

## Nettleton High School Cheerleading/Mascot Demerit System 2020-2021

**Explanation of Behavior Expectations:** As a chosen member of the Nettleton High School Cheerleading Squad, you are responsible to your school and coach 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 the coach only. **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 will be kept on file by the coach and are assigned by the coach. In order to receive merits, it must be verified with a note from the teacher, or have prior coach's approval. In order to be qualified for the Merit Award, the cheerleader/mascot must have at least one merit. The cheerleader/mascot with the highest number of Merits will receive the Merit Award at the end of the year banquet.

Classifications of merits are as follows:

- |   |                |
|---|----------------|
| 1. All grades on report card 90 – 100   | 3              |
| 2. All grades on report card 80 – 100   | 2              |
| 3. All grades on report card 80 – 89  | 1              |
| 4. Helping a teacher before, during, or after school (it must be verified with a note from the teacher) | 1/hr.          |
| 5. Community service (prior sponsor approval required)  | 5              |
| 6. Submitted ALL Summer Workout/Stretching submissions  | 5              |
| 7. Perfect Practice attendance (Pre-football, Football, Comp season will be separate seasons)           | 6 (per season) |

### Demerit System

The demerit system is a series of consequences for inappropriate behavior and infractions. Demerits are assigned by the coach based on the disciplinary action taken for attendance, appearance, behavior, and grades.

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

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

#### **Attendance**

**Note:** Excused absences include **ONLY** illness (must be absent for the entire school day), death in the family, and attending another school-sponsored event (field trips, participation in other athletic contests, etc.) If the absence is school related, the cheerleader **MUST** make the coach aware of the event **BEFORE** it occurs otherwise demerits will be given. Not showing up and assuming the coach knows you are gone on a school event, is not the responsibility of the coach, but of the cheerleader. The cheerleader must produce a note from a parent, doctor, or school activity sponsor the **following school day for the absence to be counted as excused.** Injury or illness that will require a cheerleader to miss 2 or more consecutive events requires a doctor's excuse. Lack of participation in 2 or more consecutive events **without** a doctor's excuse will be considered an unexcused absence.

*An absence for a prolonged event (ex: injury requiring no participation for 1+ week or leaving town for a family emergency) will not result in any demerits, as long as the absence is excused by a parent/guardian note and/or doctor excuse.*

*All excuses must be given to the cheer coach in order for the cheerleader/mascot to not receive any demerits. Camp is **non negotiable** and **mandatory** in order to remain a NHS cheerleader/mascot. All upcoming events will be given to the coach no later than the first practice. Any event not given by the first practice will result in an unexcused absence with demerits. **Vacations will ONLY be excused in the summer if the coach is given information by May 1.** Please plan accordingly.*

- |   |    |
|---|----|
| 1. Failure to come to camps   | 10 |
| 2. Failure to participate in fundraising activities<br>**(you must attend all fundraising events) | 4  |
| 3. Unexcused absence from practice or a game (ex: missing a game, skips practice, etc)            | 5  |
| 4. Failure to submit Game Day Prep videos   | 2  |
| 5. Failure to submit Summer Workout/Stretches   | 2  |
| 6. Late to tattoo/ribbon duty or game duty  | 3  |

- |   |   |
|---|---|
| 7. Late to a home game, program/game duty, away departure time                          | 3 |
| 8. Late to practice/leave early from practice without coach approval                    | 3 |
| 9. Leaving early from a game without approved excuse/not staying to clean up after game | 3 |
| 10. Not participating in creating signs for pep rallies/games                           | 3 |

**Appearance**

- |   |   |
|---|---|
| 11. Improper uniform for game, practice, event, or spirit days (poms, briefs, bow, shoes, etc.) | 3 |
| 12. Hair not in uniform   | 1 |
| 13. Improper nail polish/nails longer than fingertips   | 1 |
| 14. Wearing jewelry at practice or games (includes belly piercings)                             | 1 |
| 15. Uniform not clean   | 1 |
| 16. Hair not off of shoulders   | 1 |

**Behavior**

- |  |      |
|--|------|
| 17. Using cell phones, smart watches, wireless earbuds, etc. at games or practice                              | 2    |
| 18. Chewing gum or eating food at practice or during game time (health emergencies are permitted)              | 2    |
| 19. Inappropriate PDA during games, while in uniform, or clothing representing the squad                       | 3    |
| 20. Using inappropriate language during games or practice (includes taunting/ name calling)                    | 3    |
| 21. Showing disrespect to coach  | 5    |
| 22. Showing disrespect to squad member<br>(bullying, instigating, anything the coach deems inappropriate, etc) | 5    |
| 23. Unexcused tardy per class  | 2    |
| 24. Detention given by teacher   | 2    |
| 25. In-school infraction for any reason without punishment   | 3    |
| 26. In-school infraction causing In School Suspension/Corporal Punishment                                      | 8    |
| 27. In-school infraction causing out of school suspension  | 10   |
| 28. Illegal substance abuse  | 10   |
| 29. Underage drinking  | 10   |
| 30. Should a cheerleader become pregnant   | 10   |
| 31. Inappropriate social media posts (given at the coach's discretion)   | 1-10 |
| 32. Contract infraction not listed on this form (given at the coach's discretion)                              | 1-10 |

**Grades**

- |   |   |
|---|---|
| 33. Failing Overall Average <b>per</b> class; i.e. 64 or below (checked every Friday)           | 2 |
| <i>**You must be passing with an overall 70 average to cheer at the upcoming game/pep rally</i> |   |

**Consequences**

- Accumulation of 5 demerits will result in the cheerleader being suspended for the next upcoming game AND pep rally. The cheerleader will still dress in uniform, is required to attend all home and away functions, and must sit with the coach during her game/pep rally suspension.
- Accumulation of 8 demerits will result in the cheerleader being suspended the next for two upcoming games AND two pep rallies. During her suspension the cheerleader may not dress in uniform, participate in any in-school cheerleading related activities (pep rallies, events, etc.), or travel to away contests/competitions with the squad.
- **\*\*Important: Accumulation of 10 demerits will result in automatic removal from the squad\*\***
- All demerits will be erased at the end of a season.

*I have read and understand my responsibilities if chosen as a NHS cheerleader/mascot and agree to the conditions set in the contract. I understand that if I do not fulfill my responsibilities I will receive demerits as per the list above.*

Printed Name of NHS Cheerleader/Mascot	Signature of NHS Cheerleader/Mascot
Printed Name of Parent/Guardian	Signature of Parent/Guardian
Printed Name of Coach	Signature of Coach



