



Cheerleader and Mascot Guidelines & Demerit Handbook 2022-2023

Constitution Test Dates

1. Spring Game
2. Week of Camp
3. First week of August practice

Every member must pass the constitution test to be eligible to cheer.

ABSENCES FROM PERFORMANCE/GAMES/EVENTS

1. Any absence from cheerleader activities is unexcused except for certain events listed below
 - a. Student personal illness or accident with notification from the school clinic or doctor's note
 - b. Funeral or death in the family
 - c. Special school activities with 1-week prior permission from the coach
 - d. Religious holidays
 - e. Family Emergencies (in critical danger, etc.)
2. If the absence is for anything other than the above, the cheerleader will receive demerits
3. Doctor's notes must be received the next day a member returns from illness or injury
4. Work schedules should not interfere with cheer
5. Drivers Ed and competitive cheer/gymnastics are not excused absences
6. In event of an absence the coach must be notified by 10:00 AM the day of the absence
7. Weather, playoff games, and administrative issues can make changes to our calendar. Cheerleaders/mascot are still expected to be at events.
8. Members who miss a performance will have 20 points deducted from their six weeks' grade, unless it is excused.

ABSENCES FROM PRACTICE

1. If absent from practice the parent must email the coach by 10:00 AM the day of the absence. Failure to do so will result in suspension from that week's activities and demerits will be given.
2. For each day absent from practice (unexcused), the member will forfeit one quarter of participation from the next game.
3. Absence from the performance practice the day before the event will result in forfeiting the performance. (ex. Half-time, pep rally, etc.)

UNIFORMS

Each member will be required to maintain good condition and cleanliness of their uniform on a weekly basis. Each member will be required to have school issued items in impeccable condition or be charged for replacing the item(s). Please remember that any item issued for cheerleading is to be worn by current members of that particular squad only.

Proper uniform must be worn as designated by the coach or head cheerleader (with approval from coach). Hair must be pulled back in a ponytail with matching bow at all games and school represented events. No other clothing will be worn with your uniform unless designated by the coach or head cheerleader. Absolutely no jewelry during games.

Practice Uniforms for cheer class and before school will be the attire that was purchased for camp. After school practice uniforms can be any PHS shirt, shorts (not spanx), or yoga pants, practice cheer shoes, and hair pulled completely back.

Game Day Uniforms consist of a designated shell and skirt, white no-show socks, clean cheer shoes, designated briefs, sports bra with no visible strap, hair pulled back, and designated bow.

Spirit Day Uniforms consist of clothing that reflects the designated day's theme.

Parents must not purchase any extra items for their child or for the squad without coach approval.

HEAD CHEERLEADERS

JV head cheerleaders will be appointed by the coach and possibly voted by the squad. Varsity head cheerleaders will be decided upon after a team vote, interview, and portfolio submission. A head cheerleader will be removed if her cheerleading grade at any time falls below an 80 or if at any time the coach feels she is neglecting her duties or not setting a proper example. This position is not guaranteed and may change at any time by the coach.

STUNTING

Cheerleaders are never to build any type of stunt or tumble when the coach is not present. Cheerleaders building or tumbling without permission will result in forfeit of performance, quarter(s), and/or demerits and a reduction in conduct grades for all concerned.

PIERCINGS

All cheerleaders must remove **all piercings** when they are at any school related event. This includes nose and belly button piercings. Tattoos are not to be visible.

GAME TIME

All members must be prepared at game time or they will sit out. Being on time (which means 30 minutes early for warm-up) prepared means having both poms, in correct uniform, correct briefs, correct socks, hair up and out of face, correct bow, clean shoes, and clean uniform. This also means on the field, court, or whatever the meeting place is and not just arriving at the venue.

GRADES

Each member starts with a grade of 100. It is always assumed that a PHS cheerleader will be a model student, not only in academic subjects, but in cheerleading as well. At the end of the six weeks, a cheerleader's grade and citizenship grade will be based on the number of demerits and merits.

