

**Aledo High School  
and  
Ninth Grade Campus**



**2017-2018  
Cheerleader/Mascot Constitution**

**Varsity, Junior Varsity  
and Freshmen Squads**

*Aledo ISD does not discriminate on the basis of race, color, national origin, religion, sex or disability in providing educational services, activities, and programs, including athletic programs in accordance with title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended; and Title II of the Americans with Disabilities Act.*

*Revised February 4, 2017*

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**Purpose:** To represent, promote, and uphold school spirit, and to develop a sense of good sportsmanship among students and fans. Squads are to better the relationship among the competing schools during all athletic events. It must be understood that as a member of this organization, the student becomes a representative of the Aledo ISD and Aledo High School. Each member must maintain high moral and ethical standards.

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This constitution is subject to change according to rules and standards set forth by the Texas Education Agency, UIL Side By Side Manual, or Policy of the Aledo ISD School Board.

## Selection of Cheerleading Candidates

- A. It is **mandatory** that all candidates and their parent/guardian attend the tryout orientation meeting. **The meeting is Tuesday, February 16, 2017, in the DLC located at Aledo High School, beginning at 6:00 p.m.**
- B. Candidates must be willing to demonstrate responsibility at all times. They must enjoy learning and performing cheers, and understand that the schedule and the discipline of a cheerleader/mascot demands a high degree of determination, hard work, strength, dedication, and leadership abilities. Candidates and parents must be willing to accept the time commitment for cheerleading and willing to be flexible with scheduling.
- C. Varsity, Junior Varsity, Freshman cheerleaders and mascot shall be selected in the spring of the current year. **Tryouts will be held March 9, 2017.**
- D. The Varsity squad will be selected from current eligible sophomores or juniors. The Junior Varsity squad will be selected from the current freshman, and the Freshmen squad from the current eighth graders. Varsity will have 16-20 members, JV and Freshmen will each have up to 16 members. The candidates with the top total points will be decided by the natural point break in scores.
- E. One or two mascots will be selected. Varsity mascot will be selected from the current sophomores and juniors. They are included with the Varsity squad.
- F. All former cheerleaders will tryout each year. No one will be automatically reinstated.
- G. **Candidates cannot have been removed from or have quit any AISD cheerleading squad for any reason from previous or current years. Extenuating circumstances may be considered for students who were removed as a result of illness or injury with the sponsor and principal approval.**
- H. Any cheerleader or mascot candidate must have been enrolled and in regular attendance in the Aledo School District for the equivalent of 15 or more school days before tryouts. (The student becomes eligible on the 15<sup>th</sup> day.) **Feb. 16, 2017**
- I. All candidates for cheerleader must have maintained at 90% attendance average during the current school year.
- J. A placement in DAEP during the current school year will result in a candidate being disqualified from tryouts.

- K. If a candidate has failed any two classes during the current year, the candidate will be disqualified from tryouts. This can be the same or different subjects. (This includes failing Pre-AP classes).
- L. If a candidate has received two or more “N’s” or one or more “U” citizenship grades during the current year, the candidate may be disqualified from tryouts. Discipline referrals or any referrals to the office will be taken into consideration regarding tryouts.
- M. **Students who are interested in becoming cheerleaders/mascots must bring all completed paperwork, tryout fee, and a current copy of their report card to the appropriate person by Tuesday, February 21, 2017. No paperwork will be accepted after 4:00 p.m.**

Current 8<sup>th</sup> grade students will turn paperwork and fee in to Chris Manis.

Current 9<sup>th</sup> grade students will turn paperwork and fee in to Anita Callaway.

