2026-2027

Nimitz High School Cheerleading Constitution

rev. 2026

Table of Contents

Page 1: **Cover**

Page 2: **Table of Contents**

Page 3: **Article I - Purpose**

Page 4: **Article II - Eligibility Qualifications and Requirements**

Page 5: **Article III - The Tryout Clinic**

Page 6: **Article IV - Tryouts Information/Selections**

Page 7: **Article V - Membership Requirements and Expectations**

Page 8: **Article VI - Grades**

Page 9: **Article VII - Attendance**

Page 10: **Article VIII - Routine Evaluations and Performances**

Page 11: **Article IX. Uniforms and Equipment**

Page 12: **Article X. Transportation and Travel**

Page 13: **Article XI. Finances and Fundraising**

Page 14: **Article XII. Social Media and Texting**

Page 15: **Article XIII. The Disciplinary System**

Page 16: **Article XIV. Probation, Suspension, Dismissal, Resignation, and the Appeal Process**

Page 17: **Article XV. Captains and Leadership Social Officers**

Page 18: **Article XVI. Managers**

Page 19: **Article XVII. Special**

Page 20: **Article XVIII. Parental Responsibilities**

Page 21: **Article XIX. Inherent Risks of Cheerleading**

Page 22: **Article XX. Demerits**

Page 23: **Article XXI. Communication with Coaches**

Article I. Purpose

The purpose of the Nimitz High School Cheerleading Squad is to promote and uphold school spirit, to develop a sense of good sportsmanship among the students, and to improve relationships between schools during all competitive events. We represent Irving ISD and Nimitz High School and should always boost morale and spirit as much as possible.

The participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. While students engage in, perform, compete, or participate in cheerleading, they represent themselves, their student body, and the school district **while in or out of uniform**. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Irving ISD student body **at all times and places- whether it be school, a performance, on social media, or even your own home**.

The Irving Independent School requires sportsmanship, integrity, and fairness among all participants in all facets of cheerleading. All squad members must uphold the highest standards of behavior, and model appropriate conduct for other students while serving as an active member. As a selected cheerleader, each member has an obligation to the student body to attend practices and scheduled games and to perform all other cheerleading duties to the best of his/her ability. The goals of instructional and performance activities is to enhance each individual member's skills and development, resulting in a highly skilled performance group of young, respectful individuals. Serving as a leader and positive role model, each cheerleader must demonstrate good citizenship, high moral standards, and good decision making and judgment at all times.

Since participation in extracurricular activities is a privilege and not a right, Nimitz High School is authorized to set higher standards for these participants than it would for those students who choose not to participate in these activities. Therefore, this **Nimitz Cheerleading Constitution extends beyond the Nimitz High School Student Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline**. This Nimitz Cheerleading Constitution will be enforced with all students grade 8-12 participating in this organization regardless of:

- whether school is in session;
- whether the offense occurs on or off school property or at a school-related event;
- whether the offense occurs on ANY form of online platform
- whether the student is directly involved with the organization at the time the prohibited conduct occurs.
- whether the organization is in-season;
- where or when the conduct occurs.

It is possible that a student who violated The NHS Cheerleading Constitution will incur consequences from both the appropriate school administrator and from

the coach for the same particular violation.

Conduct Expectations

The following conduct is expected of all Nimitz High School Cheerleaders. Failure to meet these expectations may result in disciplinary action by the coaches and/or campus administration.

1. Student commitment to the chosen Nimitz Cheer Squads is expected for the **entirety of the school year, as determined by the Nimitz HS administrators and coaches.** Students are encouraged to participate in more than one extracurricular activity; **however, a student may not quit to participate in another while the student is still an active Cheerleader.**

2.) If a student has other activities, **they cannot miss games/performances with Nimitz cheer** and must communicate with coaches/sponsors from both organizations regarding scheduling and practice with minimum 24 hours notice.

3.) Cheerleaders must conduct themselves properly at all times because they are official student representatives of their school and the Irving Independent School District. Members are expected to behave in a manner that is becoming of the individual, as well as to the team as a whole.

4.) Members will demonstrate good sportsmanship at all times. This includes behavior toward visiting or hosting teams as well as the opponent's fans. We follow UIL Rule Guidelines in full while cheering at football, basketball, and any other sports. Nimitz High School Cheerleaders will be noted for clean, yet tough, competition.

5.) Members will be courteous and respectful to their teammates, teachers, each other, other directors, classmates, all school/district administrators, and coaches at all times. Conduct in the classroom should also be of a caliber which sets a good example to other students.

6.) Members will refrain from public displays of affection while in AND out of uniform. This includes all forms of social media.

7.) Members will refrain from inappropriate social media activity. Cheerleaders are responsible for their personal websites, social media, and postings **as well as postings on other students' websites**. Inappropriate appearance, display, pictures, dancing, comments, actions, websites, emails, chats, blogs, etc. Any member of the cheerleading squad who is caught with inappropriate, negative, lewd, obscene, and/or sexual displays will be subject to disciplinary actions as determined by the coaches or principals.. **Any post, deleted or not, is subject to disciplinary action by both the coaches and administration**.

8.) Members should arrive to all practices, workouts, meetings, and events on time and prepared, and are required to stay for the duration of the event. **Cheerleading may not be used as "punishment"--in other words, parents cannot pull cheerleaders from games or events.** This hurts the entire squad. Any absence must be in writing to the coaches with 24 hours advance notice.

Failure to do so will result in possibly probation or removal from the squad.

9.) Members should follow the rules promulgated in the Nimitz High School Student Code of Conduct. Failure to do so may result in disciplinary measures related to the student's participation as determined by the coaches and campus administration. This includes dress code daily-- no ripped jeans, no crop tops, no sagging pants, must have ID badges at all times, and phones must be in Yondr pouch, etc.

