



**HIGH SCHOOL
CHEERLEADING
HANDBOOK
2014-2015
Lewisville Independent
School District**

STATEMENT OF PURPOSE AND OBJECTIVE

Being a cheerleader is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the LISD Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers. Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the coach and approved by the principal.

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DEFINITION, ELIGIBILITY, ACADEMIC GRADES & COMMITMENT

DEFINITION: Cheerleading year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date (March to March). This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year. The LISD Extracurricular Code of Conduct will be enforced for the duration of the Cheerleading year (March to March).

MASCOT: If a mascot is part of the cheerleading program then all rules regarding cheerleaders apply to mascots.

ELIGIBILITY-TRYOUT: A student is eligible to try out for cheerleader if either of the two conditions are met:

- At the time of the tryout, the student is enrolled in the Lewisville Independent School District and is trying out at the school where the student is registered to attend for the next school year.

If the student is not currently enrolled in the LISD, but is registered to attend a LISD campus for the next school year, the student may try out at that campus with documentation to support residency within the boundaries of LISD for the upcoming school year. Campus Administrative approval will be needed.

ACADEMIC GRADES: To be eligible for tryouts, students must have either passed all subjects the preceding grading period or regained UIL eligibility prior to tryouts.

COMMITMENT: Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and coach will not be allowed to tryout for the next year.

SELECTION & TRYOUT GUIDELINES

SELECTION: The procedures for selection are based on the Board Policies of the Lewisville Independent School District and from the guidelines in this handbook. Building principals or administrative designees will be present during the tryout for their school. Parents will not be allowed in the building during any phase of the tryouts.

TRYOUT GUIDELINES: Each coach will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. The building principal must approve this information prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. High school cheerleaders shall be selected by a scoring method that assigns a score of up to 80 points per judge to the ratings assigned by a panel of judges.

Students wishing to try out for the cheerleading squad must file an application and parent permission form with the team coach by the first day of the clinic before the clinic begins. Schools may elect to set an earlier date for turn in (ex. At the parent meeting), but no student will be penalized as long as the information is turned in by the clinic date before the clinic begins. Each student trying out must attend the clinic. There will be no application fees or tryout fees for students trying out for cheerleader at the high school level. Each campus coach and principal will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure. This uniform should be limited to plain white shirt with no visible logo, a solid colored short (style to be determined by the coach), and any type of white athletic shoes.

Squad Dynamics

The specifications for the Varsity squad are as follows:

5A Schools The Colony	6A Schools Flower Mound, Hebron, Lewisville, Marcus
Up to a maximum of twenty (20) members	Up to a maximum of twenty (20) members
Can consist of grades 11 – 12	Can consist of grades 11 – 12

- Junior Varsity
 - Up to a maximum of sixteen (16)
 - Any junior not making the Varsity squad may be eligible to make the Junior Varsity squad, if they consent in writing prior to the tryout
- Freshmen
 - Up to a maximum of sixteen (16)

Try-out dates:

Thursday, March 6	Friday, March 7
LHS Sub-Var, Hebron, Marcus	Flower Mound, LHS Var, The Colony

- Final squad selection for all squads will be based on the criteria set forth at the discretion of the administrative designee and/or the head coach.
- Mats will be utilized at all tryouts for safety purposes.

JUDGING CRITERIA-CHEERLEADING SQUADS

MALE SPIRIT SQUADS & JUDGES

MALE SPIRIT SQUADS

Male spirit squads will be selected using criteria designed by each individual LISD campus. Members of male spirit squads will follow all rules and guidelines of the LISD Cheerleader Handbook and will participate in all events attended by their campus cheerleaders at the discretion of the head coach of their campus.

JUDGES: There will be three judges on each panel. Judges will be selected from NCA, UCA, ACA other professional cheerleading associations, universities, and/or out of district coaches, and High School Cheerleading Head Coach. Professional judges with outstanding credential and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

TUMBLING CERTIFICATION FOR CHEERLEADING TRYOUTS:

Each cheerleader candidate will be required to demonstrate the tumbling skill(s) that they plan to perform at their tryout. They will perform the skill(s) accurately and safely to the cheerleading coach during the tryout clinics PRIOR to the tryout date. If the skill(s) are not performed in a manner that is deemed safe by the coach, the skill will not be permitted to be performed at tryouts. All skills will be evaluated on a scale of 0-10 points for Standing and Running Tumbling.

