

Runge Junior High/ High School

Cheerleaders

CONSTITUTION

In effect at all time, unless otherwise stated

Updated April 2020

Revised 4/1/2020

The members of the RUNGE Cheerleading Squad must adhere to the following articles. It must be understood that as a member of this organization, the student becomes a representative of the Runge Independent School District and each member must maintain a higher standard of behavior both on and off campus than that of their peers. **Membership may be terminated at any time for unacceptable standards of conduct. A Member includes cheerleaders and the mascot belonging to the cheerleading squad.**

ARTICLE I. PURPOSE

The purpose of the Runge Cheerleaders is to promote school spirit through cheering at events, attending events, and showing support for all Runge Cheer activities. The purpose shall also be to develop character, leadership, self-discipline, sportsmanship and individual responsibility in each member, while maintaining high moral standards. It is the individual cheerleader's purpose to represent Runge High School in a manner that will reflect credit upon the school, as well as upon the members of this organization. Each member agrees to abide by the rules and regulations set forth in this constitution.

ARTICLE II. TRYOUT QUALIFICATIONS AND REQUIREMENTS

- A. The candidate must **WANT** to be a Runge Cheerleader.
- B. The candidate must understand that the schedule and discipline of a cheerleader demands a high degree of determination, hard work, strength, dedication, self-discipline, and loyalty to the team concept.

- C. Have an academic average of “75” – with no grade below “70” for the **1st, 2nd and 3rd six weeks** or for the **1st and 2nd nine weeks** reporting period.
 - D. Be in regular attendance...no excessive absences. Attendance must be in compliance with the attendance policy for the district. Candidates cannot have **More than 8 unexcused absences** in a **semester course** and no more than **18 unexcused absences** in a **year long course**.
 - E. Have not received **two or more referrals** or have been **suspended within the current year**. The candidate has not been assigned to an AEP or DAEP during the current school year.
 - F. Must be enrolled in RISD by the first Friday, of the second semester, coming back from Christmas Break.
 - G. Must have a current physical yielding that he/she is physically able to complete all requirements of cheerleading, including daily jumps, cheers, tumbling, stunting and/or running.
 - H. If a candidate has made the squad, but has been dismissed or has resigned from the Runge Cheerleading Squad, he/she cannot try-out the following year.
 - I. Must be in compliance with written transfer and admission policies of RISD.
 - J. Must have financial ability to meet the cost of member needs.
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ARTICLE III. SELECTION OF CHEERLEADERS AND MASCOT

A. Candidates for cheerleaders and the mascot will be selected by tryouts with judges. These judges will be brought in from outside the school district and should not be known acquaintances of the Runge students.

B. Tryouts

*** Due to special circumstances, there will be a virtual tryout and all eligible candidates will be required to submit an online tryout video.**

Varsity Squad:

1. Varsity Squad will have 5 members that will consist of freshmen, sophomores, juniors and seniors.
2. Candidates will have to perform 3 jumps, an entrance (that may include tumbling and/or spirit), cheer, and chant.
3. In case of a tie, the tie breaker will be the candidate with the highest leadership score from the leadership criteria form.

Junior High Squad:

1. Junior High Squad will have 5 members that consist of a combination of 6th, 7th and 8th graders.

C. Tryouts are closed to the public, except to district individuals who will be assigned by the sponsor and principal.

***For the virtual tryout, the following must be submitted during signups:**

1. Tryout Acknowledgement Form
2. Runge Cheer Constitution Acknowledgement

*** Leadership Criteria Form (Sponsor will give this form to the office staff upon candidates completion of signup.)**

D. All candidates must have a U.I.L. physical form turned into the Sponsor within one month after tryouts.

Candidates may get their U.I.L. physical form from the athletic director, if it is current.

E. If a vacancy on the squad occurs before the end of the school year, the candidate with the next highest score may be added to the squad.

F. If a vacancy occurs after the end of the school year, the squad will **not** add the next candidate to the squad.

ARTICLE IV. CHEERLEADER / MASCOT STANDARDS

A. Each cheerleader / mascot must maintain an overall average of 75 or higher with no grade below a 70. Any member whose grade average in any course is less than 70 at the time of U.I.L. Eligibility Grade Check will be ineligible to participate in any team event during the succeeding number of weeks as set forth by the TEA "No Pass, No Play" rule in effect at the time ineligibility occurs. To regain eligibility, a student must have a grade of 70 or above at the time of U.I.L. Eligibility Grade Check.

