

Cheerleader Guidelines Junior High School

2011-2012

Purpose

The purpose of junior high cheerleading is to promote school spirit and a positive school environment by participating at athletic events and extra-curricular activities as deemed appropriate by the campus administration and sponsor. As recognized school leaders, cheerleaders/mascots are expected to be positive role models at school and in the community.

The information provided in this brochure explains qualifications and responsibilities of junior high cheerleaders/mascots. 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.

Revised 2010

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Required Qualifications to Tryout

- **All applicants earning a position on the Cheerleading Squad or mascot for the next school year must continue to meet all of the 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 as a member on the Cheerleading Squad or mascot.**

Grade Level

Candidates will tryout at the end of their sixth and/or seventh grade year.

Academic Standing

Cheerleader candidates must have:

- An overall average of “75”. This is to be calculated by using six weeks averages in all courses for the current school year, as of the last grade reporting period.
- Not accumulated two (2) or more “F”s (0-69) on a report card in any class in any of the six-weeks grading periods. This means that a student making two (2) or more failing grades in the same six-weeks reporting period, or one (1) failing grade in two different six-weeks reporting periods is ineligible to tryout.

School Behavior

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

- Received a “U” in conduct on any report card for the current school year.
- Received three (or more) “N”s in any combination of classes/markings periods on report cards for the current school year.
- Committed four (or more) Level II or Level III disciplinary infractions, or any combination thereof, assessed by the campus administration during the current school year prior to tryouts. Refer to the Katy ISD Board-approved Discipline Management Plan and Student Code of Conduct Handbook for a description of these levels.
- Committed any disciplinary infraction which leads to an OSS or OAC placement during the current school year.
- Committed any Level IV or Level V infraction during the current school year.

Pep Squad Membership

Participation in the pep squad acquaints students with the role of cheerleaders, the nature of student school spirit, the junior high athletic program, and the skill/dedication/ time required to fulfill cheerleader duties. Therefore, in order to become a junior high cheerleader candidate, a student must:

- Have completed six (6) pep squad activities within Katy ISD during a school year, as defined by the pep squad sponsor and approved by the principal, as a member of the pep squad. (At least one more activity than the minimum required will be offered at each campus; activities are not limited to game attendance). NOTE: Students who have P.E. waivers in the fall

and/or spring semester and have not participated in the pep squad will NOT be eligible to tryout.

Exception Clause: Seventh grade students who transfer into Katy ISD after the pep squad membership drive at a campus are excused from the requirement to be in pep squad for that school year. Sixth grade students, who transfer into Katy ISD after the pep squad membership drive at a campus has taken place, must fulfill pep squad membership requirements to be eligible to tryout for cheerleader. Students who transfer to another school within Katy ISD must continue pep squad membership at their new school and meet remaining pep squad requirements of the new campus to be eligible to tryout in the current year, or become members of the pep squad at the new campus for one school year to be eligible for tryouts. Membership will be kept and documented in the Principal's office for the prior and current school year.

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 must document the physical examination on the enclosed Preparticipation Physical Evaluation form found in this booklet. For the purposes of cheerleading, all activities are considered athletic activities.

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 the heat and cold weather
- Demonstrate clear diction and strong vocal qualities

Participation in Pre-Tryout Clinic and Mock Tryouts

Candidates are strongly encouraged to attend each day of the 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.

Candidates must attend the day designated for mock tryout practice unless they have a school approved absence such as a personal illness or death in the family. Candidates must contact the sponsor for instructions regarding tryouts in the rare event that mock tryouts must be missed. Candidates must be punctual to the clinic and mock tryout, stay the entire time, and must have a confirmed ride home. Spectators (including parents, coaches, friends, non-involved school personnel) are not permitted to watch or video the clinic practice.

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.

Cheerleader Tryouts (Judging)

Students must be present at the cheerleader tryouts (judging) in order to be eligible for selection. Students must attend at least one half day of school on the day of tryouts in order to participate in the after school judging.

