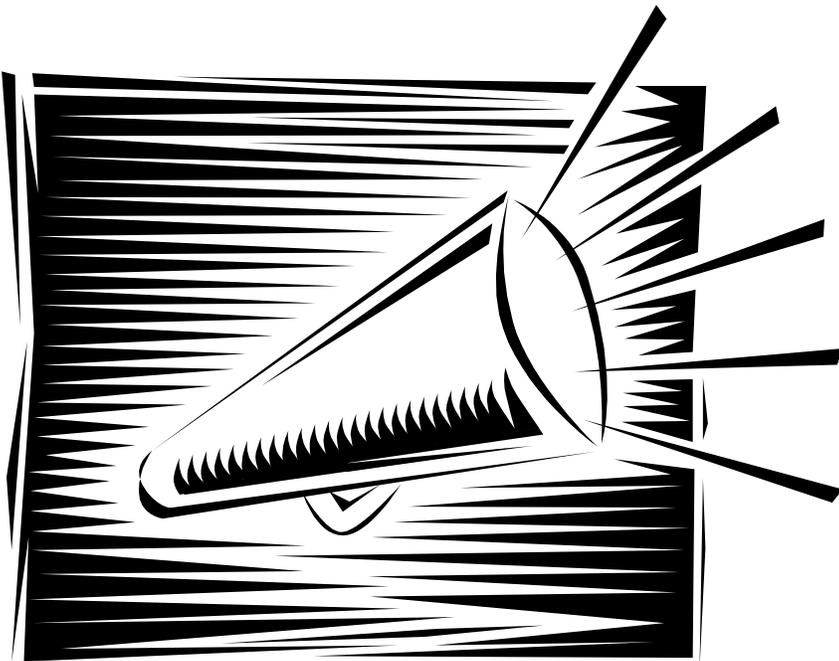


Northwest Independent School District

Middle School Cheerleading Constitution and Guidelines



Chisholm Trail Middle School

Gene Pike Middle School

Medlin Middle School

Tidwell Middle School

Wilson Middle School

2016-2017

NORTHWEST INDEPENDENT SCHOOL DISTRICT CHEER GUIDELINES

ELIGIBILITY

1. The cheer squads will be open to all 6th and 7th grade students, at the time of tryouts, who wish to tryout.
2. All candidates must be students of Northwest ISD at the time of tryouts.
3. A candidate must not have been academically ineligible for any two or more grading periods during the current school year.
4. A candidate must not have been absent (without making up those hours) for more than 10% of the school days in the school year.
5. A candidate/cheerleader with current injuries must provide a doctor's release in order to tryout/practice/perform.
6. Candidates are expected to attend the tryout workshop(s) in order to learn the tryout material. Attendance is expected but not mandatory. Failure to participate in the workshops could hamper the candidate's ability to learn the material used for judging at the tryouts, and therefore, could impact their ability to be selected to a squad.
7. All cheerleaders must have a current physical on file prior to participation.

RULES AND REGULATIONS

1. GAMES/PEP RALLIES
 - a. Parents are responsible for transportation from home games and events. Parents must pick up their cheerleader within 10 minutes of the end of an event or game.
 - b. No student will cheer on more than one evening each week.
2. PRACTICES
 - a. Practices will be held regularly as planned by the sponsor and must be attended by the cheerleader unless excused by the sponsor.
 - b. Absence from the last practice preceding a pep rally, game, or performance may forfeit that cheerleader's performance. (Unless excused by the sponsor and proficiency in current cheers are demonstrated).
 - c. Practice time will be used wisely
 - d. All cheerleaders must have and show respect for any person in charge of practice.
3. CONDUCT DURING GAMES, SCHOOL FUNCTIONS OR WHILE IN UNIFORM
 - a. There will be no outsiders on the field or court: Cheerleaders will not interact with friends/boyfriends/girlfriends during a game or performance.
 - b. All school and district rules are in effect.
 - c. Proper conduct and good sportsmanship are expected at all times.
 - d. Conducting yourself in such a manner that will bring discredit to the school will result in disciplinary action, suspension and/or removal.

