

Alexandria Senior High
....Troydall Constitution....

2017-2018

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I. CONSTITUTION

- a. This constitution is drawn and adopted for the Alexandria Senior High Troydoll danceline. The Alexandria Senior High Troydoll danceline and this constitution are governed by the Rapides Parish School Board's rules and regulations, the Alexandria Senior High administration staff, and the team director.

II. PURPOSE

- a. The purposes of the Alexandria Senior High Troydoll danceline are:
 - i. To create school spirit, pride, and loyalty
 - ii. To promote interest in school activities and perform at all required school events
 - iii. To develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and develop character
 - iv. Teach teamwork and pride in a quality performance through maintaining high standards
- b. The Troydolls are part of the Trojan organization which is comprised of the Cheerleaders, Troydolls, Pomline, and the Mascot.

III. AUDITION ELIGIBILITY AND MEMBERSHIP REQUIREMENTS

- a. Audition Eligibility
 - i. Any Alexandria Senior High, in grades 10-12, is eligible for team auditions if he/she meets the following requirements:
 1. Is enrolled in Alexandria Senior High at the time of auditions
 2. Has successfully completed one year as a member of Pomline or other Trojan organization
 - a. Any transferring students must have proof of successful spirit group membership from previous school. Inquire with director should this apply.
 3. Must meet academic requirements of the LHSAA:
 - a. Must have at least a 2.0 GPA
 - b. Must be currently passing enough courses to earn at least six (6) units
 4. Must not have had any out of school suspensions or more than one in school suspension during the current school year.
 5. Must be in good health. *Troydolls may not be pregnant and must not have a recurring illness or injury.* Each Troydoll must participate in the medical release checkup each year.

6. Must carry school insurance
7. Cannot have more than ONE in-school suspensions, or ANY out-of-school suspensions
8. Must participate in clinic prior to auditions
 - a. Exceptions must be discussed with the director at least 48 hours prior to the clinic date. Exceptions will be granted at the director's discretion. Candidates not discussing conflicts with the director prior to the 48 hour deadline will NOT be granted exemption. Doctor's appointments and family trips/events do NOT warrant exemption.
9. Must have no outstanding school debts, including other team debts.
10. Candidates must obtain character references from ALL of their current teachers.
 - a. Enrichment teachers need not provide character references.
11. Candidates must obtain an evaluation from the coach of the Trojan organization of which the candidate has previously been a member.
12. Current Trojans must be in good standing, with no team debts or major discipline issues, with the Trojan organization in order to try out for any of the Trojans teams.

b. Maintaining Membership

i. Term of Membership

1. Students serve a term of membership beginning on the day of tryouts, when a new team is chosen, until the following school year when tryouts are held again. *Unless a member is removed from the team, he/she must meet all requirements for the duration of his/her term of membership.*

ii. Grades

1. To be eligible, all team members must meet the following requirements:
 - a. Must pass each grading quarter, with a 2.0 GPA or better
 - b. Must not have any "Incomplete" mark(s) on report card
- 2. *All Trojans members are required to bring grade sheet/report cards to the director at the end of each grading period.***
3. Grades are checked for the first time at the end of the first entire quarter a member completes after team tryouts are held. For example, if tryouts are held during the second quarter, grades will not be checked for the purpose of retaining membership until the end of the third quarter. Grades will be evaluated at the end of each quarter, and members cautioned about membership pertaining to grade status.

4. If the team member has an “Incomplete” mark on his/her report card, he/she will not be allowed to perform with the group until the “incomplete” grade is cleared. *If the scholastic average of a team member is below requirements, he/she will be placed on probation until the grades for the next quarter are completed. He/she must meet all requirements during the probation period. If, at the end of the probation quarter(s), the team member’s GPA still falls below the required 2.0, he/she will be dismissed from the team. This dismissal will also forfeit any lettering eligibility for the current year. The member will also be financially responsible for any debts accrued.*

iii. Discipline

1. **Team members receiving TWO in-school suspensions or ONE out of school suspension will be dismissed from the team immediately.**
2. All school related disciplines will be warranted for discipline on the team. While members will not receive demerits, they will be required to complete physical conditioning in addition to the standard condition of the team. See the Demerit System section VIII, part e, numbers 1-4 of the constitution for more specific details.

iv. Physical Examination

1. Due to the amount of physical activity required to be a member of the Alexandria Senior High Troydoll danceline, it is necessary that all members be in top physical condition. If there is a concern about the physical abilities of a member, they may be required to have a physical examination before permanent team membership is granted.