JUDGE'S PANEL TRYOUTS, TABULATION OF SCORES & EXCEPTIONS

JUDGE'S PANEL TRYOUTS: Panel tryouts will be closed to everyone except judges, school cheerleader coaches, and principals' designees. There will be no students, parents, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores. Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

TABULATION OF SCORES: The building principal or his/her designee will oversee the calculation of the judges' scores and verify totals for each candidate. Candidates will then be ranked from high to low and the appropriate number selected for each squad.

The district-wide formula for tabulating final scores should be as follows:

- Each judge may award up to 80 points total per candidate. The Head Coach will be one of the three judges on the panel. During the week of the clinic, a three-day evaluation worth a total of 20 points will make up the grand total of 80 possible points.

Scores will be left in the office of the principal. Original scoring sheets cannot be challenged after 30 days following the tryout date. In the case of a tie, see EXCEPTIONS.

EXCEPTIONS: In the case of a tie that exceeds the maximum number of squad members, a callback will be held with each candidate's original tryout group. In the case of physical injury prior to the tryout, the Assistant Director of Athletics must be notified for permission to have any deviations in the tryout procedure.

VIDEO USAGE GUIDELINES

VIDEO USAGE GUIDELINES: Video footage of a candidate's abilities can only be used after notification of the Assistant Director or Athletics, and only in the case of recent surgery or fractured bones that impair a student from participating in a "specific skill" of the tryout.

- Candidates will have the Doctor that cared for the injury complete and sign The Injury Report Form.
- If video footage is used, only the segments of the film that shows the specific skills required for tryouts, may be judged.
- Video footage may not be used showing the individual performing in a competition setting, All-Stars, Nationals, etc., or in a school uniform.
- Video footage on a spring floor or trampoline will not be allowed, nor the use of a spotter within reach of the candidate.
- Coaches will make these guidelines available to judges if a video is used for tryout. The judges shall be instructed to consider "absence of pressure," lack of physical/respiratory exertion, vocal ability, etc.
- The candidate must perform each individual "specific skill" required in the tryout to receive credit/points.
- No score reduction or credit shall be exercised due to the claimed surgery/injury. However, in light of the above considerations, a perfect score for any "specific skill" or category should be rare.

NOTIFICATION & PARENT REQUEST FOR SCORES

NOTIFICATION: After all tryout scores for a school are tabulated and confirmed by the principal and coach, each candidate will be notified on how to find out the results of the tryouts.

Acceptable notification options:

- Candidates will be given an envelope with a telephone number to call to receive a recorded message listing the cheerleading squad for those schools with a telephone system that allows parent to call in and access information. By withholding the box number until the day of tryouts, this will prevent other students from jamming the lines trying to call in.
- Those schools with an outcall system may choose to use this. Each candidate will be given a card at the conclusion of tryouts giving the times that the outcall will be made.
- Final results for each school will be published on the campus website. Candidates will be given the website address at the conclusion of the tryouts.
- Results posted on campus

PARENT REQUEST FOR SCORES: Any candidates wishing to receive their total composite scores quickly should provide a stamped, self-addressed envelope to the coach prior to the tryouts. The composite score sheet will be mailed no later than the Monday following tryouts. If this Monday falls on a school holiday or Spring Break, scores will be sent out on the day students return to school. Other requests for scores can be made through the school principal. Parents may request to see their own child's composite score (no rank scores) from the principal or his/her designee. By law, all other student scores are protected and cannot be shared with anyone except the coach, principal, or principal designee.

REPLACEMENTS: If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and coach may fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of camp.

No move-ins are eligible for cheerleader squads.

PARENT, SCHOOL AND COACH COMMUNICATION

Parents have the right to know, and understand the expectations placed on them and their children. Coaches have the right to know if parents have a concern; a parent should discuss concerns with the coach at the appropriate time and place.

