

Indianettes Handbook



2024-2025

Membership

Section 1. The term of membership shall be officially recognized as the time immediately following the audition through auditions of the following school year- April to April or audition to banquet.

Section 2. Team members must be enrolled in the designated Indianettes (PE/Elective) class period for the fall and spring semesters of their membership year.

Section 3. Members, pending eligibility status, will participate in all activities in which the organization is involved, whether it is practice, performance, fundraising, or school and community events.

Section 4. Members must exhibit and maintain a satisfactory attitude toward school policies and regulations.

Section 5. Every member must be present for all practice sessions, games, camps, pep rallies, competitions, fundraisers, etc.

Section 6. All members are required to attend dance team camp and other required dance/choreography workshops throughout the year. Summer practice for all members is mandatory upon notification of these dates and times. Members will be placed on alternate status for pep rallies and/or football games in correlation to absences from summer camp/practices. Members will not perform in the first team performance of the year if they have an unexcused absence for any summer practices.

Section 7. Before school, after school, and summer practice sessions are required. Time specifications for these will be established as camp dates and other school schedules become available to the Director.

Section 8. Members may not leave any function for any reason other than illness, injury, or death in the family. The member may leave with a family member or relative only and the Director must be contacted prior to departure. A written note must be submitted to the Director which states that the student is leaving with a parent/guardian, what the reason is for departure, and that the Director and KISD are released of all responsibility for that student.

Section 9. Members audition for every performance unless ill or injured. Members must be able to demonstrate competent memory of the specific dance as well as be able to perform the dance skills required of that routine in order to earn a dance position in that routine. Members who do not receive a dance position in a specific routine shall assume the role of dance alternate for that routine. This does not guarantee placement in the routine.

Section 10. Members who are unable to audition for a performance must notify the Director for approval. Failure to audition for a specific routine will automatically result in a member's inability to perform that specific routine and she will only be allowed to serve as a practice session alternate for that routine.

Section 11. Members will purchase their practice clothing, and other necessary clothing as required. All personal obligations for uniform orders must be met by the date specified by the Director in order to retain performance privileges. Monies paid are non refundable.

Grades

Section 1. Academic Grades: A drill team member whose recorded six weeks grade average in any course is less than 70 at the end of a six weeks grading period will be placed on academic probation. Members on academic probation will be required to attend all practices and fundraising activities, but will be ineligible to participate in any drill team performance events during the succeeding three weeks grading period. If after this probationary time, the drill team member's grades in all courses are 70 or above, eligibility will be regained. If at the end of the three weeks probationary period, the member has below a 70 average in any subject, the ineligibility will continue.

Section 2. For eligibility purposes, the Director will obtain an official six weeks grade report on all members at the end of each grading period. Due to the nature of the Indianettes program, eligibility must sometimes be determined prior to the issuance of the official grade report.

Section 3. If a member becomes academically ineligible during two six weeks, she must re-audition for the team.

Section 4. If a member becomes academically ineligible at any time, she is not eligible to audition for Dance and/or Line Officer.

Attendance

Section 1. Failure to comply with absence policies or falsifying reasons for absences may result in probation, suspension, or dismissal.

Section 2. Excused Absences:

The status of an absence or tardy will be determined by the director as defined by Texas State law. Drill/dance team members must limit their number of excused absences, as performance privileges may be revoked for excessive absences. Absence or tardiness from any drill/dance team activity or event will be unexcused except for the circumstances defined by the Keller ISD. Chronic absences can affect performance eligibility and or result in disciplinary action.

- A. Personal illness or accident
- B. Death in the family
- C. Special school activities with advanced approval from the director

Unexcused Absences :

Absences for reasons other than listed above will be unexcused. Work, doctor/dental appointments must not interfere with practice or performances and will be considered unexcused. Any unexcused absence can affect performance eligibility and/or result in suspension or dismissal.

Section 3. During football season, any member who misses the audition day will be placed as an alternate for that week's routine.

Section 4. During football season, all members must be at the two practices prior to a performance or will be placed as an alternate.

