



Langham Creek High School Cheerleading Guidelines

Langham Creek High School

Cheerleading Rules and Guidelines

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LANGHAM CREEK HIGH SCHOOL CHEERLEADING RULES AND GUIDELINES

This document intends to emphasize the key points in the Cypress Fairbanks Independent School District's Cheerleader/Mascot Guidelines and clarify policies specific to the Langham Creek High School Cheer Program. Each member will know and adhere to the following articles. All rules and regulations apply equally to cheerleaders and mascots. Any reference to *cheerleaders* will be deemed also to include mascots.

ARTICLE I PURPOSE

The purpose of the cheerleading organization is to promote participation in and provide unified support for all athletic teams and the student body of Langham Creek High School. The Langham Creek Cheerleaders should serve as a support group for the athletic program in the school and should play an important role in the administration of other activities and contests. The squad should strive to boost school spirit, promote sportsmanship, and develop positive crowd involvement. The Langham Creek High School Cheerleaders pledge their time and ability to create and promote loyal school spirit, encourage quality performance, and high academic standards.

ARTICLE II MEMBERSHIP ELIGIBILITY

- Section 1** Langham Creek High School will follow all CFISD Cheerleader/Mascot Guidelines regarding membership.
- Section 2** A Langham Creek Cheerleader must be able to freely give their time for any and all cheerleader activities throughout the year. A cheerleader's involvement in any other school organizations, athletics, or outside jobs or activities, cannot at any time interfere with the responsibilities and duties of cheerleading.
- Section 3** Parents must be willing to assist their son/daughter in obeying all rules and regulations of the district, school, and organization without reservation.
- Section 4** **Requirements:** Prospective candidates must meet the following requirements:
- A. Candidates must be in grades 8, 9, 10, or 11th
 - B. Candidates must meet CFISD residency requirements.
 - C. Candidates are allowed to try out regardless of grade eligibility at the last marking period.

- D. Prospective 9th- 11th will have their GPA considered as a part of the tryout score. The grade average will be determined on a four-point system. There will be no distinction between grade point level of AP/K and ACA classes.
- E. Prospective candidates must have conduct grades of all S's and E's and no more than a total of two I's for all grading periods completed in the school year prior to tryouts.
- F. Prospective candidates must present a written statement from a parent or guardian granting permission to tryout and acknowledging that the prospective candidate is physically able to tryout without physical harm.
- G. Prospective candidates and their parents must sign a statement agreeing that, if elected, they will abide by all the rules and regulations governing cheerleaders and agree to pay for any expenses incurred by their student.

Section 5 **Ineligibility:** Membership will be denied for the following:

- A. Receiving a U in conduct in any grading period completed in the current school year
- B. Having two or more assignments to DMC in the current school year
- C. Having been suspended in the current school year
- D. Having excessive or unexcused absences as determined by administration
- E. Having been assigned to a disciplinary alternative education placement
- F. Having participated in any outside criminal activity or any act punishable by law

Section 6 **Mandatory Pre-Tryout Meeting:** Prospective candidates and at least one parent, or an adult representing each candidate, must attend and sign in at a mandatory pre-tryout meeting.

Section 7 **Returning Cheerleaders:** All former cheerleaders must submit completed paperwork, attend all mandatory meetings and tryout clinics, and tryout each year. No one can be automatically reinstated. Returning cheerleaders must be cleared of all financial obligations related to cheerleading equipment, fees, and the return of school-issued equipment in order to be eligible to tryout. Any returning cheerleaders who resigned or were removed from the squad the previous will be denied the opportunity to tryout.

Section 8 **Tryout Packet/Required Forms:** All prospective candidates must print, complete, and submit required forms prior to or by the designated date and time in order for a candidate to qualify for participation in tryouts.

Section 9 **Tryout Week Attendance:** Prospective candidates must attend the pre-tryout meeting, the tryout clinics, and tryouts in order to be considered for placement on the squad. A candidate's involvement in any other school organizations, athletics, or outside jobs or activities, cannot at any time interfere with the responsibilities of cheerleading.

