

Cheerleader Guidelines

Senior High School

2012-2013

Purpose

The purpose of senior high varsity and junior varsity cheerleaders is to promote school spirit and a positive school climate by participating at athletic events and extra-curricular activities as deemed appropriate by the campus administration and Cheerleader Instructor. Cheerleaders are expected to be positive role models, serving as high school ambassadors at school, in the district, and community.

The information provided in this brochure explains qualifications and responsibilities of senior high school cheerleaders. Additional guidelines, as noted in this document, are created and published by each campus.

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The contents of this handbook are not contractual, and do not give rise to a claim of breach of contract against Katy Independent School District. Furthermore, the contents of this handbook apply to all students of the district, as the contents now appear in the handbook or may be amended in the future.

Required Qualifications to Tryout

Grade Level

- Varsity cheerleader tryouts are limited to Katy ISD students enrolled in the tenth (10) and eleventh (11) grades during the year of tryouts.
- Junior varsity cheerleader tryouts are open to Katy ISD students enrolled in the ninth (9) and tenth (10) grades during the year of tryouts.
- All students trying out must indicate their preference as to varsity, junior varsity, or both on the tryout form.
- UIL maximum age requirements are in effect for cheerleaders.

Academic Standing

Cheerleader candidates must:

- Have and maintain an **overall 2.25 scholastic average** calculated using six-weeks averages (not semester averages) for the current school year in all classes as of the last grade-reporting period prior to tryouts.
- Earn 5.0 academic credits at the end of the year of tryouts in order to assume their cheerleader role, for the subsequent year.
- Students must have good attendance with no truancies in the current school year.

School Behavior

Candidates must have exhibited appropriate conduct in the classroom and other school and community settings. Therefore a student may not have:

- More than one N (Needs Improvement) or any U (Unsatisfactory) in conduct for any six-weeks grading period during the current year prior to tryouts.
- Committed the following type/quantities of offenses described in the district Discipline Management Plan.
 - More than two Level II or Level III disciplinary infractions (or a combination thereof)
NOTE: for purposes of this criteria only, a principal may identify specific Level II behaviors which will be excluded from this tabulation for determining eligibility for tryouts. Any such exclusion will be stated in the campus cheer handbook addendum.
 - **OR** more than one infraction leading to a short term (three days or less) ISS placement
 - **OR** any infraction for which an OSS or OAC placement was served during the present school year.
 - **OR** any Level IV or Level V offenses.
- The various levels of disciplinary infractions are listed in the Katy ISD Board-approved Discipline Management Plan and Student Code of Conduct.

Physical Examination

Candidates must submit a statement from a physician prior to tryouts (exact date specified by the campus), which indicates that the candidate is capable of performing all the essential functions of a cheerleader. The physician is to document the physical examination on the *Preparticipation Physical Evaluation – Medical History* and *Preparticipation Physical Evaluation – Physical Examination* forms (pp.16-17).

Essential physical functions of a cheerleader are:

- Perform jumps and other physical moves that are part of cheerleader routines.
- Perform stunts that may involve climbing, balance, agility, and upper body strength.
- Exhibit rhythm and coordination in performing cheerleader routines.
- Demonstrate stamina in performing regular physical activities that involve physical endurance and fitness.
- Perform routines in both indoor and outdoor settings, in heat and cold weather.
- Demonstrate clear diction and strong vocal qualities.

Participation in Pre-Tryout Clinic

Each campus schedules a pre-tryout clinic which acquaints candidates with the format of tryouts and which offers instruction in the routines/skills to be evaluated by judges during the cheerleader selection process. The length and format of the clinic is established at each campus.

Candidates are strongly encouraged to attend each day of this pre-tryout clinic offered by their campus in order to be as well prepared as possible for tryouts. Should a candidate not be present at a clinic session, he/she is responsible for learning any missed material on his/her own time from other participants; clinic leaders are not permitted to provide make-up instruction.

Attendance

Students must be present before the judges in order to be eligible for selection. Students must attend at least one-half day of school on the day of judging in order to participate.

Parent Meeting

Each candidate and his/her parent or guardian must attend an orientation to the cheerleading selection process and cheerleading responsibilities in order to tryout. Any parent/guardian who is unable to attend this meeting must contact the Cheerleader Instructor to schedule an individual conference in order for their student to participate in the cheerleading selection process.

