

# **Cedarville University**

## **Guidelines for Cheerleaders**

### **Introduction**

These guidelines are provided to inform cheerleaders of the expectations of participating in the cheerleading program at Cedarville University. Persons selected for the CU Cheerleading team must be in agreement with these guidelines prior to accepting a position on the team and must adhere to these guidelines during their tenure on the team.

#### **I. PURPOSE**

The Cedarville University Cheerleading Team stands for and comes together in a covenant to glorify God by the following:

1. Using the talents and bodies God has given us to the best of our ability as individuals and as a team
2. Being disciplined in our work habits to achieve maximum growth
3. Using this sport to enrich other areas of our lives
4. Learning to build trust and reliance to promote team unity
5. Having a godly respect for one another, including our strengths and weaknesses
6. Loving each other as brothers and sisters in Christ
7. Being focused and overcoming physical and emotional obstacles
8. Promoting school spirit by being leaders of God through good sportsmanship and giving positive, encouraging comments to the athletes
9. Being enthusiastic and displaying an attitude of enjoyment in using this sport to reach our highest potential

#### **II. MISSION STATEMENT**

Our mission is to provide positive encouragement that leads to a positive learning environment that promotes a spirit of excellence and unity among the team. We desire

to strive to give the family atmosphere and accountability glorifying God as a body of athletes. We want to expect perseverance and perfection from everyone.

### III. ORGANIZATIONAL STRUCTURE

The Cedarville cheerleading program is a student sport and is administered through the Athletic Department. In order to be a successful CU cheerleader, the students first priority shall be to academics. Next, the cheerleader should be given opportunities to develop into a responsible and mature adult.

The CU cheerleaders shall be comprised of two (2) teams. The Coed Squad will be comprised of no more than eight (8) female and eight (8) male cheerleaders at the coach's discretion. The All Girl Squad will be comprised of no more than fifteen (15) cheerleaders at the coach's discretion. Both squads will cheer for basketball games and make appearances at various CU sporting events.

Tryouts and an evaluation by the coaching staff will be a part of the process in determining the teams. Members of the teams are required to attend all practices and scheduled games.

### IV. RULES AND REGULATIONS

1. The cheerleading team is selected by the coaches on the basis of cheering ability, character, and attitude. Each prospective member is required to attend clinics and must have the ability to work with others.

2. Each member is expected to follow the university rules and regulations set forth in the Cedarville University Handbook as well as the cheerleading team rules. The members should be a Christian example to others in their personal conduct. Each member must be a responsible team player. Each time we cheer, we not only represent the team, but also the university and most important the Lord.

3. Holding a position on the cheerleading team is a big commitment. You are committed to all of Fall and Spring Semester. Any absences make practice time unproductive for the entire team. Attendance is required at all practices and games. If you have a conflict with

practice or a game, you must fill out an absentee form a week prior to the scheduled event. The only exception is for a death in the family, or serious family emergency.

4. As athletes, the appearance of cheerleaders is very important. Each member must be responsible to maintain his or her weight and appearance. Our team does many mounts and partner stunts, an ideal weight makes lifting easier on the males.

5. Participation in intramural sports and any other type of aerobic activity is allowed only after academics and cheerleading responsibilities are fulfilled.

6. Team members are required to help with all projects or fund-raising events that the team sponsors.

7. Must fill out Intent letter.

#### V. PRACTICE AND GAMES

1. When practice and game times are assigned, you are expected to be there ready to begin. Do not schedule any classes, labs, or meetings during that time. No exceptions! The coaches have the right to schedule extra practices if needed.

2. If at any time the coaches must miss or leave practice, team members are expected to respect and obey the captains and any decisions that are made.

3. There are few acceptable conflicts with practice and games. If you are seriously ill, you must obtain a note from the clinic and call the coach. If you don't feel well, you should try to attend practice anyway to learn any new material from the sideline, in which the same applies to injuries. Organization meetings, dorm meetings, etc. do not apply to this policy.

