

HENDERSON HIGH SCHOOL CHEERLEADER CONSTITUTION

I. PURPOSE

The purpose of a cheerleader is to promote and uphold school spirit, to develop good sportsmanship among the students, to support athletic programs, to display leadership qualities, and to create positive relationships in the community and among other schools during athletic events.

Cheerleading is an extra-curricular activity and, therefore, is considered to be a privilege and not a right. As leaders within the school setting, cheerleaders are held to higher standards of conduct and must maintain exemplary behavior as representatives of Henderson High School.

II. SQUAD MEMBERSHIP AND RESPONSIBILITIES

A. Varsity Squad/Mascot

1. The varsity squad will have a minimum of 10 and a maximum of 14 positions comprised of juniors and seniors with no designated number of either class. A junior or senior may hold the mascot position. This grade classification applies to the year of service. The new cheerleader calendar year of service begins on the day of tryouts, once the squad members are announced.
2. Duties include but are not limited to the following:
 - a. To cheer at all home and out-of-town varsity football games
 - b. To cheer at all home boys' and girls' varsity basketball games as scheduled by the coach
 - c. To participate in spirit activities for ALL sports, including cheering at soccer games are designated by the sponsor (These activities will include spirit promotions and sign-making.)
 - d. To plan and participate in pep rallies
 - e. To promote school spirit and support our athletic teams 100%
 - f. To encourage and promote LION PRIDE
 - g. To be a leader and example to the Freshmen and Junior Varsity Cheerleaders
 - h. To consistently promote teamwork within the cheerleading department
 - i. To participate in fund-raising activities approved by the coach and the head cheerleader
 - j. To attend summer camp that consists of one week of training as scheduled by the coach (Varsity camp is mandatory unless there is a death in the family or an illness with a written excuse from the doctor.)
 - k. To attend practices both after school and during the summer as scheduled by the coach (Select sports will not take precedence over cheer practices, games, or activities.)
3. During football season, the mascot is responsible for preparing and performing a 5-7 minute skit at each scheduled pep rally. The skit is due on Tuesday before the Friday it is to be performed. The skit must be approved by the cheer coach, or the mascot will not be able to perform at the pep rally. The mascot will not be allowed to perform at the Friday night game if he or she fails to fulfill these requirements two times.

B. Junior Varsity and Freshman Squads

1. The junior varsity squad will be comprised of a minimum of 8 and a maximum of 12 sophomores. The freshman squad will be comprised of a minimum of 8 and a

maximum of 12 freshmen. This grade classification applies to the year of service. The new cheerleader calendar year of service begin on the day of tryouts, once the squad members are announced.

2. Duties include but are not limited to the following:
 - a. To cheer at all junior varsity and freshman home and out-of-town football games as scheduled by the coach: travel to out-of-town games of a distance of more than thirty (30) miles will be at the discretion of the coach or principal
 - b. To cheer at home boys' and girls' junior varsity and freshmen basketball games as scheduled by the coach
 - c. To participate in spirit activities for ALL sports at the freshman and JV levels (these activities will include spirit promotions and sign-making for their team level)
 - d. To help promote school spirit and pride in Henderson High School
 - e. To support our athletic teams 100%
 - f. To encourage and promote LION PRIDE
 - g. To consistently promote teamwork within the cheerleading department
 - h. To participate in pep rallies, half-time activities, spring show, etc...as designated by the coach
 - i. To attend summer camp as scheduled by the coach
 - j. To attend practices, both after school and during the summer, as scheduled by the coach
 - k. To participate in fund-raising activities approved by the coach

III. MEDICAL RELEASES

Each cheerleader must submit a statement from a licensed physician stating that he/she has been properly examined and is physically able to fulfill his/her duties as cheerleader/mascot. Any cheerleader/mascot who becomes unable to participate as a cheerleader/mascot because of illness or injury must submit a statement from a licensed physician stating the reason(s) for him/her not being able to fulfill his/her duties. The coach shall determine the level of participation for the cheerleader/mascot during the period of illness or injury. If injured, the cheerleader/mascot must dress out and sit with the coach during the game or performance. Failure to complete the duties will result in disciplinary actions.

