



CHEER
HANDBOOK

FBISD
INSPIRE • EQUIP • IMAGINE
ATHLETICS

2018 - 2019

This handbook becomes effective immediately for the tryout process in the Spring of 2018 and remains in effect for successful candidates throughout their tenure as 2018-2019 cheerleaders.

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FBISD ATHLETICS MISSION/PROFILE OF A GRADUATE CHEERLEADING COMPOSITION AND SELECTION PROCESS

I. FBISD ATHLETICS MISSION/PROFILE OF A GRADUATE

- A. FBISD Athletics exists to inspire and equip student athletes with responsibility, values, sportsmanship and teamwork through participation in sports so they can pursue futures beyond what they can imagine. Cheerleaders will exhibit the FBISD Profile of a Graduate, including being a servant leader, a compassionate citizen and a collaborative team member.

II. COMPOSITION OF THE SQUAD

- A. Varsity Cheerleaders will be selected by a method outlined later in this document. There will be no more than twelve (12) persons on the varsity squad. Eligibility shall be open to girls and boys of current freshman, sophomore or junior standing at the school where student is currently enrolled.
- B. Students with appropriate documentation confirming transfer approval must participate in tryouts with the school to which they are transferring.
- C. Mascot will be selected by method outlined later in this document. There will be no more than two (2) persons holding this position. Eligibility shall be limited to girls and boys of current freshman, sophomore and junior standing.
- D. Junior Varsity cheerleaders will be selected by methods outlined later in this document. There will be no more than twelve (12) persons on the JV squad. Eligibility shall open to girls and boys of current freshman or sophomore standing or in the 8th grade feeder pattern school for which the tryouts are being held. 8th graders only qualify to participate on the JV squad.
- E. The Coach may appoint managers. There will be no more than two (2) managers on the varsity squad. Eligibility shall be limited to girls and boys of current sophomore and junior standing, preferably with some knowledge of cheerleading. Managers are not to participate in any role of a cheerleader.

III. SELECTION PROCESS

A. QUALIFICATIONS

1. Cheerleaders, mascot, and managers must meet and maintain University Interscholastic League and District academic eligibility standards.
2. Candidates must be on credit schedule to meet graduation requirements (2 1/2 - Freshman, 7 1/2 - Sophomore, 12 1/2 - Junior) and may not have received more than a total of two failing grades on the first (T-1) and second (T-2) nine weeks grading reports of the current school year. Failing semester grades and failing grades in approved advanced placement classes for eligibility do not count against the students allotted two failing grades.
3. If a candidate receives more than two “needs improvement” or “unsatisfactory” grades in conduct for the current school year through the second nine weeks, the student is ineligible to try out for cheerleader or mascot.
4. Students must have shown compliance with compulsory attendance laws.
5. Cheerleading clinics and tryouts shall be held during a window of time that would include the last three weeks of the third nine weeks or the first three weeks of the fourth nine weeks of the school year. Sign-ups and meetings may start before then but the actual clinics and tryouts will be held during the designated window described above.
6. Candidates must sign up for tryouts during a time period designated by the Coach.
7. Candidates must receive and sign for tryout packets at an organizational meeting called by the Coach or at an individually set meeting.
8. A training clinic will be conducted at a time determined by the Coach. All candidates should make every effort to participate.
9. New candidates must submit physical examination paperwork by a medical doctor before the tryout clinic. The District reserves the right to require a new physical examination when deemed necessary.
10. Further qualifications involving tryout procedures, standards of conduct, participation and uniforms may be required by the Coach, with the written approval of the Principal.