B. Cheerleaders must tryout every year. Positions are not guaranteed each year.

*** As previously mentioned, certain circumstances may require the district to conduct virtual tryouts.**

C. The sponsor will follow the district discipline plan in working with and guiding the squad members.

D. A cheerleader / mascot is to behave in a manner that reflects positively on the squad and RISD at all times, both in and out of uniform.

E. Cheerleaders / mascot are not to wear their uniform in public without the permission of the sponsor.

F. Cheerleaders / mascot are required to attend all assigned activities. A cheerleader / mascot must not exceed two unexcused absences from any cheerleader / mascot activity. The third absence will result in removal from the squad.

- G. Organize, plan, set up and clean after pep rallies.
- H. Cheerleaders will perform in all games designated by the coach. The coach reserves the right to pull any member from a performance due to absences, attitude, not in uniform or lack of effort.
- I. Any member who misses practice during the week of the game, or in preparation for a specific performance may be eliminated from that particular performance.
- J. Any competitions entered will be under the advisement of the sponsor and with approval by the principal and athletic director.
- K. Letter jackets may only be earned when two years have been completed on a varsity cheer squad.
- L. Must attend summer camp. A cheerleader must have prior approval from the sponsor to miss camp.

ARTICLE V. DUTIES AND RESPONSIBILITIES OF SQUADS

A. **Varsity** will cheer at:

1. Summer camp
2. Varsity Pep Rallies
3. Varsity football games (home and away)
4. Homecoming activities
5. Spring events when assigned
6. Extra games or activities at the sponsor's discretion

B. **Junior High** will cheer at:

1. Summer camp
2. Varsity Pep Rallies (sponsor and administration discretion)
3. Junior High football games (home and away)
4. Homecoming activities
5. Spring events when assigned
6. Extra games or activities at the sponsor's discretion

***If there is no Junior High football team, the JH squad will combine with the Varsity to participate in Friday games.**

ARTICLE VI. EXPENSES

A. The cheer camp deposit of \$200.00 will be required when the candidate makes the squad. It will be due by the end of May.

B. Campwear, Uniforms, etc., will be divided into two payments. **Due dates are pending for June/July.**

C. If any of the payment deadlines pose a problem, please communicate the issue with the sponsor.

D. **Each cheerleader is responsible for the cost** of uniforms, camp clothes, camp, and any other expenses that may arise. Estimated personal expenses range from \$600-\$1100, depending on varying prices as well as what the member already has acquired. Keep in mind that this is simply an estimate. Please recognize that the first year cheerleader cost tends to be more expensive.

E. Participation is required for ALL fundraising activities, unless payment is made in full.

ARTICLE VII. EXPECTATIONS OF THE SQUAD

Failure to abide by the expectations of the squad and attendance rules may result in demerits.

A. Being a Cheerleader is an Honor, not a Right.

B. Be responsible for your own actions.

C. Treat others with respect.

D. No gum, candy, or jewelry during practices or performances.

E. Cooperate at all times.

F. Insubordination (non-cooperativeness) will not be tolerated.

G. If you do not like a decision discuss it privately with a captain or the coach.

H. No public display of affection.

I. Listen to the coach and captains at all times.

J. Always say...please, thank you, yes ma'am/sir, no ma'am/sir.

K. If you do not know what is expected of you, just ask!

L. Inappropriate language is never allowed.

M. Offer constructive criticism rather than complaints.

N. During performances the entire team must be in uniform (all items must be matching).

O. Cheerleaders should arrive to performances at the specified time given by the sponsor, unless prior arrangements have been made.

P. Certain standards are necessary for the integrity and reputation of any organization. Each member should be a leader within the school and should set a good example at all times. Members are expected to have and maintain a character above reproach. Personal appearance, habits and actions of which there can be no criticism, are required as each team member represents Runge Independent School District before the public at all times.

