

THE CONSTITUTION

The Preamble

The Cedar Hill High School Cheerleading Constitution (CC) is provided to set and maintain ethical standards for all members of the Cedar Hill High School Cheerleading Squads to ensure the safety, structure, and character of all members are acceptable at all times.

Article I Responsibilities

Cedar Hill High School Cheerleaders represent the school in a leadership role, functioning to boost school spirit of spectators and athletes at pep assemblies, parades, and athletic events. Cedar Hill High School Cheerleaders must be of good character, maintain high ethical and moral standards, exhibit a positive attitude, and be highly motivated to excel academically.

Section I: General

- A. Members must abide by the Cedar Hill High School and the Cedar Hill Independent School District's rules.
- B. All rules and guidelines in the Cheerleading Constitution (CC) apply to all members, mascots, officers, and managers, parents/guardians of these participants.
- C. Parental consent is needed before membership is granted to any potential member.
- D. Members must meet all financial obligations/ fundraiser mandates or member will not be allowed to perform.
- E. Members must be passing all subjects based on UIL guidelines (see UIL Guidelines) to participate in cheerleading activities.
- F. Members must maintain the cheer organization's academic expectation by receiving a grade of 80 or higher in all classes regardless of level of difficulty (Pre-AP or AP) or consequences will follow.
- G. Members must always conduct themselves as ladies/gentlemen.
- H. Members must have high moral standards and a reputation above reproach.
- I. Members must be good citizens in the school and community.
- J. Members must realize the importance of representing Cedar Hill High School and be willing to support school activities in order to demonstrate school spirit.
- K. Members must follow the indirect directives of the Coaches to officers and as well as direct instructions from Coaches.
- L. Members must be in good health.
 - a. Must submit a statement of good health from a doctor each year.
 - b. Members cannot be pregnant.
 - i. Members must inform the Coach of any pregnancies.
- M. Members must not engage in public arguing and/or fighting in school as well as in the community or on social media.
- N. Members must never be involved in any activity that would in any way embarrass or degrade the other members of the Cheerleading Squad.
- O. Any member who misses **three** or more performances or any combination of infractions may be dismissed from the Cheerleading Squad.
- P. Anyone making the Cheerleading Squad, who wishes to tryout for another similar organization may do so; however, he/she has lost his/her position on the Cheerleading Squad if conflicting schedules cannot be resolved.

- Q. Failure to follow any of the rules may result in dismissal from the Cheerleading Squad with notification.

Section II: Functions of the Squad

- A. Perform on the sidelines or in the stands during football and basketball games as determined by the game schedule, Coach, and administration.
- B. Promote school pride and perform community service determined by Coach and administration.

Article II Rules of Conduct

Cheerleaders are student athletes whose behavior is critiqued and closely observed by their peers, faculty, members, and the community. Behavior must be that of a model student at all times. Disrespect of authority, negative attitudes, fighting, sowing discord, using profane language, stealing, cheating, lying, or any adverse behavior will not be tolerated under any circumstances. In addition, no public display of affection toward squad members' boyfriend/girlfriend i.e. hugging, kissing, touching inappropriate areas are permitted.

Section I: Performance

- G. Members will meet at designated time and place.
- H. Members are on a team and will sit as a team. There will be no visitors beside or within the team. All visitors and parents must check with the Coach to visit a member.
- I. Members must remain in the designated area at all times unless given permission to leave by the Coach.
- J. Members should never walk alone.
- K. Members are not allowed to eat, drink, or chew gum during performances, competitions, games, (other than halftime), and all other cheerleading events. [water/ sports drinks are permitted]
- L. Misconduct will result in warning (constitution) written reprimand (demerit system), probation, or possible removal from the squad.
- M. Members are prohibited from using their cell phones during any cheerleading activity i.e. practice, game, performance, or event. Members can gain access for emergency purposes only.

Section II: Practices

- A. Members will follow the leadership of the Varsity officers being given by the Coach.
- B. Members will attend all practices, arrive on time, and stay until dismissed by the Coaches/officers. (unless a parent communicates and arranges alternative options)
- C. There will be no eating or drinking without the permission of the officers and the Coaches during practices.
- D. Misconduct will result in consequences which may include written reprimands (demerits), probation, or possible removal from the squad.
- E. Members are prohibited from using their cell phones during any cheerleading activity i.e. practice, game, performance, or event. Members can gain access for emergency purposes only.

Article III Participation

Section I: General

Cheerleaders must attend all activities specified by the Coach including but not limited to practices, football games, basketball games, other athletic events, competitions, clinics, community service, fundraisers, parades, and summer camp. Participation in events determines the level of participation in future events.

Section II: Interval

The Cheerleader year starts with the end of tryouts and concludes with an awards dinner/banquet. Your child is expected to be a cheerleader throughout the Cedar Hill Independent School District's Calendar School year. There will be **NO SECOND SEMESTER WITHDRAWALS** unless approved by the Coach.

Section III: Summer Camp

- A. All members will attend summer camp decided upon by the Coach.
- B. Any member who does not have a Coach approved excused absence from camp will be dismissed from the squad.
- C. A Coach excused absence will still require full amount of camp to be paid.
- D. Absence from camp may result in limited performances or participation in performance and events.
- E. Members must attend summer practices before and after camp or the member will be dismissed from the squad.
- F. Decisions on camp dates will be made prior to summer vacation.

