

GRAPEVINE HIGH SCHOOL
Cheerleading Constitution 2025-2026

Purpose

The purpose of Grapevine High School cheerleading is to create, promote, and uphold school spirit in accordance with school rules and to represent the GCISD and campus. Such representation shall include, but not be limited to, competition with other schools in cheer competitions. Cheerleaders shall promote leadership, sportsmanship, self-discipline, and encourage high academic standards and good citizenship for the campus and fellow cheerleaders. Cheerleaders shall plan and initiate activities that encourage student body and community support and involvement in the promotion of athletic events and other large school activities.

Structure of the Teams

The high school spirit program may consist of three school teams; Varsity, JV, and Spirit Rustlers. Spirit Rustlers will have separate tryouts and guidelines not included in the cheer constitution.

- o The Varsity cheer squad will consist of juniors and seniors that meet the requirements for the Varsity squad.
- o The JV cheer squad will consist of freshmen, sophomores, juniors, and seniors that meet the requirements for the JV squad.
- o An 8 member minimum is needed for a team to make.
- o Throughout the year, it may be necessary for coaches to adjust the composition of the squads based on the needs of the program.

Expectations of Grapevine High School Cheerleaders

1. A cheerleader is considered a leader at all times. Drug and alcohol use and infractions of school rules are not acceptable for any member of a high school cheerleading squad. Every cheerleader will sign the Extra/Co-Curricular Pledge as mandated by the GCISD or shall forfeit squad membership in accordance with GCISD policy.
2. Cheerleaders are expected to set a good example for their classmates and follow the GCISD Student Code of Conduct, including Dress Code, whether or not the school or an individual teacher is actively enforcing a rule at the time. This includes but is not limited to the following: Cheerleaders should not expose their stomachs or have visible tattoos, no visible piercings other than on the ears, and hair should be a natural color.

3. Cheerleaders shall be cooperative with teachers, administrators, coaches, and fellow cheerleaders. Cheerleaders shall promote and maintain good relationships with other school organizations and the student body.
4. Varsity and JV squads shall attend, cheer and/or support activities scheduled by the coach. The cheerleader coach will evaluate exceptions when adequate notice is given.
5. Cheerleaders shall participate in and give freely of their time for all cheerleading activities deemed appropriate by the coach. All conflicts with the assigned activities shall be discussed with the coach in advance.
6. In order to be an active high school cheerleader, cheerleaders will be required to be enrolled in the appropriate cheerleading class(es), both fall and spring semester of the membership year. Seniors will not be enrolled in the spring semester cheer course and should plan accordingly. Cheerleaders are encouraged to participate in other school activities as long as there are no conflicts with their cheerleading responsibilities. There should be communication with coaches and all concerned to eliminate potential conflicts.
7. Due to the strenuous nature of the activity, cheerleaders shall dress out daily and will participate in a conditioning program that includes such activities as running, aerobics, weight lifting, stamina jumps, tumbling, stunting, etc. Any braces or supports shall be worn to all practices. If at any time a cheerleader loses the ability to perform a skill, he or she may be removed from the activity until the skill is regained.
8. Cheerleaders shall treat every appearance (game, pep rally, competition, etc.) as a performance. Inability or refusal to perform certain routine tasks such as required jumps, tumbling, stunts, or repeated instances of memory mistakes during routines may result in the cheerleader being removed from that specific performance.
9. Concerns or questions encountered throughout the year should follow the following chain of command:
 - Coach
 - Girls Athletic Coordinator
 - Vice-Principal
 - Principal

Expectations - Grades

1. Cheerleading is a UIL Spirit Activity so members will be held to the same “No Pass, No Play” standards. Grades shall be checked and monitored. At the end of each six/nine week grading period and at other times as requested by the coach, cheerleaders shall provide report cards and progress reports to show evidence of their eligibility.
2. A cheerleader failing a course will be ineligible to cheer in accordance with UIL eligibility guidelines (http://www.uil.utexas.edu/policy/side_by_side.html). During the period of ineligibility, the member will dress out and participate in all practices, but may not participate in any pep rallies, games, or other performances. The member may not travel with the team to such functions.
3. If a student is ineligible due to failing grades for two grading periods in the same school year, he or she will be removed from the squad. The grading periods do not need to be consecutive.

Expectations - Attendance

1. Cheerleaders are expected to have excellent school attendance and are responsible to their fellow squad members to attend and participate in all practices and activities.
2. Unexcused absences from school or cheerleading activities may result in disciplinary action by the coach.
3. Cheerleaders must personally notify the coach BEFORE being absent from any cheerleading activity (at least 24 hours in advance). If an emergency should occur, the parent may write a note the next day for the absence to be excused. Under certain circumstances, the coach may request a doctor’s note from a cheerleader who has multiple absences due to illness or injury.
4. Any cheerleader, unable to perform or practice because of an illness or injury, shall appear at the event in full uniform and sit in a designated area, unless the illness or injury warrants non-attendance as determined by the coach. If an injury or illness hinders or limits a cheerleader’s performance capabilities, that cheerleader is required to present a doctor’s note outlining performance limitations or releasing the cheerleader to perform or practice again.

