

*Midlothian Independent School District  
Cheer Constitution*

**Building  
the  
Leaders  
of our  
Future**



**Midlothian ISD Cheer Constitution  
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## **Preamble**

### **Purpose**

The Midlothian ISD Cheerleading Program provides young women and men the opportunity to develop and promote school spirit as an individual and as a group throughout the entire school year. While focusing on an appreciation of the techniques, skills, and athletic endeavor associated with cheerleading, the program recognizes and appreciates the inherent benefits of group participation and personal development. The program builds leaders while taking on the challenge of promoting school and community spirit.

### **Cheerleader/Mascot Oath**

Midlothian High School, Frank Seale Middle School, and Walnut Grove Middle School Cheerleaders/Mascots are some of the most highly admired individuals on their campuses as well as in our community. One of the duties of participating in the program is to possess qualities worthy of peer admiration. Cheerleaders/Mascots will follow all rules and guidelines in the Midlothian ISD Student Code of Conduct and respective campus handbooks while at school or while representing the school. Cheerleaders/Mascots will be polite, respectful, and courteous to adults at all times. Cheerleaders/Mascots will complete and turn in her/his class work and homework on time. Cheerleaders/Mascots will bring required materials, supplies, and equipment to every cheerleading class and activity. Cheerleaders/Mascot will follow every dress code policy established by the Board of Trustees while in academic classes and while in the halls and common areas during cheer class. Cheerleaders/Mascots will avoid gossiping. Cheerleaders/Mascots will not fight with other students or squad members. Cheerleaders/Mascots will work closely with cheer coaches, be cooperative, and support decisions concerning all aspects of cheerleading. Cheerleaders/Mascots will be cooperative and be positive leaders of their peers.

# Article I. Selection Process

## A. Eligibility (passing was removed as well as teacher recs)

1. Candidates must be legally enrolled and attending her/his school in accordance with district policy on the day of the mandatory parent/candidate meeting.
2. Candidates who were removed or quit a Midlothian ISD cheer squad may not tryout for cheerleader/mascot for the following school year.

## B. Requirements

1. Candidates must attend the mandatory parent/candidate meeting.
2. Candidates must attend the entire tryout clinic every day.
3. Candidates are required to exhibit skills in: cheer technique, jump technique, dance technique, tumbling while showing spirit and enthusiasm.

## C. Tryouts

1. A panel of independent, professional cheerleading judges will judge candidates individually and in small groups. Judges are trained and certified by NCA, UCA, or ACA.
2. Cheer candidates are **scored** as follows for a total of 50 points per judge:
  - a. Crowd Appeal: Facial Expression, Spirit (5 points)
  - b. Projection: Energy, Enthusiasm, Confidence (10 points)
  - c. Jumps: Form, Height, Flexibility, Variety (10 points)
  - d. Tumbling: Execution, Technique, Difficulty (5 points)
  - e. Motions: Precision, Arm Placement, Technique (10 points)
  - f. Dance: Precision, Projection, Timing/Rhythm, Coordination (10 points)
3. MISD Cheer Squads will be comprised of students according to the following:
  - a. Varsity: 12<sup>th</sup> grade and 11<sup>th</sup> grade\*
  - b. JV: 11<sup>th</sup> grade\* and 10<sup>th</sup> grade
  - c. Freshmen: 9<sup>th</sup> grade
  - d. FSMS & WGMS: 7<sup>th</sup> & 8<sup>th</sup> grade

\*11<sup>th</sup> graders must designate which team she/he is trying out for prior to the first day of clinic.

4. Judges will comprise teams according to the following criteria:
  - a. MHS candidates whose scores fall above the "natural break" per team.
  - b. FSMS & WGMS will select **eight 8<sup>th</sup>** and **eight 7<sup>th</sup>** graders for each school.
  - c. Mascot positions are in addition to set numbers and are not part of the "natural break" for high school.
5. **Postings** will be made on the respective school websites as well as the coaches' homework online following tryouts and verification of tabulations by administration. Times of postings will be announced to candidates the day before tryouts.
6. Squad **captains** play an important role and serve as a leader of their team as well as an assistant to the coach.
  - a. Qualification: Captains must have served as MISD Cheerleader prior to the current year.
  - b. Requirements: Captain candidates **may** be asked:
    1. to create and perform an original cheer for the judges on the day of tryouts and, at a later practice, for her team.
    2. to create and perform an original dance for the judges on the day of tryouts and, at a later practice, for her team.
    3. interview with the coaches at a given time.
    4. create and present ideas for pep rallies, cheers, etc.
    5. submit an original essay or letters of recommendation.
    6. be voted upon by their team.
    7. to complete other application portions as coach designates.
  - c. Selections: Captain selections are at the sole discretion of the coach.

