



2022–2023 LEHS Cheer Program Constitution for Cheerleaders, Yell Leaders, and Mascots

It is the policy of Little Elm ISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Little Elm ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational programs. For information about your rights or grievance procedures, contact the Title IX Coordinator, Ross Roberts, at 300 Lobo Lane, Little Elm, Texas, 75068, 972-947-9340, and/or the Section 504 Coordinator for Student Services, Cortney Clover, at 300 Lobo Lane, Little Elm, Texas, 75068, 972-947-9340.

Es política de Little Elm ISD el no discriminar con base en raza, color, nacionalidad, sexo, discapacidad o edad en sus prácticas para emplear tal y como lo requiere el Título VI del Código Civil en su enmienda de 1964; Título IX de las Enmiendas Educativas de 1972; Enmiendas al Acto de Edad Discriminatoria de 1975; y Sección 504 de la Enmienda al Acto de Rehabilitación de 1973.

Little Elm ISD se asegurará que la limitación o falta de habilidades en el idioma Inglés no sea una barrera de admisión y participación en programas educativos. Para mayor información de sus derecho o procedimientos de apelación, favor de comunicarse con el Coordinador del Título IX, Ross Roberts con dirección en; 300 Lobo Lane, Little Elm, TX 75068, y/o con la Coordinadora de Servicios Estudiantes para la Sección 504, Cortney Clover con dirección; 300 Lobo Lane, Little Elm, TX 75068 o por teléfono al 972-947- 9340.

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Overview

The rules and procedures outlined in this constitution are in effect from the time the student is selected to the LEHS Cheer Program until the next tryout date. These rules apply to cheerleaders, yell leaders and mascots in the program equally. This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year. The LEISD Student Code of Conduct will be enforced for the duration of the Cheer Year.

Eligibility

Tryouts - Membership in the LEHS Cheer Program shall be restricted to Little Elm High School students, as well as appropriate freshman feeder schools. If the student is not enrolled in Little Elm ISD prior to tryouts they are not eligible to try out. Eligible candidates must have no more than one ISS assignment and no OSS or DAEP assignments during the current academic school year. Any candidate who was involved in the LEHS Cheer Program the prior year, and voluntarily removed themselves from the squad before the end of the Cheer Year, will not be eligible to try out. Any candidate who was involved in the LEHS Cheer Program the prior year, and was dismissed from the program, will not be eligible to try out. A former member who was medically excused from physical activity during the previous year, and who does not submit the proper documentation to be released for full participation, will not be eligible to tryout. All former cheerleaders, yell leaders and mascots will try out each year. No one can be automatically reinstated.

Grades - Coaches will conduct grade checks at the times designated by the official LEISD Eligibility Calendar and Guidelines as set forth by University Interscholastic League (UIL). Cheerleaders who become ineligible, or are at risk of becoming ineligible will be given a mandatory tutoring contract.

Basics of No Pass, No Play *from www.uiltexas.org*

- Must be passing all courses (except identified advanced classes).
- Students lose eligibility for a three-week period, which is defined as 15 class days. Exception: one but only one of the three school weeks may consist of only three or four class days, provided the school has been dismissed for a scheduled holiday period. Two class days does not constitute a school week. Exception: Thanksgiving if schools are on holiday Wednesday, Thursday and Friday.
- School week begins at 12:01 a.m. on the first instructional day of the calendar week and ends at the close of instruction on the last instructional day of the calendar week (excluding holidays).
- Ineligible students must wait seven (7) calendar days after a three-week evaluation period and the grading period to regain eligibility.
- Students may regain eligibility an unlimited number of times throughout the school year. Passing means a minimum grade of 70 on all courses (except identified advanced classes).

Cheer Tests - All members of the LEHS Cheer Program may be required to pass a cheer test, demonstrating their knowledge of all cheers and chants, before they are eligible to cheer at any event. New cheerleaders will have access to videos of the cheers and chants on throughout the summer in order to practice. Retakes will be allowed until the member becomes eligible.

Tryouts

All dates and information that pertain to the upcoming tryouts will be included in the 2022-2023 Tryout Packet. Parents will receive this packet at the Mandatory Parent Meeting preceding tryouts.