IV. AUDITION PROCESS

a. Audition Clinic

- i. Potential members will be required to participate in a pre-tryout clinic, at which time he/she will review technique skills and a pre-choreographed, pre-learned routine.

b. Audition Day

- i. At auditions, the potential member will perform the pre-learned routine, and formal technique.
- ii. Dress
 1. Appearance is important, you are to look neat and clean

2. Wear all black, with no logos, team paraphernalia, or prints
 3. Black Sports Bra, Black Fitted Tank Top, Black Hot Shorts, Black Jazz Shoes, Tan Tights
 4. Hair is to be pulled back in a neat ponytail, with bangs and fly-always pinned back.
 5. Makeup is to be worn to accentuate natural features, not distracting or artificial
- c. Judges
- i. A diverse, trained and experienced panel of judges will score each candidate appropriately.
 - ii. Judges may have call backs may be necessary to upon judges' discretion.
- d. After score totals, the candidates will be called back into the judges' room and the team will be announced.

V. MEMBERSHIP NUMBER

- a. The Alexandria Senior High Troydoll danceline do not have a set minimum or maximum number of members. The number of members shall be determined on audition day based on the following guidelines:
- i. The number of tryout candidates
 - ii. The point continuity given by the judging panel.

VI. DUTIES OF TROYDOLLS

- a. Expectations
- i. Abide by all school rules and the Troyan Constitution at all times, while in and out of uniform
 - ii. Dance at all designated athletic and community events, including (but not limited to) pep rallies, halftime shows at varsity football games, home district basketball games, and events dictated by administration
 1. You will be responsible for attending both football and basketball playoff games. While these are unannounced, they are still your responsibility.
 - iii. Attend and actively participate in all practices
 - iv. Attend summer camp in its entirety (*leaving early or not attending the whole camp will result in dismissal from the team*)
 - v. Participate in all designated fundraising activities

- vi. Attend and participate in all other Troyan functions and meetings as designated by the coach
- vii. Teach band/stand routines to the Pomline
- viii. Be able to take athletic P.E. during school if available
- ix. Participate in community service activities as designated by the director or the administrator

VII. PERFORMANCE ELIGIBILITY

- a. The director has the right to conduct an audition prior to each performance. Those members who have not mastered the material may be pulled from the routine for the upcoming event.
- b. Troydolls with excessive absences leading up to a routine may also be pulled from the routine.
- c. If a Troydoll is not performing the specific routine for one event, he/she may still be eligible for the performance at a later date given that the routine is mastered by the next performance of the specified routine.
- d. Any member not performing is still expected to attend the event in full dress, actively participate and engage herself/himself in sideline or stand routines, and maintain a positive attitude.
- e. Not attending the event the Troydoll is pulled from will be considered “boycotting” the event and the member will be removed from the team as dictated by the demerit discipline system.

VIII. EXPECTATIONS AND DISCIPLINE POLICY

- a. General Expectations
 - i. Follow all school rules, the Alexandria Senior High Student Handbook, and the Discipline Management Plan of the Rapides Parish School Board
 - ii. Be respectful to coaches, team directors, administration, faculty members, other school organizations and other students at all times
 - iii. Will not commit any act or deed that harms the reputation of the school/team, including (but not limited to) inappropriate internet behavior and postings
 - iv. Set a positive example of school spirit for other students to follow