## Article II: Cheerleading Class

A. **Credit:** Cheer class will count as physical education credit for the fall and spring semester.

### B. Cheer Class Expectations

1. Cheerleaders/Mascots are required to be fully dressed (jewelry off, socks and shoes on, hair up, etc) and ready for class 5 minutes after the tardy bell.
2. Cheerleaders/Mascots will wear the following to class every day: t- shirt (may not be tank top or sleeveless), cheer-type shorts, cheer shoes and socks. Hair will be pulled back tightly. Bangs longer than eyebrow length must be pulled back and secured. Absolutely NO jewelry may be worn during practices or performances.
3. Locker rooms will be kept clean at all times. It is the cheerleader's/ mascot's responsibility to lock personal items in lockers. Coaches and school personelle ARE NOT responsible for unsecure personal items.
4. Cheerleaders/Mascots are expected to turn in "assignments" on the due date. "Assignments" may include, but are not limited to: fundraising materials, signed documents, cheer lists, posters, etc.
5. Coaches may administer "tests" as needed. "Tests" may include, but are not limited to: knowledge and execution of cheers or sidelines or dances, knowledge of constitution rules, etc.

### C. Cheer Class Consequences

1. **Tardies:** Cheerleaders/Mascots are tardy to cheer class if she/he is not fully dressed and ready to begin the workout at exactly 5 minutes past the tardy bell. Class tardy policy will be in accordance with school academic class standards. Middle school coaches will address tardies by assigning lunch detentions. High school coaches will address tardies through HSP grades according to district policy.
2. **Grades:** Cheerleaders/Mascots will begin each six weeks with a 100 class average. Infractions of Cheer Class Expectations will result in deductions from this average. Cheerleaders/Mascots will be expected to document infractions as instructed by their coach.

## **Article III: Extra Curricular/Outside of Class responsibilities**

### **A. Practices**

1. Practices outside of class are called by the coach when necessary.
2. No practices may be held without a coach in attendance.
3. Practice schedules including dates, times, and place will be published when distribution is possible. Notification of extra practices will be handled through word of mouth during prior practices or class, printed copies, email, and/or texts/calls.
4. Practices follow a basic yearly outline, but are not limited to:
  - a. Spring- after school as designated by the coach.
  - b. Summer- before camp and August
  - c. Cheerleaders/Mascots will attend a nationally organized camp at personal expense in the summer. Choice of camp and location will be decided on by the coach with administrator approval.
  - c. Fall/Winter- after school or before school as necessary

### **5. Practice Requirements**

- a. Arrive on time- specifics outlined in the demerit system
- b. Attend all practices- Cheerleaders will be excused from extra practice with prior approval by the coach in illness or emergency situations. Cheerleaders are responsible for contacting the coach at least ONE HOUR prior to the practice for an absence to be considered excused. Consequences of skipping or improperly notifying coaches of an absence will result in demerits as outlined in the demerit system.
- c. Wear proper cheer workout attire- Cheerleaders/Mascots will wear cheer-style shorts, t-shirts, socks and cheer shoes to every practice. Hair will be up; no jewelry will be worn. Specifics and consequences for noncompliance are outlined in the demerit system.

B. Performances

1. **Attendance**

- a. Cheerleaders/Mascots will arrive at designated times. Specifics are outlined in the demerit system.
  
- b. Cheerleaders/Mascots may not participate in games or performances if she/he was absent from school.
  
- c. Cheerleaders will be excused from performances with prior approval by the coach in cases of illness or emergency situations. Cheerleaders are responsible for contacting the coach at least ONE HOUR prior to the performance for an absence to be considered excused. Consequences of skipping or improperly notifying coaches of an absence will result in demerits as outlined in the demerit system. (wording from middle school's const.)
  
- d. MHS Cheerleaders/Mascots will ride school transportation to and from all out of town games. FSMS and WGMS Cheerleaders/Mascots will provide their own transportation to Midlothian facilities.



## 2. Appearance and Equipment

### a. Uniforms

- Uniforms will be chosen by the coach.
- Cheerleaders will wear identical attire while cheering and while representing MHS, FSMS, or WGMS on designated game days.
- Before any alterations may be made to any uniform, approval must be obtained from the coach.
- Hair will be worn away from the face and eyes while cheering, preferably in a ponytail. Hair accessories will be identical and part of the uniform.
- Uniforms will be worn only when serving as cheerleader/mascot and representing the school. Parts of the uniform are never to be worn separately with other clothes unless discussed and approved by the coach.
- Appropriate undergarments will be worn at all times with the uniform. Undergarments should be discrete (not show) and neutral in color.
- Cheerleaders/Mascots will wear the school uniform (pants, shirt, and jacket) to school on game days or other days deemed necessary by the sponsor. This uniform will be in accordance with MISD dress code. Demerits will be given for non-compliance.
- Cheerleaders/Mascots will refrain from allowing other students to wear parts of their uniform (including jackets) at all times.
- **ALL** jewelry, visible or not, including studs, **MUST** be removed prior to any cheerleading event or practice.
- Cheerleaders/Mascots may not have disruptive body piercing such as tongue, naval, or eyebrow piercing.
- Cheerleaders/Mascots may not have visible tattoos.
- Cheerleaders/Mascots **MUST NOT** get any piercing during any part of the school year that will affect performance and/or practice. They will be required to take it out, and taping is not allowed.

