

# West Texas High School Cheerleader Application

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_, \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Dear Parents/Candidates for WT Cheerleader:

Cheerleading is a time-consuming responsibility and will require much time outside of the school day. Cheerleaders are expected to conform to a higher standard of behavior than others; they are leaders. Cheerleaders will abide by and uphold all of the cheerleading rules, regulations, and traditions as well as the policies of PSPC Independent School District.

We have read the above statement and have read all other attached forms regarding tryouts, administrative regulations, costs, time consumptions, expectations, and the standards of being a WT Cheerleader, and we will abide by all rules and procedures introduced and enforced throughout the year. I am aware that I am to follow all rules and procedures or accept the consequences. I realize that cheerleading is time consuming and work, non-related school activities, etc. are not excused absences from my responsibilities as a cheerleader. I have been notified that events may occur at short notice and take full responsibility to fulfill my duties. I agree that the sponsor will make all final decisions. I will respect the opinion and decisions of all sponsors and will work hard and consistent to make my team the best.

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

# 2015-16 Important Dates

Tryout Packets Go Out

**Fri: Mar 13<sup>th</sup>**

Signed Forms Due

**Fri: Mar 27<sup>th</sup>**

Tryout Meeting (**Candidates & Parents**)

**Mon: Apr 6<sup>th</sup>**

Time: 6:00 pm

Tryout Clinics (**Closed to Spectators**)

**Mon: Apr 6<sup>th</sup>**: 6:30 – 7:30pm

**Sun: Apr 12<sup>th</sup>**: 5:00 – 7:30pm

**Mon: Apr 13<sup>th</sup>**: 6:00 – 7:30pm

High School Commons  
and Gym

Student Body Tryouts

**Fri: April 17<sup>th</sup>**

Time: 8:15 am

MS at MS Gym

Varsity at HS Gym

Judges Panel Tryouts (Closed to spectators)

**Fri: April 17<sup>th</sup>**

Time: 8:45 am (MS)

Time: 9:15 am (HS)

High School Gym

Fitting Session Varsity

**TBA**

9:00 AM

After School Practices Begin

**TBA**

(Detailed Practice Schedule To  
Come-Will likely start Beginning of  
May until camp)

Summer Camp Dates

Texas Tech University

**TBD**

Mini Cheer Camp

**TBD**

# **WEST TEXAS HIGH SCHOOL CHEERLEADER HANDBOOK**

## **PURPOSES**

The purposes of the cheerleading program are to promote and uphold school spirit, develop a sense of good sportsmanship among the students and adults, promote a unification of crowd involvement during athletic events, to strive to build better relationships between schools, and to strive to uphold the highest personal as well as cheerleading standards.

## **GOALS**

- \*Develop leadership abilities
- \*Develop physical fitness and coordination
- \*Develop courtesy, tolerance, and self-control
- \*Develop good sportsmanship
- \*Develop sports appreciation
- \*Develop responsibility, patience, and respect for self and others
- \*Develop communication skills
- \*Develop self-confidence
- \*Develop character and citizenship

## **MEMBERSHIP**

Varsity cheerleaders will be selected from members of the freshman, sophomore, junior, and senior classes. The varsity squad will consist of 12 members. If a vacancy occurs after the cheerleading squad has been determined, the sponsor(s) and administration will determine whether or not the vacancy will be filled. The vacancy will not be filled after the last instructional day of the school year.

## **DISCIPLINE POLICY**

At all times, the discipline policy of West Texas High School will be in effect. Several terms used in defining the discipline policy for cheerleading include the following:

- \*Dismissal from the squad: termination of all cheerleader activities for a full year, specifically, will result in no recognition for the full year such as yearbook pictures, or awards.
- \*Suspension: Will include withdrawal from participation for a temporary time period set by the sponsor. Attendance *may* be required and student will sit with the sponsor in stands during suspension time.
- \*Emergency: Includes accidents, family crisis or medical reasons.
- \*Tardy: Cheerleader is five minutes (5) late after the scheduled time for any activity.