Documents

Students must submit specified documents by their published due date in order to be a cheerleader candidate. Documents include, but are not limited to,

- **Statement and Signatures** -- Parent/student acknowledgement to uphold cheerleader obligations/requirements (p. 14)
- **Personal Student Information for Cheerleader Squad** (p.15)
- Proof of insurance or insurance waiver – photocopy of card/or statement of waiver – attach to *Personal Student Information for Cheerleader Squad* (p.15)
- **Preparticipation Physical Evaluation – Medical History (UIL)** (p.16)
- **Preparticipation Physical Evaluation – Physical Examination (UIL)** (p. 17)
- **Consent to Treat** form (p. 18)
- **Katy ISD Insurance Waiver** (p.19)
- **Trip Authorization Form** (p.20)
- **Student and Parent Agreement to Cheerleader Regulations and Guidelines** (p.22)

Selection Process

The selection of senior high cheerleaders is done by knowledgeable, impartial judges observing the candidates in a series of activities performed on a single afternoon in March, April, or May. The results of the impartial judging determine which cheerleader candidates are selected. Upon request, parents may review their own child's ratings in conference with an administrator and/or Cheerleader Instructor.

NOTE: If the district is opening a new campus in the fall and rezoning has been completed with attendance zone established, students should tryout at the school they will be attending in the fall.

Pre-tryout Clinic

- Each campus schedules a pre-tryout clinic to acquaint candidates with skills/techniques on which they will be judged. Attendance at the clinic is strongly encouraged. (see page 2)
- The clinic is planned and led by the campus Cheerleader Instructor and eligible senior cheerleaders.
- Spectators (including parents, coaches, friends, non-involved school personnel) are not permitted to watch or videotape clinic practice.

Tryout Format (Judging)

- Varsity and junior varsity tryouts will be scheduled on the same date, time, and location.
- The tryout process is organized and facilitated by the Cheerleader Instructor. In addition to the judges, the Cheerleader Instructor, senior cheerleaders, and up to three designated faculty members may be present in the tryout room for the purpose of giving directions, room set up, etc. At least one campus administrator is present in the tryout room to oversee the selection process. Candidates are in the tryout center for the length of their performance only. The tryout room is closed to all spectators, including parents, coaches, friends, and non-involved school personnel.
- A panel consisting of a minimum of three (3) impartial judges will be secured by the campus for cheerleader tryouts.
 - Judges shall be knowledgeable cheerleading coaches, former college cheerleaders, and/or members of UCA/NCA staff.
 - Judges shall not be employees of Katy ISD.
 - Judges shall not be a relative of any candidate or a private coach of any candidate.
- In the unusual case where one judge becomes unavailable on the day of tryouts, it is the responsibility of the campus to have secured an alternate judge so that the tryouts may proceed with the minimum number of judges present. It is recommended that a 4th judge be contracted for the same day. If this judge is not used on the panel, he/she will monitor the tabulation of results.
- Candidates perform before the judges individually and/or in randomly assigned small groups. Each campus specifies the set of activities which a candidate performs before the judges and communicates this to candidates during the clinic.

- These activities can include:
 - group cheer
 - individual cheer
 - jumps
 - dance routine
 - new cheer (one of 3 draw cheers)
 - chants

While viewing the prescribed activities, the judges assign points to candidates on their potential to perform cheerleading skills and functions. The specific skills and attributes to be judged are specified by each school and can include:

- audience appeal
 - spirit/enthusiasm/poise
 - sharpness/synchronization
 - voice projection
 - motion technique
 - jump technique
 - neatness/appearance
 - gymnastics, tumbling
- The scoring template for each campus will be distributed to candidates at that school prior to tryouts.
- Candidates draw for a participant number prior to tryouts. During the judging and tabulation of scores, students are referred to by number only.
- Candidates must adhere to the required dress for tryouts, which is published in advance and specified by the campus. Tryout clothing must be pre-approved by the Cheerleader Instructor.
- All candidates and/or any person acting as a representative on their behalf are prohibited from having any form of communication or personal contact with any judges prior to, during, or after the tryout process. Violation of this guideline will result in the immediate removal of the candidate from the process and/or squad if candidate had been selected. Judges are instructed to report any incident of this activity to the campus administrator.

Tabulation of Results

- Each judge will score each candidate's performance using a numeric scale (1-10, for example). The judge must initial any change to a rating or sum of ratings.
- If only three judges are used, all scores will be added to determine the final score for each candidate. If four or more judges are used, the highest and lowest judges' scores will be dropped and the remaining scores added to produce a final score for each candidate.
- Candidate total scores are ranked in numerical order.
- In the event of a tie, an established tie-breaking procedure will be implemented. All Cheerleader Instructors and campus principals are trained annually on the implementation of this procedure. (In the case of a tie, the first choice will be determined by the classification of the student.)
- The twelve candidates eligible for varsity with the highest rankings will be named as the new varsity cheerleaders. The twelve candidates eligible for junior varsity with the highest rankings will be named as the new junior varsity cheerleaders.
- With approval by the principal, each campus will establish the manner in which the selected candidates are informed, and the results announced.
- Decision of the campus principal is final in all tryout results.

- Appeals for any component of the cheerleading tryout process, including final results, must take place at the campus level. Grounds for appeal may be made in reference to mathematical calculations or procedural impropriety. Appeal results/decision will be final at the campus level.

