

Air Academy Cheer Merit and Demerit System

Each member of the cheerleading team has been chosen based on their ability to be a leader, not only to their team, but to their peers as well. This entails being held to a very high standard. Cheerleading is an extra curricular activity for **student-athletes**, meaning that athletes will put academics first. With cheerleading being a team sport it is also very important that athletes are able to equally balance school, cheerleading, and personal priorities. As a member of the AAHS Cheer program, athletes are required to abide by the merit and demerit system. All coaches will enforce this system in order to have a responsible, dependable, and reputable team. Athletes can earn merits by going above and beyond what is expected of them. Demerits will be given to an athlete for not following the rules stated in the contract as well as misbehaving or getting in trouble in school. Athletes who have received demerits for minor infractions will have the ability to cancel those out by earning merits. **MERITS WILL NOT CANCEL OUT DEMERITS RECEIVED FOR MISCONDUCT.** Once an athlete has reached 15 demerits they will be removed from the team and will not receive a letter at the end of the season. The number of demerits an athlete receives at any point will depend on the severity of the infraction. **At any point throughout the season either coach is able to give an athlete a demerit for something that is not listed below.** The merit and demerit system is to be signed by both the athlete and parent at the beginning of the season.

- **5 Demerits:** Physical conditioning and a verbal and written warning explaining the infraction that has to be signed by the athlete and parent.
- **10 Demerits:** Suspension from one game and/or competition as well as a parent/athlete meeting discussing the reoccurrence of infractions.
- **15 Demerits:** Final step before the athlete is dismissed from the program. Suspension from a game/competition and parent/athlete meeting. The athlete will be required to write a 1-page paper to read to the team/coaches explaining why they deserve a spot on the team as well as explaining what they will do to improve their behavior going forward.
- **20 Demerits:** The athlete will be dismissed from the cheerleading program. (SUBSTANCE ABUSE OF ANY SORT WILL RESULT IN IMMEDIATE DISMISSAL FROM THE TEAM)

BELOW IS A LIST OF INFRACTIONS AND NUMBER OF DEMERITS THE ATHLETE WILL RECEIVE:

INFRACTIONS HIGHLIGHTED IN RED CANNOT BE REMOVED BY MERITS

INFRACTION:

NUMBER OF DEMERITS:

• Unexcused absence from game/practice	4
• Late for game/practice	2
• Leaving game/practice early	3
• Not staying to help clean up after game/practice	2
• Not taking jewelry out before practice/game	3
• Having nail length that violates CHSAA rule	3
• Not having the proper practice apparel	2
• Not having the proper apparel for a game	3
• Use of a phone at game/practice	3
• Excessive talking at game/practice	2
• Inappropriate language	2
• Not fully participating at game/practice	3
• Disrespecting a coach or teammate	5
• PDA while in uniform	3
• Misbehavior in school resulting in detention	4
• Refusing to do as directed	5
• Negative attitude	3
• Wandering away at game/practice without permission	2
• Inappropriate posts on social media	4
• Disrespecting a teacher/staff member	5
• Not attending school on game/practice day	3
• Participating in any form of bullying	4
• Any F's on grade report	3
• ANY use of alcohol/tobacco	20

EXAMPLES OF MERITS:

- Volunteering
- Outstanding performance
- Good grades
- Other- Coaches Discretion
- Attending non mandatory practice
- Supporting other club activities (ex. Unscheduled softball game, hockey)
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Being a cheerleader for Air Academy High School is a privilege. Each athlete is held to a high standard and is to be a role model at all times. By signing below both the parent and athlete are acknowledging that they have read and understand the merit and demerit system. This system will be strictly enforced and if an athlete fails to fulfill their duties responsibilities they will receive demerits.

Parent/ Guardian Signature:

Sign **Date**

Athlete Signature:

Printed Name

Sign **Date**