Section 5. During competition season, any member who misses practice more than the agreed upon contract will be subject to being placed as an alternate during the next performance.

Section 6. Any member who chooses to compete with their studio team must make Indianettes a priority. Any member who misses team events/ practices for their studio will be placed as an alternate.

Section 7. Any unexcused absences from practices, performance, and/or events can result in infractions, probation, suspension, or dismissal from the team.

Section 8. In the event of an absence, the member is responsible for obtaining any information that was given on the day of the absence.

Section 9. Members/member's parents are responsible for communication expected absences to their director at least two weeks prior to the absence. This is considered procedure and a courtesy to the director; it does not excuse the absence. Text messages are not an acceptable form of communicating absences.

Rehearsals

Section 1. Before school, after school, and summer practice sessions will be required. Time specifications will be established as camp dates and other school, athletic, and contest schedules become available. All practices are mandatory for all members.

Section 2. After school and extra rehearsals may be held throughout the year. Members will be notified at least two weeks in advance.

Section 3. Practice will be required each day during the Indianettes class period.

Section 4. Members must arrive on time to rehearsal sessions, wear specific practice attire, and stay until dismissed by the Director. Discipline actions will be taken for any member that does not follow this rule.

Section 5. Gum, food, cellphones, jewelry, and drinks besides water or sports drinks are not allowed in practice sessions.

Section 6. Cellphones are not allowed in the practice areas or the football stands/performance areas. Any phone found at practice or performance will be taken up and presented to the office. You will have to follow school policy for the return of your phone.

Section 7. All tutorials, make-up tests, etc. should be scheduled after school or during days with no rehearsal. Tutorials and make-up work during practice times will not be allowed.

Section 8. In the event of inability to practice/performance:

- A. The member absent from practice and suffering from illness must email the director prior to the absence(s) and must also submit a doctor's note upon return to practice.
- B. Any member suffering from injury will be excused from participating in practice/performance upon receipt of a note by physician's release. A statement from the physician will be required for reinstatement. The injured member will still dress in the required daily attire.
- C. Any member placed as an "alternate" must participate in all rehearsals, performances, and/or activities of the organization.

Section 9. Squad practices: An officer may choose to hold squad practices at their discretion with director approval. Squad practices will not be required. Squad practices are not school sponsored, may or may not be held on the school campus and are limited to a maximum of two hours per week. Members may attend other officers' squad practices if unable to make their own squad's practice.

Uniforms and Equipment

Section 1. Indianettes will be supplied a field performance uniform by the Keller ISD.

Section 2. Indianettes will be supplied the yearly competition costumes and/or accessories by the Indianettes Service Organization. Competition pieces are the property of the Indianettes. In some cases, pieces may need to be purchased by the member.

Section 3. Members are responsible for purchasing practice and other necessary clothing and accessories as required. All personal items should be labeled with the member's name in a non-visible manner.

Section 4. Members must appear at activities with proper or designated uniforms and must wear all parts of the designated uniform while in public.

Section 5. Rehearsal attire/uniforms are to be clean, in good condition, and fit properly before each practice and/or performance and must conform to standards set by the Director, Principal, and ISD.

Section 6. Uniforms must not be worn in public places other than a specified performance area or "out of school" approved activities.

Section 7. All designated Indianette uniforms, letter jackets, etc. are to be worn only by Indianettes.

Section 8. All Indianette items are not to be altered in any way.

Section 9: All Indianettes should be in dresscode while wearing anything with our team name or log on it.

Performances

Section 1. Required Performances:

All pep-rallies, football games (including pre and post season games), 2-4 basketball games, 3-4 competitions, and other special performances (Homecoming parade, Winter Show, Spring Show, community events, etc.).

Section 2. Non-required Performances: All non-required performances are optional and any expenses incurred are the responsibility of the individual member.

Solo, duet, trio, ensemble, and personal performance invitations (example: Macy's Parade, Citrus Bowl, etc.).

