

2019-2020

HIGH SCHOOL

CHEERLEADER HANDBOOK



PLEASANT GROVE

INDEPENDENT SCHOOL DISTRICT
TEXARKANA, TEXAS



Cheerleading Handbook

CANDIDACY AND SELECTION

In addition to meeting UIL rules and requirements, a candidate must have no lower than an overall grade average of 78 and no grade lower than a B in conduct the semester prior to tryouts. The candidate must not have been ineligible under UIL rules for 2 six weeks in either the current year or in the preceding year. Each candidate shall also return a signed parental permission form to the school office on or before the date specified to tryout. Tryouts will be conducted before at least three judges from outside the school. Spectators will not be allowed. Each candidate shall perform individual cheers, group cheers, and group dance. Candidates will be judged based on spirit, jumps, technique, crowd appeal, voice, dance, tumbling and teacher evaluations. The coach may add up to ten points to a candidate's score based on behavior and attitude during tryout clinic. Senior candidates with three year of cheerleading experience at Pleasant Grove High School are exempt from tryouts, but may be required to tryout for the position of captain or co-captain.

Candidates must attend the Pleasant Grove High School Cheerleader Tryout Clinic held prior to the day of tryouts. Criteria and requirements for tryouts will be disclosed at an information meeting before the clinic begins. Candidates must strictly adhere to all criteria and requirements for tryouts. Any violations may result in disqualification.

Varsity will consist of tenth, eleventh and twelfth graders. There is no restriction to the number from each grade or size of squad. Junior Varsity will consist of ninth and tenth graders. Tenth graders have the option of being assigned to the JV squad if their score is in top scores for JV, but they did not qualify for the Varsity squad. There is no restriction to the size of the squad for Junior Varsity.

There will be one mascot selected. Students in the ninth, tenth, eleventh, and twelfth grades may tryout.

RESPONSIBILITIES OF THE COACH

- A. Check eligibility of cheerleaders and mascot as per No Pass/No Play and cheerleading grade requirements.
- B. Assist the administration in the development of rules for cheerleaders and mascot.
- C. Accompany and supervise the cheerleaders and mascot while participating in cheerleading activities.
- D. Enforce all cheerleading rules and regulations.
- E. Maintain a channel of communication with parents concerning activities.
- F. Issue demerits and merits.
- G. Assist in Tryouts.

SELECTION AND RESPONSIBILITIES OF THE CHEERLEADING CAPTAIN OR LEADERS

- A. Candidates will be selected by majority vote of the new squad and coaches score.
- B. There will be leaders chosen in the following categories: spirit Leader, Dance Leader, Organization Leader. This allows candidates to be selected in the area they are strong in.
- C. Candidates must have been a Pleasant Grove Varsity Cheerleader at least one year Prior.

THE CAPTAIN WILL:

- A. Assure that cheerleaders are carrying out their responsibilities as assigned by the coach.
- B. Cooperate fully with the coach and fellow cheerleaders.
- C. Display a positive attitude, set good examples and work to develop a sense of pride at all times, including but not limited to social networks sites.
- D. Assist coach at practices and games.
- E. Provide the coach with a pep rally agenda by the designated time and date
- F. Assist coach in assigned duties
- G. Communicate with the other cheerleaders.

RESPONSIBILITIES AND RULES FOR SQUAD MEMBERS:

Each squad member should be able to carry out the following responsibilities:

- A. Cheerleaders must want to be a member of the squad.
- B. Cheerleaders must be able to accept constructive criticism that will help you attain a high performance level.
- C. Cheerleaders should be positive leaders, set good examples, display a positive attitude and work to develop a sense of pride at all times.
- D. Cheerleaders are expected to be of good character.
- E. Good grooming and personal habits are required since cheerleaders are constantly representing the school.
- F. Cheerleaders are never to be smoking, drinking, or using any kinds of drugs.
- G. Cheerleaders do not use profanity.
- H. Cheerleaders must be at all the games and practices at the times designated by the coach. Work will not be considered an excused absence. Attendance at practice is mandatory to perform at each week's activities.
- I. Cheerleaders are expected to attend all cheerleading activities including but not limited to: camp, pep rallies, football games, basketball games, volleyball games, baseball games, parades, clinics, competitions, and other special appearances.
- J. Cheerleaders will be assigned duties by the coach including but not limited to making spirit signs and participating in fundraisers.
- K. A cheerleader may not perform at a game or activity if absent from school the day of the activity unless it is a school related absence.
- L. Cheerleaders should be respectful to the coach and other squad members.
- M. Cheerleaders must wear specific practice outfits on class days