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 2009-10
- Personal Student Information for Cheerleading (including proof of insurance)
- Preparticipation Physical Evaluation (Medical History and Physical Examination)
- Parent Authorization to Consent to Treatment of Student
- Trip Authorization and Release Form (new form)
- Student and Parent Agreement to Cheerleading Regulations and Guidelines

➤ **All applicants earning a position on the Cheerleading Squad or mascot 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 as a member on the Cheerleading Squad or mascot. Please note: loss of position will result in the forfeit of any funds and/or monies collected from the squad member/parent for cheerleading activities, including uniform components.**

Selection Process

Junior High cheerleader selection is based solely on the ratings of knowledgeable, impartial judges who observe the candidates in a series of activities performed on a single afternoon in March, April, or May. Prior to the judging, candidates attend a clinic to practice skills/techniques on which they will be judged as well as to become familiar with the organization of the tryouts.

Pre-tryout Clinic

- Each campus schedules a three to five day clinic, which includes one day as mock tryouts. Attendance at the clinic is strongly recommended (see page 2).
- The clinic is planned and led by the campus sponsor. Eligible eighth grade cheerleaders may be included in this clinic, if so determined by the campus principal and/or campus cheerleading sponsor.
- Spectators (including parents, coaches, friends, non-involved school personnel) are not permitted to watch or videotape clinic practice.

Tryout Format

- The tryout process is organized and facilitated by the cheerleader sponsor. In addition to the judges, the sponsor and up to three designated faculty members are present in the tryout room for the purpose of giving directions, transporting score sheets from judges to tally station, etc. Sponsors do not tabulate results of the judging. 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 other spectators including eighth grade cheerleaders.
- A minimum of three impartial judges is obtained for cheerleader tryouts. Judges shall be members of the UCA, NCA and/or UDA 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 in which one judge becomes unavailable on the day of tryouts, the tryouts may proceed with two acceptable judges present.
- Opening of new campus in the fall. If rezoning has been completed and attendance zone established, students should tryout at the school they will be attending in the fall.
- Candidates perform before the judges individually and in previously 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

While viewing the prescribed activities, the judges assign points to candidates on their potential to perform cheerleader skills and functions. These skills and functions can include:

- spirit/enthusiasm/poise
- sharpness/synchronization
- voice projection
- motion technique
- jump/split techniques

- team spirit/contribution to group cheer
- overall effectiveness of individual cheer
- neatness

Tumbling/gymnastics are not allowed at junior high tryouts.

- Candidates are assigned a participant number prior to tryouts. During the judging and tabulation of scores students are referred to by number only.
- Required dress for tryouts is specified by the campus and published in advance. No item with cheerleader identification may be worn or displayed.
- 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 Tryout Results

- Each judge scores the candidates' performance using a numeric scale (1-5 for example). The judge will initial any change to a rating or sum of ratings.
- The judges' scores are tabulated to yield one total score for each candidate.
- Candidate total scores are ranked in numerical order.
- The candidates with the highest rankings are selected as cheerleader according to cheerleader numbers specified for each grade level.
- In the event a tie needs to be broken (to determine the final position on the squad), an established tie-breaking procedure will be implemented. All Cheerleader Instructors and campus principals have had training on the implementation of this procedure. The decision of the judges is final.
- At the end of tryouts the campus administrator collects all rating sheets, tabulations, and rankings and maintains these in a secure file.
- Upon request, parent/guardian may review their own student's ratings in conference with administrator and/or sponsor within two school weeks after final results have been announced. Ratings may not be copied or duplicated in any manner.
- The decision of principal is final in all tryout results.
- Appeals for any component of the cheerleading tryout process, including final results, are to be addressed to the campus principal. Grounds for appeal may be made in reference to mathematical calculations or procedural impropriety. Appeal results/decision will be final at the campus level. All appeals must occur within two school weeks and during school business hours, after the final results have been announced.