- v. Be willing to sacrifice personal gain/wants for the good of the team as a whole
 - vi. **Be punctual:** Arrive prior to the starting times for events. Consult team calendar for upcoming events.
 - vii. **Be responsible:** Come prepared for practices and events. Make payments on time. Know what the rules are and follow them. Know when games and practices are and what to wear.
 - viii. Wear uniforms/hair appropriately and as designated by director. Come fully dressed for practices, games, and events.
 - ix. Travel to and from events using transportation approved by the director
 - x. A Troydoll may participate in other school sports; however, it is the responsibility of the Troydoll, NOT the director or coaches, to keep all coaches informed and attempt to work out any conflicts.
- b. Conduct at Games/Pep Rallies:
- i. Show good sportsmanship at all times, including attitude, actions, and words
 - ii. Do everything as a team (including during halftime)
 - iii. Get permission from the director before leaving the field, court, or stands, including when using the restroom
 - iv. Will not talk with spectators/fans during games or pep rallies (including family members)
 - v. Follow instructions of captains, co-captains, and directors
 - vi. Will pay attention to the game or pep rally and not talk when you should be attentive or performing
 - vii. Keep poms, bag, warm-ups neat and organized
 - viii. Return to assigned positions in the stands or on the sideline at the time designated by the director
- c. Attendance
- i. Troydolls who expect to be absent for an event must clear it with the director at least 48 hours prior to the event.
 - ii. Troydolls should never leave campus, including checking-out, without informing the director.
 - iii. Troydolls **MUST** be present on the day of an event, as well as the day **FOLLOWING** the event.
 - iv. Troydolls who miss more than 4 unexcused days of school a semester will be put on non- participation status until the next semester.
 - v. Troydolls must attend all pep rally practices in order to perform at that pep rally. Excused absences are not an exception to this rule.

- vi. If a Troydoll has an excuse from a doctor not to perform, he/she is still required to be present and in full uniform at all practice and at all events.
- vii. It is the responsibility of the Troydoll, not the parent/guardian, captain, co-captain, or teammate to inform the director about an absence. A team member should never have anyone else tell the director why he/she is not at a designated practice or event.
- viii. The following absences are excused and should be cleared by the director:
 - 1. Personal Illness
 - 2. Family emergencies
 - 3. School-related activities
- ix. The following absences are NOT excused and will not be cleared by the director. These absences will also receive demerits.
 - 1. Doctor's Appointments
 - 2. Family Reunions
 - 3. Births
 - 4. Weddings
 - 5. Vacations
 - 6. Other personal events

**Note: The director will have discretion over excused and unexcused events. The director's decision is final.*
- x. Missing a practice or event *without prior 48 hour* notice (including phone calls, emails, or texts on the day of practice or an event), or an unexcused absence for any reason will result in demerits.
- xi. If a member misses practice, for any reason whether it is excused or unexcused, he/she is expected to know all material before the next scheduled practice.

d. Demerit System

- i. A disciplined team is an organized team. The Troydolls of Alexandria Senior High follow a demerit system to ensure fair and equal consequences regarding discipline.
- ii. After 10 demerits, the member has a conference; after 20 demerits, the member is placed on probation and nonparticipation status for a specified amount of time; at 30 demerits, the member is removed from the team.
- iii. The director is the only person who can issue demerits. However, officers can suggest demerits be issued.
- iv. Merits should not be expected. They will be given or earned at the discretion of the director.
- v. Demerits start over at when the new team is announced.

- vi. The Demerit System is included in its entirety to the end of this constitution. *You are expected to know your infractions and their consequences.* Reference page 14 of this document.

- e. Physical Consequences

- i. When discipline is required at the school level, team members will be required to complete the following physical activities for the corresponding discipline infraction prior to participating in the next practice:
 1. KIR → 4 laps around the track
 2. WBC → 8 laps around the track in addition to 5 demerits if missing practice resulting due to an unexcused absence
 3. ISS → Trojan Mile (1 lap, 1 snake of bleachers, 4 times); 2nd ISS will be dismissed from team
 4. OSS → Immediate dismissal from team

*Note: These physical consequences are in addition to any conditioning that the team may be required to do.

- f. Non-Participation Status

- i. Troydolls who are classified as non-participating must meet all requirements and obligations of regular members, but may not perform with the team until the next grading period is completed to review grades and diminish demerit accumulations. In addition to grades and demerits, a team member may be classified as non-participating member for one of the following reasons:
 1. Injury (such as a broken bone)
 2. Extended Illness
 3. Hospitalization
 4. At parents' request with director's agreement

Note: Length of non-participation status will affect "lettering" eligibility.

IX. CAPTAINS AND OFFICERS

- a. Selection of Officers

- i. The Troydolls shall have a captain and a co-captain, or a series of officers who will serve as the leading force of the team. The officers shall be chosen in a separate tryout process. Each candidate must be a returning second or third consecutive year member and will be evaluated in the following way:
 1. Original Routine
 2. Sponsor Panel Interview
 3. Score Earned at Team Auditions

- 4. Sponsor Rating
 - ii. There **MUST** be a competition for officer positions.
 - iii. If there are no returning second or third consecutive year members, or no returning second or third consecutive year member interested in the position, the officers will be selected in accordance with the process listed above.
- b. Duties of Officers
 - i. Carry out the instructions of director and administration
 - ii. Lead warmups, practice, and rehearsal.
 - iii. Notify team members about practice times, game schedules, and what uniforms to wear
 - iv. Notify director of any violations of Constitution or school rules
 - v. Act as a spokesperson for the team
 - vi. Be the first one to arrive at and the last one to leave all practice and events
 - vii. Responsible for needed material (stereo, music, etc.)