- e. There will be no electronic devices used at games, pep rallies, or practices unless approved by the sponsor.
 - f. Students must adhere to the guidelines of the NISD Student Code of Conduct and the Extracurricular Code of Conduct at all times. These documents apply at all times.
4. UIL/NO-PASS ELIGIBILITY FOR EXTRA-CURRICULAR PARTICIPATION
- a. All UIL and No-Pass, No-Play rules and regulations are applicable to all students involved in cheerleading in the Northwest ISD.
 - b. Students ineligible due to grades may participate in team photos, uniform fittings, social events (anything considered as a social activity).
 - c. Students ineligible due to grades may not assist with any activity related to ineligibility: i.e. assisting the sponsor, training, teaching cheers, pep rallies, etc., other than during the regularly scheduled practice period.
 - d. Students ineligible due to grades may attend pep rallies but may not actually take part in leading cheers, participating in dance routines, etc.
 - e. Ineligibility due to grades and/or demerits for any two six weeks will result in removal from squad.
5. ATTENDANCE
- a. Attendance at school the entire day of a game is required in order to cheer that night, unless previous arrangements have been made with the coach/sponsor. Cheerleaders must be present at school the entire day following a night performance, unless the sponsor is notified by a parent or guardian before school. Failure to attend school with proper notification will result in suspension from one game or event.
 - b. When cheerleader is absent from school on a day of a cheerleading event, a **parent or guardian** must call or send a note explaining the absence to the sponsor. Failure to do so will result in demerits.

SQUAD GUIDELINES

- 1. All members will be required to follow all middle school cheerleading guidelines.
- 2. This squad will also be responsible for the optional competition guidelines.
- 3. If a performance cheerleader earns ten demerits she/he will be suspended and/or removed from the squad.
- 4. Conducting yourself in such a manner that will bring discredit to the school will result in disciplinary action (suspension and/or removal).
- 5. Students must adhere to the guidelines of the NISD Student Code of Conduct and the Extracurricular Code of Conduct at all times. These documents apply at all times.
- 6. All cheer events must be attended unless prior permission is granted by the coach.
 - a. All absences will require a parent/guardian to email the coach in advance.
 - b. More than one absence can cause the squad undetermined hardship, so absences need not to exceed one.
 - c. If there is an extenuating situation that arises, the coach must be notified and a decision will be made.
- 7. Since this is above and beyond the normal responsibilities of an cheerleader, dedication is required.

8. A spirit of cooperation, flexibility, and teamwork is mandated for this program to work. If this is not upheld, consequences may occur. Options: sitting out for a time, missing the next performance, and/or removal from the squad.
9. Being on time to each of the practices, competitions, or performances is required. If frequent tardiness occurs, performances could be withheld from the cheerleader and/or demerits given.
10. Uniform must be clean and presentable at all events. The uniform consists of designated poms, bow, shell, skirt, socks, briefs, and sport's bra.
11. Coaches may establish competition squads at their discretion. An additional tryout process and expenses may be required for participation.

UNIFORMS

1. All uniforms will be chosen and approved by the principal and sponsors.
2. Purchase of the uniform will be handled directly by the parent or guardian and the company supplying the uniforms.
3. Each student will pay the necessary uniform cost directly to the Company supplying the uniform by the scheduled deadline.
4. It is the cheerleader's responsibility to care for his/her own uniform. It must be clean and crisp for all performances.
5. Uniforms will be worn in school on game days and pep rally days and/or as determined by sponsor.
6. No additions or changes to the uniform may be made without the approval of the principal and sponsors.
7. Any student who is not a designated cheerleader seen wearing any cheerleader's apparel will result in that cheerleader receiving demerits.
8. Parent expenditures are not to exceed \$350.00 per year for a uniform. This does not include camp costs.

CAMP

1. Summer camp sessions will be offered during the summer.
2. Summer camp will be available which may extend up to three days of training.
3. Cheerleaders are required to attend a camp, unless absence is approved by the coach in advance.
4. All cheerleaders will be expected to demonstrate their knowledge of the material in order to perform in front of the group.
5. Cheerleaders will be expected to learn cheers, chants, arm and pom-pom movements, dances, and related material.
6. Additional summer practices may be scheduled.

