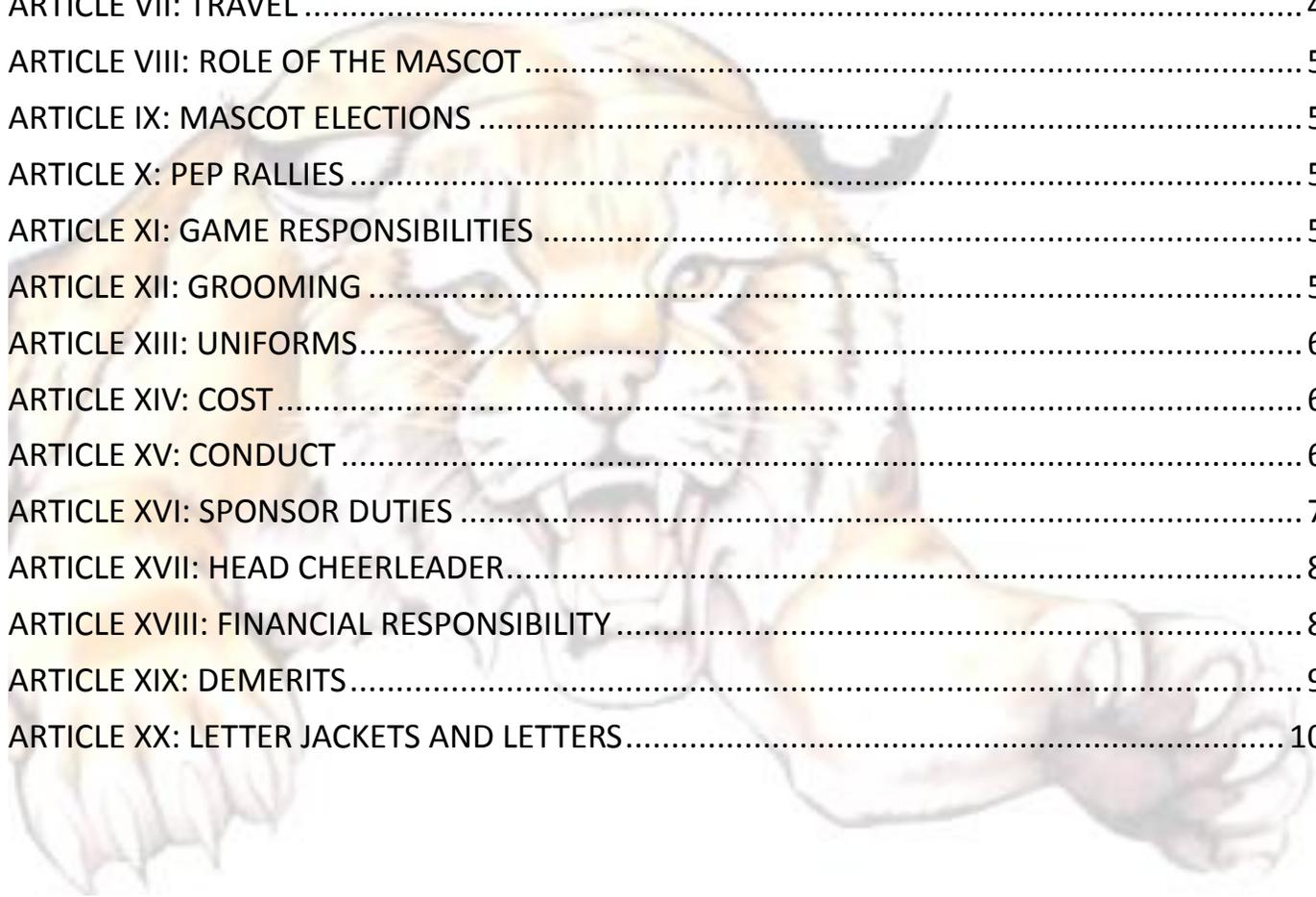


Fruitvale ISD Cheerleader Handbook

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ARTICLE I: PURPOSE

- To promote school spirit throughout the year.
- To encourage good sportsmanship among the fans.
- To uphold positive relationships between schools during all athletic events.
- To establish the high personal ideals and character expected of a High School Cheerleader in the Fruitvale Independent School District.

