

Cheer Meeting 5/6/2017
Review of Highlights of the Alief ISD Cheer Constitution with Alief Middle School Cheer Expectations

Article 2 PURPOSE

1. To develop and maintain standards as a cheerleading squad.
2. To support athletic endeavors by participating in any sport event as required; to attend all games, playoff games; to participate in all parades, competitions, clinics or other activities required by the sponsors which may include activities scheduled on school nights, weekends, and holidays.
3. To promote an attitude of unity, pride, good sportsmanship, and spirit among all students, parents, and fans.
4. To support the faculty and administration.
5. To increase and develop character, leadership, and responsibility.
6. To work on all projects sponsored by the cheerleaders.
7. To represent their respective middle school on and off campus at all times.

Article 5 PERFORMANCE/PRACTICE REQUIREMENTS

1. Pep Rally Requirements: A member is eligible for all pep rallies and games with the following exceptions:
 - a. **She does not pass weekly/performance try-outs.** (A member will be chosen on memory, skill, stunts, precision, showmanship by the directors)
 - b. She is absent any day of practice for that week's performance (including pep rallies) unless given approval by the director (i.e. death in the family, member ill with doctor note, birth in the family)
 - c. She is absent on the day of the performance try-outs. Member will have to schedule a tryout if completed in a timely manner.
 - d. She has more than one unexcused tardy (or unexcused early departure) during the week of the performance.
 - e. If a student is absent the day of a performance due to illness, she must have a written doctor's release to perform.
2. Any member who is not chosen for a performance is still required to attend all practices and the actual performance. The routine may be used in another function so you will still be required to learn the materials.
3. **A member is excused from a performance or practice if:**
 - a. There is a death, birth, or wedding in the family.
 - b. The member is ill. (a doctor's note must be brought in if the performance is to be excused)
 - c. All planned excused absences must be brought to the director's attention **one week prior** to the event. This includes any other school activities he/she may be involved in.
 - d. She is absent any day of practice for that week's performance unless given approval by the director (i.e. death in the family, member ill with doctor note, birth in the family). If a cheerleader is absent the parent/cheerleader must call the directors the day of the absence.
 - e. She is absent on the day of the performance try-outs.

- f. She has more than one unexcused tardy (or unexcused early departure) during the week of the performance.
- g. If there is a doctor appointment that conflicts with practice, a doctor's note denoting illness must be submitted. The director schedules all practices. Times and dates are subject to change.
- h. Regularly scheduled appointments or check-ups (ie. Doctor, Dentist, Orthodontist, Immunizations) **must be submitted to the sponsor at least one week prior to date.**

4. Absences due to detention are considered unexcused. Leaving practice earlier than the scheduled time will result in an unexcused absence.

5. Athletic Activity Requirements:

- a. **ALL members are expected to attend all games.** When transportation is provided by the school, students must ride to and from any away games on the school bus.
- b. **Missing any day of practice without prior approval can and/or will result in removal from that performance.**
- c. No food, **gum** or drinks are allowed in practice or performance.
- d. No nail polish or **jewelry** is allowed.
- e. Expected behavior at any athletic activity is as follows:
 - aa. No talking to spectators or family during the game. (*Unless it is an emergency.*)
 - bb. No eating or drinking at the football games unless directed by sponsor.
 - cc. Family members are not allowed in the Cheerleading section with the members at any time. (*Unless it is an emergency.*)
 - dd. Cheerleaders may visit with **family members** during the break.
 - ee. Cheerleaders are expected to return from breaks **on time.**
 - ff. Coach/sponsor will specify break times.

Article 7 ATTENDANCE

1. Cheerleaders must be present and on time for all activities (listed below). **Total commitment to the squad is expected.** Excused absences must be approved (according to guidelines outlined in Article 5 Performance Requirements) in advance by a coach/sponsor.

Cheerleaders are required to attend all functions including but not limited to the activities listed below:

- Any cheerleading function assigned within UIL and Alief ISD Board Policy guidelines.
- All fundraisers
- All athletic events/games
- Tryout clinic
- Summer Camp
- Summer Clinic
- Parades, banquets, pep rallies
- School functions assigned by coach/sponsor

- Routine doctor, dentist, or orthodontic appointments are discouraged during regular practice schedule. Parents are encouraged to make appointments on other days as much as possible.

- All cheerleaders must report to all official cheerleader activities called by the head coach/sponsor. If a cheerleader is unable to attend due to illness, **the parent/cheerleader must call/text the sponsor PRIOR to the scheduled activity.** Personal illness or a death in the family are the only reasons for a cheerleader missing an official cheerleader activity unless discussed in advance as stated in Article 6 (Rules, Regulations, and Requirements). **Upon return, a cheerleader must present a parent note to the coach/sponsor.**

NOTE:

- Failure to adhere to the performance attendance rules will result in meeting with administrators to consider removal from the team after the second unexcused absence.

Article 8 RULES, REGULATIONS, AND REQUIREMENTS

UIL Requirements

1. The standard of academic eligibility will be determined by UIL policies. When a cheerleader becomes ineligible, she/he will have two consecutive chances to become eligible again. <Eligibility: Passing all classes at the eligibility check point date>
2. All cheerleaders must have a physician's physical on file prior to attending cheerleading camp. This is a UIL requirement. This document must be on file in order to participate in any sport.

