

# Westside High School

## **Cheerleader & Mascot Constitution**

It is the policy of Westside High School not to discriminate on the basis of sex, handicap, race, color or natural origin in its educational and vocational programs, activities or employment as required by Title IX, Section 504 and Title VI. Westside High School will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and career and technology education programs.



**WESTSIDE HIGH SCHOOL CHEERLEADER/MASCOT  
CONSTITUTION AND PROCEDURES**

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After careful consideration and research, Westside High School sponsors, with administrative consent, have instituted the following cheerleader constitution and procedures for use with the WHS cheerleading program. For the benefit of fairness and consistency to all members who participate in the program, we will support, in word and actions, the following rules, guidelines and procedures.

\_\_\_\_\_  
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Chelsea Barton, WHS Junior Varsity Sponsor

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**WESTSIDE HIGH SCHOOL CHEERLEADER/MASCOT  
CONSTITUTION AND PROCEDURES**

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**PHILOSOPHY/PURPOSE**

The purpose of the cheerleaders is to support the curricular and extracurricular activities of Westside High School by promoting school spirit. Being a cheerleader is an honor and special privilege. Cheerleaders and mascots exist to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. Cheerleaders and mascots are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the Westside High School Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers.

**OBJECTIVES**

Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the sponsor and approved by the principal.

**ELIGIBILITY – TRYOUT**

A student is eligible to try out for cheerleader if either of the two conditions are met:

- At the time of the tryout, the student is enrolled at Westside High School

OR

- If the student is not currently enrolled at WHS, but is registered to attend WHS and/or has been approved a magnet spot for the next school year, and student may try out at that campus.

# WESTSIDE HIGH SCHOOL CHEERLEADER/MASCOT CONSTITUTION AND PROCEDURES

## COMMITMENT

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for **the full school year**. Any cheerleader who is removed from the squad or voluntarily quits the squad before the end of the school year without the approval of the principal and sponsor will not be allowed to tryout for the following school year. **Cheerleaders on the Varsity squad will not be allowed to graduate early.**

Any cheerleader whose intention is to leave the school district will be required to sign a waiver of position and return all cheerleading/school property. This process is finalized and irreversible once the cheerleader has signed the waiver.

## SELECTION

WHS will hold tryouts for the selection of the high school cheerleading squads and mascot position(s). The tryouts will be held by the last day of **April** to be determined by the WHS principals and sponsors each year. The date will not be during TAKS testing.

The Varsity sponsors with the building principals will be responsible for facilitating the tryouts. The principal and/or principal designee and sponsors will be present in the building during the entire tryout process.

Parents and non-participating individuals will not be allowed in the building during any phase of the tryouts. **Anyone in violation of this could cause the individual trying out to be ineligible.**

## TRYOUT GUIDELINES

The sponsor will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet, including but not limited to responsibilities, rules and consequences, before the student is allowed to participate in the tryout process.

The following procedures are to be followed.

A panel of qualified professional judges who must be approved by the sponsors and the principal and/or

principal designee shall select cheerleaders. Candidates wishing to try out for cheerleader must file an application and have all other required forms turned in on the first day of the clinic. The school may elect to set an earlier date for turn in (ex. at the parent meeting), but no student will be penalized as long as the information is turned in by the specified deadline. See Appendix A for details.

Cheerleader candidates may be charged a clinic fee. This fee will go toward paying the judges, if applicable.

The sponsors and principal and/or principal designee will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability and safety for the students during the tryout procedure. This uniform should be limited to a plain white t-shirt with no visible logo, a solid black colored short (style to be determined by the sponsor), and any type of white athletic shoe.

## SQUAD MAKEUP

The Varsity squad will consist of up to 20 members with a score based on the following:

- TEACHER/COACHES RECOMMENDATIONS 40%
- G.P.A. 10%
- ABILITY 50%

A MINIMUM 3.0 CUMULATIVE G.P.A. FOR INCOMING FRESHMAN; MINIMUM 2.5 CUMMULATIVE G.P.A. FOR ALL OTHERS.

The selection will consist of up to 20 of the top scoring freshman, sophomore, juniors or seniors.

The Junior Varsity squad will consist of up to 16 freshman, sophomores and juniors

In case of a tie, call backs will be performed. If this tie is not resolved with the call backs, those students with tying scores will be selected. This may result in a squad larger than stated above.

Male cheerleaders will be subject to all cheerleader rules and regulations and may be required to do partner stunts for tryouts.

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## JUDGING CRITERIA FOR HIGH SCHOOL CHEERLEADER

- Individual Entrance
- Jumps
- Tumbling
- Individual Cheer
- Group Chant
- Motions
- Spirit
- Voice Projections
- Dance
- Overall Impression

Each category is worth 5 points for a maximum of 50 points per judge. The judges' scores will be averaged and used as 50% of the overall judging criteria for deciding squad members.