4. If your work schedule changes from the beginning of the semester and it conflicts with practice you must change your work schedule.

5. Each cheerleader is given practice attire which must be worn to practice. Non compliance will result in extra laps after practice.

6. Use of cell phones is prohibited during practice and games.

## VI. TRAVEL

1. You may be required to travel to and from away games with the cheerleading team. Any arrangements to travel back to school separate from the team must be communicated with the coach.

2. The university athletic department will provide meal money for the trip back to school. When traveling to other schools, plan to change into your uniform upon arrival. The team warm-ups and t-shirts are to be worn while traveling to and from away games.

3. When going to away games, it is your responsibility to sign out. Please notify your RD or RA if we are coming back after curfew. If you have any problems with this, make sure you let the coaches know, so you are not penalized for breaking curfew.

4. Traveling as a CU cheerleader is a privilege.

## VII. GENERAL

1. Perform only stunts that have been learned, practiced and perfected (all stunts will be required to hit three (3) consecutive times prior to scheduled events in order to perform the stunt.)

2. Uniforms are the responsibility of the individual cheerleader; they will be fixed and/or replaced if damaged, and cleaned before each event and / or game. A replacement fee may be charged if permanent damages occur. A \$1 per day late fee may be charged when returning the uniform at the end of the season.

3. No gum or jewelry are allowed during practices and/or scheduled events.

4. Fingernails must be trimmed to prevent injuries.

## VIII. GUIDELINES AND SKILLS FOR TRY-OUTS AND INTERVIEW:

During the selection process, each candidate shall have one tryout, which includes an application, skill tryout and an interview by the Coaching Staff. The candidates will be evaluated on the following:

Application: The Cheerleader must turn in the application and \$20 application fee by the first day of clinics.

Women tryout skills:

Chant (taught on site)

Cheer (taught on site)

Dance (taught on site)

Fight Song (taught on site)

Jumps (Toe Touch, and Pike)

Tumbling (show highest skill)

Men tryout skills:

Gymnastics (show highest skill)

Partner stunts:(taught on site)

Skills:

The two days of clinics will be in the form of a practice atmosphere using stations. The emphasis will be on learning material quickly and demonstrating that you have knowledge of the material.

The coaching staff is responsible for evaluating all portions of the tryouts.

Interview:

Our coaching staff will have an opportunity to conduct a brief interview. During this section please remember to relax and be yourself. The coaches are looking for perspective cheerleaders that glorify God in every aspect of their lives.

Only with special permission of the Cheer Coaches can one tryout for Cheerleading after she/he has left, or been dismissed on a previous occasion.

The Cheerleading Coaches shall have the right to remove any distractions or change the location of all tryouts.

Actual tryout scores will not be made public. The Coaches will be available to answer individual questions related to the tryout process by appointment only.

#### Selection of Captains

The decision to select captains will be determined by the coaches. If the coaching staff decides to select captains, the selection is determined by observations throughout the entire cheerleading season which include: practices, games, fund-raisers, service projects, and competitions.

The criteria in which the coaches determine the position will be based upon the individual being dependable, encouraging, positive attitude, enthusiastic, loyal, willing, determined, having potential, skillful, teachable, approachable, and creativity.

This position can be selected from a sophomore, junior, or senior.

#### IX. INJURIES/ILLNESS/INSURANCE

1. Any illness or injury shall be reported to the Coaches and logged into the Emergency Plan Book immediately.
2. All members are expected to demonstrate proof of insurance prior to the beginning of each season.
3. Any injury suffered during practices, games or other official functions will be treated by an athletic trainer on the spot if one is available and must be given approval before returning to scheduled practices and/or events from a certified trainer.
4. If an injury or illness incapacitates a team member, he/she shall not be permitted to practice or cheer until such time as he/she provides clearance from a doctor.
5. If a doctor recommends that a team member no longer cheer, due to an injury or a health problem, the team member shall be removed from the team.

