

Lufkin ISD Cheerleading Constitution

2022-2023



Code of Conduct

Certain standards are necessary for the integrity of any organization. Each and every member of the cheerleading team should be a leader within the school, as well as an upstanding role model, and should set a good example at all times. Members of the cheer team are expected to have and maintain a character above reproach; personal appearance and habits of which there can be no criticism are required. This is necessary, for the members are constantly representing the school before the public. Each cheerleader must demonstrate and uphold all core values of the program: Integrity, Respect, Hard Work and Tradition.

1. All rules as stated in the current LHS Student Handbook that apply at school and not stated herein, will apply at official practices, activities, trips, scheduled events, and any additional group activities.
2. Members are required to be courteous, polite, friendly, and have a positive attitude at all times to everyone.
3. Every member, will at all times, conduct themselves as a lady/gentleman. Open displays of affection will not be tolerated, as well as the use of profanity or fighting.
4. Every member shall respect the character and property of all other members and must remain without conflict among fellow LMS and LHS Cheerleading team members.
5. Internet, Instagram, Snapchat and any other social postings, cell phone conversations and texting will be under scrutiny if it interferes with or brings disrespect to the program or its members, at any time. Any circumstances that are deemed unacceptable or harmful may be grounds for dismissal from the team.
6. Each member will adhere to the school drug and fighting policies. Failure to abide by these school policies shall result in the member being removed from the team.
7. Every member is to offer utmost respect and effort to all teachers, administrators, and staff at LHS.

Philosophy and Objectives

1. LHS/LMS Cheer is a student activity that is considered a high honor because you represent your school and community. As a student activity, the first and foremost responsibility is to support and not compromise the student's academics.
2. The program should aid in developing the student into a responsible, mature, and independent adult.
3. LHS/LMS Cheer shall act as a support group for Panther sports and organizations at LHS/LMS.
4. LHS/LMS Cheer is to serve as public relations ambassadors for LISD, appear at games, activities, functions, programs, charitable, and public causes to promote LISD, and to uphold, reflect and project the goals and ideals set forth for Lufkin ISD Cheerleading Organization.
5. LHS/LMS Cheer is to perform as a team at sporting events, pep rallies, shows, community events, parades, UIL Cheerleading Competitions, and other events.

Requirements

1. Be responsible cheerleading members and act accordingly.
2. Train during the entire school year and continuously develop individual and team skills. Be dedicated and committed members willing to put forth 100% effort in the quest for excellence and perfection.
3. Work under the UIL eligibility requirements, school policies, and strict direction from the LHS/LMS Cheer coaches and Varsity Captains & Sr. Sargents.
4. Attend mandatory cheerleader summer camp and a 1-2 week workshop prior to camp.
5. Wear selected uniform items to school on Friday's and other assigned days.
6. Take utmost care of all school or LHS/LMS Cheer owned items issued while as a member.
7. Abide by all Constitutional and Code of Conduct rules.
8. Complete and pass any drug tests issued by LISD.

Membership

The Lufkin ISD Cheerleaders will consist of 3-4 squads depending on tryout numbers:

1. **Varsity** will be up to, but not exceed 24 members (juniors and seniors) plus up to 2 mascots.
2. **Junior Varsity** will be up to, but not exceed 24 members (sophomores and juniors)
3. **Freshman** will be up to, but not exceed 24 members (freshmen only)
**In the event that tryout numbers do not dictate the need for a 3rd high school team, LHS cheer may consist of only JV and Varsity squads. In this case, freshmen would be considered for the JV team.*
4. **LMS squad** will be up to, but not exceed 24 members (incoming 8th graders) plus up to 2 mascots.

Grades and Eligibility-As a Member of Lufkin ISD Cheer:

1. In accordance with UIL guidelines, a student must be passing all subjects in order to participate in extracurricular activities.
2. A one-time waiver from administration may be applied to a Pre AP/AP/DC class for participation only. This is at the discretion of the Campus Principal. A waiver does not make you eligible for tryouts or keep you from being dismissed from the team.
3. If the grading period is a UIL eligibility period, the UIL rule of no pass no play will apply. First failing grade will result in probation until eligibility is regained on progress report or report card.
 1. Attend scheduled tutorials
 2. Keep coach informed and create a plan to meet grade requirements
 3. Must attend all practices unless approved to miss for tutoring
 4. No uniform or participation and sit with coach during event (will not travel)
4. Any member failing one or more subjects for two consecutive nine week grading periods will be dismissed from the team.
5. Any attempt to deceive the coach/coaches concerning grades will result in automatic dismissal.

