



Cheer Handbook and Guidelines

Lone Oak ISD

2026-2027

This handbook becomes effective immediately for the try-out process in the Spring of 2027 and remains in effect throughout the 2027-2028 school year. Any exceptions will be at the discretion of the Sponsor and Principal, on a case by case basis.

Lone Oak ISD Cheerleading
Handbook/Guidelines
2027-2028

TABLE OF CONTENTS

Introduction	2
Cheerleading Program Purpose Statement	2
SECTION I: MEMBERSHIP GUIDELINES	2-5
Leadership/Teamwork	2
Attendance and Promptness	3
Transportation	3
Uniforms and Appearance	4
Competitions	4
Fundraising	4
Financial Responsibilities	4
Mascot	5
SECTION II: ELIGIBILITY REQUIREMENTS	5-6
Forms/Paperwork	5
Academics/Conduct	5-6
SECTION III: TRY-OUT AND JUDGING GUIDELINES	6-10
General Information	6
Application and Orientation	6-7
Judging Guidelines	7
Performance	7
Mascot Try-out Rules	7-8
Citizenship	8
Final Determination	9
SECTION IV: SUPPORT STAFF, PARENTS, AND CLUBS	9-10
Sponsor Responsibilities	9
Parent/Guardian Responsibilities	10
SECTION V: CONDUCT GUIDELINES	9-12
Student Code of Conduct	10
Drug Testing	10
Extra/Co-curricular Standards of Behavior	10-12
Cheer Expectations for Practice	11
Cheerleading Standards of Behavior	12
Permanent Dismissal	12-13

INTRODUCTION

Thank you for your interest in Lone Oak Independent School District extra/co-curricular activities. The District strives to provide effective and timely communication to all constituents. Therefore, the LOISD Secondary Schools Cheerleading Program Guidelines were created to provide information, answer questions and pave the way for successful involvement with the cheerleading program. The LOISD Secondary Schools Cheerleading Program Guidelines are divided into five sections so that candidates understand responsibilities and commitments prior to try-outs.

The guide addresses District policies and procedures related to cheerleading. Not all District policies and procedures are included. Policies that are included have been summarized. **Policies and procedures may change at any time.** If changes are made, the changes supersede any guideline provisions which are not compatible with the changes. For more information, students and parents may refer to the policy codes associated with guideline topics and confer with the cheerleading sponsor or building principal. Board of Trustees Policy manuals are suggestions for additions and improvements to the guide are welcome and may be sent to the Sponsor of Policy and Procedures.

CHEERLEADING PROGRAM PURPOSE STATEMENT

Cheerleaders are **student leaders** who exemplify and promote school spirit, pride, and sportsmanship.

Cheerleaders enhance a positive school climate by exhibiting leadership skills, such as respect for individual differences, building consensus, academic excellence, and modeling appropriate behaviors at all times, both in and away from school.

Objectives

- To become mentally and physically fit and athletically skilled in the field of cheerleading. (Reference sources: National Cheerleading Association manual, American Cheerleading Association manual, Universal Cheerleading Association manual)
- To demonstrate cheerleading etiquette for public appearances and private practices.
- To provide an atmosphere of support and cohesion essential for team building.
- To support and participate in academic, athletic, and community projects that help the campus and District achieve respective goals and objectives.

SECTION I: MEMBERSHIP GUIDELINES

The following membership guidelines are categorized as Leadership/Teamwork, Attendance and Promptness, Transportation, Uniforms and Appearance, Competitions, Fundraising, Financial Responsibilities, Head Cheerleader and Mascot. Other sections pertinent to membership are Section II: Eligibility Requirements,

The University Interscholastic League (UIL) Side by Side states: "Cheerleading and drill teams do not come under UIL rules, but the regulations in this document regarding no pass-no play, 8-hour practice limitation, athletic periods, one contest during the school week and extracurricular absences are applicable." Therefore, this and other sections will reference UIL regulations when applicable.

LEADERSHIP/TEAMWORK

As outlined in *Cheerleading Program Purpose Statement* of this guide, cheerleaders are representatives of the Lone Oak ISD and will adhere to the following standards:

- Abide by the cheerleading rules, guidelines and cheer expectations.

- Abide by the Student Code of Conduct.
- Behave in a manner that is becoming to the individual and to the organization. **In or out of uniform, cheerleaders are representatives of the cheerleading squad and the school.**
- **Maintain desirable attitudes and spirit.**
- **Cooperate with sponsors and other members of the squad.**

ATTENDANCE AND PROMPTNESS

All cheerleaders and mascots will have a scheduled time before or after the instructional school day to allow for planning and practice. Cheerleading practices and performances are under the umbrella of UIL time limit restrictions. Special practices may be called by the sponsor when necessary. However, due to UIL procedures, the eight-hour limit will apply to practice held outside of the school day.