A separate score sheet will be kept on each student trying out.

## JUDGING CRITERIA FOR HIGH SCHOOL MASCOT

- Enthusiasm/Crowd Appeal
- Character/Antics
- Use of Props/Use of Prop Given
- Creativity
- Appropriateness of skit/Overall Impressions

Each category is worth 10 points for a maximum of 50 points per judge.

A separate score sheet will be kept on each student trying out.

## JUDGES

There will be a minimum of three judges on the panel. Every attempt should be made and documented to secure a minority judge on each panel.

Judges will be selected from NCA, UCA, ACA, or other professional cheerleading associations, event coordinators, universities, and/or out-of-district sponsors.

Judges should not be hired to judge tryouts if they have tutored or taught the cheerleader candidates during the current school year. Every attempt should be made to hire judges who have not worked with students in the Westside area or who are not related to a Westside employee. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of a judging panel may have had some contact with a candidate who is trying out.

Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

Westside cheerleader/drill team sponsors may not serve as a judge for cheerleader tryouts.

## TRYOUTS

Panel tryouts will be closed to everyone except judges, principals and/or principal designee and sponsors. (No other persons will be allowed in the tryout area.)

There will be no students, parents, or existing cheerleader in the tryout room/area, nor will they be involved in collection or tabulation of scores. All tryout results are final.

All those interested in becoming a cheerleader must attend every day of the clinic. Failure to attend the clinic everyday without an acceptable reason will make the student ineligible to tryout. A committee comprised of the Varsity sponsor on campus and an administrator will handle extenuating circumstances, such as death in the family. Excused absences for medical reasons must be followed by a note from a physician for the student to be cleared for tryout.

## TRYOUT REQUIREMENTS

- Student must never have had a Class B misdemeanor or higher-class crime conviction.

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- Student must not have been placed in AEP or CEP during the current school year.
- Student must not have served expulsion during the current school year.
- Student must not have any outstanding school fines including textbooks and library fines.
- Student must disclose all medical conditions prior to trying out.
- Student must pay a ten-dollar clinic fee on the first day of the clinic.
- Student must have a current year school physical which must have been completed on the HISD Medical Form.
- Student must turn in most recent copy of report card (including fall semester).
- Student must turn in all required forms and pay fees by the first day of the clinic. These forms include but are not limited to the application, signed cheer contract, U.I.L., extracurricular contract, proof of residency, a completed U.I.L. physical form and/or health form, a release of all claims, waivers, most current report card, and a web and media release.
- Student must be present during tryouts. In no case, videotapes, letters, or other communication can be given to judges. Any communication with the judges other than a request to begin again could cause disqualification.
- If a student quits the Westside High School Cheerleader/Mascot program during the current year without an administrator approved reason, the student will be ineligible to tryout.

## NOTIFICATION

After all tryout scores for the school are tabulated and confirmed by the principal and/or principal designee, each candidate will be given instructions for candidates on how to find out the results of the tryouts. No results will be distributed at the tryout site on the day of tryouts.

### Acceptable notification options

- By 2:00 p.m. on the afternoon following the tryouts, the principal, sponsor (or designee) will post a list of the winning candidates' tryout number on the campus.
- At the option of the building principal and/or principal designee or sponsor, the winning candidates' tryout names can be posted on the Westside High School Website.

## SELECTION OF CAPTAINS

Being named captain or co-captain of a squad is a special privilege as well as a responsibility. These individuals should be an example for the rest of the squad. The captains are expected to support in word and actions all guidelines set forth in this constitution along with the rules of WHS. This position will require a time commitment outside of the "normal" cheerleader obligations. Varsity captains must have had one year of Varsity cheerleading experience at WHS. The JV captains must have been an HISD cheerleader the previous school year. Captain duties consist of: making calendars for cheerleading events, taking roll at cheerleading functions, leading activities during practice creating practice schedules and any other duties that the sponsor assigns.

- Captains will be nominated by the squad based upon captain tryout results and, and the sponsors will make the final selection.
- A captain may be removed from their leadership role if they are unable to uphold the guidelines and regulations set forth in this constitution. If this happens the sponsor will appoint a new captain.

## ELIGIBILITY – MAINTENANCE

### Academic Requirements:

- Must meet U.I.L. academic requirements for eligibility for each grading period.
- Attendance must meet state criteria.
- Must fulfill all cheerleading obligations throughout the school year.
- Resignations are accepted only if extenuating circumstances arise.
- Must be self-motivated and willing to participate in activities and competitions with a positive attitude.
- Must be responsible.

### Conduct Requirements:

- Must abide by all rules stated in the WHS Student Code of Conduct.
- Must be aware that they are representing the school and school district at all times.
- Must follow all district, school, and class rules.

