

Timberview High School Cheerleader

Code of Conduct

2023-2024

Cheerleaders at Timberview High School take on a leadership role and will be held to a higher standard. As cheerLEADERS of the Pack, cheerleaders must choose to live positively, purposefully, and appropriately in AND out of the uniform! It is the responsibility and obligation of every Timberview cheerleader to uphold and maintain good sportsmanship, high personal standards, and good character; not limited to their high school lives, but personal lives as well. The reputation of the individual and the team is a direct reflection on Timberview. Cheerleaders should take pride in everything they do because they are a representative of Timberview High School and a reflection of their teammates, coaches, parents, community, and MISD. Therefore, the ideals and standards set in the Mansfield ISD Cheer Constitution and Timberview code of conduct are high and will be enforced by the coaches with support of the administration.

General Expectations

Knowledge & Skills

- Cheerleaders should always be improving their skills. A decline in skills may result in being benched from games or performances until the skills are improved to at least the level demonstrated at tryouts. This does not include a decline in skills due to a new injury.
- Outside tumbling is highly recommended.
- Cheerleaders must be able to execute required elements for each performance.
- Cheerleaders must demonstrate knowledge of materials (cheers, chants, dances, etc...) prior to performance.

Attendance & Absences

Absence from practice or events affects not just the cheerleader, but the entire team. Cheerleaders have a responsibility to be at all practices and events unless illness, injury, or emergency prevents it.

Injury or illness that will require a cheerleader to miss or not participate in more than two consecutive practices or events requires a doctor's note. Lack of proper documentation will result in unexcused absences.

If a cheerleader is absent from school (full or partial) on the day of a game or performance, the cheerleader will be allowed to perform if the absence is excused and has the approval of the coach. If the absence is unexcused, the cheerleader will not perform.

Excused absences include:

- Personal illness with parent or doctor's note
- Death in family
- Special school activities with advance approval from coach
- Work or employment with advance approval from coach

Unexcused absences include:

- Vacations
- Non-UIL or non-Timberview High School events such as competitive cheer practice/competition
- Doctor or other appointments scheduled during cheer practice or games/events unless the cheerleader is too ill/injured to perform

Cheer class or cheer practice absences:

- If a cheerleader is absent, it is her responsibility to find out what was covered and learn any new material that was missed.
- Any absence could result in being moved to a different position in a routine, chant line, or performance, or removed completely from a routine or performance.

Consequences for absences from practice/class or events:

Parents will be notified if absences result in a benching.

- Excused absence without prior notice — 1/2 game benching, as determined by coach
- Unexcused absence — 1 game benching, as determined by coach

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| Uniform & Appearance Expectations |
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- Uniforms must be clean and free from stains during all performances and appearances.
- Hair and bow expectations will be determined by the cheer coach.
- Fingernails, including artificial nails, must be kept short, near the end of the fingers. (USA Cheer safety rule)
- No jewelry or watches allowed (USA Cheer safety rule)
(necklaces should be tucked inside the uniform; no charm bracelets; two rings are allowed on each hand).
- No gum allowed.
- No visible tattoos.

- White no—show socks and clean white cheer shoes only.
- When in uniform, cheerleaders may only wear their THS cheer warm ups, letter jacket, or other THS cheer winter gear.
- Performance make—up expectations will be determined by the cheer coach.
- Cheerleaders will not loan out uniforms or Timberview cheer t-shirts to non-cheerleaders.
- Uniforms must fit properly or be altered in a timely manner, at the expense of the cheerleader. If unable to be altered, a new uniform piece must be ordered at the expense of the cheerleader.

Game Day Expectations

- Cheerleaders should eat a light dinner prior to every game.
- If it is a home game, cheerleaders are to arrive completely dressed and in uniform at the time designated by the coach. If it is an away game that requires travel by bus, cheerleaders are to arrive at the time indicated by the coach.
- At the game, cheerleaders are required to stay engaged in the game and remain in formation until breaks are given.
- Cheerleaders will face the field/court in cheer stance throughout the quarters/periods.
- Cheerleaders will tumble, jump, and spirit after cheers and chants.
- Drinks are to be kept out of sight (against the fence/wall).
- Cheerleaders will perform the Fight Song routine each time it is played (learn and anticipate when it will be played so that you are ready to begin).
- Cheerleaders may converse with girls next to them, but they cannot yell or walk across the formation to chat with the other girls.
- Water breaks will be given and safety is always number one.
- Cell phones need to remain in area designated by the coach.
- Cheerleaders will take a knee when any player is injured.
- Cheerleaders will get a break during half time and will return from break at a time designated by the coach.
- Cheerleaders are required to know what is going on in the game.
- Only stunts and cheers perfected in practice will be performed at a game.
- Cheerleaders will help throw away trash and clean area at the end of the game.

- Cheerleaders must check out with her coach before they leave.
- No public displays of affection while in or out of uniform.

Pep Rally Expectations

Parents are always invited to attend and take pictures. We will hold additional practices the week of a pep rally, if necessary.

