

**A&M Consolidated Middle School  
Cheerleading Tryout Packet  
2022-2023**



# Cheerleader Tryouts

## Prospective Cheerleader Candidates and Parents

Thank you for showing an interest in trying out for cheerleading.

You should read this packet and become familiar with the eligibility requirements and/or responsibilities at A&M Consolidated Middle School. This packet contains the AMCMS Constitution for Cheerleaders and Mascots and the required tryout documents specific to AMCMS Cheerleaders and Mascots.

You and a parent need to carefully review the information in the packet. If you meet all requirements and decide you want to tryout, complete the enclosed tryout application and return to the AMCMS front office by Friday, February 25<sup>th</sup> no later than 4:00 pm. 7<sup>th</sup> graders may turn in their packet to Mrs. Meek by Friday, February 25<sup>th</sup> no later than 4:00 pm.

Note that a current physical is required for tryouts. Cheerleading is a very strenuous activity, and candidates should be in the best of health. Students MUST have passed ALL classes during the most recent completed grading cycle to be eligible to tryout.

Cheerleading is both time consuming and can be costly.

- 1) You must be willing to devote your time and effort throughout the summer, fall semester and spring semester. Additionally, cheerleaders do not always have the same breaks as other students because of commitments, games, and practices that occur during those times.
- 2) Cheerleaders and their parents must pay for practice/camp wear, equipment, uniform, summer camp, necessary accessories, etc.

Becoming a cheerleader should be your sincere desire and not something to be taken lightly. You and your parents need to seriously consider these responsibilities before the commitment to try out is made.

If you have any questions, please contact us at [bmeek@csisd.org](mailto:bmeek@csisd.org).

Coach Meek

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**Requirements For Cheerleader/Mascot Tryouts**

1. You must pick up a packet in Front Office between January 31<sup>st</sup> and February 24<sup>th</sup>.
2. Your parent **must attend** the **mandatory parents/guardian meeting (February 1st at 6:00 pm. There will be NO exceptions unless discussed with Coach Meek.)**
3. You must attend the tryout cheer clinic on all days **March 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>.**
4. You must have passed all your classes in the previous grading cycle before tryouts.
5. You must be approved by the administration. You may be deemed ineligible to tryout if any of the following have occurred during the current school year prior to tryouts:
  - a) An act that results in suspension at home (OSS)
  - b) ANY** assignment to DAEP
  - c) Expulsion
6. The uniform for cheerleader tryouts will be a pair of **black shorts** and a **solid white t-shirt**, tennis shoes with white socks, and hair in a ponytail. Mascot candidates will be in the bobcat costume. Candidates may wear a black, white, or silver bow.
7. All cheerleader/mascot candidates must have a physical on file prior to the first day of clinic. If you do not have one already on file at AMCMS, you will need to obtain a district form to take to your physician.

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8. All required paperwork must be signed by the candidate and parent/guardian and turned into Coach Meek or AMCMS Front Office by 4:00 pm. THERE WILL BE NO EXCEPTIONS!

- \_\_\_\_\_ a. Squad Information
- \_\_\_\_\_ b. Administrator form
- \_\_\_\_\_ c. Candidate/Parent Commitment Form
- \_\_\_\_\_ d. Parent Permission Slip & Medical Release Form
- \_\_\_\_\_ e. Financial, Procedure, Regulations, and Rules Policy
- \_\_\_\_\_ f. Parents Permission Slip for Transportation
- \_\_\_\_\_ g. Athletic Code of Ethics
- \_\_\_\_\_ h. Inherent Risk Form
- \_\_\_\_\_ i. A copy of your current grading cycle report card
- \_\_\_\_\_ j. Physical form (if current athlete, physical is already on file)
- \_\_\_\_\_ k. Constitution/Handbook Commitment
- \_\_\_\_\_ l. Demerit System

9. **CHEERLEADER CANDIDATES:** The students may perform a standing back handspring, tuck, a round-off back handspring(s), back tuck, lay-out. All cheer candidates will be required to do a toe touch and hurdler. Each candidate will perform a cheer, chant and a dance with a group of candidates which they will learn prior to the try-out clinic.

10. **MASCOT CANDIDATES:** The mascot will have to perform a skit lasting no longer than one minute. The skit may include props and/or music. The skit should contain material that promotes school spirit.

