

LOISD Cheerleader Demerit System 2019-2020

Attendance:

- Unexcused absence from practice or a game - 1 demerit
- Late to practice or leave early from practice - 1 demerit
- Leaving early from game or not staying to clean up - 1 demerit
- Not participating in a cheer event, including fundraisers - 1 demerit

Appearance:

- Improper uniform for game or school (poms, briefs, bow, shoes, etc.) - 1 demerit per item
- Improper practice attire (bow, shorts/top, etc.) - 1 demerit per item
- Wearing bright nail polish or having nails that are too long - 1 demerit
- Wearing jewelry at practice or game - 1 demerit

Behavior:

- Talking/horseplay during practice or game - 1 demerit
- Using cell phone at practice or game - 1 demerit
- Chewing gum or eating food at undesignated times - 1 demerit
- Inappropriate PDA during school function - 5 demerits
- Using inappropriate language during games or practice (including taunting and name calling) - 5 demerits
- Showing disrespect to a coach or squad member - 5 demerits
- Arguing/enticing conflict within the squad - 5 demerits
- Illegal substance abuse - Automatic Removal from Squad
- Blatant insubordination to coach (attitude, refusal to be a team-player) - 2 demerits
- Showing disrespect to a teacher or other staff member - 5 demerits
- Inappropriate posts of ANY form of social media - 5 demerits
- Lacking spirit or enthusiasm at games or practice - 1 demerit
- Lacking knowledge of cheers/chants/dances during games - 1 demerit
- Having anything less than a positive attitude - 1 demerit
- Detention - 5 demerits
- ISS - 10 demerits

Consequences

- Accumulation of 5 demerits results in the cheerleader being benched for 1st quarter
- Accumulation of 10 demerits results in the cheerleader being benched one game
- Accumulation of 15 demerits results in the cheerleader being placed on probation for 3 weeks
- Accumulation of 20 demerits will result in automatic removal from the squad

Merits

- ✓ Community Service - 1 demerit removed per hour
 - Must have a signed note stating what you did

I have read and understand my responsibilities as a cheerleader and agree to the conditions set in the contract. I understand that these guidelines will be STRICTLY enforced, and that if I do not fulfill my responsibilities I will receive demerits, resulting in the consequences list above. I fully comprehend that I am a representative of Lone Oak Middle School and I will make every effort to fulfill my responsibilities in being a positive role model. I know that my primary job is to be a CHEERLEADER and to promote and foster an encouraging, enthusiastic and spirited environment for my peers and the fans.

Name of Cheerleader (printed)

Name of Parent/Guardian (printed)

Signature of Cheerleader

Signature of Parent/Guardian