10.) Members must be picked up in a timely manner after all practices and games. Coaches will keep track and failure to do so will result in disciplinary action such as probation or removal from the squad.

Article II. Eligibility Qualifications and Requirements

A.) Anyone who meets the set qualifications will not be discriminated against because of race, gender, creed, sexual orientation, religion, or educational handicap.

B.) Candidates must be entering grades nine (9) through twelve (12).

C.) At least one parent of each candidate must be present at the Informational meeting or must contact the director prior to the meeting.

D.) Candidates and their families must agree to and be fully aware of the financial responsibilities of being a Nimitz High School Cheerleader **and meet all financial obligations throughout the year.** All financial obligations for the current school year must be cleared prior to tryouts for the next school year.

E.) Each candidate must tryout each year regardless of whether or not they have previously been a member.

F.) Members who have been dismissed or resigned from the previous year must have permission from the coach and the designated campus administrator to try out.

G.) Members who were placed in ISS or SRC in the previous year are not eligible to try out without the cheerleader administrator's approval.

H.) Candidates must be an enrolled student at Nimitz High School or if a Singley student, must have Nimitz as their home campus.

I.) If a student transfers to Nimitz High School before the beginning of summer and practices for the new year, they must meet the following criteria to tryout:

> A.) Have participated in tryouts and made their former Cheerleading Squad team OR have participated in some capacity with cheer or dance squad if no squad was available at their previous campus.
>
> B.) Present a letter of recommendation from their former coach/stating that they made the team, are in good standing, and meet the academic requirements for tryouts.
>
> C.) Complete the required forms prior to, or on the designated date, in order to qualify for membership which are found in the Cheerleading Informational Packet and Irving ISD UIL performance packet. All of which must be on file prior to the first practice or granted membership.

J.) Tryouts Eligibility

> A.) Students must not have been academically ineligible for two or more grading periods during the application school year.

B.) Students must have acceptable disciplinary records for the current school year. Students who have been assigned to either ISS, OSS, or DAEP must have permission from the designated campus administrator and coach to participate in tryouts. The following will be taken into consideration:

i.) The circumstances of the disciplinary assignment.

ii.) The student's past disciplinary history.

iii.) The satisfactory completion of the assigned consequence prior to the Tryout.

iv.) If a student has more than three days of ISS, OSS, etc, assignments, they may be allowed to tryout under a probationary status if granted approval by the designated campus administrator and coach.

v.) Students in DAEP at the time of tryouts are not eligible to tryout

C.) Students must have an adequate amount of class credits, deemed acceptable by Nimitz High School, accumulated for their current grade level to tryout.

D.) The student must have an average of 70 or appropriate weighted average in all subjects without rounding (69.9 would not qualify) on the previous grading period prior to application deadline. Subject to discretion based upon approval by administration and/or coaches.

E.) Students must not have been absent (without making up those hours) for more Then 10% of school days in a school year.

F.) Any student that has an APV (Attendance Policy Violation) in the semester prior to tryouts that has not been cleared by the campus attendance committee, Policy FEC (Local) is not eligible to tryout.

G.) Students must be cleared through the attendance, administrators, and accounts payable offices before being eligible to tryout. Documentation for this clearance will be determined through the processing of each students' Tryout Packet.

H.) The current Irving ISD Student Code of Conduct for extracurricular activity involvement will continuously be in effect.

I.) A designated campus administrator, in conjunction with the coach, will make the determination of eligibility to tryout.

J.) Tryouts may be video recorded if student is unavailable to tryout during the specified time because of a school sponsored or University Interscholastic League (UIL) sponsored event OR if they are medically unable to tryout with approval from

the cheer coach and campus administration (doctor’s documentation will be required).

Page 4

Article III. The Tryout Clinic

Attendance at all Tryout Clinics is expected. Failure to participate in all clinic days could severely hamper the candidate's ability to learn the material used for judging at the tryouts and therefore could impact their ability to make the team.

Page 5

Article IV. Tryouts Information/Selections

A.) The tryouts will be held on a date designated by the coaches.

B.) Candidates will try out before a panel of three (3) or more professionally qualified Cheer Judges. The Judges will have no relationship with any elected personnel and will be hired by coaches/administration.

C.) Selection as a cheerleader will be determined by ranking cheerleader candidates.

D.) Students interested in being a cheerleader at a middle school with voluntary squads must meet all conditions listed under **Eligibility for Tryouts.**

E.) Exceptions to the guidelines must be approved by the Superintendent or the Superintendent's Designee.

F.) The judges' subjective and objective opinions regarding the adjudication process are final and are not appealable, nor are they grounds for the Irving ISD formal grievances process. The tryout results, once reviewed and certified accurate by the campus administration, are final and not appealable, nor are they grounds for the Irving ISD formal grievance process.

G.) Tryouts are closed to all spectators. Those eligible for attendance include the judges, coaches, senior assistants if needed, faculty volunteers, and campus administrators.

H.) All candidates who have been selector for incoming Cheerleading Squad will have their name and/or tryout number posted in a place designated.

I.) If a parent wishes to view their student's individual tryout documents, they must contact their officiating administrator. Parents are allowed to view their student's individual documents only. The statute of limitations for viewing is five (5) school days following the tryout session. Parents are not allowed to view any other students' documents, nor the tally sheets. The judges' decisions are final and are not grounds for the formal Irving ISD grievance process.

Page 6

Article V. Membership Requirements and Expectations

A. There will be one squad of Varsity Cheerleaders, and one squad of Junior Varsity Cheerleaders. The size or availability of each team will be determined by the Principal and/or coaches.

