Midland College
Cheerleading/Mascot Constitution
2012 – 2013

Purpose

The Midland College cheer squad is a group of selected individuals whose purposes are to promote and uphold school spirit, encourage crowd participation at athletic events, and develop a sense of good sportsmanship among students. The squad will be the foundation of athletic and academic spirit. The squad will also represent Midland College in a positive light and perform and entertain audiences. The spirit of a Midland College Cheerleader is important in the promotion of sportsmanship, citizenship and school spirit. Each squad member must develop loyalty towards the team as well as the school and assume a leadership position. Hard work and dedication are a must. It is an honor and a privilege to be a part of this organization.

Membership

- Members of the team represent not only themselves as individuals, but represent Midland College and the communities it serves. This responsibility is not to be taken lightly. A representative of the school must not consider his/her own feelings and wishes, but those of the group represented. Therefore, all members must maintain a standard of performance, behavior, appearance and sportsmanship which will reflect favorably upon the team and Midland College.
- All potential cheerleaders/mascot must meet academic and clinic requirements and try out. Cheerleaders/mascot are allowed to cheer for two years. Limited exceptions may be allowed by the Intramural Coordinator and/or his/her designee if extenuating circumstances have occurred.
- A cheerleader/mascot is considered a leader of the student body. Certain responsibilities accompany any position of leadership. Drug and alcohol use or any violation of team rules, the Midland College Cheerleading Constitution or Midland College policies or procedures is not acceptable of any member of the Midland College cheerleading squad.

***If a cheerleader/mascot becomes unable to meet membership requirements at any point during the year, he/she may forfeit squad membership and/or scholarship monies. ***

Practice/Performance Attendance

- Cheerleaders/mascot must participate in all scheduled activities according to team rules. This includes, but is not limited to, all fundraisers, summer practices, camp, and games.
- Vacations and other prior engagements must be declared by September 1st. After this date, the schedule of practices, games, and events will be considered priority and will supersede any personal engagements that may arise.
- The Season:
- The team cheers for all home volleyball games, all home basketball games (both men’s and women’s), travel to Odessa College, Howard College and other conference games, some Regional Tournaments, and National Tournaments, as well as some home baseball and softball games.

- Practice/event schedules and calendars will be given to each member at the beginning of the month. **Attendance is required at all practices and events.** The ONLY excused absences are: severe contagious illness with a doctor’s excuse, physical injury with a doctor’s excuse, death in the family, and taking a test with written proof from the instructor. **All excuses must be submitted to the coach/advisor in a written statement including missed dates, name, reason, and a signature at least 24 hours in advance.**

- Cheerleaders/mascot must seek approval from the Coach or his/her designee BEFORE being absent from any cheerleading activity (at least 24 hour notice). Personal illness, accident, a funeral or death in the family is considered excused absences. If an emergency should occur, contact the Coach or his/her designee as soon as possible. Cheerleaders/mascot will sit out a game for failing to give prior notification for an absence from a practice unless deemed an emergency. This means you must call the sponsor ahead of time, before the practice/performance begins.

- Cheerleaders/mascot who miss practice or a performance for an unexcused reason, or fail to give prior notification for an absence will be required to do a make-up-workout. If the workout is not completed, **demerits will be issued** without the ability to have them erased.

- Any cheerleader/mascot whom is unable to perform because of an injury or illness will appear at the event in full uniform and sit in a designated area. If an injury or illness hinders or limits a cheerleader’s/mascot’s performance, that cheerleader/mascot may be required to provide a physician’s note. All physician instructions will be followed, regardless of the circumstances or importance of the event.

- Any cheerleader/mascot who has not attended his/her academic classes on a game day will **NOT perform that day.** (Demerits will be issued)

- Any cheerleader/mascot who is absent from the practice prior to a performance, without notice, will not be allowed to participate in the performance regardless of the circumstances. (Demerits will be issued)

- If group travel (sponsored by Midland College) is required, cheerleaders/mascot must complete a Midland College travel release form and ride in the vehicle assigned by Midland College to and from all events. If cheerleaders/mascot do not ride in the provided vehicle, they will not be allowed to dress out or perform. Exceptions to this rule will be made on an individual basis and will require prior approval from the Intramural Coordinator and the Vice President of Student Services.

- Any cheerleader/mascot who fails to appear in full or correct uniform will not perform and will sit in a designated area.

