

Dear Prospective DMS Cheerleaders:

The following outlines important times and dates regarding our upcoming cheerleading tryouts:

1. Parent/Tryout Practice

- ❖ Wednesday, April 14th ...3:30-5:30 pm @ DMS gym for all girls trying out..... ***Each girl trying out must have a parent/Guardian attend a meeting at 5:15 pm during this meeting parents/Guardian may video the dance and cheer ...*** **Meeting is required/ videoing is optional.**
- ❖ Thursday, April 15th ...3:30-5:30pm @ DMS gym...Cheer Clinic for Prospective Cheerleaders...only those trying out for cheer and those appointed by sponsor(s) to monitor and assist will be allowed in the gym (no siblings, friends or parents)...**No Exceptions.**
- ❖ Friday, April 16th3:30-until (pm) @ DMS Gym....Cheer Tryouts...Only those trying out for cheerleading and those appointed by sponsor(s) to monitor and assist will be allowed in the gym...**No Exceptions**
- ❖ 2021-2022 DMS Cheer Squad will be sent out by remind by 7:00 p.m.- .
- ❖ The 2021-2022 squad will be scored and selected by a third party score.

Requirments for Prospective Cheerleaders:

- Each member must maintain a 2.4 average GPA
- Any ISI, suspension, or repeated behavior referrals of a prospective member will be evaluated by the sponsor and administration and may result in not being able to participate in tryouts.
- Must not owe any fees, dues, fines, etc. to DES or DMS
- Each member must turn in all 5 forms attached to the back of the packet by
- **Wednesday, April 14, 2021**
 - **Tryout Permission Form /tryout insurance statement form w/ copy of insurance card**
 - **Honor Code/Demerit Agreement**
 - **Constitution Agreement**
- Parents please bring the constitution packet to the meeting on Wednesday, April 16, 2021 so that we may go over the information if you have any questions.
- All prospective members **must be in attendance at school the day of tryouts and must tryout in their "self-drawn" numerical order.**

This is an estimate of the potential cost to the cheerleaders. We will not order anything until we know more about next years sports.

Approximate Uniform and Camp Budget

Camp (we will make a decision about camp after tryouts)	(overnight)\$325.00 or (home camp) \$160.00
Uniforms	\$161.00
Shoes	\$75.00
Camp Wear	\$133.00
Game Day Bow	\$16.00
Tote Bag	\$50.00
Jacket	\$50.00
Required items you will need to purchase on your own	White no-show socks Black leggings

IF ALL MONEY IS NOT PAID BY THE END OF THE SCHOOL YEAR, YOUR CHILD WILL NOT BE ALLOWED TO ATTEND CAMP AND WILL NOT BE A CHEERLEADER AT DMS.

DMS Cheerleader Constitution

2021-2022

1. Tryout Requirements

- a. Each member must maintain a 2.4 average
- b. Each member must turn in a completed Tryout Agreement/Permission Form and a Tryout Application by **April 14, 2021 @ 3:30 pm**.
- c. Each member must submit a signed Constitution Agreement Slip by **April 16, 2021 @ 3:30 pm** by parents permitting the following:
 - i. Compliance with all rules and regulations set forth by the De Quincy Middle School Administration, Calcasieu Parish School District, and the Cheerleading Sponsor(s).
 - ii. Participation guaranteeing financial responsibility of ALL monetary requirements and participation.
- d. Any ISI or suspension of a prospective member will be evaluated by the administration and sponsor(s) and may result in not being able to participate in tryouts.
- e. Any cheerleader that has been dismissed or quit the squad the previous year will not be eligible to try out the next year (exception to this is if a cheerleader moves during the season)
- f. All prospective members **must be in attendance at school the day of tryouts and must tryout in their "self-drawn" numerical order.**

2. Organization

- a. This constitution has been written and adopted for the DMS Cheerleader Origination. The squad and its Constitution are governed by the De Quincy Middle School Cheer Sponsor(s) and school administrators.
- b. The purpose of the De Quincy Middle School Cheerleaders is to:
 - i. Create school spirit, pride, and loyalty.
 - ii. Promote interest in school activities and perform at school games.
 - iii. Develop responsibility, teach self-respect, encourage honesty, effort, strive for excellence, and develop character.
 - iv. Teach teamwork and pride in a quality performance through maintaining high standards.
- c. The sponsor(s) will be responsible for the daily running and activities of the De Quincy Middle School Cheerleaders
 - i. The sponsor(s) will be responsible for administering merits and/or demerits.
 - ii. The sponsor(s) may place certain restrictions on squad members.

