

# Killeen High School Cheerleading Constitution, Rules, and Procedures

## A. PURPOSE

The purpose of this organization is to promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs, and to develop positive relationships between the community and school during athletic events. The organization's goal is to work in harmony with the administration, faculty, band, athletic teams, and other school organizations.

## B. ELIGIBILITY

1. Candidates will attend a mandatory pre-tryout informational meeting accompanied by a parent/guardian.
2. A candidate must be a rising freshman, sophomore, junior, or senior to be eligible for a junior varsity or varsity position.
3. A candidate must meet eligibility requirements set in place by UIL policy.
  - a. Two periods of UIL ineligibility will result in automatic dismissal from the squad. b. These two periods do not have to be consecutive.
4. A candidate must obtain an annual physical before tryouts. Athletes are required by UIL to have a new physical prior to their 9<sup>th</sup> and 11<sup>th</sup> grade year.
5. Each candidate must turn in a parent permission form.
6. Each candidate **MUST** be enrolled in the cheerleading class in the fall and spring following tryouts.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## C. MEMBERSHIP

1. The entire varsity squad will cheer at pep rallies, football games, basketball games, and all play-off games.
2. The entire JV squad will cheer at home Freshman or JV football games, JV basketball games, select play-off games and select Varsity games.
3. The competition squad will consist of cheerleaders selected by the coaches on the basis of their skill, performance, attitude, commitment, and other necessary qualities.
4. Cheerleading season begins the day of the parent meeting following tryouts and ends the day of the cheerleading banquet.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## D. ATTENDANCE REQUIREMENTS

1. Cheerleaders are required to attend summer camp as most new material that is used during the year is learned during this time. This is a **MANDATORY** event. If you do not attend, your spot will be forfeited. All Cheerleaders may not leave summer camp with anyone at any time unless approved by the Coach.
2. Cheerleaders must participate in all summer activities (practice, strength camp, and fundraising) unless preapproved by coaches.
3. Cheerleaders are required to attend all practices or meetings called by the coaches.
4. Cheerleaders are required to attend and assist in fundraising activities.
5. Cheerleaders must be in attendance all day at school or have a pre-approved excused absence in order to be eligible to participate in a game or performance that day or night.
6. Cheerleaders must attend the last scheduled practice before a game, performance or event.
7. Senior cheerleaders must attend all parts of cheerleader tryouts and will be responsible for teaching the tryout material to the new cheer candidates as their final duty on the team.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

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## E. ABSENCES

1. Excused absences are: death in the family, medical illness or injury (requires doctor's note if more than two consecutive events are missed), doctor/dental appointment (notify coach, in writing, **1 week prior** and doctor's note must be turned in **within 2** days of missed event) and curriculum based school activities (notify coach, in writing, **1 week prior** to missed event). If two or more events are missed without a doctor's note, the absences are unexcused. Emergency situations will be taken into consideration on a case-by-case basis. All vacation absences during the summer must be in writing and turned in to the coach, 1 week prior to absence. The coach has discretion on whether this absence is excused.
2. Unexcused absences are defined as absences for work, vacation, non-UIL involvement, being 20+ minutes late, etc.
3. Excessive absences will not be tolerated. Action taken will be at the discretion of the coaches.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## F. TRYOUTS

Cheerleaders will attend a mandatory tryout clinic in the spring in order to tryout. The coaches and the principal will decide whether or not to participate in a campus held fall tryout. This decision will be made depending on the need for additional squad members. Any cheerleader who tries out in the fall, **must** be brand new to Killeen Independent School District.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## G. DRUG TESTING

Killeen Independent School District has a drug policy in effect and we are required to follow this policy. Papers regarding this policy will be handed out separately at the beginning of the year and must be signed. You will not be permitted to cheer unless there is a signed form on file with the athletic department. Drug testing may be administered at anytime without warning. Any member testing positive for illegal drugs will be dismissed from the squad.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## H. GUIDELINE FOR CHEERLEADERS