B. Membership is a **full school year commitment,** this includes seniors. A cheerleader may not quit mid-season unless officially dismissed by his/her coach.

C. Cheerleaders, mascots, and managers must be enrolled for the designated Cheer Class for both the fall and spring semesters of their membership year.

D. Cheerleaders are required to attend summer practices or are subject to discipline. For every two (2) days absent, the member forfeits one performance beginning with the first performance of the season unless mandated otherwise by the coaches.

E. Attendance to all Team activities, rehearsals, fundraisers and performances are mandatory. This includes, but is not limited to, before school, during school, after school, summer practices, and any emergency practices called by the director. As previously stated, if a cheerleader misses without 24 hours written notice given to the coach, that cheerleader may be put on probation or removed from the squad.

F. Members are expected to arrive on time and attend the entire practice/game/performance until dismissed by the coaches. Cheerleaders may not leave practice or the practice area without permission.

G. All organization trips, projects, performances and activities must be under the direction and approval of the coaches.

H. If an incident occurs during school or while on a team trip, during competition or exhibition, a member should expect disciplinary action from school as well as from the coach.

I. Performances may be subject to auditions if the entire squad is not prepared and ready as deemed by the coaches; therefore, members are not guaranteed to dance at every performance.

J. The Cheerleading Coach reserves the right to pull any member from a performance due to absence, conduct, or **lack of effort**. A member unable to meet the standards set for that performance will not be allowed to perform in that particular performance and will be placed on reserve status. The member must attend the practices and performances in uniform and assume all their responsibilities as usual.

K. Members may be pulled from performances until their balance is paid in full. Any member not paid by last payment date will be removed from the team.

L. Members will abide by school codes of conduct including the Irving ISD Student Code of Conduct both in and out of uniform, both at and away from school.

M. Cheerleaders/ Managers/ Mascots are required to ride the Irving ISD transportation provided to and from all events. They may not, under ANY circumstances, leave with a friend or parent. They will have to be picked up from school.

Addendum to Previous Article:

Daily/Practice:

- Tutoring for other classes must be done in the morning, after practice, or on days we do not have cheer. **DO NOT ask to attend another class during cheerleading.** You will have a calendar, plan accordingly for tutorials.
- In order to practice: **Remove ALL jewelry,** have cheerleading shoes, hair must be up and out of your face, bring bottled water, and wear that day's practice outfit.
- Maintain a GOOD attitude. Poor attitudes will result in running, jump builders, losing stunting privileges at games, and demerits.
- If you are absent from practice the day of or the day before a performance, you will sit out at the next event.
- At the end of practice, you will write down any directives or notes I have in your cheer binder, so you are prepared for upcoming events.

Games:

- In order to participate in the event, you must be in full attire. That means wearing the correct shell, skirt, uniform top for boys, socks, ribbons/bow, hairdo, megaphone and poms.
- Nails- You can have nail polish on your nails, but they must stay natural (no acrylic) and must be kept short. This is for the safety of others. If you need nails for an event (like a wedding or quinceanera) you must ask permission and take them off before you are allowed to perform again.
- You MUST ride the bus to and from every event. No exceptions.
- We will meet at the start of halftime briefly to discuss improvement. If SIGNIFICANT improvement has been made, it will lessen conditioning for the following practice.
- Unexcused missing of a game or performance= 3 weeks probation
- Unexcused missing of practice= 1 week of probation

Decorating Locker Room/Fundraisers

- You must keep our locker room CLEAN. This includes taking your clothing home to wash weekly, keeping the countertops clean, and keeping personal belongings in your locker—**THIS INCLUDES YOUR PHONE**. It does not EVER need to be out at an EVENT or PERFORMANCE unless you are in charge of filming that performance.
- You need to decorate your locker and promote school spirit. Phones absolutely will NOT be allowed out at practice this year.
- **Fundraisers are MANDATORY events. This helps build our program and you must attend all fundraising events.**

Page 7

Article VI. Grades

Academic Eligibility

A.) Texas Education Agency – University Interscholastic League “NO PASS NO PLAY” requirements:

i.) Students who pass all courses for the six-week period are eligible for the next six-week period.

ii.) Students who lose eligibility and then regain eligibility must wait seven calendar days before they become eligible to participate in competitions and performances. Students who are may continue to practice with their team, but they may not perform.

iii.) Students who have failed a class may regain eligibility after three weeks (progress reports); however, at the end of three weeks, they must be passing all courses, not just the one they failed. They also have a seven- calendar day waiting period after the three-week or six-week period before eligibility may be regained.

B.) Members who fail a class during any six weeks grading period will be excluded from participating in the organization’s activities for the following three weeks. They are to continue to attend class and all outside of school practices. This state policy does not apply to social activities. After three weeks, a grade check will be completed. If the student is passing all classes, they may resume participation. If the student is failing a class, they will be placed on academic suspension for another three (3) weeks.

C.) Any member who obtains an average of below 70 for any two (2) grading periods during the school year may be removed from the team.

D.) Grades are given to the Cheerleaders and managers based upon effort, attitude, performance, responsibility, and achievement. This includes physical activities in cheerleading class.

Page 8

Article VII. Attendance

Cheerleaders should remember that they are under the authority and supervision of the school at all times. They are in a position of honor, representing the whole school, and expected to maintain the highest standards of conduct, punctuality, and attendance. Any absence from a game, begin tardy to a game, or any absence from school may result in temporary suspension or permanent dismissal from the squad. Any member absent from the last practice before a performance or absent from school the day of a performance may not perform.

