

Central Washington University

Cheerleading and Stunt Team Guidelines

Introduction

These guidelines are provided to inform cheerleaders of the expectations of participating in the cheerleading program at Central Washington University. Persons selected for the CWU Cheerleading Squads must be in agreement with these guidelines and must adhere to these guidelines during their tenure on the squad. These guidelines are as follows:

I. PURPOSE

The CWU Cheerleaders shall dedicate themselves to the following:

- 1) Providing support for athletic teams during competitions;
- 2) Leading the crowd in cheering for athletic teams, and, in doing so, improving student and fan morale; and excitement
- 3) Developing and promoting loyalty to CWU;
- 4) Developing, promoting, and improving CWU cheerleaders in such ways as to make the squad recognized, respected, and treated as an athletic cheerleading team;
- 5) Participating in various university and community events to further the recognition and respect of CWU and its cheerleaders;
- 6) Participating in fundraising activities as appropriate to support the cheerleading program

II. ORGANIZATIONAL STRUCTURE

The CWU cheerleading program is a student activity. In order to be a successful 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 CWU Cheerleaders shall be comprised of a Co-ed Squad and All Girl Squad. The Co-ed Squad may be comprised of (5-12) female and (5-12) male cheerleaders at the coaches' discretion. The All-girl Squad shall be comprised of (6-20) females. The Co-ed Squad and All-Girl squads will combine to cheer for all home football games and one away game. The squads will then split to cheer on men's and women's basketball.

Any squad traveling to away games including tournament games may be limited by budget considerations, and there may be occasions when a full squad is not able to travel.

Tryouts and an evaluation by the coach and judges, select the members of all squads. Tryouts for the Co-ed and All Girl Squads are held during the spring semester. Members of all squads are required to attend practices, fundraisers, pre camp, college cheer camp, and any event sponsored by CWU Cheerleading.

The cheerleading program at Central Washington University is administered through the Athletics department. The Coach of Cheerleading Programs is responsible for the:

- 1) Organization and oversight of all aspects of the CWU cheerleading programs;
- 2) Supervision of cheerleaders at athletic or special events;
- 3) Enforcement of the standards and expectations set forth in this document;
- 4) Provide instruction in the fundamentals and techniques of cheerleading.
- 5) Coordination of summer camps, stunt clinics and cheerleading workshops;
- 6) Communication with appropriate university offices;
- 7) Administration and monitoring all applicable budgets;

The Asst. Athletic Director, Development, Mark Anderson, supervises the Coach of the Cheerleading Programs.

III. RULES AND REGULATIONS

A. Tryouts

1. Anyone wishing to try out for the Co-ed and All Girl Squads during the spring semester shall:
 - a) attend a mandatory clinic taught by senior cheerleaders, former cheerleaders in good standing, other qualified persons, and the Coach of Cheerleading Programs;
 - b) has a 2.0 cumulative grade point average on all college work or be a new student approved for regular admission.

Only with special permission of the Coach of the Cheerleading Programs and Asst. Athletic Director, Development, Mark Anderson, can one try out for cheerleader after he/she has left, or been removed, from the Cheerleading Program on a previous occasion.

Up to forty (42) cheerleaders consisting of thirty (30) females and ten (12) males may be chosen at spring tryouts.

The CWU Cheerleading program is a competitive and time-consuming activity. Persons who have other serious commitments (outside of academics) of their time; such as children, a spouse, a 20 hour or more work week, etc., are strongly encouraged to discuss their commitment with the cheerleading coach before trying out for the squad. Similarly, persons in academic programs that have significant time-consuming demands are encouraged to do the same.

B. General

1. Cheerleaders shall:
 - a) Enroll and maintain a 2.0 cumulative grade point average on at least 12 hours (full-time student status) throughout both fall and winter terms.
 - b) Be enrolled as a full-time CWU student, and
 - c) remain in good disciplinary standing with the University.

