

THE LONE STAR HIGH SCHOOL CHEERLEADING HANDBOOK

2019-2020



Statement of Purpose:

Being a member of the LSHS Cheer program is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, and wholesome school spirit. Cheerleaders should exemplify behavior suitable to their position, and are first and foremost representatives of the school. Members of the squad will be expected to maintain a higher standard of behavior, both on and off campus, than that of their peers. This handbook serves as **additional** guidelines in supplementation of the FISD Cheerleading/Mascot Code of Conduct.

Rangers Support Rangers.

Definition

The rules and procedures outlined in this handbook are in effect from the time the student is selected to the cheerleading program until the next tryout date (March to March). These rules apply to cheerleaders and mascots in the program equally.

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. Proper manners should be used at all times to address all adults (LSHS staff, event workers, booster members, etc.). Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad.

Cheerleaders are expected to demonstrate exemplary character at all times. Coaches have the right to discipline for poor attitude/behavior with conditioning or benchings from events.

Any cheerleader who decides to resign at any point for any reason during their current season, forfeits their right to tryout for the following season.

Parent/School/Coach Communication

Parents have the right to know, and understand the expectations placed on them and their children. Coaches have the right to know if parents have a concern; a parents should discuss concerns with the coach at the appropriate time and place.

I. Communication of the Parent

Communication coaches should expect from parents:

- Concerns a regarding their student expressed directly to the coach at the appropriate time and place.
 - a. Specific concerns with regard to the coach's expectations.
 - b. Notification of any prior schedule conflicts.
 - c. Mental and physical medical treatment of a student.
 - d. Student behavior/safety
- Concerns not appropriate for discussion with a coach:
 - a. Squad selection of cheers, chants, students, or elements of a performance.
 - b. Any situation that deals with other student athletes or squad members.

II. Communication of the Coach

Communication parents should expect from coaches:

- Locations and times of practices and performances.
 - Squad requirements of fees, special equipment, uniforms, squad rules, and travel arrangements.
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Discipline System

I. Cheerleaders will run 5 laps following practice for any of the following:

- Tardy for any practice.
- Not being in appropriate attire (outfit, shoes, etc.) for practice. This includes nails that are not neutral colors, plain, french manicured, or LSHS school colors.
- Chewing gum at practice, games, performance, or other cheer functions.
- Excessive talking or rude/disturbing behavior at practice or performance.
- Wearing jewelry at practice, games, or performance.
- Not having hair in a ponytail for practice, games, or performance.
- Not performing to standards set at tryouts during games/performances. (ie: jumping, tumbling, etc.)
- Irresponsibility in caring for school/cheer property including letting someone else use cheer items or the cheer locker room.
- *When a cheerleader accumulates more than **20** laps in a marking period, the cheerleader will receive a written warning.*

II. Cheerleaders will sit out portion of an event based on coach's discretion:

- Tardy for any game, performance or other cheer function.
- Leaving any practice/game/performance early for any reason. (Missing more than half of an event is an absence.)
- Disrespectful behavior towards coaches, other cheerleaders, or faculty.
- A continuation of not performing to standards set at tryouts during games/performances. (ie: jumping, tumbling, etc.)
- Leaving the field or stands during a game without permission.
- Receiving school issued detention (first and second offense)
- Being in uniform outside of a school event.
- Use of cell phones during practice, games, performance, or other cheer functions.

III. Cheerleaders will sit out an entire event for:

- Teacher complaints of behavior, including academic dishonesty.
- Not being in full, clean, repaired uniform at a game or performance. (Including poms, etc.)
- Inappropriate language. (This includes hallways, classrooms, and any attended LSHS events)
- Inappropriate public media such as photos, videos, comments, or language on Facebook, Twitter, Instagram, Blogs etc.
- Not following LSHS school rules and the F.I.S.D. policies, **including dress code.**
- Receiving school issued detention for the third time.
- If the practice prior to a performance is missed, the cheerleader will not perform.

IV. Cheerleaders will receive a **Written Notice** for any of the following:

- Unexcused absence from a practice, game, performance, or other cheer function without advance approval from cheer coach. See *definition of excused and unexcused absences.*
- Public displays of affection or visible signs of affection on body.
- ISS (first & second suspension)
- Inappropriate public media while in uniform or negative media about school.
- Sitting out 2 events
- Inappropriate behavior that is considered a poor representation of the LSHS Cheer

program.

- A written notice results in:
 - 1st notice: 2 benched performances
 - 2nd notice: 2 benched performances
 - 3rd notice: removal from the squad

V. Cheerleaders will be **REMOVED FROM THE SQUAD** for the following:

- DEAP (if the offense occurs in uniform), OSS Assignment, ISS (upon third suspension)
- Accumulation of 3 written notices.

Captains:

Captains will be chosen by a combination of a squad vote, essay, teacher recommendation, and coach's interview. There will be a maximum of two Varsity captains. JV and Freshman captains will be selected by sponsors.

Captain's will adhere to the Captain Expectations (attached) and serve as a role model for all.

- As a captain, if you receive 2 written warnings for any reason, you will be removed from your captain duties.
- Losing eligibility will also result in removal from your captain duties.

The LSHS Cheer sponsors will have the authority to discipline any member for not upholding the cheer guidelines, school policy, and/or instructions set forth by the sponsor.