GAMES/PEP RALLIES

1. Cheerleaders will cheer and perform at games at the discretion of the coach.
2. Parents are responsible for transportation to home games and events, at the discretion of the coach. Parents must pick up their cheerleader within 15 minutes of the end of an event or game.
3. If the game is not at a Northwest ISD site, then cheerleaders will not participate.
4. Cheerleaders will cheer and perform at Pep Rallies.
5. Cheerleaders will wear their uniforms at the games and to school on pep rally days and/or other days as determined by sponsor.
6. There will be no electronic devices used at games, pep rallies or practices unless approved by the sponsor

SKILLS

- A. Tumbling
 - 1. Tumbling skills will not be taught by NISD coaches.
 - 2. Coaches must be present for all tumbling.
 - 3. All tumbling skills and surfaces must individually approved by cheer coaches prior to performance.
 - 4. Twisting tumbling skills and beyond are not permitted at any time.
- B. Stunting
 - 1. Stunting and surfaces must be approved by cheer coaches prior to performance.
 - 2. Coaches must be present for all stunting.
 - 3. Stunting is limited to prep-level. Approval may be given for students to stunt beyond prep-level at the coach's discretion.
 - 4. All other stunting must follow UIL regulations.

TRYOUTS

- 1. All eligible candidates (see Section A) may tryout.
- 2. Tryouts are closed to the public. Candidates selected to the squad will be announced at a time following the tryouts.
- 3. A panel of three outside judges will be assembled to score each candidate during the tryouts.
- 4. Each candidate is eligible to receive points from each of the three judges.
- 5. The three judges' scores will be totaled to determine each candidate's *total score*.
- 6. All candidates will be ranked in descending order from the highest score to lowest score. The top 18 scores for each grade level will comprise each squad; 18 members for the 7th grade squad and 18 members for the 8th grade squad.
- 7. The judges' decisions are final.
- 8. All judging rubrics and scores will be shredded immediately after the scores are totaled and ranked at the tryout. The campus administration will only retain the candidate rankings for 5 school days following the tryouts. A parent/guardian may request to see their student's rank by contacting a campus administrator within the 5 day time limit. Please note: parents/guardians may only see their child's rank.
- 9. Mascot tryouts will be determined by the coach and campus administration.
- 10. The head cheerleader(s) and/or captain(s) will be determined by a process developed by the sponsor.
- 11. The results may not be appealed beyond the campus level.

Cheerleading Standards

Following any infraction of the guideline rules, demerits may be given by the sponsor. Five accumulated demerits will automatically suspend a cheerleader for the next event. While suspended, the cheerleader will wear their uniform, sit with the sponsor, and cheer along with fellow cheerleaders only in the stands. Ten accumulated demerits will suspend a cheerleader for the next two events. Fifteen demerits will permanently remove a cheerleader from the squad. Merits can be earned during the year to cancel out demerits. Merits and demerits will be given by the sponsor. The limit of merits is five, which will cancel out five demerits. Demerits may be given for summer activities as well as during the school year.

Demerits can be given for the following:

1. Excused absence from practice (i.e. illness, Dr.'s appointment) with proper documentation and notification.	0
2. Tardy to any cheerleading activity (less than 5 min.,)	1
3. Tardy to any cheerleading activity (more than 5 min.,)	2
4. Unexcused absence from a scheduled event	5
5. Failure to properly notify sponsor of absence from school/practice	2
6. Failure to wear proper attire for practice or game	2
7. Wearing jewelry while in uniform	1
8. Untidy uniform	3
9. Gum chewing while in uniform (including practice)	1
10. Unnecessary conversation with crowd, team, etc.	2
11. Uniform worn outside of cheerleading	2
12. Insufficient knowledge of cheers/chants at a game or pep rally	2
13. Arguing/uncooperative behavior with members of squad/sponsor	5
14. Improper display of affection while in uniform	3
15. Failure to assume a responsibility (bring permission slips, pompoms, signs, money, etc.)	3
16. Leaving during a game (without being excused)	5
17. Cutting classes or improper conduct in classroom (per incident)	3
18. Failure to be picked up within 10 minutes from a scheduled event	3
19. Assignment of Saturday school due to an office assignment	5
20. Assignment of ISS due to office referral	10
21. Any other office referral with less severe consequences (Warning, detention, etc.)	2
21. Unsportsmanlike conduct	5
22. Fingernail polish other than clear	2
23. Non-participation during theme days	2

