

Ganado ISD

High School

&

Junior High



Constitution & Code of Conduct

Mrs. Allison Bennett- GISD Cheer Coach

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A. Purpose

1. To promote, uphold, and encourage all school spirit with all school teams
2. To develop excellent sportsmanship among students
3. To be ambassadors to the community and establish the high personal ideals and good character expected of a varsity, junior varsity, and/or junior high cheerleader in order to be a role model for peers and younger children in the Ganado Independent School District.

B. Eligibility requirements for tryouts (all must be met to be eligible)

1. The candidate must be enrolled at Ganado ISD on the first day of the second semester.
2. The candidate must have good attendance with no more than 3 unexcused absences for the current school year.
3. The candidate must have a good disciplinary record, which is defined as no more than ONE day in ISS, no OSS, and no DAEP placement within the current year.
4. The candidate must maintain an accumulative average of a 70 or higher in all core classes (Math, Science, English, History) within the current year. Candidates will be required to give 3 out of their 4 core teachers a Teacher Input Form. These Teacher Input Forms will be turned in to Mrs. Bennett's box in the front office by the teacher only. No forms will be accepted from the student.
5. The candidate may have no prior record of being dismissed from or quitting a GISD squad within the current year.
6. All candidates must submit a physical indicating they are able to perform to the specific athletic level required of a cheerleader/mascot. If a candidate is under the care of a doctor, they must provide a note SPECIFIC limitation and/or abilities for tryouts.
7. The parent/guardian of the candidate **MUST** attend a mandatory cheer orientation prior to try-outs to review the constitution and ask questions.

8. The candidate must participate in ALL scheduled tryout practices. If the candidate is unable to attend a practice because of an excused absence, they must make arrangements with the sponsor to make up the practice.
9. The date, time, and place of try-outs will be posted in the High School office. Candidates must be present the entire school day to participate in try-outs.
10. Candidates must have a solid white shirt, solid colored shorts (preferably maroon/or black), no show socks, and white tennis shoes for tryouts. Tryout clothes must be approved by the cheer coach(es) no later than the WEDNESDAY before tryouts.
11. Must be available for after school practice between the last bell and the beginning of athletic practice on Monday-Thursday. (3:45-4:30, subject to change if bell schedule changes)

C. Cheerleader tryouts

The following rules will apply to the selection of the Varsity, Junior Varsity, Junior High Cheerleaders, and Mascot based on the independent scores of the judges.

1. All cheer candidates will learn one cheer and one chant per level. Varsity and Junior Varsity will also learn a dance routine. They will select a tryout number on the first day of tryouts. They will also try out individually for the cheer section. The group will demonstrate the chant and dance; the individual will demonstrate the cheer. Graduating Seniors **MUST** be present to assist with tryouts and prepared to show routine to judges prior. Graduating Seniors will not be allowed to watch the tryouts inside of the gym.
2. Tryout format will include the following:
 - a. Group (selection is done by random drawing by the candidate):
 - i. Spirit entrance in groups of 3-4 candidates
 - ii. Perform chant (JH & HS)
 - iii. Perform two jumps of choice
 - iv. Perform dance (HS only)

v. Stay until dismissed by judges

b. Individual:

i. Entrance: Spirit words and/or tumbling

ii. Cheer: Perform cheer for judges

iii. Exit: Spirit words and/or tumbling

c. Candidate(s) may be brought in (upon judge request only) to view a candidate or group for a second time for jumps, cheer, or chant.

d. Varsity Squad- Will enlist up to 14 candidates composed of freshmen, sophomore, juniors, or seniors for the upcoming school year who have attained the top total scores from the judges and teacher input. Prior cheerleading experience, either with a squad at GISD, another school district, or competitive squad is required.

e. Junior Varsity Squad- Will enlist up to 8 candidates composed of freshmen, sophomores, juniors, or seniors for the upcoming school year. These positions will be held by the candidates that score the highest in positions out of the remaining candidates not chosen for Varsity including teacher input.

f. Junior High Squad- Will consist of up to 8 seventh grade candidates and up to 8 eighth grade candidates with the highest total scores including teacher input.

