



TCHS CHEERLEADER, YELL LEADER, AND MASCOT TRYOUTS



Parent Meeting – Monday March 2nd in the TCHS cafeteria at 7 PM. All paperwork is due on or before this date.

Mandatory clinics – March 9th-12th from 4:30-6:30, in the TCHS middle gym. Each candidate is allowed one optional day, but must give notice in advance!

Tryouts – Friday March 13th in the TCHS gym starting at 3 p.m. with varsity candidates.



The tryouts are closed to the public!!



Parental Letter

Dear parents/guardian,

We really appreciate that you and your child are interested in the TCHS cheerleading program. The tryout date this year will be Friday March 13th with the clinics running March 9th-12th in the varsity gym at TCHS. Please read all information in the packet carefully and make sure that ALL the correct paperwork is turned in on or before March 2nd.

Parent Meeting:

It is very important for each parent and child to understand that there is a great deal of commitment once chosen as a TCHS cheerleader. There will be a parent meeting Monday March 2nd at 7 PM in the TCHS cafeteria. The tryout meeting is MADATORY; all participants MUST have a parent/guardian in attendance to be eligible to tryout.

Paperwork:

You must turn in the following paperwork on or before March 2nd to Mrs. Jones in B106 or you may bring it to the parent meeting. The parental permission form, tryout application, Extracurricular Code of Conduct and acceptance of constitution policies will be due at this time.

Clinic and Tryouts:

All participants MUST attend the clinic days on March 9th-12th. There will be one clinic day allowed to miss during the week if it is for another school function and has been approved ahead of time. All clinics will run from 4:30-6:30 PM in the middle gym. The tryout will begin at 3 PM on the 13th starting with the varsity candidates. Candidates must wear black shorts and a white T-shirt/tank top with all white tennis shoes the day of the tryout. None of the attire should have anything related to cheerleading printed on it. Parents please remember that no one is allowed at the clinic or the tryout except for the participants, coaches, judges, administrators, and anyone else helping with the clinic or tryout. Tryout results will be posted on the school web site about 1 hour after the freshmen tryouts.

All questions and concerns should be directed to the coaches at the parent meeting. Any questions that may come up after this date may be directed to Mrs. Jones at 469-713-5178 ext. 2547 or by email at jonesha@lisd.net

Thanks again for your interest!

Heather Jones-TCHS Varsity Cheer Coach
Tiffany Babb-TCHS Assistant Varsity Cheer Coach
Robin Moody-TCHS JV Cheer Coach
Erin Heggy-TCHS Freshmen Cheer Coach



**HIGH SCHOOL
CHEERLEADING
CONSTITUTION
2009 – 2010**

**Lewisville Independent
School District**

STATEMENT OF PURPOSE AND OBJECTIVE

Being a cheerleader is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the LISD Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers. Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the coach and approved by the principal.

TABLE OF CONTENTS

DEFINITION			
ELIGIBILITY – TRYOUT	3	EXTRACURRICULAR CODE OF	
ACADEMIC GRADES		CONDUCT	9
COMMITMENT	3	DISCIPLINE SYSTEM	9
SELECTION		GENERAL SAFETY GUIDELINES	11
TRYOUT GUIDELINES	3	CHEERING ACTIVITIES	11
SQUAD MAKEUP		COMPETITION SQUADS	12
JUDGING CRITERIA		TRANSPORTATION	12
MALE SPIRIT SQUADS	5	BOOSTER CLUBS	12
JUDGES	5	MONIES COLLECTED BY	
PANEL TRYOUTS		COACHES	13
TABULATION OF SCORES		ADDITIONAL COSTS	13
EXCEPTIONS		PHYSICAL EXAMINATIONS	13
VIDEO FILM USAGE GUIDELINES	6	SCORE SHEETS:	
NOTIFICATION	6	HS CHEERLEADER TRYOUT	14
PARENT REQUEST FOR SCORES	6	FEMALE SPIRIT SQUAD	15
REPLACEMENTS	7	MALE SPIRIT SQUAD	16
ELIGIBILITY – MAINTENANCE	7	ACKNOWLEDGEMENT FORM	17
GENERAL CONDUCT RULES	8		

DEFINITION, ELIGIBILITY, ACADEMIC GRADES & COMMITMENT

DEFINITION: Cheerleading year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date (typically March to March). This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year. The LISD Extracurricular Code of Conduct will be enforced for the duration of the Cheerleading year (March to March).