X. FINANCIAL DUTIES AND RESPONSIBILITIES

- a. All Troydolls are responsible for payment of all designated items.
- b. Mandatory fundraisers will be held as deemed necessary to pay for trips, choreography, competitions, costumes, or other team needs.
- c. Parents/guardians will receive an estimate expense list prior to tryouts and must sign a financial obligation contract in order for their child to participate.
- d. Each team member will have an account where his/her fundraising profits and payments go. Debts will be taken out; credits will be put in. Each member will have a different account.
- e. Member accounts are to be paid out prior to auditions for the next season or upon graduation.
- f. Members' accounts with balances at the end of the year will roll over to the new season. Money will not be forfeited as long as the member returns.
- g. Senior members may donate their account balances to siblings who are on the team the following year.

- i. Seniors who do not have siblings on the team who have an account balance at the end of their season will donate the funds to the general team account.

XI. COMPETITIONS

- a. The Troydolls may become a competition team at the conclusion of football season. The director will determine whether or not the team will become competitive during the football season. The decision will be based on the team's ability level, performance quality, and work ethic.
- b. The director has the right to limit participation of team members in competitions. For example, all Troydolls may not perform in all routines at the Rapides Parish Spirit Spectacular Competition, Louisiana State Competition or National Competition. Limitations may occur because of individual skill levels are not up to overall team standards. Limitation decisions are final and not subject to questioning.
 - i. Team members not performing in competition routines are still required to attend competition and support fellow team mates. Failure to do so will be considered Boycotting, which will result in dismissal from the team.
- c. The competition team for Troydolls may be chosen by the director from the existing team members.
- d. The director will choose the competitions and divisions in which the team will participate.

XII. UNIFORMS

- a. Each team member will purchase and wear the regulation uniforms. She/he should arrive at the designated functions fully dressed and ready to perform with hair and makeup complete, and the uniform on correctly.
- b. The selection of the uniform will be determined by the director with the administrator's approval.
- c. Uniforms are to be worn correctly at all times.
- d. The care of each uniform should be excellent at all times.

- e. No jewelry is to be worn at practice. This includes, but is not limited to: watches rings, bracelets, necklaces, chokers, earrings, anklets, and any other body piercing. This is for safety purposes and for team uniformity. Captains may wear watches (AACCA, NFHS, UCA/UDA guidelines).
- f. Hair color should be natural, in accordance with school handbook.
- g. Nails should be naturally colored or French-tip and short in length for safety.

XIII. LETTERING

- a. Lettering occurs after completing two (2) consecutive years in Cheerleading, Troydolls, Pomline, or a combination of the three.
- b. Team members entering non-participation status or missing several events may affect lettering eligibility.
- c. The team director must approve lettering status of members prior to jacket purchase.
- d. Eligible team members will make their own arrangements with The Grad Shop for their letter jacket.

XIV. PREGNANCY

- a. Due to extreme physical requirements of danceline members, a team member that becomes pregnant CANNOT continue her membership on the team. The health of the team member and her unborn child must take top priority. In addition, she will be unable to satisfy the requirements of team membership. Pregnancy must be disclosed to the director and dismissal is immediate.

XV. BOYFRIENDS

- a. Team members with boyfriends are not allowed to participate in public displays of affection while in team uniform or while at a team event or gathering.
- b. Boyfriends are not allowed to act as chaperones, carpool with team members to designated team events or gatherings, or participate whether passively or actively in any other activity that the director may deem a team event or gathering.

XVI. DIRECTOR

- a. The director works with the team and acts in the best interest of the team. She/he makes all final decisions and assignments demerits. Demerits, as well as merits are the responsibility of the director.
- b. Members experiencing problems should talk with and work with the director in finding suitable solutions.
- c. The director should be respected at all times, if a Troydoll disrespects the director he/she will be put in non-participation status. Where the participation of the Troydoll will be reevaluated at the beginning of the next quarter.