Section A - Communication of the Parent

Communication coaches should expect from parents:

1. Concerns regarding a son/daughter expressed directly to the coach at the appropriate time and place.
 - Specific concerns with regard to the coach's philosophy and/or expectations.
 - Notification of any prior schedule conflicts.
 - Mental and physical treatment of a student.
 - Improvements on which a cheerleader/mascot may need to focus.
 - Student behavior.
 - Student safety.
2. Concerns not appropriate for discussion with a coach:
 - Squad selection of cheers, chants, stunts or elements of a performance.
 - Any situation that deals with other student athletes or squad members.

Section B - Communication of the Coach

Communication parents should expect from their student's coach:

1. Requirements and/or feedback the coach has for his/her student and the squad.
2. Locations and times of practices and performances.
3. Squad requirements of fees, special equipment, uniforms, squad rules, travel arrangements and off-season expectations.
4. Procedures in the event his/her student becomes injured during a performance or practice.

Section C - Appropriate Communication Between Parent, School and Coach

There are situations that may require a conference to promote resolution to the issue. If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment.
2. Outline and define objectives for a meeting and stick to discussing facts only.
3. Do not confront the coach before, during or after a practice or performance. Meetings of this nature do not promote resolution of the situation, but often escalate it.
4. Do not attempt to enter the cheerleader athletic class without prior written permission from the Campus Principal or his/her designee during school hours. Parents and guardians are restricted to campus visits under the guidelines for campus visitors in LISD.
5. If the meeting with the coach did not provide a satisfactory resolution, a parent or guardian should call the Campus Principal to set up a meeting with the coach.

ELIGIBILITY – MAINTENANCE

ELIGIBILITY-MAINTENANCE: Academic eligibility begins anew each school calendar year (August) as is the case with UIL sanctioned activities. A student whose recorded grade average in any course is lower than a 70 at the end of a UIL eligibility period shall be suspended from competition or performance. A suspension continues for a least three weeks and is not removed during the school year until the student is passing all subjects taken.

This suspension shall become effective seven calendar days after the last day of the UIL eligibility period during which the grade lower than 70 was earned. Refer to board policy for list of courses that are exempt from this policy. A student who regains eligibility at the end of a UIL eligibility period shall not become eligible until the school day seven calendar days later at 4:00 pm. Cheerleaders will continue to attend classes and all practices. Any cheerleader that becomes ineligible will not be allowed to perform, travel with the squad, or wear his/her uniform for any reason for the term of ineligibility. The Head Coach will determine if the cheerleader(s) is required to attend an event without participation.

This state policy regarding eligibility does not apply to social activities.

If an average of below 70 exists for UIL grading period in the same course or in different courses during the school year, the student will not be eligible to participate for that grading period. This will not include the courses designated in board policy as exempt from the ineligibility rule.

Per the TEA/UIL Eligibility Calendar High School Side by Side, a cheerleader who is ineligible for 3 grading periods, NOT 3 Nine Week periods, due to grades will not be eligible for tryouts the following year, and will be removed from cheerleading at the next grading period.

GENERAL CONDUCT RULES & EXTRACURRICULAR CODE OF CONDUCT (ECOC)

GENERAL CONDUCT RULES: Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the high school they attend and should act accordingly. Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryouts without approval from the principal and coach. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, etc.) Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad. Anyone assigned in-school suspension for any reason will be subject to the following actions:

- First Offense – Benched for next event.
- Second Offense – Benched for next event and placed on probation for the duration of the year.
- Third Offense – Removal from squad.

Students assigned to in-school suspension may not perform, wear the cheerleader uniform, or practice with the squad while serving in-school suspension.

However, students benched for disciplinary reasons will be required to attend the event, in uniform, and sit in the stands with coaches.

Anyone assigned out of school suspension will be subject to the following actions:

- First Offense – Benched for next two events, Principal/Coach Review, Placed on probation for duration of school year. Possible dismissal.
- Second Offense – Removal from squad.

Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the coach and principal. Dismissal from the group may result from that review. Any drug/alcohol violations will be disciplined in accordance with the LISD Student Code of Conduct at school or for any school sponsored activities. The LISD Extracurricular Code of Conduct will be implemented if not at school or school sponsored activities. Should any eligibility situation not be covered by the above policy, the UIL eligibility standards will apply.

Any member who is expelled or placed in the Alternate Education Program will be removed from the cheerleading squad for the remainder of the school year. The participant will only be allowed to tryout the following year with the approval of the campus cheerleading coach and campus administration.

BEHAVIOR CONTRACT: Cheerleaders are expected to demonstrate exemplary character at all times. At practice, performances, and all cheer related events, cheerleaders are expected to have a positive attitude, work hard, be willing to learn new things and improve skills, encourage and help teammates, and show respect for each other, coaches, and other staff.

Cheerleaders who do not meet these expectations will be counseled by the coach about needed improvement and parents will be notified. If the cheerleader continues to fail to meet these expectations, he/she will be required to meet with a campus administrator and sign a behavior contract. Parents will be notified. Any failure to meet expectations after this point may result in removal from the squad. (See Page 17)

EXTRACURRICULAR CODE OF CONDUCT (ECOC): An extracurricular code of conduct has been developed and approved by the LISD school board. The ECOC must be signed by all cheerleaders and male spirit squad members as part of the tryout paperwork. The extracurricular code of conduct goes into effect from March of the current year until February 28 of the upcoming year. Any incidents that occur after school hours or on the weekend will be disciplined in accordance with the extracurricular code of conduct, which will supersede the cheerleader constitution during these times. This does not include times that a cheerleader or male spirit squad member is participating at a school sponsored cheerleading event or activity, during which times the campus code of conduct and cheerleader constitution will be enforced.

Cheerleading participation takes precedence over any other club, organization, or outside activity.

DISCIPLINE SYSTEM

ATTENDANCE/ABSENCE GUIDELINES

1. Cheerleaders will attend all in/out of school practices and required events. Any absence must be cleared by the Coach prior to the practice/event. EXCUSED: Illness with a doctor's note (unless for emergency reasons, the cheerleader should make every effort to schedule all medical and dental appointments around practice and events), death in the family, absences approved by coach/principal.
UNEXCUSED: Work/vacation, personal appointments, non UIL involvement (All-Stars, etc.) (Excused absences w/o prior notice will be benched for ½ game; exception;; death in the family) Unexcused: Benched one (1) game
2. Cheerleaders cannot miss the last practice before an event (Benched one (1) event)
3. Cheerleaders will attend all summer practices (Benched one (1) game per miss)
4. Injuries: If an injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the specific length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.

PRACTICE/PERFORMANCE GUIDELINES:

-UIL: One Contest/Per Week: Cheerleaders are not permitted to lead cheers for contests held on separate school nights during the week. A school week consists of contests Monday-Thursday. Friday-Saturday contests do NOT count in the calendar week.

Violation of the following guidelines may be dealt with by benching during practice/performance, running, jumping, mat duty, or other physical conditioning as determined by the Coach.

CHEERLEADER GUIDELINES:

1. Appropriate attire when practice/performance begins.
2. Hair must be up and secure.
3. No jewelry during performance, game, pep rally or practice.
4. Bring all required items (forms, signs, etc.) at the beginning of practice/performance.
5. Be on time to all practices and performances, and also returning from halftime or breaks during an event.
6. No leaving practice/performance area without Coach's permission.
7. No leaving practice/performance until dismissed by the Coach.
8. Wednesday/Saturday school assignments are prohibited.
9. Must maintain skills demonstrated at tryouts. Failure to maintain these skills may result in benching until skills are regained.

SUMMER CAMP GUIDELINES:

Cheerleaders will attend summer camp. Camp is MANDATORY.

Failure to attend summer camp is reason for dismissal from the squad.

