

TRINITY VALLEY COMMUNITY COLLEGE

CHEERLEADING GUIDELINES

2010-11

PHILOSOPHY AND OBJECTIVES

Cheerleaders and mascots are **Student-Athletes** attending Trinity Valley Community College to get an education. There is time for academics and athletics and members are expected to do both well.

Members of Cardinal Cheerleading should benefit from their experiences by developing into responsible, mature, and independent adults. Members should develop life, leadership, social, and decision-making skills.

Members of Cardinal Cheerleading include cheerleaders, mascots, and coaches. The head coach reports to the Director of Athletics and the Vice President for Student Affairs. Cardinal Cheerleading is budgeted in athletics and is primarily active at athletic events. These guidelines are subject to addition and change when found necessary and beneficial. The head coach regulates these changes.

ROLE OF THE TVCC CHEERLEADER

The following elements of the TVCC cheerleader program are listed in order of priority.

1. Your academics should not be compromised by participating in cheerleading.
2. The primary role of a collegiate cheerleading program is to support intercollegiate athletics.
3. A collegiate cheerleading squad has the responsibility to uphold, to reflect, and to project the goals and ideals of their sponsoring institution.
4. Collegiate cheerleading squads engaging in cheerleading gymnastics and competitive programs should adopt and execute a comprehensive safety program and should not engage in these areas to the detriment of their previous responsibilities.

As stated above, a TVCC cheerleader's first priority after academics is to support intercollegiate athletics. This can best be achieved by:

1. Assisting in creating an atmosphere of spirit and support throughout the campus.
2. Encouraging and coordinate direct crowd involvement at athletic events.

Squads on the sidelines were never intended to distract attention from an athletic event. Cheerleaders neglecting their primary responsibility and becoming a focal point can produce a fatal result in terms of institutional support for your program.

A cheerleading squad has the responsibility to uphold, to reflect, and to project the goals and ideals of the school community. Positive public relations is a valuable service that cheerleaders provide for their institution. There are few ways in which a college or TVCC can better reflect a positive image than by the words and actions of a personable, articulate, poised, and involved student. Because cheerleaders are current students, this poses a unique perception and enthusiasm for their institution. When cheerleaders effectively assume the role of ambassadors, the potential for positive public relations is tremendous.

ACADEMIC POLICY

1. Cheerleaders are required to adhere to and be enrolled in twelve (12) hours per semester.
2. Cheerleaders are required to maintain a 2.0 GPA.
3. Remember that cheerleaders are **Student-Athletes** (meaning grades come first)

ATTENDANCE

Cardinal Cheerleading will not work with or around any other job, school, organization church, social, etc. functions (Exception: family emergency). In particular cheerleading is not a team sport in which wins and losses are at stake, but it is an athletic activity in which the very well being of each participant depends on the presence of others.

To be successful you must respect yourself, each other, the coach, the Athletic Department, and Trinity Valley Community College. Actions that violate the spirit of this concept will result in disciplinary action and may result in your dismissal.

SCHOLARSHIPS

Members of TVCC cheer who are offered scholarships must maintain a 2.0 cumulative GPA. Scholarships are as follows:

1st year Tuition, Fees and second semester Books with 3.0

2nd year Tuition, Fees, and Room (you must live on campus your 1st year to receive room)

Other costs

- Uniform (~\$360/year)
- Practice Uniforms (~\$80/year)
- Bags (~\$40/year)
- Warm-ups (~\$80/year)
- Equipment (~\$50/year)
- Attendance at Camp and Competition (~\$500/year)

All items must be kept in good condition, as they will be used throughout the year. Damage beyond normal wear and tear or loss of these items will require that you pay for replacement. Uniforms or equipment may not be lent out to anyone outside of Cardinal Cheerleading for any reason.

To defray these costs there are a number of fundraising opportunities members are required to participate in, however, you and your teammates must develop these opportunities.

If you quit or are dismissed from the team, you may be required to pay back some or all (prorated amount) of the scholarship money.

CONDUCT

This document and the Trinity Valley Community College Student Conduct Code should guide your conduct as a member of Cardinal Cheerleading. It is your responsibility to be familiar with the contents of these documents. As a member of Cardinal Cheerleading you represent the entire team as well as the Athletic Department and Trinity Valley Community College. This is a privilege and something of which you should be proud.

In all policy and program matters, members of Cardinal Cheerleading shall first be law-abiding citizens of their nation, state, and city, and second, shall be exemplary representatives of Trinity Valley Community College. Members must display proper behavior and avoid creating or participating in situations that cause personal, team, Athletic Department, or TVCC embarrassment. Failure to do so will result in disciplinary action and potential dismissal.

