

East Stroudsburg University Cheer Program

I. Purpose of the Cheerleading Program:

A. This document has been written and adopted for East Stroudsburg University Cheer Team.

B. The purpose of the program is to:

1. Create school spirit, pride and loyalty. Speak proudly of teammates and ESU.
2. Promote interest in school activities and perform at football, men/women s basketball games and related special events/fundraisers.
3. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.
4. Teach teamwork and pride in a quality performance.
5. Represent East Stroudsburg University at cheerleading functions throughout the cheerleading season.
6. Participate in a non-competition spirit squad to support other sports.

II. Staff:

A. Chain of Command:

Athletic Director

Cheerleading Coach

Student Athlete

B. Coach:

1. The coach will be responsible for preparing and supervising the daily practices and activities of the cheer squad.
2. The coach may place certain expectations on team members as outlined in this document.
3. The coach will be responsible for the safety and behavior of the squad during practices and performances.
4. The coach must have AACCA certification which includes spotting, skill progression, environmental safety concerns, etc.

III. Participation:

A. Tryouts:

1. Tryout practices will consist of two or three days with a combination of cheers, jumps, chants, tumbling, and a dance routine. There will be stunting.
2. Tryout day will be held one day only. There will not be any accommodations for candidates unable to make it on that given day.
3. Each member is required to tryout and qualify for a position each year. It is the athlete's responsibility to earn their place on the team. There is not a predetermined number of cheerleaders for the team. Highest scores determine placement.
4. A conditioning routine will be incorporated as part of the tryout process.
5. Cheerleading requires strength, grace, and agility. If the athlete is not physically able to perform the skills required to participate in cheerleading, special accommodations may be made by the coach for them to participate in the spirit component of cheerleading. The spirit component includes but is not limited to shouting, clapping, jumping, and sitting/standing. It does not include tumbling, stunting, or any combination thereof.
6. There will be a maximum of 2 captains chosen by the team members after the team has been chosen.

B. Uniform:

1. Each member will be required to maintain his/her uniform and keep it in good condition.
2. Cheerleaders will be required to return all parts of the uniform at the end of the season. The coach will redistribute at the start of the following year.
3. Each member will purchase footwear and accessories such as boy-cut bloomers, bows, shoes, practice clothes, cheer bag, warmups. Fund raising will be available to help purchase certain materials that are school property.
4. While in uniform, all cheerleaders will sit and congregate with the team.
5. All parts of the uniform need to be kept in a bag for all games/events.
6. There will be no gum chewing in uniform or at practices.
7. There will be no jewelry worn at all, regardless of new piercings.
8. The body needs to be appropriately covered at all times. Practice clothes will be worn as a team.
9. Part of the uniform is appearance. All hair needs to be in a ponytail with a bow for all games/events. Makeup should be modest and appropriate. Appearance needs to be taken care of before the start of the scheduled event.

IV. Policies and Procedures:

A. Attendance:

1. Cheerleading is a two season sport, which will begin in the fall and will end after the winter season. In the event a sport plays in the post season playoffs, the cheerleaders are expected to cheer for the teams in the playoffs.
2. For all absences to be excused, either a note or clarification to the coach is expected on the returning day. Excused absences include emergency, injury, illness, or death in the family.
3. In the event of going to the emergency room or to the doctor because of an injury, the Athletic Trainer must be notified and a note documenting return to the activity must be given before the athlete is able to return to cheering.
4. The coach must be notified of appointments, which should be scheduled around the cheerleading calendar.
5. All members must attend each activity in its entirety. This includes practices, performances, games, fund raisers, etc. Work is not considered an excuse for missing any event.
6. An excused absence the day before a game will result in the team member participating in the spirit aspect of the event. No cheers with stunts will be permitted the day of the game.
7. An unexcused absence the day before a game will result in the team member unable to participate at the game, but will be expected to attend as part of the team. If a member fails to attend the scheduled event, he/she will be benched for the following game.
8. Team members will not be late to practice, games or any cheer events. being on time is very important to the overall structure and success of the team.

B. Code of Conduct:

1. It is a privilege to be part of East Stroudsburg University Cheer Team and, therefore, a dedicated and committed work ethic is expected at all times.
2. Team members need to be a credit to ESU by displaying leadership skills and by setting good examples at all times.
3. A positive, encouraging attitude is expected towards the team as a whole, as well as self, other individuals, and coaches. There is a certain amount of integrity and pride in oneself and in ones teammates that we need to keep. Smile when you speak, cheer, practice, and perform.
4. Respect for yourself, teammates, coaches, professors, administration, patrons, and fans.
5. At all times, behave as a professional would. Team members must be courteous and friendly to all other student body, as well as other teams and visitors.

6. Poor attitude and behavior problems will result in disciplinary actions taken by the coach. (See Discipline)
7. Team members should be above reproach, maintaining good personal appearance and habits that cannot be criticized. (See the Student Athlete Handbook)
8. Every participant is expected to behave and act as a representative of East Stroudsburg University whether in or out of uniform or risk immediate dismissal from the team.

C. Discipline:

1. Each member of the team will be treated equally. Regardless of how long on the team, the athletes will be responsible for their own behaviors and actions.
2. Disrespect towards anyone will not be tolerated.
3. It is the responsibility of the athlete to contact the coach in the event they are unable to make it to an activity.
4. Three lates will result in one unexcused absence.
5. Three unexcused absences will result in one benching.
6. Three warnings, redirections, discussions about ANY inappropriate behavior will result in one benching.
7. If at any time an athlete is given a redirection and cannot or will not correct their behavior or respond in an appropriate manner, it is the coach's discretion to send the athlete home for the night.
8. Four benchings will result in dismissal from the team. This dismissal procedure will last both seasons.
9. Benching is defined as: The team member must attend the scheduled event, but is unable to participate and will be expected to sit with the coach on the bleachers/bench.
10. A disciplinary checklist will be kept for documentation purposes.

D. Eligibility:

1. A physical examination must be completed and turned in before participation.

E. Fund-raising:

1. All members are required to participate in all fund-raising which is generated by the team and the coach. Failure to sell items, it is the responsibility of the student athlete to pay for the items.

F. Stunting:

1. Stunting will have a level of progression. Cheerleaders will not be able to move to a harder stunting level until the previous level is mastered. This is at the discretion of the coach.

2. In order to move to the next level, the stunt must be perfected 3-4x in a row.

3. Ability level refers to the squad talents as a whole, not individually.

4. Stunting can be discontinued or grounded by the coach, athletic director, or athletic trainer at his/her discretion if the stunting deems unsafe or may jeopardize the health of the athletes.

5. Before and after each practice and game, a strength and conditioning plan will be in place to prepare the teams for this type of physical activity.

6. *The Cheerleading Safety Guidelines and Restrictions* from the Pennsylvania State Athletic Conference Guidelines updated 3/07 will be strictly enforced.

Release Form

Applicant Release:

I, the undersigned, have read and fully understand all the rules and regulations that govern East Stroudsburg University Cheerleaders. As a representative of this institution, I understand and agree to abide by all rules and regulations. I further understand that this is an activity that attendance at all practices, games and special functions is a requirement of the elected cheerleader.

I hereby give consent to tryout for cheerleading at ESU and recognize the responsibilities and requirements as a leader of this institution. I understand that, if chosen, I will be required to pay for extra accessories, as stated in the document, needed to complete the uniform through fundraisers and possibly out of pocket.

Signature of
Applicant: _____ Date _____