IV. UNIFORMS, EQUIPMENT, AND APPEARANCE

Each cheerleader/mascot will be responsible for the care of his/her own uniforms (cleaned and pressed for every event) and for all equipment and accessories assigned to him/her. The uniform is to be worn to athletic events and at all other functions in which the student represents the school in an official capacity as a cheerleader/mascot. No one other than the cheerleader/mascot should wear any part of the uniform, jacket, or other official clothing.

Hair must be worn in a ponytail and bangs must be pinned back unless otherwise designated by coach. Cheerleaders may not wear long fingernails during football season. Fingernails should be neatly trimmed and have no polish while in uniform. Cheerleaders may not wear jewelry of kind while in uniform, including rings, earrings, necklaces, etc.

V. FINANCIAL RESPONSIBILITIES

Each cheerleader/mascot must provide the funds necessary to cover expenses of uniforms and accessories after the deduction of the school's contribution. The coach shall estimate the total cost due from each cheerleader/mascot based on previous year's figures and divide this amount into three payments. **If a cheerleader/mascot fails to make a payment on time, he/she will not be given uniforms and/or accessories until the obligation is fulfilled. After final bills**

are received, the coach will determine if any additional funds should be paid or if any refunds should be made. ALL financial obligations must be paid in full before a cheerleader/mascot is allowed to cheer at ANY event.

Each cheerleader/mascot is responsible for participating in various fund-raising activities. Therefore he/she is responsible for selling and collecting money for his/her assigned sale items. All money is to be turned into the coach on time.

VI. GRADES

Cheerleaders/mascot will abide by the UIL rules concerning grades.

VII. BEHAVIOR EXPECTATIONS, CONDUCT, AND CONSEQUENCES

Cheerleaders/mascot should conduct themselves properly at all times because they are official representatives of HISD. Cheerleaders/mascot are looked up to and should set an example of good behavior for their fellow students; therefore, they are expected to show maturity and sound judgment at both school and school activities, as well as through all social media outlets. Cheerleaders/mascots are responsible for the image they portray to their peers and to the public.

A cheerleader/mascot must be cooperative and respectful at all times to all school personnel, coaches, game officials, and to fellow squad members. Each cheerleader/mascot must follow the expectations for practices, performances, and additional activities as set forth by the coach and/or campus administrator.

All cheerleaders/mascot are required to attend all practices and to stay until practice is dismissed. All cheerleaders/mascot are expected to be on time for practices, games, bus departures, etc. Cheerleaders/mascot are expected to be mature individuals who are not tardy in turning in money, required forms, etc...

A member who is absent from practice must call, see the coach or bring a note before the practice begins. Doctor, dental, and other appointments should and will be scheduled at times that will not conflict with cheerleader/mascot practice or school.

The coach will determine on what day(s) cheerleader/mascot practices will be held, and she will also be in attendance on those days. No practices can be scheduled without coach's approval. The coach will determine when practices will begin in the summer and set up a schedule for those dates. The coach will also be responsible for setting up the date for summer camp.

Cheerleaders/mascot are expected to be in regular attendance at school. We will adhere to school policy regarding absences. Students who are absent from school for any reason on the day of a game and/or pep rally will not be able to cheer at that event (except with approval of the principal or coach).

An excused absence will be allowed for a death in the family or illness with a written doctor's excuse.

Penalties for Attendance, Tardies, and Disrespectful Behavior (within the scope of the extracurricular activity)

- 1st - Verbal warning and parent phone call
- 2nd - Verbal warning with extra jumps, conditioning, duties, and a parent phone call.
- 3rd – Verbal warning and the cheerleader/mascot may not participate in the next game/performance but be dressed in uniform and sit with the coach during the game/performance. The coach will have a conference with the parent.
- 4th – 10 school day suspension from performances and a conference with parent/guardian
- 5th – Removal from the squad

VIII. DISTRICT DISCIPLINARY POLICY FOR EXTRACURRICULAR ACTIVITIES:

In addition to expectations mentioned above, cheerleaders will be disciplined according to the “Henderson ISD Extracurricular Student Activities Regulations.”

