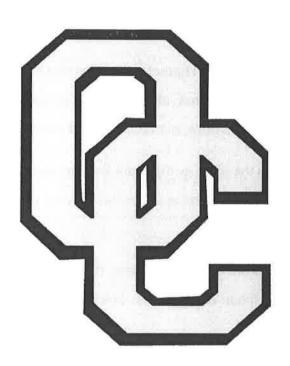
Ore City High School

Cheerleader Tryout Handbook 2024-2025



WE ARE OC!

Philosophy

The philosophy of our program is to build strong leadership characteristics in each cheerleader. The sport of cheerleading produces desired character qualities of leadership, loyalty, commitment, integrity, and creativity. The athletes will be aware of their individual responsibility to each other as a team in unity. When one member struggles, we all struggle. When one member succeeds, we all succeed. Each athlete will learn what it means to make a commitment to their team and sport by remembering our core values:

<u>Character</u> – A strong sense of values and character are essential in every part of life. We will hold ourselves to a high standard in this area, always making sure to show ourselves in a positive light. As our skills and talents grow, our character will also follow the direction forward.

Heart for team – Each person on the team is important and has something to offer. Teammates will be respectful to one another in word and in action, on the mat, in the hallways, and in the community.

Energy and effort – Cheerleaders are expected to bring 100% to every practice and game. Great effort and high energy will mean excellence in execution.

<u>Encouragement</u> – Cheerleaders are asked to not only encourage the teams they are cheering for, but to also encourage fellow teammates and to extend the same encouragement to their fellow students, teachers, and in everyday interactions in their community.

Respect – Cheerleaders will show respect to our team and to others. Most importantly, athletes need to respect themselves and make decisions that are honoring the person they want to be.

All athletes and their families should refrain from making negative comments about our school and the teams we represent. Our job is to create a positive and encouraging environment. Cheerleaders are spirit leaders; therefore, school and team spirit are expected at all times.

Cheerleader Tryout Information

March 28th, 2024

Read the guidelines carefully, then complete the following forms and return them to the sponsor during the mandatory parent meeting on Monday, March 18th, 2024 at 6 p.m. (Please retain a copy of the guidelines for further reference.)

- Application
- Financial Release form
- Medical Release form
- Approximate Cost form
- Dates to Remember Form
- Demerit System

Practice and Tryout Schedule

- Saturday, March 23rd, 9:00 am 12:00 pm: Mandatory clinic to learn tryout material (HS Gym)
- Monday, March 25th, 3:45-5:00 pm: Optional open Gym to practice Tryout Material (HS Gym)
- Wednesday, March 27th, 3:50 5:00 pm: Optional open gym to practice material (HS gym)
- Thursday, March 28th, 10:00am FINISH: Tryouts. Candidates must be in the dressing room by 8:30 a.m.
- No visitors will be allowed at practices. Parents are not allowed on campus during tryouts.
- A video of all tryout materials will be posted on SportsYou following the mandatory clinic on March 23rd. Candidates will not be permitted to film the material with their own devices.

Tryout Procedure

- Tryouts will be conducted by a panel of outside judges.
- Judges' scores, as well as teacher evaluations by 3 core teachers, will make up the scores of each contestant.
- Order of tryouts- Numbers will be drawn during the cheer clinic on March 23rd.
- Candidates will perform the chant and dance in groups of 3 or 4.
- For the <u>individual performance</u>, the candidate will step to the free throw line and perform a 3 jump combination. They will then tumble and/or spirit in, perform the cheer learned at the first of the week, and tumble and/or spirit out.
- The three jump sequence may consist of any combination of three of the following jumps: toe-touch, herkie, hurdler, or pike.
- Tumble and/or Spirit Out
- Judges can call back for repeat of the individual tryout, if needed.

All results will be posted to SportsYou on Friday, March 29th.