IV. METHOD OF SELECTION

A. On an announced day, all qualified candidates will appear before a screening committee with the following rules:

1. The screening will take place at a Central Athletic Facility. Schools will tryout in the order established for the previous graduation each year (Except 2018 tryout). Each school's screening is closed to the public. Results will be released after the completion of all high school's tryouts on a date determined by the Director of Athletics.
2. The committee will consist of at least three impartial professional judges selected by the Director of Athletics from outside the school district.
3. All candidates will appear before the committee in the designated uniform.
4. Candidates who are current cheerleaders will not demonstrate or be recognized in any fashion as current cheerleaders.
5. Cheerleader candidates will perform a specified sequence consisting of items listed on the tryout scoresheet.
6. Mascot selection will take place during the fourth nine weeks after finalization of cheerleader tryouts. Tryouts will be held at a central athletic facility or on campus and will be judged by a panel of no fewer than three members selected by the Director of Athletics. Mascot candidates will perform a maximum of a two-minute routine consisting of skits, mime, pantomime and dance. No routine may be more than one-half dance. All routines must be within school standards.
7. Cheerleader candidates will be allowed to provide video for judges' evaluation if they are unable to perform all required activities due to injury. The candidate must provide a physician's letter explaining the specific injury and restrictions prior to beginning the try out. They must complete all aspects of the program not restricted by the injury and identified in the physician's letter. The video must not show candidates as current cheerleaders in any way. The video must be certified to have been created within the past twelve months.
8. A tryout packet will be provided to all candidates. The packet will include clinic information, sample scoresheet with detailed tryout sequence information and cheerleading handbook. Schools may present other pertinent information in this packet.
9. Due to federal privacy laws protecting student records, a student or parent may not view the evaluation forms of other participants.

FINANCIAL RESPONSIBILITIES

I. FUNDING

A. DISTRICT FUNDING WILL INCLUDE:

1. Items determined by the Cheer Coach with approval from District Athletic Office.

B. INDIVIDUAL FUNDING WILL INCLUDE:

1. Camp expenses (including travel)
2. Clothing and Accessories, not purchased with district funds. Itemized estimate will be provided.
3. Gym rentals/Choreography

CHEERLEADER DISCIPLINE POLICY

I. DISTRICT RULES

- A. All cheerleaders are expected to follow all the rules of conduct as outlined in the Fort Bend ISD Student/Parent Handbook, Fort Bend ISD Student Code of Conduct, and other rules that may be developed by campus Cheer Coach with approval of the Principal.
- B. Cheer Coaches are responsible for enforcing the cheerleader discipline policy fairly to all cheerleaders.
- C. The discipline Policy does not replace or supersede the Fort Bend ISD Discipline Management Plan.
- D. These rules apply to all cheerleaders/mascots at **all** times during their elected term.
- E. The following rules of conduct for participants in FBISD school-Coached extracurricular activities apply 24 hours a day, seven days per week, and fifty-two weeks per year:

Loss of Privilege – Deferred Adjudication, Probation, Felony or Class A Misdemeanor

A student in grades 6 through 12 may lose the privilege of participation in extracurricular activities during any period of deferred adjudication or probation.

Middle school Counselors will assist Cheer Coaches in obtaining a release of related documentation. A student in grades 6 through 12 shall lose the privilege of participation in extracurricular activities during any period of:

- While under indictment for a felony; or
- While awaiting a final determination of guilt or innocence in connection with either a felony or any offense punishable as a Class A Misdemeanor, whether the felony or offense was committed on or off campus

Loss of privilege-Selling or Delivering

Selling or delivering marijuana, alcohol, a controlled substance, a dangerous drug, abuseable glue, aerosol paint, or any other mood-changing, mind altering, or behavior affecting drug is strictly prohibited and will result in elimination from further participation in all extracurricular activities for:

- First Offense: one calendar year.
- Second Offense: for the remainder of the student's school career.

Loss of Privilege-Suspension, AEP, Expulsion

A student in grades 6-12 shall lose the privilege of participation in extracurricular activities during any period of suspension, placement in disciplinary Alternative Education Program (AEP), or expulsion

Other Removals

The following infractions are strictly prohibited:

- Using, possessing, or being under the influence of marijuana, a controlled substance, a dangerous drug, abuseable glue, aerosol paint, or any other mood-changing, mind altering, or behavior affecting drug;
- Using, possessing, or being under the influence of an alcoholic beverage;
- Using or possessing tobacco products, including vapor pens, electronic cigarettes, etc.
- Theft or stealing;
- Engaging in lewd, disruptive, or other offensive conduct that affronts school district standards of propriety; and
- Cheating or academic dishonesty.