ELIGIBILITY-TRYOUT: A student is eligible to try out for cheerleader if either of the two conditions is met:
- At the time of the tryout, the student is enrolled in the Lewisville Independent School District and is trying out at the school where the student is registered to attend for the next school year. Or

If the student is not currently enrolled in the LISD, but is registered to attend a LISD campus for the next school year, the student may try out at that campus with documentation to support residency within the boundaries of LISD for the upcoming school year.

ACADEMIC GRADES: To be eligible for tryouts, students must have either passed all subjects the preceding grading period or regained UIL eligibility prior to tryouts.

COMMITMENT: Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and coach will not be allowed to tryout for the next year.

SELECTION & TRYOUT GUIDELINES

SELECTION: The procedures for selection are based on the Board Policies of the Lewisville Independent School District and from the guidelines in this handbook. Building principals or administrative designees will be present during the tryout for their school. Parents will not be allowed in the building during any phase of the tryouts.

TRYOUT GUIDELINES: Each sponsor will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. The building principal must approve this information prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. High school cheerleaders shall be selected by a

SELECTION & TRYOUT GUIDELINES (Continued)

scoring method that assigns a score of up to 100 points per judge to the ratings assigned by a panel of judges. Students wishing to try out for the cheerleading squad must file an application and parent permission form with the team coach by the first day of the clinic before the clinic begins. Schools may elect to set an earlier date for turn in (ex. At the parent meeting), but no student will be penalized as long as the information is turned in by the clinic date before the clinic begins. Each student trying out must attend the clinic. There will be no application fees or tryout

fees for students trying out for cheerleader at the high school level. Each campus coach and principal will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure. This uniform should be limited to plain white shirt with no visible logo, a solid colored short (style to be determined by the coach), and any type of white athletic shoes.

SQUAD MAKEUP

- The varsity squad will be made up of a maximum of twenty (20) members selected from the Junior and Senior class.
- The Cheerleader Constitution Amendments for Varsity & Sub Varsity are as follows:
 1. Minimum 15 point break
 2. **Varsity** - Minimum 15 maximum 20 (TCHS minimum 12 because of 4A status)
Sub-Varsity - Minimum 10 maximum 15
 3. FMHS/Marcus tryout on Thursday
 4. LHS/ Hebron/TCHS tryout on Friday
- Any Junior not making the Varsity squad may be eligible to make the Junior Varsity squad if they consent in writing prior to the tryout.
- The junior varsity squad will have a maximum of fifteen (15) members selected from the Sophomore and Junior class.
- The freshman squad will consist of a maximum of fifteen (15) in-coming freshman members.
- Final squad selection for all squads will be based on the criteria set forth at the discretion of the administrative designee and/or the head coach.
- Mats will be utilized at all tryouts for safety purposes.

JUDGING CRITERIA-CHEERLEADING SQUADS

See score sheets, pages 14 – 16.

MALE SPIRIT SQUADS & JUDGES

MALE SPIRIT SQUADS

Male spirit squads will be selected using criteria designed by each individual LISD campus. Male spirit squads will receive specific tryout guidelines and requirements at the time of cheerleader tryouts and will tryout on the same day as cheerleader candidates. Members of male spirit squads will follow all rules and guidelines of the LISD Cheerleader Constitution and will participate in all events attended by their campus cheerleaders at the discretion of the head coach of their campus.

JUDGES: There will be three judges on each panel. Judges will be selected from NCA, UCA, ACA other professional cheerleading associations, universities, and/or out of district coaches. Judges should not be hired to judge tryouts if they have tutored or taught the cheerleader candidates during the current school year. Every attempt should be made to hire judges who have not worked with students in the Lewisville ISD area. However, with the hundreds of camps in the state of Texas, attended by thousands of

cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. Professional judges with outstanding credential and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates. LISD Cheerleader/Drill Team coaches may not serve as a judge for cheerleader tryouts.