Size of Squad and Special Positions

Size of Squad

- The maximum number of cheerleaders on a varsity cheerleading squad is twelve.
- The maximum number of cheerleaders on a junior varsity cheerleading squad is twelve.

Special Positions

- **Mascot** -- It is a campus decision to select a mascot. If a mascot is to be selected, the campus will establish the selection procedures and publish information related to selection procedure and job description for a school mascot. The qualifications, responsibilities, and consequences described in this document will be used to govern the mascot. A school may select up to two students to serve as mascots; the mascot duties may be shared by the students or both students may be in costume acting as mascots at the same time.
- **Alternates** -- Alternates are not named. If a vacancy in a cheerleading squad occurs two or more weeks prior to the first day of the school year, the vacancy will be filled by naming the student with the next highest composite score, assuming that student still meets the qualifications and desires to make the necessary commitments. At the time a vacancy is filled, uniform and accessories will be ordered at parents' expense. If a vacancy occurs less than two weeks before the first school day or after the school year begins, it will not be filled. Judges ratings are maintained in the principal's office for use if this circumstance arises.
- **Head Cheerleader(s)** – The Cheerleader Instructor selects the head cheerleader with consideration to the qualities of leadership, responsibility, and academic performance. Each campus publishes information in organization by-laws, which delineates the duties of head cheerleader and the consequences for failure to carry out these duties.

All applicants earning a position on the Cheerleading Squad for the next school year must continue to meet all of the above stated “Required Qualifications to Tryout” for the remainder of their present school year. Failure to meet these requirements will result in immediate forfeiture of their position on the Cheerleading Squad.

Actual activities for the “new” Cheerleading Squad will be determined and defined by the campus Cheerleading Instructor and principal. These activities may begin immediately upon announcement of cheerleading tryout results requiring all members to meet standards stated in the “Discipline and Consequences” section of this book.

Responsibilities of Cheerleaders

Time Commitments

Cheerleading is a time consuming activity and it is the responsibility of each cheerleader to be present at each activity and perform to the best of his/her ability. Because of the many hours involved in practicing, planning pep rallies, painting signs, and actually cheering at games, other school and non-school activities will have to be limited. It may not be feasible, nor in the best interest of the student, the squad, or the school for a student to be a cheerleader and hold another major position which requires major time expenditure. (An example would be cheerleader and Student Council president). The Cheerleader Instructor and the other sponsor/coach will review school participation conflicts in an attempt to solve the problem while considering the best interests of the individual, as well as the interests of the cheerleading squad and other school organization. Everyone must share equally in the behind the scenes work, as well as the cheering before the crowd. Since cheerleading is a team activity, loyalty and dedication to the team is a key ingredient in gaining the most valuable elements from the association.

It is difficult for cheerleaders/mascots to have after school jobs because of the time required in afternoon practice and evening games. If a student does have a job, missing practice or an event because of work will be considered an unexcused absence.

The responsibilities of cheerleading and consequences for not meeting responsibilities are assumed at the time the selected cheerleaders are announced.

Cheerleading Activities

Cheerleaders are expected to attend a variety of events as specified by the campus beginning the summer following selection. Senior high cheerleader activities include:

- ✓ attend scheduled practices including summer, after school, and weekends
- ✓ attend varsity athletic events as specified by the Cheerleader Instructor
- ✓ attend assigned junior varsity athletic events
- ✓ support academic teams, drill teams, music department, etc.
- ✓ participate in campus pep rallies as scheduled by campus administration
- ✓ participate in campus and community events as specified by campus administration/ Cheerleader Instructor
- ✓ attend summer camp
- ✓ participate in contests at the selection of the Cheerleader Instructor and approval of the principal
- ✓ support designated fundraising activities

Practice

• Summer Practice

There is pre-camp practice, cheerleading camp, and post-camp practice. Generally these activities cover from three to five weeks of summer. No summer activities should be scheduled until after summer camp and practice dates are set. Failure to participate in scheduled summer practice sessions may result in removal from the squad.

• School year practice

Cheerleading practice dates and times are specified by the Cheerleader Instructor/campus administration. In general practice occurs every afternoon after school for one to two hours, with

occasional practices on Friday afternoon/weekends/holidays. Cheerleaders must have confirmed transportation home. Having a ride home from practice is part of a cheerleader's responsibilities.

- Camp

Cheerleaders must attend the one-week summer camp selected by the Cheerleader Instructor. Information and dates for the summer camp are provided by the Cheerleader Instructor at the pre-tryout parent meeting. Failure to attend and participate in the summer camp activities may result in removal from the squad.

Attendance

A) Attendance at Events

Attendance at assigned events is required of cheerleaders. If a cheerleader is unable to attend an assigned activity, the Cheerleader Instructor or his/her designee must be notified in advance of the absence with written verification provided. Students with unexcused absences from cheerleader events (including practices) are subject to penalties and restrictions established by the campus. **All** cheerleading squad members are to travel to required/assigned events in Katy ISD provided transportation.