A.) Excused Absences

The status of an absence will be determined by the coaches. Some reasons for excused absences are:

i.) Sudden personal illness or accident

ii.) Death in the family

iii.) Religious holiday with advanced two (2) week notice and approval from the coach to excuse the absence

iv.) Special school UIL activity with advanced two (2) week notice and approval from the coach to excuse the absence

v.) Family trips with advanced two (2) week notice and approval from the coach to excuse the absence

vi.) Family ceremonies with advanced two (2) week notice and approval from the coach to excuse the absence

vii.) Standardized tests for college admission with advanced two (2) week notice and approval from the coach to excuse the absence

viii.) College visits with advanced two (2) week notice and approval from the coach to excuse the absence. Students must email / bring a verification letter from college to excuse the absence.

ix.) Driving tests with advanced two (2) week notice and approval from the coach to excuse the absence. Students must email / bring a copy of the driving permit to excuse the absence.

B.) Unexcused Absences

i.) Absences for reasons other than those listed above will be unexcused (this **includes** absences from Cheerleading Athletic Class Period. Unexcused absences will result in disciplinary action as determined by the coaches and campus

administration, and may result in loss of performance eligibility, suspension, or dismissal.

C.) Unexpected Absences

i.) In the event of an unexpected absence (illness, accident, or death in the family) the member must make every effort to inform the coach of the absence and the reason for the absence prior to the missed class / rehearsal / performance.

ii.) The parent / guardian of the member is required to call the coach and speak directly or leave a message on the coach's school voice mail, or send an email. Leaving a message with an officer is not sufficient.

iii.) A parent and/or doctor's note must be submitted to the upon the member's return to school or rehearsal. Two (2) consecutive absences will require a doctor's note.

D.) Unreported Absences

i.) Unreported absences will not be allowed. The status of an absence or tardy will be determined and disciplined by the coach.

ii.) Members must attend school ½ day in order to maintain eligibility for participation in an organizational activity.

iii.) Tutorials may be attended once a week in conflict with a Cheerleading Practices without disciplinary consequences. Members should make every effort to schedule their tutorials outside of all calendared events. The cheer coach must be notified 24 hours before the tutorial session.

Article VIII. Routine Evaluations and Performances

A. All members must be present at the time of audition to be eligible to audition unless authorized prior to by the coach.

B. The coaches have the final decision on who makes the performances or if a performance will even be held and that decision is final.

C. A member unable to meet the standards set for that performance will not be allowed to perform in that particular performance but must attend the performance in uniform and assume responsibilities as usual.

D. A complete uniform and equipment check will be held prior to any activity/performance.

Article IX. Uniforms and Equipment

A.) Cheerleaders will be supplied uniforms by Nimitz High School. The uniform will not be bought, made, or planned in any way without the permission of the coach. Members are responsible for the upkeep of each item received and will be held financially responsible for the item if lost or damaged.

B.) Members are responsible for purchasing practice attire and other necessary clothing and accessories as required, and all personal items must be labeled with the member's name.

C.) Just like uniforms, cheerleaders will be required to wear specific practice attire daily as determined by the coach.

D.) Practice attire / uniforms are to be kept clean and in good condition. Uniforms and shoes should be cleaned and kept in excellent care at all times.

E.) All designated uniforms, jackets, etc. are to be worn by current NHS cheerleaders only.

F.) The length and style of the uniform will be selected by the coach with the approval of campus administration if needed.

G.) The uniform is only to be worn in conjunction with school sponsored events.

H.) Hair will be worn as specified by the coach/ or captain per performance.

I.) No member will lend their uniform to anyone else under any circumstances

J.) No jewelry will be worn during rehearsals, performances, or pictures unless specified by the coach. **This includes facial piercings and hidden piercings. Cheerleaders may not get new piercings that cannot be taken out during season. No exceptions.**

K.) You can have nail polish on your nails, but they must stay natural (no acrylic) and must be kept short. This is for the safety of others. If you need nails for an event (like a wedding or quinceanera) you must ask permission and take them off before you are allowed to perform again.

L.) Tattoos must not be visible at any time while in uniform or in practice wear.

M.) Cheerleaders will be required to bring all necessary equipment for games (i.e. - poms, flags, water, megaphone, etc.). Failure to bring equipment could result in sitting out of that game.

N.) Cheerleaders are NOT allowed in the cheer closet without a coach present. You cannot borrow any equipment without permission from coaches.

Page 11

Article X. Transportation and Travel

A.) Members are required to ride to and from all activities in the transportation provided by Irving ISD. This includes cheerleaders, managers and mascots.

B.) Cheerleaders are required to submit Irving ISD carpool form with try-out packet to designate who can provide transportation for the student (meaning other cheerleaders, cheer parents, OR coaches in an emergency situation)

Article XI. Finances and Fundraising

All fundraisers will fall under the guidelines as outlined by Irving ISD and will benefit all members of the team OR each member individually, per each specific fundraiser's guidelines. In all situations, fundraising activities must be approved by the campus administration and fall under requirements as outlined by the district for the current school year.

A.) If a member is dismissed or resigns, they will be held financially responsible for any and all items already ordered. **No refunds will be made**.

B.) Individual refunds from fundraising profits will not be made.

Article XII. Social Media and Texting

The Nimitz Cheerleading Squad objects to inappropriate postings on social media sites and/or text messages which are offensive or are in violation of state or federal law, Irving ISD policy, and The Cheer Constitution. Students are considered representatives of Nimitz High School and Irving ISD and their participation in social media forums and interaction through texting is subject to scrutiny if an incident is reported to the campus administration or coach. The conduct of the students on social media sites and through text messaging reflects upon the reputation of the Cheerleaders and the district as a whole. Therefore, the Nimitz High Social Media and Texting Policy will be as follows:

A.) Cyber bullying in any form will not be tolerated. Cyber bullying will be considered by occurrence, and disciplinary action will be at the discretion of the coach and campus administration.