Cheerleaders/mascots are expected to attend the cheerleading practices, and assigned sports activities designated by the sponsor and administrator.

Sports activities include, but are not limited to:

- **Varsity:**
Football – All home and away games, including play-off games.
Basketball – At Sponsor’s discretion.
Clinics/Camps - Cheerleading camp is held in June or July. (Camp/clinic instruction is an integral part of program quality - **attendance is mandatory.**)
- **JV Squads:**
Football - All home games and away games, possible play-off games with Varsity.
Basketball – At Sponsor’s discretion.
Camps/Clinics - Cheerleading camp is held in June or July. (Camp/clinic instruction is an integral part of program quality - **attendance is mandatory.**)
- **MS Squads:**
Football - All grade level home games and away games.
Basketball- At Sponsor’s discretion.
Camps/Clinics - Cheerleading camp is held in June or July. (Camp/clinic instruction is an integral part of program quality - **attendance is mandatory.**)

Participation in other sports events, community and social activities will be at the discretion of the sponsor.

Students will be present at least one-half of the school day to participate in an activity - or at the sponsor’s discretion.

Cheerleaders **must be prompt** for scheduled cheerleading practices and all functions as well as ensuring timely pick up at the conclusion of activities outside of the school day.

Cheerleaders may not leave a practice or any other activity at any time unless pre approved by the sponsor.

- Prior notification of conflicts with school activities will be addressed with the sponsors and when appropriate, the principal.
- Any competitive team/club does not come before school extracurricular activities.
- Work is not considered an excuse for an absence.

TRANSPORTATION

Each cheerleader/mascot shall ride school provided transportation to and from out-of-town games. To ride home with a parent after an out of town game a written request from the parent/guardian is required. The student will not be released to the parent or to another adult designated by the parent unless the written request is approved. Prior approval from the sponsor is required. **The penalty for missing school-provided transportation is suspension from that night’s game and the following game.**

UNIFORMS AND APPEARANCE

All uniform and practice attire is approved by the principal and sponsor. While performing, each member is expected to:

- Wear proper attire as directed. **The uniform is worn to official functions only and a member may perform only if he/she is in the complete required uniform.** If the cheerleader or mascot is not in proper uniform (including, but not limited to, secured hairstyle, ribbons, sweatshirts, cold weather attire), **he/she will contact a family member to bring the necessary uniform.** A specific outfit will also be required for each practice.
- Keep uniforms clean, pressed and mended at all times.
- Reflect grooming standards as directed by the sponsor, including, but not limited to:
 - Makeup that is natural and wholesome looking.
 - Nails that are short and well-groomed and do not exceed the length of the finger. **Acrylic nails or tips are strongly discouraged for safety reasons.** Colored nail polish is not to be worn when cheering or in uniform.
 - No jewelry, including body piercing.
 - No visible tattoos.
 - No gum chewing or candy.
 - Secured hairstyle with ribbons.
- **Parents are financially responsible for the replacement of school issued equipment.** All equipment will be returned at the end of the cheer season. (Uniforms, warmups, backpack, megaphone, pom poms)

COMPETITIONS

High school squads may participate in one summer camp and may elect to participate in regional and national competitions with principal approval. Middle school squads may participate in one summer camp and may elect to participate in one area competitions at the discretion of the sponsor and principal.

FUNDRAISING

A thorough description of appropriate practices and procedures for fundraising is outlined within the document, LOISD FundRaising Guidelines. Individuals directly responsible for fundraising should refer to the document and District policy for complete directions. The following is important information for all members and parents:

- Each cheerleader will participate in fundraising activities.
- Fundraising activities must support the educational goals of the District.
- Fundraising will be coordinated by the sponsor, and/or Booster club officers, approved by the building principal and must include a written request outlining the need for funding, the type of fundraising activity, the projected amount to be raised, how the money will be used, and the time and duration of the activity. Efforts should be made to avoid conflict with other school organizations attempting to raise funds.
- Sponsors are required to keep a detailed account of income and expenditures of student money, with all transactions processed through a campus activity account.

FINANCIAL RESPONSIBILITIES

The District can provide uniforms, warmups, bags and a few other items for the cheerleading squad. Camp wear, personal clothing items, practice attire, shoes and a few other items are purchased by the parent and must be approved by the sponsor and campus principal prior to purchase.

