

Tomball Memorial High School Cheerleader/Mascot Tryout Packet 2022-2023



Dear Candidate and Parent/Guardian,

Thank you for showing interest in the Tomball Memorial High School Cheer Program! Attached, you will find all of the necessary information for a student interested in trying out for cheerleader/mascot as a part of the Tomball Memorial High School Cheer Program. Changes have been made from the 2021-2022 season for the 2022-2023 season, so make sure you read the packet in its entirety. All rules and regulations as stated in the Tomball ISD Cheer Constitution, as well as the USA Cheer Safety and Risk Management Guidelines, NFHS Spirit Safety Guidelines, UIL Guidelines, and the Program Expectations will be followed carefully. You will need to read and understand every page before making your decision to try out for cheerleader/mascot.

It is my mission, as the head coach, to develop strong and confident individuals who understand the importance of integrity, establish a dedicated work ethic, are willing to commit to themselves and their teammates, sustain accountability, and promote mutual respect while inspiring school spirit, school pride, and community involvement.

Being a TMHS cheerleader/mascot is a demanding sport that requires high standards—physically, academically, and morally. As a member of the TMHS Cheer Program, athletes must have a positive attitude, maintain good grades, follow through with commitments, take responsibility for all actions, stay in athletic shape, and devote a great deal of time representing Tomball Memorial High School.

TMHS cheerleaders/mascots are required to be enrolled in the cheer class period for the entire academic year and must attend all after school practice and all mandatory events as scheduled by the coach.

Please read all of the material in this packet in order to make an informed decision about trying out to become a TMHS cheerleader or mascot.

A handwritten signature in blue ink that reads "Sarah Ellison".

Coach Sarah Ellison
Head Cheer Coach

TMHS Tryout Information

Eligibility:

1. Any student in good standing who is currently enrolled or entering as a full-time student at Tomball Memorial High School may tryout to be a cheerleader or mascot. Exceptions may be made on an individual basis for out of district students who will be moving into the district and enrolling at TMHS the following school year. Students are considered to be in good standing if:
 - a. The student has not been assigned to DAEP or more than 2 days of ISS for the present school year.
 - b. The student has no more than 10 absences (excused or unexcused) for any period of the school day for the current year prior to tryouts. Exceptions must be approved by the coach or administrator. Such exceptions will only be considered if caused by circumstances that are beyond the control of the candidate and his/her parents.
 - i. Covid-19 documented absences from school will not be counted against the candidate.
 - c. The student has not been suspended or dismissed from any high school organization during the past school year.
 - d. The Student did not quit the Cheer Program at any time during the current school year.
2. The following must be completed online no later than March 3rd, 2022:
 - a. Cheer Application Agreement
 - b. Acceptance of the Constitution
 - c. Acceptance of the Amendments
 - d. Expectations Agreement
 - e. Confirmation of a physical on file. If a student does not have a physical on file with the trainers, the candidate must get a physical prior to the first day of the clinic (March 7th) and a copy needs to be submitted to Coach Ellison.
3. There will be a mandatory meeting for all candidates and at least one parent PRIOR to tryouts. This meeting will be held in the TMHS cafeteria on February 28th, 2022.
4. Tryout Clinic Days and Tryouts will be held during the week of March 7th-10th, 2022. Tryouts will be judged by a minimum of 5 experienced judges, and scores will be calculated by authorized school administrators and/or personnel. The lowest and highest scores for all candidates will be dropped, and the official Judges' scores will be the average of the three remaining scores. Scores are based on 75% from the judges and 25% from the coaches.
5. Candidates must be present at school each day of the week of tryouts in order to participate. All clinic days are mandatory, including the day of tryouts. The Head Cheer Coach, while working with campus administration, may adjust this requirement on a case by case basis when extenuating circumstances exist.

Team Makeup and Selection:

- **Varsity Team**- students must be scheduled to be a sophomore, junior, or senior during the 2022-2023 school year. Must have a minimum of a solid standing backhandspring to qualify.
- **Junior Varsity Team**- students must be scheduled to be a sophomore or juniors during the 2022-2023 school year. There are no tumbling requirements for the 2022-2023 season.
- **Freshman Team**- students must be scheduled to be a freshman during the 2022-2023 school year. There are no tumbling requirements for the 2022-2023 season.
- **Mascots**- Any student scheduled to be a freshman, sophomore, junior, or senior during the 2022-2023 school year. A maximum of two mascots will be selected. If there are no candidates trying out for mascot, the coach may select qualified individuals to fill the position.

TMHS Tryout Information Continued

Tryout Clinic and Tryout Procedures:

- **Tryout Clinic Days and Tryouts:** All days are closed to any spectator. No one will be allowed in the gym, hallways, holding rooms, etc. at any time during the tryout clinic days or tryouts. There are no exceptions. No parents, family members, or friends will be allowed in the building at any time. Parents waiting to pick up their child must wait outside and will not be allowed in the building.
- **Attire During the Clinic Days:** a TMHS t-shirt of your choice (no spaghetti straps, tank tops, crop tops, sports bras), athletic shorts (no biker shorts, spanks only, leggings), and athletic shoes. Hair must be worn in a high ponytail.
- **Attire for Tryouts:** NAVY shorts and a PLAIN white t-shirt. Absolutely no logos of any kind on either the shorts or shirt. White t-shirt needs to be long enough to be tucked into shorts. Plain white crew socks with no logos and white athletic shoes must be worn. Hair must be worn in a high ponytail, and all hair must be back/pinned out of the face. Ribbons and bows will be allowed, but can only be all white (no logos).
- **Jewelry:** Absolutely no jewelry may be worn at any time. This includes, but is not limited to, earrings, nose ring, and belly ring. Clear replacement fillers will not be allowed. Covering up jewelry with bandaids will also not be allowed.
- **Fake Nails:** Absolutely no fake nails may be worn at any time. This includes, but is not limited to, shellac, dip, gel, wrap, seal, press-on, and acrylic.
- **Personal Items:** Candidates will only be allowed to bring water or gatorade into the gym or holding areas. All personal items, including backpacks, lunch kits, cellular devices, airpods, etc., will be kept in the locker room during tryout clinic days and tryouts.
- **Filming of Material:** On Monday, March 7th, at the end of the clinic day, material performed by the seniors MAY be filmed at the end of the clinic. The coach will determine the time. Only candidates can film the material. The material will be performed once from the front and once from the back. Material will not be posted anywhere online out of respect for other programs who might be using the same material.
- **Order of Tryouts:** Candidates will draw their tryout number at the beginning of the 3rd clinic day, March 9th. The order of drawing will start with incoming seniors, move to incoming juniors, then incoming sophomore, and finally, the incoming freshman. Each candidate will individually perform tumbling, jumps, and a cheer. Candidates will be grouped with two to four other candidates to perform a chant and a band dance.
- **Scoring:** All scoring made by the judges and all decisions made by the coaches are FINAL. The number of members on each team will be determined by a natural break on scoring.
- **Callbacks:** The judges, admin, or coach may ask candidates to return to the gym at the end of the tryouts to perform any or all of the material a second time.
- **Waves:** Candidates will be assigned to a wave group. This will determine the time of arrival and departure from tryouts. If you miss your wave, you will not be allowed to try out. You will not be allowed to leave tryouts until your assigned wave is released.