## **TRYOUTS**

Tryouts will be held each spring. Each person trying out must sign up prior to deadline. Students trying out for cheerleader must have an overall grade average of 75 and must not be failing any subject at time of tryouts. Students will participate in a group cheer and perform one individual cheer before student body and judges. Judging will be 25% student vote, 25% teacher assessment and 50% judge's decision.

## **CO-CAPTAIN POSITIONS**

The selection of co-captains will be determined by members of squad and the sponsors. Duties include coordinating all decisions as requested by sponsors, calling and assuming control of all practices, meetings and performances, being responsible for actions of the squad, beginning practices on time, helping to eliminate all problems or disagreements within the squad, reporting all violations to the sponsor.

## **CHEERLEADER CONDUCT**

- \*Cooperate with co-captains, sponsor, officials and other squad members.
- \*Be enthusiastic, well groomed and in command of the situation
- \*Promote school spirit throughout the student body
- \*Plan pep-rallies, contribute ideas and help control attitude of crowd
- \*Help with revenue projects during the year
- \*During football season, help make posters to decorate the field and gymnasium, attend all games, practice sessions, meetings with sponsor and assisting with homecoming activities.
- \*While cheering, cheerleaders (1) will be on time to all activities (2) will be in clean and proper uniform (3) will not eat or chew gum while on the field or court, nor wear jewelry (4) will not sit in stands or leave the squad until the end of the game (5) will not participate in excessive display of affection with members of the opposite sex while in uniform or while representing West Texas High School as cheerleader (6) will arrive at least 30 minutes before game time during football season (7) will arrive 15 minutes early for games in the gymnasium (8) will go directly to the bus after game is over.
- \****Students will be respectful at all times to the sponsor and school authorities***
- \*At all times the majority of the squad will determine all decisions. Everyone will abide as the majority decides.

## **ELIGIBILITY**

All cheerleaders must maintain eligibility under current UIL rules and Senate Bill 1 in order to participate. Once elected, each student must maintain an overall average of 70, and not be failing any subject.

## **DRUGS – ALCOHOL – SMOKING**

Use of drugs, alcohol or tobacco will warrant immediate dismissal from the squad. Please conduct your behavior so that it will reflect highly on the student body you represent.

## **EXPENSES**

Cheerleaders are responsible for the cost of some items. When ordering items, each student must be present. The sponsor must approve all items ordered. These items must be paid in full on the date set by sponsor unless other arrangements have been made.

## **GAMES**

Varsity squad will cheer for all varsity football and basketball games. If the cheerleaders are required to miss school for tournaments, etc., the cheerleaders will not cheer at those games.

## **TRANSPORTATION**

All cheerleaders are required to ride as a group to all games. Written notes from parents will be required **PRIOR** to leaving for the game in order to ride home with parents.

## **PRACTICES**

All practices are required and will be held with sponsor or parent in attendance. They will be scheduled whenever possible to avoid conflicts. ***Two (2) unexcused tardies will result in suspension of cheerleading for the next activity.***

## **ROUTINES**

Only two pep rallies may use a dance routine that was learned at cheerleader camp as long as there is no display of inappropriate body movement.

## **MUSIC**

All taped music to be used for routines and pep rallies must be approved by the principal prior to the beginning of school.

## **ABSENCES**

All activities are required. Any absence will be determined excused or unexcused by the sponsor. Excused absences may include illness, funeral of relative or family member, and other reasons approved by the sponsor prior to the activity. A written excuse should be turned in to the sponsor within two days of the absence. Unexcused absences will result in suspension of cheering for the next activity. Students will be required to sit with the sponsor during the activity. Parents will be notified of any unexcused absence. If a student has two (2) unexcused absences this will result in permanent dismissal from the squad. Two (2) unexcused tardies will equal one unexcused absence.

## **EVALUATION**

The sponsor will evaluate the squad regularly. Evaluations will be used as a measuring device and lack of acceptable evaluations will result in suspension or dismissal.

## **FUND-RAISING**

All profits from fund raising projects will be used for the operation of the squad's program.