Tryout Attire

- All candidates must wear black shorts, white shirt, and tennis shoes.
- Undergarments should not show through the white shirt.
- Hair must be pulled back. A solid black or white bow or ribbon can be worn. No previous cheer bows may be worn.
- No colored socks should show.

Membership

- The Varsity Squad will be composed of students who will be in the $9^{th} 12^{th}$ grades during the 2024-2025 school year.
- Membership of each squad will be determined by stated tryout procedures. In order to remain on the squad a student must maintain U.I.L. and Texas Education Agency eligibility requirements.
- Must be enrolled as a full time student at OCHS.
- All Financial obligations to the school must be cleared no later than Wednesday, March 20th, 2024. Extenuating circumstances will be reviewed.
- A tryout application and medical release form signed by the parent and candidate must be submitted at the Mandatory Parent Meeting on Monday, March 18th at 6 p.m.
 ABSOLUTELY NO EXCEPTIONS
- If a cheerleader quit the squad in previous years, they will not be able to try out.

Parent Information

Expenses and Financial Obligations

- All members must meet the financial obligations involved. All bills must be paid to the
 office
 - by a designated date in order for a cheerleader to be eligible to remain on the squad. Each individual cheerleader will purchase leggings, shoes, spandex, socks, camp clothes, bows, and a portion of camp.
- If a student is selected for a cheerleader squad, they must turn a \$200.00 deposit to the high school office no later than Monday, April 15th. This \$200.00 goes toward summer camp deposit/Varsity orders.
- If the money is not turned into the office by 3:45 p.m.that individual will be dropped from the squad and the candidate with the next highest score could take their place on the squad. The new cheerleader will have seven (7) school days to turn in the deposit.
- Each member is responsible for any expenses incurred during the school year.
- All bills <u>MUST</u> be paid no later than June 15th, prior to summer camp. If not, you will
 not be permitted to attend camp and will be dismissed from the squad

Payment Dates and Approximate Costs

This is an estimation for budgeting purposes. All costs are subject to changes.

| Date Due | Amount Due | What For |
|-----------|------------|---------------------------------|
| 4/15/2024 | \$200 | Portion of camp and cheer shoes |
| 5/15/2024 | \$150 | Camp shirts and shorts |
| 6/15/2024 | \$150 | Leggings, spandex, bows, socks |

OCISD provides uniforms, bags, poms, and a portion of camp. Our fundraising provides warm-ups, team building activities, stunt clinics, signs, megaphones, pep rally materials, and various other items used throughout the year.

Fundraising

- All members are required to participate in money making projects. (If you choose not to participate, it could result in demerits and possibly being dismissed from the squad)
- All moneys raised and collected during an organized fundraiser belong to the individual squads and the proceeds will be used to offset expenses such as uniforms, camp, and spirit activities. We will refund none of these funds to any individual member.
- The following are the currently planned fundraisers:
- Mini Cheer Camp for Elementary-6th- this will be shared with the Middle School squad and the funds will be split between the two squads. Parents will be required to work one day in the concession stand during the camp. If unable, they must have someone to work their shift.
- Camp for MS Cheer- Varsity cheerleaders will host camp for the Middle School squad. They will be expected to teach techniques and material to the middle school cheerleaders during the summer.
- 3. KYKX Big Bass Bonanza The girls are required to participate in collecting trash at the tournament. We have worked this for many years, in exchange for a donation from KYKX.
- The dates of these are to be determined. They will be announced as soon as possible.