UNIFORM GUIDELINES:

CHEERLEADERS WILL NOT:

- Wear uniform to a non-CHEERLEADING function (Eating after a game may be approved by the Coach as an exception to the guideline)
- Lend out uniforms, sweats, letter jacket, etc. to someone who is not a cheerleader.
- Cut fabric without prior approval from the Coach for uniform alterations (Replacement of uniform)
 1. Uniforms will be turned in by the scheduled date.
 2. Cheerleader is responsible for damage to or loss of any part of a uniform (Replacement of uniform or repair cost)

GENERAL GUIDELINES:

Cheerleaders will follow all school rules and LISD policy, including dress code (Campus Code of Conduct and ECOC)

1. Accumulation of three (3) benchings (for any reason) will result in a principal/Coach review and possible removal from the squad.
2. All rules set forth are general rules and guidelines for all LISD cheerleaders and male spirit squad members. Failure to comply may at times require judgement calls to be made. These decisions will be left up to the individual Coaches for each squad.

Coaches reserve the right to upgrade any penalty (immediate benching, office referral) depending on the severity of the situation.

GENERAL SAFETY GUIDELINES AND CHEERING ACTIVITIES

RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY (High School Level) GENERAL GUIDELINES:

- A. Cheerleader squads should be placed under the direction of a knowledgeable coach.
- B. The Cheerleading coach or other knowledgeable designated school employee will be in attendance at all practices, performances, functions, and will ride with cheerleaders/male spirit squad members on the bus when bus transportation is required.
- C. All Cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids, and jumps)
- D. If possible, all practice sessions should be held in a location suitable for the activities of cheerleaders, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc.
- E. Training in proper spotting techniques should be mandatory for all squads attempting Cheerleader gymnastics; i.e., camp.
- F. Warm-up and stretching should precede all practice sessions, pep-rallies, games.
- G. If possible, all cheerleading squads should develop a conditioning and strength-building program.
- H. Coaches must recognize the entire squad's particular ability level and adjust the squad's activity accordingly.

SPECIFIC SAFETY GUIDELINES:

All U.S. All Staff Federation for Cheer and Dance Teams guidelines will be followed at all times.

CHEERING ACTIVITIES

FOOTBALL:

1. Varsity Cheerleaders-cheer at all varsity games
2. JV and Freshmen Cheerleaders-cheer at JV and Freshman games, respectively
3. Playoff Games
 1. Playoff games will be covered if squads are available and as determined by the principal and/or coach.

VOLLEYBALL:

1. VR, JV and FR squads will cheer at Varsity Volleyball games as determined by coaches.
2. FR and JV squads will cheer at FR and JV home games, respectively, if not assigned to a Varsity game.
3. No out of town games.
4. Playoff games will be covered if squads are available.

BASKETBALL:

1. All Squads – Each squad will cheer no more than two days per week. Coaches will develop a calendar per squad to determine the cheering schedule. Cheering is not limited to district games only, but no cheering during the Holiday break. No off-campus games. No tournaments. Playoff games will be covered if squads are available.
2. Varsity Cheerleaders – All VR boys and girls district home games should be covered.
3. JV Cheerleaders – JV will cover Girls/Boys JV home district games and will cover Varsity games as needed.
4. Freshmen Cheerleaders – Freshmen will cover Girls/Boys district home games and Varsity games as needed.
5. Playoff games will be covered if squads are available and as determined by the coach/principal.

OTHER SPORTS/EVENTS: Determined by each individual campus

COMPETITION SQUADS:

Competition Squads are neither encouraged nor discouraged, but this activity should not interfere with the regularly scheduled activities of the cheerleaders.

Whether to have a squad that enters competition is a decision to be made by the campus Principal and school coach.

Specific guidelines for competition squads (tryouts, fees, practices, competitions entered, etc.) will be determined individually by campus. An informational parent meeting should be held before competition squad tryouts to cover all information, costs, and expectations for the team.

TRANSPORTATION & BOOSTER CLUBS

TRANSPORTATION: Cheerleaders will ride with another organization, if possible, to reduce cost. Cheerleaders must utilize designated transportation.

BOOSTER CLUBS: ALL BOOSTER CLUBS WILL FOLLOW LISD GUIDELINES.

Booster clubs are optional, but may be allowed at the discretion of the principal and coach. Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities. This should be their primary focus.