Current 10<sup>th</sup> and 11<sup>th</sup> grade students will turn paperwork and fee in to Stacy Jones, Elmi Martinez or Annie Walker

**NO PAPERWORK WILL BE ACCEPTED AFTER 4:00 P.M., February 21, 2017**

## Procedures for Cheerleading/Mascot Tryouts

- A. All candidates and their parent/guardian must read and sign a consent form stating they have read the constitution and all required dates for the upcoming year. There is a mandatory fee of \$25.00 for tryouts to cover the cost of the choreography, judges, and a CD, if requested, of music for the dance portion of the tryout. All signed forms for tryouts and fees are due no later than **Tuesday February 21, 2017 at 4:00 p.m.**
- B. Current Senior Varsity Cheerleaders, in cooperation with the coaches, will conduct a tryout clinic. It will be held the week of tryouts in the practice gym of the high school. Dates and times for the clinic are as follows:
 

<b><u>Monday, March 6th</u></b>	4:30-7:00 pm <b>Mandatory</b>
<b><u>Tuesday, March 7th</u></b>	4:30-7:00 pm <b>Mandatory</b>
	(Numbers drawn and groups assigned)
<b><u>Wednesday, March 8th</u></b>	4:30-7:00 pm (Optional)

- C. All cheerleader candidates are required to attend the clinics and are encouraged to take advantage of the open gym practice time on Wednesday, **March 8th**.
- D. The clinic is closed to everyone other than candidates. Only the coaches, participating Senior Varsity Cheerleaders, and administrators are admitted to the clinic. Parents will not be allowed to attend.
- E. Tryouts before judges will be held on **Thursday, March 9, 2017**. Varsity candidates will be dismissed from class at 2:00 p.m. and tryouts will begin at 3:00 p.m. in the practice gym of the high school. Junior Varsity candidates will be dismissed from class at 3:15 p.m. and will need to be in the gym area by 4:15 p.m. to start tryouts immediately following Varsity. Freshman tryouts will begin at 6:00 p.m. All candidates need to report 15 minutes prior to start time and remain in the gym area after tryouts until they are dismissed, in case of call backs. Candidates who are not present at the start time will not tryout. Mascots will tryout in between cheer squads.
- F. The skills each candidate performs during her tryout will be the skills she will be required to perform at games, pep rallies, competitions, etc. throughout the duration of the school year. The only exception to this will be injuries/illnesses.
- G. Cheers to be taught will be decided upon by the sponsors and participating Senior Varsity Cheerleaders.  
There will be
1. One individual cheer
  2. One group chant
  3. One group dance
- The candidates will draw numbers on **Tuesday, March 7th** for their order to tryout. The number of candidates will determine the size of groups, 3 or 4 to a group.
- H. Senior Varsity Cheerleaders and Cheerleader Candidates will sign a contract committing to only giving/receiving individualized instruction during the allotted clinic times. No Senior Varsity Cheerleader will be permitted to coach or work with candidates outside of tryout clinics. If this rule is broken candidate will be dismissed from the tryout process.
- I. Dress for tryouts will be as follows: Plain black shorts, plain white t-shirt, plain white no- show socks, and white tennis/cheer shoes. Hair is to be pulled back in a ponytail, unless too short, and only solid black or solid white ribbon. No jewelry, nail polish, extreme makeup or will be allowed.

- J. Mascots will perform a skit/dance to the school fight song. They will use the mascot uniform which is the property of Aledo High School, and are allowed to use props.
- K. Candidate's individual score sheets will be mailed to the candidates in a timely manner following the conclusion of tryouts.
- L. Any vacancies occurring prior to cheer camp will be offered to candidates based on the highest tryout score.
- M. The candidate must comply with UIL policy on physicals. All physicals must be completed and on file with the AHS trainers before June 9, 2016.

**RESULTS WILL BE POSTED ON FRIDAY, MARCH 10<sup>th</sup> AT 4:30 P.M.**

**<http://hs.aledo.schoolfusion.us/>**

## **Financial Obligations**

- A. There will be a \$25.00 tryout fee to cover judges and CD for tryouts.
- B. Varsity cheerleaders will be charged a \$50 athletic participation fee. If you participate in another Aledo High School athletic team, you only have to pay the fee once.
- C. Uniforms will be purchased by each cheerleader. Some equipment and apparel have been standardized between squads to save on expenses. **The uniforms will be ordered on March 21st**, and a \$500.00 deposit will be required per candidate to place orders. Uniform expenses range between \$1200.00 - \$1500.00.
- D. There will be a Uniform Sale on Monday, **March 20<sup>th</sup>**. Cheerleaders will have the opportunity to sell used items to new and/or current cheerleaders. It will be the responsibility of the cheerleader to price her items appropriately.
- E. **Some fall practices will be held with an outside company and will cost between \$25-\$50 per girl. The money will be paid to the school and one check will be paid to the company to cover this cost.**
- F. Summer camp will be at the expense of each cheerleader. **Camp will cost \$188 per cheerleader. There will also be a \$25 dollar fee to cover lunch during camp. The money will be paid to the school and one check will be paid to the company to cover this cost.**

