

# **Constitution of the Plano East Senior High School Cheerleaders and Mascots**

## **Article I (Constitution):**

This revised constitution is adopted for the Cheerleaders of Plano East Senior High School January 2011.

## **Article II (Name):**

The name of this organization shall be the Plano East Cheerleaders.

## **Article III (Membership):**

1. Membership in this organization shall be restricted to junior and senior students who attend Plano East Senior High School.
2. To be eligible for membership as a cheerleader, a student must have a commitment to cheering, to supporting athletic teams, and to promoting school spirit and loyalty within the student body.
3. Each cheerleader / mascot must maintain a passing grade in all subject areas in order to participate.
4. Cheerleaders / Mascots must exhibit and maintain a satisfactory attitude toward school policies and the Cheerleader Constitution and PISD Cheerleading District Guidelines.
5. All financial obligations must be fulfilled by the day the items are received. If a payment plan is needed, the Cheerleader / Mascot will only receive the items paid for and payments must be completed by the first day of school.

## **Article IV (Grade Requirements):**

1. Each cheerleader / Mascot must maintain a passing grade in all subject areas in order to participate.
2. Progress reports will be circulated to all teachers requesting an evaluation of the student's academic progress and conduct.
3. Unsatisfactory grade reports or conduct reports are grounds for probation.
4. Failing of a class for the six weeks means that a Cheerleader/Mascot will be ineligible for all performances during the next six weeks. A Cheerleader/Mascot can regain eligibility after three weeks if they are passing all classes at that time.

## **Article V (Absences/Attendance):**

1. Excused absences are as follows:
  - a. Personal illness
  - b. Severe illness within immediate family
  - c. Death of relative or close friend
  - d. Approved school function
2. Unexcused absences are as follows
  - a. Work
  - b. Appointments
  - c. Leaving early from practice/performance/fundraiser
  - d. Anything not listed under excused absences

## **Article VI (Practice Procedures):**

1. All practices are mandatory.
2. The Coach(s) and Captains will conduct practices.
3. Proper practice attire is to be worn at all times. This includes not having on jewelry of any kind.
4. All cheerleaders will be on time to each practice. A cheerleader / mascot is not on time if they are not properly dressed and ready to work at the time designated by the Coach(s). The wrapping of ankles and other such preparatory activities shall be completed prior to the start of practice.
5. Summer Practices/Camp
  - a. All summer practices are mandatory.
  - b. Work schedules and vacations should be scheduled around practices.
  - c. All cheerleaders / mascots will attend camp. Those cheerleaders / mascots not attending camp, for unexcused reasons, will be benched for the first three football games.

6. Cheerleaders / Mascots will contact the Coach(s) **BEFORE** practice if they are going to miss practice. Cheerleaders / Mascots who do not contact the Coach(s) in advance will be benched for the next performance. During football season, the Varsity cheerleaders will be benched for the Varsity football game and the JV cheerleaders will be benched for the JV football game. They will still attend, but they will sit on the sidelines. The JV cheerleaders will also be ineligible to cheer at the Varsity football game that week if invited.
7. Cheerleaders / Mascots who have **any** unexcused absences from class/practice during a single week will be benched for the remainder of the week – regardless if they have enough merits to erase the demerits.
8. Tutorials and make-up tests must be done before school or during lunch. Missing class/practice for this will result in an unexcused absence unless prior approval is given from Coach(s).
9. Cheerleaders / Mascots will not perform or practice stunts of any kind without a Coach present and supervising.
10. All JV and Varsity cheerleaders will practice together unless they are working on separate performances.
11. Sign paintings
  - a. Captains will assign all sign paintings
  - b. All cheerleaders must attend their assigned session. If they fail to attend they will receive the appropriate amount of point deductions.
  - c. All cheerleaders will paint at least 4 generic signs.
  - d. Captains will check to make sure their squad has painted all signs or give the appropriate amount of point deductions.
  - e. All signs should be painted before the squad leaves for summer vacation
  - f. 1 double layer sign = 2 regular signs