JUDGE'S PANEL TRYOUTS, TABULATION OF SCORES & EXCEPTIONS

JUDGE'S PANEL TRYOUTS: Panel tryouts will be closed to everyone except judges, school cheerleader coaches, and principals' designees. There will be no students, parents, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores. Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

TABULATION OF SCORES: The building principal or his/her designee will oversee the calculation of the judges' scores and verify totals for each candidate. Candidates will then be ranked from high to low and the appropriate number selected for each squad.

The district-wide formula for tabulating final scores should be as follows:

- Each judge may award up to 100 points total per candidate.

JUDGE'S PANEL TRYOUTS, TABULATION OF SCORES & EXCEPTIONS (Continued)

Scores will be left in the office of the principal until winners and non-winners are notified. Original scoring sheets will be retained for 30 days following the tryout date. In the case of a tie, see EXCEPTIONS.

EXCEPTIONS: In the case of a tie that exceeds the maximum number of squad members, a callback will be held with each candidate's original tryout group. In the case of physical injury prior to the tryout, the Executive Director of Student Services must be notified for permission to have any deviations in the tryout procedure.

VIDEO FILM USAGE GUIDELINES

VIDEO FILM USAGE GUIDELINES: Video filmed footage of a candidate's abilities can only be used after notification of the Executive Director of Student Services, and only in the case of recent surgery or broken bones that impair a student from participating in a "specific skill" of the tryout. A medical doctor's note indicating the specific skill the student is incapable of performing will be required prior to allowing video use.

If video footage is used, only the segments of the film that shows the specific skills required for tryouts, done by the student prior to the tryout may be judged.

Video footage may not be used showing the individual performing in a competition setting, All-Stars, Nationals, etc., or in a school uniform.

Video footage filmed on a spring floor or trampoline will not be allowed.

(Coaches will make these guidelines available to judges if a video is used for tryout.) The judges shall be instructed to consider "absence of pressure," lack of physical/respiratory exertion, vocal ability, etc.

The candidate must perform each individual "specific skill" required in the tryout to receive credit/points. No score reduction or credit shall be exercised due to the claimed surgery/injury. However, in light of the above considerations, a perfect score for any "specific skill" or category should be rare.

NOTIFICATION & PARENT REQUEST FOR SCORES

NOTIFICATION: After all tryout scores for a school are tabulated and confirmed by the principal and coach, each candidate will be notified on how to find out the results of the tryouts.

Acceptable notification options:

- Candidates will be given an envelope with a telephone number to call to receive a recorded message listing the cheerleading squad for those schools with a telephone system that allows parent to call in and access information. By withholding the box number until the day of tryouts, this will prevent other students from jamming the lines trying to call in.
- Those schools with an outcall system may choose to use this. Each candidate will be given a card at the conclusion of tryouts giving the times that the outcall will be made.

NOTIFICATION & PARENT REQUEST FOR SCORES

(Continued)

- Final results for each school will be published on the campus website. Candidates will be given the website address at the conclusion of the tryouts.
- Results posted on campus

PARENT REQUEST FOR SCORES: Any candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the coach prior to the tryouts. Individual score sheets will be mailed no later than the Monday following tryouts. If this Monday falls on a school holiday or Spring Break, scores will be sent out on the day students return to school. Other requests for scores can be made through the school principal. Parents may request to see their own child's score (no rank scores) from the principal or his/her designee. By law, all other student scores are protected and cannot be shared with anyone except the coach, principal, or principal designee. Principals/Coaches may release the composite scores/tally sheet of all students to any parent under the following conditions:

- No names or identifying numbers that would indicate the tryout order or results of individual students.
- No judge's names or identifying numbers that would indicate which judge gave which score.
- You may give the cut off number.
- You may give a copy of the final tally sheet as long as they cannot identify individual students or tryout order.
- The original judge's score sheets will not be released to parents or students

REPLACEMENTS: If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and coach may fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of camp. No move-ins are eligible for cheerleader squads.

ELIGIBILITY – MAINTENANCE

ELIGIBILITY-MAINTENANCE: Academic eligibility begins anew each school calendar year (August) as is the case with UIL sanctioned activities. A student whose recorded grade average in any course is lower than a 70 at the end of a UIL eligibility period shall be suspended from competition or

performance. A suspension continues for a least three weeks and is not removed during the school year until the student is passing all subjects taken.