- Cheerleaders are required to attend summer camp and are responsible for **all fees** associated with camp. **CAMP IS MANDATORY!!!(unless approved for an absence)**

- Payments which are the responsibility of the parent and squad member for camp/camp wear will be paid as directed by the sponsor. **A \$500.00 initial non-refundable down payment will be due in March (this pays for camp).** Final payment will be due on or before May 6th of the current school year (this is to pay for camp clothes, etc.). Any member who is unable to meet the financial obligations will be removed from the squad, and the next candidate may be moved up.
- There may be additional expenses, at sponsor's discretion, throughout the season in which payment will be required in advance from parent/squad members.

MASCOT

The mascot will be an integral part of the spirit program at the school. His/her main responsibilities are to provide interaction with the crowd at all functions by incorporating them in cheers and skits and to work closely with all organizations to enhance the spirit of the school. The mascot will follow all cheerleading guidelines as set forth by District policy. Additional responsibilities include:

- Work closely with the athletic department and cheerleader sponsor to foster school spirit.
- Be familiar with game rules to make appropriate responses with the crowd at sporting events.
- Create skits with appropriate themes to foster spirit, in conjunction with the cheerleaders. All music will be due the Monday prior to the pep rally by 8:00pm.
- Dress in creative attire, when appropriate, with sponsor approval.

SECTION II: ELIGIBILITY REQUIREMENTS

Cheerleader/Mascot: Any student who will be entering the 7th or 8th grade may try out for the Middle School squad as a cheerleader or mascot. Students entering 9th - 12th can try out for Varsity and/or JV squad as a cheerleader or mascot.

****All candidates'/squad members must meet the following requirements:** (before try-outs and while you are member of the squad)

FORMS/PAPERWORK

- **The student must return all necessary paperwork (including permission form) that is required in order to try-out by the set deadline.**

ACADEMICS/CONDUCT

- Cheerleaders are expected to maintain high standards in academic performance and behavior and to serve as positive role models for the student body.
- **The student must have maintained an overall 70 average (no failures) for the semester and 3rd nine weeks, as well as, while a member of the squad.** Grades will be checked at the end of each nine week grade reporting period.
- **Along with verifying grades, teachers will be able to give input on cheerleaders trying out by filling out an evaluation sheet on each candidate.**
- If you fail a class or your average is below 70 at the end of a nine week period, you will be immediately placed on probation until the next grade check period. If you are placed on probation twice in one school year, you will be dismissed from the squad for the remainder of the school year and will be ineligible to try-out for the next year's squad.
- **All student discipline files will be evaluated for excessive ISS or DAEP assignments.** Students who have been assigned ISS 2 or more times during the current school year will not be eligible to try out. Students who have been assigned a 30 days or more of DAEP during the current school year are not eligible to try out. **Eligibility will be reevaluated each year.** All final decisions rest with the principal.

- If the student was a cheerleader/mascot for any Lone Oak I.S.D. squad last year, she/he must not have received probation as a punishment more than twice or quit.

A student enrolled in the District and who participates in an extracurricular activity . . . is subject to District policy and UIL rules regarding participation only when the student is under the direct supervision of an employee of the school or district in which the student is enrolled or at any other time specified by resolution of the Board. The Cheerleading program will follow the eligibility requirements as outlined by the Texas Education Agency TEA, the University Interscholastic League UIL and district cheerleading policies. Any squad member who receives, at the end of any grading period (after the first nine weeks of the school year), a grade below 70 in any class (other than an identified class eligible for exemption) or a student with disabilities who fails to meet the standards in the Individual Education Plan IEP may not participate in extracurricular activities for three school weeks.

Grades will be checked at the end of each nine week grade reporting period. Students who pass remain eligible until the end of the next grading period. All sponsors are responsible for obtaining official grade reports from the principal. This provision applies to all grading periods. It also applies to all three-school week evaluation periods for ineligible students.

SECTION III: TRY-OUT, JUDGING AND CHEER GUIDELINES

Section III: Try-out and Judging Guidelines provides requirements with the application and orientation process and citizenship requirements for candidates, academic, try-out injury option, and judging guidelines.

- Spirit Event Coordinators or another professional judging company will be utilized for try-outs.
- Students will wear a plain, white, no collar t-shirt, red shorts (similar to the Softe brand), white no-show socks and white tennis or cheer shoes. Hair must be out of face and pulled into a ponytail with a single approximately 1" red ribbon. See handouts at the parent meeting for more information.
- In the event that a candidate is trying out for cheerleader and mascot, it is that candidate's responsibility to provide the sponsor with written notice regarding order of selection by the end of the closed cheer clinic. If no notice is provided, the sponsor will automatically select Mascot first and Cheer second.