Cardinal Cheerleading members are expected to be courteous and act as role models in all class situations. This improves the learning process and shows respect for your professors. Class attendance is very important to success. Members will miss some classes due to team travel and appearances and therefore, cannot afford to miss

extra classes. Make sure professors know well in advance about any absences. Most professors, given ample warning will work with their students with respect to scheduling. Always offer to turn in papers and take tests early and at your professor's convenience.

ALCOHOL, TOBACCO AND DRUGS

TVCC is committed to providing a safe and healthy environment for Cardinal Cheerleading.

- Use of tobacco in any form while participating in TVCC business is prohibited.
- Conduct, which involves the unlawful possession, use, dispensation, distribution or manufacture of controlled substances is prohibited.
- Members of Cardinal Cheerleading will be subjected to Drug Testing as mandated by the Athletic Department.
 - If a student does not pass the Drug Test he/she will have to enter the TVCC counseling program and will be responsible for the costs of that program.
 - If a student fails the test a second time during their entire tenure at TVCC they will not be allowed to participate in any TVCC sponsored activities including Cheerleading.
- The legal use of prescribed medicines under the direction of a licensed physician is permitted. However, the coach should have knowledge of the reasons for and which prescription medication is being taken.
- The consumption of alcoholic beverages is strictly prohibited 24 hours before any organized team activity including practices, team meetings and away trips including both games and nationals.
- Cardinal Cheerleading members are expected to abide by the laws of their nation, state, and city. This expectation is foremost when it comes to alcoholic beverages. The law prohibits the consumption of alcoholic beverages for those less than 21 years old.

Violators of these rules shall be subject to serious disciplinary measures up to and including immediate dismissal.

Cardinal Cheerleading members are reminded that, as highly visible members of the TVCC community, their actions and behavior are under constant observation. Both in and out of uniform, members are known, subject to scrutiny, and can easily be the object of criticism for their behavior or actions, in particular, for indulging or for over-indulging in alcoholic beverages.

INTERNET PRESENCE

In all internet displays (e.g. Facebook, My Space) of themselves, Cardinal Cheerleading, the Athletic Department, and Trinity Valley Community College members of Cardinal Cheerleading shall present themselves in an exemplary fashion. Members agree to immediately remove any written, spoken, or visually presented material that is deemed inappropriate. Failure to do so will result in disciplinary action and potential dismissal.

APPEARANCES

If you believe you cannot practice or attend an appearance for health reasons the assigned athletic trainer or a doctor must examine you prior to the event. Attendance is required unless dismissed by the assigned athletic trainer or coach. Practice or appearances are not over until you are dismissed. Do not exit the practice/appearance area until you have policed the area and have taken steps to leave it in a better condition than it was when entered.

TRAVEL

A valuable part of the educational experiences associated with Cardinal Cheerleading is travel. When traveling as a representative of Trinity Valley Community College the members' behavior shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or discordant, unruly, etc. shall not be tolerated.

When traveling to a game or appearance members must travel in the manner specified by the coach. On the road prior to a game all meals should be consumed with your teammates. It is up to the coach's discretion as to whether others may attend too. In most cases, the coach or a designee will travel with the team. From departure until arrival back at the TVCC members are ambassadors of TVCC and are expected to behave in a manner that is above reproach. In the traveling party there are 10+ people to satisfy, please be courteous to each other and make an attempt to make everyone comfortable. Always budget for tax and tip when eating. Keep the noise level down in restaurants and hotels. After a game members must ride back in the manner specified by the Athletic Department. Members may only be released with a written permission form.

TARDINESS

You are expected to arrive at any practice, appearance, or game 15 minutes prior to the time stated. All preparation for practice including taping must be completed prior to the start of practice. Even if present, being unprepared to begin is considered tardiness.

INJURY

Any injury is to be immediately reported to the coach. In addition, you must seek immediate assistance from the assigned athletic trainer. At all times you must be courteous to the Athletic Training Staff. Remember you are in a learning environment and must patiently allow student trainers to examine you followed by Certified Athletic Trainers. If so prescribed you must attend rehabilitation sessions at the days and times assigned by the Athletic Trainers. After an injury, the Athletic Training Staff first, and the coach second, determine when you will return to participation. If the team doctor recommends that a member no longer cheer, due to injury or a health problem, the team member shall be removed from the team. If chronic illness or injury causes member to miss games or practices repeatedly, the member may be removed from the team by the coach

SCHEDULE

You are committed to Cardinal Cheerleading from July 15th until the next team is selected. At a minimum this will require attendance at practices 4-5 times per week, athletic games, and other appearances. Camp attendance for cheerleaders either at TVCC or at a remote site is mandatory. Missing this event will result in disciplinary action and may result in your dismissal.