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- Must agree to sign and uphold the letter and spirit of the WHS extracurricular student conduct.
- Must not have been charged with a misdemeanor or higher-class crime at any time.

Failure to meet and maintain the above requirements will result in:

Prep Courses – the student will be put on probation and will not cheer for pep rallies or games. The probation will be three weeks in length. He or she will not be allowed to cheer for games or pep rallies or suit up and travel with the squad but during this time he/she must still attend and participate in all practices during regular school hours. If, after three weeks, the substandard grade is brought up to 70 or better, the cheerleader will no longer be on probation. Tutoring will always be required if the grade is below 80. Academics are the school's top priority. Therefore, if a cheerleader is placed on probation twice because of substandard grades in the same course or in different courses, the student will be removed from the cheerleading squad for the balance of the school year.

Pre-AP/AP Courses – these courses are designated in board policy as exempt from the ineligibility rule; however a cheerleader is expected to maintain above 70 averages in all classes. Therefore, a student will be given demerits, put on one week probation and will not cheer for pep rallies or games. He or she will not be allowed to cheer for games or pep rallies or suit out and travel with the squad but during this time he/she must still attend and participate in all practices during regular school hours. Tutoring will always be required if the grade is below 80. Academics are the school's top priority. Therefore, if a cheerleader is placed on probation two or more times for Pre-AP/AP classes he/she will be assessed additional demerits and put on a three weeks probationary period for each incident there after.

Prep Course Example:

Six week UIL check: not passing all classes, cheerleader is on the first probation for three weeks.

Nine week UIL check: still not passing ALL classes, cheerleader enters into second three-week probation.

Third week of UIL grade check: still not passing all classes, cheerleader is removed from the squad. Please not that at UIL grade checks all grades must be passing. As soon as the UIL check evaluation dates are posted, all parents will be given a copy. If a

cheerleader is on probation twice for any reason(s), the cheerleader will be removed from the squad.

Conduct – the student will be dismissed or put on probation if the principal or sponsor has reasonable belief that the student engaged in unsatisfactory conduct. If put on probation, all conduct requirements are satisfactory at the end of the probationary period, the cheerleader will no longer be on probation. A student will be allowed two (2) probationary periods and will be dismissed if a third offense occurs.

### **GENERAL CONDUCT RULES**

- All school and academic policies will be enforced.
- Cheerleading responsibilities officially begin on the day election results are announced and end on the last of the following school year.
- Cheerleaders are responsible for promoting school spirit during the week, at pep rallies, and at games.
- In the event that a cheerleader is absent from practice, it is his/her duty to learn what was discussed and decided and to fulfill the duties that may be assigned to him/her.
- The sponsor must approve all items and skits that are used at pep rallies during the previous practice.
- When representing the school officially, cheerleaders are to be in full, prescribed-by-sponsor uniform, including all cold-weather gear.
- The cheerleaders are to attend all games and practices required by the sponsor unless excused in writing by the sponsor.
- All scheduled practices are MANDATORY.
- A cheerleader must attend school for four (4) periods in order to cheer at the game. Exceptions will be made at sponsor discretion, with written notification.
- The squads will cheer at football games, home/district volleyball and basketball games, and any baseball, soccer, rugby, etc. required by the sponsor.
- In the event that a home/district volleyball game falls on the same night as a home football game, the JV and/or Freshman cheerleaders may be required to cheer for the Varsity volleyball game. In the event that a home/district volleyball game falls on the same night as an away Varsity football game, the JV and/or Freshman cheerleaders may be required to cheer for the volleyball games and the Varsity squad will go to the football game.
- The squads will be divided equally during basketball season, where required by U.I.L, and will cheer at boys' and girls' home/district games

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- All cheerleading squads will support/cheer for as many school sponsored extracurricular sporting events as possible.
- All sponsor-designated activities are MANDATORY.
- Cheerleaders will be required to participate in the sponsor approved fund-raisers for that year.
- All cheerleaders will be expected to use some of the summer to practice routines, prepare spirit materials, and make plans for the fall season. The sponsor will arrange this time. No activities will be planned during the month of June.
- During the basketball season, the squad can meet officially and practice. The sponsor will set the practice schedule.
- In case of the injury a member of a younger squad may replace a cheerleader or a junior may replace a JV member for competitions. Replacements may be made for stunts in pep rallies from Varsity, if necessary.
- The sponsor may require medical clearance as a prerequisite to participation when the cheerleader is a risk of safety for themselves or others.
- Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, tobacco products, or other illegal activities will be subject to review by the sponsor and principal. This also includes being present, regardless whether the student used or processed any of the items listed, in any location where the above occurs. Dismissal from the squad may result from that review.
- Any member who is assigned to AEP or expelled from school will be removed from the cheerleading squad for the remainder of the school year.
- Any member who is assigned in-school or out of school detentions may serve up to a three week probation after a principal/principal's designee and sponsor review.

