



Aldine Independent School District

**Cheerleader/Mascot Handbook
and Constitution**

2014-2015



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Aldine Independent School District does not discriminate on the basis of race, color, national origin, religion, sex, or disability in providing educational services, activities, and programs, including athletic programs in accordance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended; and Title II of the Americans with Disabilities Act.

Aldine Independent School District

Rules and Regulations Governing Secondary School Cheerleading/Mascot

I. MISSION STATEMENT

The Aldine Independent School District cheerleaders/mascots take the lead in helping to promote an environment of acceptable social interaction, spirit, and pride among the students and community of the Aldine schools. This is fundamental for the position of cheerleader/mascot. The nature of cheerleading/mascot in Aldine is non-competitive and is **not** considered a sport, however, UIL guidelines are followed.

Student participation in extracurricular activities is encouraged. Aldine ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: 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.

Strictly an extra-curricular activity, the position of cheerleader/mascot requires a significant amount of time and a desire to promote school spirit. Cheerleaders/mascots serve not only as school leaders, but also as ambassadors whose responsibilities include:

- A. promoting and supporting athletic team endeavors by encouraging student and community attendance.
- B. leading the community as well as the student body in appropriate cheers and yells at athletic games, pep rallies, and school assemblies as needed.
- C. supporting school policies by precept and example.
- D. demonstrating appropriate behavior at all times.
- E. exhibiting cooperation and respect toward teachers, administrators and fellow students.

II. SELECTION TO THE POSITION OF CHEERLEADER/MASCOT

Any eligible student may seek the position of cheerleader. All applicants will appear before a panel of judges. The judging panel will consist of not less than three paid judges who have no affiliation with the school or any candidate. The judges will be from area colleges, universities and/or private cheer training companies. It will be the responsibility of the Director of Athletic Services to obtain judges. An appropriate rating sheet will be used in the judging process. Each applicant will appear before the

judges and demonstrate two jumps, one cheer and one chant. Ninth grade tryouts shall be separate from high school varsity tryouts.

Students, parents, faculty members, and current cheerleaders will not be allowed to view the tryouts. Scores will be tabulated by a campus administrator and/or program director/s. All scores will be tabulated twice (by two different people) and checked for accuracy.

III. CANDIDATE TRYOUT REQUIREMENTS

- A. Candidates must abide by T.E.A./U.I.L. policies.
- B. Candidates must have no “N” or “U” conduct grades and no grades of "I" on any nine week report card (not progress reports) during the school year. The teacher/s issuing an “N” or “U” must have accurate and appropriate documentation on file.
- C. Candidates must have been enrolled in an Aldine school the preceding semester, with no unexcused absences prior to tryouts. Candidates may only try-out for zoned campus. Out of district candidates attending Drew will cheer at Hoffman. Out of district candidates attending Carver will cheer at Eisenhower.
- D. Candidates must have a signed parent approval form to tryout for cheerleader/mascot.
- E. Students must have proof of insurance, and a current physical on file prior to tryouts.
- F. Students will have their applications scrutinized by the campus principal/s, counselor and the campus cheer sponsor. **Applications will be rejected for any of the following reasons:**
 - 1. In-school suspension during the current school year (SAC) (Level 2 and 3 offense). These will be determined by district policy.
 - 2. Poor discipline record (insubordination)
 - 3. History of poor attendance in school (NG)
 - 4. Failure to turn in application by deadline date
 - 5. Uncleared records (financial etc.)
 - 6. Removal from or withdrawal from the cheerleader position during current school year (exceptions will be reviewed by campus principal, cheer sponsor, and director).
 - 7. Students who wish to decline the cheerleader position, for which they have been selected, must do so within five (5) school days following the selection announcement.

8. Student without a current physical and/or proof of insurance.
- G. Upon being selected as cheerleader/mascot, the new cheerleader/mascot must uphold the Cheerleading/Mascot Code of Conduct for the remainder of the school year. Failure to do so may result in losing the position for the upcoming year.