### **Article VII (Performance Procedures):**

1. Before the first performance, all cheerleaders will be tested on their mastery of all cheers, chants, stunts, dances, etc. The Coach(s) will determine mastery of all skills. If a cheerleader fails to demonstrate such mastery, the cheerleader may be required to sit out until mastery is shown. A cheerleader's conduct and attitude will be factored into this decision. At the discretion of the Coach(s), tryouts may be required before each game to show that mastery of all cheers and skills has been maintained.
2. All Cheerleaders / Mascots on probation will attend all activities the group is involved in though they are not cheering. Cheerleaders / Mascots not cheering will sit on the sidelines with the Coach(s). They will not talk with friends or be on their cell phones. They may bring homework to work on.
3. Bus transportation will be provided to off-campus performances (this does not include JV football games or JV/V basketball and soccer games that are in the city of Plano or Murphy). All Cheerleaders / Mascots must ride the bus TO and FROM performances on the bus. An exception will only be made when cheerleader gives the Coach(s) a note from the Cheerleader's / Mascot's parent stating that the Cheerleader / Mascot will be riding home with their parent. If a Cheerleader / Mascot does not comply with these requirements, no exception will be made, and the Cheerleader will ride the bus home.
  - a. If you miss the bus, you miss the game. You **may not** find your own transportation and then be allowed on the field to perform or attend the game.
4. Cheerleaders / Mascots are not to visit with family or friends in the stands before or during a performance.
5. Any Cheerleader / Mascot with an unexcused absence from a performance will receive the appropriate amount of point deductions and will be put on probation.
  - a. During football season, they will also sit out the next Varsity/JV football game – regardless if they have enough merits to erase the demerits.
6. Cheerleaders who are not cheering or stunting will stand in formation and watch the game.
7. Cheerleaders should not adjust their hair, makeup, or uniform while in formation. Cheerleaders will wait until half time to do these things.
8. During pre-game, Cheerleaders / Mascots will hang signs, stretch, and otherwise prepare for the performance. This is not a time to visit or eat.
9. Cheerleaders / Mascots will act like appropriately and will not engage in horseplay during performances. This can result in removal from that performance and others.
10. Failure to promptly and respectfully follow directions from the Captains or Coach(s) can result in grade deductions and/or benching.
11. No unsportsmanlike conduct of any kind will be tolerated.
12. Game swapping will not be permitted w/o prior approval from the Coach(s).
13. Cheerleaders, mascots, and East Guards will not go into the stands at half-time or before, during, or after the game.

### **Article VIII (Appearance):**

1. Cheerleaders / Mascots will always follow the school dress code. No tongue rings, nose or eye piercing.
2. Cheerleaders / Mascots will not have inappropriate body piercing or visible tattoos.
3. Hickeys are unacceptable. While a Cheerleader / Mascot has one, she will not cheer or wear his/her uniform.
4. A Cheerleader / Mascots will not wear suggestive clothing or inappropriate attire to school or to any school functions.
  - a. If a cheerleader violates school dress code, they will also receive a grade deduction in cheerleading.
5. Cheerleaders / Mascots will not change out of any of their uniforms in view of the public. Cheerleaders / Mascots will wait until they are in the bathroom or until they get home.
6. Cheerleaders will dress alike at all performances as chosen by the Coach(s). This includes, but is not limited to, shell, skirt/pants, socks, shoes, and hair.
7. Cheerleaders will wear their uniforms to school on game days as chosen by the Coach(s).
8. Failure to follow these guidelines will result in probation until the problem is resolved to the satisfaction of the Coach(s).

### **Article IX (Working):**

1. Working is not advised except on a part-time, extremely flexible basis.
2. Work schedules must be designed around cheerleading practices, fundraisers, and performance obligations (including Saturdays).
3. Work will not be an excuse for missing, being late, or leaving early from practices or performances.
4. The first priority needs to be cheerleading.

### **Article X (Fundraising):**

1. All Cheerleaders / Mascots will participate in all fundraising activities.
2. Each Cheerleader / Mascot is responsible for his/her share of selling items as assigned by the Coach(s).
3. Fundraising originating from the Booster Club with the Coach's approval will be necessary activities for the squad.
4. Unexcused absences from fundraisers will result in grade deductions.
5. JV and Varsity squads will fundraise together.