- Q. Runge Independent School District rules will be strictly applied whenever the team is officially representing RISD, attending a school sponsored activity or while on a school sponsored trip. Each member must be aware that their conduct off-campus reflects on the team's image and that any member who is guilty of engaging in any illegal activity will be subject to dismissal.
- R. Cheerleaders / mascot are responsible for their own transportation both to and from cheerleading practice, home games and other activities. Departure must occur within a timely manner (within 15 minutes from completion of activity.)
- S. Transportation is provided for out-to-town games and other activities through the district. All members are required to travel to and from as a squad unless prior arrangements are made. All requests must be made in writing and signed by parent/guardian prior to departure from the Runge campus.
- T. Water and Gatorade are allowed beverages during performances, however no other food or drink should be visible during performances.
- U. Cheerleaders will be allowed to eat during breaks specified by the sponsor.

ARTICLE VIII. SOCIAL NETWORKING WEBSITES AND ELECTRONIC COMMUNICATION

Maintaining a higher standard of conduct will also include ensuring that Runge High Cheerleader's personal websites are appropriate. The Internet is a Worldwide, publicly accessible form of communication. Any electronic communication such as but not limited to Twitter, Facebook, Snapchat, photosharing, inappropriate texting, etc.... appearing on the Internet is public domain, even if it is marked private. Cheerleaders are responsible for their personal websites and postings as well as postings on other students' websites. The areas of appropriateness will include, but are not limited to language (abbreviated or alluding to negative, lewd, vulgar or obscene comments about any individuals), pictures, suggestive poses, clothing, and reference to alcohol, drugs, and tobacco.

Any Member of the Runge High School Cheerleader Organization who is caught with inappropriate negative, lewd, obscene, or sexual pictures, comments, or statuses on any social networks such as but not limited to Twitter, Facebook, Snapchat, etc. and will suffer consequences as follows:

Cheerleaders may receive demerits and are subject to Runge ISD student code of conduct.

ARTICLE IX. ATTENDANCE

A. Member must not be absent from practice critical to a performance, or the member will not be

allowed to participate in that performance.

- B. Member must attend all practice sessions during the school year and summer. The cheerleading squad cannot practice efficiently without all members present.
- C. Practices will consist of 1 to 2 mandatory days per week to be determined by the sponsor and head cheerleader.
- D. All excused absences must have the appropriate documentation. Excused absences must be reported as soon as possible to the sponsor. These absences include medical, funeral, and family emergencies.
- E. One unexcused absence, of a practice crucial to a performance, will result in **5 demerits**.
- F. Three unexcused absences from school will result in removal from the squad.
- G. In the event of tardiness or absence, a cheerleader / mascot must notify the sponsor or head cheerleader prior to the event.
- H. A student absent from school for a contagious illness will be allowed to practice or perform that day or evening with a medical release.
- I. In the event of a student not being able to attend a practice or game due to a family legal situation, like a custody issue, proper legal documents must be given to the sponsor or principal at school.

ARTICLE X. FIRST AMENDMENT

Section 1. This system is a method that establishes structure and discipline within the cheer team, as well as, reward and encouragement. It holds members responsible for their actions and helps maintain a dedicated team. The following are reasons for earning merits.

A. Merits

- 1 merit A member will earn a merit for every "A" she receives on her report card for the first three grading periods.
- 2 merits If a teacher or administrator were to come up, unasked, to praise a member for her efforts and good character, she will earn 2 merits

B. Demerits

- 1 demerit A member will receive one demerit if she is...
 - Tardy – more than 5 minutes to practice or performance
 - Missing her poms
 - Missing her hairbow
- 2 demerits A member will receive two demerits if she...

Breaks school dress code as adopted by RHS
Violations of Article IV (Cheer/Mascot Standards) and Article VII (Expectations of the Squad)

5 demerits A member will receive 5 demerits if she...

Talks back to any teacher or coach

Is disrespectful to any adult, school personnel or teammate

Inappropriate behavior or language

Disciplinary Office Referral

Social Networking Violations

Unexcused Absence- Article IX

Late payments

10 Demerits A member will receive 10 demerits if she...

Assignment to I.S.S.

Section 2. Accumulation of demerits resulting in a cheerleader being suspended from participation during events are as follows.

5 demerits The accumulation of five demerits will result in a pep rally and one-half game suspension. Practices and all other cheer activities (wearing uniform to school, traveling with the team, etc.) will still be required but the cheerleader will be “benched” during the pep rally and at the game for the first half.