General Rules and Expectations

- Cheer year will start on March 29th and all rules, as well as the demerit system, will apply from that point on.
- No food, gum, or drinks allowed during practices. Snacks can be brought for breaks.
- Only water during practice and games.
- Respectful Behaviors at all times. Demerits will be given and a parent will be contacted to discuss the problem.
- Proper practice attire must be worn at every practice. Cheer shoes and socks are a part of the practice attire.
- Camp shirts will be worn to practices. These will be announced weekly.
- Hair must always be neatly pulled away from the face.
- Cheerleaders not in proper practice attire may result in a pre-set amount of conditioning and demerits.
- No jewelry will be worn during practice (rings, watches, earrings, etc.). Do not bring these
 items to the gym. We are not responsible for misplaced or lost jewelry!
- Fingernails must be kept short with no polish. Do not go to the expense of getting fake nails, because you can be asked to cut them down.
- No visible body piercing or tattoos.
- No visitors during practice.
- No use of cell phones during practice or events.

Transportation and Bus Rules

- All members must travel to out of town games on the bus, except in the case of an emergency or special circumstances. In order to ride home with a parent, an email or message on SportsYou must be sent to the sponsor 24 hours prior to the game.
- If a member is allowed to return home other than on the bus, it will be with their parents or guardians or another adult designated by the parent.
- If a squad member misses the bus, he/she will not be able to perform at the game and will
 receive appropriate
 demerits and/or possible dismissal from the squad.
- If an unexpected situation arises when a parent needs to take a student from a game or
 performance, the parent
 must come in person and give the sponsor a request in writing and then the student, when
 excused, must leave
 immediately for their destination. They may not check out early and remain at said game.
- Students will be advised what time they should arrive back at the school following school trips. Exact arrival time will be announced on SportsYou, when leaving games. There must be a parent or guardian at the school to pick them up upon arrival.
- Transportation from the school to home and from home to school is the responsibility of the student and parent.
- All members are to be in complete uniform with makeup and hair fixed when entering the bus for a trip
 and when they leave the bus anytime.
- Cheerleaders are not to exit until advised by the sponsor or chaperone.
- o Bus must be cleaned after use, and all supplies must be returned to the cheer room.

Attendance

- Cheerleaders must realize that attendance is mandatory to all scheduled performances.
- Absences for school related events are excused(band, athletic events, FFA, after school tutorials, etc.).
- Extracurricular activities such as (work, All Stars, dance, gymnastic classes, etc.) are not excused.. Absences due to these reasons will result in termination from the squad.
- All members are to attend all practice sessions unless excused ahead of time by the sponsor. The practice sessions cannot be completed effectively unless everyone is in their place.
- Practice schedules will be announced as far in advance as possible, to allow scheduling of other events around them.
- Absences/Tardiness to a regular scheduled practice will result in a pre-set of conditioning and demerits. All conditioning must be completed for your child to perform in the next performance.
- Illness is excused by calling in and speaking to one of the cheer coaches (this does not
 include headaches, fatigue, etc.) Notifying the school nurse, or office, is not the same as
 notifying the cheer sponsor. It is the responsibility of the parent or student to submit
 doctor notes and releases to the cheer sponsor. It is not the responsibility of the office to
 forward this information. A picture of these can be emailed or messaged on SportsYou.

- All members must be present at games and performances at the designated time.
- All cheerleaders are to stay for the entire game or performance and may not leave until they are dismissed.
- We understand that there are going to be unavoidable circumstances but keep in mind this is an activity
 you have committed to do and continual absences and tardiness not only affect your performance, but
 also, the other cheerleaders on the squad.
- The cheerleaders will perform at various activities throughout the year. Typical performances will include
 - athletic events, pep rallies, mini-camp, occasional public affairs such as parades (Yamboree), and additional
 - activities, which may come up during the course of the year.
- A member may be dropped from the squad for missing a game or performance for any reason other than
 - hospitalization, severe illness, death in the family, or other extenuating circumstances as determined by the
 - administration. The sponsor should be notified as soon as possible in such cases.
- A cheerleader may be cut from performance if he or she is not able to perform up to standards.