Note: **It is the responsibility of the sponsor to check all eligibility requirements of each candidate prior to and after tryouts. If required fees associated with cheerleading are not received by a set deadline, determined by sponsor, cheerleader will forfeit their position from the squad.**

IV. CHEERLEADER/MASCOT TRYOUT PROCESS

All tryouts should be held and completed during the Spring Semester. Every effort will be made to avoid district-wide events when scheduling the district wide instructional clinic and tryout dates. Candidates that are not able to attend the instructional clinic may still try out for their campus squad. The Director of Athletic Services will contract with and pay for judges for all district cheerleader tryouts.

Ninth Grade campuses only At the discretion of the sponsor and approval by campus principal an additional cheerleader try-out can be held during the first two weeks of school, solely to fill vacancies on the squad, not to exceed maximum amount (12).

All written *try out* communication to students and parents (applications, forms, letters) will be standardized and sent to the sponsors. The Director of Athletic Services will create all application letters/forms.

It is necessary to meet with potential candidates before the tryout process begins. Sponsors/intermediate “captains” must hold a pre-tryout meeting for candidates prior to the district-wide instructional clinic. Sponsors must provide informative handouts at the meeting for the candidates. Topics covered at the pre-tryout meeting will set expectations and help candidates make an informed decision about whether to try out.

Topics to be discussed:

- ◆ General program goals
- ◆ Tryout eligibility/procedures
- ◆ Tryout dates
- ◆ Practice dates
- ◆ Location of practices
- ◆ Location of tryouts
- ◆ Potential time involved
- ◆ Approximate costs to the parent

- ◆ Fundraising efforts
- ◆ Constitution/code of conduct
- ◆ Summer camp
- ◆ Travel policies/procedures
- ◆

A. **Other Important Tryout Issues**

1. The district wide INSTRUCTIONAL CLINIC is typically held the last Saturday in February for students interested in cheerleading. The clinic is free to all accepted candidates. (A DVD with the instructional music would be purchased for \$5.00 by the students.)
2. According to U.I.L. rules, academically ineligible students are permitted to tryout as well as attend pre-tryout practices. However, once selected as a cheerleader, students must maintain a recorded grade average no lower than 70 in all courses in order to participate in cheerleading activities.
3. Cheerleaders/Mascots who quit or who are removed from the squad due to Behavior (Category II and III) or accumulations of demerits for not attending games and practices, will not be allowed to tryout for a cheerleader position for the one calendar year. Eligibility to try out again for students who lose their position for academic reasons would be determined by existing AISD policies.

The judges scores and score sheets are confidential, and therefore not open to the public. However, an individual student and his/her parent(s) may see his/her own score, and/or scoresheet after tryouts are complete and results are announced. Parents must call the school office to make an appointment to see their child's scores. Individuals may not receive copies of any portion of the scoresheet/s.

4. In case of a tie, or at the discretion of the sponsor, all participants with equal cumulative scores may be "called back" and asked to re-perform for the same team of judges. The scores earned on the second performance will be used to break the tie.

V. **MEMBERSHIP**

- A. The top twelve (12) 9th graders will be placed on the 9th grade squad. The Varsity squad shall have a maximum of eighteen (18) members, regardless of their grade level (10, 11, 12). However, the high school campus will have the option of reducing the varsity squad to a lesser number, if the try out participation is significantly low and the bottom composite scores are greater than 5 points from the 15th composite score.

Based upon the composite scores earned in try outs, the Jr. Varsity squad will have a maximum of ten (10) members. However, the high school campus will have the option of reducing the Jr. Varsity squad to eight (8) members, if the try out participation is significantly low and the bottom composite scores are greater than 5 points from the 8th composite score. The Sophomore squad (if necessary) will have six (6) members. If vacancies occur on any squad the sponsor will have the option to fill the vacancy from the squad directly below in the high school. There may be one head cheerleader or two co-head cheerleaders (all levels) designated by the sponsor after the selection of the squad. No alternates can be chosen.

- B. The middle school cheerleading squad will consist of fourteen (14) members. There may be one head cheerleader or two co-head cheerleaders designated by the sponsor after the selection of the squad.
- D. The high school will select one mascot for their cheerleading squad.