Squad Dynamics

Varsity candidates can be males or females going into their sophomore, junior or senior year. The squad will consist of approximately 20-24 individuals, pending tryout results. 4 or less sophomores are allowed on Varsity.

Junior Varsity candidates can be males or females going into their freshman or sophomore year (this depends on the amount of candidates trying out). Candidates who are going into their Junior or Senior year will sign an Alternative Placement Contract which could allow them to make the Junior Varsity squad if their scores are not adequate to make the Varsity squad. The squad will be made of approximately 16 individuals, pending tryout results. 4 or less freshmen are allowed on Junior Varsity.

Freshmen candidates can be males or females going into their freshman year. The squad will consist of approximately 12 individuals, pending tryout results.

Mascot candidates can be males or females going into their freshman, sophomore, junior, or senior year. In the case that there are no candidates interested in trying out for Mascot, all cheerleader and yell leader candidates will have access to the Alternative Placement Contract that would allow them to be placed as Mascot IF their scores are not adequate to be placed on one of the cheer squads.

Commitments

Candidates selected to be a cheerleader, yell leader, or mascot are expected to make a commitment to the activity for the full Cheer Year¹. Any cheerleader who voluntarily quits the squad before the end of the Cheer Year will not be allowed to tryout for the next year.

Stunting - Members of the LEHS Cheer Program will be expected to perform any position of a stunt group necessary, based on the dynamic of the squad. The stunting positions are main base, side base, back spot, front spot, corner spot, and flyer. Positions are assigned by the coach and can be changed by the coach at any time. Refusal to participate in stunts or as certain positions will warrant consequences, including but not limited to benching, and could result in dismissal from the program.

Attendance - Members of the LEHS Cheer Program will be allowed 1 excused absence² per season. The three seasons are: Football Season, Basketball Season, and Off Season. An excused absence from school will excuse a cheerleader from class period practice, but not any after school commitments. Notice should always be given to the coach as soon as you are aware that a scheduled event will be missed. After a member uses their 1 excused absence for the season, all absences will be considered unexcused absences³ and will result in a game benching. Please note that absences from practice (excused or unexcused) during choreography or performance practices may result in movement within a routine or removal from the routine at the coaches' discretion.

Off Season: Tryouts - August 11th

Football Season: August 12th - Last Varsity Football game

Basketball Season: First Basketball game - Tryouts

Excused Absence - when written notice to coach from parent prior to absence for events that are out of the student's control OR when proper documentation of a medical emergency is provided within a reasonable time

All Squad Practice - After school practice may be held throughout the spring so that Freshman, JV, and Varsity squads can practice together in preparation for summer camp and the upcoming school year. (This will heavily be based upon current Covid Protocols and athletes will be given ample time prior to final dates & times of practices)

Summer Camp - Cheerleaders will attend summer camp. Camp is **MANDATORY**. Failure to attend summer camp is reason for immediate dismissal from the squad at the coaches' discretion.

Back-to-School Practice - at least 1 week of practice will be held before the fall semester begins in order to get squads ready for the Football season. This will be considered Off-season in regards to attendance.

Tumbling - Members of the LEHS Cheer Program may be required to attend a weekly tumbling classes at their own preferred location. Coach may require documentation to show these classes.

Banquet - Current members of the LEHS Cheer Program will be able to attend a celebratory banquet at the end of the Cheer Year. Tickets for additional guests will be available for purchase. Any member quitting the team or removed from the team will not be allowed to attend the end of year cheer banquet as a squad member or as a guest of a squad member. Squad members removed due to injuries will still be able to attend with prior approval from the coaches. Early grad seniors can attend a banquet as a team member with coach approval.

UIL rules state that cheerleaders are not permitted to lead cheers for contests held on separate school nights during the week. A school week consists of contests Monday-Thursday. Friday-Saturday contests do NOT count in the calendar week.

Football

- Varsity Cheerleaders will cheer at home and away Varsity Football games.
- JV and Freshman Cheerleaders will cheer at home JV and Freshman games respectively.
- Varsity may travel to Varsity playoff games with the permission of the principal and if funding for travel permits.