11. Cheerleaders and mascot(s) will be selected by a combined score form

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**TRYOUT APPLICATION FORM - Squad Information**

FULL NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

SCHOOL CURRENTLY ATTENDING: \_\_\_\_\_

CURRENT GRADE: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

STUDENT PHONE: \_\_\_\_\_

PARENT(S) NAME: \_\_\_\_\_

PRIMARY PARENT EMAIL: \_\_\_\_\_

PARENT(S) PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

EMERGENCY CONTACT PHONE: \_\_\_\_\_

RELATIONSHIP TO CANDIDATE: \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_

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**Administrative Approval Form**

Candidate Name: \_\_\_\_\_  
(Please Print)

Current Grade Level:                      6<sup>th</sup>                      7<sup>th</sup>

Administrator Name: \_\_\_\_\_  
(Principal or Assistant Principal)

In order to try out each candidate must meet the following requirements:

- He/she must have acceptable attendance as determined by the appropriate Assistant Principal.
- He/she must be approved by the administration.
- He/she may be deemed **ineligible** to tryout if any of the following have occurred during the current school year prior to tryouts:
  - a) An act that results in suspension at home (OSS)
  - b) ANY assignment to DAEP
  - c) Expulsion

In accordance with the above guidelines to my knowledge the above named candidate meets the requirements for tryouts to be an A&M Consolidated Middle School Cheerleader for the 2022 – 2023 school year.

Signature of Administrator: \_\_\_\_\_

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## Candidate/Parent Commitment Form

I have read the information completely in AMCMS Cheerleader Constitution. I understand the responsibilities and privileges of being a AMCMS Cheerleader. I will abide by these rules and regulations to the best of my ability.

I will cooperate fully with the coach and all persons and organizations concerned to promote spirit and good sportsmanship.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students and faculty at A&M Consolidated Middle School.

Candidate Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Signature of Candidate: \_\_\_\_\_

I/We, \_\_\_\_\_, the parent(s) of \_\_\_\_\_ give my/our permission for our child to tryout for one of the cheerleading positions. We have read the following paperwork: AMCMS Constitution and accept the rules and regulations. We will also encourage our child to be a leader that AMCMS will be proud to have as a representative of the school.

I/We also understand that there are financial obligations that I/we must fulfill if my/our child qualifies for the team. Such items include uniform, transportation costs, personal items, camp expenses, practice wear, and other items used by my/our child during the year and I/we are willing to provide these things as they become necessary.

I/We understand that the outstanding balance must be paid by May 27<sup>th</sup>, 2022.

I/We understand that failure to follow these rules and regulations of the AMCMS Constitution will result in suspension or dismissal from the team.

Parent Name: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

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## Parent/Guardian Permission Slip & Medical Release Form

I hereby give my consent for the below name student to represent his/her school as a cheerleader/mascot and to participate in extra-curricular activities. **I understand and accept full financial responsibility for uniforms, camp and any other expenses deemed necessary.** I also give consent and authorize the school or its representative to obtain such medical attention as necessary for the welfare of the student if he/she is injured or ill while involved in a school activity. I understand that the school and the sponsors are not financially responsible for any injury/illness which may occur.

Cheerleader/Mascot Applicant's Name: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email address: \_\_\_\_\_ Cell #: \_\_\_\_\_

**This form must be completed and on file with the sponsor before any student will be allowed to practice or try out for any squad.**



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## Financial, Procedure, Regulations, and Rules Policy Agreement

I, \_\_\_\_\_ (parent/guardian) and \_\_\_\_\_ (cheerleader) understand and agree to pay all expenses outlined in the packet. I understand that my/my child's of any contained within can result in my child's immediate dismissal from the squad or other penalties as deemed necessary by the coaching staff and/or administration. If dismissed, I/my child must return all uniform items immediately or pay the full cost of those items so they may be replaced. I also understand that if dismissed and/or quit, I/my child will forgo the right to participate in any and all remaining cheerleading activities for the remaining of the season as well as the cheerleading season that follows. Furthermore, I understand there will be NO REFUNDS for monies paid to AMCMS for Cheerleading. I understand the financial commitment I am making, and understand these policies. Failure to comply cheerleading-related financial obligations to AMCMS in a timely fashion (**May 27<sup>th</sup> – uniform and camp**) and/or according to any payment arrangement made with the AMCMS head cheerleading will result in my child's dismissal from the squad.