Games and Performances

- Cheerleaders are to stay in complete uniform during games.
- Cheerleaders are to stay in a group on the sidelines during all four (4) quarters of the game.
- Cheerleaders who are in band, may leave 3 min. before halftime (by game clock) to prepare for the halftime performance.
- No food or drinks are to be brought back on the field with the exception of water.
- Varsity will perform at all Varsity football games, home JV games, all playoff games, all Varsity Boys and Girls DISTRICT HOME basketball games and any other sports play off games.
- Arrive in complete uniform with hair up, and no jewelry or fingernail polish.
- Hair and bows will be worn alike by all cheerleaders.
- No use of cell phones during games.
- Do not socialize with players or individual crowd members during the game.

Pep Rallies

- There will be pep rallies for home games.
- All members will plan and prepare for pep rallies.
- All cheerleaders must participate in decided themes for the day.

Summer Camp

- All squad members must attend a summer cheerleading camp, which will be selected by the sponsors.
- Students must follow all rules set up for the campers by the sponsoring university and also our local rules.
 - If a student does not follow the set rules, that student will be sent home from camp and dropped from the squad.

Awards

 Each member may receive an extracurricular school letter jacket on completion of two years of participation at the Varsity level.

Discipline

Any extenuating issues will be ruled on by school administration.

Negative consequences of Demerit system

When administered: Each time a rule is broken, a demerit will be issued.

- Why administered: A cheerleader is expected to be responsible and a good leader. The cheerleader must accept the consequences if a demerit is given. Remember that a leader is not one who commands, but one who sets a good example.
- <u>Five (5) demerits in one day:</u> If a cheerleader receives a demerit for a serious offense or five (5) or more demerits in one day, that person and the sponsor will go to the principal's office for a conference.
- Seven (7) demerits: If seven (7) demerits are given in a semester, the cheerleader and the sponsor will go to the office, contact the parents of the cheerleader, and sit in the bleachers during performances that week.
- Ten (10) demerits in a semester or Fifteen (15) demerits in a year: Automatic dismissal. No exceptions!

Reasons for Dismissal

- I. <u>Rules and regulations:</u> Failure to maintain rules and regulations of the cheerleader squad will result in dismissal.
- 2. <u>Unbecoming conduct</u>: Unbecoming conduct that reflects upon the reputation of the squad and the school may result in termination.
- 3. <u>Drugs or alcohol:</u> Possession of drugs or alcohol, or being under the influence of the same at functions shall be cause for immediate dismissal. Any violation of school policy, rules, or regulations resulting in
- suspension shall be cause for dismissal.

electronic descriptions) will be subject to

4. Any cheerleader representing themselves, or their organization, in an unfavorable, questionable or illegal manner through electronic media (websites, personal home pages, blogs, facebook, my space, text messages, chat rooms or similar websites/files accessible through a server or internet) or using electronic communication devices in such a way as to bring discredit, dishonor or disgrace to the cheerleading organization, including themselves (camera phones, digital photos,

the disciplinary actions determined by appropriate officials and or organizations sponsors included probation or dismissal from the squad; determined by the sponsor.

DEMERIT SYSTEM

A total of fifteen (15) demerits in a year or ten (10) in any one semester (fall or spring) automatically terminates a cheerleader from the squad. **NO EXCEPTIONS**

| Incomplete uniform (Shoes, socks, bow, | Inappropriate display of affection3 |
|--|---|
| uniform, poncho, jacket, etc.)2 | Leaving articles at practice area, game, performance or bus2 |
| Must have own pom poms2 | performance or businimize |
| Failure to remove all jewelry and piercings for practice or performance3 | Putting down squad members, sponsor or bad mouthing others at any time, including the use of any available technology and /or social media4 |
| Late to practice (less than 10min)2 | Refusal or non-participation in |
| Late to practice (over 10 min.)3 | fundraisers4 |
| Late to performance4 | Not participating with Post-game clean-up4 |
| Unexcused absence from mandatory practice5 | Failure to perform duties assigned for pep-rally or game5 |
| Unexcused absence from game or performance8 or possible termination. | Failure to learn ALL assigned material (cheers, chants, dances) in the time |
| Leaving a performance without prior permission5 | given5 |
| Temper displayed during practice, pep rally | Failure to follow the instructions of the sponsor3 |
| and/or school activity4 | |
| Sarcasm, insults or negative remarks made | Stunting without sponsor present5 |
| to an administrator, sponsor, fellow cheerleader or teacher4 | OCS placement5 |
| encorreduct of teacher | Arguing during performances3 |
| Unsportsmanlike conduct4 | Being dishonest to sponsor2 |
| Failure to arrange transportation prior to | |
| | |