Tutoring Policy for LHS/LMS Cheer:

As a leader and role model on campus, all Lufkin ISD cheerleaders are expected to maintain A's and B's in all courses. LHS/LMS coaches will check grades weekly. Students who receive less than an 80% in any course will be assigned mandatory tutoring for that course/courses. It is the cheerleaders responsibility to attend the assigned tutoring, seek out additional help from their teacher and earn a grade greater than 80% before the next grade pull. Cheerleaders must submit a signed tutoring pass to their coach prior to game day. Athletes who choose not to attend an assigned tutoring session, do not turn in a signed tutoring pass or who remain failing on game day will **not** receive game day privileges as determined by the coach (i.e. benched part of/all of a performance/game/event, revoked half-time privilege or other consequence as determined by the coaching staff).

Cheer Class Grade

The cheerleading course is not guaranteed a grade of 100%. Demerits and class participation will impact daily grade. Daily grade is dependent upon activities as determined by individual coaches.

Attendance Requirements-as a Member of LHS/LMS Cheer:

1. All members will attend all practices, athletic events, competitions, dress rehearsals, shows, and special activities unless pre-approved by the coaches. Calendars will be issued in a timely manner as well as sports schedules.
2. Members must attend practices and performances as usual, even if not able to perform.
3. Any activities, not on school campus and without the coach, are not official. There will be no unofficial practices on any school campus.
4. The coaches may choose additional activities or opportunities and will determine if the event is mandatory or optional.
5. When an activity that does not require the entire team is scheduled, and a member needs to switch responsibilities with another member, that member must contact the coach and make arrangements for that change.
6. All members are required to attend pre-camp practices, summer camp and practices following camp.
7. Absence from any cheerleader team activity is unexcused unless approved by the coach.
8. Competition team members must attend all mandatory competition team practices. Emergency absences must be communicated with the coach immediately and approval will be determined by the coaching staff.
9. The coach will determine excused and/or unexcused absences from activities.
10. Any dental or doctor appointment which takes the member out of any practice is considered unexcused unless pre-approved by the cheer coach. Pre-approval requires an absence request form on file and parent communication to the coach at least 1 week prior to the missed practice. If the absence is for a sudden cause, the coach has the authority to approve or disapprove its reasoning, and may penalize the member for the absence.
11. If a member incurs 2 or more excused absences or 1 unexcused absence in the week of a performance, she/he will be removed from a performance.
12. Three tardies from 5th period class in one week count as one unexcused absence.
13. If a member is absent, she/he must contact the coach before the event or scheduled practice. Failure to notify the coach of an absence will result in the absence being unexcused and demerits will be given.
14. Any unexcused absence from a performance will result in probation.
15. In addition to contacting the coach, the member should contact her teammates/captains for any announcements or requirements that she/he missed.
16. Members must be present for 50% of the school day in order to participate in an event the same day.
17. Members with excessive unexcused absences from school will be removed from performances. If the truancy issue persists, members may be removed from the team.
18. Coaches reserve the right to evaluate any situation and apply the appropriate action.

Injuries/Illness

1. If a member incurs an injury during practice that prohibits her/him from participating, she/he must see the LISD athletic trainer and upon his/her recommendation she may return to practice accordingly.
2. If a member becomes ill or incurs an injury outside of practice that prohibits her/him from participating for two or more days; she/he must provide a doctor's note. If a doctor's note is not provided to the coach, the member will receive demerits.
3. Any member wanting to participate after an injury that occurs outside of the cheer team or after a pregnancy must present a doctor's note stating that she/he is cleared to participate.
4. Should a member find she is pregnant, it is her responsibility to inform the coach/coaches of her health status and present a doctor's note immediately. The member will be moved to inactive status. Inactive status means the member is still a part of the organization but is not actively participating. The inactive member must attend the cheer class period during the school day but may not participate or dress in any team attire. The member may not earn merits while on inactive status. The member will not attend any

performances as a Lufkin ISD Cheerleading member. The member may return to active status after the pregnancy with a medical release from her doctor.