This suspension shall become effective seven calendar days after the last day of the UIL eligibility period during which the grade lower than 70 was earned. Refer to board policy for list of courses that are exempt from this policy. A student who regains eligibility at the end of a UIL eligibility period shall not become eligible until the school day seven calendar days later at 4:00 pm. Students on academic probation must continue to attend classes and all practices, must sit out all of

ELIGIBILITY – MAINTENANCE (Continued)

performances in the stands, in uniform, with the coaches. Ineligible students are not allowed to wear the cheerleading uniform to school.

This state policy regarding eligibility does not apply to social activities.

If an average of below 70 exists for two (2) UIL eligibility grading periods (excluding the first six weeks) in the same course or in different courses during the school year, the student will be removed from the cheerleading squad for the balance of the school year. This will not include the courses designated in board policy as exempt from the ineligibility rule.

A cheerleader who is removed from the squad due to grades will not be eligible for tryouts the following year without approval from the principal and coach.

GENERAL CONDUCT RULES & EXTRACURRICULAR CODE OF CONDUCT (ECOC)

GENERAL CONDUCT RULES: Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the high school they attend and should act accordingly. Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryouts without approval from the principal and coach. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, etc.) Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad. Anyone assigned in-school suspension for any reason will be subject to the following actions:

- First Offense – Benched for next event.
- Second Offense – Benched for next event and placed on probation for the duration of the year.
- Third Offense – Removal from squad.

Students assigned to in-school suspension may not perform, wear the cheerleader uniform, or practice with the squad while serving in-school suspension.

However, students benched for disciplinary reasons will be required to attend the event, in uniform, and sit in the stands with coaches.

Anyone assigned out of school suspension will be subject to the following actions:

- First Offense – Benched for next two events, Principal/Coach Review, Placed on probation for duration of school year. Possible dismissal.
- Second Offense – Removal from squad.

Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the coach and principal. Dismissal from the group may result from that review. Any drug/alcohol violations will be disciplined in accordance with the LISD Extracurricular Code of Conduct.

GENERAL CONDUCT RULES & EXTRACURRICULAR CODE OF CONDUCT (ECOC)

(Continued)

Any member who is expelled from school will be removed from the cheerleading squad for the remainder of the school year and will not be able to try out the following school year. Any member placed in the Alternative Education Program will be removed from the cheerleading squad for the remainder of the school year and will not be able to try out the following school year.

EXTRACURRICULAR CODE OF CONDUCT (ECOC): An extracurricular code of conduct has been developed and approved by the LISD school board. The ECOC must be signed by all cheerleaders and male spirit squad members as part of the tryout paperwork. The extracurricular code of conduct goes into effect from March of the current year until February 28 of the upcoming year. Any incidents that occur after school hours or on the weekend will be disciplined in accordance with the extracurricular code of conduct, which will supersede the cheerleader constitution during these times. This does not include times that a cheerleader or male spirit squad member is participating at a school sponsored cheerleading event or activity, during which times the campus code of conduct and cheerleader constitution will be enforced.

DISCIPLINE SYSTEM

ATTENDANCE/ABSENCE GUIDELINES

1. Cheerleader (from now on referred to as "CL") will attend all in/out of school practices and required events. Any absence must be cleared by the Coach prior to the practice. **EXCUSED:** Illness with a doctor's note (unless for emergency reasons, the CL should make every effort to schedule all medical and dental appointments around practice and events), death in the family, absences approved by coach/principal.
UNEXCUSED: Work/vacation, personal appointments, non UIL involvement (All- Stars, etc.) (Excused absences w/o prior notice will be benched for ½ game; exception:; death in the family)
Unexcused: Benched one (1) game
2. CL cannot miss the last practice before an event (Benched one (1) event)
3. CL will attend all summer practices (Benched one (1) game per miss) **Injuries:** If an injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the specific length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.

PRACTICE/PERFORMANCE GUIDELINES:

Violation of the following guidelines may be dealt with by benching during practice/performance, running, jumping, mat duty, or other physical conditioning as determined by the Coach. Grade deductions may also occur as a consequence of failing to return required paperwork, etc.

DISCIPLINE SYSTEM (Continued)

1. CL must be in appropriate attire when practice/performance begins.
2. Hair must be up and secure.
3. No jewelry during performance, game, pep rally or practice.
4. CL will have required items (forms, signs, etc.) at the beginning

of practice/performance.