D. Squad Captain selections

1. Being elected captain or co-captain for your squad/school is a privilege, not a right. The title of Captain on any can be removed upon coach's discretion.

a. Varsity Captain- One senior member will be selected using the following criteria:

i. 1 point for each year of experience

ii. 1 point for each squad member's vote

iii. Accumulated score from the judging panel

- iv. Teacher input sheet
- v. Final approval from Coach(es)
- b. Junior Varsity Captain
 - i. 1 point for each year of experience
 - ii. 1 point for each squad member's vote
 - iii. Accumulated score from the judging panel
 - iv. Teacher input sheet
 - v. Final approval from Coach(es)
 - vi. JV Captain will serve as the co-captain to Varsity Captain when requested
- c. Junior High Captain/Co-Captain
 - i. consist of one captain from 8th grade determined by highest score and teacher input
 - ii. consist of one co-captain from 7th grade determined by highest score and teacher input
 - iii. Final approval from Coach(es)
- d. Mascot- one mascot will be selected for the school year. The candidate must be a freshman, sophomore, junior, or senior for the upcoming school year. The candidate with the highest judges' points AND teacher input will serve as mascot.
- e. Manager-The candidates must be a freshman, sophomore, junior, or senior for the upcoming school year. Must follow the same procedures and complete all of the requirements of GISD Cheer.

E. Cheerleading expenses

1. An itemized breakdown will be provided showing approximate costs of participation & payment due dates. Due dates are expected to be adhered to unless individually communicated to the coach

2. All cheerleaders will attend cheer camp during the summer. The registration fee will be paid by Ganado ISD (High school only). Junior High will be required to pay for half of camp. Fundraisers can be done to assist with this cost. Please make yourself available for practices the week before cheer camp.
3. FOR ALL SQUADS:
 - a. Each cheerleader and mascot will pay for their cheerleading uniform: (bows, bags, camp clothes, shoes, etc.)
 - b. All expenses must be paid for according to the payment schedule provided
 - c. The mascot must care for the uniform as per manufacturer and sponsor instructions.

F. Rules and regulations for cheerleader/mascot/manager

1. All cheerleaders/mascot/managers must abide by the rules and regulations in the GISD Student Handbook.
2. Each member must meet the requirements of No Pass/No Play.
3. All members must be in regular school attendance, and enrolled in the cheer period if available (pending counselor placement)
4. All Varsity cheerleaders must participate for the entire school year at:
 - a. All Varsity Football games (Home and Away, all 4 quarters)
 - b. Football and Basketball playoff games
 - c. District Varsity HOME basketball games
 - d. All-sports banquet
5. All Junior Varsity Cheerleaders must participate for the entire school year
 - a. All Junior Varsity Football games
 - b. All Playoff games (Football)
 - c. District JV HOME basketball games
 - d. All-Sports Banquet
6. All Junior High Cheerleaders must participate for the entire school year
 - a. All Junior High Football Games
 - b. All Home Varsity Football Games to sell programs
 - c. District 7th/8th grade HOME basketball games (possibility)
7. All squad members will be transported to out-of-town functions by school issued vehicle. Any student wishing to ride home with a parent/guardian must submit

written notification to the coaches 24 hours prior to leaving. All members who leave with a parent/guardian must be signed out by the guardian at the time of dismissal. No cheerleader will be allowed to leave without dismissal from the cheer coaches at any event/practice.

8. Game Uniform- The correct uniform in its entirety must be worn. "Bow to toe" attire must be EXACTLY as directed by coaches. Failure to adhere to uniform directives will result in the inability to participate until full, correct uniform is acquired. We will be seen by the community as a cohesive unit.

9. Makeup worn to games and cheerleading functions should be light or natural in color. The coaches will determine if the makeup worn needs to be addressed or changed.

10. Varsity cheerleaders that complete the school year on the squad in good standing will letter.

11. Food may be consumed discreetly during halftime only. Cheerleaders are responsible for leaving the area cleaner than when they arrived.

12. Pay attention to the game and the fans. Being off task during the game will result in corrective action.

13. Cheerleader/Mascot can be dismissed from a squad for disciplinary reasons, excessive absences, and/or academic difficulties. Anyone dismissed from the squad will be ineligible to return for a consecutive year.

14. No jewelry of any kind, gum, candy, etc.

15. No cell phone usage during events/games. Cell phones will be collected at the beginning of every event and returned at the conclusion. If there is an emergency, parents are to contact the coaches.

16. If a cheerleader does not attend practices during the weeks of football season (with exception to UIL activities), they will not perform during a pep rally routine. This is for planning and safety purposes. They will still be required to be in uniform and participate in every other aspect. Demerits will be issued as needed.