GENERAL INFORMATION

High School-The exact number of cheerleaders for the Varsity squad will consist of a minimum of 10 members with a maximum of 14 members and will be determined by the natural break in scoring. The natural break is defined as the obvious place in the scores where a numerical difference occurs. This break will be agreed upon by the judges, the principal, and the Sponsor. If more than the maximum is above the natural break, then the first 14 scores will be on the Varsity squad, and the next 8-10 girls will be on the JV squad.

Before try-out day, students entering grades 9–12 will decide if they want to be a JV cheerleader if their score does not earn them a position on the Varsity squad. In the case that a 12th grader earned a position on the JV squad and chose not to accept, then the student with the next highest score would become a JV cheerleader. Mascots will be chosen the same way. A student entering 9th through 12th grade may try out for Varsity and/or JV mascot. Varsity and JV mascots will be the person with the highest point total. All squad members will abide by the rules and policies set forth in the campus handbooks.

Middle School - Students entering seventh and eighth grades can try-out for Middle School cheerleaders. The exact number of cheerleaders for the Middle School squad will consist of a minimum of 10 members with a maximum of 12 members and will be determined by the natural break in scoring. The natural break is defined as the obvious place in the scores where a numerical difference occurs. This break will be agreed upon by the judges, the principal and Sponsor. If more than the maximum is above the natural break, then the first 12 scores will be on the squad. In the mascot try-outs, the person with the highest point total will determine the mascot.

All squad members will abide by the rules and policies set forth in the campus handbooks.

Video tryouts are allowed for tryout purposes if the candidate is going to miss for a school sponsored event only. A candidate may also submit a video for tryouts if at the time of the try out they are injured. The video must be from that school year. Video must be sent to the school principal for the judges to view.

APPLICATION AND ORIENTATION

A candidate for cheerleading/mascot and parent or designee must:

- A family member and participant must attend the **mandatory orientation meeting** scheduled by the Sponsor prior to try-outs. If a participant is at a school event **only**, they will attend virtually while a family member is in attendance at the in person meeting. Attendance at the meeting is worth 5 points for students and 5 points for the parent totaling 10 points towards try-outs. These points will be added to the final score before results are released. This is mandatory unless absence is approved by the principal and/or sponsor due to extenuating circumstances.
- **Return the following completed forms including all appropriate signatures as directed by the sponsor by the due date.**
 - Cheerleader/Mascot Parent Permission Form
 - Try-out Application
 - Medical Release Form.
 - Parent/Student Handbook Acknowledgement
 - Physical (**MUST HAVE BEFORE CAMP**)
- Have no outstanding balance for prior year financial obligations.
- Attend at least 1 of the 3 clinics prior to try-outs. (5 points possible for attending one closed gym)
- Attend the mandatory camp if the candidate makes the squad.

JUDGING GUIDELINES

The following guidelines are established to determine membership for the cheerleading squad beginning in Grade 7.

Performance

The cheerleader/mascot candidate's total score will be made by a panel of three qualified judges. Judges may not have previous associations with students, parents or sponsors. Candidates will receive numbers when they try-out and shall not be referred to by name. Tabulations of scores will be made by campus administrator(s) and designated tabulator. Try-outs will only be open to participants, judges, sponsor, tabulator, campus administrator(s) or other appropriate LOISD staff.

Cheerleading Try-out Categories

1. Entrance/Spirit	5 points
2. Crowd Appeal/Smile	5 points
3. Memory/Recall	5 points
4. Group Dance	5 points
5. Voice and Projection	10 points
6. Motion/Technique	10 points
7. 3 Jump Series	10 points
8. *Tumbling	5 points
9. Teacher Evaluation	35 points
10. Orientation Meeting	10 points (cheerleader and Parent – 5 points each)

- **TOTAL POINTS AVAILABLE:** 55X3 (judges), 35 possible points from teacher evaluation, 10 possible points from parent/cheerleader meeting, and 5 possible points for one closed gym for a total of a possible 215 points.