Section IV: Absences

- A. Absences from any event will be excused only for personal illness, death in family, or religious reasons.
- B. The parent or guardian must write an excuse. A personal illness of 2 days or more will require a doctor's excuse.
- C. Written excuses must be given no later than the second day that the member returns following an absence.
- D. An excused or unexcused absence from a practice before a performance will result in that member being cut from the next performance.
- E. An excused absence from practice the week of a performance will result in a member losing a major position/ spot/ duty, but will not exclude them from the performance unless it's the practice before the performance.
- F. An unexcused absence from practice the week of a performance will result in the member forfeiting their opportunity to perform that week.
- G. Two unexcused absences from a performance may result in that member being cut from the next performance. This decision will be at the Coach's discretion.
- H. The Coach must excuse a "Game Day" practice or the member will not perform.
- I. All unexcused absences include failure to communicate with Coach regarding absence and anything other than personal illness, death in a family, and/ or religious reasons.

Section V: Performances [games/ events/ pep rallies/ competitions]

- A. Members must perform at each performance.
- B. Any member who misses three or more basketball/ football game performance will be subject to dismissal from the squad.
- C. Parades, competitions, and clinics constitutes as a performance.

Section VI: Practice

All members are expected to attend practices unless excused by the Coach. A member must contact the Coach two days in advance if not attending practice or consequences and reprimands specified in the constitution will apply. A Failure to contact the Coach will be an automatic unexcused absence.

Section VII: Fundraisers

- A. Budget Fundraiser
 - 1. All members are expected to participate in **team** fundraisers. Money is to be turned in by the due date.
 - 2. The Cheerleading Squad needs funds to pay for transportation, uniform accessories, awards, and miscellaneous items.
 - 3. Any member who does not participate in the fundraiser will pay dues set by Coach.
 - 4. If the budget goal is not met, each member will pay dues.

Article IV Transportation

Section I: General

- A. If a bus is not provided, members will ride together with parental assistance in cars.
- B. Parents are responsible for arranging reliable transportation to and from all activities, except when transportation is provided by the district.

Article V Dress and Appearance

Section I: General

- A. Every cheerleader is to follow the Cedar Hill Independent School District Dress Code.
- B. Members will be dressed appropriately for all activities, practices, and performances.
- C. Members must wear uniforms that are fitted properly. Members will not be able to perform if uniform is too big or too small. At Coach's discretion only.
- D. Members should not attend any event in uniform without Coach's permission.
- E. Members are not allowed to wear any jewelry while in uniform. This includes navel, eye, lip, nose, and tongue jewelry too.
- F. Members must not let non-members wear any parts of their cheerleading paraphernalia.
- G. Members are not allowed to show any body piercings (navel, eye, lip, nose, and tongue) or visible tattoos. Tattoos must be covered or cheerleader will not perform.
- H. Members must be in uniform to travel with the cheerleaders.
- I. Members must wear makeup that will accent their faces. (eyes, cheeks, lips)

- J. Members will be required to have the same hairstyles throughout the cheer season. If cheerleader fails to adhere to hairstyle schedule, she/he will NOT perform.
- K. Members must not have an unnatural hair color.
- L. Members must maintain a style of hair that promotes versatility to ensure hairstyles will be same at all times [hair textures may vary but the style will still be the same]
- M. Members can only wear clear/ neutral nail polish while in uniform (American, French, cotton candy). (Neutrals must match the skin tone of the member)

Section II: Uniforms

- A. Members are expected to keep all parts of the uniform clean and ready to wear.
- B. Members must be in full uniform at all practices, performances, and activities.
- C. Full uniform will include anything specified by cheer Coach.
- D. Any member dressed in the wrong uniform will not perform. (This includes any parts of the uniform as well as socks, hair accessories, bloomers, etc.)
- E. Members should not wear hair rollers, house slippers, etc. while in uniform unless permission from the Coach has been granted.
- F. Uniform inspections will occur before each performance. If a member does not meet the standard, the member will not perform.
- G. Cheer backpacks are required to travel to all performances with members and must include warmups, poms, bloomers, shoes, bows, and rain jackets at all times.
- H. Cheer backpacks may not be used for school work/ books at any time.
- I. Repeated infractions of uniform violations or failing uniform inspections will result in the cheerleader receiving written reprimands, being placed on probation, suspension, or dismissed from the squad.

**Article VI
Performances**

Section I: Practices

- A. Practice will be required each day during specified class period.
- B. The Coach will schedule evening practices.
- C. Regular practices are those held during the week of performances.
- D. "Game Day" practice is the practice day before the game or performance. If this practice is missed, then the member will not perform, unless it is excused by the Coach.
- E. All members are required to attend regular practices, whether they are performing or not. If the member is ineligible to perform due to academics or discipline, they can not attend any cheer related performances in uniform or travel to events with the squad.
- F. Each member must be dressed in proper attire to practice effectively. Repeated infractions will result in suspension from that week's performance. Multiple suspensions will result in dismissal from the squad.
- G. Any missed practices during the week could keep a member from performing. This will be left to the discretion of the Coach.
- H. Members will arrive on time to practice and stay until dismissed by the Coach.
- I. Special Practices or meeting
 - 1. *Summer Practices*
 - All rules for regular practice will apply
 - Members will practice 2-4 weeks before summer camp

2. *Emergency Practices*
 - The Coach will notify all members of emergency practices, which may be scheduled on the weekend, at night, or during holidays.
 - In extreme cases, at the discretion of the Coach, absences from special practices will be excused if in writing and signed by the parent/guardian.

Section II: Games

- A. Members must be at designated area at the specified time given by the Coach.
- B. Failure to appear at a performance, unless officially excused by the Coach is cause for temporary probation or full probation.
- C. Members must exhibit a performance grooming demeanor at performance time. This includes personal hygiene.
- D. Members must stay with the squad at all times unless permission has been granted by the Coach.
- E. No part of the uniform may be removed during the game unless directed by officers or the Coach. This includes midriff, tights, pants, or jackets.
- F. During breaks, cheerleaders will at all times behave in a lady, gentlemen-like manner and will not talk into the stands.
- G. Members will participate in all of the cheers, chants, and dances.
- H. Non-performing members will not attend the game with the cheerleading organization.
- I. During rainy, extreme hot or cold weather cheerleaders are still required to attend and perform the event unless the athletic officials have cancelled the game due to weather restrictions.