Running Tumbling *If a candidate has bent arms and/or legs in a BHS- 3 pts, touches down on a tuck- 4 pts, touches down on a full- 5 pts

None(0 pts) Round Off(2pts) R/O BHS(4pts)R/O Mult BHS(6pts)R/O BHS/Tuck/Layout(8pts) R/O BHS/Full(10pts)

Standing Tumbling *If a candidate has bent arms and/or legs in a BHS- 3 pts, touches down on a tuck- 4 pts, touches down on a full- 5 pts

No Tumbling(0 pts) Back Walkover (2 pts) Single Backhandspring(6 pts) Tuck (8 pts) Full (10 pts)

Comments:

Running Tumbling Total (up to 10 pts)

Standing Tumbling Total (up to 10 pts)

Does the candidate qualify for Varsity, at minimum, with a solid, clean backhandspring?
YES or NO

Jump 1 (Optional Jump)

- No Jump (0 points)
- Below Level/Incorrect Form (1 pt)
- Below Level/Correct Form (2 pts)
- Level/Incorrect Form (3 pts)
- Level/Correct Form (4 pts)
- Above Level/Incorrect Form (4 pts)
- Above Level/Correct Form (5 pts)

Jump 2 (Toe Touch)

- No Jump (0 pts)
- Below Level/Incorrect Form (1 pt)
- Below Level/Correct Form (2 pts)
- Level/Incorrect Form (3 pts)
- Level/Correct Form (4 pts)
- Above Level/Incorrect Form (4 pts)
- Above Level/Correct Form (5 pts)

Jumps Total (up to 10 pts)

Comments:

CHEER- If candidate has a memory lapse or restarts, -1 point each occurrence

Voice Projection

- Soft, Irregular Pace (1 pts)
- Average (3 pts)
- Confident/LOUD & Game Day Ready (5 pts)

Motion Technique

- No Knowledge (0 pts)
- Below Average (2 pts)
- Average but loose arms (4 pts)
- Average Correct Form/Placement (6 pts)
- Above Average W/ Sharp, Correct Form/Placement (10 pts)

Crowd Leading Ability

- No Ability (0 pts)
- Below Average, no energy, no confidence (2 pts)
- Average (6 pts)
- Above Average W/ Strong Showmanship, Leadership of Crowd, Energy (10 pts)

Skill in Cheer

*If a candidate has bent arms/legs in a BHS- 3 pts, touches down on a tuck- 4 pts, touches down on a full- 5 pts
No Skills (0 pts)
Toe Touch (3 pts)
Single Backhandspring (6 pts)
Tuck (8 pts)
Standing Full (10 pts)

CHEER Total (up to 35 pts)

Comments:

CHANT- If candidate has a memory lapse or restarts, -1 point each occurrence

Motion Technique

- No Knowledge (0 pts)
- Below Average (1 pts)
- Average but loose arms (2 pts)
- Average Correct Form/Placement (3 pts)
- Above Average W/ Sharp, Correct Form/Placement (5 pts)

Crowd Leading Ability

- No Ability (0 pts)
- Below Average, Lack of energy/confidence (1 pts)
- Average (3 pts)
- Above Average W/ Strong, Showmanship, Leadership of Crowd, Energy (5 pts)

Chant Total (up to 10 pts)

Comments:

BAND DANCE- If candidate has a memory lapse or restarts, -1 point each occurrence

Crowd Leading Tools

- Soft, not engaging (1 pts)
- Average w/prop (3 pts)
- Confident w/prop, engages crowd (5 pts)

Motion Technique

- No Knowledge (0 pts)
- Below Average (1 pts)
- Average but loose arms (3 pts)
- Average Correct Form/Placement (4 pts)
- Above Average W/ Sharp, Correct Form/Placement (5 pts)

Crowd Leading Ability

- No Ability (0 pts)
- Below Average, no energy, no confidence (2 pts)
- Average (6 pts)
- Above Average W/ Strong Showmanship, Leadership of Crowd, Energy (10 pts)

Band Dance Total (up to 20 pts)

Comments:

OVERALL Impression- Leadership and overall presentation

Overall Impression Total (up to 5 pts) _____

TOTAL POINTS *Any boys trying out will have a separate score sheet. Stunting will replace Band Dance.

MALE

Candidate #: _____

TMHS Tryout Score Sheet

**Circle every point value for each category*

Judge# : **MALE**

Running Tumbling *If a candidate has bent arms and/or legs in a BHS- 3 pts, touches down on a tuck- 4 pts, touches down on a full- 5 pts

None(0 pts) Round Off(2pts) R/O BHS(4pts)R/O Mult BHS(6pts)R/O BHS/Tuck/Layout(8pts) R/O BHS/Full(10pts)

Standing Tumbling *If a candidate has bent arms and/or legs in a BHS- 3 pts, touches down on a tuck- 4 pts, touches down on a full- 5 pts

No Tumbling(0 pts) Back Walkover (2 pts) Single Backhandspring(6 pts) Tuck (8 pts) Full (10 pts)

Comments:

Running Tumbling
Total (up to 10 pts) _____
Standing Tumbling
Total (up to 10 pts) _____
Does the candidate qualify for Varsity, at minimum, with a solid, clean backhandspring?
YES or NO

Jump 1 (Optional Jump) **Jump 2 (Toe Touch)**

- No Jump (0 points)
- Below Level/Incorrect Form (1 pt)
- Below Level/Correct Form (2 pts)
- Level/Incorrect Form (3 pts)
- Level/Correct Form (4 pts)
- Above Level/Incorrect Form (4 pts)
- Above Level/Correct Form (5 pts)

- No Jump (0 pts)
- Below Level/Incorrect Form (1 pt)
- Below Level/Correct Form (2 pts)
- Level/Incorrect Form (3 pts)
- Level/Correct Form (4 pts)
- Above Level/Incorrect Form (4 pts)
- Above Level/Correct Form (5 pts)

Jumps
Total (up to 10 pts) _____
Comments:

CHEER- If candidate has a memory lapse or restarts, -1 point each occurrence

Voice Projection	Motion Technique	Crowd Leading Ability	Skill in Cheer
<ul style="list-style-type: none"> • Soft, Irregular Pace (1 pts) • Average (3 pts) • Confident/LOUD & Game Day Ready (5 pts) 	<ul style="list-style-type: none"> • No Knowledge (0 pts) • Below Average (2 pts) • Average but loose arms (4 pts) • Average Correct Form/Placement (6 pts) • Above Average W/ Sharp, Correct Form/Placement (10 pts) 	<ul style="list-style-type: none"> • No Ability (0 pts) • Below Average, no energy, no confidence (2 pts) • Average (6 pts) • Above Average W/ Strong Showmanship, Leadership of Crowd, Energy (10 pts) 	<ul style="list-style-type: none"> *If a candidate has bent arms/legs in a BHS- 3 pts, touches down on a tuck- 4 pts, touches down on a full- 5 pts No Skills (0 pts) Toe Touch (3 pts) Single Backhandspring (6 pts) Tuck (8 pts) Standing Full (10 pts)

CHEER
Total (up to 35 pts) _____
Comments:

CHANT- If candidate has a memory lapse or restarts, -1 point each occurrence

Motion Technique	Crowd Leading Ability
<ul style="list-style-type: none"> • No Knowledge (0 pts) • Below Average (1 pts) • Average but loose arms (2 pts) • Average Correct Form/Placement (3 pts) • Above Average W/ Sharp, Correct Form/Placement (5 pts) 	<ul style="list-style-type: none"> • No Ability (0 pts) • Below Average, Lack of energy/confidence (1 pts) • Average (3 pts) • Above Average W/ Strong, Showmanship, Leadership of Crowd, Energy (5 pts)