**X**

\_\_\_\_\_  
Cheerleader's Name – Print

**X**

\_\_\_\_\_  
Cheerleader's Signature/Date

**X**

\_\_\_\_\_  
Parent's Name – Print

**X**

\_\_\_\_\_  
Parent's Signature/Date

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**Parent/Guardian Permission Slip - Transportation**

When transportation is not provided by the school, my child has permission to:

- Ride with another cheerleader or parent to the gym for practice.
- Ride with another cheerleader or parent to any other cheer activity.

Cheerleader/Mascot Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Cheerleader Athletic Code of Ethics

If I am selected to represent A&M Consolidated Middle School in its cheer program, I will be sincerely interested in contributing my best to the success of our program. I, therefore agree to conduct myself according to the following Code of Ethical Behavior.

### **THE FOLLOWING VIOLATIONS ARE UNACCEPTABLE:**

1. Inappropriate behavior towards community, administrators, faculty, officials, coaches, athletes, or trainers.
2. Absence from practice and games for any other reason than personal illness or family emergency. (Unless discussed with coach ahead of time.)
3. Use of tobacco or illegal drugs (including alcohol) in any form.

### **ADDITIONAL STANDARDS TO BE UPHELD:**

1. Maintain good grades in school work.
2. Daily attendance mandatory, and be on time whenever time is involved.
3. Hair cut neat, clean-shaven, and appropriate dress for school.
4. Be polite and respectful at all times.
5. Be responsible for all equipment entrusted to you, and return it in the best possible condition.
6. Be sincere and loyal at all times to the teams, school and coaches.
7. Maintain and promote good sportsmanship.
8. Preserve the moral attitudes according to your family's beliefs.
9. Strive to set a good example, in school, competition, the community, and most of all at home, so others will respect you, and so you will add something positive to the cheer program.

If an athlete does anything in or out of school that will bring discredit to him/her, the team, or his/her school, actions will be taken to counsel, discipline or possibly suspend the athlete for a period of time considered to be fair and just.

This code of ethics has been set forth with the purpose of allowing the athlete to be part of a successful program, give him/her the opportunity to be a better competitor, and to instill the desirable traits of a good citizenship.

Any athlete who quits or is dismissed from a team for disciplinary reasons will be transferred, as soon as possible, out of the cheer program for the remainder of the season. I have read and understand the above information and will hereby do my best to abide by these standards.

\_\_\_\_\_  
(Signature of Athlete)

\_\_\_\_\_  
(Date)

As a parent, I understand and agree with the principles of this Code of Ethics. I will encourage my son/daughter to follow these guidelines in his/her actions as a representative of AMCMS.

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)

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## Inherent Risk Sheet

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity, which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the middle school office before you may participate in practices and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, and other serious injuries. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

Be Sure to Consistently Abide by the Following Guidelines:

1. NEVER stunt or tumble unless coach or coach's designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt.
10. Report all injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Always wear shoes and clothing appropriate for cheerleading.
13. Never wear jewelry of any kind or chew gum when cheering (practices and games).
14. Always have your hair pulled back from your face and shoulders.
15. Eat nutritious meals and get plenty of rest.
16. Always ask for assistance or advice at any time.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and am voluntarily participating in this activity.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# **A&M Consolidated Middle School Cheerleading Cheerleading Constitution**

## **Article 1: Purpose**

The purpose of the A&M Consolidated Middle School Cheerleaders is to create and promote loyal school spirit, encourage quality performance and high academic standards. Through the development of spirit and cheer technique, leadership, cooperation, self-discipline, and sportsmanship in each individual athlete, the AMCMS cheerleaders will encourage their student body and their community through support in the promotion of athletic events and activities which will inspire the athletes to perform to the best of their ability. We, the AMCMS cheerleaders hereby pledge our time, our ability, our minds and hearts to that purpose. We agree to abide by the rules and regulations as set forth in this constitution.

## **Article 2: Membership (Cheerleaders and Mascots will be referred to as Cheerleaders)**

Section 1: Anyone who meets the set qualifications will not be discriminated against because of race, gender, religion or educational handicap.

Section 2: Member selection will be made by a panel of certified judges and required criteria (See Tryouts).

### Section 3: Cheer Teams:

**A.** The squad will have a maximum of 16 cheerleaders. Ties at the maximum squad number (16) would be included on the squad.

