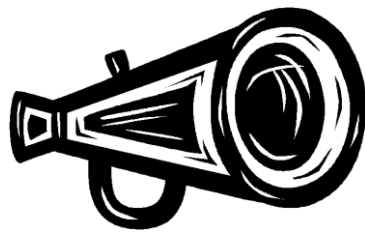




# **College Station Middle School**



— Go Cubs!

## **Cheerleading Constitution**

2017-2018



---

**CSMS Cheerleading Constitution**



## Article I – Purpose

- The purpose of this cheerleading organization is to create, promote, and uphold school spirit and a positive school environment by participating at athletic events and extracurricular activities.
- The organization's goal is to work in harmony with administration, faculty, athletic teams, band, and all other organizations on our campus.
- Participation in the regular curriculum is a **RIGHT** afforded to each student, while participation in the extracurricular program is a **PRIVILEGE** which carries additional expectations for acceptable conduct.

## Article II – Membership and Eligibility

- **Section A – Participation**
  - Cheerleaders must attend all scheduled practices and performances as designated by the sponsors.
  - Attendance to summer camp is **MANDATORY**.
  - Cheerleaders will be required to participate in fundraisers throughout the year.
- **Section B – Grades**
  - Any cheerleader that receives a grade **BELOW** a 70 at the end of a grading period may not participate in extracurricular activities for the allotted time set by the UIL Athletic Eligibility Schedule.
  - If a cheerleader fails at a six week period, they are still required to attend games. However, they will not dress out and they will be required to sit near the group/sponsor and complete homework.

- Any cheerleader that has been ineligible for any 2 six weeks grading periods during the current school year will be dismissed from the squad for the remainder of the school year and will not be allowed to participate in any cheerleading functions.
- Section C - Physical
  - All cheerleaders must have a physical on file in order to participate.

\*Failure to meet any of the above requirements will be grounds for An automatic dismissal. Upon dismissal, there will be **NO** refund for any cheerleading related expenses, and all CSMS or CSISD property shall be returned immediately.

## Article III - Participation Requirements

### Section A: - TRYOUTS:

- Students wishing to try out for the cheerleading squad must file an application and parent permission form with the team coach by the date stated in the tryout packet. Cheerleaders shall be selected by a scoring method that assigns a weight of 60% to the ratings assigned by a panel of judges, 20% Teacher Evaluation and 20% character observed during tryout clinic. All cheerleading contestants shall be judged by qualified judges who are not employees of CSISD. Candidates will be present in school all day on the day of judging.
- **Tryout Clinic** - Tryout clinic is MANDATORY to be eligible. Tryout clinic dates and time can be found in Informational Packet.
- **Tryouts** - Friday, April 21 4:30 pm - see required attire in Informational Packet
- **Squad Makeup**. The number of girls on the team varies each year and depends on the "natural break" during tryouts. The squad maximum will consist of up to 12 incoming 7<sup>th</sup> graders and 12 incoming 8<sup>th</sup> graders if the natural break occurs past that point.
- **Judging Criteria**. Girls will be judged on Teacher Evaluation (20%), Cheerleading Skills (60%), and Character Observed during tryout clinic (20%).
- **Judges**. There will be 3 judges on the panel. Every attempt should be made and documented to secure a minority judge on the panel. Judges will be selected from NCA, UCA, ACA, other professional cheerleading associations, universities, and/or out of district coaches. Judges

should not be hired to judge tryouts if they have tutored or taught the cheerleader candidates during the current school year. Every attempt will be made to hire judges who have not worked with students in the College Station area. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders/mascots and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. The judges will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

- Panel tryouts will be closed to the public. There will be no students, parents, or existing cheerleaders/mascots in the tryout room/area, nor will they be involved in the collection or tabulation of scores. Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate. If a candidate is injured, they must perform to the best of their ability.
- After all tryout scores for a school are tabulated and confirmed by the principal and coach, final results will be posted on the middle school Cheerleading website. Candidates will be given instructions on how to find the website. <http://cheercsms.weebly.com/>
- The candidate scores may be viewed by the candidate and parents by setting up a conference with the designated principal, beginning one week after tryouts until the third week after tryouts. Parents may request to see their own child's score (no rank score) from the principal or his/her designee. By law, all other student scores are protected and cannot be shared with anyone except the coaches, principal, or principal designee.