ARTICLE II: TRYOUT QUALIFICATIONS

- Grade Eligibility: A candidate must have a 70 average on grades through the available last six-week period. All subjects are considered.
- Students must meet the 90% attendance rule for all classes.
- A permission slip explaining estimated expenses and other constitutional requirements must be signed by the parents or legal guardians and returned to the school prior to tryouts.
- Any student from sixth grade through the junior year may be permitted to try out for cheerleader.
- Once a cheerleader has been dismissed from any squad for failure to meet academic qualifications, or has resigned, the school administration may review the reason and grant an exception under certain circumstances. Student handbook violations will also be considered when determining qualifications.
- Demonstrate competency of tryout material (at discretion of the sponsor).

ARTICLE III: TRYOUT PROCEDURES AND JUDGING

- Junior High: The number of cheerleaders on a squad will be as follows a maximum of 12 members plus 1 mascot.
- High School: The number of cheerleaders on a squad will be a maximum of 12 members plus 1 mascot.
- Tryouts will be held during the 3rd 9 weeks.
- Those trying out will perform as a squad and as an individual in front of the judges. Numbers will be drawn so that all participants will have an equal opportunity before the judges.
- Tryout material and specific format will be at the discretion of the sponsor.

ARTICLE IV: POST ELECTION PERIOD PROCEDURES

- A head cheerleader will be nominated by the sponsor and may be based on the candidates'

experience.

- The cheerleaders and sponsor must choose all uniforms for cheering and camp.
- A cheerleader is required to abide by the constitution immediately upon election.
- Cheerleaders should be familiar with the constitution, school song, and fight song.
- All University Interscholastic League (UIL) guidelines will be followed. A six week grade below 70 will result in a suspension from all activities for the given period of time as defined by the “No Pass / No Play “guidelines.
- Cheerleaders will continue to be responsible for all duties for the school year.

ARTICLE V: SUMMER CAMP

- Summer camp is required for cheerleaders.
- Any group attending a cheerleading camp is representing its school and must act accordingly.
- Everyone must attend classes and competition as a group.
- Summer camps must be within a radius of 200 miles.
- A special day clinic for junior high and high school cheerleaders can be held.
- Sponsors will attend camp and / or clinic.
- Rules not followed at camp--cheerleader will be sent home and dismissed from the squad.
- Hazing will not be tolerated. Hazing will be defined at the sponsor’s discretion.

ARTICLE VI: PRACTICE SCHEDULES

- Summer practice is required.
- Only cheerleaders, mascot and sponsor will attend practice sessions. Others may attend at the discretion of the sponsor.
- Summer duties will include preparation for camp and making spirit signs.
- The cheerleading squad will follow established UIL regulations limiting the out-of-school workouts to 8 hours per week during the school year.
- Practice sessions will be called by the sponsor.

ARTICLE VII: TRAVEL

- Cheerleaders traveling to football games will accompany the band bus unless there is no band bus, of which they will accompany the team bus. The cheerleaders must ride the bus to and from the activities or ride home with their parent or legal guardian. If there are special arrangements, the sponsor must be notified by the parents or legal guardian in writing prior to the departure of the squad.
- Written permission slips can be used at the games with sponsor/administration approval.

ARTICLE VIII: ROLE OF THE MASCOT

- Work with all spirit groups.
- Attend all practice sessions.
- Use game antics and pantomime to increase spirit.
- Be organized at all times.
- Know cheers and chants.
- Wear appropriate uniform.