17. Speak directly with coaches about any concerns.

18. Illegal use of any substance is absolutely unacceptable. Any infraction will result in automatic dismissal.

19. Refrain from posting anything on social media which does not represent GISD or GISD Cheer in a positive manner. Examples include, but are not limited to: bullying, badmouthing, degrading a fellow squad member, classmate, teacher, administration, or school official.

20. It is a privilege to be a member of the GISD Cheer squads. Any one who is not a member of the individual squad will not be allowed to wear GISD Cheer apparel. No members will allow any one other than another GISD cheerleader to wear their GISD Cheer items. JH will not wear any other apparel other than JH Cheer clothing, JV will not wear any other apparel other than JV clothing, and Varsity will not wear any other apparel other than Varsity clothing. This includes Captain and Co-Captain apparel as well.

21. If a cheerleader fails 2 six weeks during the academic year, they will be removed from the cheer squad and will not be eligible for tryouts the following year.

G. Cheerleader Expectations

1. Members must abide by all rules and regulations stated in this constitution.
2. Mascot/Manager duties will be the same as those of the Varsity cheerleaders.
3. In the event of an injury, the cheerleader must provide the coaches with written notification for the school trainer or doctor specifying their limitations and/or abilities with a timeline of when to return to activities. Injured cheerleaders are expected to attend games with the squad.
4. Cheerleaders are to be in attendance, in FULL UNIFORM at the time given by the coach.
5. Active stretching needs to be completed before entering on the field, track, or gym. Stretching will not be conducted in front of the fans.

H. Captain/Co-Captain Expectations

1. Be at practice 15 minutes prior to rest of team

2. Submit pep rally agenda to coaches, administrator, and band director by Tuesday of each week
3. Plan and implement pep rallies with the help of other cheerleaders and coaches. Supply requests for games or activities need to be turned in to the coaches no later than Tuesday prior to the pep rally it's needed.
4. Communication with coach on items of concern and additional duties
5. Coordinate any activities deemed necessary by the coach

I. Fundraising

1. Cheerleaders/mascot will have opportunities to participate in various fundraisers to offset their cheerleading expenses. The sponsors can keep a percentage of the profit for the cheer activity account, not to exceed 20%.
2. No Cheerleader or mascot may receive more money than he or she actually paid out of pocket for camp and uniforms. Remaining fundraiser money will be kept in the activity account to assist in overall cheerleading expenses.

J. Parent/ Guardian Responsibilities

1. Encourage your child to follow expectations
2. Attend all parent meetings possible
3. Ensure your child is on time to all school related activities
4. Ensure your child meets the financial obligations of the squad
5. Fill out all paperwork necessary for your child to participate in a timely manner
6. Parents should not remove their child from a cheer event unless there is an unforeseen circumstance that justifies this removal. Removal from a cheer event, without coach or administrator approval, will result in demerit(s) for the cheerleader.
7. Individual concerns must be addressed between the cheerleader and their coaches. If the outcome is not satisfactory, the parent will need to set up a conference with the coaches during their conference period to discuss concerns. In the event this is necessary, the cheerleader, coaches, parent, and administration must all be present. Please be prepared with possible solutions to the concern prior to meeting. The chain of command is as follows: Cheerleader Captain (Cheerleaders only), Coaches, Campus Administrators, then Superintendent. Please use it as a guide if/when presenting a concern.

K. Cheerleader Coach Responsibilities

1. Establish and maintain clear and concise expectations
2. Ensure consistent, fair enforcement of rules
3. Adhere to schedules; provide advanced notice of schedule changes to allow students and parents sufficient time to make necessary arrangements. Emergencies do arise, so changes may happen with late notice.
4. Set all practice and/or performance times
5. Communicate to all cheerleaders in regards to practice times, uniform selections, etc. Schedules will be sent out at the beginning of the season with times and dates. Any additional events will be sent out as needed.