Section 3. Performance Rules

- A. Members will meet at a designated place and a designated time for all performances.
- B. Members will enter and leave an event together as one group.
- C. Members will remain in the designated seating area at all times unless given permission to leave by the Director or Officer in charge.
- D. Members will sit as one group. There will be no visitors beside/within the organization.
- E. Gum chewing or the consumption of food is not allowed in the stand or when in uniform unless approved by the Director.

Section 4. Performance Appearance

- A. Members are expected to wear performance make-up. This includes foundation, blush, glitter eyeshadow, mascara, eye liner, fake eyelashes, and the team lipstick.
- B. Make up checks will be done before performances.
- C. No colored nail polish for performances. Only French or clear is accepted. Attempts to cover colored nail polish is unacceptable.

Finances and Fundraising

Section 1. All financial obligations for clothing must be concluded by the date designated by the Director.

Section 2. All members and their parents will be required to work at the Indianettes Service Organization fundraisers as funds raised through these events directly benefit each member. The majority of Indianettes fundraisers include: Pumpkin Rolls, Craft Bazaar, dance clinics, and cookie sales. Each member of the Indianettes organization will work designated shifts at each event.

Section 3. All monies raised through the efforts of the Indianettes Service Organization will go into the general fund. On occasion the ISO may approve a fundraiser for individual advancement. However, these fundraisers are not always approved and offered.

Section 4. Turning in money

- A. All money will be turned into the director before practice has begun on the designated deposit day(s).
- B. Cash will only be accepted in a sealed envelope with the member's name, reason for payment, and the amount enclosed.
- C. Checks should be made out to the Indianette Service Organization (ISO) unless otherwise designated.
- D. Each check should have the member's name and reason for payment written in the memo section.
- E. Returned checks will be handled as follows:
 - a. All incurred bank charges will be the team member's responsibility.
 - b. Only a cashier's check or money order will be accepted for future payments after the receipt of two returned checks.
 - c. If it is a fundraising event, the member is responsible for collecting funds due.
- F. The Indianettes organization will not assume responsibility for unattended money.

Section 5. Members may only attend team functions funded by the ISO if they are in good standing.

General Conduct

Section 1. Certain standards are necessary for the integrity and reputation of any organization. Each member should be a leader within the school and should set a good example at all times. Members are expected to have and maintain a character above reproach. Personal appearance, habits, and actions of which there can be no criticism are required as each Indianettes member represents Keller High School before the public and the school at all times. Membership may be terminated at any time for unacceptable standards and/or conduct.

Section 2. KISD Extra-Curricular Activity Pledge. An Indianette is considered a leader of the student body. Certain responsibilities accompany any position of leadership. Drug and alcohol use or any immoral behavior is not acceptable by any member of the KHS Indianettes. Every Indianette will sign the KISD Extracurricular Activity Pledge as mandated by the district. By choosing not to sign the pledge, team membership is forfeited according to district policy. Membership on our drill team is a privilege, not a right.

Section 3. Indianettes must display appropriate behavior both in and out of school. At the discretion of the Director and school administrators, suspension, or dismissal may result for the following reasons:

- A. Failure to follow school rules and policies
- B. Smoking
- C. Use of alcohol and/or illegal drugs
- D. Improper language and obscenities
- E. Poor sportsmanship
- F. Improper conduct/attitude
- G. Lack of respect toward director, team members, faculty, school personnel, or property
- H. Stealing
- I. Chronic misconduct
- J. Chronic absences
- K. Hazing
- L. Forging of notes/passes
- M. Cheating
- N. Assignment to ISS and/or AEP
- O. Violations of the KISD Extracurricular code of conduct
- P. Inappropriate actions/representation on social networking sites

Section 4. KISD rules will be strictly applied whenever the Indianettes are officially representing KHS, attending school sponsored activities, or while on a school sponsored trip. Each member must be aware that her conduct off-campus reflects on the team image and that any Indianette who is guilty of engaging in any illegal activity will be subject to suspension or dismissal at the discretion of the Director and school administration.

