

**Frisco Independent School District**  
**MS Cheerleading Constitution and**  
**Guidelines**  
2010 - 2011



## **FRISCO ISD MIDDLE SCHOOL 2010 – 2011 CHEERLEADING CONSTITUTION**

The following constitution has been provided as a guide for the qualifications and duties of the Frisco Middle School Cheerleaders. These qualifications must be met in order to maintain a successful and orderly organization.

### **Purpose of Cheerleaders:**

- Promote and uphold school spirit.
- Develop a sense of good sports-like conduct among students.
- Promote unification of the crowd's involvement during athletic events.
- Strive to build positive relationships between schools.
- Strive to uphold the highest personal, as well as cheerleading standards.
- Comply with all school policies and promote appropriate behavior.
- Agree to promote good relationships with rival schools and to cheer at the following events:
  1. all in town football games
  2. all other sporting events when requested and appropriate

### **Size of Squad:**

- Frisco Middle School cheerleading squads will consist of 24 members, divided into a 7<sup>th</sup> grade team and an 8<sup>th</sup> grade team of twelve members each.

### **Selection Process:**

- Cheerleading squad will be selected by performing before a panel of three judges who are in no way affiliated with Frisco ISD.
- Once the team has been selected, no new members will be added.
- Try-outs will be held in the spring.
- There will be no carry-over cheerleaders from one school year to the next. Former, as well as new candidates for cheerleader must tryout each year.
- At the time of tryouts, the student shall be in 6<sup>th</sup> or 7<sup>th</sup> grade, and must have been a resident student of the respective middle school prior to the cheerleading tryout application deadline.
- A permission form signed by the candidate and parent must be returned by the tryout deadline which will be determined once tryouts are set.
- A pre-tryout clinic will be held in conjunction with tryouts.
- The tryout material may include a cheer, chant, dance, and series of jumps as determined by the sponsor.
- The order for tryouts will be determined with a drawing by the acting sponsor.
- Applicants will perform in a plain white shirt and plain black or dark colored shorts. (No writing will be permitted on shorts or shirt.)

- Socks and tennis/court shoes will be required. No cheerleading shoes of any kind will be permitted for tryouts.
- Tryout clothing must be school appropriate.
- A candidate's parent(s) or guardian must attend the mandatory parent meeting. In the event of extenuating circumstances, a parent or guardian must contact the cheer coach as soon as he or she is aware of the circumstances in order to schedule a time to meet with the cheer coach or an administrator.
- If a parent wishes to view their student's individual tryout documents, they must make an appointment with the officiating administrator. Parents are allowed to view their student's individual documents only. The statute of limitations for viewing is five (5) school days following the tryout session. Parents are not allowed to view any other student's documents, nor the tally sheets.
- Academic Requirements for tryouts:
  1. Must not have been academically ineligible for more than two grading periods during the application school year.
  2. **Effective with the 2010-2011 school year**, must have no more than three days of In School Suspension during the current school year and no Out of School Suspension or Alternative School assignments during the current school year.
  3. Must not have been absent (without making up those hours) for more than 10% of school days in a school year.

**Expenses:**

- The district will budget an amount not to exceed \$250 for uniforms/camp for each middle school cheerleader.
- The uniforms shall be returned to the school in good condition at the end of the school year.
- Additional clothing and supplies shall cost parents no more than \$250. This list will be developed jointly by all the middle school sponsors and will allow each campus to purchase the exact same items with the only allowed deviations to be of color/mascot/school name.
- Candidates and their families must agree to and be fully aware of the financial responsibilities of being a cheerleader and meet all financial obligations throughout the year.

**Summer Camp:**

- Summer camp will be held prior to the start of the fall school session.
- Dates of the camp will be relayed to the cheerleaders and appropriate personnel.
- The camp will be held at a FISD middle school campus with notification to the cheerleaders prior to camp.

- Instructors from an approved cheer organization will teach cheers, chants, dances, tumbling, stunts, and leadership skills.
- Camp is paid for by the district.

**Eligibility:**

- In order to have the privilege of performing at any school event, cheerleaders must meet UIL academic requirements for eligibility for each grading period.
- Cheerleaders who lose eligibility are expected to attend all practices and events as required by the sponsor.
- Cheerleaders who do not regain eligibility after the next grading period may be removed from the squad.

**ATTENDANCE RESPONSIBILITIES**

- A. Cheerleaders on all teams will attend an instructional summer camp at a time selected by the sponsor; failure to attend without prior approval from the cheerleader coach will result in immediate removal from the team.
- B. Cheerleaders will attend all scheduled practices, school games, pep rallies and other scheduled events or activities as notified by their sponsor(s). 3 UNEXCUSED absences from one or a combination of the afore-mentioned activities will result in immediate removal from the team. A written note is required for every absence.

In order for an absence to be considered approved, it must be cleared by the coach prior to that event, unless there are extenuating circumstances such as a death in the family. Written notes MUST be provided for all absences.