5. CL must be on time to all practices and performances, and also returning from halftime or breaks during an event.
6. CL will not leave practice/performance area without Coach's permission.
7. CL will not leave practice/performance until dismissed by the Coach.
8. CL will not be assigned to Wednesday/Saturday school.
9. CL will maintain skills demonstrated at tryouts. Failure to maintain these skills may result in benching until skills are regained.

SUMMER CAMP GUIDELINES:

1. CL will attend summer camp. Camp is MANDATORY. No exceptions. Failure to attend summer camp is reason for dismissal from the squad.

UNIFORM GUIDELINES:

1. CL will not wear uniform to a non-CL function (Eating after a game may be approved by the Coach as an exception to the guideline)
2. CL will not lend out uniforms, sweats, letter jacket, etc. to someone who is not a cheerleader.
3. Uniforms may be altered, but no fabric may be cut without prior approval from the Coach (Replacement of uniform)
4. Uniforms will be turned in by the scheduled date.
5. CL is responsible for damage to or loss of any part of a uniform (Replacement of uniform or repair cost)

GENERAL GUIDELINES:

1. CL will follow all school rules and LISD policy, including dress code (Campus Code of Conduct and ECOC)
2. Accumulation of three (3) benchings (for any reason) will result in a principal/Coach review and possible removal from the squad.
3. All rules set forth are general rules and guidelines for all LISD cheerleaders and male spirit squad members. Failure to comply may at times require judgement calls to be made. These decisions will be left up to the individual Coaches for each squad.
Coaches reserve the right to upgrade any penalty (immediate benching, office referral) depending on the severity of the situation.

GENERAL SAFETY GUIDELINES AND CHEERING ACTIVITIES

RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY (High School Level) GENERAL GUIDELINES:

- A. Cheerleader squads should be placed under the direction of a knowledgeable sponsor or coach.
- B. The Cheerleading coach or other knowledgeable designated school employee will be in attendance at all practices, performances, functions, and will ride with

cheerleaders/male spirit squad members on the bus when bus transportation is required.

- C. All CLs should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids, and jumps)
- D. If possible, all practice sessions should be held in a location suitable for the activities of cheerleaders, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc.
- E. Training in proper spotting techniques should be mandatory for all squads attempting CL gymnastics; i.e., camp.
- F. Warm-up and stretching should precede all practice sessions, pep-rallies, games.
- G. If possible, all cheerleading squads should develop a conditioning and strength-building program.
- H. Coaches must recognize the entire squad's particular ability level and adjust the squad's activity accordingly.

SPECIFIC SAFETY GUIDELINES:

All U.S. All Staff Federation for Cheer and Dance Teams guidelines will be followed at all times.

CHEERING ACTIVITIES

FOOTBALL:

- A. Varsity Cheerleaders
 - 1. CL will cheer at all varsity games.
- B. JV and Freshmen Cheerleaders
 - 1. Will cheer at JV and Freshman games, respectively.
- C. Playoff Games
 - 1. Playoff games will be covered if squads are available and as determined by the principal and/or coach.

VOLLEYBALL:

- 1. VR, JV and FR squads will cheer at Varsity Volleyball games as determined by coaches.
- 2. FR and JV squads will cheer at FR and JV home games, respectively, if not assigned to a Varsity game.
- 3. No out of town games.
- 4. Playoff games will be covered if squads are available.

CHEERING ACTIVITIES (Continued)

BASKETBALL:

- 1. All Squads – Each squad will cheer no more than two games per week. This will not be confusing if the coaches get together during Nov./Dec. and make a calendar for each Squad. They will know which games they are cheering before school is out for the holiday break in December. Cheering starts with district games, but no cheering during the Holiday break. District Games only. No off-campus games. No Tournaments. Playoff games will be covered if squads are available.
- 2. Varsity Cheerleaders – All VR boys and girls district home games should be covered.
- 3. JV Cheerleaders – JV will cover Girls/Boys JV home district games and will cover Varsity games as needed.
- 4. Freshmen Cheerleaders – Freshmen will cover Girls/Boys district home games and Varsity games as needed.

5. Playoff games will be covered if squads are available and as determined by the coach/principal.

COMPETITION SQUADS:

Competition Squads are neither encouraged nor discouraged, but this activity should not interfere with the regularly scheduled activities of the cheerleaders.