Junior Varsity cheerleaders may perform at sub-varsity level home games, sub-varsity level games involving another Katy ISD high school, and at other times/events as requested by the principal and Cheerleader Instructor.

B) Attendance at School

In order to participate in a cheerleading event, a student must be present at school for classes for at least half a school day on the day of the event. Additional requirements for attendance at school and practice prior to participation may be specified in organization by-laws.

Cost to Families

Maximum required expenditures shall not exceed \$900.00. Inquiries regarding financial responsibilities should be addressed, individually, with the campus Cheerleader Instructor and/or campus principal.

Academics and Behavior

Cheerleaders are expected to maintain high standards in academic performance and behavior and to serve as positive role models for the student body. Cheerleaders who do not meet these standards are subject to school disciplinary consequences and cheerleading consequences including probation and dismissal (see page 11).

Any student member of an extracurricular organization or campus club (e.g. band/dance team/cheerleader/athlete/student council, etc.) representing themselves, or their organization, in an unfavorable, questionable or illegal manner through electronic media (i.e. websites, personal home pages, blogs, text messages, chat rooms or similar websites/files accessible through a server or internet) or using electronic communication devices in such a way as to bring discredit, dishonor, or disgrace on their organization or members of any other school organization including themselves (i.e. camera phones, digital photos, electronic descriptions) will be subject to the disciplinary actions

determined by appropriate school officials and/or organization sponsors/directors/coaches, including probation or dismissal from the organization.

Summary of School/Parent/Cheerleader Responsibilities

Responsibilities of Administrators

- Review extracurricular contracts, constitutions, by-laws and/or guidelines on an annual basis.
- Provide training for campus personnel on the Katy ISD Board-approved Discipline Management Plan and Student Code of Conduct on which all disciplinary decisions will be based.
- Ensure fair and consistent enforcement of the high standards of student conduct outlined for students in extracurricular activities.
- Establish a cooperative relationship between parents, students, and school personnel involved with cheerleader organizations.
- Serve as an appropriate role model for students, in accordance with the standards of the teaching profession.
- Make certain that the student code of conduct for cheerleaders contains rules and consequences that are clear to the reader.

Responsibilities of Cheerleader Instructors

- Establish clear written guidelines and rules.
- Provide students with written expectations and potential consequences for violation of the organization's/District's rules and/or regulations.
- Ensure fair and consistent enforcement of rules and regulations.
- Prepare and distribute a schedule of practices and events to students and their parents at the beginning of each semester.
- Give advanced notice of schedule changes to allow students and parents sufficient time to make necessary arrangements.
- Adhere to published practice schedules, beginning and ending on time.
- Serve as an appropriate role model for students, in accordance with the standards of the teaching profession.
- Establish a cooperative relationship between parents, students and school personnel by writing and implementing extracurricular contracts, guidelines, etc.

Responsibilities of Cheerleaders

- Sign and adhere to all rules and regulations outlined in the Discipline Management Plan and Student Code of Conduct.
- Sign and adhere to appropriate extracurricular contracts, rules, regulations, and established higher standards of behavior.
- Cooperate with the Cheerleader Instructor and administration in investigations involving disciplinary infractions.
- Seek changes in the organization's rules/procedures in an orderly and responsible manner through appropriate channels.
- Exhibit an attitude of respect toward individuals and property by conducting oneself in a responsible manner.
- Serve as an appropriate role model for other students.
- Maintain required standards of academic performance.
- Arrive prepared and on time for all practices and performances.
- Exhibit proper and appropriate wear of cheerleading uniform and/or practice apparel whenever worn and as directed by the sponsor.

- Fulfill all financial responsibilities as required by membership on the squad. Any financial concerns should be addressed with the campus Cheerleader Instructor and/or campus principal.

Responsibilities of Parents

- Stay informed of the rules, regulations, and procedures that are applicable to the extracurricular organization.
- Provide transportation, as needed, to ensure that the student arrives on time for practices and performances.
- When student participation in certain activities is considered “optional” by the campus sponsor and/or principal, parents will often be responsible for providing/arranging transportation to and from the event. District representatives or activity sponsors are not permitted to provide transportation for students in their personal vehicles or arrange/coordinate transportation for students to attend “optional activities.”
- Pick up students on time after practice and events.
- Attend parent orientation meetings, as appropriate.
- Cooperate with school administrators and Cheerleader Instructors in establishing and maintaining a quality organization.
- Submit any concerns, ideas for improvement, and/or guidelines/procedural changes directly to the Cheerleader Instructor
- Execute proposed changes or challenges to organizational rules/procedures in an orderly and responsible manner through appropriate channels.
- Encourage student adherence to established rules, regulations, procedures, etc.
- Insure fulfillment of all financial responsibilities required of the student as a member of the squad. Any financial concerns should be addressed with the campus Cheerleader Instructor and/or campus principal.
- Parent organizations and booster clubs may be formed to promote the school program or to complement a particular student group or activity in a way that is consistent with the District’s philosophy and objectives, within adopted Board policies, and in accordance with UIL guidelines, if applicable. (Policy GE)
Each such organization must submit the following to the campus principal for approval:
 1. The constitution, by-laws, or operating procedures for the organization.
 2. A list of all activities and fund-raisers, annually.
 3. The budget of the organization, annually.
 Such organizations must agree to abide by all applicable District and campus rules.
- All parent organizations and booster clubs operate under the guidance of the campus principal/designee. The campus principal/designee must approve activities of these organizations and has the authority to suspend parent organizations/booster club activities that are not congruent with the mission of the school.