- Excessive unexcused absences will result in suspension or removal. Excessive is defined as three in a row or **five absences total** from election to election.
Uniforms

- ALL parts of the cheerleading uniform must be worn. Including, but is not limited to: shoes, socks, hair in ponytail or half up, bows, tights and body liners.
- If a squad wishes to cheer in tights or sweatshirts, this agreement must be made IN ADVANCE of the game so that everyone will have the correct attire.
- Cheerleaders/mascot may not wear jewelry at any time while in uniform, during practices or performances, or while representing Midland College. Jewelry includes, but is not limited to: ear piercings, body piercing (including naval rings, ear rings, lip rings, nose rings, tongue rings, etc.), rings, bracelets, anklets, necklaces, etc. Colored nail polish should not be worn and nails should be of a length suitable for athletic activities (not passed finger tips).
- Cheerleaders/mascot may not chew gum or eat candy while in uniform.
- All cheerleaders/mascot MUST be dressed identically at all times while in uniform.
- When in mascot uniform, the mascot is not allowed to appear out of character. He/she must never be seen in less than full character.
- Unless otherwise designated, all parts of the cheerleading and Mascot uniforms are provided by Midland College and Midland College retains ownership. Upon request, all parts must be returned to Midland College within 48 hours. Failure to do so will result in a transcript/graduation/enrollment hold. In addition, a cheerleader/mascot will be required to pay the replacement cost for items lost, stolen or damaged.
- Cheerleading/mascot uniforms will be worn only when indicated by the coach or his/her designee and only by cheerleaders/mascot unless prior approval is given.

** NJCAA Rules state that students who are ineligible to compete or are unable to perform for any reason may not wear any part of the team uniform outside of the school day.

Appearance/Behavior

- Cheerleaders/mascot must be in good physical condition. Cheerleaders/mascot are required to participate in a conditioning program to help them prepare for performances including activities such as running, weight lifting, stamina jumps, tumbling, etc.
- Cheerleaders/mascot must have and continue to display the following character:
  - Must be honest.
  - Must willingly display positive school spirit.
  - Must demonstrate good sportsmanship.
  - Must exhibit a positive attitude toward cheerleading and Midland College.
- Attitudes/arguments/bickering/complaining/blaming will not be permitted at any cheerleading function. We are professionals! We are adults! We are a team! We work together! We accomplish together! If you have a problem it is your responsibility to set up a meeting with the captain, coach and/or Intramural Coordinator to get it resolved.
- If the above item becomes out of hand, the cheerleader will be dismissed by the cheer coach/Intramural Coordinator. We have a NO TOLERANCE FOR INSUBORDINATION!
• Cheerleaders must maintain a clean-cut, collegiate appearance while representing Midland College and the cheerleading program. “Representing Midland College and the Cheerleading Program” refers to anytime the cheerleader is in uniform or when wearing any clothing identifying him/her as a Midland College Cheerleader or when verbally recognized as such.
  - Unacceptable for males include but not limited to: earrings while in uniform or at practice, facial hair of any type (beards, mustaches, goatees, etc.), long hair, eccentric hairstyles (unusually dyed hair, Mohawks, etc.) visible body piercing, visible tattoos, wearing of any jewelry while in uniform etc.
  - Unacceptable for females include but not limited to: eccentric hairstyles, visible tattoos, loud makeup, visible body piercing, wearing of any jewelry while in uniform etc.
• In the event the Cheerleader already has a visible tattoo at the time of tryouts for the next year’s squad, and is selected to the following year’s squad, he/she will be required to make sure it is adequately and inconspicuously covered, to the satisfaction of the coach, while in uniform.
• In the event the Cheerleader already has a visible body piercing at the time of tryouts, and is selected to the following years squad, he/she will be required to remove all body jewelry while in practice or in uniform at a game or appearance. This includes tongue piercing.
• Pertaining particularly to naval rings, both male and female cheerleaders will be required to remove all body jewelry while in practice or in uniform at a game or appearance.
• It is also unacceptable for any cheerleader to wear apparel from other institutions/sports team, including high school, college/university and professional, before games, while participating in pre-game activities, traveling, or any other time when representing Midland College.
• The coach reserves the right to request a cheerleader to make appearance changes as deemed necessary. Noncompliance may result in suspension from cheerleading activities or dismissal from the squad.