PLEASE RETAIN THIS COPY FOR YOUR RECORDS.

practice and/or games......3

PLEASE RETAIN THIS COPY FOR YOUR RECORDS.

Important Dates

All dates, times, events, and locations are subject to changes and additions. Does not include practice dates.

| <u>Date</u> | <u>Time</u> | Event | Location |
|----------------------|-------------|--|-------------------|
| 3/18/2024 | 6:00 pm | Mandatory Parent Meeting-Signed Paperwork Due | HS Gym |
| 3/23/2024 | 9am-12 pm | Mandatory Cheer Clinic for Tryouts | HS Gym |
| 3/25/2023 | 3:45-5 pm | Optional open gym practice | HS Gym |
| 3/27/2024 | 3:45-5 pm | Optional open gym practice | HS Gym |
| 3/28/2024 | 10:00am | Tryouts | HS Gym |
| 5/1/2024 | 3:30pm | Fittings | TBD |
| 5/3 - 5/5/24 | TBD | KYKX Big Bass Bonanza | Lake O' the Pines |
| TBD in June | TBD | Clinic for MS Cheerleaders | Gym |
| TBD Summer | TBD | Mini Cheer Camp | Gym |
| TBD Summer | | OCHS Cheer Camp | TBD |
| TBD | TBD | Meet The Rebels Community Pep Rally | Stadium |
| Fridays | 7:00 pm | All Varsity Football Games | Stadium |
| Fridays | 3:00 pm | Pep Rallies for Home Football Games | HS Gym |
| Thursdays | 7:00 pm | JV Home Football Games | Stadium |
| Tuesdays/ Fridays | 5:00 pm | All District Varsity Girls and Boys Home Basketball Games | HS Gym |
| 1/2025 | TBD | UIL Spirit State Competition | Fort Worth |

Keep all previous pages for your records. Please fill out and return the remaining pages during the Mandatory Parent Meeting on March 18th at 6:00pm.

| opm in the HS gym. | | | |
|---|--|--|--|
| Candidate Name: | | | |
| Check- Off List | | | |
| Please make sure you complete, sign and turn in all of the following forms. | | | |
| Financial Release Form Ore City ISD | | | |
| Cheerleader Tryout Application | | | |
| OCISD Cheerleader Medical Release Form | | | |
| Save the Dates Signature Page | | | |
| Approximate Cost Signature Page | | | |
| Demerits Page | | | |
| | | | |
| * All videos of tryout material will be posted in a SportsYou group specifically for tryouts. | | | |
| Name of Candidate: | | | |
| School Email of Candidate: | | | |
| Cell # of Candidate: | | | |
| Name of Parent/Guardian: | | | |
| Cell# of Parent/Guardian: | | | |

Please Return the following papers during Mandatory Parent Meeting on March 18th at