B.) Specific mention of the squad, members, coaches, parents, volunteers, participants, etc. must be positive in nature with every post. Even deleted posts can be scrutinized and up for discussion.

C.) Students are not to post negative content in regard to any team or team member on any social media site or through texting.

D.) Members are not to respond negatively / aggressively to any posting or text.

E.) Members are not to use social media or texting to threaten other students or spread negative Content.

F.) Members who are concerned about any type of posting, video, text, etc. should ignore the comments and immediately share their concern with their parents, or notify the coach who will then handle the situation appropriately. Failure to notify coach or admin will be a reason for disciplinary action.

G.) Pictures and videos of members must not display inappropriate or illegal behavior. This includes any posts in or out of uniform, during or outside of school activities and even at home. Any member reported to have posted on a social media site / sent texts which are offensive or in violation of this Nimitz Cheer Constitution may be subject to probation, suspension, or dismissal. In the event that a member's social media account or use of texting is found to be in violation of the policy via proof of video OR screen shot of inappropriate behavior, the coach reserves the right to impose disciplinary action. The severity of the discipline will be based on the seriousness of the infraction and whether there have been previous offenses by the student. This includes content that has been deleted but brought to the coaches' or admins' attention.

Article XIII. The Disciplinary System

Disciplinary actions taken by the coach and/or campus administration in regard to enforcing the Nimitz High School Cheerleading Constitution are **final** and are not grounds for the formal grievance process.

According to the Irving ISD Cheer Constitution:

New: School boards are no longer required to hear cheerleader or drill team complaints. The Texas Education Code was amended in 2017 to provide that a school board is not required to address a complaint concerning a student's participation in an extracurricular activity that does not involve a violation of a right guaranteed by Texas Education Code Chapter 26. (See Board Policy FNG (LEGAL) for a list of rights guaranteed by 26.) This does not affect a claim brought by a parent under the Individuals with Disabilities Act (20 U.S.C. Section 1400 et seq.) or a successor federal statute addressing special education services for a child with a disability.

Article XIV. Probation, Suspension, Dismissal, Resignation, and the Appeal Process

Probation

A.) Probation is a period designated in which the member continues to uphold all responsibilities of being a Cheerleader member but may not participate in performances. Members may attend social activities and wear the uniform. Members may attend education field trips, but may not participate or assist with a public performance. This includes Citizenship below an 80 in any reporting period, unexcused absence from practice, game, activity without prior notice, or any actions deemed necessary by the coach.

B.) A contract will be written and must be signed by the member, parent, and coach digitally

C.) If the reason for probation is not corrected within the time frame established, the member is subject to suspension or dismissal.

D.) Reasons for probation (but not limited to):

i. Receiving three (3) detentions or Saturday school

ii. Poor conduct/attitude

iii. Failing one (1) or more classes for a grading period (in accordance with UIL rules and regulations) – 3 weeks of probation.

Suspension

A.) Suspension eliminates the member from participation at mandatory activities, participation in performances, and special events. The member may not attend Cheerleading social activities. The member is not allowed to wear any part of the uniform to school or activities during the period of suspension. The member may not travel or sit with the Squad at performance events or public activities. The member will continue to attend Cheer Athletics class and assist the managers in their duties. This includes a six week grade below a 70 or any actions deemed necessary by coach.

B.) A suspension contract will be written for the member with the length of the suspension to be decided upon by the coach. The suspension contract must be signed by the member, parent, and coach.

C.) If the reason for suspension is not corrected within the time frame established, the member is subject to dismissal.

D.) Suspension will be handled in the following manner:

i. First Suspension: 2 games or performances

ii. Second Suspension: 3 games or performances

iii. Third Suspension: Any member who receives a suspension for a third time will be removed from the squad for the remainder of the school year.

E.) Reasons for Suspension (but not limited to):

i.) Second assignment of administrative disciplinary consequences – contract may vary.

ii.) Continuing to fail one or more classes after three (3) week probation – three (3) weeks of suspension.

iii.) Receiving In School Suspension (ISS) via disciplinary action from campus administration.

Dismissal

A.) Dismissal involves a loss of membership from the organization. All school equipment and uniforms must be returned and all financial obligations must be cleared **within one week of dismissal.** Once a member has been dismissed, they lose all privileges of the organization. This includes awards, recognition, etc., although they may have accrued over the duration of the year. This also includes attending Cheerleading only events, using the facilities, and wearing team attire. A dismissal may be for a citizenship grade below a C, (3) or more six weeks grades below a 70 in any class, truancy from school, probation (3) times during a school year, suspension (2) during the school year, or engaging possession of tobacco, alcohol, narcotics, and/or engaging in conduct that results in an off-campus alternative education program placement.

B.) A member who has been dismissed will not be eligible to participate in the next year's tryout without approval from the coach and campus administration. Areas to be reviewed will include, but is not limit to, a review of the reason(s) for dismissal and student records since the dismissal (academic grades, discipline records, attitude, etc.).

C.) In all cases of dismissal, the coach will confer with campus administration.

Grounds for Dismissal

A.) All rules become enforceable the day the Nimitz Cheerleader is selected and remain in effect until the end of the team's year.

B.) Grounds for automatic dismissal will include, but is not limited to, the following:

i.) Any member who receives a suspension for a third time will be removed from the team for the remainder of the school year.

ii.) Any member who receives Out of School Suspension (OSS) will be removed from the team for the remainder of the year.

iii.) Accumulating three (3) UNEXCUSED absences from one or a combination of the aforementioned activities will result in immediate removal from the team for the remainder of the school year.

iv.) Any member who is expelled from school will be removed from the team for the remainder of the school year.

v.) Accumulating three (3) written warnings with regards to behavior/conduct, dress code violations, attendance, failure to follow a coach's directive, and/or other violations of the Constitution.