ARTICLE IX: MASCOT ELECTIONS

- Refer to Article II

ARTICLE X: PEP RALLIES

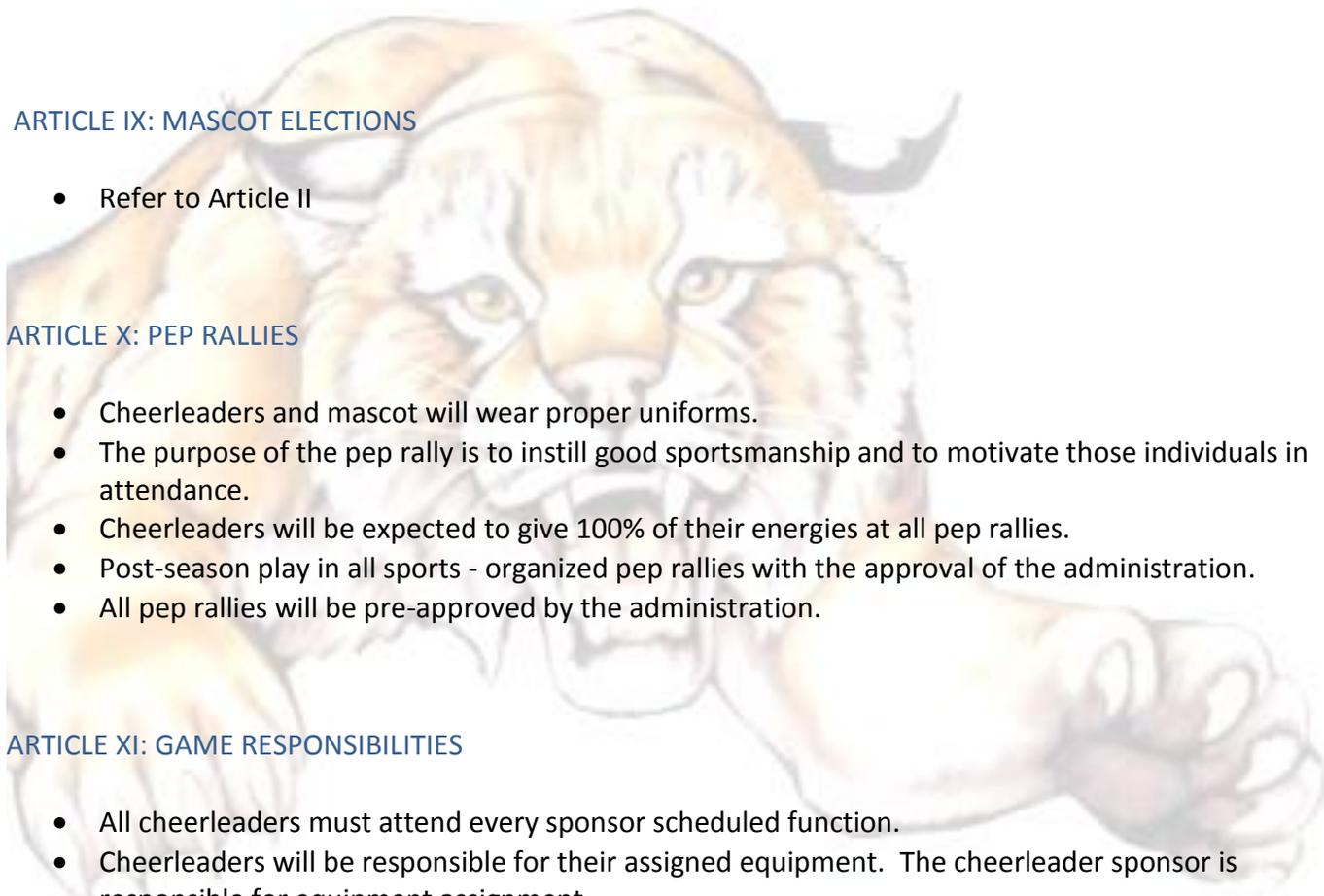
- Cheerleaders and mascot will wear proper uniforms.
- The purpose of the pep rally is to instill good sportsmanship and to motivate those individuals in attendance.
- Cheerleaders will be expected to give 100% of their energies at all pep rallies.
- Post-season play in all sports - organized pep rallies with the approval of the administration.
- All pep rallies will be pre-approved by the administration.