3. Squad Membership requirements

- a. The squad will be composed of sixth, seventh and eighth grade students.
- b. The head cheerleaders (if needed) will be selected by sponsors
- c. Must be responsible for all cheer uniforms, camp/practice clothes and equipment.
- d. Must attend summer camp at the beginning of June at McNeese State University.
- e. Members must maintain a 2.4 average each semester.
 - i. Any member who has D's or F's will have consequences per demerit sheet
- f. Any situation resulting in lunch detention, ISI/ISD or suspension of a member will have consequences per the demerit sheet.
- g. Each member Must attend all practices, meetings, games, and designated activities.

4. Parent requirements

- a. Support, reinforce and abide by cheerleader constitution rules
- b. If any problems arise in the year (with sponsors, or other cheerleaders/parents) schedule an appointment to discuss with the sponsors.
- c. Provide their cheerleader with rides, and pick up at the assigned times
- d. Provide financial support to their cheerleader
- e. Understand that while your cheerleader is under our watch, she will be instructed not to leave the game/practice/camp area until we dismiss or allow them to leave the area
- f. Parents will not have any altercations/post with phone use: social media, text or calls about cheer or other cheerleaders, sponsors, administration, students or adults! **It is very important that we, the adults, are role models for our children.**

5. ATTENDANCE

Each cheerleader is required to participate in all cheerleading activities such as practices, summer camp, games, fundraisers, etc. If you cannot attend a function the sponsor must be notified ahead of time for approval.

- a. All members must be in attendance at least the afternoon ½ day of school in order to cheer at a scheduled event.
- b. To participate in a practice, a member must attend school 7th hour.
- c. All practices and meetings are necessary for a good cheerleading squad. Remember, whenever you are not present, most formations, pyramids, routines, and stunts cannot be practiced. You are therefore, hurting the entire squad.
- d. Attendance at practice before a pep rally or game is mandatory or the cheerleader will be benched. Excused or unexcused
- e. Cheerleaders are required to wear athletic shorts (no uniform shorts), t-shirt and cheer shoes to practice
- f. A cheerleader is expected to participate fully in all P.E. activities and dressing out. P.E. helps to condition the body, keep it flexible, and build endurance.
- g. Attendance records will be kept. Three tardies will be considered one unexcused absence.
- h. **When absent from school or checking out, it is the cheerleaders (or parents) responsibility to notify the sponsor/sponsors. Sending a message by another cheerleader is NOT acceptable!!**
- i. Any unexcused absence will result in demerits according to the demerit sheet.
- j. Absences for the following reasons will be excused:
 - i. Doctor's appointment w/ excuse
 - ii. Death in the family
 - iii. School function
 - iv. Emergencies at sponsor's discretion
- k. If a member misses a practice before a performance, the member will not perform.
 - i. An absence must be documented by the parent in writing or a phone call at least the morning of an event with the sponsors in advance.
 - ii. All doctor's appointments, etc., should be scheduled so they do not interfere with squad practices and activities.
- l. All members must attend each activity in its entirety.
- m. **In case of minor illness, injury, and probation (academic/disciplinary), a member will be required to attend all practices and games and dress out.**

6. CONDUCT

- a. Certain standards are necessary for the integrity and reputation of any organization that is charged with leadership and responsibilities both at school and in the public.
- b. They will display good sportsmanship at all times, cheerleaders should never insult the opponent team or any other representative of a school or referee.
- c. De Quincy Middle School believes that cheerleaders should be leaders and set good examples at all times both in school and in the community (whether in uniform or out).
- d. Cheerleaders will be dismissed from the squad if suspended from school
- e. Cheerleaders must not have any altercations/post with written or phone use: social media, text, calls about cheer or other cheerleaders, students or adults. THIS APPLIES TO PARENTS AS WELL, IF SO THE CHEERLEADER WILL HAVE THE CONSEQUENCES.
- f. Members are expected to maintain character above reproach. Smoking, drinking, use of drugs, inappropriate language or behavior, poor sportsmanship, confrontations, unbecoming behavior in the classroom, extreme display of undesirable emotions or tantrums, or public display of affection will not be allowed.
- g. Any moral or ethical violations will be reviewed by the administration and/or sponsor and dealt with on an individual basis. A severe clause will be applied if warranted.