- G. Varsity Cheerleaders will participate in the 2018 UIL Spirit State Championship in January. Fees for choreography and competition are TBD. Any substitutions will be at the sponsor's discretion.
- H. All expenses must be paid before uniform or any equipment is distributed. **Deadline for all payments this year will be May 25th**. If other financial arrangements need to be made, please contact your coach and make a payment plan which will have to be approved by the principal of Aledo High School.
- I. Squad members are responsible for keeping informed of and participating in all activities and fundraising projects.
- J. Some additional expenses may occur during the year for items such as but not limited to ribbons, water, t-shirts, or items for pep rallies, homecoming parade/showcase.

## Uniforms

- A. **Uniform fittings are scheduled for Tuesday, March 21st**. Varsity measurements will start at 4:00 p.m., JV at 5:00 p.m. and Freshmen at 6:00 p.m. The \$500.00 deposit will be required at this time. Parents are strongly encouraged to attend. Uniforms ordered in the wrong size will be replaced at the cheerleader's expense.
- B. Uniforms and accessories will be purchased by each cheerleader. It is highly recommended that all items be labeled with the member's name. Uniforms are to be kept clean and neat at all times.
- C. The cheer coaches will select the uniforms/spirit/camp wear. Some items may be reused from the previous year or purchased at the Uniform Sale, thus reducing costs.
- D. If any part or all of the uniform becomes damaged, lost, or not wearable, it is the cheerleader's responsibility to replace the needed item in a timely manner as determined by the coaches. All alterations must be pre-approved by a sponsor. Any unapproved alterations may result in the purchase of a new uniform. All cheerleaders will purchase megaphones and pom-poms.
- E. Cheerleaders will maintain proper care of the uniforms. Anyone out of uniform will be suspended from that event. That includes socks, spunks, ribbon, etc. Do not let others wear or use any part of your uniform; this includes CATS fleece and megaphones.

- F. Tattoos are to be covered at all times while in uniform and representing Aledo High School as a cheerleader. Earrings will not be worn at practice, pep rallies or games. No non-natural hair color will be permitted (green, blue, purple, orange, pink, etc.)

## **Duties of Cheerleaders/Mascots**

- A. Cheerleaders will cheer throughout the entire game – win or lose. No one (cheerleader or mascot) is to leave the field area or court during a game without permission (except in emergency situations.) Mascot may leave to get air or water.
- B. Cheerleaders must know all cheers and routines. This includes motions and words.
- C. It is very important that all members know that he/she represents Aledo High School. Conduct should be above reproach at all times, both in and out of school. He/she must conform to the rules of the Aledo High School Student Handbook. If problems arise, the coaches will first conference with the student and the parents. The coach, along with the principal, will have the final decision regarding a consequence.
  - 1. Being placed in Friday Night School may result in a suspension from the next scheduled game or event.
  - 2. Being placed in DAEP will result in removal from the squad.
- D. Cheerleaders will be on duty from the time of arrival (this includes practices as well as games). They will arrive 1 hour prior to football game time and 30 minutes prior to volleyball, basketball, softball, and baseball game times. They **MUST** arrive dressed and ready to cheer, and stay on duty until the game ends and sponsor/coach dismisses the squad. Cheerleaders must return to the sideline 5 minutes before halftime is over for football games and 2 minutes before halftime is over for basketball games.
- E. Cheerleaders will attend and perform at all designated athletic events scheduled by coaches.
  - a. Varsity will cheer at all football games, home district volleyball games, home district basketball games, and selected home baseball and softball games. Varsity will cheer at all sports playoff games.