Chant
Total (up to 10 pts) _____
Comments:

Stunting
Shoulder Sit- up to 2 points
Prep- up to 2 points
Extension- up to 2 points
Lib- up to 4 points
Heel Stretch- up to 4 points
Pop-Off Technique- up to 2 points
Cradle- up to 2 points
Full Down- up to 2 points

Band Dance
Total (up to 20 pts) _____
Comments:

OVERALL Impression- Leadership and overall presentation

Overall Impression
Total (up to 5 pts) _____

TOTAL POINTS

Candidate Name: _____

Grade: _____

TMHS COACH'S Sheet

Squad: FRESHMAN/JV/VARSITY/Mascot (circle all that apply)

Positive Role Model 10 Possible Points Includes: <i>Administration evaluation of discipline</i> <i>Cheerleading discipline file</i> <i>Strikes</i>			SCORE:	
0 POOR	1 - 2.5 <i>Below Average</i>	2.5 - 5 <i>Average</i>	5-7.5 <i>Above Average</i>	7.5-10 <i>Superior Behavior</i>
Assigned DEAP/ISS Poor Behavior <i>10 plus Minor Infractions</i> <i>2 Major Infraction</i>	Never Assigned DEAP/ISS Acceptable Behavior <i>8-10 Minor Infractions</i> <i>2 Major Infraction</i>	Never Assigned DEAP/ISS Good Behavior <i>5-8 Minor Infractions</i> <i>1 Major Infraction</i>	Never Assigned DEAP/ISS Excellent Behavior <i>1-5 Minor Infractions</i>	Never Assigned DEAP/ISS Superior Behavior

Dedication 10 Possible Points Includes: <i>Attendance of school</i> <i>Attendance of cheer events</i>				
0 POOR	1 - 2.5 <i>Below Average</i>	2.5 - 5 <i>Average</i>	5-7.5 <i>Above Average</i>	7.5-10 <i>Superior Behavior</i>
<i>Missed 10 or more days of school/cheer</i>	<i>Missed 6-10 or more days of school/cheer</i>	<i>Missed 4-5 or more days of school/cheer</i>	<i>Missed 1-3 or more days of school/cheer</i>	<i>Missed no days of school/cheer</i>

Tryout Clinic 5 Possible Points Includes: <i>Punctuality (late to clinic day _____)</i> <i>Performance/ Behavior</i> <i>Correct attire</i>	SCORE: Total: _____
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NOTES:

**Performance of 75 % and coaching evaluation of 25 % shall be added together to obtain a total score. Scores will be ranked from highest to lowest.*

**All applicants will start out with 25 points. Deductions will be made with documented proof.*

Estimated Expenses 2022-2023

Item	Cost	Returner must purchase	New member must purchase
Program Uniform (TMHS top, "T" Top, Navy Skirt)	\$300.00	x	<input checked="" type="checkbox"/>
Midriff- white	\$42.00	x	<input checked="" type="checkbox"/>
Warm-ups (new this year, but will stay for 2-3 yrs)	\$160.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TMHS Socks (2 pairs)	\$40.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Team SWAG Set- hoodie, pants, 2 dry fit long sleeve	\$95.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
White Razor Back Sports Bra	\$27.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cheer Shoes	\$115.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Backpack	\$88.00	x	<input checked="" type="checkbox"/>
Practice Wear- 5 shirts, 3 shorts	\$170.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 Navy short, 1 White Short	\$46.00	x	<input checked="" type="checkbox"/>
Navy Polo	\$44.00	x	<input checked="" type="checkbox"/>
Bows (5)	\$32.00	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Poms (navy/white, pink)	\$72.00	x	<input checked="" type="checkbox"/>
Poms (navy/white)	\$46.00	<input checked="" type="checkbox"/>	x
Spanks- 1 Navy Pair	\$27.00	<input checked="" type="checkbox"/>	x
Spanks- 2 Navy Pair, 1 Pink Pair	\$85.00	x	<input checked="" type="checkbox"/>
Megaphone	\$68.00	x	<input checked="" type="checkbox"/>
	Estimation	\$700-800	\$1100-\$1350
The goal is that athletes remain in the program and will experience reduced costs after the first year.			
CAMP- Great Wolf Lodge: June 14-17, 2022 MANDATORY	\$500	X	X
Game Day Team Fees (Due in August)		Up to \$150 Choreo Up to \$300 Competition Fees (not including nationals) Fees for Nationals TBA- based off of fundraisers, at minimum \$100 deposit	
Meal Fee (due in August)	Freshman/JV \$60-\$70 Varsity \$100		

*The financial goal of the program is to decrease costs each year, so by the time the athlete is a senior, the cost is minimal.

Schedule of Cheer Events:

*Some dates are tentative and are subject to change

Pre/Post Tryouts

Feb 28th: Mandatory Candidate and Parent Meeting Pre-Tryout Meeting, starts at 5:30pm TMHS Cafe

March 3rd: All paperwork should be completed and submitted online

March 7th: If the candidate does not have a physical on file, the coach must have a copy of the new physical by this date.

March 7th-9th: Mandatory Tryout Clinic Days 3:30pm-5:30pm

March 10th: Mandatory Tryouts, starts at 3:30 pm and will last until completed

March 23rd: Mandatory Candidate and Parent Meeting Post Tryout Meeting, starts at 6pm, TMHS Cafe

March 24th: Mandatory Fittings-- Varsity 3:00pm, JV 4:00pm, Freshman 4:30pm

March 28th: Get-to-Know Team Members, 3:30pm-5:30pm

Practices (tentative)

March 28, 30-- 3:30pm-5:30pm

April 4, 6, 11, 13, 18, 20, 25, 27-- 3:30pm-5:30pm

May 2, 4, 9, 11, 16, 18, 23, 25-- 3:30pm-5:30pm

June 1, 2, 6, 8, 9-- 9:00am-12:00pm

Camp

June 14-17th @Great Wolf Lodge

Physical Due (for the 2021-2022)

May 20th

Payments Due

March 23rd- Camp Deposit (\$250)

April 15- 2nd Camp deposit (\$250)

May 28th- all clothing fees will be due

Work Week

July 25th- 31st-- 9:00am-4:00pm

Back-to-School Practices

August 1, 3, 4-- 9:00am-1:00pm

August 8, 10, 11-- 4:00pm-6:00pm

Back-to-School Pool Party

August 5th/12th (time/location TBA)

Game Day Tryouts

Aug 20th-- 10:00am-4:00pm

Potential Game Day Practices- Mondays or Wednesdays starting Aug 24th 3-5:00 or 5:30pm

School Cheer Fundraisers- mandatory

April Calendar Slot Sales- will be passed out March 30 and will be due May 2nd

Mini Cheer Clinic in the Fall

Amendment to Article IV- TEAM LEADERSHIP

To 2022-2023 TISD Cheer and Mascot Constitution

Article IV- Leadership Team Selection

Section 4 Captain selection will be determined by the coach. The method and the number of leadership roles will be determined by the coach and will depend on the size of the team, leadership potential, etc. The coach's decision is final.

Section 5 Some possible duties of a member of leadership team may be:

- Assisting the coach with planning and preparing team bonding events, community service opportunities, and school spirit responsibilities.
- Assisting the coach with practices, games, events, etc.
- Assisting the coach with informing team members of pertinent information.
- Assisting the coach with any extra or special events that occur during the school day.
- Assisting with fundraising for the cheer program.