### **Article XI (Moral and Ethical Standards):**

1. Cheerleaders / Mascots should not put themselves in a compromising position.
2. Cheerleaders / Mascots will not post anything on My Space, Facebook, or any other social media (including text messages) that would cast a negative reflection on them or Plano East Senior High School. Cheerleaders / Mascots are also responsible for any electronic postings of themselves that may appear on someone else's internet sites.
3. Cheerleaders / Mascots shall uphold the moral integrity and reputation of the squad.
4. Cheerleaders / Mascots should be leaders within the school and the community and should set a good example at all times.
5. Cheerleaders / Mascots are expected to have character beyond reproach and to maintain appropriate personal appearance and habits.
6. All Cheerleaders / Mascots will be responsible for following the PISD Guidelines for Extracurricular Activities and the PISD Cheerleading Guidelines.
7. Failure to follow this code of conduct will be grounds for probation or dismissal.

## **Article XII (Captains):**

1. The Cheerleaders will have a Head Captain and Captains. The number of Captains can range from year to year.
  - a. Head Captain
    - i) Oversees both JV and Varsity squads
    - ii) Oversees East Guards
    - iii) Serves as liaison between Captains, Squad, and Coach(s)
    - iv) Keeps up with master grade deduction book. Will turn them into the Coach(s) at the end of each day.
    - v) Calls all Captains and East Guards
    - vi) All other Captain responsibilities
    - vii) Can also be in charge of an individual squad
  - b. Captains
    - i) Each has a squad with JV and Varsity cheerleaders
    - ii) Assigns all sign paintings for their squad
    - iii) Makes sure their squad has all their signs
    - iv) Collects items that are due from their squad
    - v) Calls their squad to inform them of any changes
2. Additional Head Captain and Captains duties shall include, but are not limited to:
  - a. Running practices and game situations
  - b. Communicating with squad and Coach(s)
  - c. Checking uniforms and attendance
  - d. Giving grade deductions as necessary
  - e. Helping Coach(s) as directed
  - f. Leading stretches and jump warm-ups at games and practices
  - g. Delegating responsibilities such as carrying poles, hanging signs, and cleaning up
  - h. Choreographing dances and cheers
  - i. Supporting the Coach(s) and their decisions at all times.
  - j. Makes sure squads know all cheers, chants, traditions, stunts, dances, etc
3. Captains will have additional, specific duties that will be discussed and outlined for them following auditions.
4. All rules and regulations apply to the Captains.
5. If a Captain is not fulfilling her duties as requested by the Coach(s) or is discrediting the squad in any way, she will be dismissed as a Captain and put on squad probation. Additionally, a Captain may be dismissed for:
  - a. Failure of any six-week period.
  - b. Being placed in ISS for any reason.
  - c. Insubordination to the Coach(s).

## **Article XIII (Captain Auditions):**

1. Tryout procedures will be outlined in the Captain tryout packet. Procedures will vary from year to year but may include choreographing a cheer and teaching it to the squad; creating a Captain notebook; teacher evaluations; squad vote; and Coach(s) evaluation.
2. Additional challenges may be required of the candidates at any time.
3. Each candidate's attitude and contributions to the team should be above and beyond those of the other squad cheerleaders.
4. The Coach(s) will have the final say concerning those girls chosen as Captains.

## **Article XIV (Captain Tryout Eligibility Rules):**

1. Each candidate must attend a mandatory pre-audition meeting.
2. All candidates must complete the tryout packet and prepare a Captain notebook. Both the candidate and parents must sign packets.
3. Candidates must have received no less than 90 in cheerleading for each six weeks period prior to tryouts.
4. Candidates should have at least an 85 overall GPA.
5. Candidates must not have been placed in ISS for any reason.
6. Candidates must never have been put on squad probation for any disciplinary reasons.
7. Candidates must be a senior who has been an EAST cheerleader their junior year.

### **Article XV (Probation):**

The Coach(s) and the Principal will determine duration of probation. Grounds for probation are as follows, but not limited to:

1. Failure of a course
2. Insubordination to Coach(s), other Teachers/Administrators, Captains
3. Behavior that discredits or jeopardizes the integrity of the squad
4. Unladylike behavior
5. 90 or lower in cheerleading
6. Unsatisfactory conduct reports.
7. ISS (1 day)
8. Absence failing
9. Dress code violations
10. Inappropriate use of social media and text messaging
11. Failure to remain with the other cheerleaders without Coach(s) approval
12. Failure to perform appropriate duties at any cheering appearance
13. Anything that is not befitting of a Plano East Cheerleader