ARTICLE XI: GAME RESPONSIBILITIES

- All cheerleaders must attend every sponsor scheduled function.
- Cheerleaders will be responsible for their assigned equipment. The cheerleader sponsor is responsible for equipment assignment.
- All cheer leaders must cheer at all games which include football, basketball, volleyball and other sports as assigned by the sponsor.

ARTICLE XII: GROOMING

- While practicing or performing, cheerleaders:
 1. Will not wear heavy make-up, fake nails, or inappropriate nail polish.
 2. Will not wear jewelry.
 3. Will keep hair clean.



4. Will not chew gum.
5. Will keep shoes clean for each event.

ARTICLE XIII: UNIFORMS

- Uniforms must be clean and neatly pressed at all time.
- When in uniform or at practice, the sponsor shall establish appearance guidelines and have final say.
- All uniforms at any required function will be exactly alike in its entirety, including, but not limited to: socks, jackets, wind suits, warm-up tights, etc.
- Cheerleaders will be expected to show no affection while in uniform.
- Skirt length will be at the discretion of the sponsor and administration.
- All uniforms will be approved by the administration.
- Uniforms worn during regular class periods will be approved by the sponsor beforehand.

ARTICLE XIV: COST

- Each cheerleader will purchase uniform, socks, tights, briefs, shoes, and wind suits.
- Cheerleaders will be responsible for all camp expenses including tuition, room and board, camp uniforms, traveling expenses, and spending money.
- Fundraising for all cost shall be arranged by the sponsor each year, which will allow for each cheerleader to have the opportunity to raise funds needed as listed above.

ARTICLE XV: CONDUCT

- Gum chewing, and eating candy will not be allowed when cheering or practicing.
- Refusing to participate in any cheerleading activity may result in immediate dismissal from the squad.
- Cheerleaders may be suspended or dismissed for failure to abide by the terms of the cheerleading contract.
- Cheerleaders will be given demerits for smoking, drinking alcoholic beverages, or using illegal drugs at any time.
- Cheerleaders may be dismissed for truancy or any major disciplinary infractions listed in the Student Code of Conduct of Fruitvale ISD.
- Other improper conduct, determined by the sponsor and administration, could result in suspension or dismissal.
- Suspension for improper conduct will be for a period of three school weeks. A second occurrence of any improper conduct will result in permanent removal from the squad.
- The following could be considered improper conduct, though the list is not meant to be all inclusive:

1. Being at any gathering where alcohol is being consumed by a minor.
 2. Riding in a vehicle in which a minor is transporting alcohol.
 3. Using false identification.
 4. Unexcused absences or excessive tardies.
 5. Lying to school officials.
 6. Public display of affection.
 7. Any illegal activity such as shoplifting.
 8. Obscene language or gestures.
 9. Rude, hateful conduct directed towards students, teachers, administration, or fellow cheerleaders or staff.
 10. Cheating.
- All UIL guidelines will be followed. A six weeks grade below 70 will result in a suspension from all activities for the given period of time as defined by the “No Pass/No Play” guidelines.
 - Summer practices and after-school practices are required; any excuses shall be approved beforehand by the sponsor. Cheerleaders are expected to not allow work or social lives to interfere with their duties. It is the duty of the cheerleader to obtain any excuse approved by the sponsor beforehand.
 - A cheerleader is to behave in a manner that reflects positively on the squad and Fruitvale ISD at all times. It must be remembered that squad members can be identified even out of uniform. Members found to exhibit behavior not keeping with squad guidelines are subject to removal from the squad if they fail to correct their behavior after one warning from the sponsor. Examples of unacceptable behavior include malicious gossip, causing disagreements, failing to respond to request from coaches, etc. Rumors are not considered fact; however, if a cheerleaders name is reported frequently and regularly, it will be considered worthy of investigation. If the sponsor and administration believe that the cheerleader has been engaged in improper behavior, appropriate discipline will follow.

