



LSUA Lieutenants 2016/2017 Policies & Procedures

The LSUA Lieutenants is a spirit group/squad on campus whose purpose is to promote, support, and represent the university and its athletics.

Lieutenants members must:

1. Participate in a spirit group which performs choreographed dances and pom routines to promote school spirit
2. Promote and support team spirit, encourage crowd enthusiasm and spirit through positive support, and good sportsmanship at home basketball games, pep rallies, and special athletic events.
3. Serve as ambassadors and official representatives of LSUA, its students, faculty, staff, and alumni by upholding and projecting the goals and ideas of the university; represent LSUA and the mission of the university as a student representative.
4. Promote LSUA and its intercollegiate athletics at the university and public functions, when applicable.

The LSUA Lieutenant Squad is a commitment that requires attendance at team workouts, practices, activities, and meetings, along with university functions and athletic events. Lieutenant activities must be a priority and may not be a second priority to other non-academic activity.

Rules and Regulations:

Failure to adhere to the following rules and guidelines may result in dismissal from the team. In the event that a Lieutenant Member is removed, dismissed, or voluntarily resigns from the program, at any point during the season, the member will also forfeit any monies paid to the squad; all issued equipment will be returned to the sponsors immediately. The season starts with the acceptance of a position after auditions and continues until the 2017/2018 Lieutenant auditions for the following year. Due to the nature of basketball's schedule, the Lieutenants will be committed to performances during both the Fall and Spring semesters, including home play-off games.

General:

A Lieutenant Member must:

1. Abide by all rules and guidelines set by the university, Lieutenant policy, Lieutenant sponsors, committee, and coach(es).
2. Follow all decisions made by the Lieutenant sponsors, committee, and/or coach(es) concerning any aspect of team activity.
3. Be willing to work with anyone regardless of race, religion, ethnicity, etc.
4. Conduct oneself in an appropriate manner which is consistent with the character, tradition, integrity, and spirit of LSUA.

*Lieutenant Members may not position oneself in an offensive manner, towards anyone.

5. Maintain a neat, well-groomed appearance for all games and events. Each member must remain in top physical condition, which includes maintaining and/or improving one's skill level as well as physique. Non-adherence to this policy will result in a suspension from that practice, game, and/or function, and the Lieutenant Member will not perform until one's appearance is deemed acceptable by the Lieutenant sponsors.

*Jewelry and body piercings are NOT allowed with the exception of specified uniform costume jewelry for the squad. Belly button rings are not to be worn. This applies for practices, appearances, games, and other functions. Facial piercings are NOT acceptable!

**Lieutenant Members are not to alter hair color without speaking to the Lieutenant sponsors/committee first. Nails must be kept short and of natural color (i.e. bright nail polish may not be worn).

***Tattoos are discouraged and are NOT to be visible.

6. May not use profanity at practices, games, university and/or public appearances.
7. Must use common sense when using social media (i.e. Facebook, Instagram, Twitter, etc.). Party images or derogatory comments towards team members, Lieutenant sponsors, coach(es), athletic teams, and/or the University, in general, will be grounds for dismissal from the team.
8. Refrain from the possession of, distribution of, manufacture of, and/or the use of any form of alcohol, nicotine, and/or illegal substances while representing the university at practices, games, university and/or public appearances.
9. Submit to random drug testing by the LSUA Lieutenant Sponsors. A positive test for illegal substances will be grounds for immediate dismissal from the team. A DUI or arrest will also be grounds for immediate dismissal from the team.

Travel:

Lieutenant Members will not travel to away games during the 2016/2017 season. Lieutenant Members may travel to play-off games/tournaments.

Uniforms:

Lieutenant Members must:

1. Properly care for all equipment and uniforms, and wear them in the manner in which they are intended.
2. Replace any item that is lost or damaged which is necessary for performance.
3. Refrain from wearing uniforms or representing LSUA without permission of the LSUA Spirit Committee. This includes, but is not limited to advertisements, promotions, photography sessions, public appearances, etc.
4. Wear the practice or performance attire with pride!

Attendance:

Lieutenant Members must:

1. Attend all scheduled games, practices, promotions, and workout sessions. Excuses will be granted for the following:
 - a. Class conflict, such as a scheduled exam during a practice time. One will not be excused or allowed to leave early to prepare for exams, research projects, study groups, advising, etc.