- b. JV will cheer at all JV district football games and home district JV volleyball and basketball games. Varsity and JV will travel and cheer at all football playoff games.
  - c. Freshman cheerleaders will cheer at all home football games and home district volleyball and basketball games. Freshmen may or may not travel, depending on the football schedule.
  - d. Most high school games are scheduled on Tuesdays, Thursdays and/or Fridays. Do not schedule other activities such as tumbling classes or driver's education on these days. **Competitive cheerleading cannot interfere with high school cheerleading.** These absences will be unexcused. If there is a conflict between competitive and school cheer, school cheer takes precedence.
- F.** Participation in summer cheer camp is **MANDATORY**. Camp is scheduled for July 17-20. We are having an NCA home camp at Aledo High School. Details to follow.
- G.** Varsity cheerleaders will be required to facilitate and participate in the Mini Cheer Camp at the high school. This is a fundraiser for cheerleading. Camp dates are tentatively set for July 31-August 3<sup>rd</sup>.
- H.** Summer practices will begin around the first week of August and will continue until school starts. Each squad coach will schedule the practices for their squad. Varsity should expect practices at least 3 days a week until school starts. After school begins, practices will be after school and set by each squad coach.
- I.** During the school year there will be a mandatory all squad practice every Wednesday before a pep rally in the practice gym to prepare for pep rallies. Game Day Crews will be required to put signs up in the gym Thursdays before pep rallies. On Friday mornings of pep rallies, all squads are required to arrive in the main gym by 7:30 a.m. to set up for pep rallies. Freshmen will take out and put down cheer mats, JV will be in charge of setting up chairs for athletes, and Varsity will be in charge of hanging all signs and setting up for the sound system. After the pep rallies are over on Fridays, all equipment must be placed back in the proper area. Failure to arrive on time and in uniform will forfeit the privilege to be part of the pep rally.
- K.** Varsity Cheerleaders will be required to participate in the 2018 UIL Cheerleading Competition in January. Dates are TBD. Any substitutions will be at the sponsor's discretion.

- J.** If a cheerleader/mascot sustains an injury, he/she must attend all practices and games (if physically able) and sit in uniform with the coach. A doctor's release will be required to return to full cheer duty.
- K.** It is a cheer duty for Varsity Game Day Crew to decorate locker rooms and make goody bags each week of football season. Game Day Crew is also responsible to get water and signs to and from the game that week. If this is not completed, consequences will be issued according to the demerit policy.
- L.** Cheerleader duties do not expire until the end of the school year. Those who do not fulfill cheer responsibilities will not be allowed to tryout the following year, **attend the cheerleading banquet or apply for the senior cheer scholarship.**
- M.** Varsity letter jackets will be awarded to each varsity cheerleader/mascot at the end of one completed school semester. UIL rules state a student may only receive one letter jacket from the school.

## **Travel and Transportation**

- A.** Travel to and from games will be provided by the AISD transportation department. Cheerleaders will ride the bus to out of town games or events and Varsity Cheerleaders are encouraged to ride the bus back from games or events; busses are paid for by the school district. Cheerleaders/Mascot may be allowed to ride home from games with their parent only. If it is decided by the parents that they want their student to ride home with them after the game, prior notification must be made in writing to the squad coach. If it is necessary for your student to ride home with another parent, there must be a Release of Liability Form filled out and turned in with the written notification. No students will be allowed to ride home with other students. If parents are not present at the end of the game or event and no Release of Liability Form has been filled out, cheerleaders will be required to ride the bus back to the high school. Cheerleaders that do not follow these guidelines will be suspended from the next game or event.
- B.** At the end of every out of town game, it is the responsibility of the cheerleader/mascot to have their parent/guardian sign them out with the coach, before they may leave the sideline. Parents are not to leave with their cheerleader without signing for them. This is for the safety of each student. Failure to follow this procedure will result in a suspension from the next game or event.