Section 6 Coaches will assign duties to the captain(s), co-captains(s), and leadership team at their discretion.

Amendment to Article V- Obligations

To 2022-2023 TISD Cheer and Mascot Constitution

Article V- Obligations

Section 14 All athletes are encouraged to remain enrolled in a tumbling/stunting class of their choice. Athletes are able to choose their own gym and class/private times that best fit his/her schedule as long as it does not interfere with practices, games, events, etc. scheduled by the coach. Skills tests will be conducted for each athlete at the start of each month.

Section 15 Practices can be called by the cheer coach for special events, such as playoffs, pep-rallies, competitions, etc., that are not already scheduled on the calendar at any time. Athletes will be given as much notice as possible.

Amendment to Article XI- Special Situations

To 2022-2023 TISD Cheer and Mascot Constitution

Article XI- Banquet

Section 4 Cheerleaders may not attend banquet if:

- They have been dismissed from the team at any point during the school year, currently on probation or suspension, or have an outstanding balance.

Amendment to Article XI- Special Situations

To 2022-2023 TISD Cheer and Mascot Constitution

Article XI- UIL/Game Day Competition Team

- Section 1** The coaches will choose the competition team at their own discretion. A placement on the competition team is not guaranteed.
- Section 2** Cheerleaders may lose or gain a spot on the competition team at any time throughout the year. If selected as an alternate, the same expectations apply.
- Section 3** Competition team members are financially responsible for any possible expenses- including, but not limited to, registration fees, travel expenses, uniform cost, meals, miscellaneous items. No refunds will be given for any fees if a cheerleader quits or is removed from the competition team.
- Section 4** Members chosen for the competition team and for mat time will be based on what is best for the team and will not be based on what is best for the individual.
- Section 5** Being a member of the Varsity team does not guarantee any athlete a position on the team; however, all Varsity team members are encouraged to try out.
- Section 6** All decisions made by the coach will be final and will be made on the best interest of the team.
- Section 7** The number of cheerleaders on the competition team will be determined solely by the coach and may vary from year to year.
- Section 8** Coaches reserve the right to determine the competitive team's competitions and locations.
- Section 9** Alternates for the competition team will be selected at the discretion of the coaches. Alternates will be treated just like competing members and will be expected to attend all practices and competitions and to fulfill all financial obligations. If a spot is needed to be filled throughout the season and there is no alternate available, the coach has the right to move someone up who did not initially tryout for the team.
- Section 10** Members not fulfilling their competition team position, i.e. being late to practices, unexcused absences, will be removed from the competition team.

TMHS Cheer Discipline Policy

A TISD cheer member takes on the role of a respectful and disciplined athlete who should be a model for her/his peers at all times - in school, after school, and in the community. Along with this position comes a great deal of responsibility, good work ethic, and a spirit of cooperation with parents, coaches, fellow cheerleaders, and students. Each squad member will be held to these high standards at all times while representing the TMHS Cheer Program throughout the cheer and academic year. The coaches will determine all consequences based on the following prescribed discipline process and the TISD Student Code of Conduct.

Minor strikes will include, but not limited to:

- Tardiness to practice, games, or non-school hour activity/event.
- Socializing with friends/family during a cheer activity without permission
- Jewelry worn during cheer activity.
- Painted nails at an event
- Untidy hair or incorrect hair style for an event
- Using cell phones during practices, games, or activities/events
- Being disruptive, talking excessively during a game, practice or activity.
- General lack of respect towards others (teammates, student body, teachers, parents, administrators, etc)
- Wearing the wrong assigned uniform/clothes to practice, games, and events.
- Missing a uniform piece at event
- The improper uses of mask that does not cover the nose and mouth at all times according to TISD policy
- Insufficient knowledge of material- cheers, chants, dances, etc.
- Lunch detention

Jumping off

Each athlete has the ability to erase a minor strike by completing 25 jumps in the presence of a coach before the end of the day on which the strike was given. This will apply to the first minor strike of its kind. All subsequent occurrences will result in a permanent minor strike. If an athlete cannot complete the jumps due to injuries, they may work off the first minor strike of its kind by providing 25 minutes of service to the program. The same rules apply as for jumping off.

***Three minor strikes of the same infraction will constitute one major strike**

Major strikes will include, but not limited to:

- Insubordination/unsportsmanlike behavior towards coaches, administrator, teammate, teacher, or parent
- Inappropriate posts, tags, videos, comments, and/or photos on social media that are not fitting of a TMHS Cheerleader.
- Fake nails. This includes, but is not limited to, shellac, dip, gel, wrap, seal, press-on, and acrylic
- Failure to regain eligibility at progress report
- Improper notification of absence (school or non-school related)
- Not having proper documentation of absence.
- Leaving an event without permission
- Unexcused absences from practices, games, or other cheer events
- School consequence with no notification
- Assignment to After School Detention, Saturday Detention, or ISS
- Severe violations of the TISD Code of Conduct

Major Strike Consequences:

Strike One: Parent notification and consequences as determined by the coaches.

Strike Two: Parent notification, conference with parent, student, and assistant principal, and consequences as determined by the coaches.

Strike Three: Parent notification, conference with parent, student, and assistant principal, and immediate removal from the team.

Subject to Automatic Removal:

- Tobacco, Vape, and or Alcohol use/promotion, and or suggestive depiction of such.
- Assignment of OSS/DEAP

