Richland High School
Cheerleader/Mascot 2020-2021

Purpose

The purpose of cheerleading is to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. Cheerleaders are first and foremost representatives of RHS. Cheerleaders also represent RHS at cheerleading competitions and other cheerleading-oriented activities.

Membership

1. Cheerleaders are expected to set a good example. The following characteristics are required and must be displayed at all times:

   - Must be honest and truthful
   - Must exhibit good sportsmanship
   - Must exhibit high moral standards
   - Must willingly display positive school spirit (dress up days, game days included)
   - Must exhibit a very positive attitude toward the cheerleading program
   - Must be respectful toward fellow cheerleaders, coaches, athletic teams, administrators, and other school groups

2. Cheerleaders are considered leaders of the student body. Certain responsibilities accompany any position of leadership. Drug and alcohol use or any immoral behavior/pictures are not acceptable from any member of the RHS cheerleading squad. See Birdville ISD Honor Code for further explanation.

3. Cheerleaders must participate in and give freely of their time for any cheerleading activity deemed appropriate by the coach throughout the year. This includes but is not limited to attendance at all fundraisers, summer practices, camp, games, competition practices, poster paintings, etc. Any and all conflicts must be discussed with the coach in advance. Absences may be excused when circumstances warrant.

4. Cheerleaders must be in good physical condition and able to condition/perform all year long. Cheerleaders will be required to participate in a conditioning program. This program includes activities such as running, weight lifting, tumbling, etc.

Note: If any cheerleader becomes unable to meet the membership requirements at any point during the year, he/she may forfeit squad membership.

Revised January 2020
Attendance Requirements

1. Cheerleaders are expected to have above average school attendance. Cheerleaders are responsible to their squad members to attend and participate in all practices and activities. Excessive absences resulting in owing hours at semester is unacceptable.

2. Cheerleaders must attend all summer practices and any other before/after school, weekend or holiday practices called by the coach.

3. **Cheerleaders are responsible to notify the coach ahead of time of any absence from a practice or performance (at least 24 hours in advance or absence may not be excused).**

The following are excused absences:

- personal illness (with parent note the first day absent and doctor’s note for any day absent after)
- funeral or death in the family, special school activities
- family function (with at least one week prior notice to the coach)
- religious holidays

All other reasons for being absent or leaving early from a cheerleading event will be unexcused.

**DO NOT schedule doctor/dentist/etc. appointments** during practice or any other cheerleading function. This is considered an unexcused absence.

4. Cheerleaders must be ready to warm up or condition at the time set by the coach. Hair is to be pulled back in a tight ponytail and away from the face. Cheerleaders will be considered late if not ready to perform at the set time. Any cheerleader who fails to appear in the FULL and CORRECT uniform (including bow, poms, megaphone, etc.) to a cheerleading function will be considered tardy. Cheerleaders will NOT perform when in incorrect uniform.

5. Cheerleaders are expected to support all cheerleader fundraising projects under the direction of the coach.

6. Cheerleaders will ride the bus to and from all away events if a bus is provided. If they do not ride the bus, they will not perform. Exceptions to this rule will be made on an individual basis and require prior Principal’s approval.

7. Cheerleaders are required to attend and/or cheer at all activities scheduled by the coach. This includes all events on the schedule and any other events deemed necessary that may be called on short notice (playoff games, extra practices, community appearances, team community service, etc.).

8. Cheerleader functions (games/activities/pep rallies) are school functions. Cheerleaders will not be allowed to leave during any of these activities and return (only emergencies).

9. Cheerleaders will stay with their teams at all times at any game/function during the event/half time/time outs/etc. Approval may be given by coaches for breaks.

10. **Tutorials:** Cheerleaders must make every effort to attend tutorials after school or at a time other than practice. If every attempt has been made and during practice is the only opportunity, **advance notice (at least 24 hours) must be provided** by the cheerleader and a **written note from the teacher must be presented** to excuse the cheerleader from practice.

If a cheerleader attends a morning tutorial, they MUST still attend practice afterwards and be present in the dance room by the beginning of 7th period. **Attendance in an afternoon tutorial does NOT necessitate absence from cheer practice during 7th period.**

Revised January 2020
Academics

1. Cheerleaders are expected to maintain a passing grade of 70 in each class. Cheerleaders will follow the “No Pass No Play” rule according to UIL. Any student receiving an individual grade lower than 70(F) is ineligible and will be placed on probation for three weeks.

2. A cheerleader who fails a six weeks for a second time during the cheerleading year will be dismissed from the squad.

3. Study group, tutoring, homework, studying for a test, etc. is not an excuse to miss a practice, game, pep rally, performance, or appearance – plan ahead! At the beginning of each sport season, cheerleaders must check any conflicts with the cheerleading schedule and provide immediate notice to the coach of any outstanding conflicts.

Coach’s Authority

1. The coach schedules all activities attended by the cheerleaders.

2. The coach authorizes trips, competitions, expenditures, and fundraisers concerning the cheerleading organization.

3. The coach is not responsible for independent practices that cheerleaders engage in which are not officially scheduled by the coach.

4. Cheerleading uniforms, jackets, camp clothes, etc. will be worn only when indicated by the coach and only by cheerleaders unless prior approval is given.