Home Games

Football Games - Unless the coach designates an earlier or later time, on game day you are obligated to cheerleading 2 hours prior until 1 hour after the game. In addition to basic warm-up and preparation for the game and cool down after, you may need to make appearances as assigned by the coach.

Basketball Games - Unless the coach designates an earlier or later time, on game day you are obligated to cheerleading 1 hours prior until 0.5 hours after the game. In addition to basic warm-up and preparation for the game and cool down after, you may need to make appearances as assigned by the coach.

Away Games

Travel to away games will be in accordance with NJCAA and TVCC rules and regulations as enforced by the coach. A tentative schedule will be announced prior to the football and basketball seasons. Trips may be added or cancelled. You must remain flexible. Those members assigned to the travel are committed to the trip unless they find a replacement from within their team.

Tournaments and Playoffs

Dates and times will be announced. You should be aware that tournaments usually fall during Thanksgiving break, Christmas break, and Spring break. You must be flexible with your schedule. In addition, there will be public relations appearances, pep rallies, community service activities, fund raising activities, and other appearances that will require your attendance. You will need to make necessary adjustments. The coach shall

approve all appearances in advance. Members of Cardinal Cheerleading shall appear only at events/activities, which will reflect positively on them as individuals, and as representatives of TVCC.

Members of Cardinal Cheerleading, who judge tryouts or competitions or appear at business or commercial events, are required to notify and seek approval of the coach. In committing to an appearance for a member of Cardinal Cheerleading, the coach shall give first consideration to the student's academic career and, in particular, attendance at classes. Other considerations to be weighed include the number of activities in that week, the function of the member at the event/activity, the nature of the event/activity, the cost of travel and the distance to the event/activity.

TEAM MAKEUP

All team members are required to cheer all football and men's and women's basketball games to which they are assigned. The full team will be composed of approximately 28 members. The football traveling team will be made up of 12 cheerleaders and a mascot that may be changed on a weekly basis. Those 13 are responsible for cheering at the assigned game. If they wish not to travel to a particular game they are responsible for finding a substitute from the team and notifying the coach 3 full practices prior to the game. If the substitute is unable to attend the game for **ANY** reason (sickness, family emergency, injury, discipline) it is the original traveling team member's responsibility to cheer at the game. In case of injury to one of the traveling team members a member of the coed team will be assigned to the traveling team. It will then be that person's responsibility to make the necessary arrangements to attend the game.

APPEARANCE, UNIFORMS, AND EQUIPMENT

Females

- No jewelry of any kind should be worn during games, appearances, or practices.
- No fingernail polish may be worn during games or appearances.
- Hair must be kept out of the face either "half-up" or in ponytail.
- Accessories like ribbons, headbands, hats, garters, temporary tattoos etc. will be worn only if approved by the coach and all females on their team are willing to accessorize in a uniform manner.

Males

- No jewelry of any kind should be worn during games, appearances, or practices.
- Hair must be neatly groomed and kept out of the face.
- Face must be "clean shaven" for all functions.

Uniforms, shoes, and equipment must be kept in a clean, presentable condition for all appearances. You must wear the clothing selected by the coach for all practices and appearances. You should always change out of Cardinal Cheerleading attire immediately after the game or practice (e.g. before leaving the stadium or arena). In any event cheerleading attire should not be worn at eating establishments or at any non-TVCC sanctioned function.

PRACTICE

- You are expected to contribute to the team. Individual members of the team may be close friends. Team members' friendship or non-friendship shall not have a negative effect on the team.
- You are expected to be at every practice. You must schedule your classes around practices. If a class conflicts with practice you will need to either drop cheerleading or the class. Do not schedule or expect to attend study sessions or group meetings during practice. If necessary, obtain permission from your professor and then have a classmate audio or video tape the session.
- You are to come to practice dressed in the practice attire of the day.
- No jewelry of any kind should be worn