5. Cheerleaders shall ride the bus to and from out-of-town athletic events if a bus is provided. If they do not, they will not perform in that event. Exceptions to this rule will be made on an individual basis, with coach approval and appropriate waivers completed in advance of the event.
6. All cheerleaders shall attend fundraisers.
7. High school cheerleading obligations supersede club or all-star events or practices.

Expectations - Practices

1. All practices are mandatory for all members.
2. Occasional night and/or weekend practices may be necessary. Every effort will be made by the coach to give at least one week prior notice of such practices.
3. Soft drinks, jewelry, gum, or food are not allowed at practices.
4. Phones are not allowed at practice.
5. Team members may not leave practice without thoroughly cleaning up the practice area including mats, ice bags, clothing, etc.
6. Practices may not be held without the coach's knowledge or without the coach's supervision. Cheerleaders may not stunt or tumble without a coach present.

Expectations – Uniforms

1. Cheerleaders are responsible for purchasing and maintaining all necessary workout clothes, uniforms, and accessories as required. All personal items should be labeled with the cheerleader's name.
2. Uniforms shall only be worn by the cheerleader to approved activities.
3. All cheer clothing is to be clean and in good repair before each cheer activity.
4. Jewelry may not be worn while a cheerleader is in uniform.
5. When in uniform at school or in public, the proper cheerleading shoes, socks, hair and other accessories shall be worn at all times.

6. All cheerleaders will be assessed a \$15 maintenance fee per school-owned uniform piece and a \$15 maintenance fee per weather pack.
7. School-owned uniforms shall be returned to the coach in clean and repaired condition at the end of the basketball season. Replacement cost will be determined based on the actual cost of the uniform/item and the cheerleader will be charged for any damaged or unreturned school-owned uniform/item.
8. It is the discretion of the coach to determine the proper fit of the uniform.

Expectations - Fundraising

1. Cheerleaders shall actively participate in cheerleading fundraisers.

Membership: Qualifications and Tryouts

Qualifications

1. Candidates must have a Grapevine High School address. Any questions or exceptions need to be handled through the registrar and the school administration.
2. In accordance with District guidelines and policies, candidates may not have missed more than 5 unexcused days of a blocked class per semester or 10 days of a daily class per semester. Any attendance appeal based on extenuating circumstances must be made to the campus Attendance Review Committee (ARC) through campus administration.
3. High school candidates must have a cumulative GPA of no less than 2.80 (not rounded up) on the current five point scale. Middle school candidates must have no less than a 77.50 fall semester average (not rounded up).
4. Candidates must be in good standing with their behavior/discipline. Multiple office referrals, ISS placements, out of school suspensions, and Vista placements will be taken into consideration, and persistent behavior incidents will result in the candidate not being eligible to try out. Students placed in JJAEP will not be eligible to try out. In addition, students who have been suspended from the cheer team twice in a cheer calendar year are not eligible to try out the following year.
5. Candidates shall satisfy all fees owed to the GCISD before tryouts.
6. Candidates shall have turned in all required paperwork for tryouts at a time designated by the coach. Required paperwork includes:

1. Fall Semester Report Card
 2. Letter of Agreement and Medical Release
 3. Candidate Information Sheet
 4. Spring Class Schedule
 5. Signed Tryout/Constitution Form
 6. Signed Concussion Acknowledgment Form/Drug-Alcohol Pledge (After Tryouts)
7. Once a candidate has made the team, the candidate is required to have a physical on file with the coaches and athletic trainers by the end of May.
 8. Candidates and at least one parent or guardian are highly encouraged to attend the Tryout Information Meeting. Tryout information will be distributed, including all tryout score sheets, along with judges' instruction sheets. The discussion of the Tumbling Certification and tryout score sheet will be videoed and placed on the school website and/or cheer program website. If unable to attend, the candidate and at least one parent or guardian should contact the coach within 24 hours of the initial Tryout Information Meeting to make alternate arrangements.

Tumbling Certifications

The purpose of the Tumbling Certification is to provide an evaluation that the candidate can be called upon to perform the minimum tumbling skills safely throughout the year. SAFETY IS GCISD's CONCERN. Demonstration of tumbling skills during the Tumbling Certification process shall in no way lessen the need to demonstrate tumbling skills within the tryout process.

1. All candidates will be required to show proficiency and safety on the following list of tumbling criteria:

JV: Standing Back Handspring
 Running Round Off Back Tuck

Varsity: Standing Back Tuck OR Standing Back Handspring(s) Back Tuck
 Toe Touch Back Handspring
 Running Round Off Back Hand Spring Back Tuck

2. Candidates who do not meet the proficiency of these skills in a manner deemed to be safe will not be eligible to try out for the JV or Varsity squads. GCISD defines "safely" as: completely rotating and landing on feet.
3. The tumbling certification will take place before the tryout and certification will be determined by the respective cheer coaches. Candidates will have multiple opportunities to pass tumbling certification.

4. Each candidate will have 3 attempts (but no more than 5 minutes) to demonstrate his/her required skills at each tumbling certification.