VI. MAINTAINING CHEERLEADING/MASCOT MEMBERSHIP

- A. Cheerleaders/Mascots must provide report cards to the sponsor at the end of each grading period or at any time requested by the sponsor. According to T.E.A., once a cheerleader is selected, students must maintain a recorded grade average no lower than 70 in all courses in order to participate in cheerleading.
- B. Should any cheerleader/mascot make a failing grade, "I" or "N" or "U" in conduct in any one subject in a six weeks period, she/he will be placed on probation until the next grading period. If she/he is still failing or still reports an "N" or "U" in conduct, she/he will forfeit her/his position. Only one scholastic probation will be allowed during a school year.
- C. All uniforms and equipment must be returned to the sponsor within one week of academic/conduct termination. Uniforms must be laundered (follow directions on the garment label) and in good condition. Students will be assessed a laundering fee of \$20.00 (if applicable) if the uniform is returned without evidence of being appropriately cleaned. A replacement fee will be assessed for AISD property not returned or returned in unacceptable condition.
- D. Camp wear is the property of the cheerleader. The district does not pay for or reimburse individuals for any clothing purchased independently.
- E. Cheerleaders/mascots must attend school regularly. If absent for any reason, the sponsor must be notified, even if there is no scheduled activity for that day.

- F. Cheerleaders/mascots must have a physical examination and carry school insurance, or provide evidence of individual medical insurance. A copy of student insurance must be on file at the campus.
- G. Not all cheerleading activities can be pre-scheduled, therefore cheerleaders/mascots must be available on “short notice.”
- H. Cheerleaders must be available for summer practice and camp.
- I. Cheerleaders/Mascots must show responsibility by attending all practices and functions throughout the school year.
- J. All high school cheerleaders are required to attend summer camp. Middle school cheerleaders and incoming 9th graders must attend the Aldine sponsored camp, rather than a camp outside of the district.
No overnight travel is allowed for middle school squads incoming 9th grade squads. Individual students are responsible for their own camp expenses, including camp wear, meals and transportation.
- K. Cheerleaders/mascots are selected only for the school at which they try out. Should a cheerleader transfer to a different Aldine School, the cheerleader/mascot position is forfeited.
- L. Cheerleaders/mascots must exhibit maturity and sound judgment at all times.
- M. Cheerleaders/mascots must refrain from gossiping and criticizing fellow cheerleaders, on or off school premises, and social networking sites.
- N. Cheerleaders/mascots must make time for planning and preparation.
- O. “A cheerleader/mascot will be automatically dismissed when he/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).
- P. Unauthorized transmission of electronic images/data may result in immediate and permanent dismissal from the cheer squad.
- Q. A cheerleader/mascot who is or becomes pregnant will be required to obtain the certification of a physician that the student is physically and emotionally able

to continue participation in the normal education program or activity. The Aldine ISD will not provide maternity uniforms to any member of the squad.

VII. UNIFORMS/APPEARANCE- CHEERLEADERS/MASCOTS

- A. District purchased dress uniforms are **on loan** for use during the school year, and will have to be returned to the school at the end of the school year. The district will issue each cheerleader a complete uniform. A uniform consists of a skirt, a shell, emblem, rain gear and bag. **NO** personalization of any district purchased items is allowed. All district uniforms must be approved by the Director of Athletic Services prior to purchase.

Briefs, shoes, socks, hairbows, turtlenecks, and camp wear will be the responsibility of each individual cheerleader/mascot.

- B. Practice uniforms are the responsibility of each individual cheerleader/mascot. Practice uniforms must be tasteful and aligned with district dress code policies. All practice uniforms must be approved and will be determined by the sponsor.
- C. Cheerleaders/mascots should exercise proper care of the uniform at all times. Permanent alteration of district clothing is **NOT** allowed. Maintenance and laundering/dry cleaning is the responsibility of the individual cheerleader/mascot.
- D. Shoes must be clean and in good condition.
- E. Uniforms are to be worn only for school sponsored games, pep rallies, competition, and any other activities designated by the sponsor.
- F. For safety reasons, **NO** jewelry (includes but is not limited to watches, earrings, rings, necklaces, and bracelets) will be worn while in active participation of a scheduled event.
1. **Absolutely NO** body piercing accessories will be allowed while in uniform.
 2. **NO** tattoos shall be visible at any time while in uniform. Failure to comply may result in termination.
- G. Only clear and french (tips) nail polish will be worn while in uniform and make-up should be tasteful and appropriate for the occasion as determined by the sponsor.
- H. To avoid injury, nails must be trimmed to a safe/reasonable length.

