



CONSTITUTION OF CHEERLEADING

2020-2021

Langham Creek High School cheerleaders will serve as the primary support group to lead and direct spirit for athletics, special events, and activities. Members will encourage school pride, good sportsmanship and a positive image in school activities. Education is foremost in cheerleading and good personal conduct is not limited to the sidelines. Members will project an image of high standards, and morals for others to follow. Participation in the Langham Creek cheer program is a privilege and not a right.

Langham Creek High School Constitution of Cheerleading

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**LANGHAM CREEK HIGH SCHOOL CONSTITUTION OF
CHEERLEADING**

The intention of this document is to emphasize the key points in the Cypress Fairbanks Independent School District’s Cheerleader/Mascot Constitution and clarify policies specific to the Langham Creek High School Cheer Program. Each member will know and adhere to the following articles. All rules and regulations apply equally to cheerleaders and mascots. Any reference to cheerleaders will be deemed to also include mascots.

**ARTICLE I
PURPOSE**

The purpose of the cheerleading organization is to promote participation in and provide unified support for all athletic teams and student body of Langham Creek High School. The Langham Creek Cheerleaders should serve as a support group for the athletic program in the school and should play an important role in the administration of other activities and contests. The squad should strive to boost school spirit, promote sportsmanship, and develop good, positive crowd involvement. The Langham Creek High School Cheerleaders pledge their time and ability to creating and promoting loyal school spirit, encouraging quality performance, and high academic standards. Members will at all times maintain high moral and ethical standards.

**ARTICLE II
MEMBERSHIP ELIGIBILITY**

- Section 1** Langham Creek High School will follow all CFISD Cheerleader/Mascot Constitution guidelines regarding membership.
- Section 2** A Langham Creek Cheerleader must be able to freely give their time for any and all cheerleader activities throughout the year. A cheerleader’s involvement in any other school organizations, athletics, or outside jobs or activities, cannot at any time interfere with the responsibilities and duties of cheerleading.
- Section 3** Parents must be willing to assist their son/daughter in obeying all rules and regulations of the district, school, and organization without reservation.
- Section 4** **Requirements:** Prospective candidates must meet the following requirements:
- A. Prospective candidates for the cheer program shall be in grades eight through eleven, and be enrolled in their CFISD designated school prior to the mandatory pre-tryout meeting established by the campus. Records from previous schools must be on file with CFISD prior to tryouts.
 - B. Prospective 9th-11th candidates must have an overall grade average of 2.5 or better calculated for all grading periods period completed in the current school year prior to tryouts. Grade average will be determined on a four point system. There will be no distinction between grade point level of AP/K and ACA classes.

- C. Prospective candidates must have conduct grades of all S's and E's and no more than a total of two I's for all grading periods completed in the school year prior to tryouts.
- D. Prospective candidates must present a written statement from a parent or guardian granting permission to try out and acknowledging that the prospective candidate is physically able to try out without physical harm.
- E. Prospective candidates and their parents must sign a statement agreeing that, if elected, they will abide by all the rules and regulations governing cheerleaders and agree to pay for any expenses incurred by their student.
- F. Prospective candidates must personally participate in cheerleader tryouts.

Section 5 **Ineligibility:** Membership will be denied for the following:

- A. Receiving a U in conduct in any grading period completed in the current school year prior to tryouts
- B. Having two or more assignments to DMC
- C. Having been suspended
- D. Having excessive or unexcused absences
- E. Having been assigned to a disciplinary alternative education placement
- F. Having participated in any outside criminal activity or any act punishable by law

Section 6 **Mandatory Pre-Tryout Meeting:** Prospective candidates and at least one parent, or an adult representing each candidate, must attend and sign in at a mandatory pre-tryout meeting.

Section 7 **Returning Cheerleaders:** All former cheerleaders must submit completed paperwork, attend all mandatory meetings and tryout clinics, and tryout each year. No one can be automatically reinstated. Returning cheerleaders must be cleared of all financial obligations related to cheerleading equipment, fees, and the return of school-issued equipment in order to be eligible to tryout. Any returning cheerleaders who resigned or were removed from the squad for reasons other than grades or injury will be denied the opportunity to tryout.

Section 8 **Tryout Packet/Required Forms:** All prospective candidates must print, complete, and submit required forms prior to or by the designated date and time in order for a candidate to qualify for participation in tryouts.

Section 9 **Tryout Week Attendance:** Prospective candidates must attend the pre-tryout meeting, the tryout clinics, and tryouts in order to be considered for placement on squad. A candidate's involvement in any other school organizations, athletics, or outside jobs or activities, cannot at any time interfere with the responsibilities of cheerleading.