Article VII Academic Standards

Section I: General

- A. Members will receive a grade each nine weeks.
- B. Grades are weighted based on overall participation which includes:
 - a. Attitude
 - b. Attire
 - c. Participation
 - d. Effort

Section II: Participation

A. Practice

1. Practices during and after school will be considered a class work grade.
2. Any infractions during practices will result in points deducted from grades.
3. Attendance will be part of class work grade.
 - a. Tardy: 10 points deducted
 - b. Absent: Excused- grade of 80; Unexcused- grade of 50

B. Performances

1. Performances will be considered a test grade.
2. Any infractions or poor performances during games, pep rallies, or events will result in points deducted from grade.
3. Attendance will be part of test grade.
 - a. Tardy: 10 points deducted and sit out first half of game.
 - b. Absences: Excused grade of 80; Unexcused grade of 50

E. Tutoring

1. Cheerleaders must attend tutoring, but it should not conflict with practice times, unless discussed with the Coach two (2) days prior to absence.
2. Tutorial documentation should be turned in the next practice day.
3. Failure to turn in documentation will result in written reprimand or possible exclusion from a performance, if the practice before a performance is missed.

Article VIII UIL Guidelines

Section I: General

- A. Under UIL guidelines extracurricular activity participants must maintain a standard average, and cheerleaders must uphold this standard.
- B. If a suitable average is not reported at the end of the six weeks grading period, the student will be on temporary probation for a period of 3 weeks.
- C. The member will be required to come to class, however, during the morning or evening practices, that member **must** go to tutoring and must be able to show proof of attendance with proper documentation.
- D. At the end of the 3rd week:
 1. If passing, the member is no longer on temporary probation and can resume cheer activities.
 2. If member is currently not passing **all** classes, the student will be on full probation for the remaining 3 weeks: however, he/she must attend practices but cannot attend performances in uniform. Tutoring **must** also continue with proper documentation.
 3. At the end of the six weeks grading period, the student must have at least a 70% average in each subject or he/she will continue full probation from the squad.
 4. Consecutive failures will lead to dismissal.

Article IX Tryout Process

Section I: Requirements

- A. Must be enrolled at Cedar Hill High School during the tryout process or planning to enroll for the upcoming school year (parental approval and verification required), excluding the freshmen candidates and magnet school attendees.
- B. Be passing all classes.
- C. Attend all tryout practices.
- D. Parents must consent to the tryout process and must agree to and be fully aware of financial responsibilities and meet all financial obligations throughout the year.
- E. Submit a completed application (includes picture and grade sheet)
- F. Candidates must tryout each year, regardless of previous membership.
- F. Candidates must attend mandatory parent meeting prior to tryouts and the entire cheer clinic, for absences will eliminate a candidate from participation in the tryout process.
- G. All current members must return rented uniforms prior to tryout clinic.

Section II: Junior Varsity Squad

- A. Must be entering 9th, 10th, 11th grade for the first time for the upcoming year.
- B. Must have proper forms on file [application, report card, physical, teacher evaluations, conduct signature]
- C. A score of 70- 87 must be given by judges to meet skill requirements

Section III: Varsity Squad

- A. Must be entering 10th, 11th, or 12th grade for the first time for the upcoming school year.
- B. Must have proper forms on file [application, report card, physical, teacher evaluations, conduct signature]
- C. Must have a running round-off back handspring, standing back handspring, and a toe-touch back handspring.
- D. A score of 88- 100 must be given by judges to meet skill requirements.

Section IV: Final Scores

- A. The final consideration will consist of:
Academic, Attendance, and Discipline Record
Tryout Performance
- B. Announcements of the new squad will be available at specified times and published on school website
- C. All squads will tryout at the same time.
- D. Tryouts and tryout practices are a closed event. Those eligible for attendance include the judges, Coach, senior assistants, faculty volunteers and administrators.

Section V: Tryout Results

- A. The tryout results and decision of the judges and Coach are final.
- B. There is not a review or appeals process, reconsideration period, or a 2nd tryout.
- C. Candidates will be provided a copy of the judge's evaluation forms that detail their averages in each category only if desired.
- D. Candidates and parents have the right to view judges' evaluations with an administrator only.

Article X Officers

Section I: Requirements

- A. Must be a current member of the Cheerleading squad.
- B. Must enroll in cheer class for both semesters
- C. Submit an officer application (includes essay, grade sheet, and picture)
- D. Be passing all classes.
- E. Attend Mandatory Officer Interest Meeting held during the spring semester.
- F. Have parental consent
- G. Only 2nd year members will be eligible to audition for Captain [senior ONLY] or Co-Captain [Junior or Senior]. The Captain or Co-Captain Tryout process is at the discretion of the Coach and will be discussed during the initial "Officer Interest" meeting.
- H. Collegiate members may only tryout if they are 11th or 12th grade members and committed to being at all practices including in class practices unless specified otherwise by the Coach.

Section II: Selection

- A. Officer tryouts will take place after squad tryouts during the spring semester.
- B. The officer tryout process will be discussed at a scheduled "Officer Interest" meeting. If a member misses the meeting, without a valid excuse which is determined by the Coach, they automatically forfeit their opportunity to audition for an officer position.
- C. The final evaluation will consist of the following:
 - Essay
 - Teacher Recommendations
 - Interview
 - Academic, Attendance, and Discipline Record
 - Tryout Performance
- D. In order to be selected as an officer you must receive majority of the judge's recommendation in your tryout performance and interview.
- E. You cannot have any negative recommendations from teachers.
- F. If any of the current officer candidates were selected as captain or co-captain in prior years "greater" consideration will be given to them when selecting new officers for the upcoming season. However, their performance as an officer and participation as a member of the squad, during their tenure, will be carefully reviewed by the Coach.
- G. The number of officers selected is at the discretion of the Coach, but will never exceed 3.
- H. Announcements of the new officers will be at the discretion of the Coach.

