

## 17-18 Alief MS Cheer Demerit System

In order to keep disciplinary actions consistent for everyone, Alief Middle School Cheerleaders will abide by the following demerit system. Demerits will be distributed accordingly for any behavior that the coaches' feel is unacceptable. Please note that we may add or remove penalties throughout the year as necessary, but written notice will be given if a change is made. All merits and/or demerits will be recorded and dated in a notebook and/or electronically. **Demerits do not re-start at the end of the semester.** The following is a list of conduct unbecoming a cheerleader and the penalty assessed for each violation.

### CONDUCT AND APPEARANCE

### DEMERITS ISSUED

*Wearing jewelry at games or practice	1 (WR)
*Inappropriate dress/shoes (ex... revealing midriff /heavy shoes)	1 (IDS)
*Chewing gum while cheering/practicing	1 (CG)
*Having incorrect uniform for a game (Packing Messages Sent BEFORE game) (Coach must approve changes or additions once the game has started)	1 (IU)
*Insufficient apparel for practice (ex. forgetting shoes or shorts)	1 (IA)
*Letting non-cheerleaders wear anything cheer related	2 (NCG)
*Improperly caring for uniform/shoes	2 (+replace) (ICU)
*Display of physical affection in public (Hand Holding/Kissing/Long Embraces)	2 (PDA)
*Unsportsmanlike conduct (booing @ games/ being disrespectful to other team)	2 (UC)
*Talking to friends during practice or games without a coaches' approval	2 (TL)
*Talking on cell phone once activity has started without a coaches' approval	2 (CP)
*Inappropriate material posted on social media (if brought to coaches attention)	5 (or removal depending on content) (SM)
*Disrespect to any teacher/administrator/coach	5 (IS)
*Being assigned detention	3 (DET)
*Being assigned SAC for any length of time	5 (SAC)
*Fighting with a team member (in the event that two or more cheerleaders have a dispute that interrupts the productivity and cohesiveness of the team and the problem cannot be resolved, both team members will be removed from the squad)	5 and/or removal (FTM)
*Suspension (depending on reason)	15/ Removal (SUS)
*Being assigned CLC/ALC	Automatic Removal (CLC/ALC)

## PRACTICE AND PARTICIPATION

*Horseplaying	2 (HP)
*Dropping a flyer	2 (DF) + Physical Consequence
*Unexcused tardiness for a game/practice/other cheer event (“on time” to practice requires that the cheerleader checks in with coach no later than 4:00 PM and ready to stretch at the designated practice time. <u>not</u> texting or talking on a phone, <u>not</u> in the hallway, <u>not</u> putting on lotion, <u>not</u> putting on shoes, <u>not</u> talking to friends, <u>not</u> eating/drinking, <b>DRESSED AND READY TO GO AT 4:15</b> )	2 (TD)
*Failure to participate fully at a game/practice/or other cheer event	2 (LOE)
*Excessive talking while cheering	2 and/or benched (ET)
*Being late after half time	2 (HT)
*Not cooperating with coaches/officers/squad	3 (NT)
*Unexcused absence from practice	1 (UAP)
*Unexcused absence from a game/ or other cheer event	3 and benched or next game (UAE)
*Late pick up from practice/ game without notifying coach (30 mins.)	2 (LPU)
*Not fulfilling duties as officers	Removal as officer

## GRADES AND CLASS ATTENDANCE

*Acquiring a grade below 70 for the grade check (PR & RC Per Class)	1(FPR/FRC)
*Not attending school on game day at least $\frac{1}{2}$ of school day (Depending on situation)	Benched

## CONSEQUENCES FOR DEMERITS (to be completed at the end of practice/all must be executed properly)

- **1 DEMERIT - WARNING!**
- **2 DEMERITS** - 10 Toe touches, 20 Froggies, or 10 Stair Laps
- **4 DEMERITS** - 15 Toe touches, 25 Froggies, or 20 Stair Laps
- **6 DEMERITS** - 20 Toe touches, 30 pushups, and 25 Stair Laps
- **8 DEMERITS** - Warning Letter sent home to parents and sit out half the next game in uniform with coach.
- **10 DEMERITS** - Warning Letter sent home to parents and sit out the next game in uniform with coach.
- **15 DEMERITS** - **2 Weeks Cheer Probation** and meeting with cheerleaders and parents to review behavioral expectations. Cheerleader required to come to practice; sit out any event scheduled during that two week time period.
- **20 DEMERITS** - Removal from squad for the rest of the school year and must receive approval from coach in order to try out the next year if returning to campus.

## MERITS

If an individual reaches 10 demerits, he/she may make the demerits up by earning MERITS. **Only 10 merits can be earned per school year.** MERITS can be earned by doing any of the following:

- helping the custodians clean (3) Outside of cheer time.\*\* (3CC)
  - volunteer to assist teachers (2) (2VT)
  - community service (signed by person in charge and includes contact information of that person) (2) (2CS)
  - make school spirit signs (1) (1SS)
  - assist cheer coach when needed (2) (2AC)
  - working extra concession shift (2) (2EC)
  - perfect attendance per 9 week grading period (2PA)
  - honor roll per report card per 9 week grading period (3HR)
  - Assigned by coach for any behavior above and beyond expectations and volunteering with a school or community function. (2AAB)
  - Assigned by coach for an exceptional behavior observed by another teacher and reported to cheer staff. (1-3 Coaches Discretion) (#EBR)
- In order to get credit for the MERITS, the coach (es) need verification that you completed the task prior the next event you would cheer. If it is not a task the coach (es) are involved in, a note/documentation is needed from the person in charge and phone # or e-mail address is needed to explain that you completed the task.

Please review and keep a copy of this form for your records. Please sign and return the next page with your cheerleaders as an understanding and agreement to abide by these expectations. Given that the time spent with the cheerleaders are limited, it is imperative that it is utilized wisely and to ensure that all girls are safe. The Alief Middle School cheerleaders are expected not only to represent the school in a positive light, but the district as a whole. They are the leaders and role models amongst their peers on campus and in the community. They are expected to maintain satisfactory grades and conduct, as they are students before they are athletes. It is my belief that every cheerleader selected can be responsible to ensure that they abide the above rules.

**17-18 Alief MS Cheer Demerit System**  
***Acknowledgement Form & Agreement***

I, \_\_\_\_\_ along with my parent and/or guardian have read the **Alief MS Cheer Demerit System**. I listened very carefully while Coach Polk reviewed each consequence with the whole team and parents. Furthermore, I am aware that a copy of this system is available the cheer page. I understand that I can ask questions if I didn't understand any section of the system. I realize that earning demerits will hurt my team, since getting a certain number of demerits may result in my "sitting out" a game. I realize that we need everyone to cheer, so it would be very unfortunate if I had to sit out a game. It would also be very disappointing for me if I had to be removed from the team as a result of getting too many demerits. I am going to do my best as I have not only made a commitment to being a cheerleader, but I made a commitment to my parents, coaches, and teams. I will strive to finish this cheer season with "0" demerits.

Cheerleader Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Parent Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_