Whether to have a squad that enters competition is a decision to be made by the campus Principal and school coach.

Specific guidelines for competition squads (tryouts, fees, practices, competitions entered, etc.) will be determined individually by campus. An informational parent meeting should be held before competition squad tryouts to cover all information, costs, and expectations for the team.

TRANSPORTATION & BOOSTER CLUBS

TRANSPORTATION: Cheerleaders will ride with another organization, if possible, to reduce cost. Cheerleaders must utilize designated transportation.

BOOSTER CLUBS: Booster clubs are optional, but may be allowed at the discretion of the principal and coach. Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities. This should be their primary focus.

Fund raising activities should support the educational goals of the school and cheerleading squad, but they should not exploit students. Booster clubs should have a board of directors made of at least a President, Vice President and Treasurer. There should be at least two signatories on booster club checks. A detailed list of income and expenditures should be published by the Treasurer for the membership on a monthly basis.

TRANSPORTATION & BOOSTER CLUBS (Continued)

Cheerleaders shall not be required to pay dues to a booster club. Cheerleaders shall not be required to raise money if a parent prefers to pay the students' cost.

Certain fundraising activities of the booster club may result in a donation to the school cheer activity fund.

MONIES COLLECTED BY COACHES, ADDITIONAL COSTS, & PHYSICAL EXAMINATIONS

MONIES COLLECTED BY COACHES:

Cheerleader coaches collecting monies from students will give receipts to students stating the amount of monies collected and what the money is to be paid toward (trip, uniform, spring show, banquet, etc.). Coaches WILL keep a detailed accounting of income and expenditures of students' monies and make it available to parents upon request. Coaches have no access to booster club funds and information regarding this account will be supplied by the booster club.

ADDITIONAL COSTS: A listing of additional costs can be obtained from each campus' cheerleading coach and will be included in the campus tryout packet.

PHYSICAL EXAMINATIONS: A physical exam or proof of prior exam is required immediately after selection for school records. A notarized medical release form is also required. These must be completed before a cheerleader, male spirit squad member, or mascot can participate in any activity.

TCHS CAMPUS CHEERLEADING GUIDELINES

MALE YELL LEADERS/CAPTAINS/MASCOTS

YELL LEADERS: There will be a maximum of 10 varsity male yell leaders chosen from sophomores, juniors, or seniors at tryouts. The number will be determined by the number that tryout and judges point break. Freshmen males will tryout for the freshmen squad. Sophomore and junior males that do not make the varsity point break but make the JV point break will be asked to cheer on JV.

CAPTAINS: The varsity captain(s) will be chosen by a combination of squad vote, essay evaluation by teachers, coach's evaluation and judges' interview. There will be a maximum of two varsity captains. To be considered for captain, you must be a senior that has already cheered at least one year at the varsity level. The decision to have a varsity captain will be decided by the coaches. Junior varsity may have 1-2 captain(s) that will tryout based on squad vote and coach's evaluation. It is at the coach's discretion to have a junior varsity captain. The freshmen and possibly the JV will rotate captains designated by the coach.

The captain(s) will:

1. Be in charge of activities associated with games, pep-rallies and practices designated by the coach.
2. Serve as a link of communication between the coach and squad.
3. Serve as a role model for all.

MASCOTS: There will be 1-2 varsity mascots chosen from the junior or senior class. There may also be 1-2 mascots chosen from the freshmen or sophomore class to perform at the freshmen and JV games as designated by the coach.

Mascots will follow all of the same guidelines set up by the district and campus that the cheerleaders will follow. Provided that there are not enough applicants to tryout for mascot, the next member in line that accepts the position, but does not make their squad point break will be that teams mascot.

COMPETITION

There may be a national competition team chosen from any squad member from the freshmen, junior varsity, or varsity teams. The coaches and administration will decide if there will be a competition team to compete at the national level and the division to compete in. The squad will be chosen by tryout scores in the spring and the choreographer's evaluation at the time of the competition tryout. Once committed to the competition team, it is considered a cheerleading duty, any tardies or absences from events will follow the LISD cheerleading constitution guidelines. Any cheerleader quitting the competition team will be removed from all cheerleading duties. Varsity cheerleaders and cheerleaders with the required skills will be highly encouraged to tryout for the competition team. Cheerleaders on the competition team will be required to participate in outside fundraisers for the competition team. The competition team is considered a separate squad, so the team members will participate in the two TCHS cheer team fundraisers as well as two fundraisers set up for the competition team.