2. For justifiable reason(s), the Asst. Athletic Director, Development may make an exception to rule B. 1. A. above.

C. Practices / Workouts

1. Cheerleaders
 - a) must not practice as a squad without the coach;
 - b) must attend all practices/workouts scheduled by the coach,
 - c) must notify the coach, as soon as possible if he/she finds it impossible to attend practice/workouts or knows he/she is going to be tardy,
 - d) may not consume alcoholic beverages before or during a practice/workout, or game
 - e) may participate in approved stunting without a spot unless the stunt is a one arm stunt or has a double twisting cradle. All unapproved stunts must be performed with a spotter present,
 - f) must cooperate with the coaching staff and other cheerleaders, concentrating on individual improvement, listening to instructions, and letting coach know if there are any problems.
 - g) Must be willing available to practice/perform during summer break prior to the beginning of fall semester, on holidays/breaks (including Thanksgiving and Christmas), and on weekends. Please do not make travel arrangements for vacations prior to getting clearance from the coach.

A cheerleader that has unexcused absences from any practices/workouts or game, can be removed from the cheerleading program. An excused absence consists of a death in the family, illness, and a test. Proof of each must be shown to the coach to be excused.

All squad members are expected to be present at every practice.

Only the current cheerleading squad and the coach are allowed to participate in practice sessions. Anyone else in attendance must be approved in advance by the coach.

D. Games

1. Cheerleaders:
 - a) must attend all required football and basketball games, and/or special scheduled games or activities,
 - b) must arrive at the game site 60 minutes prior to kick off or tip off, unless the coach designate an earlier or later time,
 - c) must not consume alcoholic beverages before or during a scheduled event,
 - d) must perform only approved stunts that have been learned, practiced and perfected (all partners will be required to hit a stunt five (5) consecutive times prior to scheduled events in order to perform that stunt); if a new stunt is attempted without approval, both partners will be subject to disciplinary action;
 - e) must not attempt new stunts while in front of crowds at scheduled games/events,

- f) when traveling as a squad, must arrive at the scheduled departure time in appropriate dress, and be in appropriate uniform at all scheduled events, as designated by the Coach,
- g) must conform to the appearance standards set by the Coach.
- h) uniforms are the responsibility of the individual cheerleader and will be fixed and/or replaced if damaged, and cleaned before each event and/or game.
- i) no public display of affection during scheduled events or during squad travel is permitted.
- j) no food is allowed during scheduled games/events unless provided for the entire squad.
- k) no gum or jewelry is allowed during practices and/or during scheduled events.

E. Travel

- 1) Travel to away games will be in accordance with budget restrictions and in accordance with the Great Northwest Athletic Conference, NCAA, and University rules and regulations.
- 2) The squad, or a portion thereof, will travel with a University representative as a group and return as a group, except in special cases which have been approved in advance by the coach.
- 3) Final authority of all decisions made while traveling shall rest with the coach.
- 4) An itinerary will usually be prepared and given to each cheerleader traveling at the last practice before an away game or will be given at the designated meeting place the day before travel. The itinerary will include times of departure, arrival, telephone numbers, appropriate articles of clothing, etc. Squad members shall adhere to the itinerary.
- 5) When only a specific number of cheerleaders are attending an away game, final authority on who participates rests with the Coach. Consideration as to the selection shall be as follows: 1) seniority; 2) fairly even distribution of trips for each squad member; and 3) attendance records at practices, games, special events with due consideration for tardiness. Other methods of selection that could be used are 1) drawing, 2) class, and 3) input from the squad.
- 6) Traveling as a CWU cheerleader is a privilege. While traveling, the cheerleaders' behavior will be excellent. Behavior by cheerleaders that is unruly, includes harsh language or is discordant, rude, rowdy, rough, or boisterous will be subject to appropriate discipline.
- 7) Final authority of all decisions made while traveling shall rest with the coach.

F. Uniforms

- 1) Uniforms will be purchased by the squad member, unless additional funding is available for purchase by the University. The uniform includes up to two shells, a skirt, shoes, ankle socks, briefs, liner, poms, warm-ups. No portion of the uniform will be ordered until it is paid for in full. Once uniforms are ordered, all monies paid will be non-refundable.
- 2) Uniforms are to be kept clean and in good condition at all times. Uniforms and poms ruined, lost or stolen will be replaced by the individual at their own expense.