Section 5. If an incident occurs while on a team trip, during a competition or exhibition, a member should expect disciplinary action from the school as well as the Indianettes organization.

Section 6. If a member is involved in any illegal activity outside of KHS, KISD jurisdiction, or Indianettes activities, which results in misdemeanor or felony disciplinary action by local, state, or federal authorities, the member may be subject to suspension or dismissal at the discretion of the Director as conferred with the school administration and in compliance with the KISD Extracurricular Code of Conduct..

Disciplinary System

Section 1. The director and team captain will be responsible for handling infractions which will be given to discourage behavior that interferes with practices, performances, or general appearance of the team.

Section 2. Infractions will be accumulated throughout the year, from the first day of summer practice through the end of the school year.

Section 3. Infractions may only be excused by the director. If a member feels she has wrongfully received an infraction, she should notify the director immediately.

Section 4. It is the member's responsibility to keep track of her infractions and work them off in order to be eligible to perform.

Section 5. If a member receives an infraction due to an officer not notifying the line, the infraction goes to the officer.

Section 6. Levels of disciplinary action may include but are not limited to physical exercise, probation, suspension, or dismissal. The Director will determine the level of disciplinary action.

Section 7. Officers may be utilized to monitor team behavior and provide records for the director.

Section 8. If a member receives more than 10 infractions, she must re-audition for the team.

Section 9. If a member receives more than 10 infractions, she is not eligible to audition for Dance and/or Line Officer.

Section 10. A member who receives 20 demerits will be placed on suspension. During probation, the member will not perform, but will attend all practices. The duration of suspension is 6 weeks.

Section 11. A member who receives 30 demerits will be dismissed from the team. Permanent Dismissal reasons will last throughout the remainder of the school year in which the offense occurs. If a member is permanently dismissed from Indianettes and wishes to be a member the following year, she must try out. The final decision will be determined by the director and the principal.

Section 12. Members can choose from the following exercises to work off each infraction: run 1 mile, 50 full sit ups, 50 frog jumps or 50 mermaid pushups for every infraction received. All infractions will be worked off right before or right after practice with a director and a dance officer.

Infractions # of infractions incurred

1. Incorrect practice uniform 1
2. Wearing jewelry 1
3. Chewing gum, candy, or drinks 1
4. Tardy to practice 1
5. Not meeting deadlines given by director 1
6. Using cell phone without permission at practice or performance 1
7. Excessive talking 1
8. Not obeying stand rules at games 1
9. Nail polish at a performance 1
10. Hair incorrect 1
11. Eating or drinking without permission in uniform 1
12. Not having on performance makeup 1
13. More than 30 minutes late to practice- 3
14. Incorrect uniform or costume 5
15. Not dressing out 5
16. Unexcused absence from a performance 5
17. Leaving a practice, performance, or function without permission 5
18. Conduct unbecoming an Indianette 5
19. Failure to participate in team fundraisers 5
20. Not calling director or officer before missing practice or performance 5
21. Disrespect to director, officers, teachers 10
22. Insubordination to director or teacher 10
23. Behavior that discredits the team 20-30

Infractions Result

- 0-5 Student Conference
- 6-10 Notify parent by email
- 11-13 Second parent notification and one week suspension
- 14-19 Third parent notification, suspension from next performance
- 20- 6 weeks probation
- 30 -Dismissal from team