RESPONSIBILITIES/RULES

SKILLS: Cheerleaders, yell leaders, and mascots should always be improving their skills. A decline in skills could result in being benched from games or performances until the skills are improved. This does not include a decline in skills due to a new injury. Any skill performed at tryouts will be expected to be performed throughout the year. Outside tumbling is highly recommended and may be required if offered as free of charge or paid for by the booster club. The competition team may be required to attend extra outside tumbling classes in addition to the required team class.

ABSENCES: If a cheerleader, yell leader, or mascot is absent it is his/her responsibility to find out what was covered and learn any new material that was missed. An unexcused or excused absence without prior approval could result in being moved to a different position in a routine, game line up, or performance. A squad member may also be moved if there is an absence (excused or unexcused) on a day when the routine is being worked on depending on the needs of the routine. You must call or email your coach **ahead of time** to let them know of any absence.

DUTIES: JV and freshmen cheerleaders will be required to attend designated varsity games to serve as sign crew and must remain at the game until all duties are fulfilled. All sign crew must ride to and from away games with the cheerleaders. Any sign crew duties that need to be switched with another team member must be approved ahead of time by filling out the game switch form and turning it in to their coach at least two days in advance. Game/performance benchings will be given for not fulfilling the complete sign crew duties.

Committees will be set up that have meetings determined by the coaches. Meetings are mandatory and will be given class grades or game/performance benching if missed. All cheerleaders, yell leaders, and mascots will be required to take the cheerleading class period and will be graded on cheerleading skills as well as class participation, sign making, attitude, and other areas decided by the coaches.

PRACTICES/CLASS/PERFORMANCES

PRACTICE/EVENTS: Unscheduled practices and events may be called with a 24-hour advance notice.

CLASS: Cheerleaders, yell leaders, and mascots will have 5 minutes after the tardy bell to get dressed and be in their assigned location for the cheer class period. Any tardy to class will follow the LISD Constitution for being late.

Practice and class time will consist of the following: stretching, jumping, running, weight training, tumbling, stunting, cheers/chants, routines, sign making, and any other conditioning skills.

BEHAVIOR

Relatives and friends should understand that the cheerleaders have responsibilities during games, pep-rallies, performances, and practices. Therefore, they may only take photos or talk to the cheerleader after their responsibilities are completed.

Parents should remember that cheerleading is a team sport. Suspending cheerleading activities as a punishment will punish the entire team and will not be excused.

Any squad member quitting the team or removed from the team will not be allowed to attend the end of year cheer banquet as a squad member or as a guest of a squad member. Squad members removed due to injuries will still be able to attend with prior approval from the coaches and administration.

MINOR VIOLATIONS

These items will be considered minor violations and will be dealt with in the following manor: dress out, tardies, jewelry, gum, failure to bring notebook, hair/bangs down, nail polish/nail length, etc. Three minor violations will result in a half game benching. One half-game benching per season (off season-from tryouts to the start of school, football-from the start of school until Dec. 1st and basketball-from Dec. 1st until tryouts) will be allowed to work off with assigned conditioning. Work offs will be mandatory to complete if the squad member has not used a work off for that season. Any squad member that does not complete the work off in the designated time will serve their half game benching and will still be responsible for finishing the remainder of the work off in the time designated by the coach. Unexcused tardies that exceed 10 minutes will not be considered a minor violation.

DISCIPLINE

All discipline/behavior problems at any cheerleading school sponsored event or practice will follow the TCHS school guidelines and will be dealt with by office referrals.

Cost Estimate sheet

* Note: These prices are based on last year's prices, so they are subject to change a little!!!

Returning Varsity and Junior Varsity members

\$135.50-\$166.45 Basic uniform - JV patch-\$20, Varsity patch-\$20, 2 pr. Shoes-\$120, 1 megaphone (Sr. only) - \$30.95. Provided that all other items are in good condition. New varsity members will also have a small cost for monogramming on the warm up.