Section III: Responsibilities/Duties

- A. The Captain Shall:
 - 1. Enforce all rules, regulations, and guidelines set forth in the cheerleading constitution.
 - 2. Lead all practices and performances
 - 3. Delegate responsibilities to Co-Captain and other members of the squad.
 - 4. Find information about cheer competitions, camps, and non-school related events
 - 5. Decide performance attire for games and events and distribute information to squad (subject to Coach's approval)
 - 6. Assist Coach in the creation of half-time shows, pep rally performances, event performance, and competition performance
 - 7. Assign punishments (per constitution) to squad members and co-captain when appropriate (subject to Coach's approval)
 - 8. Enforce discipline plan created by you and/or the Coach
 - 9. Create new cheers, chants, and dances
 - 10. Create and distribute hairstyle schedule for seasons (subject to Coach's approval)
 - 11. Create and implement discipline plan for upcoming season (subject to Coach's approval)
 - 12. Meet with Coach before and after each practice
 - 13. Arrive 30 minutes before every practice and stay 30 minutes after practice
 - 14. Keep cheerleaders focused and on-track at games, events, and practices
 - 15. Decide which cheers will be performed during half-time or timeouts
 - 16. Choreograph or assign others to choreograph cheers, chants, shows
 - 17. Pick a cheerleader of the week during football and basketball season based on behavior, attitude, and effort during weekly practices
 - 18. Call cheers, chants, dances during games and events
 - 19. Conduct cheer test, dance test, and performance test for upcoming games or performances and provide results to Coach (Coach will make final decision)
 - 20. Help resolve conflict that may occur on squad
 - 21. The Captain will be in complete control of the field and court. He/She will be responsible for the appearance and conduct of the squad.

B. The Co-Captain Shall:

1. Work closely with, aid, and support the Captain in all of his/her duties described above.
2. The Co-Captain shall act as Captain in the absence of the Captain and in the event of the Captain's probation or dismissal from the squad.
3. Organize sign-making for games and events
4. Make sure the cheerleader manager has all the materials and supplies ready for events.
5. Establish committees for basketball and football season (signs, decorating locker room, gifts, goodies, birthdays etc)
6. Teach the Junior Varsity Squad all cheers and chants.
7. Maintain and update cheer calendar including monthly social events/ team bonding

C. The Captain and Co-Captain are both required to:

1. Motivate and encourage cheerleaders at all times (especially struggling cheerleaders).
2. Be dependable, responsible, punctual, and emotionally mature.
3. Always set a good example in what you say and how you act.
Be Fair and Impartial- You should be able to separate your friendships from your responsibilities, make decisions that are not based on favoritism, do what is best for the whole squad and not one individual.
Be Helpful & Friendly- You should always be willing to do a bit extra for others to get tasks completed.
Be Approachable- The squad should feel like they can discuss situations and problems with you.
Be Able to Delegate without Being Bossy- Remember it's not always what you say that's important but the way you say it. Be tactful and respectful of other's feelings.
Maintain good communication skills- You should be able to not only speak clearly but also be a very good listener.

Cell Phone Policy

- A. Cell phones will be collected by Coach for camps and clinics.
 1. Contact information and instructions will be given to parents/guardians.
 2. Members will have set times to use their cell phones.
 3. Members caught with possession of or use of cell phones outside the set times will be subject to disciplinary action.
- B. Cell phones are not allowed or to be audible or used during practice, games, performances, or squad events.
 1. Parents may contact the director/sponsor/coach during these times.
 2. Members will not be allowed to use their cell phone during these times.
 3. Members whose cell phones are heard, ringing or vibrating, or in use during these times will be subject to disciplinary action.

Article XI Disciplinary Action

Violation of any section of the Cedar Hill Cheerleader Constitution is grounds for probation, suspension, and/or dismissal from cheerleading activities. The length of suspension is at the Coach's discretion and will depend on the severity of the infraction. The parent and school principal will be notified of any suspensions. During temporary probation and full probation, the cheerleader will not be able to attend cheerleading activities.

Any cheerleader placed on suspension more than two times in one school year will be subject to dismissal from the squad. Cheerleaders may also be dismissed from the squad at the discretion of the Coach or if they participate in such actions deemed inappropriate for people who have been selected to be leaders of the school. (See Dismissal Process) The parent and school principal will be notified of any dismissals from the squad.

Section I. Benching

A. Benching:

1. Member is asked to sit out of a game/performance/event.
2. Member will be required to stay with the director/sponsor/coach or in a designated area.
3. Member will still be required to wear the appropriate attire.
4. Member may be benched for parts of or an entire game/performance/event.
5. Member may be benched and receive further consequence depending on the violation.
6. Member may be benched at the request of the director/sponsor/coach.
7. Member is still held to normal standards of conduct for the game/performance/event.

Section II. Probation

Probation is a trial period which the student is permitted to redeem failing grades or bad conduct. A member on probation for any reason will be required to attend all practices, but will not be allowed to participate or attend performances. Probation length is at least one week.

A. Disciplinary Probation

1. Behavior will be checked for all members every two weeks via Coach's biweekly teacher evaluation system.
2. Members who are in violation of inappropriate behaviors in the hallways, classroom, lunchroom, and/or away from school will be placed on probation.
3. Repeated infractions during practice, performances, and other events will result in probation after 1 written reprimand.

B. Academic Probation

1. Members will be on probation until the average is above 70%.
2. If a member receives more than two probation terms, then the member will be put on suspension

Section III. Suspension

Suspension is when a member is excused from all cheerleading activities. He/she will have to attend class. Length of suspension will be determined by the Coach.