ARTICLE III
TRYOUTS

- Section 1** **Qualifications:** Each candidate must fulfill all membership requirements before she/he may be considered for a squad in the cheer program.
- Section 2** **Procedures:** Tryouts and the tryout area will be closed to all except cheercoaches, judges, the administration, and facilitators approved by administration. Failure to comply will result in the candidate's disqualification.
- A. Tryouts will be held during the spring semester of each school year.
 - B. Tryouts will be held before a panel of professional judges or coaches from established cheerleading associations or gyms.
 - C. Tryout scoring for the varsity and junior varsity squad will be based on the judges'/coaches' scores (80%) and class performance records (20%).
 - D. Squads will be determined using the philosophy of a natural break.
 - E. All tryout results are final and are not appealable.
- Section 3** **Tryout Week Attire:** Candidates' clothing and accessories must be void of any school, team, or club representation. Each candidate must wear the tryout t-shirt and shorts, tennis/cheer shoes, socks, and hair must be worn in a ponytail. On the day of tryouts, all candidates will wear solid black shorts, tryout t-shirt, white tennis/cheer shoes, and hair in a high ponytail. Tank tops, sports bras, Spanx/spandex (worn as shorts), and any other revealing clothing is not permitted. Jewelry of any kind may not be worn. Medical alert tags are not considered jewelry.
- Section 4** **Scoring:** Each candidate will perform one cheer, one dance, jumps, standing tumbling, running tumbling, and will spirit in and out. In addition each 9th - 11th candidate will be scored on their classroom performance as recorded by their teachers.
- A. Judges' Scores (80%) Incoming 9th Graders (90%)
 - a. Spirit Skills (10%)
 - b. Voice (10%)
 - c. Cheer (15%)
 - d. Jumps (15%)
 - e. Dance Skills (15%) or Males may choose to count the cheer score twice
 - f. Tumbling (15% - 10% standing, 5% running)
 - B. Classroom Performance Record (20% - 10% Grades, 10% teacher evaluations) incoming 9th graders (10% digital interview)
- Section 5** **Squads:** Up to 20 candidates can make Varsity, up to 14 candidates can make Junior Varsity and up to 12 candidates can make the Freshman Squad.
- A. Varsity Squad - The highest ranking candidates will be placed on the Varsity squad. These candidates must be promoted to the next grade level by the first day of the school year. Failure to obtain promotion by the first day of school will result in immediate removal from the squad.

- B. Junior Varsity Squad – The next highest ranking current freshmen and sophomores will be placed on the Junior Varsity squad. Juniors who do not meet the varsity scoring criteria will not be placed on a squad.
- C. Freshman Squad – The highest ranking incoming freshmen will be placed on the Freshman Squad per the CFISD Cheer Handbook.

Section 5 **Announcement of Squads:** The time, date, and location of the announcement will be established by the varsity cheer coach prior to the tryout. Announcement of squads will list the candidate number of those who made the squad. Candidates whose numbers are not listed did not make the squad. Candidate numbers will be listed in numerical order, not in order of score.

Section 6 **Alternative Tryout Process:** All candidates must be physically able to compete on the day of tryouts, or if eligible, on the alternate date. In the event a declared candidate for the current school year is seriously ill or injured and therefore physically unable to participate on the date set for tryouts, an alternate tryout date may be set by the coach. This date shall not be more than 10 school days from the scheduled tryout date. The coach may require a written statement from a physician confirming that a candidate is physically unable to compete on the regularly scheduled tryout date. The candidate must be physically able to participate on the alternate date in order to be considered for the next year’s squad. The candidate’s final score must meet or exceed the score of the lowest successful candidate from the regular tryout process in order to qualify for the squad. Any candidate who qualifies for the squad as a result of the alternate tryout process will be an addition to the previously declared size of the squad.

Section 7 **Vacancies:** Should a vacancy arise before cheerleading camp, the eligible candidate for the particular squad with a vacancy with the next highest score may be given the opportunity to fill the vacancy. Consideration will be given to the established campus break criteria. If the first eligible student does not desire to join the squad, the next eligible student may be asked until the vacancy is filled. If a vacancy arises during or after cheerleading camp, the position will not be filled.

ARTICLE IV
PARTICIPATION REQUIREMENTS

Section 1 **Cheer Season:** The cheer season begins the day a candidate is elected for a squad and ends the last day of the following school year. Failure to fully participate and attend all practices/events the entire cheer season may result in removal from the cheer program.

Section 2 **Participation:** Members are required to participate in all activities, in which the cheer program is involved, pending eligibility status. This is to include, but not limited to, summer camp, practices, scrimmages, regular season games, playoffs, state championships, pep rallies, competitions, fundraisers, community service, and all additional activities arranged by the coach.

Section 3 **Events During School Breaks:** All members are required to attend cheer camp during school break and practices/events during all school holidays as designated. Failure to attend all required events may result in removal from the cheer program. Schedules will be provided as early as possible and families are expected to plan family vacations and functions accordingly. Squad members will have a minimum four weeks off during the summer.

Section 4 **Competition:** Participation on the competition squad will be determined by the cheer coach based on the needs of the squad. Those that do not earn a position on the competition squad as squad members may be given the opportunity to be alternates. Members selected as alternates are considered true members of the competition squad and are held to the same commitments. Competition squads may attend 1-4 events, only under the supervision of the coach. Any member of the cheer program that quits the competition squad will be removed from the cheer program. Not attending competition practices and/or fulfilling the commitment to the competition squad may also result in being removed from the cheer program.