- C. Squad members are responsible for their equipment for the duration of the trip.
- D. Members must conduct themselves appropriately and responsibly on all trips as representatives of Aledo High School and Aledo ISD.
- E. All medications to be taken on any school sponsored trip, which includes summer cheer camp, will be in the original container with student's name. All medications will be turned in to the appropriate coach with a signed medical release form for instruction. Students caught with any medication will be sent home and school consequences administered, usually DAEP. This includes prescription and over the counter medications.
- F. Transportation to cheer camp will be provided by each parent. It will be the responsibility of each parent to pick up squad members from camp each day.

## **Grades and Citizenship**

- A. Grade policy will follow the UIL-TEA Side-by-Side eligibility manual for extracurricular activities. If a grade falls below 70 as reported at the end of a grading period, the student will not resume duties until he/she meets the UIL requirements for extracurricular participation. If a cheerleader/ mascot fails two or more classes in any six weeks, he/she will not be eligible for tryouts for the next school year. The six weeks do not have to be consecutive, nor do the failing grades have to be in the same subject. Pre-AP classes count toward the failures.
- B. One "U" in citizenship will result in a suspension for a three-week period. A second "U" on the report card may result in a six-week suspension. That cheerleader/mascot will be disqualified from trying out for the next year with a "U" on a report card.
- C. Citizenship grades of "N" are highly frowned upon. An accumulation of two "N" citizenship grades will result in a suspension for a three-week period. If a cheerleader/mascot receives two "N" grades on a report card, they **will** be disqualified from trying out for the next year.

- D. All cheerleaders/mascots will comply with the rules and regulations as stated in the AISD Student Code of Conduct. Violation of the Student Code of Conduct related to, possession or use of tobacco products (cigarettes; e-cigarettes; and any component, part, or accessory for an e-cigarette device), drugs or alcohol will result immediate dismissal from the squad. All cheerleaders may be subject to random drug screen testing if approved by the school board.
- E. Any cheerleader/mascot receiving a placement in DAEP will be brought before the coach and principal for disciplinary action which will mean immediate dismissal from the squad. A placement in DAEP will disqualify any candidate from trying out for the next year.

### **Attendance, Suspensions and Dismissals**

- A. Members are expected to attend school all day in order to maintain eligibility for participation in a game or event.
- B. If a cheerleader/mascot does not attend classes at all on the day of a game or event, he/she is ineligible to cheer at the game that night. In case of an extenuating circumstance, the absence must be cleared with the coach or principal prior to the absence. Written documents must be provided to the coach prior to the game.
- C. All practices, performances, and meetings are mandatory. Each member is required to attend all scheduled events.
- D. Absences from cheerleading/mascot duties may be excused ONLY for the following: personal illness, school-sponsored events, family emergencies, religious reasons or other conflicts the coach feels is justified. Make-up work, tests, and doctor appointments need to be scheduled outside of practice/performance time. Work is not an excuse to miss practice or a scheduled event.
  - a. One unexcused absence will result in a one game suspension.
  - b. A second unexcused absence will result in a two game suspension.
  - c. A third unexcused absence will result in dismissal from the squad
- E. If a cheerleader is suspended from performing, they must sit in uniform with the coach.
- F. If a cheerleader/mascot is ill or unable to attend practice, he/she must call or text the coach to notify them of the absence PRIOR to the start of practice. If a cheerleader/mascot is absent (excused or unexcused) from the practice before an event, the cheerleader will sit out for that event. (This includes missing MANDATORY pep rally practice on Wednesday afternoon or Friday morning). If a cheerleader/mascot

becomes ill or injured and will be absent for several practices or games, a doctor's release will be required in order to resume duties.

- G.** The coaches will review excessive excused absences and appropriate action will be taken, if deemed necessary.
- H.** If a cheerleader/mascot is unable to fully perform all cheer duties (cheers, jumps, tumbling, stunting, etc.) due to injury or illness, the cheerleader/mascot will sit out until recovered, and bring a doctor's release to resume duties.
- I.** Members are to arrive at the designated time and stay until dismissed by the coach. To be counted present and on time, a member must be dressed and in the appropriate area. Tardiness may result in a cheerleader sitting out the first quarter.
- J.** If a cheerleader/mascot receives a referral to Friday Night School, the cheerleader will be suspended from the next game or event. School rules as set forth in the Student Code of Conduct are to be followed by each cheerleader.
- K.** Cheerleaders/mascots will maintain proper care of the uniforms. Anyone out of uniform will be suspended from that event. That includes socks, spunks, ribbon, etc. Do not let others wear or use any part of your uniform; this includes CATS fleece and megaphones.