b. **Equipment:** Cheerleaders/Mascots are required to bring necessary equipment to games and events which include but are not limited to: poms, signs, props, etc. as instructed by the coach.

### c. Fundraising

1. Cheerleaders/Mascots will be required to participate in group fund raising projects and activities. Non-participation will result in demerits, and in some cases, dismissal from the squad (ie program ad sales). Not turning in assigned fund-raising materials during class will be reflected by cheer class grade.

2. All fundraisers will be approved by the coach with district administration approval. Independent fundraising is prohibited.

3. Annual fundraisers: The following fundraisers are traditional and nonnegotiable. The respective cheer programs rely on these fundraisers to operate. Additional fundraisers may be implemented as needed.

- MHS Cheerleaders/Mascots are required to sell ads for the football program. Requirements will be based on a total amount of sales. Noncompliance will result in dismissal from the squad. MHS JV and MHS Freshmen will be required to sell football programs during Varsity home games.
- FSMS Cheerleaders/Mascots are required to sell ads for the Mr. FSMS program. Requirements will be based on a total amount of sales. Noncompliance will result in dismissal from the squad.
- All MISD Cheerleaders/Mascots are required to participate in the annual Cheer-Wide fundraiser. Funds raised from this event will be delegated to each program based on individual contribution.

## Article IV: Behavior Standards

A. Cheerleaders/Mascots will be held to the highest standards of conduct.

- Cheerleaders/Mascots will follow all school rules as outlined in MISD Code of Conduct and student handbooks.
- Cheerleaders/Mascots will follow all rules as outlined in the MISD Cheerleading Constitution.
- Cheerleaders/Mascots must not be subject to disciplinary action. This includes In School Suspension (ISS), Assist, extended afternoon/evening detentions (d-hall), or swats. Should this occur, she will be placed on **behavior suspension** the first time. Should it occur a second time, she will be dropped from the squad.
- Cheerleaders/Mascots must not be subject to detention. This includes lunch, before school or after school detention. Consequences for being assigned to detentions are outlined in this packet.
- Cheerleaders/Mascots must not be suspended or assigned to alternative school for any reason. Should this occur during the year she will immediately be dropped from the squad.
- Cheerleaders/Mascots are expected to maintain excellent attendance at school, meetings and practices. Cheerleaders/Mascots must be present at school on game days, performances or practices in order to participate in the activity. Cheerleaders/Mascot must attend and be able to participate in cheerleading class immediately before all pep rallies/parades/ performances/ etc. in order to participate in that activity.
- Cheerleaders/Mascots will not be allowed to tryout if she/he was dismissed or dropped from the squad during the prior year.
- Cheerleaders/Mascots must be available and willing to prioritize school cheerleading events over other obligations. All cheerleaders/mascots must be able to cheer at football games during the fall and basketball games during the winter. Other *school*/activities will be accommodated with *prior* approval from sponsors.

## C. Demerit System

### Expectations...Cheerleaders/Mascots will:

- Follow all school rules as outlined in the MHS Cheer Constitution as well as the MISD Code of Conduct and student handbook including dress code, etc.
- Avoid displaying undesirable emotions, such as crying, anger or rage.
- Be respectful and cooperative to adults, coaches and all squad members.
- Use appropriate language.
- Use good sportsmanship.
- Refrain from wearing jewelry, distracting nail polish, or chewing gum while in uniform or while practicing.
- Follow the coach's directions and instructions.
- Bring cheer notebook and equipment and supplies to all cheerleading activities.
- Be on time to games, meetings, practices and activities [One demerit will be assigned for each 10 minutes late on the 1<sup>st</sup> of each of the 10 minutes until the cheerleader arrives.]
- Have prompt transportation from all activities [one demerit will be assigned for each 15 minutes late on the last of each of the 15 minutes until transportation arrives.]