### **Article XVI (Permanent Dismissal):**

The Coach(s) and the Principal will determine permanent dismissal from the squad. Grounds for permanent dismissal are as follows, but not limited to:

1. Failing cheerleading
2. Hazing
3. ISS (2 days or more)
4. Severe discipline problems in any class (forgery, truancy, cheating, stealing, etc.)
5. Inappropriate use of social media and text messaging
6. Insubordination to Coach(s)
7. Total disregard for the integrity and rules of the squad
8. Behavior that discredits or jeopardizes the integrity and moral standards of the squad
9. Consumption or possession of alcohol, narcotics or any other illegal substance concurrent with district policy and Texas State law

### **Article XVII (Football Season):**

1. Cheerleaders / Mascots will cheer at assigned games.
  - a. JV at JV games
  - b. Varsity at Varsity games
2. Cheerleaders / Mascots will arrive at the designated time or sit on the sidelines for the number of minutes they were late.
3. Coach(s) and Captains will determine formations.
4. All Cheerleaders / Mascots will participate in pre-game preparations and post-game clean up.
5. Cheerleaders will remain in formation and act appropriately.
6. Cheerleaders / Mascots will not make sexually suggestive or otherwise inappropriate movements or gestures.
7. Cheerleaders / Mascots will always watch the bands and drill teams from both schools perform. They may also be asked to hold music for the band during half-time.
8. The Coach(s) will have the final say as to who will cheer at what games.
9. No eating before game or during halftime.
10. The JV cheerleaders can be invited to cheer at specific Varsity football games (i.e. Plano, West, Allen, play-offs)

### **Article XVIII (Pep Rallies):**

1. Cheerleaders will perform as a group at pep rallies.
2. All activities will be planned with and approved by the Coach(s).
3. Captains will organize pep rallies with Coach(s).
4. JV and Varsity cheerleaders will perform the main cheer together. The Varsity squad may choose to do a separate cheer and/or dance from this cheer.
5. JV cheerleaders will face the juniors and Varsity cheerleaders will face the seniors during spirit type cheers.
6. All Cheerleaders, Mascots, and East Guards will help set up for all pep rallies (i.e. chairs, signs, etc)
7. Non-cheerleaders will not be allowed to participate unless approval is received from Coach(s).

**Article XIX (Basketball, Soccer, Volleyball, and other Sports):**

1. The Plano East cheerleading squad is not just a football squad.
2. Cheerleaders / Mascots will cheer at both JV and Varsity girls' and boys' games.
3. Cheerleaders / Mascots should plan to cheer at least twice a week and occasionally on Saturdays.
4. Cheerleaders / Mascots will follow the same rules and protocol at these events as practiced at football games.
5. During football season, if a conflict occurs between a Varsity football game and another activity (i.e. volleyball game), the JV squad will cheer at the conflicting game for both the JV and Varsity games.
6. During basketball and soccer season, if a Cheerleader / Mascot has an unexcused absence from a game, they will receive a grade deduction, they must make up the game by cheering an extra game, and they will be assigned lunch detention.
7. Game swapping will not be permitted w/o prior approval from the Coach(s).

**Article XX (Play-off Situations):**

1. Cheerleaders / Mascots will cheer at all play-off games.
2. If there is a situation in which there are two games on one day, the Coach(s) will assign people to the different games.
3. All Cheerleaders / Mascots are expected to be available for play-off situations.

**Article XXI (Nationals/Contest):**

1. All Cheerleaders will be expected to participate in competitions. JV and Varsity cheerleaders will compete on one squad.
2. All Cheerleaders will sign a contract agreeing to compete and will follow all rules and regulations outlined on the contract.
3. The Coach(s) will determine the contest times and locations.
4. Saturday and after-school practices will be mandatory.
5. A Cheerleader may be dropped at any time from the performing squad for any discipline or grade problems.
6. At the discretion of the Coach(s), tryouts for the competition may be held. Every cheerleader will be required to try out. Each cheerleader will either be assigned to the competition squad or be designated an alternate.
7. Alternates will be required to attend every practice and to learn all parts of the routine. In the event a cheerleader on the competition squad is unable to compete, an alternate will be selected to take that cheerleader's place on the competition squad.
8. All alternates will attend competition.
9. Competition could be at one or more of the following competitions – NCA Nationals, ACA Nationals, UCA Nationals, Contest of Champions, local regional competitions, and local invitationals.