ARTICLE III TRYOUTS

- Section 1** **Qualifications:** Each candidate must fulfill all membership requirements before she/he may be considered for a squad in the cheer program.
- Section 2** **Procedures:** Tryouts and the tryout area will be closed to all except cheer coaches, judges, the administration, and facilitators approved by administration. Failure to comply will result in the candidate's disqualification.
- A. Tryouts will be held during the spring semester of each school year.
 - B. Tryouts will be held before a panel of professional judges or coaches from established cheerleading associations or gyms.
 - C. Tryout scoring for the varsity and junior varsity squad will be based on the judges'/coaches' scores (80%), digital interview (10%), and cumulative GPA (10%).
 - D. Squads will be determined using the philosophy of a natural break.
 - E. All tryout results are final and are not appealable.
- Section 3** **Tryout Week Attire:** Candidates' clothing and accessories must be void of any school, team, or club representation. Each candidate must wear the tryout t-shirt and shorts, tennis/cheer shoes, socks, and hair must be pulled back. On the day of tryouts, all candidates will wear solid black shorts, tryout t-shirt, tennis/cheer shoes, and hair pulled back. Crop tops, sports bras, and any other revealing clothing are not permitted. Jewelry of any kind may not be worn. Medical alert tags are not considered jewelry.
- Section 4** **Scoring:** Each candidate will perform one cheer, one dance, jumps, standing tumbling, running tumbling, and will spirit in and out. In addition, each 9th-11th candidate will be scored on their classroom performance as recorded by their teachers.
- A. Judges' Scores (80%) Incoming 9th Graders (90%)
 - a. Spirit Skills (10%)
 - b. Voice (10%)
 - c. Cheer (15%)
 - d. Jumps (15%)
 - e. Dance Skills (15%)
 - f. Tumbling (15% - 10% standing, 5% running)
 - B. Classroom Performance Record (20% - 10% Grades, 10% digital interviews) incoming 9th graders (10% digital interview)
- Section 5** **Squads:** Up to 20 candidates can make Varsity, up to 14 candidates can make Junior Varsity, and up to 12 candidates can make the Freshman Squad.
- A. Varsity Squad - The highest-ranking candidates will be placed on the

Varsity squad. These candidates must be promoted to the next grade level by the first day of the school year. Failure to obtain promotion by the first day of school will result in immediate removal from the squad.

B. Junior Varsity Squad – The next highest-ranking current freshmen and sophomores will be placed on the Junior Varsity squad. Current juniors who do not meet the varsity scoring criteria will not be placed on a squad.

C. Freshman Squad – The highest-ranking incoming freshmen will be placed on the Freshman Squad per the CFISD Cheer Guidelines.

Section 5 **Announcement of Squads:** The time, date, and location of the announcement will be established by the cheer coaches before the tryout. The announcement of squads will list the candidate number of those who made the squad. Candidates whose numbers are not listed did not make the squad. Candidate numbers will be listed in numerical order, not in order of score.

Section 6 **Alternative Tryout Process:** All candidates must be physically able to compete on the day of tryouts, or if eligible, on the alternate date. In the event a declared candidate for the current school year is seriously ill or injured and therefore physically unable to participate on the date set for tryouts, an alternate tryout date may be set by the coaches. This date shall not be more than 10 school days from the scheduled tryout date. The coaches may require a written statement from a physician confirming that a candidate is physically unable to compete on the regularly scheduled tryout date. The candidate must be physically able to participate on the alternate date in order to be considered for the next year's squad. The candidate's final score must meet or exceed the score of the lowest successful candidate from the regular tryout process in order to qualify for the squad. Any candidate who qualifies for the squad as a result of the alternate tryout process will be an addition to the previously declared size of the squad.

Section 7 **Vacancies:** Should a vacancy arise before cheerleading camp, the eligible candidate for the particular squad with a vacancy with the next highest score may be given the opportunity to fill the vacancy. Consideration will be given to the established campus break criteria. If the first eligible student does not desire to join the squad, the next eligible student may be asked until the vacancy is filled. If a vacancy arises during or after cheerleading camp, the position will not be filled.

ARTICLE IV PARTICIPATION REQUIREMENTS

Section 1 **Cheer Season:** The cheer season begins the day a candidate is elected for a squad and ends when the new team is selected. Failure to fully participate and attend all practices/events the entire cheer season may result in demerits or removal from the

cheer program.

Section 2 **Participation:** Members are required to participate in all activities, in which the cheer program is involved, pending eligibility status. This is to include, but not limited to, summer camp, practices, scrimmages, regular season games, playoffs, state championships, pep rallies, competitions, fundraisers, community service, and all additional activities arranged by the coaches.

Section 3 **Events During School Breaks:** All members are required to attend cheer camp during school break and practices/events during all school holidays as designated. Failure to attend all required events may result in demerits or removal from the cheer program. Schedules will be provided as early as possible and families are expected to plan family vacations and functions accordingly. Squad members will have a minimum four weeks off during the summer.

Section 4 **Competition:** Participation on the competition squad will be determined by the cheer coaches based on the needs of the squad. Those who do not earn a position on the competition squad as squad members may be given the opportunity to be alternates. Members selected as alternates are considered true members of the competition squad and are held to the same commitments. Competition squads may attend 1-4 events, only under the supervision of the coaches and administration. Not attending competition practices and/or fulfilling the commitment to the competition squad may also result in being removed from the competition squad.