### **CHEERLEADER MANAGERS**

- Managers are chosen by the sponsor and subject to cheerleader standards.
- Duties are hospitality, secretarial work and any other duties assigned by the sponsor.
- Managers are directly responsible to the sponsor. All managers should be prepared to attend all championship playoff games if the need arises, and if transportation is provided.
- The Varsity sponsor on each campus will make the decision on whether or not to have a cheerleader manager.

### **HOME GAMES**

- Each cheerleader must attend all football, all home/district volleyball, and all home/district basketball games, or any other functions designated by the sponsor, with the only exception being a medical excuse. If an individual decides to violate this rule, he or she will be suspended from the squad for a period of at least two weeks. During this time, he or she will be required to practice with the squad, but will not be allowed to participate at games or pep rallies.
- Cheerleaders should be dressed in complete uniform, including appropriate ribbons, tights, leggings, etc. and be ready to cheer at least 30 minutes before the game begins for football and at least 15 minutes before for indoor sporting events.
- All cheerleaders will stand in their designated places during football, volleyball, and basketball games.
- Boyfriends and girlfriends will not be allowed to sit with the cheerleaders during the games.
- There will be no gum chewing while cheering or practicing.
- No excessive talking or playing will be permitted while cheering at an game.
- Cheerleaders must be attentive at the game.

### **AWAY GAMES**

- Varsity cheerleaders will attend all out of town/away football games.
- Junior Varsity cheerleaders will attend all games played at WHS.
- The cheerleaders may attend out of town/away basketball games when required by the sponsor.
- Cheerleaders will ride to and from away games in official school transportation unless otherwise approved by the sponsor. Special arrangements may be made in some cases. Request must be made in writing.
- JV and Freshman cheerleaders may also be allowed to ride to/from Varsity sporting events in the official school transportation.
- Students may be released upon sponsor approval to his/her parent or guardian as designated on the form on file. That parent or guardian may transport no other cheerleader without prior written consent by parent or guardian of that cheerleader.
- All Varsity cheerleaders should be prepared to attend all championship playoff games if the need arises and transportation is provided.

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## **UNIFORMS**

- The amount of money for uniforms will be the responsibility of each individual cheerleader.
- If a uniform is ordered and a cheerleader is voluntarily or involuntarily removed from the squad, he/she will still be responsible for the entire cost of the uniform.
- All uniforms must be paid in full when they are ordered unless other arrangements are made with the sponsor.
- The sponsor and administration must approve all uniforms.
- The sponsor may decide to use the same uniform from year to year.
- It is the responsibility of each individual cheerleader to take proper care of his or her uniforms.
- All uniforms must be in compliance with the school colors.
- Uniforms will be worn to school on game days and on any special spirit days as designated by the principal or sponsor.
- There will be no deviations from the specified uniform requirement.
- Uniforms must be worn correctly.
- The sponsor must approve all alterations. If a uniform is altered without the permission of the sponsor, the cheerleader will not be allowed to wear the uniform until it is in compliance with the school dress code, demerits will be given each time the uniform is worn.
- No one other than cheerleaders will be allowed to wear any part of a current cheerleader uniform, including the jacket or fleece.
- The majority of each squad will make uniform decisions, with final decision by the sponsor.
- If the school supplies uniforms, they must be kept in good condition and turned in at the end of the school year. Failure to do so will result in replacement of the uniform by the individual cheerleader.
- When it is time to order new school provided uniforms, appropriate sizes must be selected for yearly use.
- Uniforms will be selected on a seniority basis, with Varsity selecting first, JV second, then Freshman if necessary.
- Varsity will have a letter jacket provided for them, unless they have received one in another sport.
- Hair and hair bows are considered part of the overall uniform; therefore, hair and hair bows will be worn alike when in uniform.
- No uniforms will be worn, except at sponsor or sponsor-delegated activities.

- Camp wear is considered part of the cheerleading uniform. The amount of money for camp wear will be the responsibility of each individual cheerleader.

## **CREDITS**

- Cheerleaders will receive no more than half a credit per year for participating in the cheerleading program.
- Cheerleaders will be given a grade that is determined by a combination of items.
  - Participation in fund-raisers
  - Full participation in all games
  - Promptness to all events
  - Participation in all group discussions
  - General attitude where cheerleading activities are concerned
  - Ability to get along with others
  - The demerit system will determine much of grade

## **MASCOT**

- Will go through the first two phases of cheerleader tryouts only.
- Will be subject to all cheerleader rules and regulations.
- Will be considered part of the Varsity squad and will, therefore, be subject to the same rules, regulations, and consequences as the Varsity squad.
- Must be a sophomore, junior or senior for the current school year.
- Will be required to participate with the cheerleaders when needed during stunts and dances.
- Must perform a 1 minute 30 second to 2-minute skit for tryouts.
- No person, other than the selected mascot will be allowed to wear the mascot uniform, unless previously approved by the sponsor, with written consent from the student's parent or guardian.
- The sponsor must approve all skits and game material prior to performance.
- Mascots will attend and dress out for all Varsity cheerleading practices. While they will not always be required to practice cheers, they will be expected to condition with the squads as well as practice their material for games and pep rallies.
- The mascots may also be required by the sponsor to make "special appearances" at local events or elementary school.