Academia

• Cheerleaders/mascot are required to have above average school attendance habits.
• Cheerleaders/mascot must be cooperative with teachers, administrators, directors and fellow cheerleaders/mascot.
• Cheerleaders/mascot must promote and maintain good relationships with other school organizations and the student body. All problems and conflicts are to be discussed within our organization.
• Cheerleaders/mascot are expected to set a good example for their fellow classmates. They must exhibit good effort in the classroom and display good citizenship. They must demonstrate respect toward their teachers and peers.
• Cheerleaders/mascot must be enrolled in and complete a minimum of 12 credit hours. Limited exceptions may be approved by the Intramural Coordinator if a cheerleader/mascot is in a specific college program requiring fewer hours.
• Cheerleaders/mascot taking fewer than 12 hours who are not in a specific program will have a reduced scholarship amount depending on the number of credit hours you are taking.
• Each cheerleader/mascot must maintain a minimum 2.5 cumulative grade point average as well as a 2.5 current term grade point average.
• Cheerleaders/mascot who have a cumulative grade point average of 2.0 – 2.5 will be required to attend weekly study hall and mandatory tutoring sessions.
• Failure to meet a 2.0 cumulative grade point average will result in the loss of scholarship, being dismissed from the squad, and not being eligible for try-outs the following cheerleading season.
• If a cheerleader/mascot fails one course during the semester, he/she will be placed on a three week suspension at the beginning of the following semester unless the course has been made up in Interim/Summer School. Suspension may also result in loss of scholarship. Individual, extenuating circumstances appeals should be directed to the Intramural Coordinator.
• A cheerleader/mascot who receives two failing grades will be dismissed from the squad and not allowed to try out for the following cheerleading season.
• A cheerleader/mascot who fails two or more courses for the year will be ineligible to try out for the following cheerleading season.
• Grades are monitored throughout the semester. Unsatisfactory progress (grades of D/F), non-attendance, or inappropriate classroom behavior as described by the instructor may result in required weekly study hall, mandatory tutoring sessions, game and travel suspension and/or loss of scholarship.

**Alcohol/Drug Use**

• Cheerleaders are not to use, posses, sell or transfer any alcoholic beverage or any illegal, illicit, or designer drugs on campus or while engaged in any college instructional activity.
• Drug and/or alcohol testing can occur in “for cause” situations when academic or clinical performance, conduct, or other actions indicate possible alcohol or drug use. Students are responsible for the cost of the drug and/or alcohol testing.
• Students are required to participate in drug screening protocols established by clinical agencies utilized by the college.
• No alcoholic beverages will be bought, consumed, or allowed at any time during a Midland College sponsored trip.
• Use of ANY illegal drugs at any time (including steroids) will not be tolerated. Violations of this rule will result in immediate dismissal from the squad, as well as notification of the proper authorities. (*Remember – you could put everyone’s life in danger by violating this rule.)*
• Smoking or chewing tobacco while in uniform or in anything signifying membership with the Midland College Cheerleading program will not be tolerated. A violation of this rule will result in dismissal from the squad. Smoking, in general, will not be looked upon favorably due to its effect on the health and performance of a cheerleader. (*Remember, you are a role model for many young children and must display a positive image to the general public.*)
Alcohol/Drug: Student Conduct Regulations

- Illegally possessing, using, selling or being under the influence of dangerous drugs, narcotics or alcohol.
  - The college prohibits possession and consumption of alcoholic beverages on Midland College property.
  - The college strictly enforces the state law that prohibits the possession and consumption of alcohol by those under the age of 21.
  - The college strictly prohibits attending classes while under the influence of alcohol.
  - The college prohibits possession or use of controlled substances, i.e. drugs, in its residence halls or at any off campus college-sponsored event.
  - The college strictly enforces the local, state, and federal laws which prohibit the sale of controlled substances on its campus.

Coach Authority

- The Coach must authorize all activities, projects, trips, competitions, expenditures and fundraising concerning the cheerleading organization.
- Neither the Coach, and/or Midland College, will be held responsible for independent practices that cheerleaders engage in which are not officially scheduled by the Coach.
- The interpretation of all rules is the sole right of the Coach and Midland College Administration. They have the right to add or alter as necessary for the benefit of the organization.

Misconduct

Jumps/Make-up-Workouts:
A cheerleader/mascot will be required to perform ground up toe touches for certain violations and make-up-workouts for others. Jumps and workouts will be performed prior to the beginning of practice after the offense is noted. **The make-up-workout will consist of all the following:**

- Motions (10 times each): High V – T – Low V; High Touchdown – Table Top – Low Touchdown; L – Touchdown – L; Diagonal – Break Switch – Diagonal
- Jumps (10 times each): Left Hurdler – Pike – Right Hurdler; Left Hurkie; Right Hurkie;
- Toe Touch Ladder (No Jumping Jacks, you must rotate your hips)
- 25 Push-ups
- 25 V-up Crunches
- If during the regular workout routine, strength and conditioning was done, that will be added to the make-up workout.