Section 6 **Cheer Class (excluding freshmen):** Cheer class is mandatory for all members. Any members electing to be removed from the squad will be removed from the cheer class. Any members removed from the cheer class three or more weeks after the beginning of the semester will be placed in a physical education class for the remainder of the semester.

Section 7 **Mandatory Participation:**

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">A. Summer cheer campB. PracticesC. Cheer class (excluding Freshmen)D. Pep ralliesE. Spirit days (attire, activities, etc.)F. Football gamesG. Volleyball gamesH. Basketball games | <ul style="list-style-type: none">I. Playoff games & championship games (schedules determined by UIL)J. Sporting events for baseball, cross-country, golf, soccer, softball, swimming, tennis, track, volleyball, and wrestling, as determined by the cheer coachesK. Competitions and competition practicesL. Special appearances, performances, fundraisers, and community service events as designated by the cheer coaches. |
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Section 8 **Safety:** Cheerleaders are expected to follow the safety standards prescribed by the National Federation High School Spirit Rules and the American Association of Cheerleading Coaches and Administrators School Cheer Safety Rules.

Medical: Each member must have a completed physical exam and have completed a medical emergency form on file with the trainer.

ARTICLE V ATTENDANCE

Section 1 **Early Departures:** Members may not leave any function early for any reason other than illness, injury, or death in the family. If a cheerleader must leave for other reasons, consequences will be issued. A notice from a guardian must be submitted three days in advance to the coaches and must state that the student is leaving with a parent/guardian, the time and date of departure, the reason for early departure, and that the cheer coaches, high school, and district are released of all responsibility and liability.

Section 2 **Late Arrivals:** Members are expected to arrive on time at all scheduled practices and events. Consequences will be issued for any late arrival greater than fifteen minutes.

Section 3 **Excused Absences:** Cheerleaders must limit their number of excused absences, as performance privileges may be revoked for excessive absences. Absences, late arrivals to, or early departures from any cheerleading activity or event will only be excused for the circumstances listed below:

- A. Personal illness or injury (Two consecutive absences will require a doctor's note. Failure to submit a doctor's note will result in demerits.)
- B. Death in the family
- C. UIL school activities with advanced approval from the cheer coaches
- D. College visits with verification from school counselor

Section 4 **Unexcused Absences:** Absences for reasons other than those listed in Article V, Section 3 will be unexcused. Work, routine doctor and dental appointments, and non-school activities must not interfere with practices or performances and will be considered unexcused. An unexcused absence may affect performance eligibility and will result in demerits.

Section 5 **Unexpected Absence Procedures:** In the unexpected event of an illness, accident, family emergency, or death in the family, a parent must contact the coaches prior to the event/class/practice. A parent notice and, if requested, a doctor's note must be submitted to the coaches upon the member's return to school or practice.

Section 6 **Expected Absence Procedures:** Squad members must submit a written notice at least two weeks prior to an event and/or practice. Absences will only be counted as excused if they fall under Article V, Section 3 and will be counted unexcused for all other reasons in accordance with Article V, Section 4. All unexcused absences will result in demerits.

Section 7 **Academic/School Absences:** Members are expected to attend school all day in order to maintain eligibility for participation in an organizational activity. Cheerleaders are expected to be present and on time to class every day; daily attendance is mandatory. A cheerleader may not participate in after-school cheer activities if an unexcused absence has been recorded for the entire school day.

Section 8 **Attendance While Injured/Ill:** Members who suffer injuries or illness must consult a doctor or trainer within 24-48 hours. If an injury or illness hinders or limits a member's performance and/or practice capabilities, that member will be required to provide a doctor's note outlining the specific limitations. Injured members are still expected to attend all events and practices in accordance with their doctor's notes. A member with a concussion must follow the CFISD concussion policy until the member is cleared to participate under the standards set forth by the CFISD concussion policy.

ARTICLE VI

CHEER CAMP

Section 1 **Expectations:** All squad members are required to attend the entire summer camp. All school and camp rules will be in effect while in attendance at the camp, including the trip to and from camp. The itinerary of events, packing list, date, time, and location of the camp will be determined by the coaches and provided to squad members and parents. Practices for camp may be held before the scheduled date for camp. All members are required to attend these practices. Cheerleaders will remain with the squad at all times during camp. Transportation to and from camp will be provided by the school. Failure to attend the entire cheer camp will result in dismissal from the team.