5. The coach has the right to sit out any cheerleader she feels does not know the expected material for any given performance, even if the cheerleader is present the day of the performance.

6. Any major disciplinary infraction (such as a mandatory DAEP placement) may result in immediate removal from the organization.

7. The interpretation of all rules is the sole right of the coach and the principals. They have the right to add or amend rules they feel must be changed for the benefit of the organization.
Richland High School Cheerleading
Conduct/Attendance Conditioning

Cheerleaders may be required to complete the following conditioning practice in the event of an infraction. A list of possible, but not all, infractions is listed below with respective conditioning practices. The type of conditioning is up to the coach’s discretion in regards to each infraction.

Conditioning will take place every Wednesday at the end of practice. Any infractions will accrued from Thursday to the following Wednesday may be subject to conditioning on Wednesdays.

1 lap may be required if the following infraction(s) occur:
- Tardy to practice or an event
- Failing to be in correct uniform at any time, including but not limited to
  - Nail polish
  - Hair style
  - Uniform items (bow, poms, skirt, shell, spandex, socks, shoes, etc.)
  - Chewing gum
- No notice of an absence to a coach (24 hrs.) first offense
- Disrespect to a coach or captain
- Failing to complete all parts of workouts/conditioning
- Inappropriate behavior at an event/game
- Coach’s discretion

2 laps may be required if the following infraction(s) occur:
- No notice of an absence to a coach (24 hrs.) second offense
- ISS or Saturday School placement
- Referral
- Not being truthful to a coach
- Unexcused absences (see RHS Cheer Guidelines)
- Coach’s discretion

Burpees (jump into a plank position and back to standing) may be required the following infraction(s) occur:
- Talking unnecessarily during games and/or practices
- Missing motions or performance material
- Coach’s discretion
**Expectations**

*Participation*

Cheerleaders are expected to:

1. Fully participate in all activities, which include practices, pep rallies, games, performances, appearances, dress up days, and all other assigned functions.

2. Maintain tumbling skills performed at try-outs for the duration of the cheerleading season. Coaches may issue consequences to any cheerleaders who refuse to perform previously demonstrated skills.

3. Cooperate fully with coaches (follow directions, treat with respect).

4. Treat all team members with respect all day, every day.

5. Cooperate with captains and be encouraging with teammates at all times.

6. Arrive at a function on time. You are tardy if you arrive after the scheduled times for practice, games, cheerleading class, or other assigned functions.

7. Display good sportsmanship and conduct at all times including at school, practices, games, performances, appearances, etc.

8. Follow school code of conduct and dress code at all times

9. Display academic integrity and responsibility.

10. Complete tasks on time and meet deadlines when required.

*Performances*

1. Cheerleaders are expected to arrive 15 minutes before start time unless otherwise instructed. Tardiness may result in removal from performance.

2. Cheerleaders are expected to arrive at function prepared and in full uniform.

   FULL uniform includes correct shell and skirt, bloomers, bow, hairstyle, no show white socks, shoes, performance make-up, poms, and megaphone. **NO JEWELRY** (including spacers) or acrylic finger nails at any time while in uniform, during practice or performance. This is a safety issue! New piercings are not allowed nor are they an excuse to wear jewelry during practices, games, pep rallies, performance, appearances, etc. Band-aids are not allowed to be used to cover existing piercings.

3. Cheerleaders are expected to stretch and warm up as a squad, under direction of coach and captains.

4. Cheerleaders are expected to keep their full attention on the game and the crowd. No unnecessary talking with teammates or audience, including friends, family, and boyfriends in the stands is allowed.

5. Cheerleaders are expected to remain with their team during half time and other breaks during games. This is not a time to visit with family, friends, etc. Permission will be given by the coach for breaks.

*Practice*

Revised January 2020
1. Cheerleaders are expected to wear the correct practice uniform. Any cheerleader who fails to appear in FULL and correct practice uniform will receive pre-determined consequences.

   FULL practice uniform includes correct shirt and shorts, hair pulled back, no show white shocks, and correct shoes. **NO JEWELRY** (including spacers) at any time while in uniform.

2. Cheerleaders are expected to arrive on time to practice.

3. Cheerleaders are expected to complete all parts of workout and conditioning.

4. On days with no practice, cheerleaders are expected to report to class before the tardy bell rings for 7th period.

5. Cheerleaders are expected to follow all rules when in the cheer room and locker room.

   No food and drink is allowed in the cheer room AT ANY TIME, make-up and hair must be done in the locker room only, and the locker room must be kept clean and organized at all times.

6. Cheerleaders are expected to remain in the dance room unless given permission to leave.

7. Cheerleaders are expected to complete a set work-out in order to make up a missing practice. This predetermined conditioning may take place within one week of their absence.

**Dress Up Days**

1. Cheerleaders are expected to participate in both team and spirit dress up days.

2. Cheerleaders are expected to report to the dance room for dress up check in with one of the coaches.
# Richland High School Cheerleading Constitution 2020-2021 Agreement

I have read, understand, and agree to the Richland High School Cheerleading Constitution for the 2019-2020 school year. I understand my commitment to leadership as a Richland High School Cheerleader and will honor this position by respecting the guidelines put forth in the Richland High School Cheerleading Guidelines and the Birdville ISD Cheerleading Constitution.

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Revised January 2020