Uniforms and Appearance

1. Members are expected to abide by the LHS/LMS dress code while at school. Demerits will be issued if the member is not in compliance.
2. All items shall be purchased in full by the members. Items will not be released without payment, which may cause a member to be ineligible to perform.
3. Uniform/costumes must remain in good condition and always have a neat, clean appearance.
4. Items, which are the property of the school or Lufkin ISD cheer team, must be returned and cared for properly during use.
5. Members must wear all parts of the performance uniform while in public and as a group. She/he may NOT remove any piece without coaches approval while in public.
6. The performance uniforms/costumes may not be worn to public places other than specified functions with the team.
7. Members shall not drink, smoke, chew gum, or behave in an unbecoming manner while in uniform or any other apparel bearing the Lufkin Cheer name. Members shall not let non-team members wear any part of their uniform.
8. Members shall not eat in uniform unless with the team and with permission from the coach/coaches. You must change before going to a restaurant, etc.
9. While in uniform or any Lufkin ISD Cheer apparel, displays of affection other than with family members are not permitted. This includes holding hands, kissing, hugging, etc.
10. No jewelry is allowed in uniform.
11. Fingernails that exceed a sport length and are deemed unsafe for stunting will result in demerits. At coaches discretion, cheerleaders may be benched due to excessively long nail length. During competition performances, no colored nail polish is allowed when in uniform.
12. All hairstyles must be neat and worn as designated by the coach/coaches. Excessive unnatural hair color is not allowed during performances/competitions.
13. Uniforms are to be cleaned only in the manner specified by the coach.
14. A member shall financially replace any school-owned item damaged or lost.
15. LHS Members may qualify for letter jackets if they meet the following criteria:
 1. Must currently be a returning member or senior.
 2. Must have remained in good standing and not placed on probation during the current year in which they are purchasing the jacket.
 3. Must have participated in all activities, except when optional.
 4. Must be in good standing financially with Lufkin ISD Cheer.

Travel

While attending out of town trips, the LISD Administration Policy will be followed. All participants will ride the bus to the scheduled event. Members will be permitted to ride home from out of town trips with parents or other adults. If riding home with another adult, a written note is required from the member's parent prior to the event. Cheer Managers & Cheer Assistants must ride the bus home to unload. Members must be signed out prior to dismissal from the game/event. Failure to be signed out correctly will result in demerits. Only LHS Varsity Cheer will travel to out of town football games until Playoffs begin. LHS Varsity, JV and Freshman teams will travel to out of town Playoff football games.

Probation and Loss of Membership

1. Probation shall be defined as not being able to participate in any performance, yet still attending all activities and practices. Cheerleading members placed on probation must still practice each day, yet may not wear any performance uniform at team functions. A parent will be notified if a member obtains probationary status. Infractions causing probation include, but are not limited to the following:
 1. Failing grade at first 6 weeks or any 9 week report card, UIL Guidelines/Lufkin ISD policy.
 2. An accumulation of 10 demerits, member will sit out next designated performance chosen by the coach until required meritable services have been completed to place cheerleader in good standing and regain eligibility. A member must serve her/his probation, if she/he is absent from the performance she/he must make up their probation.
 3. An accumulation of 20 demerits, coaches will set up a parent/athlete conference with The Assistant Principal of Activities to discuss an improvement plan. Athlete will be placed on a 2-week probation in which they must attend all assigned events/performances but will not be allowed to participate until the 2-week probation is complete and improvement as discussed in conference is shown.
 4. Unexcused absence, member will sit out next designated performance.
 5. Three unexcused tardies in one week, member will sit out next designated performance.
 6. Any behavior deemed unbecoming by the coach or principal.
 7. Violation of Constitution or Code of Conduct.
 8. Excessive unexcused absences from school.
2. Dismissal shall be defined as no participation of any kind in cheerleading team for the remainder of the year. Loss of membership is decided with administrative advisement. A dismissed member must turn in any issued items and will have her/his schedule changed immediately. Infractions causing a member dismissal include, but are not limited to:
 1. Violation of the school alcohol, drug or tobacco policies.
 2. Violation of the school fighting policy
 3. Social media posts: Cyberbullying, slander, threats, and harassing behavior targeting other squad members, school staff, or other members of the student body.
 4. Excessive absences or excessive behavior deemed unbecoming by the director or principal.
 5. Failing at 2 or more 9 week grade checks.
 6. Multiple days in ISS. (Each day = 10 demerits)
 7. An accumulation of 30 demerits.
 8. Being sent to alternative school.
 9. Withdraw from school district.
 10. Violation of the Constitution or Code of Conduct as determined by the director or the principal.
 11. Participating in any unlawful infraction (including, but not limited to the following: being ticketed for public intoxication/DWI , drug related convictions, arrest, felony, vandalism, etc.)
3. Demotion shall be defined as removal from a specific office held in the organization. This applies to Captains as well as LHS Prayer Angels and other leadership positions as assigned by the coach. Demotion will take place at the coach's discretion. Infractions causing demotion include but are not limited to the following:
 1. Accumulation of 15 or more demerits within one semester
 2. Becoming pregnant and placed on inactive status
 3. Participating in any behavior deemed inappropriate by the coach or principal
 4. Failing any class in a nine week grading period