Discipline and Consequences

Code of Conduct for Students Involved in Extracurricular Activities

All students are expected to adhere to the Katy ISD Student Code of Conduct. Cheerleaders who violate the District's Discipline Management Plan and Student Code of Conduct will be assessed appropriate school disciplinary consequences for the infraction. Disciplinary infractions may also result in a student's dismissal from the squad or limited participation in an extracurricular activity, if the disciplinary action or level of offense violates the higher standards of conduct specified by the student's extracurricular contract.

A cheerleader who is found to have been untruthful during a disciplinary investigation will receive a more stringent disciplinary sanction than would normally be imposed. This consequence might involve a longer probationary period or dismissal from the squad.

Higher standards of conduct are expected of students representing the district in extracurricular activities, which are considered a privilege. Students will be asked to sign a written contract agreeing to adhere to a higher standard of conduct as outlined in district and campus cheerleader guidelines. This higher standard of conduct governs cheerleader behavior on and off campus, in uniform and out of uniform, beginning the day a student is announced as a cheerleader for the following year. Cheerleaders are expected to be positive role models, serving as high school ambassadors at school, in the district, and community. Cheerleaders can be suspended or dismissed from the cheer squad based on the expectation of a higher standard of conduct regardless of whether school discipline is applicable.

Short-Term Restrictions

Individual campuses may assign short-term (one to three weeks) restrictions on cheerleading participation for poor academic performance, inappropriate behavior, and/or failure to fulfill established responsibilities including attendance at school/practices/meetings/events. Specific criteria regarding short-term restrictions are published at the campus and distributed to cheerleaders upon selection to the squad.

Academic Probation/Ineligibility and Dismissal

A) Academic Probation/Ineligibility

A cheerleader who receives a grade on the report card lower than the equivalent of a 70 on a scale of 100 in any class will be placed on probation/ineligibility for at least three weeks. The probation/ineligibility begins seven calendar days after the end of the grading period and will not be removed until the student's grade in each class, is equal to or greater than an equivalent of 70 on a scale of 100 on the progress report (three-week evaluation) or subsequent report card.

A cheerleader with a grade lower than the equivalent of 70 in any class may practice or rehearse with the squad, but may not participate in a competition or other public performance during the period of probation/ineligibility and may not appear in uniform.

(Exception: Advanced Courses as designated by the Texas Education Agency and identified by Katy ISD are exempted from the "No Pass, No Play" policy, but students may still be subject to academic probation at the campus level if academic progress toward graduation is in question.)

B) Grounds for Dismissal (Academic)

- Academic Grades

A cheerleader who receives three (3) or more failing grades, under 70 in any class, in one semester will be immediately dismissed from the squad. This requirement includes all classes including those identified as “Advanced Courses”. Repeated failures indicate that the student needs more time to prepare for each of his/her academic classes therefore requiring more time commitment to studies. It is the expectation that all students progress toward graduation. Please note that any vacancies will not be filled for the remainder of the school year.

Suspension and Dismissal from Cheer Squad (Behavior)

Students can be suspended from the cheer squad for a specific time frame or dismissed from the cheer squad for any action which the sponsor/administration believes violates the higher standards of conduct which are expected of cheerleaders as student leaders and representatives of the district’s extracurricular activities.

When cheer suspension and/or dismissal is considered, students will be made aware of the alleged misconduct and given an opportunity to explain or defend their actions. The principal/designee in consultation with the cheer sponsor will determine the consequence after interviewing the student and thoughtfully considering other evidence. Because cheerleading is an extracurricular activity the principal’s decision is final and the student is not entitled to appeal the decision of suspension or dismissal beyond the campus level.

For a given instance of misconduct, a cheerleader can:

- receive cheer consequences only (demerits, cheer suspension, dismissal)
- receive school consequences (detentions, In-School Suspension, Out of School Suspension, assignment to a DAEP or JJAEP)
- receive both school consequences and cheerleading consequences.

Suspension from Cheer Squad

A) Definition: suspension for squad.