**B.** The Mascot will be one boy or girl, who is classified as a 7<sup>th</sup> or 8<sup>th</sup> grader.

**C.** Managers will consist of a 8<sup>th</sup> graders only. They will submit an application to Coach Meek for consideration.

Section 4: Member service is from spring tryouts until the end of the following school year.  
- Cheerleader openings that occur after camp will not be filled.  
- Cheerleaders who move to CSISD (AMCMS zone) or transfer after the tryout process has been finalized must wait until the following year to tryout for the AMCMS squad.

Section 5: Because the duties of a AMCMS cheerleader demand an enormous amount of time throughout the entire year, each cheerleader must take responsibility for being at every practice and every activity for the duration of the year. If a cheerleader decides to participate in any other activities, he/she must be aware that all these obligations are an unexcused basis, privileges (such as pep rallies and games) will be lost and demerits will be given. Repetitive absences from practice and/or games can result in dismissal from the squad.

Section 6: If at any time a cheerleader has received 15 demerits or resigns, he/she will be removed from the cheer program for the remainder of the year. They will not be eligible for tryouts the following year.

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## Article 3: Tryouts

### Section 1: General Information

- A. Cheer Tryouts will be held in the second semester of the school year.
- B. AMCMS tryouts and clinics are closed to the public. Parents are asked to drop off their daughter/son and leave the AMCMS facility. There will be no areas for parents to wait. Candidates will be given an ending time for their tryout session. Parent pick-up will be in a specific location that will be announced during the tryout clinic. All cheer candidates will escorted in/out by a cheer coach or administrator.
- C. Tryout packets will be handed out at each school's designated office.
- D. There will be NO CELL PHONES allowed in any of the tryout areas. Candidates are asked to leave cell phones at home or in their backpacks, but we will also pick up ones that are brought to school. We will have a phone readily available in case of emergency.
- E. judges for the AMCMS Cheer Tryouts are highly certified, experienced and knowledgeable of cheerleading and have had previous judging experience. They are professionals with multiple years. They have no affiliation to AMCMS.
- F. If a candidate fails to show up for his/her assigned tryout time, she/he will not be permitted to tryout at all. It is important that all candidates report to the designated tryout site on time.
- G. Candidates must attend every day of the after school tryout clinic (unless involved in a UIL event that has been brought to the cheer coaches attention at least 24 hours in advance).
- H. There will be no "tryout video" at any time, (unless involved in a UIL event that has been brought to the cheer coaches attention at least 24 hours in advance).
- I. All coaches' decisions are final.
- J. We understand that unfortunate circumstances may arise (i.e. illnesses, injures, outside obligations, etc.) The A&M Consolidated Middle School Cheer Program will only conduct one tryout per year. If you are unable to participate in this tryout, you must wait until the following year. Limited exceptions may apply. A candidate may petition for an exception by notifying the cheer coach. The decision will be made by the cheer coach and administrative representative. Administrative decision is final.

### Section 2: Grade Requirements:

- A. All candidates must be in a good academic standing and have passed all of their classes in the most current six week or semester grading cycle of the school year.

### Section 3: Citizenship:

- A. Each candidate should not have any major discipline problems as outlined in the a AMCMS Student Handbook. Any serious disciplinary action(s) certified by the Principal will cause a potential candidate to be ineligible to tryout. In these cases, eligibility for tryouts will be determined by the school Administration. Any DAEP or

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suspension will cause a potential candidate to be ineligible to tryout. Any student dismissed from another organization will not be allowed to tryout, or must have approval by the school Administration.

### Section 4: Attendance:

- A. Each candidate must meet the 90% attendance requirement set by the state.
- B. Attendance must be verified by the attendance office and/or principal.
- C. Students not meeting this requirement due to medical concerns must have the Principal's approval to tryout.
- D. ALL attendance will be considered when tryouts occur.

### Section 5: Before Tryouts:

- A. All candidates must be enrolled in an CSISD school or provide official documentation of residency such as lease agreement, deed, title, etc. on or before the first day of the tryout clinics.
- B. Candidates are expected to learn and perfect skills and technique prior to attending the tryout clinic. The purpose of the tryout clinic is to teach each candidate tryout material only. The following skills will not be taught during the clinic: stunting and tumbling skills.
- C. The tryout cheer, chant, and dance will be posted one week prior to tryouts. The cheer, chant, and dance choreography will not be taught at clinic. Candidates are responsible for learning the material prior to attending the clinic. The cheer, chant, and dance will be reviewed at the tryout clinics.
- D. Mascots will also tryout for their position. Mascot tryout requirements will be handed out at the parent/candidate meeting.

