is mandatory for ALL cheerleading functions.

Excused absences include such occasions as illness, school related absences, death in the family, and family functions cleared with the coach. These are considered "special circumstances." The coach(es) must be informed of the potential absence as soon as the cheerleader is aware of the activity that will be missed. Deaths in family will be handled individually by the coach(es).

Unexcused absences will be handled according to the "Discipline Management" section of this Constitution.

Three unexcused absences or 9 total absences of practice, class, and/or events may subject the participant to removal from the squad.

Squad members must attend all practices the week before a designated activity. Failure to attend a practice may result in a squad member being benched for that week's activities.

Grade Requirements

All cheerleaders and mascots are required to maintain passing averages in all classes. The "No Pass, No Play" rule does apply. UIL eligibility requires the following:

The student must be passing all classes at the 1st six-week grade report. If the student is failing one or more classes, he/she will be placed on scholastic probation for three weeks, during which he/she cannot attend any function or performance. Eligibility can be regained after three weeks of probation if he/she is passing all classes. The student will have the opportunity to regain eligibility at the end of every three-week grading period.

Beginning with the 1st nine-weeks grading period, scholastic probation may only occur when grades are reviewed at the end of the official nine-week grading period. Eligibility can be regained after three weeks of probation if he/she is passing all classes. The student will have the opportunity to regain eligibility at the end of every three-week period.

Grades will be checked during each grading period.

Once a squad member has become ineligible, grades will be checked every three-week grading period to verify eligibility.

If a cheerleader is ineligible for any two consecutive 9-week periods, he/she will be dismissed from the team, regardless if the member regained eligibility during the nine-weeks.

Ineligible participants are required to attend practices and dress out during class unless the coaches approve the absence from the practice ahead of time.

Ineligibility does not satisfy disciplinary loss of cheer privileges. Disciplinary actions will be resumed once a participant becomes eligible.

EXPECTATIONS

Uniform

The coach will designate which parts of the practice and game day uniform will be worn to each function. Cheerleaders may not wear any part of the uniform other than the designated items.

All uniform parts must be readily available in the event of weather changes. Additions and/or substitutions to the uniform will be made only for special circumstances, and those changes will be made by the coach.

Uniforms must be appropriate to wear to functions. Uniform skirts/shorts should not be too short, uniforms should not be too tight, and uniforms should fit each cheerleader. Coach(es) may deem a uniform unfit for a cheerleader.

Members should never wear their uniform to any event that is not a cheerleading event.

Care for the uniform is the sole responsibility of the cheerleader. The cheerleader will incur the cost of any lost, stolen, or damaged uniform.

The following items are not appropriate when in uniform unless otherwise decided by coach(es):

- Jewelry, including body piercing jewelry even if it is not showing
- Homemade jewelry such as necklaces, bracelets, anklets
- Sunglasses
- Flip flops/sandals and/or other non-cheerleading shoes
- Pajama pants
- Sweatshirts
- No visible tattoos
- No visible body piercings (other than ears)
- Excessive make up at the coach's discretion

Failure to comply with the uniform rules will result in removal from the activity, and the appropriate discipline will be assessed as stated in the "Discipline Management" section of this Constitution.

DISCIPLINE MANAGEMENT

Anyone sent to ISS or given out of school suspension for any reason will be subject to the following actions:

- First Offense – Benched for next calendar week and Principal/Coach Review, placed on probation for duration of school year.
- Second Offense – Benched for next calendar week, Principal/Coach Review, placed on probation for duration of school year
- Third Offense- Removal from squad

Students assigned to the in school suspension (ISS) or given out of school suspension may not perform, wear the cheerleader uniform, or practice with the squad while in ISS or while suspended, plus one calendar school day.

Any member who is expelled from school will be removed from the cheerleading squad for the remainder of the school year.

Any member placed in the Alternative Education Program will be removed from the cheerleading squad for the remainder of the school year.

The possession and/or use of alcohol, tobacco, and illegal drugs are expressly forbidden at all times and will not be tolerated. Any member failing to abide by the rules set out in this Constitution and all published school rules relating to conduct, possession and/or use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the sponsor and principal. Dismissal from the squad may

result from that review, and will result if the student receives placement in the DAEP or is expelled. A second alcohol or tobacco infraction will result in the immediate dismissal from the cheerleading squad.

Three unexcused absences or 9 total absences of practice, class, and/or events will subject the participant to removal from the squad.

“3 Strikes—You’re Out”

Members of the squad (including mascots) will be allowed 3 discipline strikes in the following areas. When a member receives 3 strikes he/she will be removed from the next function, pep rally, or game.

When a cheerleader has been removed from 3 functions, pep rallies, and/or games he/she will be subject to removal from the squad upon review by administration.

Discipline at practices will be handled by the coach(es) at the practice by Opportunities for Improvement (OFIs). “3 Strikes--- You’re Out” applies to practice discipline also.

The coach(es) will keep a record of all disciplinary incidents and OFIs at practices and events.