1.) 1st Warning: parents will be notified via email or phone call and the cheerleader will be benched for one (1) performance

2.) 2nd Warning: parents will be notified via email or phone call and the cheerleader will be benched for two (2) performances

3.) 3rd Warning: results in the student's removal from the team for the remainder of the school year. Please note that any member removed from the team is not eligible to attend any team activities including the end-of-the-year banquet.

Resignation

A.) Resignation shall be defined as a choice made by the member that they no longer desire to participate on The Nimitz Cheerleading Squad

B.) Once a member has resigned from the organization, they forfeit all privileges of the organization. This includes awards, recognitions, etc., although they may accrue over the duration of the school year.

C.) Resignation procedures involve a conference with the coaches and a letter of resignation (preferably typed) by the resigning member, signed and dated, with a parent/guardian signature as well.

D.) Upon dismissal or resignation, every effort will be made to move the student to an alternative setting; however, this will remain at the discretion of the campus administration, counselors, and coaches.

The Disciplinary Appeal Process

A.) The Appeal Process is the order a parent/guardian or member should follow concerning the appeal of a disciplinary decision:

i.) Reference the Constitution

ii.) Conference with the coaches

iii.) Conference with designated campus administrator

iv.) Conference with the Principal. The decision of the Nimitz High School principal is final and is not subject to the district's appeals process unless the concern is related to district wide policy, guidelines, or procedures.

Article XV. Captains and Leadership Social Officers

Overview

The purpose of the leadership team (e.g., Captain, Co-Captain, Social Chair and Ambassadors) is to support program goals, model positive behavior, and assist in team operations.

1. Leadership positions are **not guaranteed**, regardless of seniority, past leadership roles, or **parent request.**
2. All selections are based on demonstrated responsibility, skill, and evaluation performance from the previous year and current evaluation.
3. **FINAL DECISIONS REST SOLELY WITH THE COACHING STAFF** and is **NOT appealable.**

Selection

1. Be a returning member in good standing (no probation, no attendance issues, no behavior contracts, etc.)
2. Maintain required academic eligibility
3. Demonstrate TEAM-FIRST behavior throughout the year
4. Have no major disciplinary issues
5. Meet attendance requirements for practices, games, and events.
6. **Failure to meet eligibility requirements removes athlete from consideration without exception.**

Evaluation Components

1. Leadership Binder
2. Performance Evaluation
3. Interview Session
4. Teacher/Admin Evaluations

Non-negotiable Behavior Standards

Candidates will be disqualified if any of the following has been documented in the previous year:

1. Disrespectful behavior to teammates or coaches
2. Poor attitude or lack of sportsmanship
3. Negative influence on team culture
4. Social Media Violations
5. Dishonesty or drama that disrupts the team

Final Selection Policy

1. Rubric Score
2. Coach observations
3. Team Vote
4. Team Culture Needs
5. Athlete Maturity
6. Overall fit for the role

All decisions are **FINAL and not subject to change, challenge, complaint or parental appeal.The cheer program does not discriminate on the basis of race, color, ethnicity, national origin, gender, gender identity, religion, disability, or any other protected characteristic.**

Leadership selections are based solely on the established evaluation criteria.

Dismissal of a Captain/Leadership Officer

1.) Grounds for dismissal will include, but is not limited to, the following:

i.) If an officer fails a class, they will receive (1) warning before being relieved of their duties.

ii.) If an officer is placed on probation or suspension, they will receive (1) warning before being relieved of their duties as an officer.

Article XVI. Managers

A.) Managers may be selected by the coach

B.) Managers must be enrolled in the Athletic Cheer Period unless mandated otherwise by coach and must participate in all athletic activities in the class.

C.) Managers are non-performing team members and must uphold all duties, rules and regulations, including grade policies, presented in the Cheer Constitution. Failure to comply with the rules and policies will result in termination from the manager position.

Page 18

Article XVII. Special

- High School members must be enrolled in cheerleading two semesters per year.
- Members must have a current physical examination each school year. Participation will not be allowed if this requirement is not met. If a member has to sit out (2) or more consecutive performances or practices, he/she will not be allowed to return until a doctor's release has been submitted. Mindfully, each absence will be recorded and may result in disciplinary actions.
- Each member is required to have insurance to cover an injury incurred while cheering.
- The nurse and/or trainer at each school will provide emergency services to the students and make appropriate referrals. For all emergency situations including a possible back or neck injury, possible heat stress, fractures, cessation of breathing or pulse, and unconsciousness, emergency services at 911 will be called.
- A cheerleader who voluntarily leaves the squad or who is dismissed from the squad for disciplinary reasons is not eligible for a refund and is responsible for outstanding balances and will not be allowed to tryout the following year unless approved by the coach and/or administrator.

Article XVIII. Parental Responsibilities

A.) Parents must be willing to meet all financial obligations and time commitments involved in having their student as a Nimitz Cheerleader. All payments are final and non-refundable. This will be effective in all cases including probation, suspension, dismissal, and resignation.

B.) Parents are responsible for arranging transportation to and from all activities, practices, except when transportation is provided by the school district.

C.) At least one parent / guardian of each Cheerleader is required to attend the parent meeting held before tryouts unless the coach has been contacted prior.

D.) Parents should be supportive of their child and of the Cheerleaders as a whole.