Locker Room Care and Rules

1. Visitors- *Indianettes only in the locker room*. If a parent needs to have access to something in the locker room, they need to contact the director first. If your mother or father is on a committee that requires access to the locker room, they must see the director first.
2. Restricted Areas
 - A. The director's office is off limits to everyone. Do not go in there unless you have been given instructions/permission to do so.
 - B. The ISO and costume closet is off limits to everyone except managers. If an officer requires an item from the locker room, she must wait until a manager is available to check items out to her.
 - C. No books or personal items in the entry or on top of the counter next to the sinks.
3. School locker- no books should be left in the locker room after school. Keep those in your school locker.
4. Bags- your bag should be put away in your locker at all times except during practice time. Do not stash bags or personal belongings under the sink, in the bathroom area, or in any cabinet.
5. Lockers- The doors on each locker must be closed when not in use.
6. Locker clean out- lockers are to be emptied each Friday. Take everything home to avoid clutter and confusion.
7. Personal belongings- If you leave items out in the locker room or practice areas, it will be taken up and put in "jail" in the costume closet. To get your items out of "jail," you will have to pay \$1. This money will go towards "Jail Donuts" at the end of the year.
8. Jewelry may not be worn in rehearsals, it is important that you pay particular attention to where you place your jewelry.
9. Keys- the locker room will not always be open during academic class hours. Please do not disturb the director during class to get into the locker room.
10. Food and drinks other than water are not allowed in the locker room.
11. The DWC is not an extension of the locker room and students should only be using the locker room to get ready.

Football Season

Songs

Alma Mater

High above old Trinity's waters
Up where things are right
Hail to thee our alma mater
Towering in her might
Keep her colors ever flying
Keep her victory nigh (fight, fight, fight)
Hail to thee our alma mater
Hail old Keller High

*If the game is won "fight, fight, fight" is yelled, if the game is lost, nothing is said.

Fight Song

C'mon and fight boys of KHS
We're all for you

GO BLUE!
C'mon and show that good ole Keller spirit
Through and through
GO BLUE!
C'mon and fight boys of KHS
You Indians bold
And win all your victories
For the BLUE and GOLD!

Uniform Care

Uniform

- Wash in a cupful of a gentle detergent (Dreft, Woolite, etc) in the bathtub or sink.
- Drip dry only. Do not dry in the dryer.
- Hang the uniform up and place it in your garment bag.
- Do not stuff them in your bag or have them lying on the floor.
- Hang them on a hanger and place them in a garment bag at all times.

Boots

- Clean every week and polish any scuffs using leather cleaner.

Game Day

Schedule- Home (7pm district games/7:30pm non-district games)

2 hours prior to kick off Dinner served
1 hour prior to kick off Inspection of uniforms and equipment, announcements,
depart for the stadium.
40 minutes prior to kick off Move into position for pre-game ceremonies
30 minutes prior to kick off and Pre-game ceremonies
1st quarter Cheer in stands
2nd quarter Cheer in stands until 8 minute mark, then stretch, and
review halftime routine.
3rd quarter Family/friends visit for 10 minutes, then line up, go back
into stands, eat snacks. Snack must be eaten by the end of
3rd quarter.
4th quarter Cheer in stands

Schedule- Away (7pm district games/7:30pm non-district games)

30 minutes prior to departure Inspection of uniforms and equipment, and announcements.
15 minutes prior to departure Roll call
1st quarter Cheer in stands
2nd quarter Cheer in stands until 8 minute mark, then stretch, and
review halftime routine.
3rd quarter Family/friends visit for 10 minutes, then line up, go back
into stands, eat snacks. Snack must be eaten by the end of
3rd quarter.
4th quarter Cheer in stands

Late arrival or early departure from games and events

This is only allowed during extenuating circumstances and requires at least a 48 hour notice in advance.

1. A note must be provided to the director at least 48 hours prior to the event.
2. The student will not be released to anyone by the parents of the student unless otherwise approved.