Section 6 **Cheer Class (excluding freshmen):** Cheer class is mandatory for all members. Any members electing to be removed from the squad will be removed from the cheer class. Any members removed from the cheer class three or more weeks after the beginning of the semester will be placed in a physical education class for the remainder of the semester.

Section 7 **Mandatory Participation:**

- A. Summer cheer camp
- B. Practices
- C. Cheer class (excluding Freshmen)
- D. Pep rallies
- E. Spirit days (attire, activities, etc.)
- F. Football games
- G. Volleyball games
- H. Basketball games
- I. Playoff games & championship games (schedules determined by UIL)
- J. Sporting events for baseball, cross-country, golf, soccer, softball, swimming, tennis, track, volleyball, and wrestling, as determined by the cheer coach
- K. Competitions and competition practices
- L. Special appearances, performances, fundraisers, and community service events as designated by the cheer coach

Section 8 **Safety:** Cheerleaders are expected to follow the safety standards prescribed by the National Federation High School Spirit Rules and American Association of Cheerleading Coaches and Administrators School Cheer Safety Rules.

Section 9 **Medical:** Each member must have a completed physical exam and have completed a medical emergency form on file with the trainer.

ARTICLE V
ATTENDANCE

Section 1 **Early Departures:** Members may not leave any function early for any reason other than illness, injury, or death in the family. If a cheerleader must leave for other reasons, demerits will be incurred. Any early departure of fifteen minutes or greater will be considered an absence. Prior to departure, an absence form must be submitted in advance to the coach and must state that the student is leaving with a parent/guardian, the time and date of departure, the reason for early departure and that the cheer coach, high school, and district are released of all responsibility and liability.

Section 2 **Late Arrivals:** Members are expected to arrive on time to all scheduled practices and events. Any late arrival greater than fifteen minutes will be considered an absence. Unexcused late arrivals will result in demerits and/or conditioning.

Section 3 **Excused Absences:** Cheerleaders must limit their number of excused absences, as performance privileges may be revoked for excessive absences. Absences, late arrivals to, or early departures from any cheerleading activity or event will only be excused for the circumstances listed below:

- A. Personal illness or injury (doctor's note must be provided)
- B. Death in the family
- C. Special school activities with a two-week advanced approval from the cheer coach

Section 4 **Unexcused Absences:** Absences for reasons other than those listed in Article V, Section 3 will be unexcused. Work, routine doctor and dental appointments, and non-school activities must not interfere with practices or performances and will be considered unexcused. An unexcused absence may affect performance eligibility and will result in demerits.

Section 5 **Unexpected Absence Procedures:** In the unexpected event of an illness, accident, or death in the family, a parent must contact the coach prior to the event/class/practice. An absence form and, if requested, a doctor's note must be submitted to the coach upon the member's return to school or practice. Two consecutive absences will require a doctor's note. Failure to submit an absence form or doctor's note will result in demerits and suspension.

Section 6 **Expected Absence Procedures:** Squad members must submit an absence form at least two weeks prior to an event and/or practice. Absences will only be counted as excused if they fall under Article V, Section 3 and will be counted unexcused for all other reasons in accordance with Article V, Section 4. All unexcused absences will result in demerits.

Section 7 **Academic/School Absences:** Excused academic absences do not necessarily equate to an excused cheer absence. Members are expected to attend school all day in order to maintain eligibility for participation in an organizational activity. Cheerleaders are expected to be present and on time to class every day; daily attendance is mandatory. A cheerleader may not participate in after-school cheer activities if an unexcused absence has been recorded for the current school day.

Section 8 **Attendance While Injured/Ill:** Members who suffer injuries or illness must consult a doctor or trainer within 24 hours. If an injury or illness hinders or limits a member's performance and/or practice capabilities, that member will be required to provide a doctor's note outlining the specific limitations. Injured members are still expected to attend all events and practices in accordance with their doctor's notes. A member with a concussion must follow the CFISD concussion policy until the member is cleared to participate under the standards set forth by the CFISD concussion policy.

ARTICLE VI CHEER CAMP

Section 1 **Expectations:** All squad members are required to attend summer camp. All school and camp rules will be in effect while in attendance at the camp, including the trip to and from camp. The itinerary of events, packing list, and date, time and location of the camp will be determined by the coach and provided to squad members and parents. Practices for camp may be held prior to the scheduled date for camp. All members are required to attend these practices. Cheerleaders will remain with the squad at all times during camp. Transportation to and from camp will be provided by the school. All rules and guidelines from the squad's governing documents will be enforced and expected to be followed by all squad members at all times. All-American tryouts are at the discretion of the coach. Only members from the Varsity squad will be eligible to try out for All-American and specific limitations (seniors only) may be imposed at the coach's discretion.

Section 2 **Spectators:** Visitors are not allowed in any squad member rooms. Visitors may meet with squad members in common areas after daily activities. Parents and other spectators are invited to attend some camp events; however, cheerleaders are not at liberty to socialize during the event. Cheerleaders will be free to visit and socialize with visitors and spectators after dismissal from the coach.