*You are not allowed to schedule classes during times of practices, games, and known activities.

 - b. Serious injury or illness. One must call a Lieutenant sponsor prior to practice, game, or appearance, and provide documentation with instructions from a physician, in the event of a serious injury or illness. One will still be required to attend practice(s), but will be excused from participating, unless contagious or in extreme pain.
 - c. Death of a family member. One must call a Lieutenant sponsor prior to practice, game, or appearance, and provide documentation regarding the death of a family member.

Academics:

Lieutenant Members must:

1. Be a high school graduate.
2. Be enrolled and remain enrolled as a full-time student at LSUA during both the fall and spring semesters. Full time status is 12 or more hours, unless otherwise specified by the university.
3. Notify a Lieutenant sponsor **PRIOR** to dropping any class. It is recommended that students carry a minimum of 15 hours.
4. Pass a minimum of 24 semester hours during the academic year.
5. Maintain a 2.0 cumulative GPA throughout the year.

*Failure to adhere to these guidelines will result in suspension from the squad. The Lieutenant sponsors will check grades and enrollment status throughout the academic year.

Physical Fitness:

Lieutenant Members must:

1. Have no health or physical disabilities, which might cause the team member to be unsafe or hamper the athlete's ability to function as a Lieutenant Member.
2. Participate in designated weekly workouts and record the workouts using a sign in sheet at the Fitness Center.
3. Maintain a given level of physical fitness as prescribed by the Lieutenant sponsors, and/or coach(es).
4. Submit to counseling in the event of suspected eating disorders or other unhealthy behaviors.

*A Lieutenant Member may be removed from a performance and/or appearance if one's level of athleticism is not maintained throughout the performance season.

Financial Obligation:

Lieutenant Members must:

1. Submit payment of all Lieutenant monies by the dates specified by the Lieutenant sponsors. In the event of removal, dismissal, or voluntary resignation from the team, all monies paid to the Lieutenant will be forfeited.
2. Be responsible for purchasing uniforms, dance shoes, practice clothes, warm-ups, backpacks, etc., as specified.

Fundraising activities will be offered to help defray each member's personal financial investment, when possible. All members are required to attend all fundraising activities, unless otherwise excused by the Lieutenant sponsors.

A tentative list of expenses for Lieutenant 2016/2017 includes:

Home Camp	\$250.00
Practice t-shirts	\$ 75.00
1 Dance Halter	\$ 79.00
1 Pair Black Jazz Pants & a Dance Top	\$102.00
1 Jersey & Hot Pants	\$ 65.00
1 Skirt	\$ 70.00
1 Pair Black Tennis Shoes	\$ 75.00
*2 Pair of Tan/Black Tights	\$ 30.00
*2 Pair of Jazz Shoes	\$ 75.00
*1 Pair of earrings	\$ 15.00
1 Backpack with monogram	\$ 35.00
1 Set of Poms	\$ 21.00
1 Jacket	\$ 92.00
Approximate Total:	\$984.00

***Members are required to purchase the pre-approved items.
The first payment of **\$325.00 is due on June 15th.
The second payment of \$250.00 is due on August 2nd.
The final payment is due by September 1st.**

****The first payment will cover the cost of our Home Camp and squad practice shirts.**

LSUA Lieutenant 2016/2017 Important Dates

April 16 – May 13, 2016:	T-shirt Sponsor fund raiser
August 2 -3, 2016:	Home Camp
August 22, 2016: - first week of classes:	Classes start Uniform sizing
September 2016:	Practices begin
Fall semester (tentative) practice times:	Mondays from 2:30pm to 3:30pm 4:00pm to 5:00pm Thursdays from 2:30pm to 3:30pm

All practice days and times are subject to change. All schedules will be reviewed in August to set a definite practice schedule. All Members will be required to complete two strength/conditioning workout sessions per week in the LSUA Fitness Center or other approved fitness center.

LSUA

2016/2017 Lieutenant Audition Information

Squad Description:

The Lieutenants will consist of a maximum of 12-15 participants. This number may fluctuate from year to year, based on decisions of the Lieutenant Sponsors.