Demerits:
A cheerleader/mascot will receive demerits when he/she fails to satisfactorily complete any responsibility. The demerit calendar will be from May to May, beginning with election of squad members. Five demerits will result in a two-game suspension. Ten demerits within a calendar year will result in dismissal from the squad. If a cheerleader is suspended, he/she MUST attend the game and sit in a designated area. The only time demerits are erased is at the end of the cheerleading calendar year. **Demerits will affect your scholarship.**
MIDLAND COLLEGE CHEERLEADING/MASCOT
MISCONDUCT FORM

Name: ______________________ Date: ______________________

Violation: Jumps____ Make-up-Workout____ Minor ____ Major ____ Terminating ____

Cheerleaders who accumulate ten demerits from election to election may be subject to dismissal from the team. Demerits are divided into three categories: Minor, Major, and Terminating violations. One/two point(s) will be issued for a Minor violation, three/four points for a Major violation, and ten points for a Terminating violation.

Examples of violations include, but are not limited to:

<table>
<thead>
<tr>
<th>Jumps</th>
<th>Make-up-Workout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure to look like a team member (no jewelry, exposed tattoos, etc.); Failure to have hair and makeup neat and attractive; Failure to have fingernails in proper condition</td>
<td>Failure to complete all parts of a workout</td>
</tr>
<tr>
<td>(50 Jumps)</td>
<td></td>
</tr>
<tr>
<td>Failure to return on time from game breaks</td>
<td>Failure to seek approval and/or notify the coach 24 hours prior to being absent from any activity</td>
</tr>
<tr>
<td>(50 Jumps)</td>
<td></td>
</tr>
<tr>
<td>Chewing gum or having candy during any cheer activity.</td>
<td>Failure to “dress out” in proper attire during practice resulting in an unexcused absence</td>
</tr>
<tr>
<td>(100 Jumps)</td>
<td>Unexcused absences from performances or practice, including summer practices and camp.</td>
</tr>
<tr>
<td>Participating in unnecessary conversation during practice or games</td>
<td></td>
</tr>
<tr>
<td>(100 Jumps)</td>
<td></td>
</tr>
<tr>
<td>Failure to be on time, as determined by the coach, to practice, performance, or activity.</td>
<td></td>
</tr>
<tr>
<td>(10 Jumps/Minute late, as determined by coach’s watch)</td>
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</table>

<table>
<thead>
<tr>
<th>Minor Violations</th>
<th>1 Point</th>
<th>2 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure to perform at your max</td>
<td>Failure to satisfactorily complete an assigned responsibility</td>
<td></td>
</tr>
<tr>
<td>Failure to learn/perform cheers or chants</td>
<td>Failure to promote fundraising projects that the squad sponsors</td>
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<tr>
<td>Failure to pay attention to the squad</td>
<td>Failure to wear the correct uniform and all its parts (bow, socks, etc.)</td>
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<tr>
<td>Failure to wear an assigned brace or wrap</td>
<td>Failure to have uniform in good clean condition</td>
<td></td>
</tr>
<tr>
<td>Failure to be cooperative with the cheerleader leading cheers or other squad members</td>
<td>Failing to receive acceptable grade reports</td>
<td></td>
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</tbody>
</table>
Major Violations

<table>
<thead>
<tr>
<th>3 Points</th>
<th>4 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any conduct unbecoming of a Midland College</td>
<td>Not completing weekly study hall</td>
</tr>
<tr>
<td>Cheerleader</td>
<td></td>
</tr>
<tr>
<td>10 + minutes tardy to practice, performance,</td>
<td>Showing disrespect to teachers, coach, Midland</td>
</tr>
<tr>
<td>activity</td>
<td>College personnel, other squad members,</td>
</tr>
<tr>
<td></td>
<td>another team</td>
</tr>
<tr>
<td>Public displays of affection while representing</td>
<td>Cussing while in uniform or at a Midland</td>
</tr>
<tr>
<td>Midland College in uniform</td>
<td>College Function</td>
</tr>
</tbody>
</table>

Terminating Violations

10 Points

| Intoxication or use of drugs                   |
| Failure to meet GPA standards                  |
| Failing two or more classes within a year      |
| History of repeated or continuous violations   |
| Lying to coach                                 |
| Falsifying Grade Report Sheet                  |

** Demerits will affect your scholarship amount. **

This guideline was stipulated in:

___ Cheerleading Constitution ___ Written Correspondence
___ Meeting ___ Verbally

Comments: __________________________________________________________

Issued by:

Signature: _________________________________________________________

Received by:

Signature: _________________________________________________________

Total demerits as of today: __________
Midland College Cheerleading
2012 – 2013 Constitutional Agreement

I____________________________________________ have read the
2012 - 2013 Midland College Cheerleading Constitution and I fully
understand all the rules, regulations and requirements. I am willing to
accept this responsibility as a Midland College Cheerleader and fully
understand the consequences if I do not fulfill my obligations as outlined
in the Constitution.

_____________________________________
Cheerleader’s Signature

_____________________________
Date