South Carolina State University

Cheerleaders

Handbook

(Rules and Regulations)

South Carolina State University Cheerleader Program

The purpose of the South Carolina State University Cheer Program is to support intercollegiate athletics & SC State University by leading cheers and raising the level of fan support for university athletic teams, and to serve as ambassadors of the University.

The experiences gained from being a part of this program will not only channel team members' enthusiasm in a constructive and beneficial manner, but will also give them a sense of pride and accomplishment in being part of a group that is hard-working and respected. This program is a physical activity which involves a risk of physical injury so please be aware of this risk.

MISSON STATEMENT

As South Carolina State University Cheerleaders we will strive to uplift, support, encourage, and believe in our university and community, possessing the qualities of leadership, dedication, determination, motivation, and loyalty with respect and school spirit. We will always strive to do our best in all that we do. Teamwork makes the dream work. **LET'S GO BULLDOGS!!!**

GENERAL GUIDELINES:

1. Individuals participating in the SC State University cheer program will be full-time (12 credit hours) students on the SC State campus and will maintain a 2.75 grade point average.

2. Student-Athletes participating in the SC State cheer program will be good, law-abiding citizens of the University, nation, state & city.

3. Student-Athletes participating in the SC State cheer program will be responsible for all rules & regulations listed in the South Carolina State University Student-Athlete Code of Conduct as well as the University Student Handbook.

ATTENDANCE GUIDELINES:

1. All team members must be in attendance at least **15 minutes** prior to the meet time of ANY event or function, including practices & games.

2. All team members are to be ready for practices, games, events or functions at the designated time. **No Excuses!** Special practices **could be set at various times during the season**. Everyone **MUST** wear proper attire for practices. This means MATCHING shirts, shorts, socks and tennis shoes. Hair must be pulled back and out of the face, and **ALL** jewelry must be **REMOVED**.

3. All Cheer Team Members **MUST** attend all **EVENTS, FUNCTIONS, GAMES, PRACTICES, PUBLIC APPEARANCES, etc.** put on & sponsored by the SC State Cheer Program.

4. If a cheer team member is unable to attend an event or function, he/she **MUST** contact the coach **PRIOR** to the event or function. Practices missed for unjustifiable reasons **WILL NOT BE TOLERATED**! If the team-member will be late for a practice, the coach **MUST** be notified in **ADVANCE**, or consequential action **could** be taken at the discretion of the coach. Appointments & obligations should be scheduled on days other than practice days. (*Coach's Discretion*)

5. Cheer Team Members **MUST RIDE WITH THE TEAM TO AND FROM ALL AWAY GAMES/COMPETITIONS/CLINICS/CAMPS, etc**. Behavior of the team while on a trip shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or unruly shall be subject to consequential action at the coach's discretion.

6. Should a Cheer Team Member skip a postseason appearance, they will not be allowed to tryout for the team the following year. All Christmas Break & Spring Break plans must be with the knowledge & understanding that cheer events, functions, games and appearances take precedence.

7. All injuries MUST be immediately reported to the coach.

UNIFORMS/EQUIPMENT GUIDELINES:

1. All team members will be responsible for the care and maintenance of their uniform and cheerleading property during the time that it is in their possession. Team members are also responsible for the purchase of their own socks, briefs, hair ribbons, sweatshirts, t-shirts, shorts, as well as any other individual equipment.

2. Any equipment not returned or returned in unacceptable condition will be the responsibility of the team member for the replacement costs of such equipment.

3. All Cheerleaders equipment (warm-ups, uniforms, etc.) will be the responsibility of the student receiving the items. They will either be paid for or charged to your account.

4. All Game/Practice equipment signs, flags, coolers, etc. will be the responsibility of new cheer members.

    a. Getting them to and from games or practices.

    b. Each person will be assigned something during games to be responsible for.

BEHAVIOR & PROGRAM REPRESENTATION GUIDELINES:

1. All Cheer Team Members are responsible for the conduct in which they carry themselves.

2. Team members shall not consume alcoholic beverages before any event or while in uniform. Or if you are Underage at any time.

3. Team members are reminded that as a member of this team, they are highly visible within the university community.

4. All actions and behavior are under constant observation including, but not limited to indulging in alcoholic beverages. Any individual found to be in possession, selling, dispersing or using controlled substances will be subject to termination from the SC State cheer program. All student-athletes are subject to random drug testing. Any positive drug tests shall result in

termination from the SC State cheer program. There is a “zero tolerance” for illegal drug use within the SC State cheer program.