Volleyball

- Varsity, JV, and Freshman Cheerleaders will cheer at home Varsity, JV, and Freshman Volleyball games respectively.
- Varsity may travel to Varsity playoff games with the permission of the principal and if funding for travel permits.

Basketball (Boys & Girls)

- An official calendar will be shared at the start of the season. Varsity will cheer at all home games and may be allowed to travel to some away games, as well as playoff games.
- JV & Freshman teams will only cheer home games.
- At the start of basketball season, the Varsity Cheerleading coach may decide to split the Varsity Cheerleaders into a BLUE team and a GOLD team. The BLUE and GOLD teams will alternate cheering for Varsity Boys and Varsity Girls. These teams will be largely based on stunt groups and no switches will be allowed, unless initiated by the coach.
- JV Cheerleaders will alternate cheering for JV Boys and JV Girls basketball.
- Freshman Cheerleaders will alternate cheering for Freshman Boys and Freshman Girls.
- Varsity may travel to Varsity playoff games with the permission of the principal and if funding for travel permits.

Other School Events - Members of the LEHS Cheer Program will be required to attend various school events that will be planned, scheduled, and organized by organizations other than the Cheer Program. The dates and times of these events will be shared as soon as they are available and all rules of conduct within this constitution will be upheld at these events. These events may include but are not limited to:

- Fundraisers
- Parades
- Back-to-School Events and Orientations
- Other sports (soccer, baseball etc)
- Community Pep Rallies
- LEYSA Extravaganza
- Lobopalooza (Basketball)
- Playoff Send-offs and Celebrations
- Broadcasted Events and Pep Rallies
- Any other events where the Cheer Program is requested to represent LEHS

UIL Competition Squad - The LEHS Cheerleading Program will represent our school at the UIL Spirit State Championships in January. We will compete in the 6AD2 division. While all members of the program must be willing to make the commitment, only 30 members can perform on the mat at UIL. If the program has an excess of 30 members, competitors will be chosen based on skill, spirit and enthusiasm. There will also be 4 alternates selected to come to all practices and learn various parts of choreography in the event that they would need to compete. All LEHS cheerleaders may be able attend the competition, unless they are ineligible.

Dates and location will be posted by UIL at www.uil texas.org/spirit/spirit-state-championships

Transportation - Cheerleaders must utilize designated transportation. In emergency situations, students may ride home with their parent with prior approval in writing. Each member will conduct themselves appropriately and abide by all bus transportation regulations and school rules. Parents may be used to drive students to and from events where a school bus is not provided such as camp and competitions.

Parent Involvement - All parents are encouraged to attend games and events where members of the LEHS Cheer Program are cheering, performing, or competing. All parents are encouraged to participate in

the **booster club** which will meet once per month and make decisions about fundraising and spending. Our booster club is one of our most valuable assets, and we encourage everyone to join. Cheerleaders will not be excused from commitments because parents are not aware or not available.

Behavior and Conduct

Members of the LEHS Cheer Program 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 program and the high school they attend and should act accordingly. Any member removed from the squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryouts. Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the program. Members are expected to demonstrate exemplary character at all times. At practice, performances, and all events, members are expected to have a positive attitude, work hard, be willing to learn new things and improve skills, encourage and help teammates, and show respect for each other, coaches, and other staff. Members who do not meet these expectations will be counseled by the coach about needed improvement and parents will be notified. The coaches have the right to discipline for poor attitude/behavior with conditioning, benching or possible dismissal.

Practice, Game, and Performance Guidelines

- Appropriate assigned attire when practice/performance begins.
- Hair must be secured away from face.
- Masks must be worn properly at all times
- No facial or body jewelry whatsoever during performance, game, pep rally or practice.
- Bring all required items such as poms, bows, warm ups, etc.
- Be on time to all practices and performances, and also returning from halftime or breaks during an event.
- No leaving practice/performance area without the coach's permission.
- No leaving practice/performance until dismissed by the coach.
- Must maintain skills demonstrated at tryouts. Failure to maintain these skills may result in minor violations.