ARTICLE VII PRACTICES

Section 1 **Expectations:** Cheerleaders will use practice time to sharpen motions, learn new material, and perfect jumps, stunts, and tumbling skills. Practice is not for re-teaching. Squad members are expected to practice newly learned material at home.

Section 2 **Procedures:** All cell phones must be put away once squad members arrive at the facility. Squad members will set up all necessary equipment and captains and squad leaders will lead the squad in warm-up stretches. All squad members are expected to warm up their tumbling skills. Squad members must address restroom needs prior to the start of the squad warm-ups. At the end of practice, all squad members will assist in putting up any and all equipment used. The squad is not free to leave until dismissed by the coach.

Section 3 **Breaks:** Squad members must refrain from leaving practice for any reason unless it is an emergency. Water breaks will be given throughout practice. Cell phones should not be used until the squad has been dismissed from practice.

Section 4 **Attendance:** Cheerleaders are expected to attend and arrive on time to all scheduled practices. The date, time, and location of practice will be determined by the coach. Cheerleaders will be expected to be in the assigned attire and ready for practice at the scheduled time. Extra or extended practices may at times be necessary and are not optional.

ARTICLE VIII
CHEER CLASS

Section 1 **Credits:** Cheerleaders may receive PE credit(s) for cheerleading class; therefore they will be expected to dress out every day unless instructed not to by the coach. Cheerleaders will have assigned attire daily.

Section 2 **Grades:** Grades earned will be based on dressing out, participating in practice, dependability and responsibility, preparation, and any alternative assignments as determined by the coach. Conduct grades will also be given.

Section 3 **Attendance:** Daily attendance is mandatory and cheerleaders are expected to be on time to class every day. All school rules regarding attendance will apply to the cheer class. Cheerleaders will be expected to be in the assigned attire and ready for class by the tardy bell.

ARTICLE IX
GAMES & PERFORMANCES

Section 1 **Pre-Game/Performance:** Captains and squad leaders will lead the squad in warm-up stretches. All squad members are expected to warm up their tumbling skills. All cell phones must be put away once squad members arrive at the facility. Squad members must address restroom needs prior to the start of the squad warm-ups.

Section 2 **Games/Performance:** Cheerleaders are expected to cheer for the entire duration of the game, to include any and all halftime and timeout performances. Squad members should remain in their assigned formation with their hands either behind

their backs or on their hips, uniformly, if not cheering, jumping, stunting, tumbling or spiriting. Conversations are not permitted in formation. Cheerleaders are expected to spirit, jump, stunt, and tumble throughout the game/performance.

- Section 3** **Formations:** Squad formations will be based on individual cheerleader leadership, stunt groups, skills, preparation/knowledge, facials, and showmanship and determined by the coach. Changes in placement may occur at any time due to injury, illness, loss of skills, excessive absences, poor performance, change in numbers, or needs of the squad.
- Section 4** **Stunts:** Stunt groups and positions will be based on individual cheerleader height, weight, skill, and flexibility. Changes in positions and groups may occur at any time due to injury, illness, loss of skills, or needs of the squad.
- Section 5** **Tumbling:** Squad members will be expected to tumble at all squad events. Cheerleaders will tumble on turf, rubberized track, hardwood floors, dead floors, and spring floors. Cheerleaders must continue to progress in their tumbling skills throughout the year and should comfortably throw any skill they used during the tryout regularly. Not throwing skills could result in demerits and/or being benched.
- Section 6** **Jumps:** Squad members will be expected to showcase their jumps during introductions and big plays and after cheers/chants. Cheerleaders' jumps should be level and have correct form. Cheerleaders must improve their jumps throughout the year and be able to perform any jump they used during the tryout regularly.
- Section 7** **Breaks:** Squad members must refrain from leaving the sideline for any reason unless it is an emergency. Squad lines may take turns leaving the formation for a quick water break. During halftime of a game, cheerleaders may leave to use the restroom facilities, visit the concession stand, or speak with parents. Cheerleaders must return to sideline prior to the three-minute mark on the clock.
- Section 8** **Attendance:** Cheerleaders are expected to attend and arrive on time in full uniform to all scheduled games/performances. The coach will provide a specified time and location for each game. If the school does not provide transportation to the game, cheerleaders are expected to arrive at the facility at the time that the coach states. If the school provides transportation, squad members are required to ride the bus to the game and back to the high school where they may leave in their own vehicles or find a ride home.

**ARTICLE X
COMPETITION**

- Section 1** **Participation:** Participation in the future competition squad will be determined by the cheer coach based on the needs of the squad. Those that do not earn a position on the competition squad as squad members may be given the opportunity to be alternates.
- Section 2** **Expectations:** All rules and guidelines from the squads governing documents will be enforced and expected to be followed by all squad members at all times. Coaches will decide on participation in all competitions and related activities. Transportation to and from competition will be provided by the school unless the venue is within 15 miles of the school.
- Section 3** **Spectators:** Parents and other spectators are invited to attend competitions; however, cheerleaders are not at liberty to socialize until the competition concludes and the squad has been dismissed by the coaches.
- Section 4** **UIL Texas State Spirit Championship:** The UIL has provided a UIL Spirit State Championship due to increased interest and support of the activity. We will consider attending this competition as we grow as a program.