- 3) If a member is removed from the squad or chooses to quit the squad, they are still responsible for the cost of all items ordered.
- 4) Deposits made for cheer clothes, shoes and/or camp clothes are non-refundable
- 5) Additional expenses such as hair ties/ribbons, camp clothes, and team warm-ups are the responsibility of the squad member.
- 6) Fundraising may be available; however, it is the responsibility of each squad member to pay all expenses.
- 7) Cheerleader, and parent (if cheerleader is under 18), are required to sign a cheerleading budget agreeing to purchase all items listed. They understand that prices and due dates are subject to change.
- 8) Some portions of the uniform may be paid for by athletics, thus making it university property. If during the season, a cheerleader is removed from the squad, or voluntarily quits, he/she will have 7 days to return the university property (uniform) to the coach. If the uniform is not returned within 7 days a hold will be placed on their student account until the matter is taken care of.

G. Camp

- 1) All cheerleaders are required to participate in a collegiate summer camp. This may be a resident camp or a private camp.
- 2) A \$50 non-refundable deposit will be required from each cheerleader will be due May 21, 2008. The remainder of the balance will be due July 1, 2008 (if funding is available the remaining balance will be covered by CWU. If funding is not available it will be the responsibility of the cheerleader). Once paid all camp fees are non-refundable.
- 3) At/or near the time of camp all cheerleaders will be required to become AACCA certified. AACCA certification will cost \$75.

H. PEVW 120 & Community Service

- 1) All members of the squad are required to enroll in PEVW 120- Cheerleading class for both fall and winter terms.
- 2) As part of PEVW 120, all cheerleaders are required to complete at least 5 hours of community service during fall term and 5 hours during winter term. At least one group community service event will be done together as a squad and will be mandatory. All additional community service must be approved by the coach prior to participation.
- 3) PEVW 120 is a graded course. The following is how the grade will be determined. Each practice/class period and game are worth 10 pts (5 points for attendance and 5 points for participation). Attendance points will be as follows: 5 points for being present and arriving on time; 3 points if you are late (for any reason), 0 points if you are absent (for any reason other than a class related activity). Participation points will be as follows: 5 points for active participation; 3 points for not participating or for not following instructions; 0 points if not present. In addition to the class/game points there will also be points for community service activity write ups for the community service done as a group. Each write up will be worth 100 points.

IV. ALTERNATES

During try-outs the coach can elect up to three alternates for the team. Should any permanent position open on either squad, the coach can choose a member from the alternate list to fill the position. The criteria for filling the position will be based upon which person best fills the spot, at the given time. In addition, the coach may hold open tryouts.

In the instance that members of a squad are required to miss a game, an alternate may be chosen by the coach to fill in for that game only.

V. GUIDELINES FOR SKILLS TRYOUT AND INTERVIEW

During the selection process, each candidate shall have one tryout, which includes a skill tryout and an evaluation/interview with the Coach. The candidates will be evaluated on the following.

A. Interview- each candidate will be asked 2-3 questions by the judges.

B. Skill Tryout - MAY consist of the following (the cheerleading coach reserves the right to make changes):

- 1) one (1) cheer or chant
- 2) up to four (4) partner stunts, including an optional stunt selected by the coach.
- 3) one (1) dance routine.
- 4) cheerleaders will be chosen by the judges during this time
- 5) Persons selected for each squad will be announced and/or posted at the end of the tryout. The Coach will be available to answer individual questions related to the tryout by appointment only. Score cards are property of the CWU cheerleading program and will not be released to any candidates. Anyone wanting to know why they did not make the squad will be asked to make an appointment to talk with the coach at a later time. This will not be discussed the day of tryouts.