PERSONAL APPEARANCE GUIDELINES:

1. Cheer Team Members must abide by the rules set forth in the NCAA, MEAC and University.

2. No Gum, Food, Candy or Pop for games, practices, events, functions or appearances. ALWAYS begin your own water bottles (provided for you), do not expect water cups to be provided for you.

3. Body piercings, dangling earrings or spacers shall not be worn during games, practices, events, functions or appearances.

4. Hair must be out of face & full makeup should be worn for all games, events, functions or appearances.

5. Males must be clean shaven unless the beard or mustache is neatly groomed.

6. Maintaining an athletic appearance is required to keep a position on the SC State Cheer Team. You must continue to getting in shape and maintain body shaping **(looks as cheerleaders is everything, this is Entertainment)!**

Other General Rules and Regulations

YOU:

1. Will practice in designated practice attire at all times.

    a. Only excuses excepted are class and doctor excuses. Remember all doctor excuses should go through Brooks Health Center. If they are closed, coach should be notified before you go to your family or outside doctor so coach may approve the excuse.

    b. You must notify the coach if you cannot attend practice and/or a game. Practice at least an (1) hour in advance and a game as soon as possible (remember we are at the game site (1) hour before the game).

2. Will not practice in games shoes.

3. Will not practice or perform in jewelry, head wear (scarfs and hats). Stud earrings allowed). Will not practice in things that we don't wear doing games or activities.

4. No nails past your fingertips for safety purposes.

5. No colored nail polish (clear or french manicure only).

6. Will be required to purchase camp wear and accessories for the upcoming cheer year if you make the squad. Hopefully some things will be brought with fundraiser money raised during the current year.

7. Will be required to attend weight training twice a week (one designated day and one on your own).

8. Will practice tumbling and stunting at least once a week (should also do some partner and group stunting on your own).

9. Will participate in four community service projects per year.

10. You must arrive at GAMES and/or PERFORMANCES one (1) hour in advance in full uniform including make-up and hair completed. Dressing and storage of bags and other accessories will be stored in assigned areas only (NO Sidelines and bleachers areas).

    a. Make-up/hair MUST be completed 1 hour before activities.
    b. Must be completely dressed for practice at least 10 minutes before practice. (Practice must start on time)

11. If you are **dismissed** from the squad or **quit** the squad YOU MUST submit ALL attire purchased by the **University or Cheerleaders fundraiser money** under the name of SC State Cheerleaders or the related organization.

12. You will be required to **turn in books purchased with your stipend or reimburse the SC State Cheerleaders budget** for its expenses **if you quit or dismissed** from the squad.

13. Each squad member will be required to raise $250.00 prior to the Fall Semester (During the Summer) of each year to purchase practice and performance wear. All funds will be due Fall Cheerleaders Camp each year.

14. There will be a $25.00 squad member fee for bonding purposes and other expenses. All monies should be handled through University personnel. No students should handle money or receive money from squad members.

Games (Football, Basketball, etc.)

YOU:

1. Will be required to attend all games! Whether cheering or not to support the activity and squad unless you have written permission stating you cannot attend the game or activity. Prior to the game or activity.

2. Will compete for a travel spot, when traveling is required. Only a certain amount of cheerleaders travel to away games. Numbers may change.

    a. Must be at practices to travel or cheer at home

    b. Late/absent (unexcused) for a game, you will not be dressed or be on the field/court for that game. If **Absent** you will not cheer the next game either.

    c. Must be at the last practice (excused/unexcused) before a game in order to travel and/or dress to perform. **No exceptions!**

    d. Must earn a game cheering spots during practice

    e. Must have signed class assignment excuse returned with signatures if we will miss class for a University performance. **(Especially traveling)**

f. also, Attendance, Attitude, Behavior along with Performance and Skill level.

3. Will be required to learn Cheers, Stunts, and Dances for football, Basketball and Competition outside of as well as in Practice.

4. Must as a cheerleader eat 2 meals prior to the game. Be at all teams required meals.
   a. No fried foods prior to the game or competition
   b. No stadium concession foods before or during the game. (Bring fruit and/or nutritional snacks)
   c. No sodas during game. Mostly water and Powerade at the half and after the game.