**LHS/LMS Coaches and administrators reserve the right to evaluate any situation
and apply the appropriate action.

Tryouts

1. Varsity hopefuls shall be entering the 11th or 12th grade and be currently enrolled at LHS to participate in any tryout activities.
2. Junior Varsity hopefuls shall be entering 10th or 11th grade and be currently enrolled at LHS to participate in any tryout activities.
3. Freshman hopefuls shall be entering 9th grade and be currently enrolled at LMS to participate in any tryout activities.
4. LMS Cheerleaders shall be entering 8th grade and be currently enrolled at LMS to participate in any tryout activities.
5. The hopeful shall have her/his tryout application completed and turned in by the given date and time, or tryout eligibility will be denied.
6. All hopefuls shall attend the mandatory practices and clinics prior to tryouts.
7. Hopefuls and their parents shall sign consent forms with the understanding of all costs and requirements of this organization.
8. All hopefuls and at least 1 parent must attend the required tryout meeting.
9. Hopefuls must be passing all classes with a 70 or above, per UIL eligibility, in order to attend after school practices and tryouts. Grade waivers for the current school year will not be given for tryout purposes
10. Hopefuls should understand that participation in other extracurricular activities might result in scheduling problems and absentee conflicts. Please see coaches for further information.
11. If a student has a DAEP placement during the current school year, they are not eligible for tryouts. Students also are not eligible if they have 3 or more discipline referrals in the current school year.
12. Tryouts will be held once a year, in the spring semester, held on a date designated by the coaches.
13. Tryouts will be closed to the public.
14. Hopefuls shall be selected by a panel of pre-approved judges on the basis of jump technique, flexibility, tumbling skills (standing and running), motion technique, memory, rhythm, timing, and spirit/voice expression.
15. Hopefuls shall wear a solid white t-shirt and solid purple shorts with hair in a ponytail with a white ribbon or bow. Athletic shoes are required.
16. LHS/LMS Coaches will have the authority to make decisions upon ties and inadequate breaks in the number scores.
17. The judges' decisions are final. The results will be posted after tryouts by tryout number on the LHS Cheer website.
18. Cumulative scoring will be used with judges. All judges scores will combined to find a cumulative score.
19. An administrator will be present during the tryouts and tallying of scores.
20. Judges or coaches may feel the need to have callbacks in which they will request to see certain hopefuls again, the better of the scores will be taken as the final rating.

Financial Responsibilities

1. Each member must assume financial responsibility for the costs connected with LHS/LMS Cheer.
2. Scholarships are available for those who qualify. A limited amount of scholarship money is available and not all scholarships are funded. Applications are available from the Assistant Principal of Activities and are due by the designated date.
3. All payment deadlines must be met or the member will be removed from the organization.
4. All fees must be paid with cash or money order. No personal or business checks will be accepted.
5. Fundraising conducted by the LHS Cheerleading Booster Club allows LHS cheer members to raise money to help defray the cost.
6. Should unforeseen circumstances occur causing a delay in payment, please contact the LHS Student Activities Director as soon as possible.

Participation Requirements

1. Cheerleaders must participate in all activities in which the cheer program is involved.
2. Competition participation will be mandatory when a competition is selected. There are local, area, and national competitions. The decision to participate will be based on the makeup of the squads, the ability level of the squad, and the coach's discretion.
3. All tryout skills are expected to be consistently executed and maintained during the cheer season.
4. Duties of each squad:

Varsity

- a. Varsity football games
- b. Varsity basketball games
- c. Designated home volleyball, baseball, softball, and soccer games
- d. Designated home cross-country, track, golf, tennis and swim meets
- e. All playoff games for any sport with administrative advisement

Junior Varsity

- a. Home JV and Varsity football games
- b. Home JV basketball games
- c. Designated home volleyball, baseball, softball, and soccer games
- d. Designated home cross-country, track, golf, tennis and swim meets
- e. All playoff games for any sport with administrative advisement