Expectations of Cheerleaders

1. Cheerleaders must attend athletic events as required. This includes school functions.
2. Cheerleaders must attend all practices and exhibit positive attitudes and willingness to work.
3. Any other schedule outside of a school activity will be accommodated and excused if discussed with the coach/sponsor **at least two weeks** in advance. If you are selected as a cheerleader and you are involved in other major extra-curricular activities, you must work with **both** sponsors to come to a "shared time" agreement.
4. Cheerleaders must not commit the team to any activity without the advisor or principal's approval.
5. Cheerleaders are not to wear uniforms or act on behalf of their respective middle school without the advisor or principal's approval.
6. Cheerleaders **must dress out for each practice** unless they have a doctor's note.
7. Cheerleaders are **required** to ride in designated Alief ISD vehicles both to and from games or activities. Members are not allowed to ride with anyone else unless parent(s) notify and receive approval from the principal and coach/sponsor, in writing, two days prior to the trip. The note must be approved (signed and dated) by the principal in order to be accepted. Once accepted, the approved copy must be turned into the coach/sponsor.
8. Cheerleaders must be picked up from activities or events by the scheduled time or within a 30-minute time limit. After 3 tardies in excess of 30 minutes, parents will be referred to the campus administration and considered for removal from the team.
9. All cheerleader problems are to be taken care of and addressed with the sponsor. Any cheerleader who is continuously off task during practice or an activity will be immediately referred to the on duty campus administration.
10. A cheerleader must present a written excuse and/or parental contact to the advisor prior to the required activity if, for a valid reason, they will not be able to attend. Please refer to Article 7: **ATTENDANCE**.
11. Every cheerleader is required to submit a weekly grade check to the coach/sponsor for review. If a grade on the eligibility card reflects a grade below a "70" in a subject, the cheerleader must attend tutorials until improvement is shown. (*Ms. Polk checks grades every 3 weeks.*)

12. If at any time during the school year a member fails two grading periods, the director and/or administration may hold a parent conference to review further membership on the team.

Expectations of Squad

13. All pep rally chants, cheers, songs, skits, and talks must be approved by the coach/sponsor. A cheerleader who initiates any item not on the coach-approved agenda will be reprimanded through a discipline referral by administration in accordance with the severity of the offense. After attaining the status of Varsity cheerleader, the student must complete one full year of participation on the varsity squad in order to receive an award jacket. If a student has received an award jacket from another organization, only an award letter will be provided.

14. All posters and banners must be approved by the coach/sponsor. Any poster not approved will be removed and destroyed immediately.

15. If a cheerleader is absent or removed from school for more than one 9-week period; they will be eligible for cheerleading again on a probationary period until they regain their skills and techniques.

NOTE:

It is virtually impossible to cover every issue in the Constitution, therefore: All rules and regulations concerning cheerleaders are subject to coach/sponsor and/or school administration's discretion.

Article 9 DISCIPLINE

1. This organization will be governed by the Alief ISD Student Handbook and Student Code of Conduct for discipline. *Furthermore, the Alief Middle School Cheer Squad will follow the Demerit System.*

2. Any infraction as indicated in the student handbook could result in a referral, detention, SAC, or more severe consequences for more severe infractions.

3. If not dressed out in safe, appropriate attire by the time attendance is taken for the extra-curricular designated practice time (within the first 15 minutes), you will receive a tardy. (*Demerit Policy*) Excessive absences will result in demerits. (*Review demerit policy*)

4. Please refer to the Student Handbook and Student Code of Conduct for infractions and consequences. (*and/or Demerit Policy*)

5. The following will result in **immediate removal** from the cheerleading squad ***subject to administrator's discretion***:

- a. more than two discipline referrals, other than minor offenses, (i.e. tardies, gum chewing, etc...) that result in disciplinary action.
- b. more than two ineligible grading periods, not counting the time of the try-out.
- c. any school suspension (excluding SAC) or ALC assignment

6. If at any time during the year a member is not fulfilling the requirements, standards, or leadership expectations, the director and/or administration may hold a parent conference to review further membership on the team.

Team Rules and Reminders

Removal from the team**Refer to demerit policy!**

- Accumulation of 20 demerits.
- Frequent unexcused absences per semester.
- More than 2 unexcused absences from performances (this includes sporting events).
- Suspension/ CLC/ ALC Assignment
- Sitting out two games for behavior will result in a conference with an administrator to determine membership on the team. Reasons to be benched can include but not be limited to:
 - Disrespect to any Alief Middle School Staff Member (including Coach)
 - Disrespect to any Alief Middle School Cheerleader
 - Poor attitude and sportsmanship at practices and/or performances.

*For practice, you need to be in Ms. Polk's room by **4:15. NO EXCEPTIONS**. If you have tutorials, basketball etc, YOU MUST CHECK-IN with A COACH FIRST. **Don't call me, text me, or have a friend tell me where you are, I NEED TO SEE YOUR FACE.** The coaching staff is going to check in with the sponsor/coach/teacher to make sure you are with them. Arriving after 4:00 to practice will result in a tardy.

*Cheerleaders will not be forced to come to practice. If you don't want to come to practice and choose not to, you will receive an unexcused absence. If you miss practice during a performance week (which is typically every week), please refer to ARTICLE 7.

*Cheerleaders who are not in proper attire at practice/performances, including shoes, will be sent home and receive an unexcused absence. PLEASE MAKE SURE TO HAVE ALL CHEER ITEMS AT ALL TIMES. *Refer to demerit system for consequence.*

*If a teacher/administrator calls or talks to Coach Polk about any cheerleaders behavior that is NOT POSITIVE, *refer to demerit system for consequence.*

*If you miss working an assigned concessions shift, you will receive an unexcused practice absence. REMEMBER, the funds raised at concessions go towards banquet and other activities, etc. Your assistance is VITAL. *Refer to demerit system for consequence.*

***Other rules and infractions can be added, modified, and or removed at any time during the school year at the coaches and/or administrators discretion as we see fit for the team. Refer to demerit system.**