- Cheerleaders are always responsible for any work they missed due to pep rally preparation and participation.
- Cheerleaders are expected to perform in uniform at every pep rally.

Practice Expectations

- Be dressed and ready to practice no later than 10 minutes after the tardy bell
- Hair up, gum out, jewelry off
- No cell phones allowed during practice
- No food or drinks allowed on mats or in cheer room
- Wear correct attire (cheer shorts, designated cheer t-shirt, cheer shoes)
- Make sure your coaches know if you are sick or injured
- Additional practices may be held when needed

Mandatory Pup Prep & August Practices

All obligations (vacations, doctor appointments, other appointments) should be taken care of before August 1st for Varsity and two days prior to Pup Prep for Sub-Varsity. Each missed mandatory practice will result in a full game benching. Absences from mandatory practices will only be excused for illness with a doctor's note or death in the family. Cheerleaders who are injured are still expected to attend.

Demerits & Consequences

In order to hold cheerleaders accountable for their choices and set clear expectations, there is a demerit and consequence system in place. Cheerleaders will be expected to follow the Mansfield ISD High School Cheerleader and Mascot Constitution and the Timberview High School Cheerleader

Code of Conduct. Demerits or consequences will be given based on violations of these expectations. Demerits are in effect throughout the year (tryout to tryout).

- Demerits or consequences can be given in or out of cheer class and by any of the cheer coaches.
- Parents will be notified if demerits result in probation or dismissal from the program.
- Conditioning will be scheduled by the coach and sometimes may not be available the same day as the demerit/consequence.

Demerits

- 1st demerit = conditioning determined by coach
- 2nd demerit = conditioning determined by coach and parent notification that the next demerit will be 1 week probation
- 3rd demerit = 1 week probation determined by coach and parent notification that the next demerit will be a second 1 week probation
- 4th demerit = 1 week probation determined by coach and parent notification that the next demerit will result in dismissal from the squad
- 5th demerit = dismissal from the squad and parent notification

One (1) Demerit will be issued for each of the following violations (CL=Cheerleader):

- CL shows disrespect to any Coach, Teacher, or Squad Member
- CL is caught cursing or displaying inappropriate hand gesture (in real life or on social media)
- CL acted in an unsafe manner
- CL is not maintaining proper sideline behavior (excessive talking, un-sportsman-like conduct, breaking formation, not standing in correct stance, not paying attention, not showing respect during National Anthem, Fight Song, or Alma Mater)

Consequences

The following behaviors will result in consequences as determined by the coach. (CL=Cheerleader)

Three or more consequences may result in a demerit determined by the coach.

- CL is tardy to the beginning of practice or a game
- CL is tardy coming back from break/halftime
- CL is unprepared (not knowing material)
- CL has jewelry on (of any type) or gum during practice/game/event
- CL allowing a non-member to wear any cheer clothing

- CL wore uniform to an unspecified event (except directly after an event, such as eating out after a game) – NO PARTIES
- CL is not wearing appropriate practice wear (shirt, shorts, & shoes)
- CL not in correct uniform/assigned clothing for game day
- CL is in possession of cell phone during practice/performance without permission from coach
- CL shows lack of effort (not performing enthusiastically and with maximum effort for jumps, tumbling and spiriting)
- CL will not display Public Displays of Affection while in uniform before, after and during games and events.

Social Media

Cheerleaders representing themselves, or their organization, in an unfavorable, questionable, or illegal manner through electronic media (i.e. website, personal home pages, blogs, text messages, chat room, or similar website/files accessible through a server or Internet) or using electronic communication devices in such a way as to bring discredit, dishonor, or disgrace on their organization or members of any other school organization including themselves (i.e. camera phones, digital photos, electronic descriptions) will be subject to the disciplinary actions determined by appropriate school officials and/or organization sponsors/directors/coaches, including probation or dismissal.

Hazing

Any squad member will be automatically dismissed if he or she organizes or is involved in a hazing incident.

- "The term hazing means any assumption of authority by a student whereby another student suffers or is exposed to any cruelty, intimidation, humiliation, embarrassment, hardship or oppression, is required to perform exercises to excess, to become sleep deprived, to commit dangerous activities, to curry favor from those in power, to submit to physical assaults, to consume offensive foods or alcohol, or the threat of bodily harm or death, or the deprivation or abridgement of any right."(Section 484 of the Higher Education Act of 1965).

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| Merit System |
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The merit system is in place to ensure the cheerleaders are the true leaders of the school. **Merits do not counteract demerits.** The top merit earner will be honored at the cheer banquet.

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| Community Service | 1 merit per hour |
| Perfect attendance for the six weeks (including no tardies to any class) | 2 merits |
| Teacher commendation | 2 merits |
| Act of kindness toward other squad members (we must see it to award it) | 2 merits |

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| All A Honor Roll | 2 merits |
| A & B Honor Roll | 1 merit |
| Leadership (as determined by coach) | 2 merits |
| Willingness to help (as determined by coach) | 2 merits |

Additional merit opportunities may be pre-approved and/or determined by the cheer coach.