

ANGELO STATE UNIVERSITY
CHEERLEADING CONTRACT &
SCHOLARSHIP REQUIREMENTS

2014-2015

Angelo State Cheerleading Benefits:

- Scholarships for each member
- Travel to out of town games
- Uniforms and equipment provided
- Paid cheer camp
- Support a competitive and nationally ranked athletic program
- Ram pride and spirit

These guidelines MUST be met in order to receive your scholarship at the end of each month (total of 4 installments per semester). The current expectations of our squad members are subject to change.

1. Cheerleader information:

- Up to 16 members
- Affiliated with Universal Cheerleaders Association (UCA)
- Responsibilities include:
 - a. Cheer at all home football games
 - b. A portion of the squad will cheer at out of town football games
 - c. Cheer at women's home volleyball, soccer, and softball games
 - d. Cheer at Men's home baseball games
 - e. Cheer at men's and women's basketball games
 - f. Cheer at football playoff games (post season)
 - g. Cheer at basketball playoff games (post season)
 - h. Public appearances (on and off campus)
 - i. Community Service throughout the year
 - j. Support Student Life programming (i.e. Rambunctious Weekend Events, Family Day, Military Day, New Student Orientation, Homecoming, Midnight Madness, etc)

2. Time Commitment:

- You are making a commitment to attend all the listed events (Section 1) plus special appearances that are scheduled each week during the year (Open Gym, instructing Cheer Clinics, judging Cheer Tryouts, etc.). This includes giving up all or part of your Winter Break and/or Spring Break for athletic events and practice. If you cannot commit to all these events, please do not try out.

- You must attend Team Fitting Day, summer practices, pre-camp practices, summer camp in July or August as well as practices before the start of school.
- You must attend all practices. Practices will run efficiently and will start promptly at their scheduled times.

3. Travel:

- The travel team will consist of up to eight cheerleaders which will be determined by the coach. Selection will be made on the basis of grades, attendance, skill level, attitude, and work ethic.
- As a cheerleader, anytime you are away from the University, you will be held to a higher standard.
- If not selected as part of the travel team, remaining cheerleaders will support on-campus activities (Volleyball and Soccer games) while travel team is away.

4. Academics:

- School is the reason you are here. School is your number one priority.
 - a. Students must maintain both a 2.25 GPA each semester and cumulative 2.25 GPA overall.
 - b. Failure to meet both of these GPAs will result in loss of scholarship and one probationary term. If grades are not met again after probationary period, then removal from the team will occur.
 - c. All cheerleaders are required to maintain 12 hours each semester, but taking 15 hours is recommended. Any cheerleader who drops below 12 hours in a semester will lose their monthly scholarship installment at the end of the drop date and may be removed from the squad at that time.
 - d. In order to monitor academic progress, it's the cheerleader's responsibility to inform the Coach and Director of any classes he/she is considering dropping to ensure best academic counseling if needed.

5. Weight and Nutrition:

- Squad members are expected to maintain an appropriate physique. We do have a weight requirement based on the Individual Body Mass Indicator (BMI) created by the National Heart, Lung, and Blood Institute (NHLBI). The cheer coach will closely monitor each individual to keep that individual healthy and safe.
- Each member is required to attend an instructor led class of their choice and log their workouts (at least twice a week). Instructors must sign the workout log provided by the cheer coach. Workout hours should total at least 8 hours per month.
- Weigh-in sessions will be held on the first Tuesday of each month by the cheer coach to insure that each member is staying at the designated weight bracket for their height.

6. Uniforms:

- All uniforms are the property of Angelo State University. An inventory sheet will be signed by each cheerleader upon receiving uniforms. Any uniform that is lost or unaccounted for will be the responsibility of the cheerleader the uniform is issued to.
- Responsibility of care and cleaning of the uniform is required.
- A corresponding ribbon will be worn in hair anytime in uniform.
- Females: Hair will be half up half down anytime in uniform, no visible tattoos.
- Males: Clean shaven at all times, no visible tattoos.