Excused: Illness with a doctors note, death in the family, religious holidays, University Interscholastic League game/match/performance, or school related meetings. Absences related to UIL game conflicts and school related meetings require a written notice 5 days in advance to prevent the absence from being unexcused unless notification of the event was received within that 5 days.

Unexcused: Work, vacation, appointments, non-University Interscholastic League involvement, non- University Interscholastic League meetings, etc.

**Conduct Requirements:**

- All constitution rules and regulations take effect immediately after selection to the squad.
- Must abide by all rules stated in the FISD Middle School Code of Conduct.
- Must agree to sign and uphold the letter and spirit of the FISD Middle School Cheerleading Contract.
- Must be aware that they are representing the school and school district at all times and present conduct that reflects positively upon themselves, their school, and FISD.

- Refrain from personal criticisms of any and all other cheerleaders including their own squad and sponsors.
  - Act as a team at all times, including pre-game, half-time, pep rallies, and all other functions.
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- Follow the FISSD extra curricular activity guidelines.
  - Be respectful to the sponsor, captains, and other school officials.
  - Exhibit good sportsmanship.
  - Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the school they attend and should act accordingly in maintaining a higher standard of conduct. Cheerleaders will abide by school codes of conduct both in and out of uniform, both at and away from school. Any question of appropriateness will be decided by the principal and sponsor.
  - 7th grade cheerleaders who quit the squad during their term will be prohibited from taking part in cheerleading activities (including try-outs) for one year following the date of their exit. Principals may determine exemptions to this guideline on an individual basis.

**Dress:**

- Each cheerleader is expected to follow the instructions of the sponsor regarding dress for games and practices.
- Cheerleaders may only wear the school uniform and represent the school when the cheerleading sponsor or designated school official is present to supervise.
- No cheerleader uniform may be altered without coach approval. If this occurs, cheerleader will pay for the uniform.

**Practices/Games/Performances:**

- Prior to missing any practice, cheerleaders will be required to provide a method of parental notification, which will be determined by the individual sponsor.
- Cheerleaders may be tested prior to performances to ensure they know the required cheers & chants. Those who do not meet requirements may lose the privilege to participate in the activity.
- Please remember that pre-game and half time is not a time to visit.
- Schedules will be distributed in advance of all activities and each cheerleader will be aware of any cheerleading obligations. Therefore, there is no excuse for not turning in school assignments the day of or the day after a game.
- Failure to attend the practice immediately before a game or pep rally may result in removal from the scheduled event. This includes doctor appointments, illness, and leaving early.

- Cheerleaders are expected to watch the game and cheer at all times.
- No cheerleader is allowed to sit in the stands or leave the squad without permission of the sponsor. This includes half time.
- If a cheerleader is sitting out of a game for discipline reasons they are to sit with the sponsor only. They will not be allowed to sit with friends or parents.

**Uniform Return:**

- All uniforms must be cleaned and turned in at a designated date.
- Each cheerleader will be held financially responsible for any uniform damage.
- Replacement costs will be determined by the current price for the damaged items.

**General Consequences:**

The following discipline management techniques may be used alone or in combination for behavior prohibited by the Cheerleading Constitution.

- Verbal correction
- Time out
- Rewards or demerits
- Behavior contracts
- Parent/teacher conference
- Game suspensions
- Withdrawal of privileges
- Probation
- Dismissal from squad



## FRISCO INDEPENDENT SCHOOL DISTRICT Inherent Risk Sheet

### **INHERENT RISKS OF CHEERLEADING:**

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an aerobic activity which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the high school office before you may participate in practices and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following:

Blisters, muscle strains, ligament sprains, joints and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

### **BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES**

**NEVER** stunt or tumble unless a coach or coach's designee is present.

Always practice in the presence of a qualified coach.

Always warm-up appropriately before cheering (practice and games) by jogging & stretching.

Do not attempt a stunt that you do not know how to perform safely and that has not been checked *off* by the coach.

Always use attentive spotters when stunting.

Always cheer in an area free from obstruction.

Always use mats or a grassy area when stunting during practice.

Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.

Never talk, laugh, and mess around when performing a stunt.

Report all injuries to the coach as soon as they occur.

Follow all trainer and doctor recommendations.

Lift weights to increase strength and guard against injuries.

Always wear shoes and clothing appropriate for cheerleading.

Never wear jewelry of any kind or chew gum when cheering (practice and games).

Always have your hair pulled back from your face and shoulders.

Eat nutritious meals and get plenty of rest.

Always ask for assistance or advice at any time.

I have read the preceding warning.

I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation.

I acknowledge that I am physically fit and am voluntarily participating in this activity.

# **Frisco Independent School District**

Please sign below and return to the cheerleading sponsor.

I have read the 2010-2011 Cheerleading Constitution and I agree to follow the guidelines at all times. I understand that failure to follow these guidelines may lead to consequences as described in the constitution on page 6.

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Student Signature

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Date

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Parent Signature

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Date