VI. INJURIES/ILLNESSES/INSURANCE

- 1) Any illness or injury shall be reported to the Coach immediately and appropriate medical documentation provided.
- 2) Personal insurance is required from all squad members.
- 3) Any injury suffered during practices, games, or other official functions will be treated by a doctor/trainer in the athletic training room at Nicholson Pavilion. In the event of an injury, your CWU insurance has a \$5,000 deductible. We require that each cheerleader have their own insurance policy to help pay the deductible in case of injury.
- 4) If an injury or illness incapacitates a squad member, he/she shall not be permitted to practice or cheer until such time as he/she provides written clearance from a doctor in the CWU Athletic Training room. If a doctor recommends that a squad member no longer cheer, due to an injury or a health problem, the squad member shall be removed from the squad. If chronic illness or injury causes a squad member to miss games and practices repeatedly, or interferes with the

performance of the squad, the Coach, in consultation with the Asst. Athletic Director, Development, Mark Anderson, may remove the squad member.

VII. PHYSICAL QUALIFICATIONS

- 1) Cheerleading is a strenuous and physically demanding activity. The CWU cheerleading program is committed to promoting and fostering healthy lifestyles and eating habits for squad 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 squad.
- 2) The nature of cheerleading activities, particularly partner stunting, demands certain physical requirements. The male squad members must have sufficient strength to base pyramids and to lift, hold, throw and catch females safely. Female squad members must maintain appropriate physical conditioning so they can be lifted, held, thrown and caught safely.
- 3) All cheerleading candidates must have a sports physical conducted within the past 6 months from the tryout date, in order to be eligible to participate in the activity. These physical forms will remain confidential and will be provided to the athletic trainer.
- 4) For safety purposes, physical assessments may be conducted unannounced by the Coach during the year.
- 5) The weight and physical ability of squad members during the season should not fluctuate significantly from the time of tryouts. The Coach will work with each individual to develop a healthy plan for maintaining an appropriate weight. If a cheerleader fails to maintain an appropriate height to weight ratio during a semester, he/she may forfeit their position on the squad. Squad members who acknowledge an eating disorder shall be suspended from performance (games and practices) and referred to Student Health Services for evaluation. Upon the recommendation of a physician, the squad member may be returned to performance. In accordance with the severity of the problem, the Asst. Athletic Director, Development, Mark Anderson and/or Coach may seek the physician's continued approval for the squad member to perform (games and practice). A squad member whose eating disorder problem presents sufficient documented disruption to squad practice, travel, and performance may be suspended or terminated from the program.

VIII. 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 in 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. In addition, cheerleaders must be aware that body piercing with any types of objects can be dangerous to the individual and fellow squad members, and will not be allowed during practices and performances.

The CWU program has adopted the American Association of Cheerleading Coaches and Advisors (AACCA). All squad members shall become AACCA certified and shall carefully abide by the AACCA guidelines. Cheerleaders are aware the failure to abide by the AACCA guidelines may result in immediate and serious discipline to include possible dismissal from the squad.

IX. DRUGS, ALCOHOLIC BEVERAGES, AND NICOTINE

Cheerleaders at CWU are expected to be decent individuals with the ability to ascertain right from wrong as well as be law abiding. This expectation is most important when it comes to drugs, alcoholic beverages and nicotine. Cheerleaders must understand that their actions and behavior, especially while in uniform, are under constant observation and scrutiny. Because cheerleaders who travel across the state or nation act as public relations persons for the university, it is imperative that cheerleaders, (even those who are 21 or over) neither consume, nor possess, alcohol, nicotine or illegal drugs.

- 1) Cheerleaders shall not possess or drink alcoholic beverages at any University function, car, van, bus, or at any time while traveling with the University for any reason.
- 2) Cheerleaders shall not consume alcoholic beverages up to 24 hours before, or during, a game or practice.
- 3) Cheerleaders shall not use any form of nicotine before or during a game or practice.
- 4) Cheerleaders shall not offer to purchase alcohol for those cheerleaders who are not 21. If the coach is informed of this disciplinary action will occur. If this happens on more than one occasion, the squad member who provided the alcohol, as well as the underage squad member, will be removed from the squad.
- 5) Cheerleaders shall not participate in the unlawful possession, use, dispensation, distribution or manufacture of controlled substances.
- 6) If there is a time in which a CWU cheerleader causes embarrassment to the school or team they may be immediately dismissed from the squad.
- 7) Cheerleaders who violate these rules are subject to serious disciplinary measures up to and including immediate dismissal from the squad.