- N. Cheerleaders are expected to support all cheerleading activities and projects.
- O. Cheerleaders should maintain a positive attitude. Negative remarks will not be tolerated. If there is a problem, discuss the problem with the coach or an administrator.
- P. Cheerleaders should be courteous, friendly, and exhibit a good attitude at all times.
- Q. Quitting is discouraged. If a cheerleader quits or is dismissed from the squad before the end of the year, the cheerleader forfeits the letter and inclusion on the composite. Once a cheerleader is off the squad, the cheerleader may not return during the school year or be allowed to tryout for cheerleader the following year. The cheerleader may request that the coach waive the tryout restriction.
- R. Varsity cheerleaders may be required and assigned JV games to attend along with the JV squad.
- S. The JV squad may be required and assigned Varsity games to attend along with the Varsity Squad.
- T. All expected behaviors are to be maintained on social networks sites.
- U. VAPES OR TOBACCO.

IF A CHEERLEADERS FAILS TO MEET THESE RESPONSIBILITIES, THE COACH MAY TAKE APPROPRIATE DISCIPLINARY ACTIONS INCLUDING BUT NOT LIMITED TO DEMERITS.

MEMBERSHIP IN AN EXTRACURRICULAR ORGANIZATION / TEAM IS A PRIVILEGE AND NOT A RIGHT. ANY STUDENT WHO IS FOUND TO FORMAL CHARGES BROUGHT STUDENT WHO, IN THE OPINION OF THE COACH, SPONSOR, OR ADMINISTRATION BRINGS FORTH A NEGATIVE VIEW OF THE TEAM OR ORGANIZATION BY HIS/HER ACTIONS IS SUBJECT TO DISCIPLINARY ACTIONS IN ADDITION TO THE REQUIREMENTS OF THE STUDENT CODE OF CONDUCT. CONSEQUENCES WILL BE DETERMINED BY THE COACH, SPONSOR, OR ADMINISTRATOR.

POLICIES AND PROCEDURES:

Attendance:

Cheerleaders shall attend and perform at all assigned football, volleyball, basketball, baseball, and softball games. The schedule will be determined by the coach and subject to UIL. Breaks during games will be determined by the coach. Cheerleaders must attend all playoff games as requested by the coach or administrator.

If a student cannot participate in an activity involving the squad, the coach MUST be contacted by the parent or guardian of the cheerleader PRIOR to the activity. A written statement signed by a parent or guardian must be turned in to the coach. The statement should include the date and reason for the absence. If a practice is missed and unexcused the cheerleader will attend but must sit out of the performance they are practicing for. If a cheerleader misses a game, and the absence is unexcused, they will attend the following game in uniform, but will not perform.

They will also receive demerit. Excused absences will be allowed for the following reasons only and must properly documented by a parent/guardian and given to the coach.

1. Person illness (excused by a Doctor's note or note form school secretary that the student was not in attendance at school that day)
2. Death in the family
3. Academic, School-required trips.
4. Work and Out - of - town trips are NOT considered excused absences.

Cheerleading Class Grade:

Grades will be determined based on the student expectation found in the Physical Education Texas Essential Knowledge and Skills. Every ½ Demerit received will result in an automatic 5 Point deduction from the weekly grade. Class Participation, attitude, participation in pep rallies, performances at games, etc. will also all factor into the athletes grades.

Competitions:

If alternates are needed for competition, tryouts will be held, from current JV members. The number of alternates will be at the discretion of the coach. All squad members will be expected to attend all practices for the national competition. The coach will provide the national squad members with mandatory practice dates. If a member misses a mandatory practice for an invalid reason, the member will be moved to the first alternate, and the first alternate will become a member of the national squad. If an alternate misses a mandatory practice for an invalid reason, the alternated will be moved to the last alternate position. Squad members that are late to mandatory practices are subject to demerits and other discipline. Extreme tardiness for an invalid reason will be counted as an absence. Participation on the national squad requires a high level of commitment and dedication on the part of each national squad member.