Mascot Try-out Rules and Procedures

1. Each mascot must have met all guidelines as outlined in the LOISD cheer handbook.
2. Only ONE costumed mascot is allowed to perform. NO other live props are allowed.
3. Each mascot will perform a routine or skit lasting a maximum of 2 minutes and not including set-up and take-down time. The following overtime penalties will occur: 1-5 seconds -1 point, 6-10 seconds – 2 points, 11+ seconds -5 points.
4. Three (3) people may assist you with the set-up or tear-down. If try-outs are during school hours, students in class may not assist. After set-up, the helpers may either leave or be seated near the rear entry.
5. Mascots are allowed a total maximum of 1 minute and 30 seconds set-up. The same overtime penalties listed above will apply.
6. Mascots are allowed a total maximum of 1 minute and 30 seconds take-down. The same overtime penalties listed above will apply.
7. Music may be used and is encouraged, but should not dominate the routine. Music must be downloaded and sent to the sponsor through email before try-outs with clear written directions on how it is to be played. It is the responsibility of the mascot to collect the music at the end of try-outs or the end of the day.
8. The routine/skit should contain a theme and should be well organized and understandable.
9. Timing will begin with the first organized word, movement, or note of music after they are officially announced by the sponsor.
10. Timing will end with the last organized word, movement, or note of music by the mascot.
11. Any size props may be used. Props that may cause damage to the floor or any area of the school may not be used. Confetti, water, paints, or other such props that may delay the try-outs may not be used. A 15-point reduction will apply if this is not followed. Props will be stored in the breezeway between the two gyms. All props must be removed from the school at the end of the try-out day. This is the candidate's responsibility; no props will be stored at school.
12. Candidates must be dressed in the school's official mascot costume at all times including set-up.
13. Routines/skits must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music may result in a score deduction. If you are not certain if something is inappropriate, DO NOT USE IT.
14. Mascots should utilize all areas of technical strengths including actions/reactions, motions/emotions, character traits and habits, pantomime, crowd interaction, crowd appeal, prop utilization, and overall impression.
15. After all candidates have completed their routines, individuals will meet with judges for an interview worth 5 points. The interview will be completed in costume. Answers will be done through movements and gestures.
16. The candidate with the highest points will be the mascot.
17. In the event that a candidate is trying out for cheerleader and mascot, it is that candidate's responsibility to provide the sponsor with written notice regarding order of selection by the end of the cheer clinic. If no notice is provided, the sponsor will automatically select Mascot first and Cheer second.

Tabulation of scores will be conducted by campus administrator(s) or designated tabulator.

CITIZENSHIP

A candidate must:

- Be enrolled in Lone Oak ISD and be in attendance by the first day of the second semester. The principal has the discretion to determine participation for students new to the district.
- Meet state guidelines for compulsory attendance.
- Have not resigned or been dismissed from the cheerleading squad in the previous year. However, if he/she resigns due to circumstances out of his/her control, the sponsor and campus principal will determine whether he/she may be considered for try-outs the following year.

Final Determination and Notification

The principal or designee will tabulate scores. In the event of a tie, the judges' will reevaluate the score and determine the winner. The judges may also request call backs. JV squads shall have a maximum of 10 members. The varsity level cheerleading squad shall have a minimum of 10 not to exceed 14 members. A minimum of one mascot will be chosen for each campus. The middle school squad shall have a minimum of 8 not to exceed 14 members. **Candidates will receive notification of results on the day of try-outs through the LOISD Facebook page the day of and at the front door of MS/HS as well..**

SECTION IV: SUPPORT STAFF, PARENTS, AND CLUBS

SPONSOR RESPONSIBILITIES

Leadership

Sponsors are expected to:

- Be committed to the cheerleader program.
- Be a positive role model and demonstrate conduct that is ethical and rational.
- Display the qualities of good sportsmanship and fair play.
- Set long term and short term goals for professional growth and the cheerleader program.
- Follow LOISD employee policies, guidelines and rules.
- Have knowledge of and compliance with rules for eligibility and participation.

Management

Sponsors are expected to:

- Supervise students.
- Provide appropriate communication to parents/students concerning all guidelines and requirements.
- Disseminate and manage all required written forms and documentation.
- Communicate and ensure proper safety standards and stunt progressions.
- Plan and provide written schedules for all practices, games, pep rallies, clinics, camps, and other activities.
- Coordinate try-outs, including the selection of judges.
- Follow state and LOISD accounting practices/procedures for maintaining the budget and proper administration of student funds.
- Obtain principal or designee approval on all disbursements.
- Be responsible for the approval, selection, ordering, distribution and return of all uniforms.
- Maintain current certification in first aid and cardiopulmonary resuscitation.

PARENT/GUARDIAN RESPONSIBILITIES

Parents are partners with the school and shall:

- Respect and support the cheerleading program, cheerleaders, and sponsors.
- Support the student's commitments to the school, community and herself/himself.
- Attend performances and other necessary activities.
- Meet financial obligations in a timely manner.
- Set an example of good sportsmanship at all activities.
- Provide transportation if needed for cheerleading activities.
- Support/participate in any fundraising activities.