**Section B - Events during school breaks:** All members are required to attend cheerleading camp during summer break and practices/ events during all school holidays as designated. Schedules will be provided as early as possible to families so that vacation plans can be made accordingly.

**Section C - Attendance:** Members may not leave any function for any reason other than illness, injury, or death in the family. **Prior to departure, a written note should be submitted in advance to the Head Coach**

and must state that the reason for the early departure. Please refer to Article V for detailed attendance rules.

▪ **Mandatory attendance:**

- Camp
- Practices
- Football games - 7<sup>th</sup> and 8<sup>th</sup> grade home games only
- Pep Rallies
- Special performances as designated by the Head Coach

**Section D:** All cheerleaders will learn the required cheers, chants, dances, crowd pleasers, jumps, side line etiquette, pep rally etiquette, etc. during summer camp. The cheerleaders are expected to consistently execute these skills during the cheer season. If the skills of a team member fall below the teams acceptable mark, the Coach will and can make them an alternate or bench them until the skill is able to be consistently executed again.

**Section E:** Members must participate in all activities, in which the cheer program is involved, pending eligibility status. If you are involved in organization/ activities outside of the school cheer team it is your responsibility to communicate your schedule to the Head Coach and your conflicting organization with no less than 10 days' notice.

**Section F:** **Resignation** shall be defined as a choice made by the individual member who no longer desires to participate in the cheerleading organization. Resignation involves a conference with the Head Coach and a letter of resignation from the member signed by the member and a parent/ guardian. **All financial obligations must be cleared at the time of resignation. The cheerleader will be held financially responsible for any balance due. No refunds will be made.**

**Section G:** **Dismissal** involves the loss of membership from the cheerleading organization. All school specific equipment must be returned and all financial obligations cleared within one week of dismissal. Once a member has been dismissed the member is not eligible to join the squad the following season. No refunds will be made.

## **Article IV - Expectations**

- Section A - School Leadership
  - Cheerleaders are required to abide by all rules listed in the CSMS Student Handbook.
  - Proper manners should be used at all times to address adults.
  - Cheerleaders will demonstrate hard work, strength, determination, dedication, and self-discipline.
  - Cheerleaders will strive to cooperate with their sponsors and teammates and work as a cohesive unit.
  - Cheerleaders will strive to improve themselves and others through positive interaction and accountability.
  - Cheerleaders will demonstrate respect towards their squad and sponsors at all times.
  - Cheerleaders will demonstrate good sportsmanship and promote school spirit which will be defined by a generosity and genuine concern for others.
- Section B - Physical Functions
  - Cheerleaders must enjoy learning and performing cheers, chants, dances, tumbling, jumps, and stunts.
  - Cheerleaders must be able to demonstrate clear diction and vocal strength.
  - Cheerleaders must be able to perform physical moves that may involve jumps, rhythm and coordination, balance, agility, and upper, as well as lower body strength.
  - Cheerleaders must be able to withstand long periods of physical activity in both indoor and outdoor setting.

## Article IV – Cheerleader Code of Conduct

- Certain standards are necessary for the integrity of any organization.
  - Members of the cheerleading squad should be leaders within the school and community and set a good example at **ALL** times.
  - Members of the squad are expected to have and maintain a character above reproach.
  - Personal appearance and habits of which there can be no criticism are required since cheerleaders are constantly representing the school before the public.
  - Mutual respect and politeness toward members of the squad and sponsors are necessary to contribute to the success of the squad.