## **Standards for an Aledo High School Cheerleader/Mascot**

- A.** The following standards are expected from each member of the squad.
  - a. Appearance is to be neat and appropriate.
  - b. School attire should meet school dress code at all times.
  - c. Behavior should be above reproach at school and practice.
  - d. There should never be any improper language at school or practice.
  - e. Attendance and participation is required at all times.
  - f. Maintain sportsmanlike conduct.
  - g. Represent the squad and Aledo High School to the best of your ability at every event.
- B.** All of the above conduct applies when in or out of uniform, while at school, and while acting as a representative of the school at other functions.

- C. Cheerleaders/Mascots are to be informed of all rules and decisions. They will follow these rules or suffer the consequences. Ignorance is no excuse.
- D. Cheerleaders/Mascots will be assigned demerits (See Demerit Policy) for inappropriate behavior, not following school rules, and not following the constitution rules.
- E. No member of any squad is to represent themselves as an Aledo Cheerleader without a sponsor present and the event is scheduled by the appropriate sponsor.
- F. Electronic and Social Media will need to be censored according to the rules of the Student Code of Conduct. Cheerleaders are expected to maintain conduct appropriate to Aledo High School standards. (See Demerit Policy)

## Head Cheerleader and Co-Captains

- A. The Varsity squad will maintain one senior as the varsity head cheerleader. A junior on the varsity squad will be chosen as the co-captain to the head cheerleader. The candidates for captain will fill out an application, participate in a sponsor/candidate interview, and teach the squad a new chant. In addition, the position of captain and co-captain will be voted on by the other squad members. The Junior Varsity and Freshmen squads will elect a captain from their respective squads. The appropriate coach must approve these candidates for their squads. The positions will be voted on by each squad.
- B. Duties of Cheerleader Captains will include:
  - a. Responsible for setting a good example for others to follow.
  - b. Promote positive team/school spirit at all times.
  - c. The captain should be cooperative, helpful, and dedicated.
  - d. Responsible for organizing the squad and all activities.
  - e. Making sure information is shared to all squad members as needed.
  - f. Teaching and making sure the squad knows all cheers, words, and motions.
  - g. Captains must be willing to spend extra practice time when necessary.
  - h. Keep close contact with cheerleaders, coaches, and other squads.
- C. The coach may remove a captain or co-captain from the position at any time if the responsibilities and duties of the position are not being fulfilled.
- D. Duties of Cheerleader Co-Captains will include:
  - a. Responsible for setting a good example for others to follow.
  - b. Promote positive team/school spirit at all times.

- c. The co-captain should be cooperative, helpful, and dedicated.
- d. Responsible for working with captain and sponsor for organizing activities.
- e. Helping to teach squad members cheers, words, and motions.
- f. Co-captains must be willing to spend extra practice time when necessary.
- g. Be able to fill in if captain is not available.

## **Coaches Duties**

- A.** The coach will serve as a role model to the squad and ensure that all squad members are treated equally and with respect.
- B.** The coach will attend all activities at which cheerleaders/mascots are present as a squad.
- C.** The coach may check with teachers and staff regarding any cheerleader's grades, attendance, and/or behavior at any time.
- D.** The coach will be available to the squad during the school year and during scheduled activity times in the summer.
- E.** The coach will be responsible for keeping track of all paperwork, fundraisers and grades of all cheerleader/mascots. The coach will arrange transportation and ensure the safety and well-being of the squad at all times, as well as to provide guidance and support to each member of the squad.
- F.** The coach has the right to remove any member from the squad for any just cause, with the permission of the principal, and following a conference with the parent.
- G.** If any deviation from this constitution is necessary due to individual circumstances, it will be at the discretion of the coach and the principal and will involve consultation with the cheerleader/mascot and parent. Appropriate documentation will be made.