## **PREGNANCY**

The sponsor should be notified immediately if any cheerleader becomes pregnant.

## **SPONSOR RESPONSIBILITIES**

- \*Willing and capable of directing the program
- \*Making all final decisions for the program
- \*Be aware of and approve every action taken by the cheerleading squad
- \*Make sure that all cheerleaders follow rules and guidelines
- \*Encourage the use of previous uniforms to help cut down costs

## **PARENT RESPONSIBILITY**

- \*Aid student in meeting responsibilities and duties of cheerleading
- \*Help student understand that cheerleading is a demanding as well as exciting job
- \*Ensure student's attendance at all cheerleading activities
- \*Support the cheerleading squad by your presence at games and pep rallies
- \*Cooperate with other cheerleading parents
- \*If needed, provide transportation for students



## West Texas High School Cheerleading Demerit System



### Attendance

**Note:** Excused absences include illness (must be absent for the entire school day) and attending another school-sponsored event (field trips, participation in other athletic contests, etc.). The cheerleader must produce a note from a parent, doctor, or school activity sponsor the following school day for the absence to be counted as excused. Injury or illness that will require a cheerleader to miss 2 or more consecutive events requires a doctor's excuse. Lack of participation in 2 or more consecutive events without a doctor's excuse will be considered an unexcused absence.

An excuse for a prolonged event (ex: injury requiring no participation for 1 week or leaving town for a family emergency) will be treated as 1 event rather than demerits accumulating for each event missed during that time. For example, if a cheerleader has an injury keeping her from 2 games and multiple practices, her demerits will be recoded as 1 point (excused w/ doctor's note). If she must travel out of town for a family event causing her to miss a game and a practice, the demerits would be recorded as 2 points (excused with parent note).

- |  |   |
|--|---|
| 1. Unexcused absence from game   | 5 |
| 2. Unexcused absence from a practice   | 3 |
| 3. Excused absence from a game with a parent note                                | 2 |
| 4. Excused absence from a game with a doctor's note                              | 1 |
| 5. Late to a home game or late for away departure time                           | 2 |
| 6. Late to practice  | 1 |
| 7. Leaving early from a game without permission or not staying to clean up       | 2 |
| 8. Leaving early from any activity without permission or not staying to clean up | 2 |

### Appearance

- |   |   |
|---|---|
| 9. Improper uniform for game or in school (poms, briefs, bow, shoes, etc.)                | 3 |
| 10. Wearing uniform improperly for game or in school (rolling skirt, hiking up top, etc.) | 3 |
| 11. Missing uniform parts (includes UnderArmor, warm-ups, poms, shoes, etc.)              | 3 |
| 12. Wearing jewelry at practice or games (includes belly and tongue rings)                | 2 |
| 13. Uniform not clean   | 2 |

### Behavior

- |  |    |
|--|----|
| 14. Using cell phone at games or practice  | 3  |
| 15. Chewing gum or eating food at undesignated times                               | 3  |
| 16. Inappropriate PDA during games or while in uniform                             | 3  |
| 17. Using inappropriate language during games (includes taunting and name calling) | 3  |
| 18. Showing disrespect to coach, sponsor, or other squad member                    | 3  |
| 19. In-school infraction causing ISS or Saturday detention                         | 5  |
| 20. In-school infraction causing out of school suspension                          | 15 |
| 21. Illegal substance abuse  | 15 |
| 22. Contract infraction not listed on this form (discretionary)                    | 3  |

### Consequences

- Accumulation of 5 demerits will result in the cheerleader being suspended for one game. The cheerleader may still dress in uniform **and will be required to attend** all home and away functions and sit with the coach/sponsor during her game suspension.
- Accumulation of 10 demerits will result in the cheerleader being suspended for two games. During her suspension the cheerleader may not dress in uniform, participate in any in-school cheerleader related activities (pep rallies, parties, etc.), or travel to away contests with the squad.
- Accumulation of 15 demerits will result in automatic removal from the squad.
- All demerits will be erased at the end of a season.

***This demerit system in effect as of the 2014-2015 school year.***