**ARTICLE XI
GRADES & ELIGIBILITY**

- Section 1** **No Pass, No Play:** Cheerleading participants are subject to No Pass, No Play. Cheerleaders with failing grades at an eligibility check will be suspended from events/performances, not practices, for the next three weeks. A cheerleader who is ineligible for more than a total of six weeks will be dismissed from the squad. Failure does not have to be in the same class or consecutive eligibility periods. Only classes listed as Designated or Advanced courses in the Student Handbook/Code of Conduct for maintaining eligibility will be acknowledged in the case of exempting a failing grade.
- Section 2** **Grades:** Cheerleaders are expected to maintain a passing grades each grading period. Failure to maintain UIL eligible will result in suspension. Cheerleaders who fail to maintain eligibility twice will be dismissed from the squad.

**ARTICLE XII
STANDARDS**

- Section 1** **Expectations:** Certain standards are necessary for the integrity of any organization. Each member of the cheerleading squad should be a leader within the school and set a good example at all times. Personal appearance and behavioral habits should reflect high standards because cheerleaders are representing the school at all times. In an attempt to maintain the high standard of the cheerleading program, a cheerleader's personal life is expected to reflect these standards as well.

Section 2 **Conduct Code:** Cheerleaders will abide by the standards set by CFISD, which are found in the Student Handbook and Student Code of Conduct. Inappropriate behavior will not be tolerated.

- A. Cheerleaders shall be respectful to all teachers, staff, and administration at all times.
- B. Cheerleaders shall be courteous and friendly to all other squad members as well as the student body.
- C. Cheerleaders shall be courteous and friendly to all other teams, squads, and visitors.
- D. Cheerleaders will conduct themselves as ladies and gentlemen at all times.
- E. Cheerleaders should not use profanity, verbal or written, or make obscene gestures.
- F. Cheerleaders should not participate in excessive displays of public affection.
- G. Cheerleaders must not participate in or encourage inappropriate behavior, this is to include but not limited to interactions on social media, the internet, and text messaging by following the team social media contract.
- H. Cheerleaders must be supportive of the cheer program, squad members, coaches, and administration.

Section 3 **Dress & Groom Code:** Cheerleaders will adhere to the CFISD Student Handbook/Code of Conduct in regards to dress code. Please note that the CFISD Student Handbook/Code of Conduct states “students participating in school-related activities may have more restrictive dress or groom code imposed” (HB-37).

- A. The entire squad will wear their hair in the same manner for all activities, events, and/or competitions as designated by the coach. For safety reasons, hair must be worn neatly out of the face and without additional hair accessories.
- B. No excessive make-up shall be worn. Squad members should be presentable at all times. Varsity squad members will be allowed to “paint-up” on special occasions; however, the paint should not hinder the members’ abilities or deface the uniform. Visible, permanent or semi- permanent, tattoos are not permitted in uniform. Only temporary spirit tattoos will be permitted at the coach’s discretion.
- C. For safety reasons, nails must be kept short and filed. For uniformity, colored nail polish is not allowed, clear polish, or French manicures are acceptable.
- D. For safety reasons, all jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- E. Undergarments must not be visible at any time. Appropriate undergarments must be worn to complement the cut of the uniform. Spanx/spandex is considered part of the uniform and not an undergarment.

Section 4 **Uniforms:** *Uniform* is defined as any item of clothing that identifies the wearer as a LCHS Cheerleader, including, but not limited to, performance uniforms, squad shirts, practice gear, socks, shoes, and accessories.

- A. Cheerleaders must remain cognizant that while they are in uniform they are recognizable and representing Langham Creek High School and Cypress Fairbanks ISD.
- B. Any representation of the Langham Creek cheer uniform on personal websites must be in good taste and are subject to the standards of the Code of Conduct.
- C. Each squad member is responsible for the care and timely return of school-owned uniforms. Any school-owned uniform that is damaged and not returned at the end of the cheerleading season shall be paid for by the member to whom the uniform was issued.
- D. Uniforms, personally- or school-owned, must be kept clean and in good repair, including megaphones, pom-poms, and shoes.
- E. Mascots are responsible for the care, cleaning, and returning of all uniforms, suits, and props provided to them by the school.
- F. Alterations to the uniform must be in good taste and should not be too fitted, loose, short, or long. No beads, rhinestones, glitter, decoration, or the like may be added to the uniform. Any decorative embroidery or personalization not approved for the entire squad is prohibited.
- G. Cheerleaders are not to wear any part of the uniform outside of cheer activities. If cheerleaders have plans after practices prior to going home, they must change prior to leaving the practice facility.
- H. Cheerleaders should not loan any part of a uniform to a non-squad member.
- I. Cheerleaders who voluntarily quit or are removed from the squad for any reason may no longer appear in public, both in and out of school, in a uniform or any article of clothing that identifies her/him as a LCHS cheerleader.