L. Practices

1. All practices and meetings will be organized and run by the coaches, with the assistance of the Captain/Co-Captains
2. Members of each squad are required to contribute time and effort to ensure the squad's success
3. ALL SCHEDULED PRACTICES ARE MANDATORY. Tardiness or absences from a practice will result in corrective action.
4. The sponsor must be present at all scheduled practices.
5. All cheerleaders must be at practice on time. Each member should allow time to stretch and warm up prior to the start of practice.
6. Parents of cheerleaders are welcome to observe at any time.
7. Jobs and vacations should be scheduled around cheer practices/performances
8. If a cheerleader or mascot has more than 3 unexcused absences, they will be dismissed from the team. Extenuating circumstances will be handled on an individual basis.
9. The use of cellular devices at practice is prohibited. If an emergency arises, the parent should contact the coaches. Phones will be collected by the coaches at the beginning of practice then returned at the conclusion.

M. Attendance

1. All cheer activities are mandatory, this includes fundraisers, and community service.
 - a. Excused absences: illness/injury with doctor's note/quarantine, death in the family, UIL related activity

- b. Unexcused absences: work, vacation or family functions, competitive cheer, select sports practices or events, appointments, and/or illness without a note. If you are not feeling well, with no fever, it is best to come and watch practice.
- c. Extenuating circumstances occur- please contact the coaches as soon as possible about these on an individual basis.

N. Demerit/Merit System

1. All rules and regulations concerning Cheerleaders, Mascot, and Managers are subject to coaches and/or campus administrator's discretion. The system is a series of consequences. The cheerleader will have one week from the date a demerit is issued to replace/work off with a merit. If a merit is not completed in the time frame, the demerit will remain part of their individual record for that cheer year. Records of the demerits/merits will be kept on file with the coaches. Cheerleaders will be notified at the time of the infraction and may review their individual sheet upon request. Refusal to sign will result in coach documentation of the refusal to sign. Upon refusal to sign, the demerit will stay and not be able to have a merit added to dissolve it.

- a. Demerit System

- i. 1 Demerit

- Late to practice, game, fundraiser, performance
- Late turning in paperwork, money, equipment, etc.
- Leaving practice early (even with prior permission)
- Not in correct uniform as directed and/or missing any piece
- Inappropriate language or excessive talking
- Chewing gum at practice, pep rally, game, etc
- Jewelry of any kind while in practice attire or uniform
- Not responding to coach(es) communications in a timely manner
- Having a phone visible/heard at practice, games, pep rally, events
- Failure to notify of missing practice in a timely manner (before noon)
- Failure to clean up and help load/unload equipment at practice/games

ii. 3 Demerits

- Leaving practice or an event early without permission
- Unexcused absences from a practice, pep rally, game, event
- Failure to sign out before leaving at away games
- Unsportsmanlike conduct: complaining or poor attitude
- Not participating in cheers, chants, sideline activities, etc.
- Dishonesty
- Disrespectful behavior inside or outside of the classroom
- Instigating or talking about other team members or Coaches in a disrespectful/negative manner

iii. 5 Demerits

- Inappropriate content on social media
- Unexcused absence from a game
- Disrespect towards coaches: rolling eyes, talking back, mumbling under breath, obscene gestures, and/or retaliation from prior corrective action.
- Non-compliance: do as directed when asked the first time.
- Placement in ISS, suspended for disciplinary reasons (not to include tardiness or excessive absences) for each day assigned.

iv. Automatic Dismissal

- Any conduct resulting in an arrest
- Any DAEP placement
- Quitting the squad & 1 year suspension
- Any disciplinary action resulting in suspension from school
- Drug, alcohol, or tobacco/vaping use

v. Accumulation of Standing Demerits

- 3 Standing Demerits= Written warning from cheer sponsor to cheerleader, must be signed by parent within 48 hours
- 5 Standing Demerits= Parent notification, sitting out the next activity
- 7 Standing Demerits= Parent meeting, suspension from the next two activities

- 15 Standing Demerits=Parent meeting and removal from the Cheer Squad

b. Merit System- can be used to decrease your demerit counts

i. 1 Merit

- Running 1 mile= 1 merit
- 100 candy throwers=1 merit (max of 5 merits)
- 1 banner length sign (3-4ft). Sign must be neatly done and meet coach(es) approval= 1 merit (max of 3 merits)
- Additional activities will be determined by the coaches. Time based activities will result in 1 hour=1 merit.

0. Amendments

1. The Constitution and Code of Conduct may be amended by the Coaches and Principal with the approval of the Superintendent. The chain of command is as follows: Cheerleader Captain (Cheerleaders only), Coaches, Campus Administrators, and then Superintendent. Please use it as a guide if/when presenting a concern.