Section 2 **Spectators:** Visitors are not allowed in any squad member rooms. Visitors may meet with squad members in common areas after daily activities during appropriate times. Parents and other spectators are invited to attend final camp performances; however, cheerleaders are not at liberty to socialize during the event. Cheerleaders will be free to visit and socialize with visitors and spectators after dismissal from the coaches.

Section 3 Drugs/ Alcohol – Possession, use of, transmittal, sale, or attempted sale of any tobacco, drugs, chemicals, inhalants, any other intoxicants, or mood-changing/mind-altering drugs are prohibited. Any infraction of this type will be dealt with severely and swiftly. It will result in the cheerleader being sent home immediately at the parent’s expense by commercial transportation. The matter will be turned over to administration immediately. The coaches and administrators reserve the right to search any piece of luggage if necessary.

ARTICLE VII PRACTICES

Section 1 Expectations: Cheerleaders will use practice time to sharpen motions, learn new material, and perfect jumps, stunts, and tumbling skills. Squad members are expected to practice newly learned material at home.

Section 2 Procedures: All cell phones must be put away once squad members arrive. Squad members will set up all necessary equipment and captains and squad leaders will lead the squad in warm-up stretches. All squad members are expected to warm up their tumbling skills. Squad members must address restroom needs prior to the start of the squad warm-ups. At the end of practice, all squad members will assist in putting up any and all equipment used. The squad is not free to leave until dismissed by the coaches.

Section 3 Breaks: Squad members must refrain from leaving practice for any reason unless it is an emergency. Water breaks will be given throughout practice. Cell phones should not be used until the squad has been dismissed from practice.

Section 4 Attendance: Cheerleaders are expected to attend and arrive on time to all scheduled practices. The date, time, and location of practice will be determined by the coaches. Cheerleaders will be expected to be in the assigned attire and ready for practice at the scheduled time. Extra or extended practices may at times be necessary and are not optional.

ARTICLE VIII CHEER CLASS

Section 1 Credits: Cheerleaders may receive PE credit(s) for cheerleading class; therefore they will be expected to dress out every day unless instructed not to by the coaches. Cheerleaders will have assigned attire daily.

Section 2 Grades: Grades earned will be based on dressing out, participating in practice, and any alternative assignments as determined by the coaches. Conduct grades will also be given.

Section 3 **Attendance:** Daily attendance is mandatory and cheerleaders are expected to be on time to class every day. All school rules regarding attendance will apply to the cheer class. Cheerleaders will be expected to be in the assigned attire and ready for class by the designated time assigned by coaches.

ARTICLE IX

GAMES & PERFORMANCES

Section 1 **Pre-Game/Performance:** Captains and squad leaders will lead the squad in warm- up stretches. All squad members are expected to warm up their tumbling skills. All cell phones must be put away once squad members arrive at the facility. Squad members must address restroom needs prior to the start of the squad warm-ups.

Section 2 **Games/Performance:** Cheerleaders are expected to cheer for the entire duration of the game, including all halftime and timeout performances. Squad members should remain in their assigned formation with their hands either behind their backs or on their hips, uniformly, if not cheering, jumping, stunting, tumbling or spiriting. Conversations and practicing cheers are not permitted in formation. Cheerleaders are expected to spirit, jump, stunt, and tumble throughout the game/performance.

Section 3 **Formations:** Squad formations will be based on individual cheerleader leadership, stunt groups, skills, preparation/knowledge, facials, and showmanship and determined by the coaches. Changes in placement may occur at any time due to injury, illness, loss of skills, excessive absences, poor performance, change in numbers, or needs of the squad.

Section 4 **Stunts:** Stunt groups and positions will be based on individual cheerleader height, skill, and flexibility. Changes in positions and groups may occur at any time due to injury, illness, loss of skills, or needs of the squad.

Section 5 **Tumbling:** Squad members will be expected to tumble at all squad events. Cheerleaders will tumble on turf, rubberized track, hardwood floors, dead floors, and spring floors. Cheerleaders must continue to progress in their tumbling skills throughout the year and should comfortably throw any skill they used during the tryout regularly.

Section 6 **Jumps:** Squad members will be expected to showcase their jumps during introductions and big plays and after cheers/chants. Cheerleaders' jumps should be level and have correct form. Cheerleaders must improve their jumps throughout the year and be able to perform any jump they used during the tryout regularly.

Section 7 **Breaks:** Squad members must refrain from leaving the sideline for any reason unless it is an emergency. Squad lines may take turns leaving the formation for a quick water break. During halftime of a game, cheerleaders may leave to use the restroom facilities, visit the concession stand, or speak with parents. Cheerleaders must return to the sideline prior to the three-minute mark on the clock.