E.) If a cheerleader is **failed to be picked up with 10 minutes of release time after practice, games, or performances--then they are eligible to be placed on probation or have consequences.**

1st offense- Extra mile in class

2nd offense- 10 demerits

3rd offense- must sit out a performance or game

4th offense- parent meeting with possible removal from squad or must sit out multiple games

Page 20

Article XIX. Inherent Risks of Cheerleading

A.) Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. **Cheerleading is an anaerobic / aerobic activity** which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the campus office before you may participate in physical activities. Keep your coach informed of all injuries and / or chronic conditions. If a cheerleader is out for (2) consecutive activities or events a doctor's release is required.

B.) Members will participate in an appropriate warm-up that is designated by the coach.

C.) Members will learn challenging stunts on a mat or turf field. Once members have executed the stunt, the stunt will be practiced in the gym or studio.

D.) Members will train to increase strength and guard against injuries such as weightlifting, endurance training, and conditioning.

Page 21

Article XX. Demerits

Purpose
The purpose of a merit/demerit system is to work in conjunction with the cheerleader constitution. The constitution provides for rules and regulations for eligibility, auditions, and large behavior issues whereas the merit/demerit system provides for small behavior issues, daily incidents, and provides a reward system for positive behaviors.

MERITS

• A cheerleader may be given merits throughout the year.

• A merit system will be published and given to the cheerleaders.

• Merits will be given by the coaches.

• Merits are used to help the cheerleaders.

• Merits are retroactive to the date cheerleader tryout results are posted or announced.

DEMERITS

• A cheerleader may be given demerits throughout the year because of infractions against the rules and regulations of the Cheerleading Constitution or the IISD Student Code of Conduct.

• A demerit list will be thoroughly discussed with all of the cheerleader candidates at the mandatory parent meeting before clinic. The same demerit list will be thoroughly discussed again with each of the cheerleader squads at the first meeting of the new squads.

• Demerits are accumulated through the year. Demerits are not erased. Demerits will remain with the cheerleader/mascot for the entire year.

• Demerits are retroactive to the date cheerleader tryout results are posted or announced.

• Demerits can be counterbalanced by merits.

Explanation: **Cheerleaders must conduct themselves properly at all times since they are official student representatives of their school and the Irving Independent School District.** Each athlete should be a leader within the school and should set a good example before the public at all times. Athletes in the cheer program are expected to have and maintain a character above reproach; personal appearance, habits and actions of which there can be no criticism, are required. Each athlete must be aware that his/her conduct reflects on the image of the team, the coaches, the entire cheer program, your school, and ultimately IISD. Demerits will be given by the cheerleading coach(es) when he/she deems necessary.

THE OBJECTIVES OF GIVING DEMERITS ARE:

1) to set expectations

2) to teach one's responsibility to a group

3) to help individuals realize the consequences of their actions

4) to help create a unified group

COMMUNICATION OF DEMERITS

1) Demerits will be calculated as accumulated.

2) Cheerleaders may always inquire about the number of merits/demerits they have

3) Cheerleaders will be formally notified of their demerits once they reach one of the levels below.

LEVELS OF DISCIPLINARY ACTION In cheer, there are four levels of disciplinary action which can be earned either through the accumulation of demerits, or due to certain actions which may result in an automatic consequence. Each level is listed below with the accumulated number of demerits necessary for that level in parentheses.

Level One- 10 demerits: Warning and sit out ½ of a game

Level Two-30 demerits: Probation sit out one entire performance/game and will not wear uniform to school, must attend the game in practice shirt.

Level Three- 40 demerits: Suspension. Must attend all practices and performances but will not perform or wear uniform for six weeks from the date of accumulation of 40 demerits. If 15 merits are earned during the suspension, then suspension will be shortened to three weeks from the date of accumulation of 40 demerits.

Level Four- 50 demerits: Dismissed from squad. If dismissed from squad eligibility for tryouts the following year is at the discretion of the sponsor and administrator.

REASONS FOR DEMERITS

I. ATTENDANCE

Per the Irving ISD Cheerleading Constitution, **"Cheerleading takes priority over all other extracurricular activities. Members are required to attend all scheduled games and practices**. Being excused from cheerleading activities due to extreme circumstances will require approval from campus sponsor and campus administrator."

II. ABSENCE

In order for any absence to be excused, both coaches/sponsors must be notified in writing a **minimum of 24 hours** in advance (when possible) and confirmation of excuse must be received by parent/student.

A.) If a member is absent from school on the day of a performance, they may not perform.

B.) Unexcused absence from a game or other non-practice event at which a squad is expected to cheer/perform = Automatic Probation

i. "Excused absence from a game" = given only in very special situations, MUST be discussed, and approved by the coach prior to the game.

C.) Coach approved excused absence = 0 demerits. Excused absences include only the following:

1. personal illness or accident (illness must require school absence)
2. funeral or death in the family
3. religious holiday
4. wedding in the immediate family

Doctor/Dentist, camps/conferences, and other non-school activities are never excused; if you were at school you are expected at practice.

D.) Unexcused absence from practice = automatic probation

1."Unexcused absence" = cheer coaches were notified about the absence in writing 24 hours in advance, but the absence is for a reason other than those listed above in section (a).

2. If notice is given after the start of the missed event, then the absence is not excused for any reason.

E.) Unexpected absence from practice = automatic probation

1. “Unexpected Absence” = coaches did not receive contact by parent/guardian prior to practice about the absence; in other words, the absence was unexpected, and we do not know where you are.

2. Tutoring/Detention are not acceptable excuses for missing practice. No cheerleader will be excused from practice to attend a teacher detention or tutoring. Exceptions will be made for office detention under extreme cases, at coach/vice principal’s discretions. Exceptions may be made in special cases for academic purposes.

F.) More than 3 unexcused or unexpected absences within a six-weeks period = automatic probation

NOTE: Not having a ride is not an excused absence or an excused tardy

III. TARDINESS

Cheerleading practices are limited and there is only one game a week, therefore being punctual is very important to ensure that every cheerleader is at their best and ready to perform with the team.