1. Expected behaviors
  - a. If a cheerleader misses a game or practice, it is his or her responsibility to find out what was missed as well as get any paperwork that was handed out at that practice.
  - b. Turn in permission slips, grade sheets, and all financial obligations promptly. c. Everyone is expected to help to clean up after each game.
  - d. All junior varsity cheerleaders will sell programs, if needed, and help set up at home varsity games.
  - e. All varsity cheerleaders will be assigned to decorate the locker room the night before or the day of football and basketball games.
  - f. During practices, games, and performances cheerleaders will stand at attention. As a sign of respect and courtesy, all team members will be quiet when a coach is talking.
  - g. In the event of an injury, a doctor's note is required to explain limitations. An injured cheerleader is expected to attend all practices and games.
  - h. **Killeen High School Cheerleading takes precedence over non-UIL club activities.**

# Killeen High School Cheerleading Constitution, Rules, and Procedures

## 2. Appearance

- a. Uniforms and shoes should be kept clean at all times. Uniforms should be washed after every performance.
- b. No jewelry will be worn during games or practices.
- c. Nails must be kept trimmed to a natural length at all times due to stunting safety. Natural nail colored nail polish will be accepted at games and events. Pink will only be allowed during the month of October.
- d. No excessive make-up is allowed. A natural and wholesome look is desired.
- e. Hair must be pulled up to the crown of the head during practices and games. All bangs will be pulled back. Coaches will assist with any necessary hair maintenance.
- f. Unnatural color of hair is **not** permitted.
- g. Visible tattoos will not be permitted.

## 3. Squad Rules

- a. Be an asset to the squad. Do not speak negatively about fellow cheerleaders or behave in a manner that causes disharmony to the squad.
- b. Be able to accept constructive criticism from coaches and/or squad members.
- c. Uniforms are to be worn **only** at games, pep rallies, and competitions. Uniforms should not be worn in the community unless approved by the coaches.
- d. Cheerleading uniforms/clothing are to be worn **only** by the cheerleader.
- e. Cheerleading notebooks are to be brought to class/practice daily and kept updated. They will be provided by the coach. Cheerleaders are responsible for any and all changes.
- f. Cell phones are not to be used during practice or games unless explicit permission is given from the coaches.

## 4. Game Rules

- a. Cheerleaders will arrive at the time designated by the coaches for all games. Unexcused tardiness will result in consequences issued by coaches.
- b. No eating, drinking, or gum chewing while cheering. c. No sitting in the student section during half-time.
- d. Cheer and spirit by jumping and smiling at all times while the team is on the field or the court.
- e. Take care of all personal needs during half time. f. Be respectful to visiting cheerleaders and fans.
- g. No conversations with crowd while cheering.
- h. Be familiar with the rules of football and basketball.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## I. SELECTION OF KHS CHEERLEADERS LEADERSHIP TEAM

1. The Varsity and Junior Varsity squads may have captains. A captain should have excellent leadership abilities, positive attitude, peer respect, excellent cheer abilities, and general knowledge of cheerleading.
2. The Varsity captain must have a minimum of one-year of Varsity cheerleading experience. Seniors will be expected to assume additional responsibilities and to provide leadership for other squad members.
3. Selection process includes writing an essay, peer vote, creating and teaching their own cheer, putting together a leadership binder, physical try-out score (April 2016), and coaches' vote.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