1 Strike Offenses:

- Food on track during a game
- Failure to wear specified piece of uniform or incomplete uniform
- Failure to follow instructions
- Disrespect to a coach and/or administrator
- Unsportsmanlike conduct during an event
- Failure to bring equipment or supplies to practice or an event
- Public display of affection or talking to friends during an event
- Being late to any event
- Returning late after halftime
- Wearing jewelry during an event
- Wearing hair in an inappropriate way
- Not turning in money or other required materials by the deadline
- Chewing gum at any event
- Use of cell phone during practice or an event
- Inappropriate posting on a website including all elements of social media
- Cussing, inappropriate language
- Inappropriate actions/gestures
- Any other actions deemed inappropriate by the coach or administrator

2 Strike Offenses:

- Missing or not participating in an event
- Any unexcused absence from practice or event.
- Refusing to cheer or participate at an event
- Insubordination or non-compliance to coach(es)
- Bullying
- Discipline referral to office by teacher or other school employee
- Any other actions deemed inappropriate by the coach or administrator

3 Strike Offense:

- Any unexcused absence from an event with no prior notice to the coach or administration.

All cheerleaders must follow the Student Code of Conduct, Student Handbook and this Constitution at all times, both on and off school property.

CONCERNS

Any member or parent who has a concern must follow a chain of command to resolve any concerns with the coach or organization.

1. Coach
2. Vice-principal assigned to cheerleading
3. Principal

PHYSICAL FITNESS

All squad members must have a current UIL Preparticipation Physical Evaluation-Medical History form completed by a doctor on file as a part of their Application Packet which must be delivered to the coach prior to tryout. The Preparticipation Physical Evaluation-Medical History form is valid for one calendar year from the date of issuance. **If a squad member's Preparticipation Physical Evaluation-Medical History form expires during the cheerleading year, the squad member must submit a new, current Preparticipation Physical Evaluation-Medical History form before he/she will be allowed to participate.**

If an injury does occur during the year, and the squad member is under a physician's care for that injury, he/she must have a doctor's release before he/she will be allowed to participate.

When a squad member is incapable of fulfilling the physical requirements of being a cheerleader, he/she will not be allowed to cheer at games or wear the uniform. Instead, he/she will be allowed to wear other cheerleading clothes as designated by the coach(es) and sit on the sidelines.

Insurance

All team members must carry school insurance, or have proof of personal insurance and a signed waiver (signed by his/her parent/guardian) on file.

FINANCES/TRANSPORTATION

Since participation in cheerleading is voluntary, cost for uniforms, camp fees, materials, workshops, physical exams, etc. shall be the responsibility of the student and his/her parent or guardian.

Financial Deadlines

Money for camps, camp wear, and uniforms must be turned in at the required deadline dates. If an individual cannot meet the deadlines specified, the individual must work out a payment plan with the coach PRIOR TO the due date. Failure to make timely payments may result in probationary status or suspension and could lead to dismissal.

Fundraising

Fundraising is done to raise money for the entire group. Money raised from fundraisers is raised for cheerleading squad expenses, and is not intended for individual cheerleader expenses. Money earned from fundraisers will be placed into the general cheerleading account and is not the cheerleader's own personal money. Any fundraising money left over after a cheerleader leaves the squad or graduates, will remain in the general cheerleading account.

VETO CLAUSE

Since the coach is directly responsible to the principal for the welfare of this organization, he/she shall have the authority to make any decisions necessary for the welfare of the organization. Any action that needs to be taken concerning a situation not covered by this Constitution or, in extreme cases, in opposition to stated policies will be the responsibility of the coach(es), with consultation of the administration.

Schertz-Cibolo-Universal City Independent School District does not discriminate against any student on the basis of sex, race, creed, or financial status in the educational programs of extra-curricular activities, which it operates.

**PERMISSION AND PLEDGE
CHEERLEADING CONSTITUTION AGREEMENT**

I, (please print) _____, have read this Cheerleading Constitution, and if I am selected for the cheerleading squad, I will adhere to all rules and regulations specified by the Cheer Coach(es), this Constitution, the Student Handbook and the Student Code of Conduct, both on and off school property. I will accept the responsibilities of being a representative of my school. I understand that if I am selected for the cheerleading squad, I must make 100% on the examination covering this Constitution before I will be permitted to attend summer cheerleading camp.

STUDENT SIGNATURE: _____

DATE _____



I grant permission for my child to participate as a 2020-2021 Cheerleader. I accept the financial responsibilities of my child's participation in the cheerleading squad, I have read this Cheerleading Constitution, and I understand the rules which will govern my child. **I agree to release, discharge and hold harmless the District, its Trustees, employees, and agents, in their official and individual capacities, from all claims for personal injury or property damage arising out of or in any way related to my child's participation in cheerleading while enrolled in SCUCISD.**

PARENT/GUARDIAN PRINTED NAME: _____

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

TELEPHONE: _____ (Cell)

_____ (Home)

_____ (Work)

Email (please print): _____