



## Cheer Team | Policies & Procedures

*The LSUA Cheerleaders serve to promote, support, and represent the University and its constituents, particularly the Generals' athletic teams.*

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*Being a member of the cheer team is a commitment that requires attendance at team workouts, practices, activities, and meetings, along with University functions and athletic events. Team activities must be a priority and may not be a second priority to other non-academic activity.*

*Failure to adhere to the following rules and guidelines may result in dismissal from the cheer team. In the event that a team 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, including uniforms and poms, will be returned to the sponsor or coach immediately. The season starts with the acceptance of a position after tryouts and continues until the tryouts for the following year. Due to the nature of athletic teams' schedules, Cheerleaders will be committed to performances during both the Fall and Spring semesters.*

## Rules and Regulations

1. Promote and support team spirit, encourage crowd enthusiasm and spirit through positive support, and showcase good sportsmanship at home basketball games, pep rallies, public appearances, and special athletic events.
2. 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.
3. Promote LSUA and its intercollegiate athletics at the university and public functions, when applicable.
4. Abide by all rules and guidelines and follow all decisions made by the university, sponsors, committee, and coach(es).
5. Be willing to work with anyone regardless of race, religion, ethnicity, etc.
6. Conduct oneself in an appropriate manner, which is consistent with the character, tradition, integrity, and spirit of LSUA. A cheerleader may not position himself or herself in an offensive manner towards anyone.
7. 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 team member will not perform until one's appearance is deemed acceptable by the coach.
  - 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 allowed.
  - Cheerleaders may not alter hair color without speaking to the coaches first. Nails must be kept short and of natural color (i.e. bright nail polish may not be worn).
  - Tattoos are not to be visible.
8. May not use profanity at practices, games, university and/or public appearances.
9. Must use common sense when using social media (i.e. Facebook, Instagram, Twitter, etc.). Party images or derogatory comments towards team members, sponsors, coach(es), athletic teams, and/or the University will be grounds for dismissal from the team. Party images include pictures of the cheerleader holding or consuming alcohol. In lieu of team dismissal, the coach and athletic director may choose to allow the team member to serve a game day suspension and workout instead. Second offenders may either be dismissed or may serve a more severe consequence.
10. 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.
11. Submit to random drug testing by the LSUA cheer coaches or University administration. 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:

On special occasions, cheerleaders may have the opportunity to travel to away contests and games.

### Uniforms:

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.
3. Refrain from wearing uniforms or representing LSUA without permission of the coaches. This includes, but is not limited to advertisements, promotions, photography sessions, public appearances, etc.
5. Wear the practice or performance attire with pride!
6. Uniforms and poms must be returned to the coach or sponsor at the end of each cheer season.

### Attendance:

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. Team members cannot schedule classes during times of practices, games, and known activities.
  - b. Serious injury or illness. One must call a coach or 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 loved one. One must call the coach prior to practice, game or appearance to alert the coach of this situation.

\*An unexcused absence for a LSUA Cheer event will result in the cheerleader completing the General workout. Three unexcused absences in one season are grounds for dismissal.

\*Three General workouts / game day suspensions for any reason within one season are grounds for dismissal.

### Academics:

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 coach 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. Cheer coaches and sponsors will check grades and enrollment status throughout the academic year.*

### Captains/Co-Captains:

1. To be eligible for captain, member must have at least one (1) year of experience of participation with the LSUA cheer team.
2. Captain and co-captain shall be selected by either team vote or individual tryouts with final decision made by the coach (coach's discretion).

# Cheerleaders Financial Obligation

Cheerleaders must:

1. Submit payment of all Cheerleading monies by the dates specified by the Cheerleading coach or sponsors. In the event of removal, dismissal, or voluntary resignation from the team, all monies paid to the Cheerleaders will be forfeited.
2. Be responsible for purchasing cheer shoes, practice clothes, warm-ups, etc. and for raising the appropriate funds through sponsorship for uniforms and poms. All uniforms and poms are owned by the university.

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 Cheer sponsor/coach.

A tentative list of expenses for Cheerleaders includes:

## **Girls:**

Home Camp-	\$125
Practice Gear-	\$55
Uniforms and Poms-	\$500
Boycut Brief-	\$15
Jacket-	\$35
Cheer Shoes-	\$115
Midriiffs-	\$45
Bag-	\$65
Tax and Shipping-	\$75
<b>Approximate Total-</b>	<b>\$1,030</b>

*1<sup>st</sup> Payment due by June 1- \$515*

*2<sup>nd</sup> Payment due by July 1- \$515*

## **Guys:**

Home Camp-	\$125
Practice Gear-	\$55
Uniforms-	\$350
Bag-	\$65
Cheer Shoes-	\$75
Jacket-	\$35
Tax and Shipping-	\$75
<b>Approximate Total-</b>	<b>\$780</b>

*1<sup>st</sup> Payment due by June 1- \$390*

*2<sup>nd</sup> Payment due by July 1- \$390*

## Cheerleaders Important Dates

April 12, 2019	4:00-5:00 p.m.	* Informational Meeting	LSUA Fitness Center
April 12, 2019	5:00 p.m. - until	**Tryout Clinic	LSUA Fitness Center
April 13, 2019	9:00 a.m. – until	**Tryouts	LSUA Fitness Center

\* The Informational Meeting is not mandatory, but is highly encouraged.