10 demerits The accumulation of ten demerits will result in a one week suspension. Practices are still required but participation in any other cheer activities (cheering, wearing uniform to school, traveling, etc.) will be prohibited.

15 demerits The accumulation of fifteen demerits will result in permanent dismissal from the squad.

Section 3. All merits and demerits are accumulated and may cancel each other out if earned. Beginning the day after the squad is chosen, each cheerleader will be deemed a “new” start. Merits and demerits will be erased to begin the next year, if she is on the next year’s squad.

ARTICLE XI. COACH’S RESPONSIBILITIES

A. Be responsible for scheduling and overseeing tryouts each year.

- B. Be responsible for overseeing all practice sessions and performances.
- C. Be organized and prepared
- D. Be a teacher of the sport
- E. Be a student of the sport
- F. Be positive and enthusiastic
- G. Emphasize attention to detail
- H. Care about each cheerleader
- I. Lead each cheerleader to become better people
- J. Tell the truth.
- K. Protect each cheerleader from any physical or emotional harm to the best of his/her ability
- L. Treat each cheerleader with dignity and respect
- M. Enjoy the journey. Cheerleading is fun!

ARTICLE XII. DISMISSAL & RESIGNATION

Section 1. **Dismissal** involves the loss of membership from the Cheerleader organization. All financial obligations must be cleared within ONE week of dismissal. Once a member is dismissed, they lose all privileges of the Cheerleaders organization. All cases involving dismissal, the coach will have a conference with the on-site administrator. They will take into consideration the details surrounding the possible dismissal and will come to a conclusion regarding the dismissal. Their decision is final.

Section 4. A cheerleader may be Dismissed from the program for:

- A. Receiving three referrals
- B. Severe discipline problems in school or cheerleading
- C. Disciplinary action involving any law enforcement agency
- D. Consumption of alcohol or use of narcotics concurrent with the district policy and Texas State Law.
- E. Failure to follow school rules and policies. Failure to abide by the Cheerleader Constitution.
- F. Lack of respect towards the coach, other team members, faculty, school personnel, or school property
- G. Any offense deemed severe by administration and the coach
- H. Suspension/Expulsion from school
- I. If a team member or parent shows a habit of causing any drama or diversity between

the squad and its members

J. The accumulation of 15 demerits

Section 5. **Resignation** shall be defined as a choice made by an individual member that they no longer desire to participate in the Cheerleader organization. Resignation procedures involve a conference with the coach and a letter of resignation from the resigning member, signed, and dated. All financial obligations must be cleared at the time of resignation.

Section 6. Withdrawal from Runge ISD will be considered an automatic resignation if the member never formally resigned.

Section 7. Upon resignation or dismissal, the former member loses all privileges of a Cheerleader and may not be a guest at Cheerleader functions.

Section 8. Once dismissed from the Cheerleader organization, reinstatement will not be allowed during the current year or even for next year.

ARTICLE XIII. PARENT RESPONSIBILITIES

- A. Parents must give their permission for their child to fulfill all the responsibilities of being a member of the team before they are officially accepted.
- B. Parents must be willing to meet all financial obligations involved in having their child as a team member. **All payments are final.**
- C. Parents are responsible for arranging transportation to and from all activities, except when transportation is provided by the school district.
- D. Parents must be willing to participate and support the RUNGE Cheer Program fundraising events.
- E. Parents must be willing to direct any concerns regarding the cheer program directly to the coach.
- F. Parents must be willing to cooperate with the coach and keep him/her informed of dates that might conflict with team activities.
- G. Parents should be supportive of their child and of the Cheerleading Organization.
- H. Parents are not allowed at practice. Cheer practice is time for the girls to learn to work together and do not need any extra distractions.

ARTICLE XIV. CONSTITUTIONAL CHANGES

- A. The interpretation of this constitution is the sole right of the coach and administration.
- B. We have the right to add or change those things which we feel must be changed for the benefit of

the organization or for the situation itself.

- C. This constitution is meant to be a basic operating instrument and is not intended to cover every operating policy.
- D. The constitution is subject to change at any time with approval from the school board and/or administration.
- E. The Coach may enforce other rules as they become necessary during the school year for the benefit of the organization.