7. PRACTICE CONDUCT

- a. Must attend all practices-any extenuating circumstances must be discussed with the sponsor in advance (practices held approximately 1-2 days a week).
- b. **Members must inform sponsor if they are checking out of school and will not be attending practice or missing practice for any reason.**
- c. At no time should members be standing around not working. Not attempting to work at practice is grounds for a demerit.
- d. Chronic tardiness, either getting to practice or being picked up, will result in demerits.
- e. No gum or food (except water) is allowed at practice.

8. GAME CONDUCT

- a. Must attend all games and activities assigned by sponsor.
- b. YOU ARE NOT ALLOWED TO STAY AFTER SCHOOL UNLESS A PRACTICE IS ASSIGNED. This is for safety reasons.
- c. Cheerleaders must report to the field or gym 30 minutes before game time to warm up properly and be in formation 5 minutes before the beginning of the game.
- d. Cheerleaders must stand in formation at all times during the game.
- e. Must be dressed in proper uniform with NO JEWELRY (studs only).
- f. Nails must be an appropriate length
- g. A break will be taken at half time prior to going to the visitor side.
- h. Each cheerleader is responsible for all "props" at the game
- i. The head cheerleaders are the leaders—everyone must follow their direction at games.
- j. No gum, food or drinks are allowed while cheering.
- k. At no time should you be visiting with anyone from the crowd.
- l. Any squad member not cheering will be made to leave the cheering area and sit in the stands with the sponsor.
- m. All members should be back to the designated cheering area ready to cheer at the designated time.

- n. Good sportsmanship is very important. At no time will a member be rude or discourteous to another school.
- o. Football games are Tuesdays at 5:30. Basketball games are Mondays and Thursdays at 5:00. You must be at the gym at the time assigned by your sponsor. (The days and times could change)
- p. **All cheerleaders will be required to stay on the field after each game to meet with the sponsors and to pick up all “props” We will then walk as a squad to the gym and put away the “props”. The cheerleaders will be released to their parents from there. If it is an away game the cheerleaders will walk to the sponsors vehicle to put away the props and be released from there.**

9. UNIFORMS

- a. Each member will be expected to provide clothes and cheer uniforms. The costs of these are the complete responsibility of each member.
- b. Socks and accessories such as hair bows will be purchased by each member.
- c. Members will be required to wear the designated practice clothes and/or cheer uniform as instructed by the sponsor.
- d. Any part of the cheer uniform or practice/camp clothes lost, stolen, and/or damaged must be replaced and/or paid for by the member.
- e. **Cheerleaders should not allow other students to wear cheer clothes or uniforms.**

10. Safety

- a. Never build any pyramid without one of the sponsors present.
- b. Stretch and warm up thoroughly before any practice or performance
- c. Absolute silence is required when building pyramids. (complete concentration is necessary)
- d. Always keep your heads up, mouths closed, and hands up when spotting on all pyramids
- e. Evaluate the safety conditions of all areas before performing.

11. PAYMENT

- a. Payment schedule:
 - i. The total payment will be broken into three separate payments.
 - ii. If fees are not paid by **due dates**, contact will be made with parent/guardian to request payment.
 - iii. If **ALL** money is not paid by the end of the school year, member will not be allowed to attend camp and will not be a Cheerleader at DMS.

12. FUNDRAISERS

- a. We will have a fundraiser in order to raise money for any new cheerleading equipment needed. All members must participate and raise money.

13. ACTIVITIES

- a. All home games including football, and basketball.
- b. Most away games
- c. Summer cheer camp-
- d. Fundraisers
- e. Pep-rallies
- f. Other activities at the discretion of the sponsor.

14. DISCIPLINE POLICY

- a. Cheerleaders will receive merits and demerits for positive and negative rule violations.
- b. Cheerleaders may be benched (quarters, halves, or for entire games)
- c. **Consequences**

- i. Level 1....5 demerits will result in one-week probation in which the member will be required to attend all practices but will be benched for any game. Member must dress out if benched.
- ii. Level 2....7 demerits will result in two weeks probation in which the member will be required to attend all practices but will be benched for any game. Member must dress out if benched.
- iii. Level 2....10 demerits will result in dismissal from the squad.

15. MISCELLANEOUS

- a. The rules and by-laws will be ruled upon by the sponsor(s) and/or administration. All decisions made by the sponsor(s) and/or administration are final.
- b. Members must abide by these laws, De Quincy Middle School Policies, and the policies of Calcasieu Parish School Board.
- c. Violation of these rules may lead to temporary or permanent suspension from the squad.
- d. All by-laws apply during summer.
- e. The sponsor(s) and/or administration will handle and situation not described in this constitution as they deem appropriate and necessary.

