

**Argyle High School  
Cheerleader Constitution  
2009-2010**

**Article I: PURPOSE**

The purpose of the Argyle Independent School District Cheerleader Program is to promote school spirit for all school and community functions deemed appropriate by the coaches and administrators. School spirit will be promoted in a way, which is supported by the cheerleading squads' and mascot's physical presence, or, as determined be the cheerleading sponsors and coaches for all activities.

While it is an honor to be elected as an AHS cheerleader/mascot, it is also a great responsibility and time commitment. Please carefully consider everything involved with this leadership role before fully committing yourself for the school year. A candidate who signs their commitment form is stating that cheerleading will be a priority for them over any and all outside activities and/or work. Special consideration will be made for cheerleaders involved and committed to other AHS programs.

**High School Squads**

1. The varsity cheer squad shall consist of sophomores through seniors scoring above the natural break; up to 18 members.
2. The junior varsity cheer squad shall consist of freshman through juniors scoring above the natural break; up to 14 members.
3. A mascot will be selected for both the varsity and junior varsity/freshman cheer squads; if there is interest and the candidate meets set requirements.
4. A natural break is defined as a point which scores differ significantly.

**Advisor(s)**

1. Organize tryouts, practices, pep rallies, fundraisers, and any other activity/functions the squads participate in.
2. Supervise cheerleaders in purchasing uniforms, attending cheerleader camp, and participating in practices/performances.
3. Maintain records of cheerleader attendance, disciplinary actions, participation and financial obligations.
4. Ensure that all school policies regarding cheerleaders and participation in extracurricular activities are enforced.
5. Maintain inventory of school owned equipment.
6. Enforce cheerleader constitution.
7. Meet with and maintain vendor relationships.
8. Will follow and adhere to the NAPHED and UIL policies and guidelines, as well as NCA/UCA, and all other governing bodies for safety and responsibilities.

**Article II: MEMBERSHIP AND RESPONSIBILITIES**

**Conduct**

1. All cheerleaders are to adhere to the *Extracurricular Code of Conduct* for UIL student-athletes as outlined in the Argyle High School handbook.
2. Cheerleaders must display good conduct in public at all times. You must maintain a positive attitude and conduct yourself in a manner that will reflect positively on your peers, school, and community. Failure to display proper behavior in public will result in disciplinary action. This also includes but is not limited to all internet sites, chat sites, cell phones and any other technology and media outlets.

3. Uniforms may not be worn in public unless you are traveling to or from a cheerleading activity or participating in one. Remember that your uniform labels you as an Argyle ISD Cheerleader. Any misbehavior in your uniform will immediately reflect badly on the entire squad. Cheerleading uniforms are to be worn by incumbent members of the respective squads only. Uniforms may not be given or loaned to any other person at any time without permission from the cheerleading advisor.
4. Cheerleaders will not be involved in activities that could be punishable as a misdemeanor, with exception to traffic/moving violations; at any time whether on or off campus, in school or out of school. This includes all holidays and school breaks.

### **Participation**

1. Members are required to participate in all scheduled events. This includes; but is not limited to:
 

|                                 |                      |
|---------------------------------|----------------------|
| a. Athletic Events              | f. Competitions      |
| b. Practices (including summer) | g. Fundraising       |
| c. Spirit activities            | h. Camps             |
| d. Pep rallies                  | i. Workshops         |
| e. Special Events               | j. Community service |
2. The sponsor and administration will determine what events are required for various squads.
3. Please remember that flexibility with schedules is important. At times it will be necessary to call last minute practices or adjust schedules in order to meet the needs of the school functions we help represent.
4. The term of service will run from the time of tryouts through spring the following year.
5. For safety purposes, all cheerleaders will be required to participate once a week in a tumbling class.
6. If the sponsor determines that a member does not know the routines or cheers, the cheerleader will not participate until such time the sponsor feels that he/she is ready to perform.
7. If a cheerleader becomes injured or seriously ill and is unable to participate because of a doctor's order, he/she will be granted a leave of absence, once a doctor's note is presented. A doctor's release is required to resume cheerleading.
8. Members are expected to be on time and in the appropriate uniform for all activities and practices.
9. Except for sudden illness, the advisor (s) must be notified in writing prior to missing any cheerleading activity. Failure to provide a note will result in suspension until a note is received.
10. If a cheerleader has a conflict due to an outside activity unrelated to school such as competition cheer squad, 4-H, work, etc. any school related activity takes priority.
  - a. A cheerleader will only be excused from a game, practice, activity, or pep rally if:
    - i. Medical reason with a doctor's note presented
    - ii. Academic reasons (example: failing a course, tutoring etc.)
    - iii. Death in the family
    - iv. Other school activity (When school events conflict, the sponsors will determine appropriate student participation.)
    - v. Pre Administrative approval
  - b. Remember if you are sick without a fever, vomiting, or no doctor's note; you must still come to practice and watch. You can learn a lot from just watching.

### **Summer Activities**

1. All scheduled practices, fundraisers and camps are mandatory.
2. Members must be available for practices and any related activities during the summer. Family vacations and other events are not an excuse to miss your summer commitment to the team.

### **Practices, Performances, & Games**

1. Members are expected to be on time and in the appropriate uniform for all activities.
2. Members must remain in the assigned game area unless given permission by the advisor(s).
3. Members should not socialize or visit with friends while performing.
4. Food, drinks, or gum will not be permitted during a game or performance.
5. Use of cell phones are prohibited during practice, activities or performances.
6. No building, jumps or gymnastics may be done without a sponsor present.