Upon the administration's determination that a FBISD student participating in a school-Coached extracurricular activity has violated any one of the infractions identified above, at **Other Removals**, the student shall lose the privilege of further participation in that activity as provided below:

- First Offense in student's attendance in FBISD (measured from grade 6): **10** hours of approved community service and **20%** suspension from active participation in any/all FBISD extracurricular activities. If the offense

occurs when the student is not actively participating, the suspension shall apply beginning with the next period of participation following the offense. If the student is involved in more than one activity, the suspension shall apply to all activities concurrently. The student shall not serve more than one 20% suspension for the first offense. During the suspension, the student must attend all practices to maintain team status.

- Second offense in student attendance in FBISD (measured from Grade 6): **20** hours of approved community service and **40%** suspension from active participation in any/all FBISD extracurricular activity. If the offense occurs when the student is not actively participating, the suspension shall apply beginning with the next period of participation following the offense. If the student is involved in more than one activity, the suspension shall apply to all activities concurrently. The student shall not serve more than one 40% suspension for the second offense. During the suspension, the student must attend all practices to maintain team status.
- Third Offense in student attendance in FBISD (measured from Grade 6): the student shall be suspended from further participation for one calendar year.
- Fourth Offense in student attendance in FBISD (measured from Grade 6): the student shall be eliminated from further participation in all activities for the remainder of his/her school career. A student may be referred to counselors, as appropriate. A student or parent may appeal the student's loss of extracurricular privileges through FBISD Board Policy FNG.

Upon determination of a student's removal from participation in school-Coached extracurricular activities, the student's Coach will communicate to the student and the student's parents the terms of the removal. Additionally, the Coach will notify the campus Principal and the District Athletic Director in writing of the terms of the removal.

A Student may be referred to counselors, and/or drug and alcohol education programs, as appropriate. A student or parent may appeal the student's loss of extracurricular privileges through FBISD Board Policy FNG (LOCAL).

If a member of the current cheer squad is removed from the team after tryouts, he/she will forfeit their position for the following year as well. If a candidate makes the squad and later chooses not to be on the squad, he/she also forfeits tryouts for the following year. She/he will only be able to tryout subsequent years after the forfeited year has been served and the student did not incur an ISS or OSS related consequence.

Additional Rules of Conduct

In addition to the rules of conduct specified in the Conduct Rules section, students who participate in extracurricular activities shall comply with the following rules at all times, on or off campus, regardless of whether school is in session:

- Show respect for FBISD officials and staff;
- Participate in every practice, competition/performance and event required by the Cheer Coach, unless the coach has granted an excused absence;
- Arrive promptly, properly attired, for every practice, competition, etc., unless the Cheer Coach has granted an excused absence;
- Adhere to the grooming standards described below at the section titled “Dress Code”;
- Demonstrate sportsmanlike behavior;
- Demonstrate a positive attitude; and
- Be courteous and polite to others.

Notice: Participation in fundraising activities for an extracurricular activity does not guarantee selection for the team or extracurricular activity. An assignment to an athletics class does not ensure final selection onto any team.

II. CUMULATIVE 20 POINT DEMERIT SYSTEM

A. DEMERIT RECORD

1. The record will be established for all cheerleaders, both varsity and junior varsity.
2. The record will record infractions for the entire school year, as identified by the Cheer Coach.
3. Demerits cannot be worked off or retracted.
4. The record will be maintained solely by the Cheer Coach and must be kept confidential. A cheerleader may view his/her own record.
5. When a demerit is recorded on the record, the Cheer Coach will initial the entry and ask the cheerleader to do likewise.
6. When a cheerleader receives a total of 5 demerits, the Cheer Coach will personally counsel with the cheerleader.

B. 10 CUMULATIVE DEMERITS = NOTICE

1. When a cheerleader reaches a total of 10 demerits, the cheerleader will be placed on notice and the Coach will notify the cheerleader and his/her parent/guardian.
2. The notice status will be documented in writing by the Coach and signed by the Principal. The notice statement will be provided to the parent or guardian.

C. 15 CUMULATIVE DEMERITS = SUSPENSION

1. When a cheerleader reaches a total of 15 demerits, he/she will be suspended for a 3-week period. The cheerleader is prohibited from performance activities and wearing uniforms. They will continue to practice.
2. The suspension status will require the Coach to meet with the cheerleader and his/her parents with a campus administrator present. The suspension will continue until the meeting takes place.