Financial Release Form Union Grove ISD

| Name of Student | | Date | Grade | |
|------------------------------|---------------------------|-----------------|------------|--|
| All Signatures must be prese | ent and all financial res | | | |
| Librarian | | | | |
| Student Owes \$ | _for textbook(s) | Studen | t is clear | |
| Student Owes \$ | _for library book(s) | | t is clear | |
| Librarian Signature | | | | |
| Cafeteria | | | | |
| Student Owes \$ | _ | Studen | t is clear | |
| Cafeteria Personnel Signatur | re | | | |
| Band | 1 | | | |
| Student Owes \$ | =: | Studen | t is clear | |
| Band Director Signature | | | | |
| FFA | | | - | |
| Student Owes \$ | | Studen | t is clear | |
| Teacher Signature | | | | |
| Athletics/Cheer | | | | |
| Student Owes \$ | =1 | Student | t is clear | |
| Coach Signature | Cheer Sp | onsor Signature | | |
| Transfer Fees | | | | |
| Student Owes \$ | | Student | is clear | |
| Office Signature | | | | |
| Parent Signature | | Cheerleader Si | onature | |
| <u> </u> | | Choolicadel DI | Enaint C | |

Payment Dates and Approximate Costs

This is an estimation for budgeting purposes. All costs are subject to changes.

Parent Responsibilities:

| Date Due | Amount Due | What For |
|-----------|------------|---------------------------------|
| 4/15/2024 | \$200 | Portion of camp and cheer shoes |
| 5/15/2024 | \$150 | Camp shirts and shorts |
| 6/15/2024 | \$150 | Leggings, spandex, bows, socks |

OCISD provides uniforms, bags, poms, and a portion of camp. Our fundraising provides warm-ups, team building activities, stunt clinics, signs, megaphones, pep rally materials, and various other items used throughout the year.

If parent responsibility is not paid in full before camp, the cheerleader will not attend camp. This will result in dismissal from the squad.

** I understand that once uniform and accessory orders have been placed, I am responsible for the bill incurred whether or not my child chooses to remain on the squad and/or whether or not my child is removed from the squad.

I have read and understood the above. (Please sign and return.)

| | Date: | |
|-----------------------------|-------|--|
| Parent / Guardian Signature | | |

CHEERLEADER TRYOUT APPLICATION

| NAME: | DOB: |
|---|---|
| | |
| ADDRESS: | |
| PHONE: | Student |
| CELL# | |
| E-MAIL ADDRESS | |
| GRADE you will be in the 2024/2025 scho | |
| PARENT'S NAMES: | |
| (FATHER) | |
| PLACE OF EMPLOYMENT | |
| WORK PHONE# | CELL# |
| | |
| PLACE OF EMPLOYMENT | |
| | CELL# |
| | |
| I have read the cheerleader guidelines for the follow and abide by these guidelines in ord submit my name for tryouts. | he Ore City High School and understand that I must er to attain/maintain a position on the squad. I hereby |
| Signature of Student | Date |
| As the parent/guardian of the above candidaposition stated above. I also understand the accept full financial responsibility. | ate I give my permission for them to try out for the at if they are selected as a member of the squad, I will |
| Signature of Parent | Date |

Ore City ISD Cheerleader Medical Release Form 2024-2025

COMPLETION OF THIS FORM WILL COVER YOUR CHILD AT ALL OCISD EVENTS FOR THE CURRENT YEAR. THIS FORM MUST BE SIGNED IN BOTH PLACES INDICATED BY THE "X". NO ONE CAN PARTICIPATE IN A UIL EVENT UNLESS THIS FORM HAS BEEN PROPERLY FILLED OUT AND SIGNED BY A PARENT OR LEGAL GUARDIAN.

| Name: | Da | ite: |
|--|--|--|
| Mailing Address: | City: | Zip: |
| Home Phone#: (903) | Business Phone#: | |
| Emergency Contact: | Phone #: (903) | |
| Relationship: | | |
| If this person cannot be reached, please conta | act: | |
| Relationship: | Phone#: (903) | |
| THIS FORM DOES N Please list all allergies: | OT REQUIRE A PHYSICAL EXA | MINATION |
| Please List allergies to medication: | | |
| Please list any medication which participant | is currently taking: | |
| Please make any necessary comments concer | ning physical condition, restrictions of | f participant, if any, etc: |
| Has your daughter/son had any type of surger have a Doctor's release on file.) | ry/injury? If yes please explain the typ | oe of surgery/injury. (You must |
| | | At The state of th |
| INSURANCE INFORMATION: Please lis | t name & address of insurance comp | pany that covers participants. |
| Name of Insurance | | |
| Company: | | |
| Mailing Address: | | |

