

620

HAHS Cheerleading Merit/Demerit System

Demerit Offenses

400	Tardy/leaving early	Excused (1)	
	*Includes after half-time	Unexcused (2)	
	"On time is READY to practice or cheer!	Dioctor Excuse/other Emergency (0)	
	*If going to be late the cheerleader must co	ntact ***(get a Dr.'s excuse	
	EVERY TIME. We need it		
	the coaches directly, NOT another cheerleader within 2 day after a missed		
	game/practice).		

 Absent from games or sponsored 	events Excused (1)	
	Doctor Excuse or other +Emergency (0)	
*If missing a game or event, the cheerleader must		
contact the coaches directly prior to t	he game/event,	
NOT another cheerleader. Work is M	OT an excuse!	

200	Failure to attend practice/leaving early Excused (1)
	Unexcused (3)
	Doctor Excuse or other emergency (0)
	*If missing a practice please contact the coaches

Turning in money, permission slips or items that need signed/returned (1) per day late

200	Fallure to be dressed appropriately for games/practice	(3)
	"uniform, poms, socks, shoes, no lewelry, bows etc.	

- Showing Disrespect to Coaches/Squad Members (includes negatively speaking about one another and rude comments/behavior)
- Not showing respect during the National Anthem
- Unsportsmanlike Conduct
 (2)

directly prior to missing. NOT another cheerleader.

- Profanity at practice/game (3)
- Lack of Cooperation at practice/games
 *includes excessive talking, refusing to do cheers/chants/etc.
- Not having a current/active way of contact for the coaches to reach the cheerleader (3) each time
 *not responding to emails/texts about practices, games, etc. when asked

Sample Cheerleading Demerit Form

E Durkheim

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The Cheerleader's Guide to Life Cindy Villarreal, 1994 Everything you need to know to be a success in cheerleading and beyond **The Dog Fancier** Eugene Glass, 1916 The Dog Fancier, 1916 The Ladies' Home The Friend ,1874 **The Spectator**, 1841 A weekly review of politics literature theology and art Iournal ,1894 Mining Journal, Railway & Commercial Gazette .1888 Two Bells .1924 **Cheer Skills and Drills** India James, 2024-08-01 Cheerleaders perform incredible routines each packed with dozens of skills It can take athletes years of practice to master these moves This title introduces readers to some of these skills It explores the many stunts tumbling skills jumps and dance moves that cheerleaders use during their routines The title features informative sidebars exciting photos a glossary and an index Aligned to Common Core Standards and correlated to state standards SportsZone is an imprint Abdo Publishing a division of ABDO

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