Section 8 **Attendance:** Cheerleaders are expected to attend and arrive on time in full uniform to all scheduled games/performances. The coaches will provide a specified time and location for each game. The school will provide transportation, therefore, squad members are required to ride the bus to the game and back to the high school where they may leave in their own vehicles or find a ride home.

Section 9 **Substitutions:** Two cheerleader substitutions during volleyball season and two cheerleader substitutions during basketball season are allowed. The cheerleader must inform the coaches of the substitution and provide written notice no less than 24 hours before the game. If the substitute cheerleader is no longer able to perform after agreeing to the substitution, it becomes their responsibility to find a new replacement.

ARTICLE X

COMPETITION

Section 1 **Participation:** Participation in the competition squad will be determined by the cheer coaches based on the needs of the squad. Those that do not earn a position on the competition squad as squad members may be given the opportunity to be alternates.

Section 2 **Expectations:** All rules and guidelines from the squads governing documents will be enforced and expected to be followed by all squad members at all times. Coaches will decide on participation in all competitions and related activities. If inappropriate behavior by squad members affects the performance in any way, consequences will be issued which may affect the team's participation in the competition. Transportation to and from the competition will be provided by the school unless the venue is within 15 miles of the school.

Section 3 **Spectators:** Parents and other spectators are invited to attend competitions; however, cheerleaders are not at liberty to socialize until the competition concludes and the squad has been dismissed by the coaches.

Section 4 **UIL Texas State Spirit Championship:** The UIL has provided a UIL Spirit State Championship due to increased interest and support of the activity. We will consider attending this competition as we grow as a program.

ARTICLE XI

GRADES & ELIGIBILITY

Section 1 **No Pass, No Play:** Cheerleading participants are subject to No Pass, No Play. Cheerleaders with failing grades at an eligibility check will be placed on probation or suspended from events/performances, not practices, for the next three weeks. A cheerleader who is ineligible for more than a total of six weeks will be dismissed from the squad. Failure does not have to be in the same class or consecutive eligibility periods. Only classes listed as Designated or Advanced courses in the Student Handbook/Code of Conduct for maintaining eligibility will be acknowledged in the case of exempting a failing grade.

ARTICLE XII

STANDARDS

Section 1 **Expectations:** Certain standards are necessary for the integrity of any organization. Each member of the cheerleading squad should be a leader within the school and set a good example at all times. Personal appearance and behavioral habits should reflect high standards because cheerleaders are representing the school at all times. In an attempt to maintain the high standard of the cheerleading program, a cheerleader’s personal life is expected to reflect these standards as well.

Section 2 **Conduct Code:** Cheerleaders will abide by the standards set by CFISD, which are found in the Student Handbook and Student Code of Conduct. Inappropriate behavior will not be tolerated.

- A. Cheerleaders shall be respectful to all teachers, staff, and administration at all times.
- B. Cheerleaders shall be courteous and friendly to all individuals.
- C. Cheerleaders should not use profanity, verbal or written, or make obscene gestures.
- D. Cheerleaders should not participate in excessive displays of public affection.
- E. Cheerleaders must not participate in or encourage inappropriate behavior, this is to include but not limited to interactions on social media, the internet, and text messaging by following the team social media contract.
- F. Cheerleaders must be supportive of the cheer program, squad members, coaches, and administration.

Section 3 **Dress & Groom Code:** Cheerleaders will adhere to the CFISD Student Handbook/Code of Conduct regarding dress code. Please note that the CFISD Student Handbook/Code of Conduct states “Students participating in school-related activities may have more restrictive dress or groom code imposed” (HB-37).

- A. Squad members should be presentable at all times. Squad members will be allowed to “paint-up” on special occasions; however, the paint should not hinder the members’ abilities or deface the uniform. Visible, permanent, or semi-permanent tattoos are not permitted in uniform. Only temporary spirit tattoos will be permitted at the coaches’s discretion.
- B. For safety reasons, nails must be kept short and filed. For uniformity, colored nail polish is not allowed, clear polish or French manicures are acceptable.
- C. For safety reasons, all jewelry is prohibited during participation, including spacers. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- D. Undergarments must not be visible at any time. Appropriate undergarments must be worn to complement the cut of the uniform. Spanx/spandex is considered part of the uniform and not an undergarment.

Section 4 **Uniforms:** *Uniform* is defined as any item of clothing that identifies the wearer as an LCHS Cheerleader, including, but not limited to, performance uniforms, squad shirts, practice gear, socks, shoes, and accessories.