Freshman

- a. Home Freshman and Varsity football games
- b. Home Freshman basketball games

LMS

- a. Home 8th grade football games
- b. Home 8th grade basketball games

All squads will participate in the following:

- a. NCA summer cheer camp
- b. Designated competitions
- c. Special events (pep rallies, playoff games, community service, etc.)
- d. Volunteer opportunities
- e. Other opportunities at the coach's discretion

LHS Varsity Captain Candidate Information

1. Candidates must be a Varsity member for the full school year prior to tryouts.
2. Candidates must have accumulated the required number of merits.
3. Candidates are not eligible if they have been placed on probation during the year or have received more than 20 demerits.
4. Candidates must have an overall B average, with no failing grades for the year.
5. Candidates may not have received any demerits for being disrespectful.
6. Candidates must be willing to stay after practice to do extra work whenever asked.
7. As a captain, candidates must be willing, for the unity of the team, to accept direction and direct others.
8. As a captain, candidates must be willing to work closely with the coaches and fellow captains.
9. As a captain, candidates must support the coaches and all decisions made.
10. As a captain, candidates must uphold the organization's rules and help enforce them.
11. As a candidate and captain, candidates must be willing to accept criticism and set the example for all LHS/LMS Cheerleaders.
12. As a captain, candidates must agree to hold privileged information in full confidentiality with the coaches.

LHS/LMS Cheer Manager/Assistant Selection

1. Cheer Managers/Assistants shall be incoming senior or junior students only.
2. Candidates shall complete and turn in the given application to LHS Head Coach by the specified date.
3. Candidates will have an interview with LHS Head Coach and the Director of Student Activities.
4. Selection is made by the LHS Head Coach and the Director of Student Activities and will be announced on a designated day.
5. Cheer Managers/Assistants must be passing all classes to be eligible for selection. Any candidate with three or more discipline referrals will not be eligible for selection.
6. Cheer Managers/Assistants must maintain passing grades (UIL) in order to participate.
7. Cheer Managers/Assistants are required to wear t-shirts and uniforms associated with LHS Cheer and the estimated cost is \$150.
8. Cheer Managers/Assistants are required to carry equipment and load/unload the buses.
9. Cheer Managers/Assistants are to serve as official escorts for LHS Cheer and will represent our organization at various school functions.
10. Attendance is mandatory, as well as riding the bus home from football games.
11. Cheer Managers/Assistants may be released from their position due to poor conduct, attitude, grades, or violation of the LHS student handbook policies.
12. Coaches and Administrators reserve the right to evaluate any situation and apply the appropriate action.

LHS Cheer Booster Club

The booster club is established to support the LHS cheerleading program. Membership is open to all persons interested in supporting and encouraging the LHS cheerleading program. The organization will be guided by its established constitution and by-laws. The club will aid in fundraising and any activity deemed appropriate by the membership. It will work within the established rules and regulations set forth by LISD and UIL.

Merit and Demerit Program

Consequences are necessary to protect the integrity of the organization and to develop each student athlete into a well-rounded individual. Coaches may assign demerits, alternative consequences or bench a cheerleader at anytime they deem necessary for disciplinary and/or safety reasons. Coaches will notify parents/guardian when a demerit or consequence impacting student participation is assigned. Parents/Guardians are encouraged to speak directly to the Coach to address any concerns.

1. LHS and LMS Cheer use a merit and demerit system.
2. The following page lists infractions and possible number of demerits issued. This list is to be used as a guideline; demerits are issued at the discretion of the coach/coaches.
3. Accumulation of 10 demerits (regardless of merits earned) will result in athlete sitting out of one performance/event as outlined above.
4. Accumulation of 20 demerits (regardless of merits earned) will result in 2 week probation and parent conference as outlined above.
5. Accumulation of 30 demerits (regardless of merits earned) will result in dismissal as outlined above.
6. Members will be required to earn merits as a requirement of the program. **Merits do not cancel out/nor override demerits, however, merits do place athletes in good standing.** Good standing is defined as maintaining a greater number of merits than demerits at all times.
7. Specific merit requirements are outlined to members at the beginning of the school year. LHS/LMS Cheerleaders may earn merits for school activities and involvement as well as motivational and team activities. Lufkin ISD Cheerleaders are required to earn a minimum of 20 merits within a school year, 10 of which are earned during the 1st semester. Events must be varied to support all Lufkin sports, clubs and activities. Athletes are limited to 4 merits per sport/activity (Example: Athlete may attend 2 basketball games and earn 4 merits. They will not be awarded merits for any additional basketball games). Community service merits are also mandatory.
8. A member that does not earn the required number of merits may be removed from a performance or placed on probation until required merits are earned.