### Section 6: During Tryouts:

- A. During the tryout process, the following are all evaluated by the judges: jumps, tumbling, cheer, stunts, performance and dance ability.
- B. During the tryout process, no part of any official cheer uniform may be worn (i.e., specific squad bows, special squad socks, etc.) White cheer shoes will be permitted, but with nothing attached to the shoe to signify involvement with a previous or current squad.

### Section 7: After Tryouts:

- A. The cheer coach will decide upon managers.
- B. Results will be posted via the back doors of the gym and cafeteria after all tryouts are finished.
- C. Candidates that do not make a team have a one week window from the time of tryouts to choose to schedule a conference, at a mutually agreeable time, with the cheer coach and an administrator to view their score. After the one week period, there WILL NOT be any conferences about the tryout process. Decisions are FINAL.

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### **Article 4: Requirements of Cheerleaders**

#### Section 1: Scholastic:

- A. Each member must have a grade average of 70 or better for every grading period while holding the position of cheerleader. Failure to do so will result in probation until the three weeks progress report, at which time grades will be checked again. Failure to maintain a 70 or better for 2 grading periods will result in suspension or removal from the squad.

#### Section 2: Citizenship:

- A. Because cheerleaders are role models, each girl is expected to behave accordingly. Referrals are unacceptable and will result in conferences and possible probation, suspension from the squad, or possible ineligibility for next year's tryouts.

#### Section 3: Attendance and Participation:

- A. It is important that AMCMS cheer members realize the level of commitment that is necessary to make a team successful. Attendance at all games and cheer events is not only crucial, but also mandatory. Absences jeopardize the entire squad and hinder success.
- B. Attending all practices, games, events, pep rallies, and fundraising activities is mandatory.
- C. An absence to a game/event will only be considered excused in the following circumstances: - Personal illness/accident (resulting in missing school) – Funeral or death in the family – UIL or school-related performance/event. Missing more than 10 minutes of practice (for tardiness or any other reason) will be considered an unexcused absence/missing a practice or performance without permission.
- D. If a cheer member is not present at school, he or she may not participate in the cheer activity that day or evening. An absence is defined as missing half or more of the school day.
- E. If a cheer member is going to be absent from a practice and/or scheduled event, he/she must notify his/her cheer coach (in writing AND in person at least ONE week prior to the conflict) before missing. A demerit may still be applicable (see AMCMS Cheer Demerit System).
- F. A student who is present for less than two periods of school is considered absent and may not attend any school/cheer related activity that same day or evening.
- G. A student who has missed an excessive amount of school per week will NOT be allowed to cheer at the next major event.
- H. Cheer members will cheer at all games and events assigned by the coach.
- I. Cheer members are representing AMACMS at all times (during and after school hours) so please conduct yourself accordingly.
- J. Managers for squads will need to attend events at the coach's discretion. Expectations for this position will be set by the cheer coach.
- K. Mascots are responsible for attending all events at decided upon by the cheer coach. They will be treated as a member of the cheer squad and held to all of the same expectations. Mascots are responsible for the care and upkeep of their mascot uniform.



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- L. All cheer members are required to attend the coach's designated summer camp, summer practices, and any fundraisers set for the teams in the summer. Alternative camps are not an option for individual members. Cheer members not attending these events will be dismissed from the squad.