Number of Cheerleaders Selected

- The maximum number of cheerleaders on a squad is twelve (12).
- Alternates are not named. If a vacancy on a cheerleading squad occurs two or more weeks prior to the first day of school, it will be filled by naming the student with the next highest total rating from judges, assuming that student still meets qualifications and desires to make the necessary commitments. At the time a vacancy is filled uniform and accessories will be ordered at parent expense. If a vacancy occurs less than two weeks before the first day of

school or after the school year begins, it will not be filled. Judges ratings and candidate rankings are maintained in the principal's office for use if this situation occurs.

- A head cheerleader is not designated. Leadership opportunities are rotated among squad members as designated by sponsor.

Announcement of Results

The manner in which new cheerleaders are announced is at the discretion of the sponsor and principal.

Selection of Mascot

- It is a campus decision to select a mascot, or not. If a mascot is to be selected, the campus will publish information related to skills needed and tryout process. One mascot, per squad may be selected. This position is in addition to the designated cheerleading positions and is not a "13th" or additional cheerleader. If a mascot is chosen, the required tryout qualifications, responsibilities, and consequences outlined in this document are to be used with the exception of the previous pep squad membership requirement for tryout eligibility. All activities of the mascot are to be in conjunction with, and are defined as, cheerleader squad activities.

Responsibilities of Cheerleaders/Mascot

The responsibilities described in this section and consequences for failure to meet responsibilities listed in the next section (see pages 11-13) take effect at the time the selected cheerleaders/mascot are announced.

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. Before scheduling outside of school activities such as dance/gymnastics a cheerleader must carefully evaluate the time demands of schoolwork and cheerleading.

Junior high students are able to participate in campus music and/or athletic programs and be a cheerleader. However, students and parents do need to assess the time commitments of all school activities and schoolwork.

Cheerleader Activities

Cheerleaders are expected to attend a variety of events as specified by the campus. In general cheerleader activities include:

- attend scheduled practices
- attend one athletic event a week, September – February for their designated squad.
- participate in campus pep rallies as scheduled by campus administration
- participate in campus and community events as specified by campus administration/sponsor (examples: assist at Open House, participate in fifth grade orientation, enter community parade)
- attend summer camp

Cheerleaders who participate in a concurrent athletic activity are allowed to cheer one night and play one night. **Failure to complete activities as designated by the cheerleader sponsor and principal may result in dismissal from the team.**

Practice

After school practice is scheduled by the sponsor at each campus. Junior high cheerleader practice may be scheduled no more than three days a week during the school year. The number of practices required varies according to time of year. There will be no cheerleader activities or practices during semester exam weeks or during TAKS testing week. Summer practice is held as designated by the sponsor.

Camp

Junior high cheerleaders will attend a summer cheerleader camp with the rest of the squad. Camp dates are selected by the sponsor and published as soon as confirmed to facilitate family summer plans. Extenuating circumstances, which would prohibit a cheerleader from attending camp, must be approved by the campus administration/sponsor. Parents are responsible for the payment of camp expenses.

Attendance

Attendance at Events

Attendance at established events is required of cheerleaders. If a cheerleader is unable to attend an assigned activity, the sponsor 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.

Attendance at School

In order to participate in a cheerleader event a student must be present at school for classes at least one half day on school days the day of the event.

Cost to Families

Parents are responsible for costs associated with cheerleading. Maximum required expenditures may not exceed \$650.00. Many times optional items and/or activities may be offered for additional costs, but at no time should the "out of pocket" expense for **required** items and/or activities exceed the \$650.00 limit. Payment is due on the dates specified by the sponsors. Inquiries regarding financial responsibilities should be directed to the campus cheerleading sponsor.

Failure by the parents/student to meet required financial responsibilities will result in student being removed from the squad.

