FRUITVALE ISD CHEERLEADING HANDBOOK

This handbook has been created to inform and describe the expectations and guidelines of the Fruitvale Junior High Cheerleading Program. Throughout the year please refer back to the information in this handbook as it will help reiterate what is expected of you as a team member.

Once chosen and accepted as a cheerleader, each member will be expected to follow the expectations and guidelines outlined in detail throughout this handbook. At the end of the year all current members who plan to return the next year must re-audition and go through the audition process again. No one is guaranteed a returning spot the following year.

- I. Expectations
 - a. To respect the advisor and coach, and all decisions that he/she makes.
 - b. Respect the rehearsal areas by keeping it clean.
 - c. Respect other cheer teams and their directors at games.
 - d. Maintain a positive image when wearing the Fruitvale name.

This includes: not using bad language, speaking or writing (Facebook) negatively about team members, other teams, or issues among the team.

This also includes not practicing illegal actions before, during, and after school and social events.

Public Display of Affection (PDA) with significant others at team events and performances will not be tolerated. Significant others who come to support the team should be reminded to sit in spectator seating and be aware of when their presence is becoming a distraction to the team.

- e. Maintain a positive image on personal time. Remember, you are now a high profile on campus and everyone (the administration, the faculty and student body) will watch every action you do, even when not wearing your uniform or other Fruitvale attire.
- f. Have full commitment and dedication to the team. Once you have accepted a position as a Fruitvale cheerleader it is expected that you will make this a high priority.
- g. To work hard and practice/perform full out at all times.
- h. To dress out in appropriate practice attire for all practice and events.

ALL PRACTICES ARE CLOSED

- II. Grade and Citizenship Requirements
 - a. If the cheerleader is declared ineligible because of UIL eligibility average below 70, she/he will be suspended and may not be reinstated until the next UIL reporting period. While on suspension the cheerleader is expected to attend practice. Cheerleaders may go to the games on their own but will not be required to attend.

b. Suspension or AEP placement is not allowed. The cheerleader will be dismissed from the squad for the remainder of the school year. Dismissal will affect eligibility for future try-outs.

III. Cheerleader Responsibilities

- a. Cheerleaders are to observe and follow all rules and guidelines established for cheerleaders, including discipline and dress code policies.
- b. Follow instructions given by the sponsor.
- c. Be willing and able to participate in all activities and events related to cheer.
- d. Maintain a passing grade average in all classes each grading period. Failure to do so for two (2) grading periods during the school year will result in dismissal from the squad.
- e. Be willing and able to meet all financial obligations related to cheer.
- f. Participate fully for the entire school year.
- g. Each cheerleader will be required to attend cheerleading camp in the summer.

IV. Attitude and Leadership

- a. Each cheerleader must maintain a desirable attitude and spirit of cooperation in all classes and all school-sponsored events.
- b. Each cheerleader must realize the commitment she/he makes as a school representative and as a leader when she/he is elected.
- c. Each cheerleader must be able to control to the best of their ability an unsportsmanlike conduct of the crowd. An example of this would be to start a positive, supportive cheer to discourage the crowd from any negative conduct. Under no circumstances should a cheerleader be a participant in any sort of behavior considered to be unsportsmanlike or in poor taste.
- d. Each cheerleader must be willing to cooperate fully with the sponsor and school faculty.

V. Performance Policies

- a. Cheerleaders are required to attend and be on time to pep rallies and games, unless she/he has received approval from the sponsor prior to the event. If you are absent from school on the day of a pep rally or game, you will be excused from the performance.
- b. You must attend all home football games.
- c. Cheerleaders will have an "off quarter", usually the 3rd quarter of the football game. This time will be for eating and restroom breaks. They are to report back to the field **BEFORE** the 4th quarter begins. Cheerleaders will perform during **HALFTIME**
- d. You are required to attend all home basketball games. The only exception allowed to the basketball requirement is if you are involved in playing basketball, then you are excused from cheering during the game in which you are playing, but that game only. If you cannot regulate your time and energy in such a way that would allow you to participate in other activities and fulfill your responsibilities as a cheerleader, you will have to make a choice. Cheerleading is a major commitment of nonacademic time and athletic time.
- e. Fruitvale Jr. High Cheerleaders will not participate in competitions.