Members of the LEHS Cheer Program who are behaving inappropriately during a game or performance will be given one warning. If inappropriate behavior continues, the coach may decide that immediate benching is the appropriate action. Inappropriate behavior will be considered anything that impedes a cheerleader, yell leader, or mascot's ability to perform their assigned duties which are to pay attention to the game or event, to lead the crowd by spiriting at appropriate times, and to do all chants and cheers called by the captains. Some inappropriate behaviors include but are not limited to: excessive socializing and/or arguing, practicing cheers or attempting skills that have not been approved by a coach, anything else that is distracting from the main event and/or causes the squad to appear disorderly.

Class Period

- Members will have 5 minutes after the tardy bell to get dressed and be in their assigned spot for the cheer class.

- Practice and class time will consist of the following: stretching, jumping, running, weight training, tumbling, stunting, cheers/chants, routines, sign making and any other skills designated by the coaches.
- All cheerleaders, yell leaders, and mascots will be required to take the cheerleading class period and will be graded on cheerleading skills as well as class participation, sign making, attitude, and other areas decided by the coaches.
- Members may not ask to miss the class period for another class. If the member's grades are at risk of causing ineligibility, the teacher and the coach may be in communication to come up with a plan.

Disciplinary System

Violations of this constitution may include but are not limited to:

Minor Violation - Minor violations will be recorded and athletes will have assigned conditioning at the coaches discretion. The coach may also allow athletes participation in Booster Club Fundraisers to work off minor infractions.

- Incorrect practicewear
- Missing poms OR bow
- 0-9 minutes late
- Email from a staff member that is considered a minor at coach's discretion and is immediately fixed
- Possession of cell phone at inappropriate times without coach's permission
- Chewing gum during any practice, game, event, performance, etc.
- Wearing facial or body jewelry during any practice, game, event, performance, etc.
- Nails being excessively long
- Failure to maintain skills demonstrated at tryouts
- Failure to turn in money or forms on time (1 minor violation will be earned each day the form/money is late for the first 4 school days)

Major Violation - A major violation will result in a full game benching assigned at the coach's discretion. Accumulating 3 Major Violations will result in dismissal from the team. **These cannot be worked off**

- 10+ minutes late without any communication
- Unexcused absence
- Refusal to participate in any aspect of practice (i.e, stunting, tumbling, jumping, etc.) without valid medical exemption
- Failure to turn in money or forms on time (5 or more school days late)
- Assignment to 1 day of ISS
- Violation of student code of conduct
- 1st violation of social media contract
- Negative report from a staff member

Immediate Dismissal - The following situations are examples that may call for the immediate dismissal of a member from the LEHS Cheer Program.

- 3 day assignment to ISS
- Assignment to OSS or DAEP

- 2nd violation of social media contract (or 1st violation if extreme – coach and admin’s discretion)
- Continuous refusal to participate in any aspect of practice (i.e, stunting, tumbling, jumping, etc.) without valid medical exemption
- In certain situations, failure to turn in money or forms may result in dismissal from the program. (such as failure to pay for or turn in appropriate forms for camp)
- Earning 3 full game benchings within 1 Cheer Year (dismissal would occur at the time the third full benching is assigned, whether the benchings have been served yet or not)

There may be other situations where minor violations, major violations, or immediate dismissal is an appropriate reaction. This decision will be up to the discretion of the coaches and administration. The possession and/or use of alcohol, tobacco, and illegal drugs are expressly forbidden and will not be tolerated. Any infraction, on or off campus, will result in an immediate removal from the cheer team.

Parent Concerns

All Parents have the right to express concerns about their child’s physical and emotional well-being. In the event that an issue arises, please first consult the constitution to see what has been deemed appropriate by the coaches and administration. We will always look to the constitution when making decisions about a cheerleader’s eligibility, discipline, and expectations. Please do not approach your child’s coach during a practice, game, or other performance as the coach has responsibilities to the entire team at those times. Please contact your child’s coach via email or designated communication app to set up a time to talk via phone or in person. If the meeting between parent and coach does not conclude in a mutually satisfactory decision, please reach out to the assistant principal over cheer at LEHS. As professionals, the LEHS Cheer coaching staff vows to treat all members of the program fairly and equitably regardless of parent concerns. Parents who take concerns directly to an assistant principal or head principal will be asked to first address the issue with a coach. Please remember that if the issue you wish to discuss involves another student, we are not legally allowed to give any information about students who are not your own child.