| City: | State: | Zip: |
|---|--|---|
| Name of Subscriber: | Policy # | |
| | | |
| MEDICAL TREAT I, the undersigned parent/guardian, do sponsored and conducted by Ore City in the event of an injury or illness, I he daughter/son for such injury or illness: of this authority. I further acknowledge, understand and | TMENT / AUTHORITY STATEMENT hereby grant permission for my daughter/s ISD. In order for my daughter/son to receive by authorize Ore City ISD staff member: I hereby hold Ore City ISD and their representations agree that in participating in these events the assumes the risk of injury or illness by her/ | son to attend cheerleading events ive the necessary medical treatment to obtain medical treatment for my esentatives harmless in the exercise there is a possibility of physical |
| she should inspect the facilities she should immediately advise. 2. Acknowledge and fully underst serious injury, including perma which might result not only fro negligence of others, the rules of a light certify that my son/daughter is cheerleader/mascot. 4. I understand that this form legs son/daughter, in the event of illureached. 5. If there is any physical or mediatelease. | al guardian(s) will instruct the minor participal and equipment to be used, and it the participant equipment to be used, and it the participant or her coach or supervisor of such conditional that each participant will be engaging in an ent disability and death, and severe social about their own actions, inactions or negligence of play, or the conditions of the premises of an is physically capable and able to fulfill requirably releases all obligations and responsibilitioness or injury during any squad related activated activated in the premise of the premise of injury during any squad related activated reason why he/she should not participate liable for any injury incurred during tryouts | pant believes anything unsafe, he or tion(s) and refuse to participate. In activities that involve risk and and severe social economic losses but the actions, inactions or my equipment used. It is to try out for a position as ties for the medical treatment of my wity when either parent cannot be a fully the school requires a doctor's |
| (X) Parent / Legal Guardian: Date: Printed name of Parent/Guardian | n: | |
| Printed name of Participant | | |
| No one will be allowed to tryout both places by a parent/legal gu | t unless this form has been properl uardian. | y filled out and signed in |

DEMERIT SYSTEM

A total of fifteen (15) demerits in a year or ten (10) in any one semester (fall or spring) automatically terminates a cheerleader from the squad. **NO EXCEPTIONS**

| Incomplete uniform (Shoes, socks, bow, uniform, poncho, jacket, etc.)2 | Leaving articles at practice area, game, performance or bus2 |
|---|---|
| Must have own pom poms2 | Putting down squad members, sponsor or bad mouthing others at any time, including the use of any available technology and /or |
| Failure to remove all jewelry and piercings for practice or performance3 Late to practice (less than 10min)2 | social media4 Refusal or non-participation in fundraisers4 |
| Late to practice (over 10 min.)3 | Not participating with Post-game clean-up4 |
| Unexcused absence from mandatory practice5 | Failure to perform duties assigned for pep-rally or game |
| Unexcused absence from game or performance8 or possible termination. | Failure to learn ALL assigned material (cheers, chants, dances) in the time given5 |
| Leaving a performance without prior permission5 | Failure to follow the instructions of the sponsor3 |
| Temper displayed during practice, pep rally and/or school activity4 | Stunting without sponsor present5 OCS placement5 |
| Sarcasm, insults or negative remarks made to an administrator, sponsor, fellow cheerleader or teacher4 | Arguing during performances3 |
| Unsportsmanlike conduct4 | Being dishonest to sponsor2 |
| Failure to arrange transportation prior to practice and/or games3 | |
| Inappropriate display of affection3 | Signature of Candidate:Signature of Parent/Guardian: |