- A. Cheerleaders must remain cognizant that while they are in uniform they are recognizable and represent Langham Creek High School and Cypress Fairbanks ISD.
- B. Any representation of the Langham Creek cheer uniform on personal websites must be in good taste and are subject to the standards of the Code of Conduct.
- C. Each squad member is responsible for the care and timely return of school-owned uniforms. Any school-owned uniform that is damaged or not returned at the end of the cheerleading season shall be paid for by the member to whom the uniform was issued.
- D. Uniforms, personally- or school-owned, must be kept clean and in good repair, including megaphones, pom-poms, and shoes.
- E. Mascots are responsible for the care, cleaning, and returning of all uniforms, suits, and props provided to them by the school.
- F. Alterations to the uniform must be in good taste and should not be too fitted, loose, short, or long. No beads, rhinestones, glitter, decoration, or the like may be added to the uniform. Any decorative embroidery or personalization not approved for the entire squad is prohibited.
- G. Cheerleaders are not to wear any part of the uniform outside of cheer activities. If cheerleaders have plans after events prior to going home, they must change.
- H. Cheerleaders should not loan any part of a uniform to a non-squad member.
- I. Cheerleaders who voluntarily quit or are removed from the squad for any

reason may no longer appear in public, both in and out of school, in a uniform, or any article of clothing that identifies her/him as a LCHS cheerleader.

ARTICLE XIII **DISCIPLINE**

Section 1 Cheerleaders who exhibit issues with conduct and/or discipline may receive a disciplinary referral, demerits, be benched, and/or be placed on probation, suspension, or dismissed from the squad. Physical conditioning as an individual, or as a squad, may also be assigned at any time for any discipline infractions.

Section 2 **Demerits:** Demerits are cumulative from the time a cheerleader is elected to the following tryout. At any time, at the discretion of the coaches, the demerit system may be waived and a cheerleader may be conditioned, benched, suspended, or dismissed.

A. Automatic Probation or Suspension could be warranted based on the following:

1. 15 demerits (automatic probation)
2. 20 demerits (automatic suspension)
3. Violation of CFISD Code of Conduct – Level III, IV, or V, on or off campus.
4. Second-time assignment in the Discipline Management Class (DMC).
5. Failure to maintain acceptable conduct in all classes.

B. Automatic Dismissal will be warranted based on the following:

1. Placement in a disciplinary alternative educational program (DAEP).
2. Involvement in a fight and is determined to be a mutual combatant.
3. Organizing or participating in a hazing, harassment, or bullying incident.
4. Any outside criminal activity or any act punishable by law.
5. More than six weeks of ineligibility due to failing grades.

C. Demerits must be appealed within five school days of the issuance of the demerits. If a cheerleader feels a demerit was given unjustifiably, the cheerleader must speak directly with the coaches. If the decision rendered is unsatisfactory, a parent/guardian of the cheerleader must contact the coaches. The coaches will set up a second meeting to address their concerns with the school administration. The decision of administration is final and may not be appealed to the district.

Section 3 **Merits:** Ten merits will be the maximum amount of merits a cheerleader will be able to earn per semester. Merits will not replace other disciplinary actions related to demerits such as benching, probation, suspension, and/or dismissal. One merit will “erase” one demerit. Merits earned in the 4th grading period of the previous school year will roll over into the current school year. Merits are available for grades and perfect attendance if the cheerleader submits their grades for merit review within 10 days of the grading period ending as follows:

- A. Two Merits
 - 1. Straight A’s on report cards.
- B. One Merit
 - 1. A’s and B’s on report card.
 - 2. Perfect attendance (no unexcused absences)

Section 4 **Conditioning:** Conditioning of the team may be required for small infractions in conjunction with the demerits given to the specific cheerleader. However, conditioning for the individual will be automatic when a cheerleader’s total demerit count reaches 5 and 10.

Section 5 **Social Media:** The Langham Creek Cheer Department recognizes and supports each cheerleaders’ rights to freedom of speech, expression, and association, including the use of social media and internet networks. In this context, however, each cheerleader must maintain digital citizenship with a respectful, positive presence online in all aspects. Cheerleaders of Langham Creek High School not only represent the school but also the school district, Cypress-Fairbanks ISD. As representatives of our team, school, and district, you are held to a higher standard. Represent your campus with pride and class! Please adhere to the following expectations of the Cheerleader Internet Use/Social Media Policy. Violation of this policy may result in disciplinary action.

- A. Expectations:
 - 1. It is impermissible for a cheerleader to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use), inappropriate language, or items that could be interpreted as demeaning or inflammatory.
 - 2. It is impermissible to share information on injuries, any decision made by the coaches, or team matters that could reasonably be expected to be confidential to team members.
 - 3. It is expected that all cheerleaders abide by all respective social media website rules.
 - 4. Cyberbullying will not be tolerated by any means.
 - 5. Do not take or exchange nude or partially nude photographs/videos via cell phone or social media as such pictures/videos of minors are illegal.