(example: ¼” past tip of fingernail). Appropriate length will be determined by sponsor.

- I. Hair must be of a natural color with no distracting accommodations. Hair that is chin length or longer must fit into a ponytail. Must have hair pulled or tied back (out of face.) All hairstyles must be approved by sponsor and campus principal.

VIII. TRIPS

- A. All cheerleaders/mascots must travel to and from games by school bus. Students who miss the bus are not eligible to participate in the scheduled event. Emergencies and exceptions will be determined by the sponsor.
- B. If district transportation is not provided, alternate transportation will be arranged according to district policy.
- C. Sponsors/students must follow all AISD Travel Policy requirements when traveling out of the district or overnight.
- D. Sponsors shall not transport students in their personal vehicle for any reason.
- E. All out of district events, competitions, parades etc. must be approved by the Director of Athletic Services. Students will travel in district approved buses.
- F. Cheerleaders/mascots need to be picked up within fifteen (15) minutes of the scheduled pick-up time. If not on time, picked up cheerleader will be suspended for the next game and given demerits. Three (3) violations will result in removal from the squad.

IX. PRACTICES

- A. Practices will be held every day possible unless otherwise stated by the sponsor. Conflicts with other activities must be resolved in advance between the sponsors of the activities. It is the cheerleaders responsibility to make the sponsor aware of the conflict well in advance.
- B. Practice schedules will be determined prior to the season. Students are responsible for giving the practice schedule to their parent(s).
- C. Additional practices may be called if circumstance/s warrant.
- D. Cheerleaders/mascots must wear uniform clothing during the extended day practices.

- E. Promptness is mandatory, tardiness will result in demerits.
- F. Cheerleaders/mascots must be focused at all times. Discussing subjects other than cheerleading during practices will not be tolerated.
- G. No one other than cheerleaders/mascots should attend practice. However, spotters may be allowed. No parents, family members, or legal guardians are allowed at practice at **ANY** time.

X. GAMES AND OTHER ACTIVITIES

- A. Varsity cheerleaders/mascots shall perform at pep rallies, football games, basketball games, and other activities as specified by the sponsor and/or principal.
- B. Sub-Varsity Cheerleaders (Freshmen, Sophomore, and JV) shall perform at all sponsor designated home games, or authorized away games, pep rallies, and other activities as specified by the sponsor and/or principal.
- C. Cheerleaders must be focused at all times. Discussing subjects other than cheerleading during games will not be tolerated.(Including mascots)

XI. CONDUCT

- A. Specific disciplinary action for infractions of rules are set forth in the *CODE OF CONDUCT* included in this document.
- B. As representatives of their respective schools in the Aldine Independent School District, cheerleaders/mascots must conduct themselves properly at all times.
- C. Undesirable emotions in public (excessive crying, pouting, anger, public display of personal affection etc.), will not be tolerated.
- D. Good sportsmanship is to be exhibited at **all times**. (within the squad and with other squads, on and off the campus)
- E. Cheerleaders/mascots must demonstrate appropriate behavior at all times on the campus and off the campus. Failure to comply will result in disciplinary action. (probation, two week removal from squad, or termination)
- F. Cheerleaders/mascots using profanity or vulgar slang terms, during anything school related, in or out of uniform, may be terminated at sponsor's and/or campus principal's discretion.

- G. Cheerleaders/mascots shall set a good example for other students while in the classroom as well as at other activities. Work should be completed in a timely manner and done at the student's ultimate level of performance. Cooperation and respect should be shown for teachers and administrators, and a positive attitude should be shown to fellow students. Cheerleaders/mascots demonstrating unacceptable behavior/attitude will be disciplined in accordance with school policies. Reoccurrence of inappropriate behavior may result in termination from the squad.

