

## **Howard College Cheerleading Contract**

Howard College Cheerleaders will follow this contract, and any breach of this contract may result in being removed from the squad as well as the forfeit of the cheerleader's scholarship. HC Cheerleaders are ambassadors for the school, and should always display personal character and values.

### **Practices and Games**

You are required to be prepared for, and attend all practices and games, as well as any other mandatory activities. Missing practices will result in running. If you miss two or more practices you will sit out games; the more practices you miss, the more games you will sit out. You are expected to be at each game one hour prior to the start of the game. If you are late to a game or practice, you will be required to run at your Coach's discretion. If you miss a game (without legitimate reason) you will be required to run at the Coach's discretion. If you miss more than one game (not due to illness or family emergency) you will lose your spot on the squad. You may not use your cell phones during practices. If you are waiting for an important call (i.e. emergency situation), you may leave your phone with your coach, and he/she will alert you if you receive a call.

During games, cheerleaders are expected to be respectful of other teams. You will not yell derogatory, negative comments at other teams' players, fans, coaches, or cheerleaders. You are not to chew gum or eat during games, and you will not be allowed to socialize with friends, or other cheerleaders. After games, all cheerleaders will help to clean the area before leaving. All cheerleaders will ride to and from games together.

### **Other Duties**

Cheerleaders will attend home softball and baseball games. Cheerleaders will attend appearances and activities as scheduled by your coach. You will serve as judges for area tryouts as needed. These events and activities are MANDATORY, and will count as practices, if you miss them you will run.

Cheerleaders may be involved in other activities on campus that include clubs, organizations and employment as long as it does not interfere with cheer practice or games. Your duties as a Howard College Cheerleader MUST come first!

### **Appearance**

You should always be aware of which uniform you will be wearing to each game/appearance. If you wear the wrong uniform, you will be asked to sit out the game/appearance. Women must have hair pulled back away from the face, and should wear

makeup in a “natural” manner. Men should keep facial hair short and neat. Both men and women should keep hair a natural color and are not allowed to have piercings (except ears) or tattoos that are visible in cheerleading uniform. Men and women should keep fingernails cut short and should not wear nail polish to games/appearances. Cheerleaders are not allowed to wear any jewelry when performing, cheering at games, or during practice. Cheerleaders must wear appropriate undergarments to games and practices.

You must wear proper workout clothing while using the fitness center. Women may not wear sports bras alone, and both men and women must wear tennis shoes.

## **Cheer Gear**

Any uniforms, pompoms, megaphones, bags, etc. that you are issued are property of Howard College, and must be returned in acceptable condition at the end of the year. If you are removed from the squad or voluntarily quit, you must return all uniforms, pompoms, megaphones, bags, etc. (in acceptable condition) to your coach within three days. If you lose or ruin any of the items you are issued, you will be responsible for the replacement cost of the items. You may only wear uniforms at games and approved performances. Do not allow friends, family, etc. to borrow your cheer gear. Cheer shoes will only be worn inside the gym/fitness center; you will need to wear another pair of tennis shoes to games, and while running.

## **Academics**

You are also expected to attend all of your classes and to maintain a C average. If your coach receives a report that you do not have at least a C average, you will sit out one game. If you continue to make unsatisfactory grades, you may lose your spot on the squad (all athletes are required to keep a 2.0 GPA). If you miss more than two classes in a single subject, you will be required to run in addition to your scheduled practice. If you miss five or more classes in a single subject, you may be subject to losing your spot on the squad as well as your scholarship.

**Cheating or plagiarism of any kind will not be tolerated.** If you are caught cheating or plagiarizing, you will be removed from the squad, and may lose your scholarship.

Cheerleaders must pick up their scholarship books from the Training Center at the beginning of the semester, and return them in acceptable condition at the end of the semester. If you fail to return the books by the due date, your transcript will be tagged and you will be responsible for paying for them. You must enroll in PHED1113 – Cheerleading. All cheerleaders will also join and actively participate in Student Government Association.

## **Safety**

HC Cheerleaders will always practice SAFETY while stunting. You may not stunt without your cheer coach being present, and you must always have spotters. **There will be NO stunting in the dorms, outside, or at another location without your coach being present!** If there is an injury during practice or games, report it to your coach immediately.