- B.** If you have any inappropriate material on your profile, the following actions will take place:
1. You must immediately remove inappropriate content.
 2. The severity of the offense will be determined by the coaches and LCHS Administration in accordance with the LCHS Cheerleader/Mascot Handbook/Guidelines and CFISD Student Code of Conduct.
 3. The severity of the offense will determine the severity of the consequences.
- C.** Best Practices & Reminders:
1. Think before you post. If you wouldn't want your coaches, parents, or future employer to see your post, don't post it. Once it's posted, it is permanent.
 2. Be respectful and positive. Never post anything negative about fellow team members, the coaches, or the program overall.
 3. Be mindful of your audience—many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.
 4. The internet is permanent. Even if you delete something, it's still out there somewhere, and someone has probably already seen it. Be in the right state of mind when you make a post. The public will see your social media websites. Potential employers often use these social media websites to screen candidates. Use the privacy/security settings made available on these sites.
 5. Violation of this policy may result in disciplinary action as determined by coaches and LCHS administration.

Section 6 **Benching:** Benching is the temporary removal from performing or participating at a game, performance, or event, at the coaches's discretion. During benching, the cheerleader is not able to participate in any performances of the squad but will attend all performances in uniform and sit with the coaches. A benched cheerleader is also required to attend all practices. If a cheerleader is unprepared for a game or event, they may be benched. If a cheerleader fails to fulfill the consequence of benching, they will continue to be benched until the consequence is fulfilled.

Section 7 **Probation:** Probation occurs when a cheerleader reaches 15 demerits. A probation contract may be written for the squad member who should be notified of his/her probationary regulations. Probation does not limit participation in events. Probation also occurs after a cheerleader returns from suspension. If any rule violation occurs during the probation period, immediate removal is enforced.

Section 8 **Suspension:** Suspension will occur once a cheerleader reaches 20 demerits or participates in inappropriate behavior as determined by the coaches and administration. Suspension eliminates the squad member from participation at cheerleading functions and excludes participation in performances and special

events; however, the squad member is required to participate in cheer class during school only. If the suspended member attends a designated activity apart from cheer class, he/she is not allowed to wear any part of the squad uniform during the period of suspension. Not meeting UIL grade requirements is also a cause for suspension. A probationary contract will follow the suspension period.

Section 9 **Dismissal:** Dismissal involves the loss of membership from the cheerleading organization any time after having been confirmed as having made the squad after tryouts. All school-issued equipment and uniforms must be returned and all financial obligations must be cleared within one week of dismissal. The former member will be financially responsible for any balances due and no refunds will be made. Once a member has been dismissed, he/she loses all privileges of the cheer program and will be removed from the cheer class. Dismissed members may not wear any part of the squad uniform. Dismissed members may not tryout for membership on the squad the following year.

Section 10 **Resignation:** Resignation is a choice made by a squad member who no longer desires to participate in the cheer program any time after having been confirmed as having made the squad after tryouts. If a cheerleader decides to resign, a letter of resignation from the resigning squad member, signed and dated with the parent/guardian's signature will be required. All uniforms, clothing, and equipment must be turned in and financial obligations must be cleared at the time of resignation. The former member will be financially responsible for any balances due and no refunds will be made. Once a member has resigned, he/she loses all privileges of the cheer program and will be removed from the cheer class. Members who have resigned may not wear any part of the squad uniform. Members who have resigned may not tryout for membership on the squad the following year.

ARTICLE XIV

FINANCES & FUNDRAISING

Section 1 **Financial Obligations:** Cheerleaders and mascots should be prepared to meet the financial responsibilities of cheerleading. In the event of a missed payment, a cheerleader may be benched. If a cheerleader resigns or is dismissed from the squad, she/he is still responsible for all expenses incurred. All financial obligations are under the supervision of the coaches.

Section 2 **Activity Account:** All profits from squad fundraisers and certain family commitment dues will be held in the high school cheerleading activity account to offset the expenses incurred by the squads during the school year. The dispensing of the funds is at the discretion of the cheer coaches under the supervision of LCHS administration.

Section 3 **Fundraising:** The Cheer coaches will organize fundraisers to help with squad expenses. Members and parents will be highly encouraged to participate in squad fundraisers.

Section 4 **Refunds:** All fundraised funds are nonrefundable. If a squad member resigns, is dismissed, or graduates prior to the utilization of funds earned through fundraising, he/she will forfeit the profit money and it will become a part of the cheerleading activity account. All competition fees are non-refundable after payments have been made to the competition host.