XII. DUTIES OF HEAD/CO-HEAD CHEERLEADERS

- 1. The Captain/Head Cheerleader is decided by the sponsor. **Potential candidates must have been a varsity cheerleader the previous year.**
 - A. Head cheerleader(s) shall set a positive example for others.
 - B. Head cheerleader(s) shall take charge of planning pep rallies with the help from others along with sponsor approval.
 - C. Head cheerleader(s) shall decide on cheers and chants to be used and announce them to the group.
 - D. Head cheerleader(s) must show no favoritism toward other cheerleaders.
 - E. Final decisions on debated topics will be made by the head cheerleader and the sponsor.
 - F. Head cheerleader(s) shall take charge of all practices, teach yells, pom-pom routines, and stunts with the help of the squad and sponsor.
 - G. Head cheerleader(s) will make necessary phone calls and school announcements.
 - H. Head cheerleader(s) must solicit approval of the sponsor when making major decisions.
 - I. Head cheerleader(s) is responsible for keeping accurate records of demerits, checking squad neatness, and relaying messages.
 - J. High school head cheerleader(s) may give merits and demerits with sponsor approval.
 - K. Middle School squads will have merits and demerits given by the sponsor.
 - L. Other duties as assigned by the sponsor or campus official.

- M. If captain/head cheerleader does not perform the duties listed above, they will be removed from the position.

XIII. MAJOR AWARDS

A. Middle School

1. Students on middle school squads may earn Certificates of Award.

B. High School

1. All Varsity cheerleaders/mascots are eligible for a letter upon completion of each successful year as a cheerleader/mascot, participating in the required number of events.
2. All high school **varsity** cheerleaders/mascots are eligible for a major award upon **completion** of one successful year. The major award will be a letter jacket.
3. To earn the award, varsity cheerleaders/mascots must have participated in 90% of the regular football games, 90% of the required basketball games and 90% of all practices.
4. The award will be ordered at the end of the regular basketball season of the second successful year.
5. Cheerleaders/mascots may earn other awards (blanket, plaque, picture for frame) additional years of service.

NOTE: If a student becomes academically ineligible and is not able to participate in the required number of football/basketball games, she/he is ineligible to receive an award. A committee comprised of the student's sponsor, principal, and the Director of Athletic Services will review and rule on each individual case.

XIV. RECORDS

- A. Records will be kept by the cheer sponsor and head cheerleader.

XV. SICKNESS OR INJURY

- A. In the event of sickness or injury to a student requiring transportation to a medical facility away from school or away from site of a school activity, that student, if not accompanied by a family representative, will be accompanied by an adult school district representative. The school district representative will remain with the student until the student is released to an adult family representative. The school district teacher, sponsor, or coach directing the

student's activity at the time of the incident, shall follow-up on the medical status of the student as soon as possible and the findings shall be reported to the building principal.

XVI. RESPONSIBILITIES, DUTIES, AND OBLIGATIONS

- A. A cheerleader's/mascot's year begins the day she/he is elected and ends the last day of the following school year.
- B. A cheerleader/mascot is expected to fulfill all the financial obligations required throughout the entire year of squad membership.
- C. A cheerleader/mascot must have been promoted to the next grade level by the first day of school. Failure to be promoted will result in immediate removal from the squad.
- D. Cheerleaders/mascots are school representatives whether in uniform or not, and should act accordingly, meeting all requirements of the AISD Code of Conduct, home school, and district constitution.

THE CODE OF CONDUCT

A cheerleader's/mascot's conduct will be consistent with the rules and regulations governing Aldine ISD, and the *Cheerleading/Mascot Handbook* at all times. Failure to maintain such conduct may result in probation or expulsion.

The conduct of a cheerleader/mascot shall be governed by the Aldine Student Handbook and a merit-demerit system. A cheerleader's/mascot's conduct and behavior reflects on the whole squad. A cheerleader/mascot must be aware of their conduct at all times.

One Year (from the date of the offense) Mandatory Expulsion
(To be determined by the principal and the sponsor)

Whether or not a cheerleader/mascot is representing their school, they will be terminated for:

- A. Smoking
- B. Drug use (including alcohol)
- C. Defacing school property
- D. Being truant from school or skipping any class
- E. Unlawful activities
- F. Fighting or instigating fights
- G. Insubordination
- H. Proven gang activity / involvement

- I. Assignment to S.A.C. by administration for a major offense, (which is determined by campus.)
- J. Frequently being assigned to S.A.C. by administration for minor offenses, (which is determined by campus.)