TMHS Cheer Program Expectations

2022-2023

- All events on the calendar are **MANDATORY**. Athletes are expected to attend all events, practices, team bonding, games, etc. listed on the calendar. Be on time to **ALL** scheduled cheer events. Do not arrive late. 15 minutes earlier than the required arrival time is best.
- Be **COMPLETELY** and **CORRECTLY** dressed upon arrival to **ALL** scheduled cheer events (from head to toe, shoes to bow). Do not arrive with your hair down, without shoes, or halfway dressed. This includes **CHEER CLASS**. You will receive a **TARDY** if you are not ready to participate in class at the time set by the coaches. You will also lose two points toward your grade in Cheer Class for every time you wear the wrong clothes, and/or shoes, have on jewelry, are tardy, etc. Each infraction is counted separately.
 - For Example* - If you are tardy, you will lose two points for the day. If you are tardy and have on the wrong outfit, you will lose 6 points for the day (tardy-2, shorts-2, and shirt-2). You can also lose points for not wearing a bow, wrong socks or shoes, jewelry, etc. Your Cheer grade will be accumulated in a three week period for each nine weeks (3 grades per nine weeks). If you are tardy five times, whether in class, to a game, to practice, to an event, etc., you will receive a major strike.
- No jewelry will be worn in Cheer Class, at practices, at camps (including pee-wee), in the gym, during pep-rallies, games, etc. (including, but not limited to earrings, belly piercings, nose rings, non-removable bracelets on wrists or ankles, facial piercing, etc.) This includes any type of device used to prevent a 'hole' from closing (plastic, metal, clear, etc). **Do not get anything pierced in the middle of the cheer season because you will be expected to remove the piercing during the event.** This includes, but is not limited to, your ears, your nose, and your belly button. Piercings cannot be covered with a Band-Aid. Jewelry checks will be conducted before the start of each event, including Cheer Class. Wearing any type of jewelry is a safety violation of the UIL, NFHS, and USA Safety rules.
- Visible Tattoos will not be allowed. If a cheerleader has a tattoo or decides to get one prior to the end of the year, it must be in a hidden location and cannot be just covered up.
- Hair must be worn in a secured ponytail at all times, including all layered hair pieces. You may wear bangs as long as the bangs do not obstruct your view. Please keep bobby pins in your cheer bag at all times just to be on the safe side. Hair will not be worn in the half-up/half-down at any time, unless designated by the coach at a non-performing event. Practices, games, events, etc. will not be stopped in order for a cheerleader to re-fix a ponytail so be sure to use appropriate rubber bands. **The style for the 2022-2023 season will be high ponytails at all times unless otherwise noted by the coach.**
- Every cheerleader/mascot has earned the same right as everyone else to be a part of the TMHS Cheer program. If you are a senior for the 2022-2023 season, you will not get special privileges or be treated any differently from anyone else. The role of the senior cheerleader is to be a leader and a mentor to the other girls. Seniors should make sure that all team members and all other teams feel like they belong to the program and are not to treat other squad members as outcasts.
- Profanity will not be tolerated at any time. You are a representative of TMHS at all times, and using profanity does not look good for the school, especially in uniform.
- As a member of the TMHS cheer program, you are a representative of the school at all times (in or out of uniform). All cheerleaders/mascots need to be cautious of all electronic means of communication-including cell phones, digital cameras, video cameras, Facebook, Twitter, Instagram, Tumblr, SnapChat, Google Plus, TIK TOK, etc. All cheerleaders/mascots should not, at any time, misrepresent the school when using electronic devices, including, but not limited to, inappropriate language, pictures, behavior, comments, harassment, etc. to self or others.
- Once you arrive for a practice or game, you will begin to warm-up and stretch to prevent any injuries. You will not be able to participate until you have fully stretched prior to an event. If you choose not to stretch and decide to talk instead, you will be counted as being late to the event. It is important that all athletes maintain a healthy status in the program.
- Only the coach will decide when breaks occur throughout games and practices. You will not be permitted to sit down because you are out of shape or walk away from a workout/game without permission. You are expected to bring your own water containers for all practices and games. Top girls should always keep a small towel in their backpack.
- PDA in or out of uniform will not be tolerated. You are a representative of the program at all times.
- **ALL** cheerleaders/mascots will **CHEER/PERFORM** the entire duration of all scheduled games and events. The complete season starts as soon as you become a member of the TMHS Cheer Program until the end of the school year.

TMHS Cheer Program Expectations Continued

2022-2023

- During all athletic games, **your focus should be on the game and the crowd. You will not be permitted to walk up to the fence/crowd to talk with friends, significant others, parents, or relatives. Also, you should not talk to people in the crowd from your track line position.** Games will not be used as a photography session. All 'posing' pictures can be taken before or after a game; cheerleaders/mascots will not pose for pictures during games, unless direction is given by the coach. Parents are free to take action shots (best pictures) during the games.
- Half-time at athletic games will be used for a quick restroom break and the remainder of the time will be used for practice/review/performance or to support the half-time show. Restroom breaks will be two athletes at a time in a timely manner. You will not be able to go into the stands, hang out with friends or family, or congregate in any area at any time. You will not be allowed to eat food from the concession stands or from your parents. If you run out of water or are in need of water, parents are allowed to purchase water from the concession stand and pass it to a coach to pass to the athlete. Plan on eating full meals before or after games. You may keep a small snack in your bag. All areas must be kept clean. You will be expected to be ready at least three minutes prior to the next half of the game/event. You will not be allowed to leave at the end of a game until all areas are clean and you have been dismissed by the coach. This includes returning from away games. Athletes will be assigned to groups who will be in charge of hanging signs and handling the equipment for each game.
- Each cheerleader needs to practice, jump, tumble, and stretch on his/her own time. It should not be noticeable by the coach(s), other cheerleaders, fans, or parents that practicing is not occurring at home. **ALL cheerleaders will be responsible for keeping up with the cheers, chants, and assigned material when practices are not held.** You can receive a major strike for not knowing material. **All members MUST maintain and/or improve their skills throughout the season,** including, but not limited to, tumbling and jumps.
- Videos of material will be issued to each cheerleader before the start of school. When practices resume for Back-to-School, all material must be learned and mastered. All teams (Freshman, JV, and Varsity) will have several practices together at the beginning of the season and during class. Everyone will know the same material.
- Stunting and Tumbling is not allowed unless the coach is present and has approved the stunt or the tumbling skill. The coach will also decide, based on what is best for the team and not the individual, each position of a stunt group, placement in the track line, and each position of a formation.
- The COACH is the only coach for the squad. Cheerleaders and parents will not coach the team. You will listen and follow all instructions given by all coaches. Everyone is welcome to offer suggestions and ideas, as long as you handle yourself politely and respectfully. You are not allowed to tell each other what to do, criticize each other, become demanding, or make anyone feel inadequate. Everyone will be treated equally no matter your talent, your team placement, or your experience. No one will receive special treatment.
- You are encouraged to participate in ALL fundraisers, community service events, and team bonding activities. You must attend ALL team bonding activities, even if it is scheduled on a weekend. ALL deadlines for fundraisers should be met. These event dates will be given out ahead of time.
- If you have a job or participate in ANY other UIL activities/sport, YOU MUST communicate with your other UIL activity/sport or job about ALL of your cheer events. It is your responsibility to get schedules and calendars turned into your other obligations. If you forget to make arrangements with your other obligations, and you miss an event, you will receive a major strike. The calendar of events is issued in plenty of time to get your schedules on track. You must also notify your coach at least two weeks ahead of time and receive approval/compromise if an event must be missed/split due to another UIL activity. Communication is the key! Failure to communicate to your coach properly will result in a major strike.
- Everyone must attend camp. Anyone who cannot attend camp in its entirety will forfeit his/her spot in the program.
- Hazing, practical jokes, and inappropriate initiation with new members or coaches of the TMHS teams will not be tolerated.
- Fake nails, shellac, and nails longer than the fingertip will not be permitted at any time (even during homecoming and prom season). Fake nails, shellac, and nails longer than the fingertip are a complete safety hazard, especially with tumbling and stunting. Nails should not be painted on game days, competitions, events, etc., unless designated by the coach. Anyone who arrives with fake nails at any event (practice, cheer class, games, events, etc.) will receive an automatic major strike and will not be able to participate if the athlete arrives at the event violating this rule.