3. The parent must come to where the team is located and meet with the director to get the student.

	Arrival before the game	Bring	Dismissal after the game
Home games	<ul style="list-style-type: none"> ✓ Bodysuit ✓ Overlay pinned (pins cannot show) ✓ Loincloth pinned (pins cannot show) ✓ Gauntlet/sleeves ✓ Tan Tights ✓ Boots (polished and clean) ✓ Headband ✓ White socks if necessary ✓ Hair- French braided <i>neatly</i> into two ponytails ✓ Performance make-up 	<ul style="list-style-type: none"> ✓ Indianette tote bag ✓ Pom pons ✓ Rain poncho (have in there for every game) ✓ Seat cushion ✓ LightSaber ✓ All parts of the uniform (if we wear gauntlets, bring sleeves, etc.) ✓ Water bottle during hot season ✓ Blanket during cold season ✓ Warm-up jacket during cold season ✓ Letter jacket during cold season 	<ul style="list-style-type: none"> ✓ Please contact parents 15 minutes prior to our arrival. ✓ Dismissal will occur after we meet for announcements and to begin squad cleaning of the locker room. ✓ No one is to leave without going to the locker room first. ✓ Please make every effort to depart within 30 minutes of our arrival (including if your car is in the parking lot). ✓ Squad in charge of cleaning will be dismissed after the locker room has been cleaned.
Away games	<ul style="list-style-type: none"> ✓ Bodysuit ✓ Tan Tights ✓ Team T Shirt ✓ Warm up pants ✓ Boots (polished and clean) ✓ Headband ✓ White socks if necessary ✓ Hair- French braided <i>neatly</i> into two ponytails ✓ Performance make-up 	<ul style="list-style-type: none"> ✓ Overlay, loincloth, and sleeves/gauntlets on hanger in garment bag. ✓ Indianette tote bag ✓ Pom pons ✓ Rain poncho (have in there for every game) ✓ Seat cushion ✓ LightSaber ✓ All parts of the uniform (if we wear gauntlets, bring sleeves, etc.) ✓ Water bottle during hot season ✓ Blanket during cold season ✓ Warm-up jacket during cold season ✓ Letter jacket during cold season 	<ul style="list-style-type: none"> ✓ Please contact parents 15 minutes prior to our arrival. ✓ Dismissal will occur after we meet for announcements and to begin squad cleaning of the locker room. ✓ No one is to leave without going to the locker room first. ✓ Please make every effort to depart within 30 minutes of our arrival (including if your car is in the parking lot). ✓ Squad in charge of cleaning will be dismissed after the locker room has been cleaned.

Football Season Procedures

Entering the stands

1. When a team member is on her row, turn and face the direction to move into the stand.

2. The officer or if necessary, the line officer will count 5-6-7-8 and the squad will move in together. Carefully listen for this, sometimes it is difficult to hear.
3. Remain standing and facing the direction you entered until all squads are in the stands.
4. If you are the next squad, immediately file in behind the squad previous to yours in order to be in position for final entrance to your seats.
5. Maintain high kick spacing.
6. Once all squads are in the stands, the squad to the left will begin to contagion to the front and the team will begin getting all items set in preparation for the game.

Leaving the stands

1. Leave the stands in reverse order of the way in which you entered the stands.
2. Pick up poms or make sure they are neatly to the side of where you were sitting.
3. Turn to face the direction of departure and assume "recover" position (hands behind your back).
4. No talking. Pay attention to any additional instructions that may occur during departure.
5. Do not climb over the seats. File out and then down in an orderly fashion.
6. Do not run down the stairs or through the stands.
7. Do not move into the aisle until the last person from the previous squad has gotten to the bottom or top (depending upon the way we need to exit the stands).
8. Walk in, recover at all times and *do not talk*.
9. Once the team is in an open area, wait for directions to either move into victory line formation or stretch for halftime.
10. Once the team is ready to begin moving to the football field, place poms/hands on hips.
11. Walk in step. If you are off step, ball change one time and you will be back in step.

Victory Line

1. Keep one yard line from the person in front of you (or fingertip if you are without lines).
2. Once you are in your position on the field for the victory line, make note of your partner's (the team member in the line across from you) position.
3. Stand directly behind the individual in front of you.
4. If an Indianette is missing, you will leave a space for them.
5. Stand with your feet together.
6. Pay attention and listen to the whistle commands and to the band.
7. Do not move for any reason while in the victory line.
8. Do not talk while in victory lines.
9. If you have an emergency, call an honor guard. Only if it's an emergency.
10. Do not lean in to see what is going on.
11. Do not sing when a song is being played. Only sing the school song.
12. When walking to and from the stands, walk to recover and do not talk. You may not visit with your friends or family.