## Article V – Demerit System

A demerit system has been put in place to hold each cheerleader accountable for their actions. Demerits are cumulative and will not go away. For every demerit accumulated, the cheerleader will owe a Reminder, which is a physical consequence up to coach's discretion. This can be running, pushups, jumps, etc. Participation in any cheerleading events will not be allowed until all "Reminders" are taken care of. An accumulation of **6 demerits** will result in an automatic dismissal from the squad.

- **THE FOLLOWING WILL RESULT IN 1 DEMERIT:**

- Wearing jewelry while in practice, at games, or in uniform. Cheering with jewelry is a MAJOR safety hazard.
- Not wearing the proper attire to practice or games. Clothes worn for athletics are not appropriate for practice.
- Failure to abide by the school dress code set forth in the CSMS Student Handbook.
- Teacher contacting the sponsor regarding a cheerleader's behavior in class. This includes, but is not limited to: disrespectful behavior, not taking care of classroom responsibilities, too much talking, not turning in work, etc.
- Chewing gum at games, practices, or while in uniform.
- Disrespect towards fellow cheerleaders and/or coaches. (Eye rolling, talking back, arguing, ignoring, making fun of)
- Making a grade lower than a 70 at progress report time.
- Failure to attend cheerleading practice for an unexcused reason. ANY absence must be approved by a sponsor PRIOR to practice.
- Please see attendance requirements for explanation of excused and unexcused absences.



- **THE FOLLOWING WILL RESULT IN 2 DEMERITS:**

- The use of profanity and/or any other inappropriate language. This includes any inappropriate postings on personal web pages such as My Space, AIM, Facebook, etc.
- Public displays of affection while in uniform or cheerleading attire.
- Stunting without the sponsor present.
- Teacher contacting sponsor regarding a cheerleader's behavior in class for the second time.
- Making a grade lower than a 70 at report card time in any class.
- Failure to attend a game or other cheerleading events for an unexcused reason.
  - Please see attendance requirements for explanation of excused and unexcused absences.

**THE FOLLOWING WILL RESULT IN 3 DEMERITS and the cheerleader will be BENCHED for the following game.**

- Office referral

- **The following infractions will result in an AUTOMATIC DISMISSAL:**

- Tobacco, alcohol, or drug use of any kind.
- Defacing property
- Fighting
- Placement in ISS
- Making a grade lower than a 70 for 2 six weeks
- Placement in OSS (Suspension) or Venture Center
- Accumulation of 6 demerits

**\*It is impossible for every infraction to be anticipated and addressed in this document; therefore, let it be understood NOW that the interpretation and enforcement of the demerit system is at the discretion of the coach. The coach has the right and may exercise the privilege of giving demerits, benching, or even removing from the squad any cheerleader who fails to live up to and abide by the standards provided in this constitution.**

**\* If a cheerleader is dismissed from the squad, there will be NO refund for any cheerleading related expenses, and all CSMS or CSISD property shall be returned immediately.**

**\*Any 7<sup>th</sup> grade cheerleader automatically dismissed from the squad will not be allowed to participate in cheerleading as an 8<sup>th</sup> grader.**

## **Article VI - Practice**

Practice sets the stage for performance. We believe that how you practice is how you play, in this case cheer. Every cheerleader is expected to give 110% at **all times** during practice.

- **Section A - Expectations**

- NO PRACTICES WILL TAKE PLACE WITHOUT THE SPONSOR PRESENT!! NO EXCEPTIONS!
- **Any stunting without the sponsor present will result in the entire squad receiving 2 demerits, a 1 mile run, and no stunting by the squad at the next game.** Not following this rule could result in injury to one or more of the squad members.
- Cheerleaders are expected to be dressed in the appropriate practice attire.