Please note: at any time the loss of position by a member on the squad will result in the forfeit of any funds and/or monies collected previously from the squad member/parent for cheerleading activities, including uniform components.

The uniform design is at the discretion of campus sponsor/administration. If the uniform/uniform components are to be worn at school during the class day, it/they must be in compliance with the Katy ISD student dress code.

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 and represent the school in the community. Cheerleaders who do not meet these standards are subject to school disciplinary consequences and cheerleader consequences including probation and dismissal (see page 11).

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 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 cheerleader 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 campus code of conduct for cheerleaders contains rules and consequences that are clear to the reader.

Responsibilities of Sponsors

- 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 in a timely manner (such as monthly, at the beginning of each athletic season, or 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.
- Secure Katy ISD transportation for all required performances of the squad.
- 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 cheerleader 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 cheerleader contracts, rules, regulations, and established higher standards of behavior.
- Cooperate with sponsor and administration in investigations involving disciplinary infractions.
- Seek changes in the organization's campus rules/procedures in an orderly and responsible manner through appropriate channels, i.e. sponsor to campus principal.
- 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.

Responsibilities of Parents

- Stay informed of the rules, regulations, and procedures that are applicable to the cheerleader organization.
- Provide transportation, as needed, to ensure that the student arrives on time for all practices.
- Provide transportation, as needed, to ensure that the student is picked up on time from all practices and performance activities.
- When student participation in certain activities is considered "optional" by the campus sponsor and/or principal, parents will 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."

- Attend parent orientation meetings, as appropriate.
- Cooperate with school administrators and organization sponsors in establishing and maintaining a quality organization.
- Any concerns, ideas for improvement, and/or guidelines/procedural changes, as appropriate, should be submitted to the campus cheerleading sponsor.
- 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.
- Parents are responsible for meeting all required financial responsibilities associated with required cheerleading activities. This includes apparel, camp, and spirit items. (Failure to meet financial responsibilities will result in student being dismissed from the squad.)
- 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. 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. 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.

Short-Term Restrictions

Individual campuses may assign short-term (one to three week) restrictions on cheerleader participation for poor academic performance, unexcused absences at practices/events, inappropriate behavior, and/or failure to fulfill established responsibilities. Specific criteria, on which short-term restrictions will be based, such as a demerit system, will be published at the campus and distributed to and reviewed in detail with cheerleaders upon selection to the squad.

Academic Suspension (Ineligibility) and Dismissal from Cheer Squad

Definition of suspension from cheer squad: A cheer member who is suspended from squad/ineligible:

- Is not permitted to perform at any contest, game, activity (other than practice), or pep rally for the period of cheer suspension/ineligibility;
- May not wear uniforms or other cheerleader squad clothing and accessories at any time during the cheer suspension/ineligibility period (i.e. sweater, camp clothes, shoes, bows, and bag).
- Shall attend practice with the squad and participate as determined by the sponsor.

Academic-Suspension (Ineligibility) from Cheer Squad

- A cheerleader with an F average (0-69) for a six-week marking period in any course will be suspended (ineligible) from cheer activities for three weeks. The period of suspension (ineligibility) begins seven calendar days after the end of the grading period and continues for three school weeks.
- A cheerleader on academic suspension (ineligibility) who receives passing averages in ALL courses on the following progress report (three-week evaluation) will regain eligibility at the end of the designated three-week suspension (ineligibility) period. If any average is below 70 on the progress report (three-week evaluation), the cheerleader continues on cheer suspension (ineligibility) until a report card documents passing averages in all courses.

Academic Dismissal

A student accumulating two (2) or more failing grades on a report card in any class in any of the six-weeks grading periods will be dismissed from the squad. This means that a student making two (2) or more failing grades during the same six-weeks reporting period, or one (1) failing grade during two different six-weeks reporting periods will be dismissed from the squad.