NOTE: Attempting to demonstrate any tumbling skills the candidate has not already mastered is dangerous.

Tryouts

1. Candidates who meet the qualifications shall not be discriminated against because of race, gender, national origin, or educational handicap.
2. All female candidates will be expected to perform a chant and a dance. All male candidates will be expected to perform a chant and a partner stunt. No tumbling or jumps will be incorporated into chants or dance. Participation in the tryouts clinic is mandatory.
3. The attire for all candidates shall be the same: the tryout t-shirt, black athletic shorts, white no-show socks, white athletic shoes, and no bow in the candidate's hair. Order of performance shall be determined by random draw within the team each candidate is trying out for. Candidates shall tryout in team order on the tryout date.

NOTE: Attempting to demonstrate any tumbling skills the candidate has not already mastered is dangerous. Candidates who have not mastered a skill should substitute the highest level skill that they have mastered.

4. Candidates will perform a set of individual and group skills before a panel of 4 judges. The judges will evaluate the candidates utilizing the score sheets presented in the tryout meeting (see attached). Scores will be averaged.
5. A candidate must receive the minimum score (see below) from the judges to earn a spot on the team. If these scores are not obtained, the candidate shall not be considered for membership. **Judges' scores are final.**
 - **JV - Minimum score of 25.0** (not rounded up)
 - **Varsity - Minimum score of 28.0** (not rounded up)
6. Judge's score sheets may be reviewed in an administrator's office by appointment only, for those that did not achieve the minimum score. Viewing the scores should take place within **ten school days** following the tryouts.
7. The tryout process is video-taped for the judges' and administrative use only.

Tryouts-Extenuating Circumstances

1. If a candidate encounters extenuating circumstances (defined as a physical injury that inhibits performance), they must contact the coach directly prior to the tumbling certification/tryout and

as soon as the candidate becomes aware of his/her injury with medical documentation.

Extenuating circumstances brought to the attention of coaches/administration after the tryout process will not be considered.

2. Students who are unable to complete any portion of the tryout process must appeal in writing to the high school campus principal. Previous same-level tumbling certification and coaches' knowledge of the athlete may be considered.

3. Attendance at the tumbling certification, tryout clinics, and tryout is required for the demonstration of those skills that can be accomplished according to the doctor's instructions.

*** Please remember, these skills will continue to be mandatory throughout the year. Failure to perform required skills upon release from injury could result in removal from squad events and performances.

NOTE: Attempting to demonstrate any tumbling skills the candidate has not already mastered is dangerous.

Coach's Authority

1. Cheerleaders shall attend all activities scheduled by the coaches. All activities, projects, trips, expenditures, and fundraisers concerning the cheerleading organization must be approved by the coach and campus administration.
2. GCISD is not responsible for independent practices or individual competitions that cheerleaders engage in which are not approved and scheduled by the coaches.
3. Cheerleader coaches shall receive training annually from a recognized cheerleading organization.
4. The interpretation of all rules is the sole right of the coaches and the principal.

Cost

The District will provide each cheerleader with a uniform. The Cheer Booster Club, with approval from campus administration and the coaches, may elect to provide additional uniforms and equipment for the program. The Cheer Booster Club will provide fundraising opportunities to help finance non-school District supported activities and competitions. The GCISD does not want the cost of the program to prevent any interested candidate from trying out. If a candidate

has financial concerns, they should contact campus administration to see if solutions can be found.

Extra Expenses

Cheerleaders and their families might elect to purchase team pictures, gifts, patches, and apparel other than those purchased by the District. The purchase of these items is the sole responsibility of the parent or guardian.

Resignation/Removal

Resignation is defined as a choice made by the individual cheerleader to no longer participate in the GCISD cheer program. The resignation procedure involves a conference with the coach and a letter of resignation signed by both the cheerleader and cheerleader's parent(s) or guardian(s).

Removal is determined by either the failure to meet the disciplinary standards as set forth by the campus in a merit/ demerit system, conduct viewed as unbecoming as determined by the coach or administration, or disciplinary removal in accordance with the program guidelines and school policies. Removal will be a joint decision by the cheer coach and campus administration.

All property of the school shall be returned and all financial obligations shall be cleared at the time of resignation or removal.

In the event of dismissal or removal during mid-semester, the student will be reassigned to another class.

Reinstatement during the school year may occur only if the cheerleader moved away and returned within the same school year, provided that the cheerleader was in good standing with the program. No other reinstatements shall be allowed.

If a participant is removed or resigns their position, they will forfeit the privileges of an active cheerleader (i.e. banquet, trips, socials, competitions, etc.)

Competitive Cheer Squad

Varsity and JV cheerleaders will have the opportunity to participate on a competitive cheer squad. The decision to participate as a member of the competitive cheer squad is to be determined by the coaches.

Miscellaneous Information

The Cheerleader Constitution is subject to change at any time due to any Texas Education Agency rule changes, GCISD School Board policies, or changes approved by the coaches and principal. Additions may be made by the GCISD administration to the constitution at any time based on program needs.