SECTION V: CONDUCT GUIDELINES

Upon the completion of try-outs, selected cheerleaders will be subject to all rules, expectations and discipline consequences associated with the new squad. All discipline actions will affect the cheerleader's standing on his/her squad after try-outs and throughout the following academic year. Any member failing to abide by rules and regulations as set forth under the provisions may be subject to review by the sponsor and principal. Dismissal from the group may result from that review.

The guidelines for student discipline are outlined in the Student Code of Conduct adopted by the Lone Oak Independent School District Board of Trustees. Additional standards of behavior for students involved in extra/co-curricular activities are:

- UIL Side by Side. (Available at www.uil.utexas.edu)
- AACCA School Cheer Safety Rules (Available at cheerrules.org)
- Extra/Co-curricular Standards of Behavior. (See below)
- Cheerleading Standards of Behavior. (See below)

STUDENT CODE OF CONDUCT

The cheerleaders and mascots are expected to maintain exemplary conduct in and out of the school.

DRUG TESTING

Lone Oak Independent School District has a student drug testing program for all students in grades 7-12 who participate in extra/co-curricular activities. The student drug policy is discussed in the districts/campus handbooks. Each parent and student has access to a copy at the beginning of each school year. In addition to this policy LOISD cheer has punishments directly related to any violations of this policy. These punishments are based on cumulative offenses for your high school career related to violations of the drug policy and expectations. They are **NOT** cleared from year to year.

1. First Offense: 30 day suspension and 15 miles of disciplinary running or coach's discretion. Students will be randomly retested after 30 days. Students may attend practice for disciplinary action, but are not allowed to participate at game/competition.
2. Second Offense - Suspension for the remainder of the year and ineligible to try-out for the next school year.
3. Third Offense - permanent removal from the athletic/cheer program and no try-outs for the remainder of their school career.

EXTRA/CO-CURRICULAR STANDARDS OF BEHAVIOR

This section speaks directly to the behavior of students who participate in extra/co-curricular activities.

With the approval of the principal and Superintendent, sponsors and Sponsors of extracurricular activities, including interscholastic athletics and marching band, may develop and enforce standards of behavior that are higher than the District-developed Student Code of Conduct and may condition membership or participation in the activity on adherence to those standards. Extracurricular standards of behavior may take into consideration conduct that occurs at any time on or off school property. No provision of an extracurricular behavioral standard shall have the effect of discriminating on the basis of sex, race, disability, religion, or ethnicity.

Students shall be informed of any extracurricular behavior standards each school year. Students and their parents shall sign and return to the sponsor a statement that they have read the extracurricular behavior standards and consent to them as a condition of participation in the activity.

Organizational standards of behavior of an extracurricular activity are independent of the Student Code of Conduct. Violations of these standards of behavior that are also violations of the Student Code of Conduct may result in independent disciplinary actions. A student may be removed from participation in extracurricular activities or may be excluded from school honors for violation of organizational standards of behavior of an extracurricular activity or for violation of the Student Code of Conduct

Student participation in extracurricular activities is encouraged. Lone Oak ISD makes extracurricular activities available as an extension of the regular school program, with an important difference: participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students who engage in extracurricular activities represent not only themselves, but also other students and the District when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as a Lone Oak ISD student. Behavior must be exemplary and reflect the finest attributes of the Lone Oak ISD student body at all times and in all places

Important goals of the extracurricular program are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Since participation in extracurricular activities is a privilege and not a right, Lone Oak ISD is authorized to set higher standards for participants of extracurricular activities than for students who choose not to participate in extracurricular activities. The expectations for extracurricular activities extend beyond the Lone Oak ISD Student Code of Conduct, not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. Extracurricular expectations apply to all students participating in extracurricular activities, regardless of whether:

- School is in session;
- **The offense occurs on or off school property or at a school-related event;**
- The student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- The extracurricular activity is in-season; and regardless of where or when the conduct occurs.

It is possible that a student who violates the Lone Oak ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities may violate the Extracurricular Expectations and be subject to discipline or sanctions by a sponsor without having violated the Lone Oak ISD Student Code of Conduct.

Cheer Expectations for Practice Time

Tardy Punishment- If a cheerleader is tardy to a practice or game:

1st Tardy- run laps for minutes at practice or coaches discretion.

2nd Tardy- run laps for minutes at practice or coaches discretion.