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## **SPECIFIC GUIDELINES/RULES**

### UIL, HISD Regulations and Policies

- All district UIL rules will be published at a later date.
- Safety Rules: All NCA, UCA and ACA guidelines for safety will be followed. Cheerleaders are not allowed to stunt or tumble without a sponsor or a sponsor designee in the room.

## **MISCELLANEOUS**

- An inventory of all school uniforms in the possession of Varsity is to be given to the Varsity sponsor.
- The rule of majority is applied while making uniform decisions and in any similar situations. In case of conflict, the sponsor's decision is final.
- Each member of the squad is responsible for motivation of the entire squad all year.
- Everyone must have self-motivation and self-discipline throughout the entire year.
- There must be successful communication between squads, squad members, and the sponsors in order to have harmony and success as cheerleaders.
- Cheerleaders are carefully selected and are an elite group of students; therefore, they should each take pride in their attitudes, actions, dress and citizenship.
- Big/Little sister gifts will be restricted to birthdays, homecoming and other sponsor designated dates.
- Cheerleaders will not be allowed to participate in school-sponsored sports that have conflict with 3 or more games during the cheerleading season. The cheerleading season is considered to be from tryouts of the current school year until tryouts of the next school year. If a cheerleader is involved in extra-curricular activities such as student council, FCA, FFA, etc. the cheerleader and sponsors must agree in writing to compromise between the activity and cheerleading.
- A cheerleader may participate in outside of school activities as long as a letter is signed stating that when a conflict arises he/she will not miss cheerleading.
- The following sports are a direct conflict with cheerleading and a cheerleader may not be a cheerleader and participate in these sports unless an arrangement has been previously made with the sponsor: volleyball, basketball, soccer, or swim/dive team.
- Work cannot interfere with scheduled practice sessions. Work is not an excused absence from

practice or performance and is not an excuse to leave a practice or a game early or be late.

- Transfers between schools in HISD will not be allowed. When selected to a squad, the cheerleader will only be a member of that squad and cannot transfer to another campus' squad.

## **CAMP**

- All cheerleaders and mascots must attend summer camp.
- The amount of money for the camp is the responsibility of each individual cheerleader. Cheerleaders may not leave camp early or arrive late without written notification that is approved by the sponsor. Certain extenuating circumstances may occur like a death in the family or injury.
- The sponsor will choose the place and date of the camp.
- Camp wear is considered part of the cheerleading uniform. The amount of money for camp wear is the responsibility of each individual cheerleader.

## **RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADER SAFETY (High School Level)**

- A. All Cheerleaders/Mascots should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps.)
- B. If possible, all practice sessions should be held in a location suitable for the activities of Cheerleader/Mascots, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc.
- C. Training in proper spotting techniques is mandatory for all squads attempting gymnastics; i.e., camp.
- D. Warm-up and stretching must precede all practice sessions, pep rallies, games, competitions, and other physical activities.
- E. If possible, all cheerleading squads should develop a conditioning and strength-building program.
- F. We will follow the recommended safety guidelines published by NCA and ACA.

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**DEMERIT SYSTEM**

The following scale of demerits will apply to all cheerleaders and mascots.

<b>A. PRACTICE</b>	<b>CONSEQUENCE</b>
1. Cheerleader/Mascot must wear appropriate workout clothing when practice begins.	2 pt. deduction
2. Hair must be made up and secured as directed by sponsor.	2 pt. deduction
3. No jewelry may be worn. Including body piercing of any kind.	2 pt. deduction
4. No chewing gum	2 pt. deduction
5. No cursing/arguing with anyone.	2 pt. deduction
6. Must have required items (forms, signs, poms, etc.) a the beginning of practice	2 pt. deduction
7. Cheerleader/Mascot must be on time to cheerleading class. (No one in hallways after tardy bell.)	School Policy
8. Cheerleader/Mascot must be on time to all in/out of school practice.	2 pt. deduction
9. Cheerleader/Mascot will not leave practice or the practice area without permission.	2 pt. deduction
10. Cheerleader/Mascot will attend all in/out of school practices. The sponsor must clear any absence. <u>Excused:</u> Illness with school notification, death in the family. <u>Unexcused:</u> Work/vacation, appointments including doctor appointments, non –UIL involvement (All Stars, etc.), unless approved by sponsor.	Excused: No penalty Unexcused: 10 pt deduction
11. Cheerleader/Mascot will attend all summer practice. (All rules apply for summer practices.)	10 pt. deduction