### Section 4: Practices

- A. All cheerleaders are required to attend all practices. You must be ready to begin practice at the designated time in the designated area, not walking in the door, in order to be considered on time.
- B. All practices will be closed to the public (including parents, guardians, friends, etc.).
- C. Cheerleaders will be required to attend pre-camp practices, summer practices, after school practices, before school practices, etc. Normal practices for the year will be decided before the start of the school and should be scheduled around. Times can change due to other school events or coach's discretion.
  - 1. **Missing Practice:** You must ALWAYS inform the coach **ONE WEEK BEFORE** any missed practice OR game/event. The coach will determine if the reason for the absence is excusable. **\*\*Any uninformed absence will be considered unexcused regardless. \*\*See demerit system section for punishment resulting from a missed practice/class.**
  - 2. **Jobs, vacations, driver's ed., doctor's appointments, etc. are NOT excused absences from practice or games/events.** The only acceptable reasons for absences are serious personal illness, other school functions, accident, or death in the family.
  - 3. You are responsible for learning the material you missed. We will not go back to reteach it. If you do not learn the material, you will sit out of that routine.
  - 4. **Practice Clothing:** Cheerleaders should wear proper athletic wear to practices. Assigned practice wear will be determined. Cheer shoes **MUST** be worn at all times. No pajama pants, exposed bellies or butts, jewelry, or gum/candy/etc. Hair must be pulled away from face – including bangs. **See demerit system section for punishment for improper attire.**

### Article 5: Uniforms and Appearance:

#### Section 1: Uniforms:

- A. Uniform styles will be selected by the coaches with input from the 8<sup>th</sup> graders and the Administration.
- B. Uniforms are only to be worn in conjunction with school activities as required.
- C. Uniforms must be worn without jewelry at all times.
- D. Uniforms include shell, shirt, liner, bow, megaphone and poms; jackets, warm-ups, and leggings will also be included when necessary.
- E. Uniforms are to be kept clean and in proper repair by the cheerleader for every event. Mascot uniform is the responsibility of the mascot, including cleaning and repair.
- F. Loss of any uniform part will result in the cheerleader paying full cost for the replacement. This includes bows, shoes, poms, megaphone, etc.

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- G. Alterations must be approved by the coaches in advance.
- H. No bra straps are to be visible while in uniform or practice clothes.

### Section 2: Appearance:

- A. Hair is to be out of the face and off the shoulders at all required events: pep rallies, games, practices, etc.
- B. Proper grooming is to be maintained for all public appearances.
- C. Nails are to be trimmed and the coaches will determine nail length for safety.

### Article 6: Financial:

- A. A payment schedule may be set for all payments due.
- B. All cheer members must be current with their payments schedule. Not being current may result in missing cheer events or games. In the event that a cheer account is not current, permanent suspension may result at the discretion of the coach and administration. In the event that a cheer account is not current, permanent suspension may result at the discretion of the coach and administration. In that case, the cheer member will still be responsible for the amount due to their program.
- C. Cheer members who owe a balance on their own account will not be eligible to try out the following year unless the amount is paid in full.
- D. Cheer members may attend and participate in all team fundraising activities, in which all money earned will be contributed to the general cheer activity fund.
- E. Cheer members who quit, resign or dismissed from a team, will be responsible for unpaid balances. No money will be refunded.

### Article 7: Communication:

- Section 1: Communication is vital for a successful cheer program. Communication coaches should expect from parents:
- A. Concerns regarding a son/daughter expressed directly to the coach at the appropriate time (times in which a cheer activity would not be disrupted) and place.
  - B. Issues appropriate for discussion with the coach and/or school administrator.
    - Mental and physical state of a student
    - Student Plan for success
    - Student safety
  - C. Issues NOT appropriate for discussion with coach:
    - Squad selection of cheers, chants, stunts, or elements of a performance
    - Any situation that deals with other students/cheer members
      - \*Due to student FERBA privacy laws, coaches are limited to discussing other students and cheer members.
  - D. Communication parents should expect from their students' coach:
    - Requirements the coach has his/her student and the squad
    - Locations, dates, and times of practice, games, and events
    - Squad requirements of special equipment, uniform, squad rules/regulations, travel arrangements, and off-season expectations.
    - Procedures in the event the student becomes injured during a game, practice, or event.

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- E. Communication between parent, school, and coach/Process of Appeals: If at any time a cheer member or parent feels he/she needs to discuss a problem or complaint, the appropriate channels must be followed:
- 1) Contact campus cheer coach – call and set up an appointment.
    - Outline and define objectives for meeting and stick to discussing facts only. Do not confront the coach before, during or after practice, game or event. Meetings of this nature do not promote resolution of the situation but often escalate it.
    - If the meeting with the coach does not provide satisfactory resolution, a parent(s) or guardian should move to the next step in the process.
  - 2) Contact an Assistant Principal to set up a meeting with the cheer coach and an Assistant Principal.
  - 3) Contact the Principal to discuss concerns about the cheer program or situations involving your student.