Being late to practice, a scheduled event, or a game “late” = not being in designated area/room at specified time, you are late even if you are on campus but not in designated place

1. within the first 10 minutes = 1 demerit

2. after first 10 minutes = 3 demerits

3. after 20 minutes = 4 demerits

4. after 30 minutes = 5 demerits and sit out current or next performance

Parent’s late for pick up

1. within first 10 minutes = 2 demerits

2. after 20 minutes = 4 demerits

3. after 30 minutes = 6 demerits

Appearance: Regulations are based on District Dress Code Policies and maintain a uniform look among the squad. Each member is responsible for the care of his/her uniform. Any

school owned materials that are damaged or not returned at the end of the year shall be paid for by the member issued the materials.

a. Jewelry on any part of the body =2 demerit and must be removed (Religious medals and medical medals are not considered to be jewelry. **A religious medal without a chain must be taped and worn under the uniform.** A medical alert medal must be taped and may be visible.)

b. Long fingernails = 1 demerit (Nails must be athletic length, no longer than the end of fingertips.)

c. Permanent or non-permanent body art visible while in uniform = 1 demerit

d. Visible or inappropriate undergarments (i.e. bra straps, underwear, tank tops / undershirts, etc.) while in cheer attire = 2 demerits

e. Incorrect hair style while in uniform (does not apply to school hours) = 2 demerits

f. Wearing a non-uniform hair accessory (i.e. headband, scrunchie) = 2 demerits

g. Personal grooming while wearing the uniform in public = 1 demerit

h. Missing part of uniform (i.e. socks, hair bow, shoes) or not wearing correct outfit = 1 demerit per item

i. Wearing a non-approved cover-up (only cheer jackets are to be worn with cheer outfits, even during the school day) =2 demerits

j. Severely dirty or wrinkled uniform or outfit = 4 demerits

k. Not wearing required uniform to school = 5 demerits

l. Wearing uniform while on probation or suspension= 3 demerits

m. Wearing uniform to an event without coach/sponsor approval (camp/practice or dress) = automatic probation

Behavior/Conduct:

All cheerleaders are expected to represent NHS in a positive way. **Cheerleaders are "looked up to" by most young people as well as by the community.** A cheerleader should realize that his/her actions both in and out of uniform will be seen by many people. Therefore, it is of utmost importance that cheerleaders conduct themselves in ways which will gain respect and pride.

NOTE: Below are some general behavior guidelines, but please be aware that coaches

reserve the right to remove a cheerleader from a game or practice at any time to sit with the coaches.

I. CHEER EVENTS:

a. Going into the stands or bleachers to sit with friends during games at any time without approval from coach (including half time and between games) = 3 demerits

b. Displaying negative attitude while cheering or at practice (showing bad mood, anger, etc.), constantly complaining, or negative attitude or lack of support to the squad or team = 5 demerits.

C. Being uncooperative during practice or game, not following a specific direction given by the coach (defying an order) = 5 demerits

d. If the cheer facility is not clean after dismissal (i.e. leaving mats out, water bottles/trash on floor, etc.) = 2 demerits for each cheerleader

e. Unsportsmanlike-like conduct to other team, cheer squad, or teammates (i.e. booing, degrading chants) = 2 demerits

f. Using profanity in public (heard by coach or other IISD employee) = 5 demerits

g. Not meeting a due date (signs, grade checks, fundraisers, etc.) = 1 demerit per day late

h. Chewing gum/candy during practice/game = 1 demerit

II. IN AND OUT OF SCHOOL:

a. Being disrespectful toward any teacher, coach, principal, librarian, custodian, bus driver, or any school personnel OR violating IISD Code of Conduct rule (unless otherwise noted in constitution) = 5 demerits

b. Using profanity in public (heard by coach or other IISD employee) = 5 demerits

c. Public display of affection, in uniform or not = 5 demerits

d. Coaches receiving a negative email from a teacher = 2 demerits

e. Receiving a teacher detention = 5 demerits

f. Receiving a school detention = 5 demerits (plus all others for the offense which caused detention)

g. Academic dishonesty = 5 demerits

h. Receiving a discipline referral from anyone at school = automatic warning

i. Placement in ISS = automatic suspension

j. Placement at SRC = automatic dismissal

k. Truancy from any class (in addition to being reported to principal) = 5 demerits

Merits can be earned by the following activities.

Each activity must be approved by the coach or listed below before participation. Upon completion of activity, the cheerleader must turn in the designated form to the coach with their name, type of activity, and date of activity to receive credit.

Merits:

1. making a spirit sign – 2 merits
2. community service (1 Full Hour)– 2 merits
3. straight A's – 5 merits
4. A/B Honor Roll – 3 merits
5. Perfect Attendance at school – 3 merits
6. Student of the Month – 3 merits
7. Helping at a JV/9th game- 5 merits
8. Participating in dress up day- 4 merits

Notices of activities earning merits must be given to the coach no more than three days after completion of the activity.

Article XXI. Communication with Coaches

Coaches will communicate daily with squads using the “Band App”. All squad members are required to download the app. This is how we communicate everything to the squad.

- “Band App” will be used by coaches for ALL announcements. If you have a question, ask your captain first. Coach has the last say on EVERYTHING. Calling a coach should be a LAST resort.
- You must turn on notifications on your phone band app. Missing a message is not a valid excuse for not being prepared.
- Please get the phone numbers of your teammates so you can always contact each other.
- Please be aware of what time it is for any announcement. Please nothing after 9 pm—especially if you are contacting your coaches.

****Note- ALL rules are subject to change, but not without notice****