<b>B. GAMES/PEP RALLIES/ALL SPONSOR DESIGNATED ACTIVITIES</b>	<b>CONSEQUENCE</b>
1. Cheerleader/Mascot must be in correct/complete uniform at school on game/pep rally days. Only letter jackets/designated sweats/sweater may be worn with uniform or spirit attire.	10 pt. deduction
2. Cheerleader will be in correct/complete uniform at designated meeting time.	3 pt. deduction
3. Hair will be up and secure as per sponsor.	2 pt. deduction
4. No jewelry may be worn. This includes body piercing of any kind.	2 pt. deduction
5. No chewing gum.	2 pt. deduction
6. No cursing/arguing with anyone.	5 pt. deduction
7. No colored nail polish (clear or French manicure only) or long nails.	2 pt. deduction
8. Cheerleader will have required items upon arrival. (poms, megaphone, etc.)	2 pt. deduction
9. Cheerleader/Mascot will maintain proper sideline behavior at all times. <ul style="list-style-type: none"> <li>• No excessive talking among cheerleaders or mascots.</li> <li>• No talking to people in crowd</li> <li>• No going up into the stands.</li> <li>• Pay attention to the game/pep rally.</li> <li>• Stand in correct formation/stance.</li> <li>• Cheer/spirit, jump and tumble the entire game or pep rally.</li> <li>• Only one person out of formation at a time for drinks.</li> <li>• No taunting the other team.</li> <li>• Cheerleader/Mascot will show respect during the National Anthem and both school songs.</li> </ul>	2 pt. deduction (for each offense)
10. All cheerleaders and mascots will stay to clean up after each game/pep rally and will be dismissed by the sponsor.	5 pt. deduction
11. Cheerleader/Mascot will arrive on time and at the designated meeting area and will remain for the duration of the game/pep rally. <ul style="list-style-type: none"> <li>• If a Cheerleader/Mascot misses the bus he/she will not be allowed to cheer at the game.</li> </ul>	5 pt. deduction Missed bus = 10 pt. deduction if fail to show for event.

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12. Cheerleader/Mascot will not engage in public displays of affection.	5 pt. deduction
13. Cheerleader/Mascot will be back on the field/court ready to cheer 2 minutes before half-time ends.	2 pt. deduction
14. Cheerleader will stay on the field/court for entire game/pep rally	5 pt. deduction
15. Cheerleader/Mascot will attend all in/out of school games, pep rallies, meetings, functions, and activities. <b>The sponsor, prior to event, must clear any absence.</b> <u>Excused</u> : Illness with school notification, unexpected illness with doctor permit, and death in family. <u>Unexcused</u> : Work/vacation, appointments including doctor appointments, non-UIL involvement (All-Stars, etc.), unless approved by sponsor.  Note: An absence from school does not excuse Cheerleader/Mascot from the responsibility of calling the sponsor.	Excused w/o prior notice: 5 pt. deduction Unexcused: 10 pt. deduction
16. Cheerleader/Mascot acting in an unsafe manner as determined by sponsor.	First offense: Benched 3 games/events; principal/sponsor review with possible dismissal from squad. Second offense: Automatic dismissal from the squad.

**C. SUMMER CAMP/OVERNIGHT EVENTS**

**CONSEQUENCE**

1. All Cheerleaders/Mascots will attend summer camp/sponsor approval for leaving early.	Dismissal
2. Cheerleader/Mascot will be on time to all camp activities.	2 pt. deduction
3. A Cheerleader/Mascot may not leave the campus or location with anyone at any time unless approved by the sponsor.	Sent home and possible dismissal
4. Cheerleader/Mascot may not talk to family/friends when engaged in a squad activity.	2 pt. deduction
5. Cheerleader/Mascot will respond to all sponsors' directions. No disrespect will be tolerated.	10 pt. deduction
6. Cheerleader/Mascot will follow all NCA/UCA/ACA or other professional cheerleading association and university camp rules and respect all staff members.	10 pt. deduction
7. Cheerleader/Mascot must remain in room after lights out/final check.	Suspended from 3 games/events but still required to attend and sit with sponsor, sent home, reported to the principal and possible dismissal from squad.

