

ANGELO STATE UNIVERSITY Co- Ed CHEERLEADING SQUAD SCHOLARSHIP REQUIREMENTS

2013-2014

Angelo State Cheerleading benefits:

- **Quality Education**
- **Scholarships for each member**
- **Travel to out-of-town games**
- **Uniforms and Equipment Provided**
- **Paid Camp**
- **Possibility of a UCA National Competition**
- **Support a Competitive and Nationally Ranked Athletic Program**
- **Ram Pride and Spirit**

These guidelines MUST be met in order to receive your scholarship at the END OF THE SEMESTER!! The current expectations of our squad members and are subject to change.

1. Cheerleaders information:

- **Up to 4 male and 20 female members**
- **Affiliated with Universal Cheerleaders Association (UCA)**
- **Responsibilities include: (This includes giving up most of your winter break for Nationals practices and possibly spring break for playoff basketball games.)**
 - a. Cheer at all home football games**
 - b. A portion of the squad will cheer at out-of-town football games**
 - c. Cheer at women's home volleyball games**
 - d. Cheer at men's and women's basketball games**
 - e. Cheer at football playoff games (post season)**
 - f. Cheer at basketball playoff games (post season)**
 - g. Public appearances (on and off campus)**
 - h. Community Service throughout the year**
 - i. Rambunctious Weekend Events**
 - j. Homecoming Events**

2. Time Commitment:

- You are making a commitment to attend all the listed events (Section 1) plus special appearances that are scheduled each week during the year. This includes giving up all or part of your Winter Break and/or Spring Break for athletic events and practice. If you cannot commit to all these events, please do not try-out.
- You must attend summer practices, pre-camp practices, summer camp in July, and August practices before the start of school.
- You must attend all practices. Practices will run efficiently and will start promptly at their scheduled times.

3. Travel:

- The travel team will consist of eight cheerleaders which will be determined by the coach. These eight will be chosen on the basis of grades, attendance, skill level, attitude, and work ethic.
- Any time you are away from the University, you will be held to a higher standard.

4. Academics:

- School is the reason you are here, and school will be your number one priority.
 - a. Students must maintain a 2.25 GPA each semester and cumulative 2.25 grade point average overall.
 - b. Failure to fall below this GPA will result in loss of scholarship and removal from the team for the next semester.
 - c. Schedules will be turned in at the beginning of the semester.
 - d. All cheerleaders are required to maintain 12 hours each semester, but taking 15 hours is recommended. Any cheerleader who drops below 12 hours in a semester may be removed from the squad and will lose their scholarship.
 - e. In order to monitor academic progress, grade checks will be required two to three times per semester.

5. National Competition:

- The possibility of a national competition is a reward and a privilege, not a right.
 - a. The coach will decide the competition that the squad will attend.
 - b. All members of the squad are eligible for the competition squad.
 - c. Depending on the availability of funds and skill level of the squad, a determination of competing will be made each fall.

6. Weight and Nutrition:

- Squad members are expected to maintain an appropriate physique. We do not have a weight requirement; however we will closely monitor each individual to keep that individual healthy and safe.
- Each member is required to log there will workouts (at least twice a week).
- There are no weight requirements to be on the team, but all members must work out and private weigh-ins will be held to determine if each member is staying at the designated weight bracket for her height.

7. Uniforms:

- All uniforms are the property of Angelo State University. Any uniform that is lost or unaccounted for will be the responsibility of the person the uniform was issued to.
- Responsibility of care and cleaning of the uniform is required.
- A corresponding ribbon will be worn in hair anytime in uniform
- Females: Hair will be half up half down anytime in uniform
- Males: You will be clean shaven at all times, no visible tattoos

8. Practice:

- Practice will be 3 to 4 days a week. National practices will be 5 to 6 times a week.
- Practice will be 2 to 3 hours in length.
- All practices are mandatory unless otherwise noted.
- You must come to practice dressed and ready on time. (Females: Sports Bra and Spankies only, Males: T-shirt and Shorts)

9. Appearances:

- All appearances are mandatory unless otherwise noted.

10. Absences/Tardiness: All practices are mandatory unless otherwise determined.

- **Approved absences** include, but are not limited to:
 - a. Death
 - b. Wedding
 - c. School related (note must be provided)
 - d. Sickness (must have doctor/clinic note)
- Final decision will be made by the coach

- **Unapproved absences** include, but are not limited to:
 1. Work
 2. Family Vacations
 3. Rush/Sorority
 4. Sickness (with no doctor/clinic note)
- Final decision will be made by the coach

*****If a cheerleader has unexcused absences for more than 3 practices and 2 games per semester, she will lose her scholarship.**

11. Behavior and Attitude:

- Must be in good standing with the university.
- Alcohol or controlled substances use is prohibited on the day of practices, games, or special appearances in or out of town. A person's safety is at risk and a violation of this rule is grounds for automatic dismissal.
- Body art **WILL NOT** be visible at any time while representing Angelo State University.
- Cell phones are not allowed at practices or games. They must be turned off prior to practice/game. Failure to comply will result in punishment by the coach.
- A positive attitude with Team goals is expected at practice/events by each member. Members must be mature, energetic motivators to build and maintain the image of the Spirit Program.

- **Your presence on the squad will be met with high expectations. Abusive behavior, stealing, lying and any other form of negative behavior, including a “bad attitude”, are grounds for dismissal.**
- **Any behavior/actions/activities that may hinder the reputation of the cheerleading program will be dealt with on an individual basis, by the cheerleading coach and Executive Director of Student Life.**

12. Guidelines to meet in order to receive your scholarship at the end of the semester.

- **Must meet GPA semester and cumulative requirements (2.25)**
- **Cannot miss more than 3 practices with unexcused absences**
- **Cannot miss more than 2 games (any type) with unexcused absences**
- **Cannot miss more than 2 community service events with unexcused absences**
- **Must finish the entire semester, including the possible National competition (if fall semester).**

I, _____, will dedicate myself to these expectations & guidelines and will strive to help make this program the best that it can be. I also understand that if I do not uphold these expectations and guidelines, then I will face the consequences and/or possibility of losing my scholarship and being removed from the squad for the next semester.

Signature

Date