20 CUMULATIVE DEMERITS = DISMISSAL FROM SQUAD

If a cheerleader accumulates 20 demerits, the cheerleader will be dismissed from the cheer squad. A written notice and copy of the demerit record will be prepared by the Cheer Coach and signed by both the Cheer Coach and Principal. A copy of the notice will be given to the student's parent or guardian, with a copy sent to the District's Athletic Director.

D. ADDITIONAL DISCIPLINE

In addition to demerits issued for infractions, the Coaches may administer additional discipline, such as warnings, additional sign making, or others as deemed necessary.

DEMERITS ISSUED FOR THE FOLLOWING INFRACTIONS

	Demerits	
▪ SMOKING/VAPING	10/	Offense
▪ ISS (In-School Suspension)	4/	Day
▪ OSS (Out of School Suspension)	5/	Day
▪ FERNDCELL	20/	Offense
▪ AFTER SCHOOL / SATURDAY DETENTION	2/	Day*
	*Maximum 4/Occur	
▪ DELIBERATE DISOBEDIENCE TO COACH/COACH	10/	Offense
▪ DISRESPECT TO COACH/COACH OR OTHER ADULT	5/	Offense
▪ UNSPORTSMANLIKE CONDUCT TO SQUAD MEMBERS / OTHER STUDENTS	2/	Offense
▪ USE OF PROFANITY	5/	Offense
▪ USE OF PROFANITY DIRECTED AT A DISTRICT EMPLOYEE	10/	Offense
▪ UNEXCUSED ABSENCE	5/	Offense
▪ EXCUSED ABSENCES	2/	Absence*
	*Demerits issued beginning 6th excused absence	
▪ TARDIES	1 /	Offense*

		*3 tardies = unexcused absence
▪ INAPPROPRIATE DRESS	5/	Offense
▪ UNIFORM INFRACTIONS	1/	Offense
▪ STUNTING WITHOUT COACH/COACH APPROVAL	5/	Offense
▪ INAPPROPRIATE BEHAVIOR	5/	Offense
▪ INNAPPROPRIATE ONLINE PRESENCE	10/	Offense
▪ DEADLINES / RESPONSIBILITIES	1/	Offense

In addition to discipline consequences available under the Fort Bend ISD Discipline Management Plan, demerits may be issued for the infractions listed above. An assessment of demerits does not supersede or replace the discipline consequences available under the Fort Bend ISD Discipline Management Pla

**FORT BEND INDEPENDENT SCHOOL DISTRICT
CHEERLEADER DEMERIT RECORD**

Cheerleader: _____

Campus: _____

Coach: _____

INFRACTION	DA TE	DEMERITS ISSUED	COACH'S INITIALS	Cheerleader's Initials
VIOLATION OF SCHOOL CONDUCT CODE				
▪ Smoking/Vaping (10)	1			
	2			
▪ ISS (4)	1			
	2			
	3			
	4			
	5			
▪ OSS (5)	1			
	2			
	3			
	4			
FERNDELL (20)	1			
▪ After School/Sat. Detention (2)	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	9			
	10			

INSUBORDINATION					
▪ Deliberate Disobedience (10)	1				
	2				
▪ Disrespect (5)	1				
	2				
	3				
	4				
▪ Unsportsmanlike Conduct (2)	1				
	2				
	3				
	4				
	5				
	6				
▪ Use of Profanity (5)	1				
	2				
	3				
	4				
▪ Use of Profanity directed at a district employee (10)	1				
	2				
ABSENCES					
▪ Unexcused (5)	1				
	2				
	3				
	4				
▪ Excused (2)	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				

TARDY (1)	1				
	2				
	3				
	4				
	5				
	6				
INAPPROPRIATE DRESS (5)	1				
	2				
	3				
	4				
UNIFORMS (1)	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				
STUNTING W/O APPROVAL (5)	1				
	2				
	3				
	4				
INAPPROPRIATE BEHAVIOR (5 max.)	1				
	2				
	3				
	4				