- A participant who is suspended from the squad is not permitted to perform at any contest, game, activity or pep rally for the period of cheer suspension.
- Students suspended from the squad may not wear uniforms or uniform components/accessories at any time during the period of cheer suspension.
- Students on cheer suspension will practice with the squad and will attend cheerleading events in street clothes and sit in a seat designated by the Cheerleader Instructor.
- Students on cheer suspension may not attend any overnight trips.

B) Actions which lead to cheer suspension

- Conduct Grade

A cheerleader who receives an “N” in conduct on his/her report card will receive a written warning from the Cheerleader Instructor. A cheerleader who receives a second N in conduct for the same class or for another class will be suspended from the cheer squad for the duration of three school weeks. During the period of cheer suspension the cheerleader will be required to attend all scheduled practices but will not be in uniform or participate in any of cheerleading activities. The cheerleader will sit with the group as directed by the Cheerleader Instructor.

- Demerits

Each campus has its own system of merits and demerits. Campus documents describe the demerit and merit program. Accumulation of a specified number of demerits can lead to suspension or dismissal from the cheer squad.

- Behavior Unbecoming a Student Leader

Any student member of an extracurricular organization or campus club (e.g. band/dance team/cheerleader/athlete/student council, etc.) representing themselves, or their organization, in an unfavorable, questionable or illegal manner will be subject to the disciplinary actions determined by appropriate school officials and/or organization sponsors/directors/coaches, including suspension or dismissal from the organization. This includes unfavorable, questionable or illegal actions conveyed through electronic media (i.e. websites, personal home pages, blogs, text messages, chat rooms or similar websites/files accessible through a server or internet) or using electronic communication devices in such a way as to bring discredit, dishonor, or disgrace on their organization or members of any other school organization including themselves (i.e. camera phones, digital photos, electronic descriptions).

Dismissal

A) Definition

Students who are dismissed from the cheerleading squad may no longer participate in any cheerleading activity or wear cheerleading uniform/components for the remainder of the school year at school or school events. Cheerleaders who are dismissed from the squad must return their letter jacket, if provided by the campus/organization. If the jacket was purchased by the individual, only the cheerleading “letter” and related patches must be returned. The student may retain individual patches.

B) Grounds for Dismissal (Disciplinary)

1. Conduct Grades

A total of three “**N**”s in conduct will result in immediate dismissal from the squad. A “**U**” in conduct in any class will result in immediate dismissal from the squad.

2. Demerits

Each campus has its own system of merits and demerits. Campus documents describe the demerit and merit program. Accumulation of a specified number of demerits can lead to suspension or dismissal from the cheer squad.

3. Disciplinary Infractions

Level II – Level III

- Two Level II disciplinary infractions, or a combination of one Level II and one Level III infractions, will result in dismissal from the squad.
- Two Level III disciplinary infractions will result in dismissal from the squad.

The ability to participate in or attend school-sponsored or school-related events in the role of high school student only will be dependent upon the kind of discipline sanction imposed as specified in the Board-approved Discipline Management Plan and Student Code of Conduct. (Note: students dismissed from the squad as per above guidelines, may still be eligible to participate in tryouts for the next year, if School Behavior requirements as printed in the next year’s guidelines are met.)

Level IV – Level V

- Any Level IV or Level V infraction will result in dismissal from the squad.

A student dismissed from the squad for a Level IV or Level V offense will also be prohibited from being on campus or from attending or participating in any school-sponsored or school-related activities during the assignment to an alternative education program or period of expulsion.

Out of School Suspension or Alternative School Placement

- Any cheerleader committing a disciplinary infraction which leads to an OSS or OAC placement will be dismissed from the squad.

4. Hazing

- Any cheerleader who participates in activity which meets the definition of hazing or who fails to report such activity will be dismissed from the squad immediately.

5. Conduct Unbecoming A Student Leader

- Any student member of an extracurricular organization or campus club (e.g. band/dance team/cheerleader/athlete/student council, etc.) representing themselves, or their organization, in an unfavorable, questionable or illegal manner will be subject to the disciplinary actions determined by appropriate school officials and/or organization sponsors/directors/coaches, including probation or dismissal from the organization. This includes unfavorable, questionable or illegal actions documented through electronic media (i.e. websites, personal home pages, blogs, text messages, chat rooms or similar websites/files accessible through a server or internet) or using electronic communication devices in such a way as to bring discredit, dishonor, or disgrace on their organization or members of any other school organization including themselves (i.e. camera phones, digital photos, electronic descriptions).

6. Repeated Restrictions (Probations or Suspensions)

- A cheerleader who is placed on repeated restrictions (probations or suspensions) for failure to establish/ maintain proper conduct or attitude according to organization by-laws may be dismissed from the squad. Written notification of the possibility of dismissal on the next occurrence will be issued prior to dismissal.