IX. SUSPENSION/DISMISSAL FROM SQUAD

The coach, with administrative approval, shall have the power to suspend or drop permanently any cheerleader/mascot from the squad if the cheerleader/mascot is not performing his/her extracurricular duties properly. Suspension or dismissal may also be a consequence for regular school infractions as outlined in the “Henderson ISD Extracurricular Student Activities Regulations.”

A cheerleader/mascot who quits the squad at any time during the year, for a reason deemed unacceptable by the coach and the principal, or who is dismissed from the squad will not be allowed to tryout for cheerleader/mascot for one calendar year.

If a cheerleader/mascot is dismissed from the squad, he/she will have thirty school days to fulfill financial obligations. Any unpaid debt will go into the cheerleader/mascot’s permanent file, and he/she will not be allowed to tryout for future positions or receive his/her diploma until payment is made in full.

X. TRANSPORTATION

All cheerleaders/mascot are required to ride to and from out-of-town games in school-sponsored transportation unless, prior written approval has been given by principal and/or coach. Every parent will need to fill out an alternate travel request.

A list will be provided at all out of town games. A parent/guardian must officially sign their son/daughter out. If a cheerleader leaves a game without signing out, consequences will occur accordingly.

XI. CHEERLEADER SELECTION

All Henderson ISD cheerleaders shall be selected under the following guidelines:

Eligibility

1. Applicants must have an overall satisfactory discipline record and conduct grade.
2. Applicants must have been a student in Henderson ISD for at least six weeks prior to the date for cheerleader tryouts.
3. Applicants’ school attendance record must meet that of HISD policy.
4. Applicants may not have outstanding fees prior to tryouts.

Selection/Election Procedures

The procedures for the selection of cheerleaders and the selection of mascot shall be the same.

1. The principal shall determine and announce the deadline for students making application to be a cheerleader. No applications may be accepted after these dates. The deadlines shall be as near the judging date as practical.
2. A HISD Administrator will secure the judges for tryouts.
3. Contestant numbers will be drawn the day of tryouts.
4. Judges shall be NCA/UCA affiliated and represent an ethnic balance. Prior to deadline for the applications to be submitted, each applicant shall be informed of those things on which the applicant will be judged.
5. Judges shall disqualify themselves if they have any direct and/or personal knowledge of any candidate.
6. No one will be present in the judging room except the contestant(s), the judges, a central office administrator and the principal of the campus from the group being judged.
7. Judges will sign a contract detailing specifications for tryouts.
8. The total score from the three judges shall be added together. EXAMPLE: An applicant performs before the three judges and receives a 24, 25, and 23 points respectively from three judges for a total of 72 points.
9. Points for attendance, grades, and discipline will be included in the scoring for each individual candidate.
10. The applicants shall be ranked from the highest grand total score in descending order until names of the appropriate number of cheerleaders have been determined.
11. The number of candidates chosen shall be as follows:

8 th Squad	Minimum 10; Maximum 14
9 th Squad	Minimum 8; Maximum 12
JV Squad	Minimum 8; Maximum 12
Varsity Squad	Minimum 10; Maximum 14

12. The number of cheerleaders listed in #11 will be determined by the natural break in scores.
13. Any necessary "call backs" in the selection process will not be limited to only those candidates who may, or may not, be chosen.
14. All cheerleading squads (8th, 9th, JV, Varsity, and Mascot) shall be selected on the "same tryout day."
15. Any vacancy occurring before school starts will be filled by the next candidate in the scoring order. After school starts, the position will not be filled.
16. Judging and tabulating of score sheets shall be completed by the judges, with a school administrator present.