LOCKER DECORATIONS

Varsity is expected to provide candy/cookies for every game. They will also be expected to decorate the locker room the night before the game.

POSTERS

Posters will be made before the start of the school year. These will be completed with poster buddies (these assignments will be given shortly). Each group is responsible for two posters – one game and one sport. The posters will be due the first day of August practice. Failure to complete posters will result in demerits. If the posters do not follow the guidelines they will be returned and will need to be redone.

CLASSROOM BEHAVIOR

Cheerleaders must maintain desirable attitudes and a spirit of cooperation in all classes and among other members. Any negative attitude, comments, or aggressive behavior will result in suspension. After being placed on suspension twice you may be dismissed from the squad. Complaints about a cheerleader from another teacher may result in any or all of the following: physical consequences (running, push-ups, crunches, etc.), forfeit of quarter(s), and/or reduction of cheerleading grade.

SECOND SEMESTER SPORTS SEASONS

JV cheerleaders do not have cheerleading as a class period second semester, therefore, if a student has a behavioral problem in the classroom or game, physical consequences, forfeit of quarter(s) for the next game and/or possible suspension will take place depending on the offense.

If a cheerleader has to miss any part of a game, practice, or warm-up time because of a conflict with a second semester sport, without 1-week prior notice, they will be asked to sit out the game.

SEASON

All cheerleaders will be required to attend all scheduled football games as well as any other games/functions when given prior notice. Keep in mind that both Varsity **AND** JV have to travel to playoff games as well. These games could be played over thanksgiving break.

FUNDRAISERS

Participation in both fundraisers is required. It is not an optional activity. Failure to participate will result in the same demerits as “missing a game, activity, or practice without permission.”

SOCIAL MEDIA

PHS cheerleaders are to set an example at all times. Choosing to associate with behaviors that fail to comply with our guidelines will result in disciplinary actions as

deemed necessary by the coach and administration. This includes Instagram, Facebook, Snapchat, etc. If we are alerted to inappropriate behavior on any of these outlets, action will be taken.

DEMERITS AND MERITS

1. Demerits are the means by which the coach determines which members are not upholding their obligations to the squad. Coaches assign demerits.
2. Summer demerits must be worked off by the **Friday of the 1st week of school**. Summer demerits not worked off will transfer to the **first grading period**.
3. A member **will be** suspended from the next performance if they earn 4 demerits or if they have received 3 demerits for the same offense.
4. Each demerit is worth 5 points deducted from the six weeks' grade and 5 points deducted from conduct. Grades **CANNOT** be earned back; conduct can be earned back but must earn double the merits. Ex: cheerleader received 2 demerits for jewelry, cheerleader must earn 4 merits.
5. If 4 or more demerits your conduct grade **cannot** go above a B for that grading period.

MERITS

In addition to the merits listed, additional merits may be earned by completing other duties pre-approved by the coach. Conditioning to receive merits must be done before or after practices and watches by a coach.

- 1 mile completed in under 10 minutes – 2
- 20 toe touches (executed correctly) – 1
- 20 toe touches, 20 other jumps (executed correctly) - 2 (completed together)
- 20 toe touches, 25 crunches (executed correctly) – 2 (completed together)
- 10 V-ups 10 leg lifts, 10 suicides, 100 crunches – 3 (completed together)
- 10 toe touches, 10 other jumps, 5 suicides, 50 crunches – 3 (completed together)
- Putting up mats with no assistance – 1 (1 per grading period)
- Attending a JV/Varsity game that is not mandatory (must sit with coach) (1 per grading period) – 2

If 4 demerits are earned at once, you cannot earn merits for them, the grade will remain as is. This will not include other demerits earned during the six weeks.

DEMERITS

Notifying a coach of an upcoming unexcused absence does not mean that it makes it excused. It is just a notification.