## **Article 8: AMCMS Cheer Program Discipline Process:**

Section 1: An AMCMS 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. This is a very visual position and your peers are looking at you. Along with this position comes a great deal of responsibility, good work ethics, and a spirit of cooperation with parents, coaches, other cheerleaders, and other students. Each squad member will be held to these high standards in and out of school, in and out of uniform, throughout the calendar year. All accountability will be handled in such a way as to teach the squad member the ethical principle that applies to the circumstance. The coaches will determine all consequences based on the following prescribed discipline process and AMCMS Student Code of Conduct. In addition, coaches will not discuss discipline/consequences with the entire team in regards to any one cheer member due to privacy issues. Cheer members and parents should refrain from asking coaches about any incident/discipline/consequence not involving them. The following are levels at which behaviors will be handled. This discipline process begins when each member comes part of the AMCMS Cheer Program.

## Section 2: Code of Conduct

A. Demerits will be given based on a cheer member's behavioral infraction. The coaches will document each behavioral infraction. If at any time a cheerleader has received 15 demerits or resigns, he/she will be removed from the cheer program for the remainder of the year. Any student who is removed from the program for grades or behavior/demerits/resignation must submit a formal appeal request to tryout for the cheer program the following year. Appeals will be granted on a case-by-case basis determined by the AMCMS cheer coach and administrator. Any student who does receive a waiver to tryout will be on a contract with the program and will be removed for a breach of that contract. Moreover, they will not be eligible to run for a leadership position. The following will occur when demerits have been issued.

# A&M Consolidated Middle School Cheerleading

## Cheerleading Constitution

- 5 demerits – Parent notification and conference with student
- 10 demerits – Parent notification and conference with student, coach(es), and an assistant principal
- 15 demerits – Parent notification and immediate removal from the team.

See the “Demerit/Merit” page in the tryout packet for questions or explanation of the demerit system.

### **Article 9: Social Media**

Section 1: All Cheer members are expected to uphold all of the standards outlined in the AMCMS Cheer Handbook and will positively represent their Middle School and its Cheer Program in the school and in the community. The community is considered to be the physical College Station area as well as the world wide web. Members will not post pictures, statuses, nor be involved in any social networking conversations that negatively represent themselves, the Middle School or its Cheer Program. Members will not post or be associated with postings involved with smoking, drugs, alcohol or sexual content. Members will not post or be associated with postings/conversations that are negative in regards to their school, the Cheer Program, its members or its Coaches. Cheer members may not engage in any ambiguous association such as re-tweeting, sub-tweeting, favoriting, liking, reposting, etc. of inappropriate material in regards to this code of conduct and the social media contract. Members will not engage in cyberbullying, slander or harassing behavior. Consequence and/or warnings will be issued for members that do not follow the above standards. A member who continues to not follow warnings may be removed from the cheer squad.

### **Article 10: Safety**

- A. This safety of all of our cheer members is of utmost importance. We do a number of things which we believe will stress the importance of using safety strategies and encourage the members of the team and coaches to practice good safety skills.
- B. All participants must have a current physical form on file to participate.
- C. All participants must be trained and qualified for proper landing and spotting techniques before they are allowed to stunt.
- D. All participants and coaches must go through appropriate stunt progressions, qualifications, and follow NFHS/USA safety standards at all times.
- E. No playing around, laughing, or general socializing will be permitted during any stunt/practice session.
- F. Absolutely no jewelry will be worn during practices, games, or events. Jewelry includes all body piercings.
- G. No tumbling or building of any stunts is permitted unless a cheer coach is present. Because of the increased athleticism of today's cheerleaders and the complexity of some stunts performed, there is a risk, as in any athletic sport, of serious injury.
- H. Cheer Camp – all members of the cheer team (and coaches) are required to attend summer cheer camp at which there are entire sessions presented on proper cheer safety.

# **A&M Consolidated Middle School Cheerleading Cheerleading Constitution**

This handbook is a living document. If an incident should arise that is not specifically addressed in this document, the coach and/or school administrator will address the incident on an individual basis. The resolution of this incident may not be addressed team wide, especially when privacy issues are involved. In addition, in order to benefit the cheer program, the coach and/or administrators reserve the right to revise this handbook at any time.