7. Practice:

- Practice will be 2 to 4 days a week. Homecoming practices will be 3 to 5 days a week
- Practice will be 2 to 3 hours in length.
- All practices are mandatory unless otherwise noted.
- You must come to practice dressed and ready on time. Females: sports bra and spankies only, Males: t-shirts and shorts.

8. Appearances:

- All appearances are mandatory unless otherwise noted.

9. Demerits:

- The demerit system will be used to keep the cheerleading program running smoothly and more efficient. This will be based on a point system and will be recalculated each semester. Listed below are some issues that have risen occurred in the past and have been rated as concerns within the program. We will re-evaluate as each school semester passes. Additional demerits will be added (if needed) and each cheerleader will be notified. These concerns can lead to a loss of scholarship, so this system is being used to better inform you of your membership and address issues before termination and/or loss of scholarship occurs. The cheer coach and co-captains are responsible for writing and enforcing cheer demerits.
- If a cheerleader receives 8 demerits he/she will be removed from the squad and the scholarship will not be awarded.
- Each time a Cheerleader receives a demerit, that student will be required to sign and date the attached form and the documentation will be added to your personal file. 8 demerits will be grounds for termination.

<u>Demerits</u>	<u>Points</u>
• Unacceptable sideline performance (Not knowing cheers, cell phone usage, excessive talking)	1
• <u>Unacceptable Social Media Usage</u> (Cyber bullying, Inappropriate language and pictures)	1

- Not wearing proper clothes (shell top, skirt, shoes, socks, bows, spanks) 1
- Leaving a game/practice without notice 2
- Coming in late without notice 2
- Showing up late for assigned community service 2
- No show for practice 3
- No show for Game 3
- Disrespectful to other employees or visitors 4
- Insubordination 8

10. Behavior and attitude:

- Must be in good standing with the university.
- Alcohol or controlled substance use is prohibited. A violation of this rule is grounds for immediate dismissal.
- Body art WILL NOT be visible at any time while representing Angelo State University.
- A positive attitude with TEAM goals is expected at practice/events by each member. Members must be mature, energetic motivators to build and maintain the image of the Cheer Program.
- Your presence on the squad will be met with high expectations. Abusive behavior, stealing, lying and any other form of negative behavior, including a “bad attitude”, are grounds for dismissal.
- Any behavior/actions/activities that may hinder the reputation of the cheerleading program will be dealt with on an individual basis by the cheerleading coach and the Director of Student Life.
- Refer to Section 9 Demerits.
- All cheerleaders must follow the Code of Student Conduct and University Honor Code listed in the Student Handbook. Any violation will result in consequences deemed appropriate by university administration.

11. Guidelines to meet in order to receive the cheerleader scholarship at the end of the semester:

- Must meet GPA requirements and cumulative requirements (2.25).
- Refer to Section 9 Demerits
- If a cheerleader’s grades fall below the recommended GPA requirements at the end of the fall semester, the cheerleader will not receive scholarship during the spring semester until grades are back to a recommended GPA requirement. Once the cheerleader meets scholarship expectations for the spring term (for those that did not fulfill all requirements in the fall term) he/she will be awarded the full scholarship at the end of the term.

Updated 1/2014

- If a current cheerleader tries out in April, but fails to meet the grade expectations for the spring term in May, the cheer member will be removed from the squad immediately.

I, _____, will dedicate myself to these expectations & guidelines and will strive to help make this program the best that it can be. I also understand that if I do not uphold these expectations and guidelines, then I will face the consequences and/or possibility of losing my scholarship and being removed from the squad for the next semester. If chosen to be an Angelo State University cheerleader, I understand that all necessary forms will be completed in full, signed and returned to the Student Life Office by the deadline.

Cheer Member (PRINT NAME)

Date

Cheer Member (Signature)

Date