TMHS Cheer Program Expectations Continued

2022-2023

- ALL cheerleaders must be picked-up from a scheduled event in the appropriate amount of time, including games and practices.
- ALL cheerleaders will be required to cheer at the Patriotic/Homecoming Game, and Varsity must attend all playoff games for all sporting events cheerleaders are allowed to attend.
- **You will be required to participate in ALL pep-rally themes, spirit days, homecoming theme, game day themes, etc., including wearing the assigned attire by the coach.**
- You will be required to maintain a positive attitude at all times. You must follow all school rules and the TISD student code of conduct at all times. You are also encouraged to help maintain positive sportsmanlike behavior in the crowd. At no time should a cheerleader or mascot become disrespectful to opposing teams, coaches, crowds, or referees.
- Any cheerleader who defies the coach's authority or blatantly disrespects a team member, whether at a game, practice, cheer class, event, etc., may be instantly benched and put on automatic suspension. This includes, but is not limited to, disrespect, back-talking, walking away from the team or coach, disobeying instruction, etc.
- You are responsible for informing the coach if you receive a school warning, referral, or consequence. You are to inform your coach of such on the SAME day received. The coach should not find out about referrals, lunch detentions, and/or ASD's on the day of assignment or after the fact. Failure to tell your coach will result in consequences. Not only can you get a major strike based on your consequence, you can also receive another major strike for not informing your coach first, even if it was just a warning, even if it was tardies, etc.
- Drama will not be tolerated. If a conflict, situation, or problem arises between you and someone else on a squad, both parties should handle it respectfully, without involving others. If both parties are unable to solve the issue, then you need to discuss the matter with your coach first so it can be mediated. Captains will not be responsible for your conflicts. You will not get other squad members or other squads involved with your problem(s). Backstabbing, name-calling, or bad-mouthing your teammates or coach will not be permitted. Everyone is expected to maintain a positive relationship the entire year with ALL squad members, other squads, and coaches.
- You must maintain a 70 average in all classes the entire year. If you become ineligible more than once throughout the 2022-2023 school year, an academic contract will be drafted and signed by the coach, cheerleader, and parents. Mandatory tutoring will be required until the next grading period (3hrs a week for 3 weeks). If the cheerleader does not master the grade plan, then further steps will be taken. If a cheerleader/mascot becomes ineligible for a third or fourth time, a conference will be held. If you become ineligible, you must attend tutorials during the week, and you are not allowed to attend any performing events. Cheerleaders/Mascots who are ineligible are encouraged to be home and studying.
- Cell phones are not allowed to be out of your backpack during any scheduled cheerleading event, including cheer class, practices, events, games, etc. Backpacks should be brought to all events in order to secure your personal items. You will not be allowed to use your phone during breaks, practice, games, etc.
- If you are going to be absent from school, the coach must be notified before 6:45 a.m., either by phone call, text message, or BAND. All messages should explain in detail exactly why you are absent. Word of mouth cannot be passed through a cheerleader. Contact must be made with the COACH. You are not able to participate in scheduled events if you miss class or if you are absent from school for more than 1/2 a day. You cannot schedule any type of doctor appointments during cheer class. Failure to communicate will result in a major strike.
- Let the coaches know if there is a problem. Coaches are unable to fix or handle a situation if they are not made aware of what is going on with the squads or team members. Parents of cheerleaders/mascots should always keep a positive and healthy relationship with the coaches, other parents, and other squad members. If you experience a problem, please try to address it with the party involved first. If you are unable to resolve it together, then contact your coach. If you are still experiencing a problem/conflict, then you should contact Coach Ellison. If Coach Ellison is unable to resolve, then reach out to campus administrator, but at no time should the campus administrator be involved before you have gone through all of the proper channels. Usually a simple email, BAND message, or phone call to your coach is sufficient enough to handle problems due to everyone's hectic schedule. Please understand that the coaches have open-door policies and will do the best that they can to make sure the program is successful.

TMHS Cheer Program Expectations Continued 2022-2023

- If you are part of an outside cheerleading program non-school related (i.e. all-star), you are still responsible for upholding **all responsibilities** of our cheer program. This includes, but is not limited to, practices, games, participation, fundraising, team bonding, choreography, competitions, etc. None of our teams can be compromised due to a scheduling conflict. We will do our best to work with anyone who is in an outside cheerleading program, but when most outside cheerleading programs have 100s of girls to replace you for one event, we are very limited on members and time, so participation at all of our events (i.e. games, choreography, appearances, competitions, etc.) is mandatory.
- Captains should be role models and mentors to all team athletes. Captains should support and respect the coaches' decisions. Captains will dedicate additional time outside of practices throughout the year, practicing, learning material, and perform additional duties to ensure the teams are successful. Captains will not be treated any differently or given special privileges because of their title. All team members must understand that if a captain gives you a direction, it is coming from the coach and being passed through the captains. If anyone has an issue with a direction given by a captain, do not complain to the captain directly or talk back, but come and respectfully speak with the coach.

Please scan the QR Code below. You **MUST** complete the form **ONLINE** in order to be eligible to try out. Candidates will need to take a picture of **BOTH** signature pages (fully completed) and upload to the online form.



Signature Page

By signing below, my child, _____, has my permission to be a cheerleader/mascot at Tomball Memorial HS. I understand and give permission for my child to participate in tryouts at TMHS in the school gym. By giving my child permission to try out for the TMHS Cheer Program, I am aware of the steps that follow if he/she makes one of the teams. I understand all forms must be completed online by March 3rd, or my child will not be allowed to try out.

By signing below, I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges. I understand that the selection of the teams will be based on the natural breaks in the scores of the participants. Scores are based on 75% from the judges and 25% from the coaches. The cheer coach evaluation will include: physical cheer skills, sportsmanship, self-discipline, campus role modeling, cooperation with coach/teammates, eagerness to learn, ability to accept criticism, attendance, respectful attitude, responsibility, spirit/enthusiasm, academic performance and other skills determined to be appropriate for a high school cheerleader.

By signing below, I understand and agree to comply with the above discipline policy, including all of the rules outlined in the current TMHS Student Handbook and all consequences listed.

By signing below, I understand the hard work and the dedication required to be a member of the TMHS Cheer Program. I am aware of the multitude of practices, games, events, etc. that might be scheduled throughout the year. I will be 100% committed to the team and the school. I want to be a part of this program, and I am aware of the FULL commitment, positive attitude, maintenance of skills, hard work, teamwork, respect, etc. that are required to maintain my position in the program.

By signing below, I have received, read, and understand the 2022-2023 Tomball Memorial HS Cheer Program Expectations. My signature below indicates my agreement to adhere to all of the expectations outlined. I also understand that the expectations are not all inclusive and that the coach and/or administration may impose additional expectations throughout the season.

Candidate Signature

Date

Parent Signature

Date



2/17/22

Head Coach's Signature

Date



2/17/22

Administrator's Signature

Date

TOMBALL INDEPENDENT SCHOOL DISTRICT
Department of Fine Arts

**HIGH SCHOOL
CHEERLEADER and MASCOT
CONSTITUTION**

Tomball Independent School District
310 South Cherry Street
Tomball, Texas 77375

TOMBALL ISD HIGH SCHOOL CHEERLEADER and MASCOT CONSTITUTION

Article I Mission Statement

High School Cheerleaders in Tomball ISD will make a positive difference in the lives of members and the entire student body of all Tomball ISD High Schools. Cheerleaders will strive to develop unity, competitiveness, creativity, leadership, personal growth and success. Cheerleaders will dedicate the time and energy needed to make the school outstanding in all areas of competitiveness, school pride and community involvement.

Article II Tryout Eligibility

Section 1 Each student must be enrolled at a Tomball ISD High School during the participation year.

- Varsity Team - students must be scheduled to be a sophomore, junior or senior during the participation year.
- Junior Varsity Team - student must be scheduled to be a sophomore or junior during the participation year.
- Freshman Team - student must be scheduled to be a freshman during the participation year.

Section 2 Each student must have had no DAEP placement for the present school year. Each student must not have more than two days out of placement such as ISS or out of school suspension for the present school year. Students shall not have more than ten days of absences during the tryout year. Cheer coach working with campus administration may adjust this requirement when extenuating circumstances exist.

Section 3 A cheerleader who quits the team is ineligible to tryout the following year.