Behavior Suspension and Dismissal from the Cheer Squad

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 cheer suspension or dismissal beyond the campus level.

For a given instance of misconduct, a cheerleader can:

- receive cheer consequences only (demerits, suspension from cheer squad, 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 Based on Behavior

A) Definition: A student who is suspended from the squad

- Is not permitted to perform at any contest, game, activity (other than practice), or pep rally for the period of cheer suspension.
 - May not wear uniforms or other cheerleader squad clothing and accessories at any time during the cheer suspension period (i.e. sweater, camp clothes, shoes, bows, and bag).
 - Shall attend practice with the squad and participate as determined by the sponsor.
- Suspension from the squad for behavior/disciplinary infractions begins on the date the consequence for the infraction is assigned.

B) Reasons for Suspension from squad:

1. Conduct Grades

- One "N" on any report card will result in suspension from the squad for a period of three school weeks.
- A second "N", in the same class or a different class, on any report card will result in suspension from the squad for a period of six school weeks.

(NOTE: after receiving 9 cumulative weeks of suspension from the squad, any future period of suspension will result in immediate dismissal from the cheerleading squad.)

2. Disciplinary Infractions (see Katy ISD Discipline Management Plan and Student Code of Conduct)

Level II Infractions leading to-suspension from the squad

- A student receiving two level II infractions will result in suspension from The squad for a period of two to four school weeks as designated by the campus administrator.
- For Level II infractions with a more serious sanction see Dismissal section below.

Level III Infractions

- A student receiving one Level III infraction will result in suspension from the squad for a period of three to six school weeks as designated by the campus administrator.
- For Level III infractions with a more serious sanction see Dismissal section below.

3. 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.

4. 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 Based on Behavior

A) Definition

Students who are dismissed from the cheerleading squad may no longer participate in any cheerleader activity for the remainder of the school year or wear any cheerleader squad clothing/accessories. **Please note: loss of position on the squad will result in the forfeit of any funds and/or monies collected from the squad member/parent for cheerleading activities, including uniform components.**

B) Grounds for Dismissal (Behavior, Discipline)

1. Conduct

- Three (3) or more “N”s in any combination of classes/marketing periods will result in dismissal.
- One “U” in conduct will result in dismissal.

2. Discipline

Level II and Level III infractions

- Three (3) or more Level II or Level III infractions, or any combination thereof, will result in dismissal from the squad.

Level IV, Level V

- Any Level IV infraction or any Level V infraction will result in dismissal from the squad.
- Out of School Suspension or Alternative School Placement**
- Any disciplinary infraction leading to an OSS or OAC placement will result in dismissal from the squad.

3. 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.

4. 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).

5. Persistent Probations/Suspensions from Cheer Squad

- A cheerleader who accumulates more than nine weeks of probation/suspension from the squad (in any combination of academic and/or disciplinary) effective the first day of summer camp and/or summer camp preparations will be dismissed from the squad. A cheerleader may also be dismissed by accumulating sponsor assigned suspensions based on demerits as published in the approved campus cheerleading guidelines (this includes all short term restrictions). **Written notification of the possibility of dismissal upon the next occurrence of suspension from the squad will be issued to the student and parent.**

6. Tickets

- A cheerleader who receives a ticket involving alcohol or drugs or a criminal act will be dismissed from the squad.

7. Criminal Offenses/Deferred Adjudication

- Any cheerleader who pleads guilty or is convicted of a misdemeanor or 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 cheer suspension until the end of the school year or until a judgment of not guilty is rendered whichever occurs first.

Statement and Signatures

School Year: 2011-2012

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 form 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 signifies that I have read all parts of the guidelines and will abide by such.