A. Disciplinary Suspension

1. Any member may be put on suspension for lack of cooperation or participation as determined by the Coach and/or school administration.
2. Any type of referrals, school suspension and/or parent conference after proper investigation, will result in suspension
3. Repeated referrals, suspension, or parent conference will result in dismissal
4. **Fighting**
 - a. Any member who is engaged in fighting in school or within the community will be automatically dismissed. Public arguing will automatically be put on suspension
 - b. If a member knows that an altercation may occur, he/she must notify an adult, teacher, administrator, security personnel, or the Coach in order to protect the right of defending himself/herself.
 - c. If a member does not notify the proper authorities they will be automatically suspended for arguments and dismissed for fighting.
5. **Negative Social Media exposure**
 - a. Any member who is engaged in social media fighting/ arguments/ sowing discord in school or within the community will be automatically dismissed. Social Media arguing will automatically be put on suspension
 - b. If a member knows that an altercation may occur, he/she must notify an adult, teacher, administrator, security personnel, or the Coach in order to protect the right of defending himself/herself.
 - c. If a member does not notify the proper authorities they will be automatically suspended for social media arguments and dismissed for fighting as a result of social media.
 - d. Sexting and anything sexually explicit involving social media or texting will be subject to investigation and suspension or dismissal
 - e. Negative Social Media Exposure includes sexting, texting, and emailing as well.

Section IV. Dismissal

Dismissal is the permanent removal from the cheerleading organization. When dismissed the member will be dropped from the class and enrolled in another class. The student is required to return all items rented from the school within one week or be fined for the merchandise or equipment. If a student has been dismissed, neither the school nor the Coach will be responsible for reimbursement of any expenses already incurred. Member cannot be reinstated the following year for any reason.

A. Members will be permanently removed from the Cheerleader Squad for the following reasons:

1. Not meeting financial obligations
2. Not attending summer camp (unexcused)

3. Smoking and/or drinking while representing the organization or school or reporting to an organized activity after smoking and/or drinking
4. Drug and Alcohol abuse
5. Negative use of profanity (multiple infractions) or lack of respect toward Coach, officers, faculty, school personnel and school property.
6. Major school disruptions (subject to Principal's recommendation)
7. Fighting, stealing and/or excessive lying
8. Cutting class (multiple infractions)
9. Failing two consecutive grading periods
10. Coach's discretion w/ documentation
11. Gossiping, sowing discord (multiple infractions)
12. Lack of Parent Support of Cheerleading Program

Section V. Dismissal Procedure

- A. Coach will contact the student and the parent with written charges and decision for dismissal.
- B. The parent may request a conference with the Coach and principal to discuss dismissal decision. However, a conference is not required by the Coach and is not needed for dismissal to be finalized.
- C. If a squad member is dismissed from the squad, he/she will **not** be able to audition for next year's squad unless Coach's approval is granted. A dismissed candidate's tryout eligibility is ultimately at the discretion of the Coach.
- D. Dismissed members will not participate or represent CHHS as a cheerleader in any way.

Section VI. Dismissal Appeal

- A. All dismissal decisions can be appealed to the school principal. Principal will review dismissal decision, paperwork, and cheerleading constitution and decide **only** if constitution was enforced correctly and applied fairly.
- B. The principal's appeal decision is FINAL! There is not a 2nd stage of the appeals process.

All rules and guidelines of the Cedar Hill Cheerleading Constitution apply to cheerleaders, managers, and mascots.

Your signature implies that all of the Articles are agreed upon. You and your child will be held accountable for all items listed under each Article.

Cheerleader Name (Printed)

Cheerleader Signature

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Shay Whitaker, Principal

Chantoinae L. Phillips

C. Phillips, Varsity Cheerleading Coach

Parent's Initials: _____

Member's Initials: _____

CHHS CHEERLEADER GUIDELINES

As a member of the cheerleader program, I agree to the following terms by initialing. If I do not initial, I do not agree and will not comply with that term. If there is a term that is not initialized, the applicant will not be considered for membership in the cheerleader program.

- _____ If financial obligations are not fulfilled, I will be dismissed
- _____ I have read, understand, and accept the rules, regulations printed in the Cheerleading constitution and as explained by the Coach, which will govern me as a chosen member of the cheerleading program.
- _____ I will communicate with the officers and coach jointly, first, if I have any questions, problems, concerns, or comments. If the situation is not cleared, then I will communicate with the Coach privately.
- _____ I understand that this is an extra-curricular activity wherein participation is governed by the “no pass-no play” rule, and I will make all efforts to maintain an average of 70% in all classes.
- _____ I shall remain alcohol, drug, and pregnancy free.
- _____ I shall be present at all sessions of practices, performances, fundraisers and other functions unless excused by the Coach.
- _____ I am aware that an unexcused absence, specified paperwork/ documents, or tutorial documentation will prevent me from performing in the next scheduled activity.
- _____ If absent, it is my responsibility to find out all the information that was disseminated.
- _____ I shall represent the school, the cheerleading program, and myself in a positive manner.
- _____ If I continuously disobey the rules I will face written reprimands, probation, suspension, or dismissal.
- _____ I understand that any repeated infraction of the constitution will result in dismissal from the cheerleading squad with notification to my parent and principal.
- _____ I understand that in the event I am dismissed from the cheerleader program, I will not be able to participate in any activities as a cheerleader. This includes pictures or any squad recognition.
- _____ I understand that I must remain a part of the cheerleader program for the entire district school year. I may not withdraw from the class at anytime unless I have the Coach’s approval.
- _____ I understand that in the event I am dismissed from the squad, I must return all uniforms (except personalized items and camp wear) to the Coach within one week or I will be put on the “Not Clear List” or my name will be submitted to an administrator.
- _____ I understand that I am expected to be mature and responsible at all times.
- _____ I understand that if I fail to bring specified uniform and accessories to each game and/or cheerleading event, I will not perform.