**D. SIGNS AND LOCKER DECORATIONS**

**CONSEQUENCE**

1. Cheerleaders/Mascots will put and take down all spirit signs. The sponsor must clear any absence. <u>Excused</u> : Illness with school notification, death in the family. <u>Unexcused</u> : Work/vacation, appointments including doctor's appointments, non-UIL involvement (All-Stars, etc.), unless approved by the sponsor.	Excused: No penalty Unexcused: 5 pt. deduction
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2. Cheerleader/Mascot will attend and participate in decoration evenings. The sponsor must clear any absence prior to the event. <u>Excused</u> : Illness with doctor's note, death in family. <u>Unexcused</u> : Work/vacation, appointments including doctor's appointments, non-UIL involvement (All-Stars, etc.), unless approved by the sponsor.	Excused: No penalty Unexcused: 10 pt. deduction
3. Cheerleader/Mascot will paint the required number of signs during the summer months or other designated sign painting days. All signs must be neat and include sponsor approved sayings with correct spelling/grammar.	2 pt. deduction per incomplete sign Unacceptable or inappropriate signs will be redone

**E. UNIFORM GUIDELINES**

**CONSEQUENCE**

1. Cheerleader will not wear uniform to a non-CL function including, but not limited to, outside competitive cheerleading events. (The sponsor may approve eating in uniform after the game as an exception to this rule.)	5 pt. deduction
2. Cheerleader will not lend out uniforms, sweats, letter jacket, etc. to someone who is not a cheerleader.	5 pt. deduction
3. Uniforms may NOT be altered without <u>written</u> approval from sponsor.	Uniform Replacement
4. School provided uniforms/equipment will be laundered and turned in by the scheduled due date.	2 pt. deduction per day
5. Uniforms and school property must be returned in its original condition. Cheerleader/Mascot is responsible for damage to or loss of any part of a uniform or prop.	Replacement of uniform/school property or repair cost

**F. GENERAL**

**CONSEQUENCE**

1. No non-natural colored hair (green, blue, purple, orange, cheery-red, etc.)	Benched until natural
2. No visible tattoos or body piercing. Ears may be pierced, but earrings cannot be worn while in uniform or at practice.	Benched until no longer visible
3. Cheerleader/Mascot will not leave food, trash, mess in the dressing room, practice area, halls, or any performance area.	2 pt. deduction
4. Cheerleader/Mascot will not participate in any public display of affection during school, at school activities or while wearing the cheerleading uniform.	5 pt. deduction
5. Cheerleader/Mascot will respect each other and all other squad members. No taunting/arguments or cursing will be tolerated.	5 pt. deduction
6. Cheerleader will follow (not necessarily agree with) the captain's instructions at all times during practices and activities.	5 pt. deduction
6. Cheerleader/Mascot will respect/respond to ALL sponsors at all times. Rudeness or insubordination will not be tolerated.	10 pt. deduction and benched/referral
8. Cheerleader/Mascot will respect all teacher/stall members at all times.	10 pt. and benched
9. Absolutely no smoking, drinking, or illegal substances will be tolerated.	Demerits/dismissal to be determined.
10. Cheerleader will not receive an office referral for any reason.	Benched w/ review
11. Cheerleader/Mascot will not be placed in in-school-suspension, given out-of school suspension, placed in the district alternative education program, or expelled from HISD for any reason.	Benched w/ review, possible dismissal
12. Cheerleader/Mascot will not receive an N in conduct from any teacher.	Review
13. Cheerleader/Mascot will not receive a U in conduct from any teacher.	Benched one event per U w/ review
14. Cheerleader will not receive a failing grade for any class.	3 wk probation w/ review

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## MERIT GUIDELINES

1. Please note that not all demerits may be worked off. EX: unexcused absence from game.
2. Cheerleaders can earn merits for sponsor approved activities, which may include but are not limited to
  - Volunteer hours
  - Attending events where cheerleaders are needed/requested
  - Duties above/beyond normal requirements of a cheerleader, etc.
3. Merits earned to work-off demerits must be completed within two weeks of the date the demerits were given.
4. All merits must be pre-approved by the cheer sponsor and signed off by the event sponsor. Documentation of merits must be completed and logged within three days of the completion of the event/activity.
5. Cheerleaders/Mascots are responsible for keeping up with their demerits/merits.