Section 5 **Possible Expenses:**

- A. Uniforms – performance uniforms, camp/practice uniforms, Spanx/spandex, warm-ups, jackets, game day shoes, and/or competition shoes.
- B. Accessories – pom-poms, game day shirt, pink out and other dress up day supplies, megaphone, cheer bag, bows, socks, gloves, and/or rain gear.
- C. Fees – uniform usage fee, cheerleading camp, transportation fees, homecoming fees, competition fees, monthly gym fees, banquet tickets.
- D. Other uniforms, accessories, and fees as specified as necessary by the coaches.

ARTICLE XV LEADERSHIP

Section 1 **Selection:** The cheer coaches will elect and determine the number of captains and squad leaders based on the leadership packet, crowd-leading cheer, and peer election. Each candidate will be required to complete a leadership packet to be considered for a position. Varsity cheerleader captains must have previously been LCHS cheerleaders in the previous year. The leadership tryout process will be determined by the coaches. Coaches may poll the squad on who they feel is the best fit to be captain/co-captain. Coaches reserve the right to make the ultimate decision on leadership positions.

Section 2 **Expectations:** Captains are to serve as leaders and guiding influences and as such they must be above reproach at all times and represent the coaches, administration, and Langham Creek High School to the very best of their abilities. The honor and privilege of being a captain or squad leader can be removed if the coaches and administration deem it necessary.

Section 3 **Captain:** The captain and co-captains are ultimately the representatives of the entire squad and will be responsible for all other members of her/his squad,

overseeing the duties of squad leaders, preparation of all activities and events by the squad, staying informed of all athletic and extracurricular activities' events, managing practices, performances, and other social events with direction from the coaches, notifying and updating squad members of any changes within the program, calling cheers, chants, and sideline dances, and mediating conflicts within the squad.

ARTICLE XVI

AWARDS

Section 1 **Banquet:** A cheerleader/mascot banquet may be held in the spring semester of each year. The cost will be determined by the cheer coaches as the event is planned. Any cheerleader who voluntarily quits the squad or is removed from the squad for reasons other than injury will not be permitted to attend the banquet. Cheerleaders will receive various awards based on their participation throughout the year.

Section 2 **Awards:** Awards based on participation, dependability, attitude, character, personality, cooperation, loyalty, and academic achievement will be awarded at the annual cheerleading banquet.

Section 3 **Letter Jackets:** Letter jackets will be awarded to Varsity cheerleaders/mascots in good standing based on having successfully completed one year as a varsity cheerleader, mascot, or manager. *One year* is determined to be from tryouts to tryouts. *Successful completion* shall be interpreted as full participation in all required events, activities, and practices as determined by the coaches and excludes excused absences. Regardless of the number of activities or organizations a student participates in, no more than one letter jacket will be awarded to a student while in high school.

ARTICLE XVII

COMMUNICATION

Section 1 The Cheerleading guidelines have communicated the expectations for squad members, squad requirements, procedures, and discipline that may result in denial of participation. The coaches will communicate all dates, times, and locations of all events and specifics concerning the event. With the support of administration, the coaches will make decisions based on what is believed to be best for all students involved.

Section 2 **Parent Communication:** It is important to understand that there may be times when things do not go the way parents or squad members wish. Parents are

welcome to address their concerns directly to the coaches. Parents should email the coaches directly to set up a meeting to discuss any concerns. Parents should not confront coaches before or after a practice or game/performance. If a parent and the coaches are unable to reach a satisfactory resolution to the concern, parents may contact the administrator in charge of cheerleading. Parents must contact the coaches prior to contacting the administrator.

Section 3 **Appropriate Concerns:** Appropriate concerns to discuss with the coaches are the mental and physical treatment of the cheerleader, ways to help the cheerleader improve, and concerns about the cheerleader's behavior.

Section 4 **Inappropriate Concerns:** Concerns that are not appropriate to discuss with the coaches are cheerleader placement squad formations or stunt groups, competition or game/performance strategy, selection of uniform, and other squad members.

ARTICLE XXIX

AMENDMENTS & CHANGES

Section 1 All LCHS cheerleader/mascot rules and guidelines will be interpreted and carried out by the LCHS cheer coaches, under the guidance of the LCHS administration. If, at any time, the coaches and administration feel the need to alter any part of the Langham Creek High School Cheerleading Rules/Guidelines for the good of the organization, they may do so without prior notice or discussion. The coaches and administration will deal with any special situation that may arise that is not specifically addressed in the rules and guidelines on an individual basis.