PARENTAL GUIDELINES

As a Cheerleader Parent, I agree to the following terms by initialing. If I do not initial, I do not agree, and will not comply with that term. If there is a term that is not initialized, I understand that my child will not be a member of the cheerleading program. Furthermore, I understand that failure to comply with the below terms will result in my child being dismissed from the squad.

- _____ I give my child permission to be a member of the Cedar Hill High School Cheerleading Program.
- _____ I have read, understand, and accept the rules and regulations of the Cheerleading Constitution as explained by the Coach, which will govern my child as a member of the program.
- _____ I will communicate with the Coach, "FIRST", if I have any questions, concerns, or comments. I will not consult other parents regarding my own personal feelings, disagreements, or dissatisfaction with the cheerleading program.
- _____ I understand that this is an extra-curricular activity wherein participation is governed by the "no pass-no play" rule.
- _____ I have received a copy of the proposed expenses, and will fulfill the financial obligations or my child will be dismissed from the cheerleading program.
- _____ I will submit a complete "UIL Medical History and Physical Examination Form" stating that my child may participate in strenuous exercise and activities. If at any time during the school year my child's physical condition should change, I understand that I must notify the Coach immediately and provide medical documentation.
- _____ I will support my child by encouraging him/her to participate and to continue his/her studies.
- _____ I understand that any repeated infraction(s) of the constitution will result in instant dismissal from the cheerleading program with notification to the parent and principal.
- _____ I understand that I must provide dependable and timely transportation to and from the bus pick-up after activities, school, or any event that my child will participate in as a member of the cheerleading organization.
- _____ I understand that my child must complete each school year as a member of the cheerleading program. He/She may not be taken out of the cheerleading class at anytime unless approval is given by the Coach.
- _____ I understand that in the event my child is removed from the program or quits the program, she/he will not participate in any activities including picture taking or any squad recognition.
- _____ I understand that in the event my child is dismissed from the squad, he/she must return all uniforms (with the exceptions of personalized items or camp wear) to the Coach within one week or they will be put on the "Not Clear List" or name submitted to an administrator.
- _____ I understand that in the event that I sow discord among other parents, cheerleaders, or the coach my daughter may be dismissed from the squad.
- _____ I understand that I am expected to remain positive at all times concerning the cheerleading organization and support my child through encouragement and proper motivation.

**Parent/Guardian Approval Release Form
Required for Student Participation in a Field
Trip/Tour/Excursion**

School Year: 2021-2022

School: Cedar Hill High School

Organization: Cheerleaders

_____ is my child and is now under my control and is in my custody.

I desire my child to go on field trips/tours/excursions and participate in any and all activities of **Cedar Hill High School Cheerleaders**. I agree that in allowing my child to go on this trip that I will hold the Cedar Hill Independent School District, Trustees, Superintendent, Principals, Teachers, employees and any other persons assisting with any phase of such trip harmless from any and all liability, claims and responsibility from making such trips and activities. I further release all of these parties from liability by reason of any reason of any accident or injury that might occur while on the trip or participating in such activities.

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date

Parent's Initials: _____

Member's Initials: _____

**Cedar Hill High School Cheerleading Program
Uniform Rental Contract**

1. Performance uniforms are supplied by Cedar Hill High School and are considered school property.
2. It is the responsibility of each cheerleader to ensure their uniform is clean, in good condition, and fits properly before each performance.
3. No part of the uniform will be worn except when instructed by the coach.
4. No alterations will be allowed to any part of the uniform without the Coach's approval.
5. Any alterations made that damage the uniform or completely alter its appearance will result in the cheerleader replacing the uniform (shell, skirt, or both). The cheerleader will pay for a new uniform at the current selling price from Varsity Spirit, Inc.
6. Cheerleaders may not wear any jewelry while in uniform, practicing, or performing. This includes belly button rings, tongue jewelry, and any other type of body piercing. Bandage coverings are permitted (spacer/retainer) inserted in the pierced area will not be permitted. If a cheerleader is asked to remove the described jewelry and refuses, then he/she will not be allowed to participate in the cheerleading program.
7. All designated uniforms will be worn by the cheerleaders only.
8. Uniforms must be clean and pressed by the date set by the coach.
9. Any uniform pieces missing/damaged/lost/stolen for any reason will be the sole responsibility of that cheerleader for school reimbursement. You will owe the full purchase price of the uniform regardless of the age of the uniform.
10. All uniforms must be returned in the same condition as they were assigned.
11. All uniforms not returned by the date specified by the Coach will be put on the not clear list, late charges will be assessed of \$50 per uniform, and final grades will be held.

By signing this rental contract, I understand that I agree to all the above statements. I understand that if I do not abide by any of the above items, my child will be automatically dismissed from the squad.

Cheerleader Name (Printed)

Cheerleader Signature

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Chantoinae L Phillips

C. Phillips, Varsity Cheerleading Coach

Parent's Initials: _____

Member's Initials: _____

Demerit System

Demerits:

- A. A demerit is a mark against a person for misconduct or deficiency.
- B. Demerits may be given to member at any time.
- C. The calculating period for demerits will be from the time the new team is announced until the last day of school the following year.
- D. Demerits will be given by the director/sponsor/coach.
- E. Actions or violations, which may result in a demerit, may be reported by officers/captains to the director/sponsor/coach.
- F. 3 Demerits in one week's time will result in 1-week probation.
- G. 6 total demerits will result in a 2week suspension. A parent conference and behavior contract will be required before that Cheerleader will be allowed to perform or travel again.
- H. 10 demerits total is grounds for dismissal. A review of the student's academic and discipline history will be conducted by the Coaches and Administrators. However, this amount will be overruled if member/parent signs a behavior contract and then the contract is violated. Member can be immediately removed from the team before this number is reached for insubordination/ disrespect to director.
- I. Social Media/ Cell Phone Violations are also immediate grounds for dismissal. Should a team member violate social media/cell phone contract for a reason/action that doesn't reflect the high standards of the team (i.e. Negative pictures), they will be dismissed at first infraction. Language/ taunting of other teams'/ team members via social media or cell phones will receive 3 demerits as a warning, second offense will be dismissal.
- J. Officers may not receive any more than 5 demerits and remain an officer. On the 6 demerit they will be removed from leadership or demoted upon a review by the directors/sponsors/coaches.