Attendance and Absences

- Missing a game, activity, or practice and no notification 6
- Missing a game, activity, or practice 4
- Missing cheer class with an unexcused absence 4
- Unexcused absences with coach permission 3
- Failure to notify coach prior to absence 2
- Failure to notify a 1 – week advance of school special activities 1
- Tardy to game, or practice:
 - 0-10 mins 1
 - 11-20 mins 2
 - 21-30 mins 3
 - 30+ mins – unexcused absence 4
- Leaving gym, practice, game, etc. without permission 4

Uniforms

- Not wearing uniform when required/wearing wrong uniform 2
- Not wearing white socks/different color can be seen 2
- Wearing any part of uniform without permission or inappropriately 1
- Wearing jewelry to practice or game 2
- Not dressing out appropriately for practice 1
- Not having hair pulled back/fixing hair at games or practices 2
- Allowing a non-member to wear a uniform/warm-up item 2
- Not wearing correct hair bow 1
- Wearing a headband/other hair accessory 1
- Nails too long 2
- Not wearing proper undergarments (sports bra) 2

Conduct

- Disrespect/insubordination to any coach, faculty member, adult 4
- Reported gossiping/speaking ill of the team 3
- Inappropriate behavior on social media 3-4
- Showing signs of attitude towards team during practices/games 3
- Improper conduct 4
- Failing to be cooperative with teammates 2
- Talking/disrespect during national anthem or school songs 2
- PDA at cheer/school events 2
- Chewing gum/eating at games or practices 1
- Excessive talking at games/practices 2
- Not participating full out

<u>Conduct Cont.</u>	2
● Lacking knowledge of cheers/chants/dances during games	2
● Not following directions of coach/captain	2
● Talking to outsiders during practices/games	1
● Not staying in formation during games	1
● Failure to have all required items at games/practices	1
● Office referral from any teacher	3
● ISS/ISIP (demerits given for each day assigned)	4

General

● Not turning in money, order, etc. on time (per each day late)	1
● Turning in posters late	2
● Turning in posters that fail to follow guidelines	2
● Receiving 2 or more B's in conduct during a six weeks' period	2
● Fighting/arguing (automatic suspension)	4-6
● Stealing (automatic suspension)	4-6
● Cell phones out a practices/games without expressed permission	3
● Not checking in with coach on spirit day or not dressed in spirit day	2
● Not providing snacks on specified day	2
● Not fulfilling poster duties	3

SUSPENSION AND DISMISSAL

A member may be suspended/dismissed from the squad for the following reasons:

1. Participating in unsportsmanlike or immoral conduct
2. Extreme disrespect to coach, captain, teacher, or administrator
3. A cheer member will maintain an "A" or "B" in conduct. Failure to meet this requirement will cause a cheer member to be placed on a three-week suspension from participation
4. Students who are academically ineligible for three reporting periods, consecutive or nonconsecutive, will be removed from the squad for the remainder of the year to focus on their academics (MISD Handbook)
5. Accumulation of demerits in a six-weeks period:
 - a. **4 demerits** – suspension from the next performance/game
 - b. **6 demerits** – suspension from the next 2 performances/games and may receive an office referral, meeting with parents and coaches to discuss behavior
 - c. **8 demerits** – hearing with coaches, administrator, and parents to discuss future participation with the team
6. Automatic dismissal can occur for any incident listed in MISD Student code of Conduct as Class III or above
7. Conditions of suspension/dismissal
 - a. When a cheerleader is suspended/dismissed, parents/guardians will be notified by the coach or administrator

- b. Any head cheerleader receiving a cheerleading suspension will be permanently relieved of her position and another head cheerleader may be appointed to take her place
- 8. In the case of dismissal for any reason or relinquishing your position on the squad, all uniform items are not allowed to be worn at school or any school event. This includes but is not limited to - backpack, jacket, shirts, etc.
- 9. Any member who is placed on any disciplinary suspension from cheerleading more than two times during the same semester may be dismissed from the squad.
- 10. If a cheerleader is suspended for a third time for any reason, that cheerleader will not attend the cheer banquet at the end of the year. Banquet is a privilege, not a right!

At any time, these guidelines are subject to revision by the coach or principal as deemed necessary. In addition to the PHS Guidelines, the MISD Cheerleader handbook is to be followed at all times.