Article III Selection Process

Section 1 Candidates will receive a copy of the guidelines prior to try out. Candidates and their parent/guardian will read, sign and return all permission forms and applications to the appropriate campus cheer coach by a designated date. Electronic submissions of forms is acceptable if approved by cheer coach and campus administration.

Section 2 There will be a student/parent meeting held in advance of the tryout. All tryout candidates are required to attend with parent or guardian. Cheer coach working with campus administration may adjust this requirement when extenuating circumstances exist.

Section 3 Prior to the tryout, each candidate will be notified about his/her eligibility status. Based on that status, students will be informed concerning an inability to participate based upon eligibility.

- Section 4 The Tomball ISD Director of Fine Arts will schedule the tryout and secure judges. The clinics and tryout are closed to the public. Audio and/or video recordings of tryout material may be made available at the discretion of the cheer coach.
- Section 5 Clinic/practice dates and times to be held in advance of the actual tryout will be set by the campus cheer coach and announced well in advance. Because tryout material is taught at all practices, attendance at each practice is required. Cheer coach working with campus administration may adjust this requirement when extenuating circumstances exist. Students attending all practices are more likely to have successful tryouts.
- Section 6 Cheer coach will approve all tryout attire.
- Section 7 If a Cheerleading candidate is severely injured near the time of the tryout, video recording of the candidate performing jumps and tumbling (on a gym floor without the assistance of spring boards or mats) may be substituted for the live performance portion of these skills at the tryout. The video recording must show the candidate no more than twelve months prior to the tryout date. A doctor's note explaining the need for a videotaped tryout must be provided to the cheer coach. The cheer coach and campus administrator must give final approval for a video recording to be used as a portion of the tryout.
- Section 8 Results of the tryout are based 75% on judge's scores and 25% on cheer coach's evaluation. The judges score is calculated as follows: Five judges will adjudicate the tryout. The highest and lowest judges' scores will be dropped and the remaining three judges' scores will be used to determine 75% of the final score. The cheer coach evaluation will include: sportsmanship, self-discipline, campus role modeling, cooperation with coach/teammates, eagerness to learn, ability to accept criticism, attendance, respectful attitude, responsibility, spirit/enthusiasm, academic performance and other skills determined to be appropriate for a high school cheerleader. If requested, cheer coach will provide documentation of observed inappropriate behaviors that negatively impact a student's score. Campus administration will review coach's scores for each candidate in advance of the tryout.
- Section 9 Results will be posted at the discretion of the cheer coach. If requested, parental viewing of their own child's scores will be allowed after the results are posted. Score viewing dates and times are made by appointment through the Director of Fine Arts and are available for ten business days following the tryout.
- Section 10 Mascot candidates must attend clinics and rehearsals as assigned by the cheer coach. Mascot candidates will be evaluated and scored by the same judging panel as cheerleading candidates but will be based on the following criteria –
- A skit of less than 90 seconds
 - Use no offensive music or gestures
 - No physical contact with judges or students

NOTE: Unless otherwise specified, all references to "cheerleaders" in this document refer equally to mascot(s).

Section 11 The number of students selected for each team will vary from year to year. The most qualified students will be selected through the tryout process. At the conclusion of the tryout, administrators will identify a “natural break” in overall total scores and use that break point to determine final team size. Cheer coaches may be consulted if administrators determine consultation is appropriate.

Section 12 Should a vacancy arise in any cheerleading position, the cheer coach - with the approval of campus administration and the Director of Fine Arts - may fill the vacancy by inviting the next highest scoring candidate to become a cheerleader.

Article IV Team Leadership

Section 1 Student leadership is a vital role for the success of each cheer team. The cheer coach and campus administration will determine the number of student leaders needed and the method used for selecting these leaders.

Section 2 Cheerleaders are expected to follow instructions of student leaders and show appropriate respect for those leaders.

Section 3 Student leaders may be removed or changed for failure to meet the obligations connected to the role. The cheer coach, along with campus administration will make changes as deemed appropriate.

Article V Obligations

Section 1 Specific timeline for the beginning and end of the cheer season will be determined by the cheer coach and campus administration.

Section 2 Cheerleaders must remain in compliance with the Cheerleader Constitution, the respective high school campus handbook, and the Tomball ISD Student Code of Conduct at all times.

Section 3 Cheerleaders will cheer for any and all activities as determined by the coach. These events will be communicated to parents and cheerleaders as quickly as information is available.

Section 4 In accordance with Tomball ISD policy, all cheerleaders are subject to random drug testing as described in the Tomball ISD Student Code of Conduct.

Section 5 Cheerleaders will be required to attend all practices and performances as well as any campus approved camps. Summer practices will consist of mandatory sessions prior to camp and other designated practices before the start of the school year. Cheer coach working with campus administration may adjust this requirement when extenuating circumstances exist. All dates and times are to be announced well in advance. The coach retains the right to change practice dates and times as best fits the needs of the team in order to limit conflicts. Students unable to perform due to injury or grade probation are expected to continue to dress and work out with the team during practices as designated by the cheer coach.

- Section 6 Cheerleaders are required to attend all practices and performances. All absences are considered to be unexcused except for the following:
- Attendance at other school sponsored activities as discussed in advance with the cheer coach
 - Illness with a note from parent and/or medical doctor
 - Special circumstances pre-approved by the cheerleader coach such as family funerals, family weddings, etc.
 - Other activities as agreed upon in advance by cheerleader and cheer coach
 - Note – Cheerleaders must be in attendance at school for at least one half of the day on the day of a performance as outlined in the Tomball ISD Student Code of Conduct, including the student’s scheduled cheer period.
- Section 7 Examples of unexcused absences are, but not limited to: parental discipline, part-time employment, family vacations, excessive homework, tutoring, and principal/teacher detention hall. Final decision concerning the difference between an excused absence and an unexcused absence is made by the cheer coach and campus administration.
- Section 8 With campus administration guidance, two unexcused absences from a cheer related activity will result in disciplinary action assigned by the cheer coach including benching, probation or suspension. A third unexcused absence will result in permanent removal from the cheerleading team.
- Section 9 All cheerleaders/mascot must arrive on time to games and practices wearing required uniform as defined by the cheer coach. Each cheerleader must remain at the required activity for the entire duration and assist with post-activity cleanup. Cheerleaders leaving an event prior to dismissal by the cheer coach may be assigned an unexcused absence. The expectation for each practice and game is set by the cheer coach and may be expanded from this description as appropriate.
- Section 10 Students will enroll in cheerleading class for the entire academic year as assigned by the cheer coach. Grades will be assigned in accordance with established Tomball ISD grading procedures. Any exception to this rule will be determined by campus administration.
- Section 11 Varsity cheerleaders are to travel to and from out-of-town events together. If a cheerleader must leave an event with his/her own parent, a campus approved document must be presented to the coach before the cheer squad departs the campus for said event. Pre-approval must be obtained from cheer coach. The parent must make personal contact at the game to confirm the note.
- Section 12 Varsity, Junior Varsity and Freshman Cheerleaders will participate in fundraising activities as defined by Tomball ISD policy.
- Section 13 Cheerleaders are required to complete an annual athletic physical before summer cheer camp.