Stand Behavior

1. Sitting and Standing: If the captain stands, the team stands. If the captain sits, the sits. Do not ask to sit or stand.
2. Stand Routines: Follow the captain. Do not perform your own dances in the stands.
3. Cheering: Pay attention to the cheerleaders or the officers. Do not make up your own cheer. Please keep unnecessary screaming to a minimum. Use your judgment. Never use profanity.
4. Files: Maintain your files at all times. Do not move in and out of your files or lean over to talk to a friend.
5. Seating: You may not change seating order. If a change needs to be made, let your officer know who will in turn, let the director know.
6. Food: The third quarter is the only time food and beverage is allowed (other than water when it is very hot and the officers and/or director will give you permission). When the third quarter ends, all food, beverage, and trash is to be disposed of.
7. Visitors: Visitors (family, friends, brothers or sisters) are not allowed in the stands, not even during the third quarter. If friends or family walk by, you may wave (if we are not involved in a structured activity) but you may not talk. If your family is bringing something to you, it must be given to the director. If she is not available, it may be given to an officer to be given to you. Since food and beverage are provided for you at the game, there is no reason for your family or friends to bring you food or beverage.
8. When we are utilizing the restrooms after halftime you may visit with friends and family but you must stay in the designated area. You may not venture to any other part of the stadium.

9. Other drill teams: If the opposing drill team comes to visit. Put your food and beverage away, sit tall, knees together, and be attentive.
10. Bathroom breaks: Plan ahead- no one will leave stands unless it is an emergency.
 - a. Before the game (if it is an away trip only)
 - b. Returning from the victory line.
 - c. Prior to warm up
 - d. After halftime
 - e. After the game (if it is an away trip only)
11. Emergencies: If an emergency arises, immediately make the director aware of the situation.
12. Cell phones are not allowed. Cell phones must be left in the locker room at home games and in your bag at away games. They are used for the purpose of calling your parents to pick you up from school only. No boyfriend calls, texts, etc.
13. You may not apply make-up while sitting in the stands except for when instructed by the captain to refresh for halftime performance.

Warm-up Before the Performance

1. With approximately 8 minutes left on the clock in the second quarter, we will file out of the stands.
2. Move to the designated warm-up area.
3. Warm-up Procedures
 - a. Immediately begin stretching on your own.
 - b. Be prepared to kick in a kick line to warm-up if we are performing a high kick.
 - c. Team Circle
 - i. Review of routine, entrance, and exit
 - ii. Last minute comments/instructions
 - iii. Pre-performance ceremonies
 - d. Line up in performance formation.
 - e. "File out" into one line. Walk in step with one another.

Sideline & Performance Behavior

1. No talking and no unnecessary movement.
2. Pay attention at all times. Last minute changes may become necessary.
3. Move to your yardline quickly and be prepared for the entrance. Pay close attention for the whistle and the drums.
4. After you exit the field, move to two straight lines to watch the opposing team's band/drill team performance. Do not move. Pay close attention if the captain comes by to give instructions.
5. If an injury occurs during the halftime performance, an officer is to escort that girl to the trainer on the sideline. Please do everything you can to continue on until you have completed the exit off the field.
6. Once we are off the field, move to squad lines in order to re-enter the stand.
7. Do not talk to the honor guards. It will be your responsibility, not theirs.

After Game Dismissal

1. Do not leave until you are dismissed.
2. Collect all items in the stands, look for any trash around you.
3. Move directly to the locker room or bus.
4. Team meeting- after game or after return from game.
5. Locker and mailbox clean out.
6. Dismissal by the director only. Do not assume that you have been dismissed and do not ask your teammates. Hear it from her only.
7. Clothes can be changed.
8. Be aware that parents and friends are not allowed in the locker room.
9. Squad Duty: Locker Room Clean-up
 - a. Clean mirrors

- b. Clean sinks
- c. Wipe down counters
- d. Sweep and spot clean
- e. Straighten area around mailboxes
- f. Pick up trash
- g. Put lost and found items away
- h. The director will dismiss the squad on duty
- i. If you are a member of the squad on duty and leave before dismissal, you will issued infractions.