3rd Tardy- Sit out the first quarter of the game.

4 or More Tardy- Sidelined from the game- sit out in uniform.

Unexcused Absences From Practice:

1st offense- owe back time missed- per coaches discretion and sit 1 quarter of the game.

2nd offense- owe back time missed- per coaches discretion and sit the first half of the game.

3rd offense- owe back time missed- per coaches discretion and sit out the entire game.

4 or more unexcused absences from practice- removal from squad- results in failure to try out for next season.

If a cheerleader is absent from practice the day before a pep rally, they will not participate in the pep rally unless otherwise excused by the sponsor before that day.

Procedures for Behavior/Failure of Cheer Expectation Punishment

Sponsors, administrators and sponsors will review all facts and circumstances surrounding a particular event and determine appropriate disciplinary action or sanctions.

- 1st offense – Parent/student/sponsor/administrator conference to discuss the event, possible sanctions*.
- 2nd offense –Parent/student/sponsor/administrator conference to discuss the event, sanctions*, possible dismissal.
- 3rd offense –Parent/student/sponsor/administrator conference to discuss the event, sanctions*, possible dismissal.

Any event may be serious enough to result in removal from the extracurricular activity at any step. Dismissal will be determined by the sponsor/principal after the conference of the second and third offense.

A cheerleader is a visible leader of the school so expectations for cheerleaders extend beyond the regular school day or regular school expectations. For example: scenes of nudity, alcohol use, fighting, bullying either face to face or by means of social media will not be permitted.

*Sanctions may include but are not limited to: physical activity, bench time, loss of playing or performance opportunities.

If a cheerleader receives ISS- they are allowed to participate in practice, but if their ISS days fall on an event day (pep rally or game) they are not allowed to participate. If the game is an away it will be at the coaches discretion if they can travel with the squad.

If a cheerleader receives DAEP, they are not allowed at practice or cheer events. 30+ days in DAEP will result in removal of the squad.

Nothing in the Extra/Co-curricular Standards of Behavior section limits the authority of a sponsor to impose reasonable sanctions for students who breach program conduct expectations but do not engage in prohibited conduct. **Signing the LOISD Schools Cheerleading Program Guidelines Parent/Student Acknowledgement verifies your receipt and agreement to the expectations outlined in the handbook.**

CHEERLEADING STANDARDS OF BEHAVIOR

Each extra/co-curricular activity has specific conduct expectations in addition to the expectations outlined in the Extra/Co-curricular Standards of Behavior. The expectations outlined in the Cheerleading Standards of Behavior document are specific to the cheerleading program. The Standards of Behavior Discipline Form is located on pg.13. Squad members will also be held responsible for any postings to a social networking site that would “materially disrupt class work, involve substantial disorder, or interfere with the rights of others.” [Tinker, 393 U.S. at 506]

See attached form of Cheer Expectations.

PERMANENT DISMISSAL

Reasons for permanent dismissal from the cheerleading squad include, but are not limited to:

- Expulsion.
- 30 plus days of DAEP, in single offense or has had multiple DAEP sentences resulting in 30 or more days.
- Failure to meet behavior expectations in the Extra/Co-curricular Standards of Behavior.
- Any illegal behavior inside or outside the school.
- 4 or more unexcused absences from practice.
- Unexcused absence from more than two games over the course of the fall/spring season.
- Violations as outlined in the Lone Oak Public Schools Activity Student Drug Testing Policy.
- Academic Removal – if academically ineligible for two reporting periods, consecutive or nonconsecutive, removal for the remainder of the year and members will not be allowed to try-out to be a part of the squad again.

The LOISD Schools Cheerleading Program Guidelines is designed to be in harmony with LOISD Board of Trustees’ Policy, the Student Code of Conduct and University Interscholastic League rules and guidelines. The LOISD cheerleading guidelines are reviewed annually. Changes and revisions will be made available to students and parents and will govern cheerleading selection and decisions regarding supervision of the program.

LOISD Cheerleader Tryout Application

Please print the following information clearly.

Candidate for: ____MS Cheer ____MS Mascot ____HS Cheer ____Varsity Mascot ____JV Cheer ____JV Mascot

Candidate's Name		Candidate Cell Phone:	
Address		City	Zip Code
Date of birth		Candidate's Email	
Father's full Name		Mother's Full Name	
Father's Email		Mother's Email	
Father's Cell Phone Number		Mother's Cell Phone Number	
Doctor		Doctor's Phone Number	
Insurance Company (Attach copy of insurance card)		Date of enrollment for current school year.	
Overall GPA (excluding PE/Athletics)	Have you been in DAEP this year?	Have you failed a subject(s)?	
	Have you been to the ISS this year?	What subject(s)?	