CHHS Cheerleading Demerit System

General	
No chewing gum in practice, performance or uniform.	Disciplinary action
On time for member's only class.	Tardy/School Policy
No cursing, vulgar language, or racial slurs.	3 Demerits^\$
No arguing or loud disagreements.	2 Demerits^\$
Member must cooperate with officers during their designated times of leadership.	2 Demerits*^
Must have required items (forms, signs, etc.) at the beginning of practice or arrival time.	1 Demerit*^
Must be on time to. Must be picked up/leave campus on time.	1 Demerit
Member will not leave food, trash, or mess in locker room, practice area, halls, or any performance area.	Disciplinary action
Must not leave practice/performance/designated area without permission.	1 Demerit^
Unexcused absences	Possible Benching & removal from dance
Member cannot miss the last practice before a game/performance/event.	Benching, Excused absences subject to director/sponsor/coach discretion.
Members must attend all summer practices.	Benching from first game & removal from dances missed.
Member will not leave practice/performance/game/Member' only class without permission.	3 Demerits^
Not cleaning up after a game/performance/event.	Disciplinary action
Member will not engage in public displays of affection	3 Demerits^\$
Members acting in an unsafe manner as determined by the director/sponsor/coach.	1st Offense: 3 Demerits, 1wk Benching 2nd Offense: 4 Demerits+ 2wk suspension 3rd Offense: Disciplinary Review +Grounds for Dismissal
Talking to crowd/audience/friends/family Member during squad activities, games/performances/events.	1 Demerit*
Cell Phone Policy Violations	1 Demerits* ^
Members will respond to directions of all directors/sponsors/coaches. Disrespect, Insubordination, rudeness will NOT be TOLERATED.	3 Demerits*^ 1 st offense 2 nd offense: 2week team suspension w/ possible office referral & parent meeting w/Behavior contract 3 rd Offense: Removal from Team
Members will respect all teacher/staff/faculty/team parents and their rules/instructions at all times.	3 Demerits*^\$
Violation of Social Media/ Cell Phone Contract	Based on severity 3 Demerits or immediate dismissal.
Gossiping or Speaking negatively of team/squad Member.	3 Demerits*^\$
All Other violations not specified will be based on the severity of the infraction or as listed in the Student Code of Conduct.	Varies, 1-4 demerits.

Parent's Initials: _____

Member's Initials: _____

Negative teacher report or conduct grade.	1st Offense: 3 Demerits, 1wk Probation 2nd Offense: 4 Demerits+ 2wk suspension 3rd Offense: Disciplinary Review + Grounds for Dismissal
Member will not receive an office referral.	Probation + Disciplinary Review
Members will not be assigned to ISS, Detention, or Saturday School.	1wk Probation+ Disciplinary Review
Member will not receive OSS or DAEP placement	Disciplinary Review- Grounds for Dismissal
Member will not engage in physical violence or fighting.	Disciplinary Review- Grounds for Dismissal
Possession/Consumption- tobacco, alcohol, or illegal substances.	Disciplinary Review- Grounds for Dismissal*^\$
Camp/Clinic/Overnights	
Member will be on time to camps/clinic/overnight and all the activities.	2 Demerits
Member may not leave the campus/location without permission.	Sent home, Disciplinary Review- Grounds for Dismissal
Member will follow all camp/clinic/overnight rules and respect camp/clinic/overnight staff/chaperones.	3 Demerits
Member will respect all other persons that the member may come into contact with. No taunting allowed.	3 Demerits
Member must be in and stay in assigned rooms after lights out/final check.	Sent home, Disciplinary Review- Grounds for Dismissal*^\$
Possession/Consumption- tobacco, alcohol, or illegal substances.	Sent home, Disciplinary Review- Grounds for Dismissal*^\$
Uniform/Appearance	
May only wear performance uniforms to and at designated events.	3 Demerits
May not lend out uniforms, sweats, letter jackets, camp outfits, clinic outfits, practice outfits, etc. to persons who are not Member of that organization.	2 Demerits
Must be in appropriate workout clothing when practice begins or at arrival time	1 Demerit
Hair, nails, and make-up colored/done as directed.	1 Demerit *
No showing of tattoos, jewelry, or body piercing of any kind.	1 Demerit *
Member must be in correct/complete uniform.	2 Demerits*; Game/Performance: 3 Demerits*^
Member must be Present, Completely Dressed, and Ready to Go at designated meeting time.	1 Demerits*^
*Member may be asked to leave until the infraction is corrected or benched. ^ Member may have additional consequences when infraction occurs in connection to a game/performance/event. \$Member will have additional consequences when such infraction occurs in uniform or when marked as an organization member.	

Parent's Initials: _____

Member's Initials: _____

Cedar Hill Cheerleader Constitution/ Demerit Compliance Form

I am aware that as a member of the Cedar Hill Cheerleader Program, I am required to uphold a high standard of conduct as a representative of Cedar Hill HS. I am required to adhere to the team constitution and merit/demerit system. I have read and understand the team constitution and paid close attention to the merit/demerit system. I realize that after a certain number of demerits I will be placed on probation. I also realize upon the accumulation of my 10th demerit, I will be removed from the dance team for the remainder of the year and no refunds for fundraisers, supplies, apparel, etc. will be given. I realize that as an officer I can be demoted after 5 demerits. I also understand that I will be immediately removed from the dance team upon failing one or more classes for two six weeks grading periods, any placement in OSS or Alternative school, any expulsion from school, and for any other inappropriate behaviors listed in the team constitution. No refunds will be given regardless of the reason for dismissal or voluntary resignation.