- Fall practice times and dates will be determined closer to the beginning of the fall school semester once the football schedule is determined. Usually last until 5:30.
- Attendance Policy:
  - Cheerleaders will attend all practices.
  - Any absence must be cleared by the sponsors prior to the practice.
  - EXCUSED:
    - Illness/doctor permit
    - Death in the family
    - Special school activities with advanced approval from the Head Coach - no notification will lead to a demerit
  - UNEXCUSED: work/vacation, appointments, non UIL involvement (competitive cheer, dance, etc)
    - These also apply to absences that occur due to a cheerleader arriving late to practice or leaving practice early. You must sign out with the cheer sponsor before leaving school or send an email if you are home.
      - a. After 2 unexcused absences a parent conference will be held
      - b. After 3 unexcused absences you will be dismissed from the squad
  - Cheerleaders who miss the last practice before a game will be benched for that game.

## Article VII – Pep Rallies and Games

Pep rallies and games are your time to shine as a cheerleader and show off all of your hard work! While these events are meant to be fun, there are certain guidelines and expectations that will have to be followed in order for the squad to be the best that it can be.

- Section A – Pep Rallies
  - Pep rallies are a great way to show support to our school teams and organizations.
  - All cheerleaders should put their best efforts into preparing for and executing a pep rally.
  - Extra practice time may be needed and will be scheduled accordingly.
- Section B – Games
  - Attendance to ALL games is required.
  - These also apply to absences that occur due to a cheerleader arriving late to games or leaving games early.
  - If a cheerleader has an excused or unexcused absence from school the day of a game or scheduled activity, the cheerleader will not be allowed to participate according to UIL rules.
  - Cheerleaders are expected to be in proper attire and arrive on time to warm-up before all games.
  - During games, cheerleaders are expected to be engaged in the game. Excessive talking to fellow cheerleaders or spectators, or playing around on the sidelines will not be tolerated.
  - There will be no practicing on the sidelines during games. Games are where you show off what you know, not practice what you don't. Save the practicing for cheer practice.

## Article VIII - Uniforms

### •Section A - Cheerleading Uniform, Camp Outfits, and Other Cheerleading Attire

- Each cheerleader will be responsible for purchasing all cheerleading apparel. This includes but is not limited to their cheerleading uniform, camp wear, cheerleading shoes, bows, bloomers, socks, etc.
- All cheerleading attire will be selected by the sponsors.
- Cheerleaders are responsible for the care and upkeep of all cheerleading attire.
- Once all cheerleading apparel is purchased the cheerleader is responsible for paying the full balance (whether they continue with cheerleading or not).
- Uniforms are not to be worn anywhere other than scheduled events. The use of any part of the cheerleading uniform other than at scheduled events is strictly prohibited.

## Article IX - Closing Thoughts

While being a CSMS Cheerleader comes with many responsibilities, we want each and every one of you to know that cheerleading is a fun and rewarding experience. Always remember to give it your all and never forget to smile. We look forward to a great year with you all!



GO CUBS

**Forms to Turn in by Thursday, April 6th:**

- Parent Permission Form
- Cheerleader Application
- Hold Harmless Acknowledgement and Agreement
- Grade and Conduct Form
- Cyber Policy
- COMPLETED Teacher Evaluations
- CHEERLEADING Constitution Acknowledgment Form

You can turn items into the front office of **CSMS** in an Envelope addressed, *Cheerleading Forms-Attention K. Anders* or to Room 943 on or before Thursday, April 6<sup>th</sup>. Failure to turn in forms will result in ineligibility. All forms can be found on our website.  
<http://cheercsms.weebly.com>

For those making the squad, there will be UNIFORM FITTING the THURSDAY after tryouts (April 27), 4pm.

<b>CSMS Cheerleading Constitution Acknowledgement Form</b>
--

I hereby acknowledge that I have read and understood all the rules, regulations, and guidelines set forth in the CSMS Cheerleading Constitution. By signing this form, I agree to adhere and abide by **ALL** said rules, and uphold the integrity of the CSMS cheerleading squad.

---

---

Cheerleader Signature

Date

---

---

Parent Signature

Date

**\*\* This form must be signed, removed, and  
returned to Coach Anders (room 943) by  
Thursday, April 6, 2017**