Dismissal may result should the following behavior occur:

- a. Student receives in-school or out of school suspension, DAEP, or JJAEP
- b. Any violation of the NISD Extracurricular Code of Conduct.
- c. Commits another offense while on probation.
- d. After dismissal from the squad, there will be no refund for uniform, camp, or any other related expenses.

CHEERLEADERS

Cheerleading Judging Form

Date ___/___/___

Judge # _____

Cheerleader # _____

Categories	Individual	Percentage	Total
Spirit-Enthusiasm - Verbal - Physical		20%	
Jumps - Height - Form - Difficulty	Jump 1	5%	
	Jump 2	5%	
	Jump 3	5%	
Cheer - Motions - Memorization - Volume		25%	
Dance - Rhythm - Motion - Memorization		25%	
Tumble - Difficulty - Control		15%	
Total			

Points:

- | | |
|----------------|-------------|
| 0 not observed | 3 Average |
| 1 Poor | 4 Good |
| 2 Fair | 5 Excellent |

	Completed Grade Check Form
	Completed Teacher Recommendation Form

NORTHWEST ISD MIDDLE SCHOOL CHEERLEADER PARENTAL/CHEERLEADER CONTRACT

This Northwest ISD Cheerleader Contract signifies the following:

I/We allow my/our daughter/son to participate at all required events. (Athletic events, school functions, civic activities, etc.)

I/We understand that my/our daughter/son will be punctual to all cheerleading events, and he/she will be picked up no later than 10 minutes after the scheduled release time.

I/We understand that behavior unbecoming of a cheerleader such as immoral acts, stealing, smoking, drinking alcoholic beverage, fighting, skipping class(es), being disrespectful, or using illegal drugs will forfeit my/our daughter's/son's position on the squad.

I/We understand that my/our daughter's/son's grades and conduct in all classes must meet state and local requirements.

I/We understand that before a cheerleader is allowed to perform and/or represent his/her school at any given school or civic function, he/she must attend the required practices and be knowledgeable of his/her performance material.

I/We understand that a doctor's release note may be required for a cheerleader with an injury to dress out and practice or perform.

I/We understand that before a cheerleader is allowed to perform and/or represent his/her school at any given school or civic function, he/she must attend school the day of the event. In the event of an absence, I will notify the sponsor of the absence before the start of the school day.

I/We understand and accept that when equipment belonging to the cheerleader organization is issued to my/our son/daughter, we assume the responsibility for its return in useable condition.

We have read this information and the Northwest ISD Cheerleader Guidelines, and I/We give my/our permission to my/our son/daughter to participate in this organization. I/We are also aware and accept the authority of the Principal, Assistant Principal, and the sponsor over this group.

Parent Signature

Date

Cheerleader's Name _____

NORTHWEST ISD MIDDLE SCHOOL ATHLETE EMERGENCY INFORMATION

Please print

Athlete Name _____ Birthdate _____ Age _____

Parent/Guardian Name _____

Home Address _____

Home Telephone Number _____

Cell Phone Number _____

Father's Phone During the Day _____

Mother's Phone During the Day _____

In an emergency, if parents cannot be contacted:

Notify _____ Phone _____

Family Doctor _____ Phone _____

Preferred Hospital _____

Known Allergies _____

The team physician, trainer, and coach may apply first aid treatment until the family doctor can be contacted. Yes _____ No _____

We give our consent for coaches, trainers and team physician to use their own judgement in securing medical aid and ambulance services in case the parents cannot be reached. Yes _____ No _____

Date

Parent/Guardian Signature

Form must be completed and returned to coach/sponsor before athlete will be allowed to participate.