Article VI Conduct

- Section 1 Cheerleaders are school representatives and should act accordingly. This includes meeting all requirements of the Tomball ISD Dress Code and Tomball ISD Student Code of Conduct.
- Section 2 Cheerleaders are responsible for crowd response and conduct. Cheerleaders should lead appropriate cheers and chants in an effort to avoid inappropriate crowd response.
- Section 3 Cheerleaders who violate the Tomball ISD Student Code of Conduct and/or the Cheer Constitution may be suspended or dismissed from the cheerleading team as determined by the cheer coach and campus administration.
- Section 4 Game Etiquette - Cheerleaders are not to converse with each other or with people in the stands during a game/performance. Cheerleaders should be attentive to the game and lead cheers/chants when appropriate. When not cheering, cheerleaders should stand in formation with hands behind the back.
- Section 5 Any violation of the guidelines stated anywhere in this constitution may result in temporary suspension from the team for a length of time to be determined by the cheer coach and campus administration. Serious and/or repeated violations may result in permanent dismissal from the cheer team.

Article VII Expenses

- Section 1 A Cheerleader will be required to purchase the necessary equipment as deemed appropriate by the campus administration and cheer coach. Each cheerleader will be expected to provide additional personal items designated by the cheer coach.
- Section 2 All fees expected of cheerleaders will be communicated to parents and students prior to tryouts for the upcoming cheer year. Required fees with payment timeline and fee structure will be approved by campus administration. Fees must be paid in a timely manner. Students leaving the cheer squad for any reason are responsible for all outstanding fees. Refunds for any fees are subject to approval by campus administration and depending on timing, may not be available.

Article VIII Rules Concerning Uniforms

- Section 1 Cheerleaders are not allowed to let any other person wear the uniform or any other school cheer attire at any time. Cheerleaders are not to wear their own uniform at any time other than those designated by the cheer coach (i.e. games and appearances).
- Section 2 A complete uniform check will be held prior to any activity or performance. This includes:
- Correct uniform including shoes
 - No jewelry
 - Fake fingernails of any type are not allowed and natural nail length shall not extend past the fingertip.

- Hair must be styled as designated by cheer coach
- All other requirements as designated by cheer coach

Section 3 Cheerleaders are responsible for cleaning, maintenance and timely return of school-owned uniforms. Any item not returned or returned damaged is the financial responsibility of the student.

Section 4 Cheer uniforms will not be altered after coach approves of fit.

Article IX Letter Jackets

Section 1 It is the intention of Tomball ISD to afford all student-athletes and mascots in the cheerleading program a fair opportunity to earn a letter jacket while participating in the program during a four year period. The criteria below must be met in order to be eligible to earn a letter jacket.

Section 2 An athlete in one of the Tomball ISD cheer programs must earn a total of 150 points in order to qualify for a letter jacket. It will be the responsibility of the coaches and the cheer athlete to keep track of how many points have been earned in each season. The athlete must be in good standing at the end of the season in order for points to be added to the accumulated total. An athlete can lose all points accumulated for a season if uniforms and equipment are not returned by the designated date set by the cheer coach.

Section 3 Points will accumulate as follows:

- 150 for completing a varsity season
- 50 for completing a sub varsity season
- 30 for completing a competition season
- 20 for being UIL State Champion overall
- 15 points for UIL Top 3 team
- 15 points for UIL State Champion in an individual category after Prelims
- 10 points for UIL Top 10 team
- 10 points for selection as member of the TGCA All-State or All-Star teams
- 5 for UIL State Finalist

Section 5 Timeline of a completed cheer season will be determined by the cheer coach. Timeline for accumulating points will start on the first day of summer and will end on the last day of school.

Section 6 Letter Jacket Notes -

- If an athlete leaves or is removed from the program prior to the end of the season, points earned that season will be removed.
- Points will not be carried over from a previous season if an athlete decides not to try out the following season or is removed from the program during a season. Points from any previous season will not be counted towards the 150 points needed to earn a letterman jacket.
- An injured athlete may earn points for completing a season at the discretion of the cheer coach.
- In order for any points to be assigned, all dues must be completely cleared.

- Cheer coach has the discretion to consider an athlete who has an exception to the requirements and can determine if he/she has qualified to letter.
- Students becoming members of the program for the 2022-2023 season, will have points retroactively assigned provided there has not been a break in membership.

Article X Suspension and Ineligibility

Section 1 Once a student has been selected as a member of a Tomball ISD high school cheer team, that student will be allowed to be a member of only that school's team. Students will not be allowed to cheer as a member of a different campus' cheer team or continue cheerleading at the original campus after enrollment status changes.

Section 2 The length of time used for any disciplinary action as described below is at the discretion of the cheer coach based on the seriousness of the infraction.

Section 3 Definitions –

Benching - a cheerleader is not allowed to participate in performances or activities but must attend and participate in all practices. Cheerleader must attend performances and activities, dress in appropriate attire, sit with cheer coach, not socialize with others, and provide support for the cheer team at the discretion of the cheer coach. Approved by the cheer coach.

Probation - a cheerleader must attend and participate in all practices but is not allowed to participate in any performances nor attend performances as a part of the cheer team. Approved in conjunction with the cheer coach and campus administration.

Suspension - a cheerleader is not allowed to attend any practices and is not allowed to participate in any performances nor attend performances as a part of the cheer team. Approved in conjunction with the cheer coach and campus administration.

Dismissal - a cheerleader is removed from the team for the remainder of the school year, must return all school-owned equipment and will not be allowed to try out for cheerleader the following year. Approved in conjunction with the cheer coach and campus administration. After dismissal, participation in any cheer events is at the discretion of cheer coach and campus administration.

Section 4 Cheerleaders are subject to disciplinary action, up to and including removal from the team, for any behavior which the coach and campus administration deems inappropriate, including but not limited to violation of this constitution, violation of the Tomball ISD Student Code of Conduct, Tomball ISD Extracurricular Student Activities Regulations, unsportsmanlike conduct at events, insubordination, or lewd, profane or inappropriate behavior(s). These behaviors extend to any inappropriate comments, pictures or photos made via electronic device and/or the internet including email, texting, and use of social media or any other type of electronic communication.

Section 5 A conference will be held with campus principal and parent before a student is removed or dismissed from the team or is allowed to quit the team.

Article XI Special Situations

Section 1 The Tomball ISD Director of Fine Arts, after consulting with campus principals, may alter any part of this constitution at any time if it is determined to be in the best interest of the Tomball ISD Cheerleading Program. Coaches and students will be advised of changes.

Section 2 Any special situations which may arise and are not specifically addressed in this constitution will be dealt with on an individual basis by the coach, campus administration and/or Tomball ISD Director of Fine Arts.

Section 3 Cheerleaders are encouraged to participate in other school activities. Any cheerleader may try out and/or participate in other campus activities. Students and parents are encouraged to determine how well the student can manage multiple activities and commitments. It is the cheerleader's responsibility to communicate with the cheer coach and other activity coach well before a time conflict arises between the activities. Failure to give advance notice to the coaches may result in suspension or removal from the cheerleading team.

Acceptance of the Constitution

Parents and Cheerleaders,

After thoroughly reading the Tomball ISD High School Cheerleader Constitution and determining that the student and parent fully understands the responsibilities attached to selection as a high school cheerleader, please sign the following statement.

Return this signed page to the campus cheer coach.

I have read the Tomball ISD High School Cheerleader Constitution and the Tomball ISD Student Code of Conduct. I have a complete understanding of the responsibilities of the position. If selected, I pledge to fully abide by the rules and regulations outlined in this constitution. I understand that failure to abide by these policies may result in temporary suspension or permanent dismissal from the team.

Candidate Printed Name

Grade Next Year

Candidate Signature

Date

Parent/Guardian Printed Name

Date

Parent/Guardian Signature

Date