FRUITVALE CHEERLEADING DEMERIT SYSTEM

The following system is designed to govern inappropriate behavior for Fruitvale cheerleaders and mascots (member). This system will be used for the purpose of enforcing cheerleader/mascot policies as well as disciplining a member for infractions. Demerits will affect the member's eligibility to participate in all cheer related activities. The following is a list of infractions and subsequent penalties. While this system does not cover every possible circumstance, it does serve as a strong guideline. Cheer sponsor and/or principal have the sole responsibility for assigning demerits and have the right to issue demerits for unacceptable situations which are not outlined in the contract. Final decisions regarding demerits will be determined by the cheer sponsor and/or principal. Cheerleader must sign form when given a demerit.

DISCIPLINING PROCEDURES

- A. From the time of selection until the completion of the following school year, a member will be permitted a maximum of 15 demerits.
- B. Upon the receipt of the first 10 demerits, the member will be placed on probation for a 3-week period. Parents and supervising administrators will be notified. A complete record of demerits, absences, and tardies will be given to both parties.
- C. Upon receipt of the last 5 demerits (total of 15 or more), the member will be removed from the squad and will not be permitted to be a member the following year. Parents and necessary administration figures will be duly advised.
- D. During the probationary period, a member must attend all activities attended by the other cheerleaders and must sit with the sponsor. If the member is not able to make an activity for whatever reason (illness, appt., job) then she will be required to sit out an additional activity or activities depending on the number of absences from assigned cheer activities. She may not participate in any activities (pep rallies, games, etc...) but will be required to dress in uniform.
- E. The sponsor reserves the right to assign demerits than those stated below as situations arise.

DEMERIT SCALE

- Exhibiting conduct unbecoming a cheerleader (grounds for immediate dismissal)
 - a. Smoking
 - b. Drinking
 - c. Drug Use
 - d. Use of profanity or inappropriate gestures
- 2. Any disciplinary action resulting in ISS

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10

3. Failure to cooperate with the squad or cheer sponsor

Lack of attention/participation during performances,	
practices, or public appearances	5
(talking to squad, or friends, eating, drinking, not	
knowing assigned cheers, chants, or routines)	
Failure to participate in activities outside	
performances or practices	5
(sign painting, clean up, fundraising, and	
other assigned duties representing the school)	
Failure to call ahead of time when not attending a function	5
	1
Must be correct socks, shoes, shell, etc	
Not dressing out for practice (shoes, etc)	3
Wearing jewelry to practice or games	2
. Gum chewing at any game or practice	2
. Office referral/detention	5
. Rudeness or disrespect to any adult/	
behavior problems in other classes	5
. Unsportsmanlike conduct	5
. Missing assigned games due to work (unexcused)	5
. Missing assigned games or practices due to illness (unexcused)	
Excused only with doctor's note or family emergency	5
	(talking to squad, or friends, eating, drinking, not knowing assigned cheers, chants, or routines) Failure to participate in activities outside performances or practices (sign painting, clean up, fundraising, and other assigned duties representing the school) Failure to call ahead of time when not attending a function Failing to have each piece of uniform or prop At game/pep rally (poms, megaphone, hair bow, socks, etc) Must be correct socks, shoes, shell, etc Not dressing out for practice (shoes, etc) Wearing jewelry to practice or games Gum chewing at any game or practice Office referral/detention Rudeness or disrespect to any adult/ behavior problems in other classes Unsportsmanlike conduct Missing assigned games due to work (unexcused) Missing assigned games or practices due to illness (unexcused)

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.