## X. PHYSICAL QUALIFICATIONS

1. Cheerleading is a strenuous and physically demanding activity. The CU cheerleading program is committed to promoting and fostering healthy lifestyles and eating habits for team members. Conduct which opposes this philosophy and/or conduct which poses unacceptable risk and disregard for the health, safety, and welfare of participants is in violation of this policy and will result in appropriate counseling and /or disciplinary action up to and including termination from the team.

2. The nature of cheerleading activities, particularly partner stunting, demand certain physical requirements. The male team members must have sufficient strength to base pyramids and to lift, hold, throw and catch females safely. Female team members must have tone muscles so that they can be lifted, thrown, and caught safely.

3. Each cheerleader is required to keep up their weekly conditioning plan as assigned by the coaches.

## XI. SAFETY

The increased athletic activity in cheerleading has resulted in an increased concern for safety. Cheerleading involves a variety of gymnastics, motions, partner stunts, rotations, pyramids, dance and heights; participation on cheerleading involves a certain amount of danger of personal injury. Cheerleaders are placed on notice that improper conduct of cheerleading activity may result in catastrophic injury, paralysis or even death. In becoming a participant in this program, a cheerleader voluntarily assumes the risk involved by participating in cheerleading practices, games and other activities. You will be required to sign a waiver form at the beginning of the season.

## XII. EQUAL OPPORTUNITY

Opportunity for selection of the CU cheerleading Squads shall not be denied to any person(s) because of race, color, creed, or national origin if otherwise qualified.

## XIII. ENFORCEMENT OF THESE GUIDELINES

Participation as a CU Cheerleader is voluntary and is done so with the understanding that there are certain requirements and expectations that are necessary in order to maintain a high-quality cheerleading team. Failure to comply with these guidelines can result in the Cheer Coaches making a decision to either temporarily suspend an individual from the one of more events or to permanently dismiss the individual from the team.

1. Missing practice without approval of the Coaches will result in the following:

First practice missed \$20

Second practice missed \$25

Third practice missed \$30 etc.

\*\*Payment should be given at the next practice or game. If you fail to do so, you will not participate.

2. Being late to practice without prior approval of Coach will result in the following:

You are to run a lap for every minute that you are late up to ten minutes after practice.

Anything after 10 minutes, you are charged a \$2.00 per minute.

\*\*Payment should be given at the next practice or game. If you fail to do so, you will not participate.

\*\*\*If this becomes an ongoing problem, you will be dismissed from the team.

3. Safety violation.

50/50

Push ups/Crunches

4. Violation of team rules or regulations.

Meet with the coaching staff and handled per situation

5. Missing games without approval of the Coaches will result in the following:

First game missed \$30

Second game missed \$40

Third game missed \$50 etc.

\*\*Payment should be given at the next practice or game. If you fail to do so, you will not

participate.

6. Missing end of the year banquet will result in payment of \$50.

#### XIV. CHANGES TO THESE GUIDELINES

The Cheer Coaches may make changes in these guidelines during the year. Any changes will be communicated to all members of the team prior to implementation.

**LETTER OF INTENT**

I. Should I, \_\_\_\_\_, be chosen for the Cedarville University Cheerleading Team, I agree to:

- A. Be responsible in class and with tasks given to me as a cheerleader.
- B. Maintain excellent school attendance and scheduled cheerleading events.
- C. Since it is my choice to attend Cedarville University, I will honor rules and regulations of the Cedarville University as well as the guidelines set forth by the Cedarville University Cheerleading Coaching Staff and promote school spirit.

II. Should I, \_\_\_\_\_, be chosen for the Cedarville University Cheerleading Team, I understand that I have full responsibility for the uniform loaned to me and that it is the property of Cedarville University. I agree that the uniform will be returned in the same condition in which it was received or I will be charged accordingly.

III. After reading the enclosed guidelines, I accept the challenges and wish to try out and/or cheer for the Cedarville University Cheerleading team.

I, \_\_\_\_\_, will abide by these rules and regulations set forth from the Cedarville University Cheerleading Team.

Perspective Cheerleader's Signature

Date

Coach's Signature

Date