## NOTES

### Demerits

1. Cheerleaders/Mascots may miss one required cheerleading event per year with a two-week pre-approval in writing form the sponsor. Pep rallies and games are not eligible to be missed for any reason.
2. If a cheerleader earns 10 demerits, he/she will be suspended from cheering at games, pep rallies, or other cheerleading events for three weeks, but must suit out and attend assigned games or activities. The cheerleader/mascot will sit with the sponsor at these activities.
3. After 20 demerits, the Cheerleader/Mascot will be dismissed from the squad. Dismissal will occur in a meeting with the cheerleader/mascot, sponsor, and principal. When events are not an option, sponsors will assign alternative activities.
4. Working off demerits: After accumulating demerits, the Cheerleader/Mascot will have the option of “working off” the demerits by engaging physical activities intended to strengthen cheerleading skills or earning merits. Activities may include, but are not limited to jumps, sit-ups and push-ups. Other activities to work-off demerits may be approved at the sponsor’s discretion. Any “work-off” must be completed within three day of the assignment of demerits.
5. Injuries: If an injury occurs that keeps the cheerleader out of two or more practices, a note from the student’s parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor’s note will be required. This note should state the nature of the injury, the length of time of the restrictions, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.
6. Repeated/excessive offenses may result in a sponsor/principal review. Repeated/excessive is defined as repetition of the same offense three or more times during the duration of a season. Seasons are:
  - Football/Volleyball – beginning of school until December 1 or the last football game.
  - Basketball – December 2 until cheerleader tryouts the following year.Violation of the same rule or guideline three or more times in a season will result in the Cheerleader/Mascot being placed on probation for the remainder of the season. Violation of the probation by further misconduct could result in dismissal from the squad.
7. Any sponsor and principal review of student’s conduct may result in demerits assessed or dismissal from the squad.
8. Guidelines: These are general rules and guidelines for all Westside Cheerleaders. Failure to comply may at times require judgment calls to be made. These decisions will be left up to the individual sponsors for each squad. Sponsors reserve the right to upgrade any penalty (immediate benching, office referral) depending on the severity of the situation.

# WESTSIDE HIGH SCHOOL CHEERLEADER/MASCOT CONSTITUTION AND PROCEDURES

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## CHEERING ACTIVITIES

### FOOTBALL

- A. Varsity Cheerleader/Mascot
  - Cheerleaders/Mascots will cheer at all varsity games.
- B. Junior Varsity Cheerleaders
  - Cheerleaders will cheer at all Freshman and JV home games (@ WHS)
  - JV will cheer any sponsor designated Varsity football game as well as any Varsity playoff game.

### VOLLEYBALL

- Varsity, JV squads will cover designated district volleyball games.
- JV will cover designated district games when Varsity is unable to cover due to scheduling conflicts.
- The JV sponsor will also select JV games to cheer at during the volley ball season.
- No out of town games or tournaments.

### BASKETBALL

- A. All squads
  - Each squad will cheer no more than two games per week.
- B. Varsity Cheerleaders/Mascots
  - Varsity cheerleaders will cover designated boys/girls district games.
- C. Junior Varsity Cheerleaders
  - JV cheerleaders will cover designated boys/girls district home games (@ WHS)

### PLAYOFFS (All sports)

- Varsity Cheerleaders will cheer at playoff games.
- The JV/FR squad will attend designated Varsity playoff games.
- The JV squad must ride with the Varsity squads to all designated playoff games.

### TRANSPORTATION

- A bus will be provided for all Varsity football games. The bus driver will shuttle squads to their games so that they will arrive and depart as their games begin and end. All Cheerleaders/Mascots are expected to go and return with the squad when transportation is provided. Cheerleaders may be allowed to ride home with a parent/guardian only with a written note from the parent prior to boarding the bus. Cheerleaders/Mascots will NOT be allowed to ride home with a friend or relative under the age of 18.
- Cheerleaders/Mascots will be expected to find their own transportation to Volleyball, Basketball or any other sponsor assigned event. A bus may be provided for playoff games that are deemed too far to travel but not all games.

## FUNDRAISING

Fundraising for the cheerleading program will occasionally occur under the supervision of the campus sponsor.

All monies fundraised in the name of any Westside High School Cheerleading program are school property. If fundraising monies are used to purchase uniforms, supplies, or other materials for Cheerleading/Mascots, these items are the property of Westside High School.

## GYMNASTICS

The Varsity and Junior Varsity Squads may option to attend an outside gym for extra cheerleading and gymnastics practices. In the case of this occurring the cheerleaders will be responsible for all gym costs.

## COMPETITION

The Westside Cheerleaders may option to compete each year. In the case of competition the cheerleaders will be responsible for the cost of the extra gym practices, competition routines and any other competition fees or extra expenses that arise due to competing. Fundraising may be available to help assist in these costs



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**Cheerleader Constitution Contract**

To the cheerleader:

I, \_\_\_\_\_ have read the Westside High School Cheerleader/Mascot Constitution and Procedures and hereby agree to follow all rules and guidelines set forth in this document. I understand that if I do not following these rules and guidelines in this constitution that it may result in grounds for removal from the cheerleading squad.

\_\_\_\_\_  
Cheerleader Signature

\_\_\_\_\_  
Date

To the parent/guardian:

I, \_\_\_\_\_ have read the Westside High School Cheerleader/Mascot Constitution and Procedures and hereby agree that I understand the rules and guidelines that my son/daughter are to follow as a Westside Cheerleader/Mascot. I understand that if my son/daughter does not follow these rules and guidelines in this constitution that it may result in grounds for removal from the cheerleading squad.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date