When is your summer vacation? _____

(MS/JV/Varsity) **Camp** – MS-June 6-8th @ Gymn Star and HS- June 2-5 @ The Embassy Suites and Convention Center in Frisco with possible practices before camp. Summer practices will be announced after camps. *****Camp dates are to change each year.****

Medical Release Form

Student's Name: _____ Grade: _____

School: _____ LOMS _____ LOHS

I certify that _____ is physically capable and able to fulfill requirements needed to be a cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any squad-related activity when neither parent can be reached. If there is a physical or medical reason why s/he should not participate fully, the district requires a doctor's release. Furthermore, the district is not liable for any injury incurred during cheerleading.

Parent's Signature: _____ Date: _____

Medical Treatment Permission

In the event of an emergency occurring while my son/daughter is at a school-sponsored event, I grant permission to the school and its employees to take whatever action is necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter, _____, to receive the necessary medical treatment.

Parent's Signature: _____ Date: _____

Home Phone: _____ Business Phone: _____

Cell phone: _____ Other emergency #: _____

Address: _____

City: _____ State: TX Zip: _____

Persons to notify other than parent or guardian:

Name: _____ Phone: _____

Name: _____ Phone: _____

If you do not grant permission or authorization for consent to medical treatment, what procedures should be followed?

Insurance: **Please attach a copy of your insurance card**

Medical Information

	<i>Circle One</i>		<i>Circle One</i>	
Heart Condition or disease	Yes	No	Asthma	Yes No
Diabetes	Yes	No	Allergic to medication	Yes No
Convulsions Disorder	Yes	No	Allergic to insect stings	Yes No
Prior injury to muscles/tendons	Yes	No		

Allergies: _____ Date of last tetanus shot: _____

Additional medical information that may be helpful: _____

Are you currently being treated for any injuries? _____ If so, pls list: _____

Are you currently taking any medications? _____ If so, pls list: _____

LO Cheerleader Expectations for the 2027-2028 year

Attendance

No unexcused absences from practice or games. (See handbook for punishments)

Be on time to practice and not leave early without permission.

You will participate in all cheer events, including fundraisers.

Appearance

You will be in proper cheer uniforms including having poms, bow, socks, and shoes at games.

Your cheer skirt will be of proper length.

You will be in proper practice attire.

Keep your nails at a proper length.

Behavior

Horseplay will not be tolerated during games or practices.

No cell phone use at games or practices without sponsor permission.

No gum, candy, or food at practices or during game times.

You will not behave with inappropriate behavior or show PDA during games or while in uniform.

No inappropriate texts, emails, posts of ANY form on email, cell phones and/or social media, **in or out of uniform**. Including but not limited too, on TIK TOK, Instagram, Facebook, Snapchat, etc.

Drinking alcohol, vaping, and or drug use is prohibited at all times.

ISS or DAEP is not an option. Behave!! (See handbook for punishment)

Know the material!!!!

BE RESPECTFUL! BE KIND!

I have read and understand my responsibilities as a cheerleader and agree to the expectations written above. I understand that these expectations will be strictly enforced and if I do not follow them I will receive the consequence given by the school and or the sponsor. I fully comprehend that I am a representative of LOISD cheer and I will make every effort to fulfill my responsibilities in being a positive role model. I know that my primary job is to be a cheerleader and to promote and foster an encouraging, enthusiastic, and spirited atmosphere for my peers and the fans.

Signature of Cheerleader

Date

Signature of Parent or Guardian

Date

LONE OAK INDEPENDENT SCHOOL DISTRICT

CHEERLEADING PROGRAM GUIDELINES

PARENT / STUDENT ACKNOWLEDGEMENT

We have read and understand the policies, procedures, practices and expectations as outlined in the LOISD Secondary Schools Cheerleading Program Guideline, including the Extra/Co-curricular Standards of Behavior. We agree to adhere to these rules as a condition for voluntary participation in the cheerleading program and understand that failure to do so may result in disciplinary measures.

Parent Signature

Date

Cheerleader Signature

Date

The LOISD Secondary Schools Cheerleading Program Guidelines Parent/Student Acknowledgement Form was submitted to my office:

Sponsor Signature

Date

Please detach the listed forms and return to the sponsor at parent/cheer meeting.

- Return the following completed forms, with all appropriate signatures, as directed by the sponsor:

Tryout Application

Medical Release Form

Acknowledgement Form

Cheerleader Expectations Form