AMCMS does not discriminate on the basis of race, color, national origin, religion, sex, or disabilities in providing educations, activities, and programs, including vocational programs in accordance with the Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended; and Title II of the American With Disabilities Act. Each parent and cheer member/candidate will be provided a current copy of the AMCMS Cheer Program Constitution/Handbook.

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Brittanie Meek  
Head Coach

**A&M Consolidated Middle School Cheerleading**  
**2022-2023**  
**Constitution/Handbook**

I acknowledge that I have read and understand the AMCMS Cheer Constitution/Handbook. I agree to abide by all of the guidelines laid out within the Handbook, and I understand that the final say rest upon the coach's discretion.

\_\_\_\_\_  
Cheerleader's Name (printed)

\_\_\_\_\_  
Cheerleader's Signature

\_\_\_\_\_  
Parent/Guardian's Name(printed)

\_\_\_\_\_  
Parent/Guardian's Signature

# A&M Consolidated Middle School Cheerleading

2022-2023

## Cheerleading Demerit System

### Attendance

**NOTE: Cheerleaders are expected to notify the coach ahead of time of an absence from any cheer event (at least one week in advance or absence may not be excused).** The following are excused absences: personal illness (with parent note the first day absent and doctor's note for any day absent after), funeral or death in the family, weddings/major life events, special school activities (with prior notice to the coach), and religious holidays. **All other reasons for being absent or leaving early from a cheerleading event will be unexcused.** All absences must be submitted, by email, to the coaches for approval one week in advance.

1. Unexcused absence from practice or a game	5
2. Excused absence from a practice or game	1
3. Late to a home game	2
4. Late to practice	2
5. Leaving early from a game without permission	2
6. Leaving early and not staying to clean up	2
7. Late being picked up from a game/practice	5

### Appearance:

9. Improper uniform for game or in school (poms, briefs, bow, shoes, etc.)	3
10. Improper practice attire (bow, color shorts/top)	1
11. Having nails that are too long	2
12. Wearing jewelry at practice games (including belly, tongue rings, etc.)	3
13. Dirty Uniform	2

### Behavior:

14. Using cell phone at games or practice	3
15. Chewing gum or eating food at undesignted times	3
16. Inappropriate PDA during game or at school	3*
17. Using inappropriate language during games or practice (includes taunting and name calling)	3*
18. Showing disrespect to a coach or squad member	5*
19. Violation of Code of Conduct resulting in detention	5*
20. Violation of School Code of Conduct resulting in ISS	10*
21. Violation of School Code of Conduct resulting in DAEP	15*
22. Illegal substance abuse	15*
23. Blatant insubordination to coach (attitude, refusal to be a team-player, etc.)	10*
24. Showing disrespect to a teacher or other staff member	5*
25. Inappropriate posts on ANY form of social media	5*
26. Lacking spirit or enthusiasm at games	2
27. Lacking knowledge of cheers/chants/dances during games	2
28. Having anything less than a positive attitude	2

# A&M Consolidated Middle School Cheerleading 2022-2023 Cheerleading Demerit System

## Consequences

- ❖ Accumulations of **5 demerits** results in the cheerleader being **benched for ONE game and additional conditioning**. The cheerleader **MUST** still dress in uniform, sit with the coach for the duration of the game, while not using their cell phone.
- ❖ Accumulation of **10 demerits** will result in the cheerleader being **benched for TWO games and additional conditioning**. The cheerleader **MUST** still dress in uniform, sit with the coach for the duration of the game, while not using their cell phone.
- ❖ **Accumulation of 15 demerits will result in automatic removal from the squad.**
- ❖ All demerits will be erased at the end of the season.

## Merits

- ❖ Demerits with an asterisk next to it will **NOT** be up for discussion on earning merits towards it.

*I have read and understand my responsibilities as an AMCMS cheerleader and agree to the conditions set in the contract. I understand that these guidelines will be STRICTLY enforced, and that if I do not fulfill my responsibilities I will receive demerits as per the list above, resulting in the aforementioned consequences. I fully comprehend that I am a representative of AMCMS and I will make every effort to fulfill my responsibilities in being a positive role model. I know that my primary my job is to be a CheerLEADER and to promote and foster an encouraging, enthusiastic, and spirited environment for my peers and the fans.*

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Cheerleader's Name (printed)

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Cheerleader's Signature

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Parent/Guardian's Name(printed)

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Parent/Guardian's Signature