Uniform Guidelines

Cheerleaders will not:

- Wear uniform to a non-CHEERLEADING function (Eating after a game may be approved by the coach as an exception to the guideline.)
- Lend out uniforms, warm-ups, practice clothes etc. to someone who is not a cheerleader.
- Cut fabric without prior approval from the coach for uniform alterations.

1. Uniforms will be turned in by the scheduled date.
2. Cheerleader is financially responsible for damage to or loss of any part of a uniform.
3. Uniforms are expected to be washed after each use during the season; it is unacceptable to wear dirty uniforms for performances.
4. Uniforms not turned in clean at the end of the season will be charged a cleaning fee of \$50.

Game Day Ready – All squad members should look game day ready anytime they are in uniform, including during the school day and at all games, performances, and competitions. Cheerleaders who are not

game day ready are subject to minor violations, major violations, or possibly immediate benching at the coaches' discretion.

- Correct full uniform including top, skirt/pants, hair bow, white ankle socks, and shoes. This will also include warm outerwear when necessary.
- Only the LEHS Cheer issued backpack should be used at any game or event.
- Hair pulled back off face with hair bow. (Hair can be down during the school day or at a non-performing event with coach's permission.)
- NO facial or body jewelry whatsoever. Watches and small stud earrings will be permitted during the school day but not during practice.
- Nails should be short with only neutral colors.
- No visible tattoos while in uniform.

Letter Jackets - Letter jackets are optional and not part of the cheer uniform, so should not be worn with the uniform while cheering at games. Those on the Varsity squad are eligible to letter in cheer after the season. All letter jacket costs are the responsibility of each individual.

Safety Guidelines

The LEHS Cheer Program should be placed under the direction of a knowledgeable coach. The coach or other knowledgeable designated school employee will be in attendance at all practices, performances, functions, and will ride with members on the bus when bus transportation is required. All members should receive proper training before attempting any skills (tumbling, partner stunts, pyramids, and jumps) If possible, all practice sessions should be held in a location suitable for the activities of the members, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc. Training in proper spotting techniques should be mandatory for all members attempting skills; i.e., camp. Warm-up and stretching should precede all practice sessions, pep-rallies, games. The coaches can restrict any activities or skills that are deemed dangerous to anyone involved.

Injuries - Members who suffer injuries or illness must consult the trainer first and if necessary a doctor as soon as possible. A parent note can excuse a cheerleader from all physical activities for 24 hours to allow time to visit a doctor. 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. All doctor's notes should have a date of expected release. Full participation will require a written release by the trainer or doctor detailing a return to the program without limitations. Limitations will be followed until released. If a doctor's note expires and a release note has not been submitted, the member will be benched until a release is submitted to the coach. Members who are medically excused from physical activity during the Cheer Year and do not submit a sufficient release before tryouts will not be eligible to tryout.

Further information about the athletic trainers at LEHS can be found here:
<http://www.littleelmlobosportsnetwork.com/sports-medicine-athletic-injuries>

Monies Collected by Coaches

Coaches collecting monies from students will give receipts to students stating the amount of monies collected and what the money is to be paid toward (trip, uniform, banquet, etc.). Coaches WILL keep a detailed accounting of income and expenditures of students' monies and make it available to parents upon request. Coaches have no access to booster club funds and information regarding this account will be

supplied by the booster club. No refunds will be given to anyone who resigns or is dismissed from the LEHS Cheer Program.

Additional Costs - A list of additional costs can be obtained from the coach and will be included in the current year tryout packet. Individuals will be responsible for the cost of the following:

- Summer Camp
- Camp/Practice Clothes
- Warm Ups / Outerwear
- Cheer Shoes, if applicable
- Backpack, Bow, Spankies, if applicable
- Tumbling