Alexandria Senior High Troydolls Demerit System 2014-2015

A disciplined team is an organized team.

Demerits are assigned as part of the disciplinary process. They shall be given for violations of rules. The demerits system SHALL BE ENFORCED. At the discretion of the director, an alternative method of “working off” demerits can be used, but not expected.

Only the director can official mark demerits. However, captains and officers may suggest demerit assignments as well.

Demerit assignments will begin accumulation immediately after tryouts and a new team is formed. Returning members begin at zero demerits, regardless of how many they may have accrued during the previous season.

The following actions will take place for demerit accumulation:

| | |
|--------------------|---|
| <i>10 demerits</i> | <i>Conference with director and administrator</i> |
| <i>20 demerits</i> | <i>Probation/nonparticipation status for set period of time</i> |
| <i>30 demerits</i> | <i>Dismissal from team</i> |

Team members serving a game, event suspension, or are on probation must attend the game or event in uniform, but will not be permitted to perform. ***Students failing to attend the suspended game or event will be considered boycotting and will be dismissed from the squad.*** Team members with a valid excuse (to be determined by the director) must notify the director no less than 48 hours ***PRIOR*** to the suspended game or event.

Team members on probation must continue as usual but will not perform for a specified amount of time to be determined in conference with the director.

DEMERITS ARE ASSIGNED FOR THE FOLLOWING REASONS:

| | |
|--|---|
| A. Not attending a mandatory camp, workshop, or event as dictated by the director and/or ASH administration. | Dismissal |
| B. Not supporting all fundraising events or failure to comply with the individual monetary obligations. <i>Refunds will not be issued upon dismissal. Monetary obligations will still be met even after dismissal.</i> | Dismissal |
| C. Not abiding by the decisions of the team director, school official, etc. | Dismissal |
| D. Boycotting any team activity | Dismissal |
| E. Smoking, drinking, or using drugs (classified illegal by law), while in uniform or at any function or event in which Alexandria Senior High is represented by the danceline | Dismissal |
| F. Unexcused absence from game or event | 10 & 1 event suspension |
| G. Unexcused absence from practice (including after school detention or absence recovery) | 5 |
| H. Unexcused tardy (practice, games, events, etc.) | 3 for the 1st 5 min. 1 per 5 min. after |
| I. Not being picked up after practice, game, event within 15 minutes of dismissal (<i>Member will be suspended for next required event/practice and accrue those demerits for an unexcused absence as well</i>) | 3 for the 1st 5 min. 1 per 5 min. after AND suspension for the next event including those demerits for an unexcused absence |
| J. Non-participation or defiance during practice | 5 |
| K. Fighting (verbal or physical) with the director or team members (school rules and discipline also apply) | 10 |
| L. Profanity | 3 |
| M. Unauthorized snacks and drinks during practice or event | 2 |
| N. Horseplay and clowning | 3 |

| | |
|--|--|
| O. Disrespect to the director, officers, or teammates | 5 |
| P. Incomplete uniform, unclean uniform, jewelry, etc. (per item) | 2 per missing item and benched at event |
| Q. Halftime/Third quarter tardiness during games | 3 |
| R. Sarcasm with spectators, other school groups, instigating unsportsman-like conduct such as “booing” | 5 |
| S. Dismissing or leaving formation without permission | 3 |
| T. Chewing gum while performing or practicing | 3 |
| U. Vandalism and disrespect to property to others | 5 |
| V. Excessive complaining | 3 |
| W. Missing deadlines (money, report cards, forms, etc.) | 2 per day |
| X. Inappropriate behavior in public places or classroom: i.e. excessive talking, disrespect to instructor, disrupting class with team business, etc. | 5 |
| Y. Unauthorized use of cell phones during practice or an event | 3 |
| Z. Inappropriate use of Facebook, Twitter, Instagram, or other social networks (i.e. posting inappropriate pictures, harassment, venting about team mates, etc.) | 5 |
| AA. Any other action not mention above but requires disciplinary consequences | At director’s discretion |

From your Constitution:

VIII. EXPECTATIONS AND DISCIPLINE POLICY

e. Physical Consequences

- i. When discipline is required at the school level, team members will be required to complete the following physical activities for the corresponding discipline infraction prior to participating in the next practice:
 1. KIR → 2 laps around the track

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