INNAPROPRIATE ONLINE PRESENCE (10)	1				
	2				
	3				
	4				
INAPPROPRIATE DRESS (5)	1				
	2				
	3				
	4				
	6				
	7				
	8				
	9				
	10				
	TOTAL DEMERITS:				

NOTATIONS:

Signature: _____

Cheer Coach

Date

Signature: _____

Campus Administrator

Date

CLARIFICATIONS/DEFINITIONS

- I. **ALL CHEERLEADERS WILL BE EXPECTED TO FOLLOW ALL THE RULES OF CONDUCT AS OUTLINED IN THE FORT BEND ISD STUDENT HANDBOOK.**

- II. **ALL CHEERLEADERS WILL BE EXPECTED TO DISPLAY POSITIVE LEADERSHIP QUALITIES IN ATTITUDE, BEHAVIOR, SPORTSMANSHIP AND SCHOOL SPIRIT.**

- III. **SMOKING/VAPING**
 - A. The use or possession of any tobacco or vaping products constitutes smoking.

- IV. **UNEXCUSED ABSENCE**
 - A. An unexcused absence is defined as the failure to attend any scheduled cheerleading activity (sample listing below) as determined by Cheer Coach without prior and proper permission from Cheer Coach. Any outside activity, including a job and/or participating on another cheer squad, is an invalid reason for missing a scheduled cheerleading activity. Vacations should be scheduled around summer practices and camps.
 - After school practices
 - Saturday practices
 - Evening practices
 - Summer practices
 - Games
 - Pep rallies
 - Cheerleading fund raisers
 - Cheerleading community projects
 - Leaving or arriving halfway through practice
 - Any other scheduled activity by Cheer Coach

V. EXCUSED ABSENCE

Each cheerleader will be permitted five (5) excused absences from the current tryout year to the following tryout year. Any cheerleader who has six (6) or more excused absences will be considered to have excessive absences and will accrue two (2) demerits per absence beginning with the sixth absence. Cheerleading is a team sport, and all cheerleaders are required to be present. An excused absence is defined as follows:

- **School-Related Activity** – A written 48-hour notification to the Coach/Coach signed by the school official.
- **Family Death** – Verbal communication to the Cheer Coach by parent/guardian followed by written notification
- **Illness** – Verbal communication to the Cheer Coach from the parent, followed by written notification, even if the child was not in school. If a cheerleader does not feel well enough to participate, the Cheer Coach has the discretion to send the child home under an excused absence.
- **Doctor Appointments** – With written 48-hour notification to Cheer Coach signed by parent/guardian.

(Note: Verbal Communication may consist of personal communications, voice mail, or notice to the Cheer Coach's mailbox by school attendants).

Absences for Religious Holidays will be excluded from any count. Verbal communication to the Cheer Coach by the parent is required.

VI. TARDIES

Any cheerleader 5 minutes late to any cheerleading activity will receive one-(1) demerit per occurrence. After being late 10 minutes, the cheerleader will be assigned an additional demerit. Three late tardies will be considered an unexcused absence.

VII. APPROPRIATE DRESS

All cheerleaders shall abide by the proper dress code when at practices, games, school-related events, or any other cheerleader activity. The Cheer Coach will determine specific dress. See FBISD Student Code of Conduct for compliance.

VIII. UNIFORMS

All cheerleaders are expected to maintain their uniforms with care. See AACCA and NFHS safety rules for compliance. When in uniform, cheerleaders should refrain from the following:

- Chewing gum
- Wearing nail polish
- Long fingernails

- Wearing jewelry
- Wrong socks
- Missing hair bow
- Dirty uniforms

IX. STUNTING WITHOUT APPROVAL

For safety purposes, all stunting must be approved in advance by the Coach. No stunting is permitted without a Coach in attendance.

X. INAPPROPRIATE BEHAVIOR / DISRESPECT

Cheerleaders are expected to be role models and ambassadors of goodwill for their schools and follow the Profile of a Graduate. Therefore, all cheerleaders are expected to exhibit appropriate behavior. The following shall be considered inappropriate behavior and subjected to discipline:

- PDA – Public display of affection
- Report of misconduct by other teachers, administrators, and/or parents
- Distractions during practice/game/pep rallies
- Non-spirited attitude
- Unsportsmanlike conduct
- Disobedient behavior

XI. DEADLINES/RESPONSIBILITIES

Cheerleaders are expected to fulfill all responsibilities and meet all deadlines as established by Cheer Coach.