Student Name (Print): _____

Student Signature: _____

Date: ____/____/____

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

Parent or Guardian Name (Print): _____

Parent or Guardian Signature: _____

Date: ____/____/____

- I give my permission for the Cheerleading Sponsor(s) to allow my child to take the medications, which I have personally provided to the sponsor(s), as needed for physical conditions requiring attention after regular school hours. I understand that all medications must remain in their original container/packaging, must be labeled with my child’s name, and may not be shared with any other person. (NOTE: student is not to have possession of the medication at any time prior to its delivery to the sponsor.)

- I do not give my permission for my child to take any medications, other than those administered by a licensed health care professional.

(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:	<input type="checkbox"/> HMO	<input type="checkbox"/> PPO	<input type="checkbox"/> Medicaid
Medicare <input type="checkbox"/>			

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

REVISED 4-29-05

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: _____ 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 on an additional sheet. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 5, 7, 11, or 17 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, 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"/>	10. Have you had any problems with your eyes or vision?	<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"/>	11. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>
3. 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"/>	12. 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. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out during or after exercise? Have you ever been dizzy 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?	<input type="checkbox"/>	<input type="checkbox"/>	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"/>
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, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/Calf <input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle <input type="checkbox"/> Upper Arm <input type="checkbox"/> Foot	<input type="checkbox"/>	<input type="checkbox"/>
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 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"/>
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
7. 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 times? _____ When was the last concussion? _____ How severe was each one? (Explain below) _____ Have you ever had a seizure? <input type="checkbox"/> <input type="checkbox"/> Do you have frequent or severe headaches? <input type="checkbox"/> <input type="checkbox"/> Have you ever had numbness or tingling in your arms, hands, legs, or feet? <input type="checkbox"/> <input type="checkbox"/> Have you ever had a stinger, burner, or pinched nerve? <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Record the dates of your most recent immunizations (shots) for: Tetanus _____ Measles _____ Hepatitis B _____ Chickenpox _____	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	17. Are you under a doctor's care? <i>Females Only</i>	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever gotten unexpectedly short of breath with exercise? Do you cough, wheeze, or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>	18. 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? _____	<input type="checkbox"/>	<input type="checkbox"/>
<p>An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (questions five above), as identified on the form, should be restricted from further participation until the individual is examined by the individual's primary care physician. Ultimately, the individual may need to be evaluated by a cardiologist and/or undergo cardiac testing (including an echocardiogram and/or other heart-related examination) based on the assessment by the primary care physician.</p>					

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 high 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.

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____
 Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____/____ (____/____, ____/____)
 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			
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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STATE OF TEXAS
 COUNTY OF _____

BEFORE ME, the undersigned authority, on this day personally appeared _____ known to me to be the person(s) whose name(s) is/are subscribed to the foregoing instrument and acknowledged to me that he/she/they executed the same for the purpose and considerations therein expressed.

GIVEN under my hand and seal of office on this the _____ day of _____, 20_____.

(Affix Notary Seal)

 Notary Public, State of Texas

 Printed Name of Notary Public

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
Extracurricular Activity		School Year

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/Mascot Regulations and Guidelines

PRINT				
Student's Name	Last	First	Middle	Date
<p>This form must be signed and returned to the sponsor by the announced date prior to cheerleader/mascot 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 Junior 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>				
<p>I agree to abide by these regulations if I am selected as cheerleader/mascot.</p>				
Date _____		Student Signature _____		
PARENT/GUARDIAN SECTION				
<p>I have read and understand the Katy ISD Junior High School Cheerleader Guidelines and campus cheerleader constitution, by-laws, and handbook information. I give my student permission to participate in cheerleader/mascot tryouts. I have discussed the requirements, responsibilities, and rules with my student.</p>				
<p>I agree to support and uphold these cheerleading regulations and meet all required financial responsibilities, if my child is selected as cheerleader/mascot.</p>				
Date _____		Parent/Guardian Signature _____		
<p>Information/Photos pertaining to my child may be used in news releases and publications. Yes <input type="checkbox"/> No <input type="checkbox"/></p>				
Date _____		Parent/Guardian Signature _____		