Prairie Vista Middle School
Cheerleading Discipline System

Explanation of Behavior Expectations: As a chosen member of the Prairie Vista Middle School Cheerleading Squad, you are responsible to your school and sponsors at all times. You are expected to uphold the highest standards of personal conduct both in and out of school. This includes sportsmanship, public displays of affection (PDA), and your manner of dress in and out of uniform.

The merit and demerit system may be changed or amended by sponsors and/or administration as needed. Merits and Demerits are not limited to the following examples but rather give an overview of expected behavior and rewards or consequences.

Merit System

The merit system is a series of rewards for appropriate behavior and academic excellence. Merits may also be used to “work off” any demerits accumulated.

Merits will be kept on file by the sponsors and are assigned by the sponsors.

Classifications of merits are as follows:

- All grades on report card 90 – 100                  3 merits
- All grades on report card 80 – 100                  2 merits
- All grades on report card 80 – 89                   1 merit
- Helping a teacher before or after school           1 merit per hour
  (must be verified with a note from the teacher)
- Community service                                  5 merits
  (prior sponsor approval required)
- Posters/Banners/etc.                               1 merit
Demerit System

The demerit system is a series of consequences for inappropriate behavior and infractions of the Cheerleading Constitution or Prairie Vista Middle School Code of Conduct/Handbook. Demerits are assigned by the sponsors based on the disciplinary action taken for the behavior.

Demerits may be worked off by accumulating merits. For every 1 Demerit given it will take 2 merits to work off.

Record of the demerits will be kept on file with the sponsors. Cheerleaders will be notified at the time of the infraction and may review the file at any time. Refusal to acknowledge the demerit with a signature or verbal by the cheerleader does not mean that the demerit does not exist.

Demerits will be assigned for, but not limited to the following:

**Tardy** to practice, function, or game: (Excused Tardy denotes a note from parent at the time of the tardy or prior written approval from the sponsors.)

- Unexcused Tardy 1 demerit
- Unexcused Tardy (more than 5 minutes) 2 demerits
- Continuous Tardiness (4 or more) 3 demerits

**Absences** from practice, function, pep rally, or game: (Excused Absence denotes a note from parent/doctor at the time of absence or prior written approval from the sponsors.)

- Absence from practice (summer and school year) 2 demerits
- Absence from function or pep rally 3 demerits
- Absence from game 4 demerits

**Participation**

- Leave early from practice first time (no more than 10 minutes) 0 demerit
- Leave early from practice two or more times 1 demerit
- Leave early from function or game first time 2 demerits
- Leave early from function or game two or more times 3 demerits
- Failure to turn in form, report card, grade sheet, etc. 1 demerit
- Failure to complete an assigned duty 1 demerit
- Failure to notify sponsor of absence 1 demerit

**Dress**

- Not dressing properly for practice 1 demerit
- Not wearing correct clothing for function or game 1 demerit
- General Appearance inappropriate or out of uniform 1 demerit
- Wearing jewelry at practice, function, game, or in uniform 1 demerit
Conduct

- Lack of respect for sponsor  
  (i.e. talking while sponsor is talking, acting rudely)  
  \(1 \text{ demerit}\)
- Lack of respect for team members  
  (i.e. arguing, fighting, bullying both in and out of school)  
  \(2 \text{ demerits}\)
- Detention issued by any teacher/staff  
  (Lunch, Morning, After-school)  
  \(1 \text{ demerit}\)
- Saturday School  
  \(2 \text{ demerits}\)
- SAC (for each day assigned)  
  \(2 \text{ demerits}\)
- Disciplinary Referral  
  (If result of Disciplinary Referral is detention, Saturday School, or SAC, the demerits will be issued for the consequence. If the consequence is just a conference with Administration/Counselor, the demerits will be issued for the Referral.)  
  \(2 \text{ demerits}\)
- Any ADC placement is grounds for dismissal from the cheerleading squad.
- Inappropriate Conduct  
  \(3 \text{ or more demerits}\)
  Inappropriate Conduct includes these but is not limited to the following examples:
  - Inappropriate language, cursing, gestures, or cheers
  - Public displays of affection
  - Poor sportsmanship
  - Bullying

**Any documented fighting, verbal or physical, will result in automatic benching at the coaches’ discretion.

Consequences of Demerits

- 3 demerits will result in sitting out of one quarter of the next game day  
  (must attend in uniform the entire game)
- 6 demerits will result in sitting out of two quarters of the next game day  
  (must attend in uniform the entire game)
- 10 demerits will result in sitting out of the next activity, game, or pep rally  
  (must attend in uniform)
- 12 demerits will result in a meeting with the cheerleader, parent(s), sponsor, and/or the principal. The sponsors and principal will determine the course of discipline. Possible consequences could be missing an activity or dismissal from the squad.
- Once the determined number of demerits is reached the consequences will follow regardless of the date or if merits could be earned prior to the function in question.
- Regardless of the number of demerits, if a cheerleader is not prepared for the performance she will NOT cheer. This includes knowing dance, cheers, and having the proper uniform.
- A sponsor will notify the cheerleader on a weekly basis in writing and/or verbally when a cheerleader or mascot has reached 2, 5, 9, and 11.
- The cheerleader will be notified in writing when 12 demerits have been issued to set up a meeting with the sponsor, parent, and/or principal.
- Note: At any time, a member of the squad may be removed from an activity by sponsor or administration.
ACKNOWLEDGEMENT OF CONSTITUTION AND DISCIPLINE SYSTEM

Cheerleading is one of many honors a student at middle school can obtain. With that honor comes many responsibilities above the regular student responsibilities. The constitution and discipline system were created as a guide for the expectations of cheerleaders at Prairie Vista Middle School. It is not intended to be used as a tool against anyone or their beliefs, but instead to protect those who wish to do all they can to keep cheerleading the honorable position it should be.

A student’s signature signifies that he/she has read and understands the constitution and discipline system and, if selected, will do their best to abide by these rules, expectations, and consequences.

_________________________________  __________________
Student Signature     Date

Parents should understand that if their child is selected as cheerleader, their help is vital to the organization’s success. Prompt payment on accounts, and support in following guidelines set forth in the constitution and discipline system are expected.

Parent signatures signify that they have read and do understand the constitution and discipline system and, if their child is selected, they will do their best to support cheerleading and see that their child abides by these guidelines.

_________________________________  ________________ __
Parent Signature     Date