Fund raising activities should support the educational goals of the school and cheerleading squad, but they should not exploit students. Booster clubs should have a board of directors made of at least a President, Vice President and Treasurer. There should be at least two signatories on booster club checks. A detailed list of income and expenditures should be published by the Treasurer for the membership on a monthly basis.

Cheerleaders shall not be required to pay dues to a booster club.

Cheerleaders shall not be required to raise money if a parent prefers to pay the students' cost.

Certain fundraising activities of the booster club may result in a donation to the school cheer activity fund.

MONIES COLLECTED BY COACHES, ADDITIONAL COSTS, & PHYSICAL EXAMINATIONS

MONIES COLLECTED BY COACHES:

Cheerleader coaches collecting monies from students will give receipts to students stating the amount of monies collected and what the money is to be paid toward (trip, uniform, spring show, banquet, etc.). Coaches WILL keep a detailed accounting of income and expenditures of students' monies and make it available to parents upon request. Coaches have no access to booster club funds and information regarding this account will be supplied by the booster club.

ADDITIONAL COSTS: A listing of additional costs can be obtained from each campus' cheerleading coach and will be included in the campus tryout packet.

PHYSICAL EXAMINATIONS: A physical exam or proof of prior exam is required before a student is allowed to participate in try-outs. A notarized medical release form is also required. These must be completed before a cheerleader, male spirit squad member, or mascot can participate in any activity.

LISD – Cheerleader Behavior Contract

The LISD High School Cheer Handbook includes the following expectation for all cheerleaders:

Cheerleaders are expected to demonstrate exemplary character at all times. At practice, performances, and all cheer related events, cheerleaders are expected to have a positive attitude, work hard, be willing to learn new things and improve skills, encourage and help teammates, and show respect for each other, coaches, and other staff.

Cheerleaders who do not meet these expectations will be counseled by the coach about needed improvement and parents will be notified. If the cheerleader continues to fail to meet these expectations, he/she will be required to meet with a campus administrator and sign a behavior contract. Parents will be notified. Any failure to meet expectations after this point may result in removal from the squad.

The following expectations have not been met:

The following actions have been previously taken:

I understand the expectations stated above. I agree to meet each of these expectations on all future occasions. I further understand that any failure to meet any of these expectations may result in removal from the cheer squad.

Cheerleader (Print Name)

Cheerleader Signature

Date

Cheer Coach Signature

Date

Administrator Signature

Date

Parent Signature

Date

Injury Report – Cheerleader Tryouts

Please have the doctor that cared for the candidate’s injury fill out and sign this form. Turn in the form to the coach along with the video to be reviewed.

Candidate Name: _____ Date of Injury: _____

Description of Injury: _____

How did the injury occur? _____

Date of Last Doctor Appointment: _____ Nature of Treatment: _____

Please indicate if the cheerleader can perform the following skills. If they can perform a skill to a certain extent please explain (for instance, he/she can do arm motions but no leg movement; he/she can dance but may need to modify certain moves):

Tumbling: _____

Jumps: _____

Motions: _____

Dance: _____

At what date is a follow up appointment scheduled: _____

At what date do you estimate the candidate will be released to do all skills? _____

Additional Comments: _____

Signature of Doctor

Date

Name of Practice/Hospital

Street Address

City

**ACKNOWLEDGEMENT OF HANDBOOK GUIDELINES &
ACCEPTANCE OF HANDBOOK POLICIES**

I have read, understand, and accept all guidelines, rules, and policies set forth in the Lewisville ISD High School Cheerleading Handbook. I am also aware of all policies regarding disciplinary consequences, including benchings and dismissal. I understand I am bound by the rules of this document for the duration of the cheerleading year, which runs from squad selection to the following year's tryouts (March to March)

Candidate's Printed Name

Date

Candidate's Signature

My signature below indicates that I have received a copy of the LISD High School Cheerleading Handbook and I will acknowledge and abide by all policies included in the document and agree to assist my child to abide by all provisions set forth in the LISD High School Cheerleading Handbook.

Parent/Guardian Signature

Date