ARTICLE XVI: SPONSOR DUTIES

- The cheerleader sponsor is selected by the administration and considered the leader of the cheerleading squad. All decisions made by the sponsor are in the best interest of the squad and shall be considered final. Any suggestions are welcome with the understanding that the sponsor will use that information to make their own decisions.
- Squad members who are having difficulties in school work, problems with other squad members, or any other problems should immediately discuss the matter with the sponsor. The sponsor will offer advice and help in seeking the resources needed to make the squad a success, using all administration services as appropriate, of which to include, parents, the principle, as well as the counselor.
- Responsibilities include but are not limited to:
 1. Responsible for organizing cheerleader election.
 2. Nominates candidates for head cheerleader.
 3. Makes decisions about absences and member removal.
 4. Arranges all transportation according to travel guidelines.
 5. Scheduling and notification of all practice times.

6. Assigns duties for all activities.
 7. Screens and has veto power on all ideas, cheers, stunts, skits, signs, etc.
 8. Responsible for supervision of all items ordered and for collection of money, to be handed over to administration for accounting and distribution.
 9. The sponsor shall get approval for all fundraisers.
- The sponsor will be in attendance for:
 1. Summer Camp
 2. Tryouts
 3. Practice Sessions
 4. All functions that the cheerleaders are responsible for attending.
 - The sponsor may have an approved representative fill in her vacancy from any of the activities.
 - The sponsor will be responsible for issuing all cheerleading equipment, mascot uniform, etc.
 - Sponsor will assign demerits for constitutional infractions.
 - Recommend to the administration if a cheerleader is to be suspended or dismissed from the squad.
 - Responsible for informing all cheerleaders of changes in schedule, upcoming events, etc.
 - Shall designate the area in which cheerleaders shall stand at basketball, and volleyball games.
 - Administration shall have the final say in all cheerleading activities.

ARTICLE XVII: HEAD CHEERLEADER

- The head cheerleader shall be nominated by the sponsor.
- Responsibilities:
 1. Plan pep rallies with the help of the squad and approval of the sponsor.
 2. Be responsible for cheer and chant list at games.
 3. Take charge of all practices, teaching yells, pompom routines, dance routines, and stunts.
 4. Assist sponsor as needed.
 5. Work with sponsor on all major decisions.
 6. Responsible for setting up a schedule for completion of signs and posters.
 7. Show no partiality toward other members of the squad.
 8. Shall have prior experience.
 9. A co-captain may be appointed at the discretion of the sponsor.
- If the head cheerleader fails to abide by any of the above rules, the sponsor may appoint a new head cheerleader.

ARTICLE XVIII: FINANCIAL RESPONSIBILITY

- Prior to try-outs, parents must attend a general meeting (or visit individually with sponsor) which will outline cheerleading duties and responsibilities. The parents must sign a form accepting financial responsibility for cheerleading expenses.
- Financial Responsibilities:

1. Purchase uniform, shoes, socks, bloomers, tights, wind suits, pompoms, as deemed for that year.
 2. Camp clothes that have been approved by the sponsor.
 3. Summer Camp.
 4. Cheerleader expenses may be paid by cheerleader fundraisers.
 5. If there is enough money raised, then all uniform items, camp clothes, as well as summer camp expensed will be paid, or as available toward those items. Each cheerleader is responsible for any remaining balance of cheerleader expenses.
- The cheerleading squad will have all fundraising approved by administration.
 - It is the responsibility of each cheerleader to ensure that all required funds are turned in prior to any deadline. Failure to comply may prevent items from being ordered for that individual.