Infraction		
THE BELOW INFRACTIONS CAN BE WORKED OFF WITH MERITS		
1. Tardy A. 5 minutes or more B. Three tardies will be considered 1 unexcused absence.		Practice= 1 Game= 2
2. Failure to bring designated items by the start of practice A. Proper shoes B. Appropriate t-shirt C. Appropriate shorts D. Pom-poms E. Proper jewelry (studs only) F. Hair pulled back		Practice= 1 per violation
3. Appearance violation (games or event) A. Jewelry (Studs only) B. No bow/wrong bow C. Wrong shoes, bloomers, bra strap showing D. Wrong socks E. Wrong/ or missing clothing (uniform) F. Hair not pulled at least half back <u>with bangs out of face</u>		Games/event= 3 per violation
4. Cell phone use without permission during practice or game/event		Practice= 2 Game/event= 4

<p>5. . failure to follow DMS Expectations</p> <ul style="list-style-type: none"> • Preparedness (having all supplies for class) • Respectful (addressed above) • Integrity (no cheating, no bullying, etc.) • Determination (participating in all classes, etc.) • Excellence (addressed in conduct section) 	<p>1 demerit per infraction</p>
<p>5. Failure to perform required duties of a cheerleader</p> <ol style="list-style-type: none"> A. Standing, talking, etc. as opposed to cheering at events B. Lack of enthusiasm at games or events C. Talking to other cheerleaders or members of the crowd D. Not doing your job for games or events 	<p>Practice=1 <i>Per Infraction</i></p> <p>Game/event= 2 per infraction</p>
<p>6. Excused absence</p> <ol style="list-style-type: none"> A. Personal sickness <u>with</u> a doctor's excuse B. Death in the family C. School function D. Emergency at sponsor's discretion 	<ul style="list-style-type: none"> • Doctors Excuse must be shown to the sponsor the next day. • Even if it is excused the sponsor must be notified by a parent that the cheerleader will miss practice/ event • (Even if excused) If a cheerleader is absent from practice before a game, a game or pep rally the cheerleader will be benched for that game.
<p>7. Unexcused absence</p> <ul style="list-style-type: none"> • Personal sickness without doctor's excuse • not letting the sponsor know you will not be at practice/game by the morning of the event. <p>(this means that I need a parent to email or phone/text not another cheerleader telling us!!!!)</p> <p>(Even if excused) if a cheerleader is absent from practice before a game, a game or a pep rally the cheerleader will be benched for that game.</p>	<ul style="list-style-type: none"> • If the cheerleader is not sick enough to go to the doctor they can still come to practice/ game and sit. • Practice: 2 demerits • Game/event: 5 demerits and Level 1 probation • Repeated absences will result in level 1-3 consequences.
<p>8. Report Card</p> <ol style="list-style-type: none"> A. D's B. F's C. Failure to provide 	<p>D's = 2 demerit per D</p> <p>1 F's= probation level 1 (5 demerits) 2 =F's removal from the squad</p> <p>Report cards must be shown the day they are given (personally shown or a picture texted to the sponsors) 2 demerits if not shown</p>
<p>THE BELOW INFRACTIONS <u>CAN</u> <u>NOT</u> BE WORKED OFF WITH MERITS</p>	<p><u>At school or Away from school</u></p>
<p>9. illegal/ profane/argumentative/lewd/vulgar/harassment/bullying language, actions, or pictures</p> <ul style="list-style-type: none"> • written • Internet or text violations (Instagram, Twitter, Facebook, etc.) with proof 	<p>5 demerits (level 1) placed on probation</p>
<p>10. Insubordination (disrespectful behavior)</p> <ol style="list-style-type: none"> A. Failure or refusal to follow a coach/teacher/administrator/captain/co-captain's directive the first time given. 	<p>3 demerits</p>

<p>B. Arguing or talking back in response to a person in charge (at cheer or the classroom)</p> <p>C. Any disrespect to ANYONE</p> <ul style="list-style-type: none"> • 	
<p>11.Actions resulting in a discipline referral</p> <ul style="list-style-type: none"> • Lunch Detention • ISI • Suspension 	<p style="text-align: center;"><u>Lunch detention</u></p> <p>1st one= 2 demerits</p> <p>2nd one= 2 demerits and benched for half of a game</p> <p>3rd one= 2 demerits and benched for an entire game (Level 1)</p> <p style="text-align: center;"><u>ISI/ISD</u></p> <p>1st one=5 demerits (level 1)</p> <p>2nd one= dismissal from the squad</p> <p style="text-align: center;"><u>Suspension</u></p> <p>Automatic dismissal from the squad</p>

- ❖ Level 1:.....5 demerits will result in one week probation in which the member will be required to attend all practices but will be benched for any game. Member must be dressed out if benched.
- ❖ Level 2:.....7 demerits will result in two weeks probation in which the member will be required to attend all practices but will be benched for any game. Members must be dressed out if benched.
- ❖ Level 3:.....10 demerits will result in dismissal from the squad.