### Consequences:

- For infractions of the above expectations, cheerleaders will receive demerits. The sponsor will inform the cheerleader when demerits are given.
- Receipt of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> **demerits** should be viewed as warnings.
- On receipt of the 4<sup>th</sup> **demerit**, the cheerleader will receive a verbal warning during a private discussion with the sponsor.
- On receipt of the 5<sup>th</sup> **demerit**, the cheerleader will be placed on behavior probation.
- On receipt of the 6<sup>th</sup> **demerit**, the cheerleader will be placed on behavior probation again.
- On receipt of the 7<sup>th</sup> **demerit**, the cheerleader will be placed on behavior suspension and the sponsor will conference with the cheerleader and her parents.
- On receipt of the 8<sup>th</sup> **demerit**, the cheerleader will be dismissed from the squad.

\*For multiple demerit infractions (i.e. being late to practice/game or not participating in fund raising events) the cheerleader will be given no more demerits than what would be her 7<sup>th</sup> demerit.

## D. Detention/Probation Policies

### Lunch Detentions:

- 1<sup>st</sup> - warning
- 2<sup>nd</sup> - warning
- 3<sup>rd</sup> - conference with sponsor
- 4<sup>th</sup> - conference with sponsor
- 5<sup>th</sup> - conference with sponsor
- 6<sup>th</sup> - conference with sponsor
- 7<sup>th</sup> - dismissal from squad

### After School Detention:

- 1<sup>st</sup> - conference with sponsor
- 2<sup>nd</sup> - conference with sponsor and parent/behavior probation\*
- 3<sup>rd</sup> - conference with sponsor and administrator/behavior suspension\*\*
- 4<sup>th</sup> - dismissal from squad

**\*Behavior Probation** - You can be placed on Behavior Probation for 5 reasons.

- Getting a conduct grade below "S" on your report card in any class
- On receipt of the 5<sup>th</sup> or 6<sup>th</sup> demerit in cheerleading
- Receipt of 5<sup>th</sup> lunch detention
- Receipt of 2<sup>nd</sup> after school detention
- Long Detentions assigned by school Principals

Cheerleader on Behavior Probation will not be allowed to participate in the next one (1) performance as a cheerleader (pep rally, games, etc.).

**\*\*Behavior Suspension** - you can be placed on Behavior Suspension for 4 reasons.

- Receipt of 7<sup>th</sup> demerit
- Receipt of 6<sup>th</sup> lunch detention
- Receipt of 3<sup>rd</sup> after school detention
- Assist, ISS (FSMS or WGMS only), Swats

Cheerleaders on Behavior Suspension will not be allowed to participate in the next three (3) performances as a cheerleader (pep rally, games, etc.).

## Article V: Academic Standards

A. Cheerleaders/Mascots are expected to maintain passing grade averages in each class and be positive leaders in the classroom. **Cheerleaders must pass all classes.** Failure in one (or more) classes within a grading period (six-weeks grade reporting period) will eliminate a cheerleader from participation and she will be placed on probation for three weeks, according to the standard "No Pass, No Play" UIL policy. In addition, the cheerleader **MUST** attend tutoring for the course(s) failed. During this probationary period, the cheerleader is still required to attend and participate at all practices.

B. If the cheerleader is failing any class at the following three-weeks grade-reporting period (progress reports), she will be placed on a second term of probation for the next three weeks. During this probationary period, the cheerleader is still required to attend and participate at all practices.

C. If a cheerleader has failing grades on 2 or more report cards for any six-weeks grading period, consecutively or not, she will automatically be dismissed from the squad.

## Article VI: Obligations and Commitment

A. Cheerleaders/Mascots must be available and willing to prioritize school cheerleading events over ALL other obligations.

1. Cheerleaders/Mascots must be free to spend the necessary time, as decided by the coach and captain, both during the summer and entire school year.
2. Any candidate wishing to graduate early may NOT tryout for cheerleader/mascot.
3. Cheerleaders/Mascots may not hold jobs that interfere with practices, performances, or other scheduled activities of the team. Jobs and any other activity outside of school are NOT considered excused absences.
4. Although participation in other school activities and organizations is encouraged, approval is required between all coaches/sponsors involved to work out a compromise should any scheduling conflicts occur.
5. Cheerleaders/Mascots may NOT leave practices or scheduled events for competition squad training, tumbling classes, or other such outside activities.

## **B. Financial Obligations**

1. Cheerleaders/Mascots are required to pay for the following:
  - a. camp
  - b. uniforms/supplies as designated by the coach with administrator approval
  - c. fundraising requirements not met
2. Yearly Approximate Costs will be published at the Parent/Candidate meeting.

## **Article VII: Amendments**

- A. The district reserved the right to amend the MISD Cheer Constitution with the approval of the coaches, building administration and central office administration.
- B. Notification of changes will be handled in writing with verbal explanation to all cheerleaders/mascots and signed receipts of by the cheerleaders/mascots and parents prior to implementation. Failure to sign acknowledgement will NOT negate amendments.