\$125 Camp Clothes (4 shorts, 4 shirts)

\$270 Summer Camp

TOTAL = \$530.50-561.45

New Cheerleaders

\$340.30-371.25 Basic uniform - 1 crop top-\$20.95, 1 pr. of leggings-\$20.95, 2 pr. briefs-\$25.90, 1 pr. of poms-\$19, 1 megaphone (Sr. only)-\$30.95, 1 patch Fr.-\$20, JV-\$20, V-\$20, 2 pr. of shoes-\$120, monogrammed warm up suit-\$87.50, monogrammed backpack-\$26. (Optional duffle bag- \$32)

\$125 Camp clothes (4 short, 4 shirts)

\$270 Summer Camp

TOTAL = \$735.30-766.25

Mascots

\$193.50-(boys shoe) Basic Uniform - 1 pr. of shoes-\$60 for female and \$? for male (males will get their shoes on their own), monogrammed warm up suit-\$87.50, Monogrammed backpack-\$26, mascot patch-\$20.

\$125-145 Camp Clothes (\$125 for female and \$145 for male)

\$270 Camp

TOTAL = \$588.50-608.50?

Yell Leaders

\$113.50+shoe price Basic Uniform - 2 pr. shoes-\$? (boys will get their shoes on their own), monogrammed warm up suit- \$87.50, Monogrammed backpack-\$26, varsity patch-\$20)

\$145 Camp Clothes

\$270 Camp

TOTAL = \$528.50+ shoe price

- Females add \$5 for hair ribbons. Everyone add \$15 for shipping and 8.25% for tax.

Other Cost throughout the Year

*If the decision is made to have a competition team, those that tryout and make that team will have some additional cost. A portion of that will be covered with fundraisers.

-Letter jackets are optional and WILL NOT be purchased through the cheerleading order this year. You may still order a letter jacket through Flip Dog Fashions on the day we order, but will be billed separately, not through the school. All letter jackets MUST be paid for by the last day of school to receive it when we return from summer break!

- Letter jacket without a flap-\$99, Letter jacket with flap-\$120, TC meg patch-\$25, Monogrammed name on chest- \$10, Monogrammed cheerleader on back-\$21, Monogrammed varsity cheerleader on back-\$34, Year patch-\$13. Total letter jacket- \$99-\$202.

*** A fundraiser for parent participation only will be set up through the booster club to offset costs. If there are any other problems getting the money by the deadlines, please see Coach Jones prior to tryouts to discuss options.**

TCHS Tryout Scale

Jumps

Only advanced jumps: herky, hurdlers, pikes, double nine, toe touch etc.

Jumps must be consecutive.

*The scale will be the judge's leeway on execution of the jump (i.e. Arm placement, landings, pointed toes, etc.)

Below level jumps- 1-5

Level jumps- 5-10

Above level jumps 10-15

Running Tumbling

*The points left in between give the judges leeway to score based on execution of the skill. The judges may deduct points for hands down or falls.

None- 0

Cartwheel- 1

Round off – 1-2(only a 2 if it is a really good rebound with potential to tumble out of it.)

Round off BHS- 5-6

Round off 2 BHS- 7-8

Series (three or more)- 8-9

Round off back- 10-12

BHS back- 12-14

Series to back- 14-16

Layout or whip to back- 16-18

Full or better- 18-20

Standing Tumbling

*Judges may deduct points for falls or hands down, also execution of the skill will be looked at to receive the full amount of points.

None- 0

Back or front walkover- 1-2

Back handspring- 4-8

Toe touch back handspring- 9-12

Standing back or back handspring back-13-16

TT back or TT back handspring back or better- 16-20

Boys Stunts

Coed

Group Stunt (base or backspot only)

*Score the two stunts and then average the two together for the total score. The stunts will go in place of the dance score for the boys.

Toss- 1-2

Prep- 1-2

Walk up chair- 3-5

Extension- 3-5

Toss Chair- 6-8

Liberty- 6-8

Toss Hands- 9-11

Ext. Leg full dn.- 9-11

Extension- 12-15

Ext. Leg double dn.- 12-15

NCA Mascot Judging Form

Rank 1-5, 5 being the highest

Number	Content	Delivery	Creativity	Character definition	Animation	Suitability of Costume	Overall Impression