ARTICLE XIII DISCIPLINE

Section 1 Cheerleaders who exhibit issues with conduct and/or discipline may receive a disciplinary referral, demerits, be benched, and/or be placed on probation, suspension, or dismissed from the squad. Physical conditioning as an individual, or as a squad, may also be assigned at any time for any discipline infractions.

Section 2 **Demerits:** Demerits are cumulative from the time a cheerleader is elected to the following tryout. However, if a cheerleader is not trying out, demerits are cumulative to the end of the school year. At any time, at the discretion of the coach, the demerit system may be waived and a cheerleader may be conditioned, benched, suspended, and in severe cases, immediately dismissed, for insubordination, non-participation, noncooperation, or putting another cheerleader or his/herself at risk of danger. Cheerleaders will be issued demerits as follows:

- A. Twenty Demerits (Automatic Dismissal)
 - 1. Violation of CFISD Code of Conduct – Level III, IV, or V, on or off campus.

2. Second time assignment in the Discipline Management Class (DMC).
3. Failure to maintain acceptable conduct in all classes.
4. Any outside criminal activity or any act punishable by law.
5. More than six weeks of ineligibility due to failing grades.
6. Placement in a disciplinary alternative educational program (DAEP).
7. Involvement in a fight and is determined to be a mutual combatant.
8. Organizing or participating in a hazing, harassment, or bullying incident.

B. Demerits must be appealed within five school days of the issuance of the demerits. If a cheerleader feels a demerit was given unjustifiably, the cheerleader must speak directly with the coach. If the decision rendered is unsatisfactory, a parent/guardian of the cheerleader must contact the coach. The coach will set up a second meeting to address their concerns with school administration. The decision of the associate principal is final and may not be appealed to the district.

Section 3 **Merits:** Merits must be earned prior to demerits in order to “erase” demerits. Merits will not “erase” demerits earned for any disciplinary infractions. Merits will be awarded after every 9 weeks. Nine merits will be the maximum amount of merits a cheerleader will be able to earn per semester. Merits will not replace other disciplinary actions related to demerits such as benching, probation, suspension, and/or dismissal. One merit will “erase” one demerit. Merits earned in the 4th grading period of the 2019-2020 school year will roll over into the 2020-2021 school year. Cheerleaders may have other opportunities to earn merits by participating in optional community events at the discretion of the cheer coach. Merits are available for grades and perfect attendance if the cheerleader submits their grades for merit review within 10 days of the grading period ending as follows:

- A. Two Merits
 1. Straight A’s on report cards.
- B. One Merit
 1. A’s and B’s on report card.
 2. Perfect attendance (no unexcused absences)

Section 4 **Conditioning:** Conditioning of the team may be required for small infractions in conjunction with the demerits given to the specific cheerleader. However, conditioning for the individual will be automatic when a cheerleader’s total demerit count reaches 5, 8, 10, 12, 15, and 18. This conditioning will include a “lobo mile” and will include bleacher and track running (in poor weather indoor conditioning may be an option).

Section 5 **Social Media:** The Langham Creek Cheer Department recognizes and supports each cheerleaders’ rights to freedom of speech, expression, and association, including the use of social media and internet networks. In this context, however, each cheerleader must maintain digital citizenship with a respectful, positive presence online in all aspects. Cheerleaders of Langham Creek High School not only represent the school,

but also the school district, Cypress- Fairbanks ISD. As representatives of our team, school, and district, you are held to a higher standard. Represent your campus with pride and class! Please adhere to the following expectations of the Cheerleader Internet Use/Social Media Policy. Violation of this policy may result in disciplinary action.

A. Expectations:

1. It is impermissible for a cheerleader to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use), inappropriate language, or items that could be interpreted as demeaning or inflammatory.
2. It is impermissible to share information on injuries, any decision made by the coach, or team matters that could reasonably be expected to be confidential to team members.
3. It is expected that all cheerleaders abide by all respective social media website rules.
4. Cyber-bullying will not be tolerated by any means.
5. Do not take or exchange nude or partially nude photographs/videos via cell phone or social media as such pictures/videos of minors are illegal.

B. If you have any inappropriate material on your profile, the following actions will take place:

1. You must immediately remove inappropriate content.
2. The severity of the offense will be determined by the Coaches and LCHS Administration in accordance with the LCHS Cheerleader/Mascot Handbook and CFISD Student Code of Conduct.
3. The severity of the offense will determine the severity of the consequences.

C. Best Practices & Reminders:

1. Think before you post. If you wouldn't want your coach, parents, or future employer to see your post, don't post it. Once it's posted, it is permanent.
2. Be respectful and positive. Never post anything negative about a coach or fellow team member.
3. Be mindful of your audience—many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.
4. The internet is permanent. Even if you delete something, it's still out there somewhere, and someone has probably already seen it. Be in the right state of mind when you make a post. The public will see your social media websites. Potential employers often use these social media websites to screen candidates. Use the privacy/security settings made available on these sites.
5. Violation of this policy may result in disciplinary action – including temporary or permanent suspension from the team – as determined by coaches and LCHS administration.