Reminder: Notice for ALL absences must be provided to cheer coach PRIOR to absence. Absences are accumulated from camp to the following year's tryouts.

- **EXCUSED** – illness with a Dr's note; death in the family, other UIL game/match/performances
- **UNEXCUSED** – work, vacation, appointments (including non-illness medical appt./driver's education), non-UIL involvement (club sports), non-UIL events/meetings, college visits that require the absence from a game/performance, etc.

An UNEXCUSED absence results in 1 written notice and the accumulation of 3 UNEXCUSED absences will result in immediate removal from the cheer squad per the constitution.

Missing more than half of an event is considered an absence.

Per F.I.S.D. Cheer Code of Conduct, cheerleaders who are removed from the squad for any reason will not be eligible for tryouts the following year unless granted permission from the school's principal. Cheerleaders removed from the squad for any reason will not be permitted to attend the end of the year banquet.

Captain Expectations

These expectations are to ensure that all cheerleaders look their absolute best at every event. Cheerleaders are constantly representing Lone Star, and need to be the best possible versions of themselves at all times.

- Overall Expectations for Co-Captains/Captains.
 - Be the first one there and the last to leave!
 - Be positive and encouraging.
 - Hold yourself accountable first, your teammates second.
 - Be supportive of your other teams. Go watch them when you can!
 - Make sure the team is prepared for every event, on time and ready to go.
 - Encourage and model intensity and enthusiasm at practice.
 - Communicate team chemistry problems to coach.
 - Be supportive of decisions made by your coaches, even when you don't agree.
 - Be respectful and appreciative to all, always.
 - Set the best example at practice by giving your best effort all the time.
 - Display good character and sportsmanship at all times.

Practice:

- Captain is responsible for ensuring practice starts on time.
- Co-captain makes sure all members of the squad are accounted for.
- Captain leads stretches
- Co-captain leads run through of all jumps/skills
- Captain AND Co-captain responsible for communicating info from coaches to other members of the squad
- Captain responsible for choreographing dances for pep rallies/events *subject to change to Co-Captain
- Co-captain in charge of cleaning dances for pep rallies/events *subject to change to Captain
- If captain is absent co-captain takes over all duties/vice versa.

- Calling Cheers
 - Football
 - ALL cheers and chants should be performed before repeating a cheer or chant
 - Cheers should be called consistently
 - Minimum of 2 cheers each minute on the clock
 - All cheerleaders should be standing with their poms/hands behind them when cheers are not being called/performed
 - Captain responsible for calling cheers the first half of the game, Co-captain responsible for calling cheers second half of the game.

- Captain responsible for getting the team ready for halftime–stretching, going over the routine, etc.
 - Co-captain responsible for having the team stretch/review cheers/chants/practice jumps 15 minutes before the game starts.
 - Basketball
 - Cheers should be called for crowd involvement between each quarter, during time outs, when play stops, and during free throws
 - Tumbling across the court is encouraged
 - A cheer with stunts, dance, or other routine should be performed at halftime
 - Cheerleaders should be standing with poms behind them when they're not cheering
 - Captain responsible for calling cheers the first half of the game, Co-captain responsible for calling cheers second half of the game.
 - Captain responsible for getting the team ready for halftime–stretching, going over the routine, etc.
 - Co-captain responsible for having the team stretch/review cheers/chants/practice jumps 15 minutes before the game starts.
 - Volleyball
 - Chants should be called persistently
 - No cheer or chant should be called while a player is serving
 - Cheerleaders should be standing with poms behind them when they're not cheering
 - Captain responsible for calling cheers the first half of the game, Co-captain responsible for calling cheers second half of the game.
 - Captain responsible for getting the team ready for halftime–stretching, going over the routine, etc.
 - Co-captain responsible for having the team stretch/review cheers/chants/practice jumps 15 minutes before the game starts.
- **Booster Programs**
 - The cheer booster works really hard to provide us with everything from food to awesome camp gifts. The least we can do is help them spread the word on their events for us.
 - Captains need to remind the squads to retweet, re-gram, or share on any other social media platform to help spread the word
 - This includes; mums, Little Miss Cheer, Kendra Scott, etc.

UIL Expectations

It is an expectation of all LSHS Cheerleaders to support and/or participate in the UIL Cheer competition. Therefore, all competition expenses will be covered by the school. The team will utilize uniforms and personal items already purchased for the cheer season.

I. Selection of the Team

- A. Since UIL only allows 30 students on the floor, the competition team will be selected using the annual tryout score and cheerleaders will be notified at the time tryout results are posted.
- B. All student from all of the squads are eligible for the competition team. The goal is to put the best team out on the floor for competition.
- C. The top 32 scores of all students trying out will be part of the competition team. 2-4 alternates will be determined based on use of mascots in the competition routine.
- D. Any cheerleader selected for the UIL team MUST participate in the UIL completion or resign their position on the team.

II. Attendance Expectations

- A. All cheerleaders will attend all UIL practices. Those not performing on the UIL squad will help prepare the squad the for competition as well as continue to work on cheers and other performances.
- B. The same attendance expectations during the regular season will apply to the UIL practices. However, those on the UIL team will be moved to the alternate list in the event of ANY absence.
- C. ALL cheerleaders will attend the UIL competition to support the competition squad.