## **Alcohol, Drugs, Tobacco**

There will be a **zero tolerance** policy for any use of alcohol or illegal substances. If you are caught drinking alcohol or using illegal drugs, you will be removed from the squad and will lose your scholarship. All cheerleaders are subject to random drug testing throughout each semester, or at the coach's request. Failing a drug test will result in removal from the squad and forfeit of scholarship. Smoking cigarettes or use of any tobacco product (including dip and chewing tobacco) is not allowed when you are attending any school sponsored event, on Howard College campus, wearing your HC cheerleading uniform, or wearing any other HC Cheerleading clothing. If you are seen smoking or using any tobacco product, you will sit out two games and run ten miles in addition to your regularly scheduled practice (over the course of one week).

## **Legal Issues**

**If you are arrested for any illegal activity, you will lose your spot on the squad as well as your scholarship.**

## **General Guidelines**

Cheerleaders who wish to be a returning member of the squad will be required to tryout in the Spring. All applicants will learn a cheer, chant, and dance routine, and will try out individually in front of the coach and two other judges. Applicants will be judged on stunting skills in groups. Women will be required to show ability in dance, cheer/chant, spirit, jumps, tumbling, and stunting. Men must show ability in all of the preceding areas except dance. Both men and women will be judged on appearance and leadership skills as well as ability, and will participate in a personal interview. All returning applicants will be judged on past performance throughout the year by your Coach's reference. Returning applicants must also write an essay discussing why they want to be a returning member of the HC Cheer Squad.

If there is a problem between members of the squad, you should first try to resolve the issue on your own. If the issue cannot be resolved, you need to bring the problem to the attention of your Cheer Coach. Dating within the squad is discouraged; however, if you decide to date another member of the squad, you should disclose the information to your coach. Cheerleaders are **not** allowed to date any Howard College faculty or staff.

Cheerleaders will not post explicit or questionable photos or videos on the internet, or send such pictures or video messages by phone. This includes pictures or videos of the

cheerleader drinking alcohol, using tobacco, or using drugs, as well as photos or videos that are sexual in nature, or photos of yourself in revealing clothing. If you post or send pictures or videos of this nature online or by phone, you will be suspended from five games, and will be required to run 20 miles in addition to your regular practice (over the course of two weeks). You may lose your spot on the squad as well as your scholarship.

If you live on campus, you must follow all dorm rules and policies. You may not spend the night in the opposite sex's dorm. If you fail to comply with rules and policies you will be required to run five miles in addition to scheduled practice (over the course of one week) for every rule you break.

You are expected to be respectful of your Cheer Coach, as well as any other Howard College faculty or staff. You are also expected to behave in a respectful manner on campus, as well as in public. If it is reported that you have been disrespectful on or off campus, you will sit out one game and run in addition to your scheduled practice.

Not only are you expected to respect your coach, Howard College faculty and staff, but also each other. This includes respecting others' values, beliefs, ideas, etc. You must practice acceptance toward each other, regardless of age, race, sex, sexual orientation, religion, background, etc. Showing a lack of respect to your coach, faculty or staff, each other, or others in the community will be punishable by extra running and game suspension. You must also respect each other's bodies – this includes respecting different body styles (height, weight, and shape), as well as one's private space. You must distinguish between appropriate and inappropriate physical contact, and refrain from engaging in inappropriate touching. If such behavior takes place, you should tell the offender to stop, and explain that it makes you uncomfortable. You should then inform your coach of the offense. **Inappropriate physical contact is not allowed and will result in removal from the squad.**

Remember your behavior reflects upon your squad, your coach, and Howard College. Inappropriate behavior is unacceptable and consequences will apply. Any inappropriate behavior that has not been addressed in this contract will have consequences decided upon by your coach and/or Howard College administrative staff.

I, \_\_\_\_\_, have read, understood, and received a copy of the Howard College Cheerleading Contract. By signing this contract, I am agreeing to follow the rules stated in this contract and understand the consequences of not abiding by these rules.

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Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Printed Name

\_\_\_\_\_

Witness Signature

\_\_\_\_\_

Date