7. Criminal Offenses/Deferred Adjudication

- Any cheerleader who pleads guilty or is convicted of a misdemeanor involving alcohol or drugs or a criminal act or a felony shall be removed from the cheerleader squad for the remainder of the school year.
- Any cheerleader, who accepts deferred adjudication in lieu of a finding of guilt or innocence in a criminal proceeding, shall be placed on probation until the end of the school year or until a judgment of not guilty is rendered whichever occurs first.

Statement and Signatures

School Year: 2012-2013

I have read and understand all parts of the Cheerleader information. I understand that all activities of this organization will be referred to on the UIL *Preparticipation Physical Evaluation –Medical History* and UIL *Preparticipation Physical Evaluation – Physical Examination* forms as “athletic activities”.

As a Katy Independent School District student and member of the Cheerleader Squad, I will abide by all stated policies, guidelines, and rules of this organization and Katy ISD.

My signature below signifies that I have read all parts of the information and will abide by such.

Student Name (Print): _____

Student Signature: _____

Date: ____/____/____

My signature below signifies that I have read all parts of the information and will abide by such.

Parent or Guardian Name (Print): _____

Parent or Guardian Signature: _____

Date: ____/____/____

(Personal and health insurance information on reverse side)

Personal Student Information for Cheerleader Squad

Student Information			
<i>Please Print</i>			
Student's Name – Last:	First:	MI:	
Street Address:	City:	Zip:	
Subdivision (if applicable):			
Birth Date (month/date/year):	Age:	Grade:	
Home Phone: ()			
E-mail address:			

Father's Information			
<i>Please Print</i>			
Father's Name – Last:	First:	MI:	
Street Address (if different):	City:	Zip:	
Father Employed By:			
Father's Home Phone: ()	Work Phone: ()		
Father's Cell Phone: ()			
E-mail address:			

Mother's Information			
<i>Please Print</i>			
Mother's Name – Last:	First:	MI:	
Street Address (if different):	City:	Zip:	
Mother Employed By:			
Mother's Home Phone: ()	Work Phone: ()		
Mother's Cell Phone: ()			
E-mail address:			

Insurance Information			
<i>Please Print</i>			
Insured Name – Last:	First:	MI:	
Insurance Company:			
Group #:	Certificate/Policy#:		
Insurance Company Address:			
Insurance Company Phone: ()			
City:	State:	Zip:	
Insurance Type:	HMO <input type="checkbox"/>	PPO <input type="checkbox"/>	Medicaid <input type="checkbox"/> Medicare <input type="checkbox"/>

This MEDICAL HISTORY FORM must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____
In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers in the box below. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year? Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever passed out during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden unexpected death before age 50? Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? If yes, how many _____ When was the last concussion? _____ How severe was each one? (Explain below) _____ Have you ever had a seizure? _____ Do you have frequent or severe headaches? _____ Have you ever had numbness or tingling in your arms, hands, legs, or feet? _____ Have you ever had a stinger, burner, or pinched nerve? _____	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain below.	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
			Females Only		
			19. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____		

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.

****EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):**

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

For School Use Only:
 This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PHYS

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____
 Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (____ / _____, ____ / _____)
brachial blood pressure while sitting

Vision R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. ** Local district policy may require an annual physical exam.*

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

- Cleared
- Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

Parent Authorization to Consent to Treatment of Student

Name of Student:	(Last)	(First)	(Middle)	Date of Birth (mm/dd/yyyy)	Grade Level
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As the parent(s)/guardian(s) of the above-named student, a minor, I/we do hereby authorize a Katy Independent School District staff member(s), to act as my/our agent(s), to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and/or hospital care which is deemed advisable by, and is to be rendered under, the general or special supervision of any licensed physician/surgeon, whether such diagnosis or treatment is rendered at the office of said physician/surgeon or at a hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which aforementioned physician/surgeon, in the exercise of his/her best judgment, may deem advisable.

I/We hereby authorize any hospital which has provided treatment to the above-named minor to surrender physical custody of such minor to the agent(s) upon completion of treatment.

It is understood that I/we must assume legal responsibility for any expenses incurred for medical treatment which may not be covered by my/our personal insurance, Medicaid, or Medicare.

Name of Father/Guardian:			(Last)	(First)	(Middle)
Father's Home Phone	Father's Work Phone	Father's Cell Phone			
Name of Mother/Guardian:			(Last)	(First)	(Middle)
Mother's Home Phone	Mother's Work Phone	Mother's Cell Phone			

I/We have read and understand the extent of this authorization and that it shall remain effective until the end of the current school year, from August 1, 20__ through July 31, 20__.

