

Monument Academy Cheerleader Demerit System

Attendance

Late to practice	1
Late to game or performance	1
Leaving early from practice or a game (more than 10 minutes)	1
Returning to line up late after half time (must be in place 30 seconds before game begins)	1
More than 15 minutes late for pick up from a practice/game/event	2
Unexcused absence from practice	3
Unexcused absence from game or performance	4

Appearance

Visible bra straps in uniform	1
Improper nail polish or nail length	1
Wearing jewelry at practice/games/performances	1
Displaying body art in uniform (drawing on oneself, temporary tattoos)	1
Not wearing complete uniform or wearing uniform incorrectly (including hair/bow)	2
Forgetting poms	2
Failure to wear proper attire to practice	2
Not following Monument Academy dress code (dress code violation)	2
Uniform not clean	2

Behavior

Using cell phone at games or practice without permission	1
Talking to friends or family while cheering	1
Failure to follow coaches directions	2
Non-participation during spirit days	2
Showing disrespect or arguing with coaches/captains/team members	3
Negative behavior report from a classroom teacher	3
Excessive mistakes while cheering at games/performances (cheerleader will sit by coach & asked to practice at home or with captain)	3
Poor attitude, excessive talking, inattentiveness at practice/game/performance	4
Use of foul language during games or practice (includes bad sportsmanship, fighting, bullying or gossiping among cheerleaders)	5
Posting inappropriate material (Facebook, Twitter, Instagram, etc.)	5
Being assigned Detention or Suspension (May also be dismissed from team)	10

Grades

A grade of 2 "D's" on any weekly grade check - mandatory 1 week probation
A grade of "F" on any weekly grade check - mandatory 1 week probation
Failure of two 6-week grading periods – Dismissal from the team until grades can be brought up

Consequences For Demerits (to be done at the end of practice)

2 Demerits – Warning

4 Demerits – 20 Burpees

6 Demerits – 20 Burpees, 20 Toe Touches

8 Demerits – 20 Burpees, 20 Toe Touches, 10 laps

10 Demerits – Warning letter sent home and sit out half of the next game in uniform with coach

15 Demerits – Probation letter and meeting with parents. Will sit out the next game in uniform

20 Demerits – Moved to an Alternate position or dismissed from team (coaches discretion)

Monument Academy Cheerleader Merit System

If a cheerleader reaches 10 demerits, she may make the demerits up by earning MERITS. The cheerleader must consult the coaches for approval prior to any merit work being performed.

Merits can be earned by doing any of the following:

Receive the Spirit Stick for positive attitude during practice	1
Choreograph a cheer/chant and teach it to the team	1
Volunteer to assist with a home sporting event that you are not cheering for	1
Perfect attendance at school and all cheer functions for a 6 week period	1
Run 10 laps in the gym	1
Complete an extra workout at home (must be signed off by a parent)	1
Receive all A's and B's for a 6 week period (must provide proof)	2
Tutor another cheerleader on your own	2
Help a teacher before or after school	2
One hour of community service	2