Cheerleaders will attend the UIL State competition. Anyone interested in tryout out for the UIL team will be allowed if grades are in compliance with no pass no play. Twenty members will be selected to the UIL team and four to five alternates will be selected from tryouts. Alternates attend all practices for UIL and competition. If a cheerleader has more than two unexcused absences for UIL practices then she will be removed from the UIL team and the top alternate will take her place. In case of injury and a team member cannot perform an alternate will be picked by coach to fill the duty of injured cheerleader.

Demerit System:

Demerits will be given for violation of rules. Six demerits in a six-week period will constitute dismissal from the squad. The demerit system will be in effect at all cheerleading activities. The demerit system for the first six weeks period will begin the week of summer cheerleading camp. The coach is in charge of giving demerits. The cheerleader captain may recommend demerits. Demerits can be given for the following offenses:

1. Chewing gum, eating or drinking during practices, performances, games or other activities except during scheduled breaks.
2. Not being attentive.

3. Excessive talking during practices, performances, games, or other activities
4. Tardiness at the beginning of an event, following a break, or leaving.
5. 15 minutes or more late, for an invalid reason, to a 90 minute practice or event will be considered extreme tardiness and will count the same as an absence.
6. Using a cell phone during practice, games, or other events without the coach's permission.
7. Missing a practice, game, or other event, including but not limited to missing for doctor's appointment, to attend detention or work.
8. Not participating.
9. Being disrespectful.
10. Unsportsmanlike behavior.
11. Leaving an event or practice without permission.
12. Leaving an event or practice early
13. Wearing any jewelry during practice, performances, games, or other activities.
14. Failure to wear the correct and complete practice uniform
15. Failure to wear the correct and complete uniform to games/events.
16. Failure to meet certain deadlines or requirements set by the coach.
17. Hair not fixed properly (tight, secure ponytail unless otherwise specified).
18. Failure to notify coach of an absence
19. Unexcused absence from a practice or a game
20. Receiving ISS/AEP disciplinary action**
21. Other inappropriate behavior**
22. Use of profanity.
23. The prohibited behaviors include actions on social media sites.
24. Failure to adhere to the responsibilities and rules set forth for the squad members.

**Demerits acquired under these circumstances may remain on the cheerleader's record for the entirety of the school year.

Probation:

Any serious violations will be considered grounds for probation, suspension, or dismissal. While on probation, participation as a cheerleader is prohibited. Any cheerleader who receives 3 demerits in a six week period will be put on probation and will not perform for a minimum of a week. Upon receiving the 6th demerit, she will be dismissed from the squad. Written notices will be sent to the parents or guardians when a cheerleader receives 3 or more demerits. These notices must be signed and returned to the coach. Any cheerleader who is placed on probation due to the "No Pass/No Play" rule for two grading periods a year may be dismissed from the squad.

Dismissal from the Squad:

A member may be dismissed from the squad for excessive or repeated violation of cheerleading rules and may be subject to dismissal from the squad for the use of tobacco, or illegal drugs.

Cheerleaders must abide by all regulations to remain on the squad. Rules are subject to change with sufficient notice. The coach may be allowed to place certain restrictions upon a member of the squad and any time a member fails to adhere to these requirements, she may be dismissed from the squad. If a member is dismissed from the squad before the end of the year, the cheerleader forfeits the letter. Once a cheerleader is off the squad, the cheerleader may not return during the school year or be allowed to tryout for cheerleader the following year. The cheerleader may request that the coach waive the tryout restriction. Disciplinary placement in DAEP s mandatory dismissal from the cheer squad.

Extracurricular Activities:

Cheerleaders will be eligible for participation in athletics, but cheerleading is their first priority. Participation in these activities will not be allowed if it interferes with cheerleading class, practice, performances, or other required event.

Grade Requirements:

In addition to meeting UIL rules and requirements, each cheerleader and mascot must maintain an overall grade average of at least 78 or no grade lower than a B in conduct each six weeks grading period. Conduct grades of at least a B must be maintained in class. If the grade average is below the standard set, the cheerleader will be put on probation. The first probationary period will be on a weekly basis, not to exceed three weeks. The student will be removed from probation as soon as the grade average meets the standard set. Any subsequent probationary periods will be three weeks in length. If after the end of the three weeks the grade average meets the standard set, the student will be removed from probation. If grades do not meet the standard set above after three consecutive weeks of probation, the student will be removed from the position for the remainder of the year. If a cheerleader has a grade in any class lower than a 70 at the end of a six week grading period, the cheerleader will be suspended from participation in the accordance with UIL No Pass No Play rules. If the athlete fails any 2 six weeks during the school year, and must be suspended according to UIL No Pass, No Play, they will be dismissed from the squad for the remainder of the current year.