Signature of Parent/Guardian:	Date
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Insurance Information

Name of Insured Policyholder:		Last	First	Middle
Billing Address of Policyholder:		Street	City	State Zip
Insurance Company				
Group No.:			Certificate or Policy No.:	
Type of Insurance Plan				
<input type="checkbox"/> HMO <input type="checkbox"/> PPO <input type="checkbox"/> Medicaid <input type="checkbox"/> Medicare <input type="checkbox"/> Other: _____				

This form to be completed only if medical/health insurance is unavailable

Katy ISD Waiver

I, the undersigned, being the individual, parent, or legally authorized guardian of

_____,
agree to hold the Katy Independent School District, its Board of Trustees, Administration, and/or Faculty, harmless from all liability for any injuries which my child may receive while participating in any activities associated with the Cheerleading Squad or utilizing the Katy Independent School District facilities. I herewith authorize the Director, supervisor and/or district employee to secure medical services for any family member if necessary, and I agree to pay directly through my own personal means, all medical and/or hospital costs.

Signature or parent or legal guardian _____

Date _____

Emergency Information

Father's place of employment: _____ **Phone:** _____

Father's Cell _____

Mother's place of employment: _____ **Phone:** _____

Mother's Cell: _____

Family physician: _____ **Office Phone:** _____

Name and phone number of relative who can be contacted if parent or guardian cannot be reached:

Name: _____

Phone: _____

Note: If medical/health insurance is attained during the course of the school year, please submit all information directly to the Cheerleading Sponsor as soon as possible.

Parent/Guardian Authorization for Regular Extracurricular Travel

Student's Last Name	First NameMiddle Name	Grade Level
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Extracurricular Activity	School Year
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As the parent/guardian of the above-named student (or adult student), I grant permission for my child (or me) to travel and participate in all regularly/routinely scheduled activities of the designated extracurricular group for the current school year. I understand that all students are required to ride to and from all school-sponsored activities in District-provided transportation according to Board Policy FMG. An exception may be granted for a student to be released to the custody of his/her parent at the completion of the activity if a written request is received and approved prior to the trip. It is understood that a separate permission slip will need to be completed for any additional activities requiring travel in order for my child to participate.

It is understood that neither the Katy Independent School District, nor any of its trustees, officers, employees, or organization sponsors are liable for any accident or injuries that may occur to the above-named student as a result of any aspect of his/her participation on these trips.

I acknowledge that in case of an emergency, illness, or accident for which a parent cannot be reached, an attempt will be made to reach one of the emergency contact people listed below. However, if no one can be reached, I authorize the school officials to take whatever action is deemed necessary in their judgment, for the health of my child. I will be responsible for any cost in the event my child must be transported by ambulance and receive medical care.

Insurance Information

Insurance Company	
Policy Number	Group Number
Insured's Name	

Medical Information

Please note: My child has the following allergies/medical conditions and/or is currently taking the following medications:

PLEASE PRINT

Emergency Contact Information

Emergency Contact	Relationship
Home Phone	Work Phone
	Cell Phone
Emergency Contact	Relationship
Home Phone	Work Phone
	Cell Phone
Emergency Contact	Relationship
Home Phone	Work Phone
	Cell Phone

Authorization

Parent's/Guardian's (or Adult Student's) Printed Name	Parent's /Guardian's (or Adult Student's) Signature	Date
Father's/Guardian's Home Phone	Father's/Guardian's Work Phone	Father's/Guardian's Cell Phone
Mother's/Guardian's Home Phone	Mother's/Guardian's Work Phone	Mother's/Guardian's Cell Phone

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Student and Parent Agreement to Cheerleader Regulations and Guidelines

PRINT					
Student's Name	Last	First	Middle	Date	
<p>This form must be signed and returned to the Cheerleader Instructor by the announced date prior to cheerleader tryouts. In addition, the physical exam and medical information card must be completed and notarized prior to tryouts.</p>					
STUDENT SECTION					
<p>I have read and understand the Katy ISD Senior High School Cheerleader Guidelines and campus cheerleader constitution, by-laws, and handbook information. My signature below signifies that I have read and agree to abide by all published guidelines and that I am not presently on deferred adjudication or probation for any law violation that will continue past the date of the scheduled tryouts. I understand that willfully falsifying any personal information in the application/participation process will result in my immediate dismissal from the tryout process or from the squad, if selected.</p>					
Date			Student Signature		
PARENT/GUARDIAN SECTION					
<p>I have read and understand the Katy ISD Senior High School Cheerleader Guidelines and campus cheerleader constitution, by-laws, and handbook information. I give my student permission to participate in cheerleader tryouts. I have discussed the requirements, responsibilities, and rules with my student.</p>					
<p>I agree to support and uphold these cheerleading regulations if my student is selected as cheerleader.</p>					
Date			Parent/Guardian Signature		
<p>Information/Photos pertaining to my child may be used in news releases and publications. Yes No (Please circle one)</p>					
<p>Squad/group photos only, no name, may be used in news releases/publications Yes No (Please circle one)</p>					
Date			Parent/Guardian Signature		

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