Section 6 **Benching:** Benching is the temporary removal from performing or participating at a game, performance, or event, at the coach’s discretion. Benching will occur after three minor infractions or behavioral problems. Once the third violation occurs, the cheerleader will be benched. If the problem continues, the cheerleader will be subject to dismissal. During benching the cheerleader is not able to participate in any performances of the squad but will attend all performances in uniform and sit with the coach. A benched cheerleader is also required to attend all practices.

Section 7 **Probation:** Probation is a designated period of time in which the squad member may participate in limited organizational activities as determined by the cheer coach. A probation contract may be written for the squad member who should be notified of his/her probationary regulations. Suspended cheerleaders will be placed on probation for a three-week period following their return from suspension. If any rule violation occurs during the probation period, immediate removal is enforced.

Section 8 **Suspension:** Suspension will occur if a cheerleader commits an additional infraction after being benched once within the same season. Suspension eliminates the squad member from participation at cheerleading functions and excludes participation in performances and special events; however, the squad member is required to participate in cheer class during school only. If the suspended member attends a designated activity apart from cheer class, he/she is not allowed to wear any part of the squad uniform during the period of suspension. Not meeting UIL grade requirements is also a cause for suspension.

Section 9 **Dismissal:** Dismissal involves the loss of membership from the cheerleading organization any time after having been confirmed as having made the squad after tryouts. All school-issued equipment and uniforms must be returned and all financial obligations must be cleared within one week of dismissal. The former member will be financially responsible for any balances due and no refunds will be made. Once a member has been dismissed, he/she loses all privileges of the cheer program and will be removed from the cheer class. Dismissed members may not wear any part of the squad uniform. Dismissed members may not tryout for membership on squad the following year. Immediate Dismissal will occur if a cheerleader has:

1. Violation of CFISD Code of Conduct – Level III, IV, or V, on or off campus.
2. Second time assignment in the Discipline Management Class (DMC).
3. Suspension from school for any amount of time.
4. Failure to maintain acceptable conduct in all classes.
5. Any outside criminal activity or any act punishable by law.
6. Seven weeks of ineligibility due to failing grades.
7. Placement in a disciplinary alternative educational program (DAEP).
8. Involvement in a fight and is determined to be a mutual combatant.
9. Organizing or participating in a hazing, harassment, or bullying incident.

Section 10 **Resignation:** Resignation is a choice made by a squad member that no longer desires to participate in the cheer program any time after having been confirmed as having made the squad after tryouts. If a cheerleader decides to resign, a letter of resignation from the resigning squad member, signed and dated with the parent/guardian signature will be required. All uniforms, clothing, and equipment must be turned in and financial obligations must be cleared at the time of resignation. The former member will be financially responsible for any balances due and no refunds will be made. Once a member has resigned, he/she loses all privileges of the cheer program and will be removed from the cheer class. Members who have resigned may not wear any part of the squad uniform. Members who have resigned may not tryout for membership on squad the following year.

ARTICLE XIV
FINANCES & FUNDRAISING

Section 1 **Financial Obligations:** Cheerleaders and mascots should be prepared to meet the financial responsibilities of cheerleading. A payment plan may be set up or all balances must be paid prior to the first event. In the event of a missed payment, a cheerleader will be benched and demerits will be given for non-participation until the account is in good standing. Failure to make timely payments may result in probationary status or suspension and could lead to dismissal. If a cheerleader is resigns or is dismissed from the squad, she/he is still responsible for all expenses incurred. All financial obligations are under the supervision of the coach.

Section 2 **Activity Account:** All profits from squad fundraisers and family commitment dues will be held in the high school cheerleading activity account to offset the expenses incurred by the squads during the school year. The dispensing of the funds is at the discretion of the cheer coach.

Section 3 **Organization Dues:** Organization dues are the funds that run the cheer program. All squad members are responsible for paying the organization dues annually. The amount may vary each year as it is determined by the activities and commitment of the squad.

Section 4 **Fundraising:** The parents and cheer coach will organize fundraisers to help with squad expenses not covered by the annual dues. Members and parents will be highly encouraged to participate in squad fundraisers.

Section 5 **Insufficient Funds:** If a check is returned insufficient, it will be the member's responsibility to pay any necessary bank charges by cash or money order. Receipt of a second insufficient check will require that all payments be made by cashier's check or money order, thereafter. If a check from fundraising event returns insufficient, it

is the squad member's responsibility to collect the funds due or the amount due will be deducted from his/her personal profits.

Section 6 **Refunds:** If a squad member resigns, is dismissed, or graduates prior to the utilization of funds earned through fundraising, he/she will forfeit the profit money and it will become a part of the cheerleading activity account. All competition fees are non-refundable after payments have been made to the competition host.

Section 7 **Possible Expenses:**

- A. Uniforms – performance uniforms, camp/practice uniforms, Spanx/spandex, warm-ups, jackets, game day shoes, and/or competition shoes.
- B. Accessories – pom-poms, game day shirt, pink out and other dress up day supplies, megaphone, cheer bag, bows, socks, gloves, and/or rain gear.
- C. Fees – uniform usage fee, cheerleading camp, transportation fees, homecoming fees, competition fees, monthly gym fees, banquet tickets, organization dues.
- D. Other uniforms, accessories, and fees as specified as necessary by the coach.