Insurance:

The Pleasant Grove Independent School District provides your son/daughter with supplemental insurance each school year while he/she is participating in any school sponsored UIL events for grades 7 - 12. The coverage is supplemental to the primary insurance you provide. The policy only covers accident coverage while the student is participating in UIL athletics or activities sponsored by Pleasant Grove ISD. coverage is in force during practice, scheduled games, and travel in a school appointed and supervised vehicle, to and from the event. In the event of an accident, claim forms can be picked up from the middle or high school office.

Letter Jackets:

To receive a letter jacket, a cheerleader must complete a full year on the Varsity squad or compete on the UIL State Competition Team. Letter Jackets will be ordered at the end of the year.

Mascot:

The mascot will be subject to the same rules and regulations as cheerleaders.

Participation:

Cheerleaders shall attend and perform at all assigned football, volleyball, basketball, and baseball games. The schedule will be determined by the coach and subject to UIL rules. Breaks during games will be determined by the coach. Cheerleaders must attend all playoff games as requested by coach or administration.

Pep Rallies and Homecoming:

Cheerleaders must attend and perform at all pep rallies. Pep rally agendas must be given to the coach by 4:00 p.m. on Monday in preparation for a Thursday or Friday pep rally. Cheerleaders shall assist with homecoming ceremonies as directed by the coach.

Practices:

To perform at each week's activities, cheerleaders must attend all scheduled practices during the week prior to the performance. Absences or early dismissals are not excused unless validated and approved by the coach. Doctor's appointments, other appointments, trips, etc should be scheduled for non-practice times.

- A. If a cheerleader misses a practice, the cheerleader is responsible for any instruction from that practice.
- B. Cheerleaders will attend all scheduled performances, but will not be allowed to participate in events or activities due to absences from practices held during the week unless approved by coach. School related absences do not count against athlete.
- C. Absences from practice cause the cheerleader from being prepared to perform to the fullest at performances.
- D. Additional practices may be called by the coach or administrator only. Time limits will be set by the coach.
- E. Required practice sessions during the summer include but are not limited to the following: attendance at summer cheerleader camp and beginning August 1st in preparation for the new school year.

Summer Cheerleader Camp:

Cheerleaders must attend a summer cheerleader camp sponsored by Pleasant Grove High School. The school will be financially responsible for the transportation to and from the camp, the camp registration fee, dorm room, and meals during the scheduled camp. Students will be expected to furnish clinic uniforms and accessories, snack foods, a dorm key deposit, linens, and personal items. Detailed information regarding summer camp will be furnished to cheerleaders before school is dismissed for summer vacation. Every cheerleader must attend the summer cheerleader camp. Cheerleaders may be excused from camp due to an illness of the student, a death in the family, family emergencies, or any other reasons acceptable to the

coach. If a cheerleader is un-excused from camp, the cheerleader will be dismissed from the squad. The camp could also be a private camp.

Travel:

Cheerleaders will be required to ride in transportation provided by the school district to and from each event or activity. Cheerleaders may return from an event or activity with their parent or guardian if an email has been sent to the coach by noon on the day of activity. The District shall not be liable for any injuries that may occur to student riding in vehicles that are not provided by the District. Cheerleaders must provide the coach with a completed and signed trip permission form before being allowed to travel with squad.

Uniforms:

Cheerleaders are responsible for purchasing their own standard uniforms, shoes, and accessories. The coach and cheerleaders with parental approval will select uniforms. All uniforms must be kept clean at all times.

**PLEASANT GROVE HIGH SCHOOL
CHEERLEADER AND MASCOT HANDBOOK
ACKNOWLEDGMENT FORM**

I have received and read a copy of the Pleasant Grove High School cheerleaders and Mascot Handbook. I agree to abide by the rules and regulations as set out in the handbook and understand the consequences for the failure to abide by the rules and regulations.

Student Signature: _____

Parent or Guardian Signature: _____

Date: _____