The Lieutenants are a pom squad during the basketball season. This will include jazz, hip-hop, and pom dance, along with cheer aspects to encourage fan support. The Lieutenants will perform at home basketball games and will represent the university through appearances and performances, when appropriate.

Practices will be scheduled twice a week to learn and perfect choreography/cheer components and may include practices on Saturdays or Sundays, if necessary.

Basic Requirements:

- **CHEER &/OR DANCE EXPERIENCE IS STRONGLY ENCOURAGED!!!!**
- Incoming freshmen ARE eligible to audition.
- Current LSUA students and transfer students with a minimum 2.0 GPA are eligible to audition.
- Current LSUA students must be enrolled full-time (12 hours).
- Audition packets must be submitted before auditions.
- A \$30 (cash) fee must be submitted with your audition packet.
- All participants must include proof of admission (i.e. student ID or admission letter) in the Audition packet.
- There is an official point system, but the Lieutenants Sponsors will make the final team selection; participants will be evaluated on dance experience, performance, spirit, pom/tumbling experience, adaptability during the audition process, potential contribution to the foundation of the program, and chants (which will be taught at the audition).

2016 Dates:

March 15, 2016	6:00p-7:00p	Informational Meeting	Live Oaks Room
April 17, 2016	5:00p-8:00p	*Audition Clinic	Fitness Center Gym
April 18, 2016	9:00a-1:00p	**Auditions	Fitness Center Gym
June 17, 2016	9:00a-12:00p	**Auditions	Fitness Center Gym

*Please arrive no later than 10 minutes early for the Audition Clinic.

**Please arrive 30-45 minutes early for registration/check-in on the day of Auditions.

The Informational Meeting and the Audition Clinic are not mandatory, but are highly encouraged.

PLEASE NOTE: The Audition Clinic and the Auditions are closed to the public! Participants are encouraged to bring water/sports drinks and a snack.

Auditions:

APRIL:

8:30a	Doors open/Registration/Check-in
9:00a –10:00a	Stretching/warm-up/ Jazz/Hip-Hop/Pom combo review
10:00a-10:15a	Break
10:15a-11:15a	Auditions
11:15a-11:30a	Break
11:30a-12:00p	Officer Auditions

JUNE:

8:30a	Doors open/Registration/Check-in
9:00a –9:15a	Stretching/warm-up
9:15a – 10:15a	Jazz/Hip-Hop/Pom combo review
10:15a-10:30a	Break
10:30a-11:15a	Review; Chants
11:15a-11:30a	Break
11:30a-12:00p	Auditions

AUDITION SKILLS:

The following skills are required to make the team, but do not guarantee a position on the Lieutenant squad.

	Point Value:
• Leaps (right and left)	10
• Leaps in second	10
• Double Pirouette/Turn (right & left)	10
• Splits (right and left)	10
• High Kicks (right & left)	10
• Toe Touches	10
• Back Hand Springs (standing and running)	10
• Cheer Jumps (i.e. Pike)	10
• Additional dance technique	10
• Additional cheer technique	10

Bonus technique

Participants will also be judged on the following:

- Entrance/Appearance
- Showmanship
- Execution
- Style Adaptability
- Stamina
- Attitude

ATTIRE FOR THE AUDITION CLINIC:

- Audition attire is not mandatory, but is highly recommended.
- Any fitness top with black dance shorts or jazz pants
- Black or tan jazz shoes
- Tennis shoes
- Audition hair (half up/half down) and make-up; do not wear buns or ponytails
- No jewelry (including body jewelry) is allowed and all tattoos should not be visible.

ATTIRE FOR AUDITIONS:

All dancers **MUST** wear the following:

- Any color dance top; **NO** visible bras or sports bras!
- Black dance shorts or jazz pants
- Tan tights
- Black or tan jazz shoes
- Tennis shoes
- Audition hair (half up/half down) and make-up; no buns or pony tails
- No jewelry (including body jewelry) is allowed and all tattoos should not be visible.

***University, high school, or dance studio attire is not allowed for either date.**

Video Auditions:

Video auditions will not be accepted.

Audition selections are FINAL and results will be posted on the afternoon of the Auditions.

Please direct all questions to:

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The LSUA Lieutenant sponsors wish to thank the ULM Warhawks for their assistance with the Policies and Procedures Manual.