-2 merits erases 1 demerit

-1 merit for every A on report card

-School:1 per service with note

-Positive Referrals: 1 per action

25 crunches for dropped flyer or laps around the gym (entire squad, except flyer dropped)

The Following pages
will contain the forms
which must be filled out
completely and turned
into Mrs. Rainwater no
later than Wednesday,
April 14, 2021 at 3:30 pm

Calcasieu Parish School Board
1724 Kirkman St.
Lake Charles, LA 706

STUDENT'S NAME: _____
Parent/Guardian's Name _____

I, the undersigned parent or guardians, give my child permission to try-out for
_____ Cheerleading _____ at De Quincy Middle School.

I recognize that the Calcasieu Parish School Board requires each student athlete to be protected for medical expenses in the event of injury, and I must provide coverage for my child's medical expenses resulting from injuries that might occur during try-outs. I certify that my child is protected for medical expenses resulting from injury through the coverage noted. I understand that the Calcasieu Parish School Board is not responsible for any medical costs associated with any injuries my child might sustain while participating in try-outs.

_____ **My Child is covered for medical expenses that might result from injury during try-outs as follows:**

_____ **Private insurance (proof of coverage is attached)**

_____ **Medicaid (proof of coverage is attached)**

_____ **My child is not covered for medical expenses that might result from injury during try-outs and I will to enroll my child in K&K Student Accident Insurance Policy. I will call Risk Management at 337-217-4240 Ext. 3004 for coverage information. Coverage has to be bound before my child can try-out. I understand that there are NO refunds in the event my child does not make the team.**

If my child makes the team, I will have to complete a Student Eligibility Packet before my child can participate in their first practice. This form can be found at www.cpsb.org under District Forms or a copy can be requested from the coach.

Signed: Parent/Guardian _____
Date _____
Student Athlete _____
Date _____

******A copy of your child's insurance card must be attached to this form or they will not be able to participate in tryouts.**

In case of an Emergency, please contact me at:

Secondary Emergency Contact: (name, number, and relation)

I acknowledge the above cost table and agree to the payment schedule. I am also responsible for the balance if my child is dismissed from the squad, steps down from the squad, or for any reason is unable to cheer with the squad. I also realize that all cheer expenses are specific to my child and are non-refundable.

Student's Name

Parent's Signature

As parent/guardian of _____, I have read the standards of conduct in this ***Honor Code, Contract and Demerit System***. I pledge to cooperate with the advisors and administration in seeing that my child complies with the standards. I further understand the serious nature in violating these standards and the resulting consequences. I am aware that the advisors and administration review of student's actions may result in dismissal from the squad.

Parent/guardian signature _____ Date _____

I have read the standards of conduct in the ***Honor Code, Contract, and Demerit System*** and I promise to abide by all the rules and regulations of them. I further understand the serious nature of violation of these standards and the resulting consequences.

Cheerleader Signature _____ Date _____

Constitution Agreement Slip

Dear Parents:

Because cheerleaders are in a highly visible leadership role in their school, they serve as models for other students and schools. The constitution, rules, and by-laws of cheerleading were established because of the sensitive leadership role these students hold. You should be aware that the rules listed previously were developed over time due to specific situations that have occurred. Additional rules may become necessary, and all rules will be strictly and objectively enforced.

As a parent of a prospective cheerleader, I will do what is expected of me as such. This may include driving to games and activities, working concession stands, and working at other fundraisers. I also understand there can be considerable cost involved in having a child that is on a cheerleading squad. I understand I may be called upon for other activities and will do my best to support the cheerleading program at DMS. I understand that practices will be mandatory for my child and will be supportive of the practice schedule specified by the sponsor.

By signing this letter, I acknowledge my understanding of the constitution, the rules, the by-laws, the cost involvement, the time commitment, and I offer my support to the cheerleading program at De Quincy Middle School.

Parent's Signature

Participant's Signature

Kara Fontenot, Sponsor

Denise Doyle, Principal

Dawn Rainwater, Sponsor