GENERAL SAFETY GUIDELINES

I. BASIC SAFETY GUIDELINES

- A. Cheerleading squads should be placed under the direction of a knowledgeable advisor or Coach and in accordance with AACCA Safety Standards.
- B. The cheerleading Coach or other knowledgeable designated school representative (with Principal approval) should be in attendance at all practices and functions.
- C. All cheerleaders shall receive proper training before attempting any form of cheerleading gymnastics, i.e., tumbling, partner stunts, pyramids, and jumps.
- D. All partner stunts shall be mastered according to the “partner stunt progressions” before attempting a new level of difficulty. (See attachment.)
- E. All practice sessions shall be held in a location suitable for the activities of cheerleaders, i.e., (use of tumbling mats, away from excess noise and distractions, etc.)
- F. Training in proper spotting techniques should be mandatory for all squads attempting gymnastics.
- G. Jewelry, accessories and apparel should be conducive to safe performance.
- H. Warm-up exercises and stretching shall precede all practice sessions, pep rallies, games, competitions, and other physical activity.
- I. All cheerleading squads shall develop a conditioning and strength-building program.
- J. The cheering surface, location, lighting and weather conditions shall be taken into consideration before engaging in physical activity.
- K. Coach recognizes the entire squad’s ability level and limit the squad’s activities accordingly.
- L. Cheerleaders never stunt while the football team or other sport team is in play, no matter what part of the field they are on.
- M. An emergency plan must be in place and practiced in case of an emergency.

NO COACH, NO PRACTICE!!!!

COMPETITION GUIDELINES

I. DESIGNATION AS COMPETITION SQUAD

- A. The squad is a competition squad as decided by the Coach and Principal
- B. All members are expected to prepare for competitions
- C. Competition squad must be selected from current school squads

II. SAFETY

- A. According to UIL regulations - CHEERLEADERS; SPIRIT GROUPS
"All cheer and spirit performances at any UIL activity shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook."
- B. All elected cheerleaders and the mascot will be required to attend a professionally run cheerleading camp.

III. ATTENDING COMPETITIONS

- A. The Cheer Coach will make the decision with Principal approval.
- B. The Cheer Coach must accompany the squad to any competition.

IV. OUTSIDE HIRED CHOREOGRAPHERS/COACHES

- A. Outside choreographers or Coaches must be familiar with competition and district guidelines

V. COMPETITION GUIDELINES

- A. Competition guidelines must comply with the regulations outlined in the National Federation High School Spirit Handbook (See safety guidelines and reference material included in this handbook.)

COACH DUTIES

I. COACHES RESPONSIBILITIES AND DUTIES

- A. Make schedules for games, uniforms, practices, etc.
- B. Assign duties in all activities.
- C. Be responsible for informing all cheerleaders of changes in schedule, upcoming events, etc.

- D. Be responsible for giving announcements to administration.
- E. Make the final decision on choice of uniforms for games and pep rallies.
- F. Screen and have veto power on all ideas, cheers, stunts, skits, signs, etc.
- G. Recommend to the administration if a cheerleader is to be suspended or dropped from the squad.
- H. Be responsible for supervision of all items ordered and for collection of money.
- I. Be responsible for a grade, tardy, absence, and conduct check with teachers and discipline action taken by grade level Principal.
- J. Assign demerits for infractions.
- K. Be in attendance for the following:
 - 1. summer camp and competition
 - 2. tryouts
 - 3. games when cheerleaders are officially cheering or other knowledgeable designated school representative (with Principal approval)
 - 4. outside training for squad (gym, clinics, etc.)
*In case of Cheer Coach absence, a designated school official (with Principal approval) will be in attendance.
- L. See that no routine is used that could result in serious injury.
- M. Ensure that the equipment is maintained for cheerleaders as outlined in the district's equipment policy. The Coach is responsible for issuing and collecting school purchased equipment and uniforms.
- N. Monitor all activities for compliance with the National Federation Spirit Handbook and the AACCA Safety Certification guidelines.
- O. Organize and practice an emergency plan.