II. DEMERITS

A. A total of ten demerits will result in probation from all cheerleading/mascot activities. During football season, probation will be two weeks for high school and one week for middle school. During any season other than football, the probation period will be for three weeks for high school and two weeks for middle school. While on probation, a cheerleader/mascot will be required to attend pep rallies, games, practices, etc., dressed in uniform. However, they will not be allowed to participate. A cheerleader/mascot on probation will not be allowed to sit with friends. Instead, they will sit with the sponsor or behind the drill team. Failure to comply with the assigned discipline will result in termination.

B. Infractions and resulting demerits:

- Absences

- a. Unexcused:

Not contacting head cheerleader and cheer sponsor for absence approval:

- 1) Practice, fund raiser 5
- 2) Activity (game) 10
- 3) Squad function 5
- 4) School 5

- b. Excused:

- 1) Practice 1-3 (1 dmt-2wks notice)
- 2) Game 1-3 (2dmts-1 wk notice)
(3dmts-same week)

- Failure to perform duties as requested (daily duties) 5
- Failure to ride bus to and from game without sponsor permission 5
- Failure to abide by request of head cheerleader or cheer sponsor 5
- Failure to change or correct uniform after notification 5
- Failure to have a clean uniform 3

- Unpolished or scuffed shoes 3
- Failure to change uniform after game or event 3
- Failure to report grades when requested 3
- Failure to wear assigned practice uniform 1-5
(demerit per item that is incorrect)
- Bad attitude (complaining, lack of enthusiasm) 1-5
- Tardies:
 - a) Bus 5
 - b) Game, squad function or practice 5
- Failure to have hair in approved style 1-3
- Gum chewing at practice/game 1
- Fingernail polish (other than specified colors) 1
- Jewelry at practice/game 1-3

Once a cheerleader/mascot has served their probation, ten demerits will automatically be removed, resulting in a “clean-slate.” Following a cheerleader/mascot being put on probation, a parent conference may be required by the sponsor prior to the student returning to the squad.

If a cheerleader/mascot serves more than two probations periods, in any combination of the two specified types during an academic year, they will be terminated from the squad.

Ten demerits during the summer will result in a cheerleader/mascot forfeiting one probation period. However, practice and camp participation will be allowed.

C. Academic probation - forfeit one probation period

First-offense: no participation as a cheerleader/mascot in practice, games, skits, competition. They may not attend cheerleader/mascot functions while on probation.

Second offense: Permanent Expulsion (one academic school year)

D. Demerit probation - 10 demerits

First offense: will participate in painting posters and practice, but cannot cheer at games or participate with cheerleaders in other activities.

Second offense: Permanent Expulsion (one academic school year)

Each middle school and high school offers a merit system for the cheerleaders/mascots at their respective campus.

XVIII. MASCOT GUIDELINES

Purpose: The purpose of a mascot shall be to symbolize school and community spirit used to enhance the tradition and emotions of its audience through exaggeration, characterization and entertainment.

General Guidelines:

1. Be a positive representative of school spirit.
2. Follow all rules applying to cheer/mascot constitution.
3. Meet the opposing mascot to discuss any interaction between the two of you.
4. Do not be a distraction during the National Anthem.
5. Do not degrade game officials or opponents in any manner.
6. Dressing or undressing in front of crowds is prohibited.
7. Talking in costume is not appropriate for mascots.
8. Do not use lewd or obscene gestures at any time.
9. Do not encourage the crowd in dangerous or unsportsmanlike situations.
10. Attend cheerleading practices regularly to coordinate performances, special events and to receive pertinent information.

Mascot Safety Guidelines:

1. The use of springboards and/or mini-tramps is prohibited.
2. Mascots should never be used as spotters if dressed in costume and head is covered.
3. Be aware of the limitations of the costume.
4. Always stretch before and after a performance.
5. Set parameters in your performance area and stay away from dangerous or unstable areas.
6. Stunts and pyramids involving the mascot are prohibited.
7. Drink plenty of water during and after performances.
8. Use extreme caution when entertaining children.

NOTE:

In the event situations occur not covered by the *Cheerleader/Mascot Handbook and Constitution*, the sponsor, in conjunction with the principal, will have the authority to take additional action.

APPENDIX