5. Will be required to attend Championships (i.e. Football Championships, Basketball Conference and NCAA Championships) ***Please note that Championships fall during Thanksgiving Holidays, Christmas Holidays and Spring Break!***

ATTITUDE GUIDELINES:

1. Positive attitudes are important when working with a group. The coaching staff reserves the right to discipline, in the event that a team member chooses to display, what the coach/advisor see as, uncooperative, unpleasant, or non-caring attitude**. *Attitude problems could result in suspension from the team*. *Please be aware of this***.

Remember **ALL** decisions are made final by the coach and/or administrative staff. No captain(s) can make final decisions unless they are approved.

South Carolina State University Cheerleader Constitution

I, _____, acknowledge that as a member of South Carolina State University's Cheerleading Squad I am held responsible for being a role model, a mentor, and a representative of the University. I consent to always exhibiting a positive and respectful character with excellent sportsmanship and dedication. I understand that I am a South Carolina State University student first and I consent to striving and maintaining at least a 2.75 Grade Point Average (GPA) or I will be released from the cheerleader squad. I understand that my responsibilities as a cheerleader include but are not limited to attending and performing at football and basketball games, but other athletic events and other functions requested or requiring participation and the support from the SC State University Cheerleaders held on or off campus.

I am aware that I am required to attend and be on time for ALL games and events unless I have an approved excuse prior to the event (See handbook Rules and regulations). I will attend all practices unless previously excused by the coach or my class schedule will not allow. I will behave in a safe and responsible manner at all time. I understand that I will be expected to participate in stunts and pyramids with extremely difficult skill levels that will require me to be knowledgeable of my role in that stunt or pyramid prior to my participation. I shall understand and be knowledgeable in every aspect of the stunt prior to taking part in the execution of the stunt. I will pay close attention to and be mindful of staying safe and keeping my teammates safe while stunting or tumbling.

I also understand that I will be required to participate in at least four (4) community service activities per academic year. I will also be responsible for maintaining a healthy and drug-free lifestyle.

I understand cheerleaders at South Carolina State University are Role Models and I will carry myself in such a manner as not to degrade or disrespect anyone or allow myself to be treated as such. I understand that if at any time I,

_____, do not uphold the expectations of my coach and squad or if I decide to quit, I will be asked to leave the squad and to submit all SC State Cheerleader paraphernalia and books to the coach/advisor or reimburse the amount of those items to the University or my student account will be charged that amount. I will not be able to graduate or register until the items have been returned or money has been paid.

I, _____, will do my best to uphold the expectations of South Carolina State University and will encourage others to do the same.

I have read and received the Cheerleader's Handbook, University's Student Handbook, University Police Parking and Safety Guidelines and agree to follow them as a member of the SC State University Cheerleaders. I have read and I understand all Rules and Regulations and behavioral system given to me by the cheerleader coach and/or advisor. I have expressed my concerns, comments and questions to the coach and/or advisor and by signing I agree to follow and carry out my duties as a South Carolina State University Cheerleader and I am willing to take part knowing that cheerleading at South Carolina State University is total voluntary and I pledge my time and dedication to the program and will take part in this activity.

_____ _____

Cheerleader's Signature Date

_____ _____

Coach Signature Date

_____ _____

Advisor Signature Date

REQUIRED LEARNING

SC State University Songs to Learn
SC State Cheerleaders

Alma Mater

The official song of the University that illuminates and identifies our loyalty and commitment to the institution which we attend, work or graduated. Dr. Robert Shaw Wilkinson, the second president of SC State, Mr. Ted Phillips, an alumnus wrote the music

Sing the praise of Alma Mater
Let us rally to her call
Lift our voices, send them ringing
Thru the groves and classic halls.

Hail! Hail! Dear Alma Mater
Hail! Hail! Dear S.C.C.
We'll defend and honor
Love and cherish thee

We are loyal sons and daughters
Proud to own the name we bear
For the truths that thou has taught us
Ready all to do and dare.

SC State Fight Song

Hal-leluiah, Hal-leluiah I'm so glad, that I'm from S. C. State,
Tell it to yah, Bull-dogs are a team we know is great,
For our team we yell and yell
Send the other team to – you know who,
Our Alma Mater, S-C-S-C State!

Cheerleader Advisor

Head Cheerleaders Coach

Asst. Coach (If Any) Asst. Coach (If Any)

Team Captain

Co-Captain Co-Captain Co-captain Co-Captain Co-Captain

Team Members

Support Staff (If any)

WE ARE

SC STATE