Cheerleader Name (Printed)

Cheerleader Signature

I am aware that as a member of the Cedar Hill Cheerleading Program, my daughter will be required to adhere to the team constitution and merit/demerit system. I have read and understand the merit/demerit system. I realize that after a certain number of demerits my daughter will be placed on probation. I also realize upon the accumulation of her 10th demerit, she will be removed from the dance team for the remainder of the year and no refunds for fundraisers, supplies, apparel, etc. will be given. I realize that as an officer my daughter can be demoted after 5 demerits. I also understand that my daughter will be immediately removed from the dance team upon failing one or more classes for two six weeks grading periods, any placement in OSS or Alternative school, any expulsion from school, and for any other inappropriate behaviors listed in the team constitution. No refunds will be given regardless of reason for dismissal or voluntary resignation. Finally, I understand that my daughter must remain financially current, and I am also responsible for arranging transportation to and from all activities and practices for her.

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Parent's Initials: _____

Member's Initials: _____

CEDAR HILL CHEER PROGRAM SOCIAL MEDIA/ CELL PHONE AGREEMENT

As a member and parent of the Cedar Hill Cheer Program, I understand the following Rules and Regulations pertaining to ANY social media (i.e. Facebook, Twitter, Instagram, Snap Chat, TikTok etc). or ANY negative pictures, videos, or other media via cell phones.

RULES & REGULATIONS

- A. Pictures:** No Member may place any negative individual pictures that pertain to CHHS Cheerleaders on their social media pages. This means no pictures in Uniforms, T-shirts, Hoodies, Jackets, Sweats and Pep Rally Attire. No member will be allowed to have negative pictures of other individuals or themselves on cell phones. (Naked photos, videos, anything that would be used for the use of sexting)
- B. Cheer Functions:** No Member should have any negative pictures at any Cheer Functions or Events.
- C. Postings:** No Member should make any negative reference to Cheerleaders or its members on their pages. This means status updates or comments.
- D. Comments:** The following are expressly forbidden for the members: assault or harassment of any other Social Media members.
 - Members will not use profanity, vulgar language and sexually suggestive language and gestures.
 - Gossiping, Arguing, and negative representation of members, the member's organization and the school are not acceptable.
 - Social Media/ Cell Phone Violations are immediate grounds for dismissal. Should a team member violate social media/cell phone contract for a reason/action that doesn't reflect the high standards of the team (i.e. Negative pictures), they will be dismissed at first infraction immediately. Language/ taunting of other teams/ team members via social media or cell phones will receive 3 demerits as a warning, second offense will be dismissal.

Disciplinary Actions Regarding Unacceptable Uses:

Penalties for Unacceptable Uses: Students who violate any of the following rules are subject to disciplinary consequences set forth in the Student Code of Conduct as well as the CHHS Cheerleader Constitution, this may include long-term suspension or expulsion from school as well as possible prosecution or civil penalties under federal or state law and automatic dismissal from the Cheerleading Organization.

All students and parents must accept the terms of the Cheerleader Program Social Media Use Agreement form.

I have read and understand that the following are unacceptable uses for ALL Cheerleaders on all Social Media/ Cell Phones:

Cheerleader Signature	Parent Signature	Date
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Social Media Usernames:

Twitter: _____	Snap Chat: _____
Facebook: _____	Instagram: _____
TikTok: _____	Other (specify): _____

Parent's Initials: _____ **Member's Initials:** _____

CHHS Cheerleader Parent Expectations

In order for the Cheerleaders to continue to grow and be successful, it is necessary for parents to be involved and help when necessary. All of our accomplishments could not and would not happen automatically, but in conjunction with your positive efforts as a parent. All parents are an integral part of this team. When you give your time and support, we are all more successful. It is in this spirit that the following Parent's Expectations Contract was created to remind parents of a few important expectations designed to help your Cheerleader maximize her experience on the team.

1. Parents are here to support and respect their Cheerleader, her teammates, the Coaches, and the program.
2. Parents need to allow the Coaches to lead the team. Suggestions are welcomed when solicited, but every decision is up to the Coach.
3. Parents need to realize that the Coaches have the delicate and challenging task to guide their team to be successful throughout the year, yet at the same time make sure all of their cheerleaders have an opportunity to develop. Please know the Coaches will always decide what is best for the team.
4. Parents are expected to contact the Coaches first privately via email, phone call, or a conference regarding issues that may arise throughout the year.
5. Parents should communicate calmly with the Coaches if they have questions, concerns, or need clarification or accommodations.
6. Parents at all times should refrain from crude and threatening language, as well as all forms of physical aggression- especially toward another parent, student, or the Coaches, around the students, on school property, or social media.
7. Parents are encouraged to help if they can when asked to or when needed. This can range from volunteering time, chaperoning, donating supplies and materials, organizing team events, etc.
8. Parents are expected to provide transportation for their cheerleader as needed to and from practices and performances to ensure their cheerleader arrives on time and is picked up in a timely manner.
9. Parents need to remember at all times their cheerleader is watching them. They are her #1 example. She will watch how her parents handle life's stresses, conflicts with others, let downs, humbleness, gossip, social media, etc.

Parents who violate these expectations will be given a warning, and further transgressions will be handled on an individual basis. If you have any questions regarding this contract, please contact our principal, Mrs. Whitaker at tyshayla.whittaker@chisd.net or 469-272-2000.

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date

Parent's Initials: _____

Member's Initials: _____