ARTICLE XIX: DEMERITS

- Communication: cheerleaders are expected to contact the sponsor of their squad prior to any and all absences, excused or unexcused, or faces disciplinary action. Misunderstandings are almost always the result of a lack of communication.
- Appearance: cheerleaders are expected to dress for school, and travel, on game days in a “like manner” to be determined by the sponsor of the squad. Cheerleaders must remove all jewelry when at any cheerleading function. Cheerleaders must remove all body piercing jewelry, other than earrings, when at school or any school sponsored event. The cheerleader sponsor reserves the right to determine arbitrarily whether any cheerleader is dressed or groomed inappropriately.
- Health: tobacco, alcohol, and drugs are illegal for cheerleaders and detrimental to long term health and success. If it is proven that a cheerleader is using any of these they will face the following disciplinary action in accordance with the Fruitvale Independent School District Student Policy:

First Offense: In order for a student to regain eligibility for extra-curricular activities:

1. Parents and students are required to meet with the campus principal.
2. The student must serve a suspension from all extra-curricular activities (tryouts included) for 60 calendar days. The suspension will be reduced to 30 days if the student provides proof of drug counseling from a certified drug counselor approved by Fruitvale ISD.
3. The student must test at every school-provided opportunity for 1 calendar year. If the student does not test positive for that year, he/she will return to random test status.

Second Offense: In order for a student to regain eligibility for extra-curricular activities:

1. Parent and student are required to meet with the campus principal.
2. The student must serve a suspension from all extra-curricular activities (tryouts included) for one calendar year.
3. The student must provide proof of drug counseling from a certified drug counselor approved by Fruitvale ISD.
4. The student must test at every school-provided opportunity for the remainder of his/her education career at Fruitvale ISD.

Third Offense: The student will be suspended from extra-curricular activities for the remainder of his/her educational career at Fruitvale ISD.

- **Cost:** The District shall not be responsible for any cost incurred during drug counseling or testing other than that done according to District policy.
- **Other Behavior:** Other behavior that could result in disciplinary action includes but is not limited to:
 1. Being tardy for any cheerleading function
 2. Chewing gum at any cheerleading function
 3. Not dressing our for practice
 4. Poor conduct during a meeting, pep rally, game, or practice
 5. In school or out of school suspension
 6. Not wearing correct uniform
 7. Public display of affection while in uniform
 8. Lack of respect for coaches, other cheerleaders, or faculty sponsors
 9. Failure to show up for practice without contacting sponsor
 10. Failure to attend pep rally, game, or other function
 11. Violation of student handbook
- It is the sole responsibility of the sponsor to issue demerits. The accumulation of demerits will be evaluated on an individual basis and may lead to disciplinary action by the sponsor at her discretion. The issuance of demerits is a means to an end of inappropriate behavior for a cheerleader. The accumulation of demerits may result in suspension for one week, suspension for 3 weeks, and removal from the squad, all of which will be approved by administration.

ARTICLE XX: LETTER JACKETS AND LETTERS

Letter jackets can be earned by serving as a varsity cheerleader for one full year provided no previous letter jacket has been awarded. The final decision on awarding a letter jacket and/or letter will be made by the sponsor with the approval of the administration.

Any discipline/punishment administered for an extra-curricular activity will not exceed a single school year, unless it falls under the drug and alcohol policy.