\*\*Please arrive 30-45 minutes early for registration/check-in on the day of Tryouts. Attending both days of tryouts is mandatory.

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

April 22, 2019 (3:00-4:00 p.m.)	Uniform Sizing
April-July 2019:	T-shirt Sponsor Fundraiser
June 1, 2019:	First Payment Due / Team Practice 10-12
July 1, 2019:	Second Payment Due / Team Practice 10-12
August 2019:	Home Camp, Classes Start, and Practices Begin
Fall semester (tentative) practice times:	Tuesdays from 4:00 to 6:00 p.m. Thursdays from 4:00 to 6:00 p.m.

**All practice days and times are subject to change. All schedules will be reviewed in August to set a definite practice schedule.**

# Cheerleaders Tryout Information

## Squad Description:

The LSUA Cheerleaders are a co-ed squad that promotes school spirit and support for LSUA. The number of members will fluctuate from year to year, as determined by the LSUA cheerleading coach. Practices will be scheduled throughout the week but will be scheduled in advance as often as possible. Participating in cheerleading at LSUA requires a significant time commitment. However, the philosophy that cheerleading comes second to academics is strongly encouraged and expected. All other activities must be scheduled around LSUA cheerleading events, unless excused by the coach.

Representing LSUA is a privilege that the LSUA cheerleaders will take great pride in. Leadership, performance in and out of the classroom, and support for our university are important aspects of being an LSUA cheerleader. No former squad members are given an automatic position. All cheerleaders must tryout each year. All will be chosen on the basis of ability. No preference will be given on the basis of sex, race, or classification.

## Basic Requirements:

- **CHEERLEADING 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).
- Tryout packets must be submitted before tryouts.
- A \$20 (cash) fee must be submitted with your tryout packet.
- All participants must include proof of admission (i.e. student ID or admission letter) in the tryout packet.
- There is an official point system, but the coach will make the final team selection; participants will be evaluated on cheer experience, performance, spirit, adaptability during the tryout process, and potential contribution to the foundation of the program.

## Tryout Attire:

- White, black, purple, or gold sports bra (plain white tank optional)
- Black athletic shorts
- Tennis shoes
- Hair pulled out of face
- Game day makeup for girls
- No jewelry may be worn, and no tattoos may be visible.
- Guys may wear a plain white shirt, black shorts, and tennis shoes. No tattoos may be visible.

## Scoring Categories:

- 1 cheer taught by LSUA Cheer
- 2 chants taught by LSUA Cheer
- 1 dance taught by LSUA Cheer
- 3 jumps (toe-touch and front-hurdler are mandatory)
- Game Day Appearance
- Game Day Spirit
- Tumbling (preferred but not required)
- Stunting (extension and lib)

A panel of judges will assess the applicants. The applicants will be judged based upon skill level, creativity, and crowd appeal. The LSUA cheerleading coach will make the final team selection.

## Video Auditions:

Applicants who cannot make tryouts should have a relevant excuse for missing and may submit a video/DVD highlighting the skills in the areas listed above. This video should be no longer than 15 minutes in length. Applicants may add clips from competitions in order to compliment their capabilities. The video must have all the required elements and must be received before the tryout dates.

***Tryout selections are FINAL and results will be posted on the evening of tryouts.***

**Please direct all questions to Lauren Morgan | [cheer@lsua.edu](mailto:cheer@lsua.edu) |**

# LSUA Cheerleaders

## Tryout Application (5 pages)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Gender: \_\_\_\_M \_\_\_\_F      Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_      Age: \_\_\_\_\_

Classification: \_\_\_\_\_ College/Current High School: \_\_\_\_\_

Major: \_\_\_\_\_ GPA: \_\_\_\_\_

Expected Graduation Date (month and year): \_\_\_\_\_

Student ID # (current LSUA students): \_\_\_\_\_

Cheerleading Experience (if any):

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Emergency Contact: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Emergency Contact Information: \_\_\_\_\_

For safety and athletic training purposes, list any prior injuries, dates of injuries, and/or any medical conditions that the coach should be aware of:

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Medical Insurance Policy Number: \_\_\_\_\_



## Statement of Understanding Waiver

The undersigned is aware of and acknowledges the risks associated with the participation in cheerleading activities, included but not limited to, the risk of catastrophic injury, paralysis, and even death. Nevertheless, it is the undersigned's desire to participate in tryouts and clinics and to try out for the LSUA cheerleading squad at Louisiana State University of Alexandria. The undersigned assumes all risk of injury associated with these clinics and tryouts and specifically agrees to indemnify and hold free and harmless Louisiana State University of Alexandria, its agents and employees, including without limitation the LSUA cheerleaders, staff, coach, sponsors, and all other members of the Department of Athletics staff from any and all claims or causes of action arising out of his/her participation in these clinics and tryouts, no matter the cause.

The undersigned further acknowledges and certifies that he/she is at least 18 years of age, agrees to participate fully in the LSUA cheerleading squad for one year, gives permission for the judging panel to verify all of his/her information, and agrees to follow all rules and regulations set by the LSUA cheerleading coach, sponsor, athletics staff, and Louisiana State University of Alexandria.

**I HAVE CAREFULLY READ AND UNDERSTAND COMPLETELY AND CLEARLY THE ABOVE PROVISIONS AND AGREE TO BE BOUND THEREBY.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under the age of 18, this form MUST be signed by a parent or guardian prior to participation.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Application Questions

1. Why do you want to become an LSUA cheerleader?

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2. Describe previous cheer experience. Include location and years.

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3. Describe tumbling experience and list skills if any.

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4. Describe stunting experience. Include position in stunts (flyer, main/secondary base, or back spot) and highest stunting skill.

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5. What specific strengths can you contribute to our team?

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6. Why do you think it is important to maintain excellent character as a cheerleader?

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7. Why is dedication and always giving 100% so important in cheerleading?

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8. What are some goals you would like to set for yourself and for the LSUA squad?

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9. Describe your current occupation and/or if you plan to work during the school year.

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10. How did you find out about the LSUA cheerleading tryouts?

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**Physician Consent Form**

Dear Physician,

All individuals participating in a Louisiana State University of Alexandria spirit squad will receive a physical examination prior to any participation in scheduled activities. By signing this letter, you have stated that the individual is physically capable of participating in the tryout, practices, and performances of the LSUA Cheerleaders for the current academic year.

Student's Name: \_\_\_\_\_

Examination to Include:

\_\_\_\_\_ General Examination

Certifying Physician: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone #: \_\_\_\_\_

Date of Examination: \_\_\_\_\_

\_\_\_\_\_  
Signature of Physician

# LSUA Cheerleading Participation Agreement

The LSUA cheerleading guidelines shall assist in the governing of the cheerleading program. The members of this program shall follow these terms in order to be in good standing and remain active participants.

I realize that membership on the LSUA cheer team is a full year commitment. Should I not be able to fulfill this commitment, I will be responsible for the return of all issued equipment.

In becoming a participant, I voluntarily assume the risk that LSUA cheer accidents may result in catastrophic injury, paralysis, or even death.

I understand that I must maintain a minimum cumulative GPA of 2.0 and that I must not drop below 12 hours in a semester. It is encouraged that I take 15 hours, in the event that I must drop a class. I will inform the LSUA cheerleading coach of my intent to drop a course.

I, \_\_\_\_\_, have truthfully read and responded to this application regarding the standards and qualifications of an LSUA cheerleader. I understand the information and the requirements contained in it. Upon signing this document, I promise to uphold and maintain all rules and regulations set forth by the university and the LSUA cheerleading coach.

The LSUA cheerleading coach has discussed the policies and procedures with the team, and all questions have been answered. I further understand that failure to abide by these rules and guidelines may result in immediate disciplinary action, suspension, and/or termination from the team.

I hereby consent to have my (or my child's) photograph, name, and comments appear at no charge in any publication produced by LSU Alexandria to promote the University and its programs. I understand that these publications may be distributed to individual citizens, news media, community and political leaders throughout the state.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Printed Name of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student ID Number

**All applicants must have the following for tryouts:**

- All completed forms, including:
  - o Tryout Application and Application Questions
  - o Statement of Understanding Waiver
  - o Signed Physician Form
  - o Signed Participation Agreement
- \$20 tryout fee (Cash or Checks made out to LSUA Cheer)
- Student ID or letter of acceptance for new students
- Current college transcript for transfers or current students
- Proof of medical insurance

More rules, responsibilities, and guidelines will be established and explained once the squad members are selected.

**Tryout paperwork can be mailed or turned in to:**

Louisiana State University of Alexandria  
Attention: Lauren Morgan  
8100 Hwy 71 South  
Alexandria, LA 71302