Code of Behavior-Demerits

Demerits Regarding Insubordination

1. Poor or dangerous conduct.....5
2. Unbecoming acts such as public displays of affection, hickeys, etc.....5-10
3. Use of profanity.....10
4. Talking during practice after a warning has been given.....3
5. Not obeying the coaches or captains commands.....5-10
6. Not standing at attention on the field/sideline at games.....5
7. Talking to anyone without permission during a performance (stands or sidelines).....3
8. Off task, not behaving on sidelines or in stands.....5-10
9. Disrespect toward Coach(s) (verbal or nonverbal).....10-30
10. Disrespect toward Captain(s) or Squad Leaders (verbal or nonverbal).....10-30
11. Disrespect toward fellow student.....5-10
12. Disrespect to any staff member.....5-10
13. Being placed in ISS10+
14. Participating in a fight while at school or school activity.....30
15. Eating or drinking without permission during practice or performance5
16. Any infraction not specifically mentioned.....5-30

Demerits Regarding Attendance

1. Unexcused absence from practice.....10
2. Leaving early without permission.....10
3. Late for roll call.....3
(missing up to $\frac{1}{2}$ of any practice, performance or scheduled event without prior approval and communication to coaches will be considered an unexcused absence and result in 10 demerits.)
4. Absent without communicating, even if excused.....10
5. Not being properly signed out.....10
6. Failure to be picked up from a performance, practice or activity within 15 minutes.....3
7. Any infraction not specifically mentioned.....5-30

Demerits Regarding Practice

1. Failure to wear correct practice attire.....3
2. Not dressing out without permission or Dr note.....5-10
3. Lack of energy/effort.....3-10
(if not corrected immediately, athlete may be benched as determined by the coach)
4. Chewing gum.....3
5. Wearing jewelry.....3
6. Hair not pulled back.....3
7. Off task, not behaving during practice.....3 -10
8. Disrespect toward Coach(s) (verbal or nonverbal).....10-30
9. Disrespect toward Captain(s) or Squad Leaders (verbal or nonverbal).....10-30
10. Disrespect toward fellow student.....5-10
11. Any infraction not specifically mentioned.....5-30

Demerits Regarding Performance

1. Chewing gum.....5
2. Eating or drinking without permission.....5
3. Wearing jewelry.....5
4. Inappropriate nail length or color (will be benched until corrected).....5
5. Messy or ripped uniform.....5
6. Messy hair or worn other than specified (will be benched until corrected).....5
7. Failure to wear all items.....5
8. Failure to wear designated shirt or warm up.....3-5
9. Dirty cheer shoes at a performance.....5
10. Not wearing specified make-up at competitions.....5
11. Off task, not behaving on sidelines or in stands.....5-10
12. Disrespect toward Coach(s) (verbal or nonverbal).....10-30
13. Disrespect toward Captain(s) or Squad Leaders (verbal or nonverbal).....10-30
14. Disrespect toward fellow student.....5-10
15. Going out in public to socialize in any part of uniform when not with team.....5
16. Removing any piece of uniform in public.....5
17. Any infraction not specifically mentioned.....5-30

Coaches may also assign a greater demerit value for repeated offenses.

Program consequences are determined by Coaching Staff and Assistant Principal of Activities.

Signature Page

As a Lufkin ISD Cheerleading member, I shall conduct myself in such a manner as to be a credit to the organization and school at all times. I will know and abide by the Constitution and Code of Conduct set forth in this handout. I will uphold the traditions and I will do everything in my power to promote LHS/LMS Cheer as a respectable and hardworking organization, as well as its members, activities and interests.

Student Signature _____ Student ID _____

I have read the Lufkin ISD Cheerleading Code of Conduct and Constitution. I have discussed the rules and regulations of the LHS/LMS Cheerleading organization with my daughter/son or legal dependent. I understand and agree to assist her/him in meeting all the requirements in association with the organization, as well as realize the disciplinary actions that may be taken upon my child or legal dependent should she/he fail to meet these requirements.

Student Parent/Legal Guardian _____ Date _____