

Spanish Fort High School Cheerleading Demerit/ Conditioning System

1. Late to practice, event, or game (unexcused) Up to 15 minutes After 15 minutes	5 demerits (25 burpees) 10 demerits (50 burpees)
2. Leaving practice early (unexcused)	5 demerits (25 burpees)
3. Leaving event or game early (unexcused)	10 demerits (50 burpees)
4. Not attending practice (unexcused)	10 demerits (50 burpees)
5. Not attending event or game (unexcused)	20 demerits (75 burpees)
6. Not participating in squad projects (unexcused)	5 demerits (25 burpees)
7. Not following instructions	5 demerits (25 burpees)
8. Unwillingness to cooperate with the majority	5 demerits (25 burpees)
9. Dishonesty in all forms	10 demerits (25 burpees)
10. Equipment left out	3 demerits (25 burpees)
11. Wrong uniform, shoes, tights, ribbon, etc To an event or game To Practice	5 demerits (25 burpees) 3 demerits (25 burpees)
12. Gum, candy, food, etc. at practice, event, or game	3 demerits (25 burpees)
13. Jewelry at practice, event, or game	5 demerits (25 burpees)
14. Fingernail polish and/or tips	5 demerits (25 burpees)
15. Cell phone in view during any cheer activity	5 demerits (25 burpees)
16. Horseplay at practice, event, or game	5 demerits (25 burpees)
17. Disrespect to coaches, authority, teammates	15 demerits (75 burpees)
18. Detention or O.C.S.	20 demerits (50 burpees)
19. Violation of school dress code	10 demerits (50 burpees)
20. Representing SFHS in a negative manor (including social media)	20 demerits (50 burpees)

***Excuses include:**

- Doctor's Excuse
- Parent Note (text, or call) saying the cheerleader is sick- not excessive
- Funeral (provide Proof)
- Wedding (provide Proof)

*** School Suspension, the use of drugs, or alcohol will result in automatic dismissal from the Spanish Fort High School Cheerleading Squad.**

*** The accumulation of 20 demerits warrants a 2-week suspension from the squad or sitting out at the next event (peprally, game, etc)**

*** The accumulation of an additional 20 demerits warrants permanent dismissal from the cheerleading squad.**

*** Conditioning may be enforced upon assignment of demerit.**

*** Conditioning method may be changed at coach's discretion.**

I have read, understand, and agree to abide by the demerit system for Spanish Fort High School Cheerleading. I understand that the accumulation of the first twenty demerits will result in a two week suspension from the squad and it will affect my grade for Cheerleading. I also understand that an accumulation of an additional twenty demerits results in dismissal from the squad.

Signature of Student

Date

Signature of Parent/Guardian

Date

Signature of Coach

Date