### **Financial Obligations**

1. Members will be responsible for furnishing any necessary uniforms, clothing and equipment not provided by the district.
2. Students who choose to personalize school owned equipment would be responsible for the cost of replacing it.
3. All financial obligations regarding cheerleading must be met by the assigned date or the cheerleader will not perform.
4. All fees are to be paid in full before attending camp.
5. A projected cost for the different squads will be provided to all prospective cheerleaders prior to tryouts.

### **Travel**

1. All cheerleaders are expected to travel as a team with the sponsor in a school designated vehicle.
2. When travel is required, members will meet at the bus or designated place at the designated time.
3. All cheerleaders must return on the assigned bus unless direct contact by the parents has been made with the sponsor; and documentation has been signed and provided to the sponsor before departure to the designated location.

### **Letter Jacket**

1. Letter jackets will be awarded to varsity cheerleaders in good standing at the completion of football season.
2. Cheerleaders must complete the entire season.
3. All financial obligations must be met by a specified date set by the sponsor.

### **Discipline Procedures**

See Merit Demerit Sheet

## Article III: TRYOUTS AND ELIGIBILITY

### **Eligibility**

1. The candidate must meet one of the following residential criteria:
  - be currently enrolled in Argyle ISD
  - reside in Argyle ISD territory and attend Argyle High School in the coming fall.
  - Provide proof of residence for the coming fall in Argyle ISD territory (contract for house, lease agreement, or other document accepted by the district.)
2. The candidate must sign the confirmation of rules and regulations, along with all additional forms and turn them in by the established deadline.
3. In order to participate in the tryout process, candidates must be academically eligible as defined by UIL policies and guidelines.
4. Any student who has been suspended assigned to DAEP or I.S.S. during the current year is not eligible to try out.
5. A parent or guardian must attend the spring parent meeting prior to the tryouts and sign all forms, releases, and agreements supplied to each candidate by the deadline. If a parent or guardian fails to

- attend the meeting due to extenuating circumstances, he/she assumes responsibility for understanding all information and rules discussed at the meeting and written in any handouts.
6. A student who resigned or was dismissed from a squad is not eligible for tryouts the following year.
  7. If a student has already committed to another AISD activity, they may not terminate that commitment to become a part of cheerleading.

## **Tryout Procedures**

### 1. Information and Materials

- Candidates for cheerleader will pick up information for a mandatory parent meeting; when announced and sign up as indicated.
- There will be a mandatory parent/candidate meeting prior to the tryout clinic.
- Tryout packets will be handed out at the parent meeting and must be completed and turned in by the designated deadline.
- For the day of tryouts, candidates will wear a plain white t-shirt tucked in at the waist, white spots bra, red or black shorts, athletic shoes, and plain white socks.
- Hair must be pulled up and bangs out of face. Ribbons / Bows are allowed.

### 2. Tryout Clinic

- The clinic is closed to the public, including parents.
- The tryout clinic will be held the week of tryouts. Dates will be included in the tryout packet as well as posted and announced at school.
- Senior cheerleaders or the sponsor's designee will conduct the high school clinic.
- Candidates must attend all practice sessions. Failure to do so will result in the student not being eligible to try out.

A cheerleader will only be excused from tryout practice if:

- i. Medical reason with a doctor's note presented
- ii. Academic reasons (example: failing a course, tutoring etc.)
- iii. Death in the family
- iv. Other school activity (When school events conflict, the sponsors will determine appropriate student participation.)
- v. Pre Administrative approval

Remember if you are sick without a fever, vomiting, or no doctor's note; you must still come to practice and watch. You can learn a lot from just watching.

- All candidates will be taught the tryout material during the clinic
- Neither the senior cheerleaders nor the sponsor's designee may work with the potential candidate at any time outside the tryout clinic. Should this happen the candidate will be disqualified.
- The current cheer coaches will evaluate each candidate on a daily basis and assign points. These will be added to the candidate's scores given by the judges to determine the candidate's final score.
- For the tryout clinic a candidate must wear a sports bra, t-shirt, shorts, and athletic shoes. Hair must be pulled up and bangs out of face.
- NO jewelery will be worn.

### 3. Tryout Event

- Tryouts will be closed to the public. The only people present will be the judges, the sponsor(s), administrative approved personnel and campus administration.
- All candidates will draw a number to determine the group and the order in which they will tryout. There will be no trading numbers, or the candidates will be disqualified.

- Candidates will perform a cheer, tumbling, jumps and a dance in the presence of the judges on the actual tryout day. No pre recorded performances will be accepted.
- Mascot candidates will perform a skit.

#### 4. Selection and Announcement

- The final score will be based on the judge's scores plus the coach evaluations. There will be three judges. The candidates with the highest scores before the natural break will be named to the appropriate squads.
- Results will be sent via email after 5:00 p.m.
- A parent/guardian will have five school days, after the actual tryout day, to request to see their child's score. The request must be in writing to the campus principal. At 3:30, on the fifth day, all score sheets will be shredded.

#### Judges Point Sheet

|                  |    |
|------------------|----|
| Crowd Appeal     | 10 |
| Tumbling         | 5  |
| Jumps            | 10 |
| Projection       | 5  |
| Cheer Technique  | 10 |
| Dance Technique  | 10 |
| Coach Evaluation | 25 |
| <br>             |    |
| Total Points     | 75 |