# **Killeen High School Cheerleading Constitution, Rules, and Procedures**

## **J. DUTIES AND RESPONSIBILITIES OF THE LEADERSHIP TEAM**

1. The captains will be responsible for the following:
  - a. Setting an example for the rest of the squad by following all rules and regulations for the cheerleaders. A captain will set an example by always being willing to do his/her share.
  - b. Working closely with all senior squad members. c. Being at practice before the rest of the team.
  - d. Leading warm-up activities.
  - e. Being responsible for having all necessary supplies ready for practice (CD player, music, etc....)
  - f. Being responsible for starting the phone tree, when needed.
  - g. Selecting cheers and chants for games and pep rallies.
  - h. Being responsible for contacting visiting cheerleaders at the beginning of a game.
  - i. Acting as a peacemaker. Showing no partiality within the squad and bringing unresolvable problems to the coaches.
  - j. Coordinating the painting and hanging of signs.
  - k. Organizing pep rallies with coaches, band director, and administration. l. Coordinating spirit-raising activities and team bonding events with coaches' approval.
  - m. Keeping the crowd cheering positively during the games. Discouraging booing and negative cheering by starting a positive cheer.
  - n. Keeping cheerleaders in formation during practices, games, rallies and events.
2. In the event the captain cannot perform his/her duties, the coaches will assign another cheerleader to fill in until the captain returns.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## **K. TRANSPORTATION**

1. Each cheerleader is responsible for securing transportation to the high school/KLSS for JV/Freshmen games, JV home basketball games, and Varsity home basketball games.
2. Transportation to away Varsity football games will be initiated at the school.
3. Cheerleaders must ride the bus after the game/performance with the squad unless a parent note is given prior to leaving KHS. Cheerleaders need to be picked up from the school no later than 15 minutes after being released from their duties.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## **L. PURCHASE AND CARE OF UNIFORMS**

1. The school will purchase all uniforms. All items purchased by the school will remain the property of the school.
2. Any damage done to the uniform must be paid for by the cheerleader. Any uniform damaged beyond repair must be replaced at today's cost.
3. The cheerleader is responsible for any pre-approved alterations by the coach and all upkeep of uniforms.
4. The cheerleader is responsible for returning all uniform pieces cleaned at the end of the season.
5. All uniforms and materials not paid for by the cheerleader will be returned to the coach before tryouts for the following year.
4. Cheerleading jackets, t-shirts, and warm-ups are the only part of the uniform that may be worn when not cheering during a game or event.

# **Killeen High School Cheerleading Constitution, Rules, and Procedures**

5. Cheerleading shoes are not to be worn as casual shoes and should be worn for practices, games, pep rallies and competitions only.
6. Cheerleaders understand that uniform parts or pieces are subject to being switched upon coaches' discretion.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## **M. CONSEQUENCES**

These guidelines are in place to ensure that the squads will be the best in appearance, attitude, and performance. When one cheerleader fails to abide by the guidelines, the entire squad suffers. Therefore, consequences will be administered for behavior that does not comply with the guidelines using a deduction system. Consequences are at the coaches' discretion and may include additional duties, benching from performance or game, probation, or dismissal from the squad. Please see the attached document on the Merit/Demerit System for additional information.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## **N. DISMISSAL**

Dismissal from the squad may include but is not limited to the following offenses:

1. Accumulation of disciplinary problems or 20 demerits.
2. Two periods of UIL ineligibility, consecutive or not.
3. Conduct unbecoming of a cheerleader, which reflects upon the reputation of the school and the squad.
4. Repeated insubordination to the coaches or school personnel.
5. Out of school suspension or assignment to alternative school.
6. Conduct punishable as a felony or Class A or B misdemeanor on campus.
7. Using and/or possessing controlled substances (tobacco, alcohol, or illegal drugs) on campus.
8. Failure to fulfill financial obligations.
9. Violation of campus rules, the Student Code of Conduct, or KISD Spirit Constitution

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## **P. GRADES AND AWARDS**

1. Grades will be based on dressing out, daily participation and attendance, and cheer performance tests and exams, to include games and community events.
2. Cheerleaders who have completed the required duties will be eligible for awards.
3. Varsity cheerleaders will be awarded letterman jackets after their duties have been successfully completed. The coaches will present jackets at the end of year banquet.

\_\_\_\_\_ member initial

\_\_\_\_\_ parent initial

## **Killeen High School Cheerleading Constitution, Rules, and Procedures**

I have read and agree to the above expectations, rules, and consequences of being a Killeen High School cheerleader.

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Student Signature/Printed Name

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Date

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Parent Signature/Printed Name

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Date