ARTICLE XV LEADERSHIP

Section 1 **Selection:** The cheer coaches will elect and determine the number of captains and squad leaders based on the leadership packet, crowd leading cheer and peer election. Each candidate will be required to complete a leadership packet to be considered for a position. Cheerleader captains and squad leaders must have previously been LCHS cheerleaders in the previous year. All candidates will be required to come up with and preform a new crowd leading cheer. Coaches may poll the squad on who they feel is best fit to be captain/co-captain. Coaches reserve the right to make the ultimate decision on leadership positions.

Section 2 **Expectations:** Captains and squad leaders are to serve as leaders and guiding influences and as such they must be above reproach at all times and represent the coach, administration, Langham Creek High School to the very best of their abilities. The honor and privilege of being a captain or squad leader can be removed if the coach and administration deem it necessary.

Section 3 **Captain:** The captain and co-captains are ultimately the representatives of the entire squad and will be responsible to the cheer coach for all other members of her/his squad, overseeing the duties of squad leaders, preparation of all activities and events by the squad, staying informed of all athletic and extracurricular activities' events, managing practices, performances, and other social events with direction from the coach, notifying and updating squad members of any changes within the program, calling cheers, chants, and sideline dances, and mediating conflicts

within the squad.

Section 4 **Squad Leaders:** The squad leaders are ultimately representatives of the entire squad and will be responsible to the cheer coach for assisting the captain and co-captain with any necessary duties, keeping squad members focused and on task at all times, organizing sign making, forming ideas for squad bonding activities, helping organize fundraising events, and mediating conflicts within the squad.

ARTICLE XVI AWARDS

Section 1 **Banquet:** A cheerleader/mascot banquet may be held in the spring semester of each year. The cost will be determined by cheer coach as the event is planned. Any cheerleader who voluntarily quits the squad or is removed from the squad for reasons other than injury will not be permitted to attend the banquet. Cheerleaders will receive various awards based on their participation throughout the year.

Section 2 **Awards:** Awards based on participation, dependability, attitude, character, personality, cooperation, loyalty, and academic achievement will be awarded at the annual cheerleading banquet.

Section 3 **Letter Jackets:** Letter jackets will be awarded to Varsity cheerleaders/mascots in good standing based on having successfully completed one year as a varsity cheerleader, mascot, or manager. *One year* is determined to be from tryouts to the end of basketball season. *Successful completion* shall be interpreted as full participation in all required events, activities, and practices as determined by the coach and excludes excused absences. In the event that a cheerleader resigns or is removed for disciplinary reasons prior to the distribution of the award, the letter jacket will be delivered at the end of the current school year if the individual met the above criteria. Regardless of the number of activities or organizations a student participates in, no more, than one letter jacket will be awarded to a student while in high school.

ARTICLE XVII COMMUNICATION

Section 1 This constitution has communicated the expectations for squad members, squad requirements, procedures, and discipline that may result in denial of participation. The coach will communicate all dates, times, and locations of all events and specifics in relation to the event. The coach will make decisions based on what is believed to be best for all students involved.

Section 2 **Parent Communication:** It is important to understand that there may be times when things do not go the way parents or squad members wish. Parents are welcome to address their concerns directly to the coach. Parents should email the coach directly to set up a meeting to discuss any concerns. Parents should not confront a coach before or after a practice or game/performance. If a parent and the coach are unable to reach a satisfactory resolution to the concern, parents may contact the administrator in charge of cheerleading. Parents must contact the coach prior to contacting the administrator.

Section 3 **Appropriate Concerns:** Appropriate concerns to discuss with the coach are the mental and physical treatment of the cheerleader, ways to help the cheerleader improve, and concerns about the cheerleader’s behavior.

Section 4 **Inappropriate Concerns:** Concerns that are not appropriate to discuss with the coach are cheerleader placement squad formations or stunt groups, competition or game/performance strategy, selection of uniform, and other squad members.

ARTICLE XVIII
PARENT GROUPS

Section 1 **Cheer Parent Booster Club:** Parents volunteering their time and efforts to assist with squad functions are appreciated. The Parent booster club is open to all cheerleading parents and it does not influence squad member participation. The Parent booster club is a separate entity from the cheer program. All projects or undertakings of the Parent booster club must first be approved by the cheer coach. The parent group is to support the cheer program, coach, and all squad members. The parent booster club is not a forum for gossip, bullying, or harassment. Any parent participating in any form of gossip, bullying, or harassment of another parent or a squad member will be asked to no longer participate or meet with the group. It is important that parents set the example of appropriate behavior first and foremost for their sons/daughters.

ARTICLE XVIX
AMENDMENTS & CHANGES

Section 1 All LCHS cheerleader/mascot rules and guidelines will be interpreted and carried out by the LCHS cheer coach, under the guidance of the LCHS administration. If, at any time, the coach and administration feel the need to alter any part of the Langham Creek High School Constitution of Cheerleading for the good of the organization, they may do so without prior notice or discussion. The coach and administration will deal with any special situation that may arise that is not specifically addressed in the rules and guidelines on an individual basis.