ACKNOWLEDGEMENT OF HANDBOOK INFORMATION

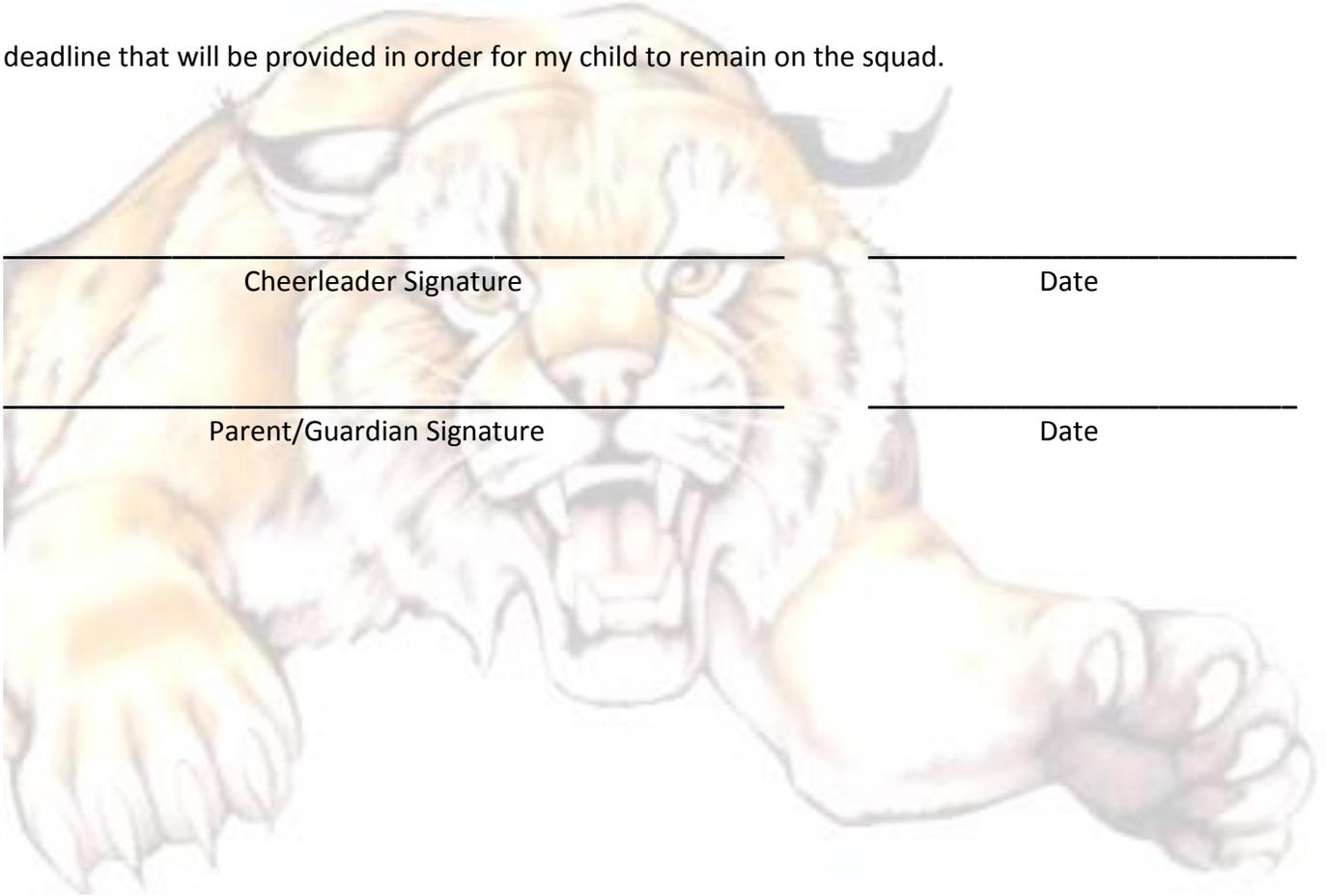
I have read the Fruitvale ISD Cheerleading Handbook. I understand that it contains policies that will be followed. Failure to follow the policies will result in dismissal from the squad. My signature indicated that I agree to support Fruitvale ISD, and my sponsor in enforcing all policies. Furthermore, I understand the financial obligations for my child to participate and I understand that all fees have to be paid by the deadline that will be provided in order for my child to remain on the squad.

Cheerleader Signature

Date

Parent/Guardian Signature

Date



Parent/Guardian Signature

Date