- Do not sit or lay down during practice except during the initial stretch or when instructed to do so. Spot, critique, and instruct, do not zone.
- You are expected to contribute to solving any problem that presents itself.
- If you believe you cannot practice for health reasons an athletic trainer or a doctor prior to practice must see you. You still need to attend practice unless dismissed by the coach.
- Your game performance is directly related to how you practice. Poor, lousy practices result in poor, lousy games.
- Stay focused and intense during practice. Loss of focus wastes time and leads to injury.
- Learn from your mistakes. Do not repeat errors.
- Communicate with your stunt partner(s) and your teammates.
- Improve daily. Work on your weaknesses.
- Work hard to make yourself better. Do not be the weak link.
- Help your teammates overcome hurdles and transition through plateaus. Do not let them be the weak link.
- Listen to your teammates. Appreciate their input. Give them credit.
- All first aid needs must be attended to immediately.
- Come early, stay late, be mentally and physically ready for practice.
- No excuses! Do not think or verbalize what you can't do. Just do it!
- Practice is not over until the coach dismisses you. Once dismissed, do not exit the practice area until you have policed the gym and have taken steps to leave it in a better condition than it was when you entered.

GAMES

- You are a leader, not an entertainer
- When not cheering, you are to stand in your assigned position in the manner prescribed.
- Do not bunch up or walk around talking to teammates, officials, or fans.
- If you believe you cannot perform for health reasons an athletic trainer or a doctor prior to the game must see you. You still need to attend the game unless dismissed by the coach.
- All warm-up activities should be performed out of or at least with your back to public view. This includes stretching, warm-up, motions for chants and other routines.
- You are expected to contribute to solving any problem that presents itself.
- Confidence and enthusiasm are contagious; therefore, you should always look excited and involved in the game.
- Do not attempt a partner stunt that you have not hit with a 100% success during practice and prior to the game.
- Do not hold a stunt more than 2 – 4 seconds.
- When to cheer, stunt, tumble, and build pyramids - Pre-game, time-outs, half-time, Huddles, End of play
- When not to cheer, stunt, tumble, and build pyramids - Injury, while our offense is at the line of scrimmage, or our basketball team is shooting free throws.
- Do not yell, curse or otherwise show negative emotion to officials or fans. Instead start a chant or cheer to redirect energy.
- Be sensitive to the crowd, providing a positive release for their emotions, channeling their energies into coordinated positive verbal action.
- Resist both under and over cheering.
- Check booing quickly by redirecting to an appropriate chant
- Compliment and show appreciation to your fans.
- At all times exhibit good sportsmanship.
- Your game responsibilities are not over until you are dismissed by the coach. Once dismissed, do not exit the game area until you have policed the area and have taken steps to leave it in a better condition than it was when you entered.

GAME GOALS

- 4 Full Crowd responses
- Loud support from the section in which you cheer
- At least 1 new stunt and 1 new pyramid per game
- A jump, stunt, or standing gymnastics before every chant
- No drops, baubles, or injuries

PHYSICAL TRAINING

You are expected to participate in physical training/conditioning that will improve your cheerleading performance. In addition you are expected to know all material at all times. Periodically during the season you will be tested as to your physical progress in a number of areas. A lack of improvement may result in your dismissal.

You are expected to control your body weight. All cheerleaders are expected to maintain their body weight within 5 lbs of their tryout weight. Excess changes in body weight may result in your suspension or dismissal.

COMPETITION

Participation in cheerleading for this year will likely include participating in competition. The coach will determine which team members will compete. However, two important points must be stressed

- Trinity Valley Community College is not financially responsible for providing the opportunity to compete
- Cheerleading responsibilities for Trinity Valley Community College and the Athletic Department will come first.

TRYOUTS

All students must tryout every year. To tryout you must be a student in good standing at Trinity Valley Community College or an incoming student. Members of the team are chosen by the coach with advise from whomever they deem appropriate. Selection to the team is not finalized until after a complete examination conducted by the Athletic Department's Athletic Training staff and approval of the coach. The coach may add members to the team during the year as necessary. Only with the coach's special permission can one try out after leaving the team on a previous occasion.

DISCIPLINARY ACTIONS

Rules violation, inappropriate behavior, and tardiness after the official start of practice or preparation for an event will result in disciplinary action. If your excuse is considered to be unacceptable (e.g. putting yourself before the team) at the sole discretion of the coach you may be dismissed.

ELIGIBILITY

The TVCC Cheer Program will have the following guidelines established for eligibility:

- Entering first-time freshmen must be a high school graduate.
- Transfer students must have a 2.0 at their previous institution in order to qualify for a scholarship.
- Cheerleaders transferring from another program must have a letter of release from that institutions cheer program in order to be eligible.
- All Cheerleaders must maintain a 2.0 and be enrolled in 12 credit hours at TVCC.
- Cheerleaders may only cheer a maximum of three years or six long semesters at the collegiate level before their eligibility at TVCC is used up. (For example if a student transfers from another university where he/she was a member of the cheer program and cheered for a year. That individual has used up one year of their eligibility.)
- Cheerleaders who have graduated from TVCC may not return to the team.
- Cheerleaders with 90 or more credit hours will not be eligible.