X. RESOLUTION OF CONFLICTS

A. Conflicts between cheerleaders

Squad members are required to work as a team. Conflicts among squad members will be resolved in a manner prescribed herein.

- 1) Disputes among squad members should first be resolved between the squad members who are involved in the conflict. If an issue still exists, either individual may ask the coach for assistance in the resolution of the matter.
- 2) If necessary, the Asst. Athletic Director, Development, Mark Anderson will assist the coach with final resolution of the matter.

B. Conflicts between squad member and coach

Disputes that exist between squad members and the coach should be resolved among the parties who are directly involved. If the matter is not resolved the coach will arrange a meeting between the squad member(s) and the coach and the Asst. Athletic Director, Development, Mark Anderson.

XI. DISCIPLINARY ACTION

A. Tardiness

- 1) To Practice- requires that the squad member run 1 mile following practice.
- 2) To Game- late/absences run 1 mile at the next practice. (if this happens two or more times squad member will be benched for a full game)

B. Absence

- 1) From practice-
 - a. An excused absence from practice during the week prior to a game will result in the squad member running 1 mile at the next scheduled practice.
 - b. An unexcused absence from a practice during the week of a game will require the squad member to be present at the next game and assist the coach with game responsibilities (will sit with the coach during the game). The squad member will not cheer at that game. The squad member will also run 1 mile at the next scheduled practice.
 - c. Three unexcused absences from a practice will result in the member being dismissed from the squad.
- 2) From game-
 - a. An excused absence from a game will result in running 1 mile at the next scheduled practice.
 - b. An unexcused absence from a game will require the squad member to be present at the next game and assist the coach with game responsibilities (will sit with the coach). The squad member will not cheer at that game. The squad member will also run 1 mile at the next scheduled practice.
 - c. Two missed games (excused or unexcused) will be grounds for immediate dismissal from the squad at the discretion of the coach.

An excused absence consists of a death in the family, illness, course required activities or a test. The coach must be notified in advance (if advanced notice is available). Proof of each must be shown to the coach to be excused.

XII. EQUAL OPPORTUNITY

Opportunity for selection to the Co-ed and All-girl cheerleading squads shall not be denied to any person(s) on the basis of race, color, national origin, sex, age, disability, creed, religion, or veteran status.

XIII. ENFORCEMENT OF THESE GUIDELINES

Participation as a CWU 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 program. Failure to comply with these guidelines can result in the Coach of the cheerleading programs to temporarily suspend an individual from one or more contests/events or to permanently dismiss the individual from the squad. Squad member may receive disciplinary action for the following:

- 1) Missing practice without approval of the coach
- 2) Being late to practice without prior approval of the coach
- 3) Safety violation
- 4) Violation of any team rule or regulation
- 5) Missing a game or scheduled event without prior approval of the coach.
- 6) Other—left to the coach, in consultation with the Asst. Athletic Director, Development, Mark Anderson, based on the severity of the situation.

XIV. CHANGES TO THESE GUIDLINES

The coach of the cheerleading programs, and/or Asst. Athletic Director, Development, Mark Anderson, may make changes to these guidelines during the year. Any changes will be provided in writing to all members of each squad prior to implementation.

CWU Cheerleading Guidelines Statement

I have read and accept the terms laid out in the Central Washington University Cheerleading Guidelines 2008. I understand that if I choose not to follow the rules in the paragraphs above, that I may be removed from the cheerleading squad at the coach's discretion. I also understand that if I am removed from the squad, or I quit voluntarily, I will forfeit any deposits or money I have paid to cover my expenses.

Applicant Name (please print): _____

Signature: _____ Date _____

Parent or Guardian (if applicant is under 18)

Name (please print): _____

Signature: _____ Date _____