- Cheerleaders must be highly spirited and outgoing individuals who are proud to represent TVCC.
- Cheerleaders need to have physical stamina and energy in order to cheer throughout an entire year and must pass a physical test administered by our athletic training staff.

SAFETY

- Safety in spotting is everyone's responsibility
- If at all possible the spotter should be touching the person they are spotting
- The spotter's hands should always be ready to act
- Everyone at risk should have a particular spot or should know who he or she is responsible for
- Spotters should never leave the person they're spotting until both that person's feet are safely on the ground
- Do not chew gum or eat candy while practicing or performing
- Keep fingernails short and trimmed
- No stunts or pyramids should be performed in public until perfected
- Talking should be kept to a minimum with the exception of relevant communication for the stunt or pyramid being performed.
- No one should ever yell or scream in an uncontrolled manner
- Always listen for statements such as "dismount", "down", or "cradle". Remember no one is to move until layers above have dismounted.
- Each member should visualize every movement prior to any attempt.
- If anyone cannot conceive of what is supposed to happen the movement should not be attempted until they do.
- All will be involved in a sound weight-training program. The additional control, strength, endurance, and muscle mass will assist in the prevention of injuries and a successful performance of the skill. Being physically fit is not good enough. One must be in cheerleading shape.
- All stunts should be learned in a logical progression.
- Proper foundation is a necessity to ensure future safety.
- During learning all stunts must be spotted properly by at least two people. Stunts should not be executed without spotters unless they can be performed consistently without difficulty.
- All partner couples must seek approval from the coach in order to perform the stunt in public
- When performing partner stunts, the flyer should always lock out. The base should do balancing.
- Partner stunts should be preceded by verbal confirmation of the intended stunt, transitions and the dismount
- No stunt should be changed while it is being performed.
- All dismounts should be verbally called, however, silent communication for dismount should be practiced to avoid problems that may occur when noise prevents the base and flyer from being heard.
- When performing stunts the prevailing conditions should be taken into account during stunt selection. These conditions include weather, proximity of spectators, and the surface on which the cheerleaders are performing.
- All flyers' dismounts must be assisted upon landing.

PYRAMIDS

- All mounts over "two persons high" must have a "responsible" spotter in proper position. This person's only responsibility, once the flyer begins to mount, is the spot.
- Before attempting a pyramid everyone should mentally walk-through and pantomime their responsibility
- When building pyramids, each layer or combination partner stunts should be practiced separately before putting the combination together
- When performing pyramids, prevailing conditions should be taken into account. The conditions include weather, proximity of spectators, and the surface on which the cheerleaders are performing.
- All dismounts from 2 ½ high pyramids must be caught or spotted by two bases

- For pyramids performed over two high a spotter must be available in the front and in the back whose sole responsibility is the person that is above two high
- Dismounts should be preceded by verbal and visual signals between the catchers and a person dismounting

BASKET TOSSES

- Basket tosses should have at least three persons in the toss and catch
- Basket tosses must be performed with both bases feet on the ground

APPAREL

- Practice and game apparel should not create a hazard
- No pockets on T-shirts
- Nothing should be in pants pocket
- Remove all jewelry (watches, earrings, piercings, etc.)
- No shorts with large fasteners may be worn

Acknowledgement

Portions of this document have been modified or lifted from materials provided by Georgia Southern University, Clayton State University, National Cheerleading Association, Universal Cheerleading Association, Arizona State University, Penn State University, University of Kentucky, University of Louisville, Stephen F. Austin State University and University of Miami.

I _____ understand fully all of the rules and regulations presented. I will abide by these rules and regulations. I understand that violation of the rules and regulations will result in disciplinary action that may include my dismissal from Cardinal Cheerleading.

Date: _____ Signed _____
(Cheerleader)

Date: _____ Signed _____
(Coach)

I _____, do hereby authorize the officials of Trinity Valley Community College to release all records pertaining to my enrollment and Financial Aid at TVCC to officials from the TVCC Cheer Program. This release may include transcripts from my high school(s), junior college(s) or other four-year college(s) I may have attended. I understand the Family Educational Rights and Privacy Act of 1974 otherwise protect my records. This release may be in the form of reading my records, making photocopies or discussing the information with appropriate officials.

This permission is granted as long as I am an active member of the TVCC Cheerleading Team. A photocopy of this release shall serve as good as the original.

Date: _____ Signed _____
(Cheerleader)