

SIUE COMPETITIVE CHEER AND DANCE TEAM CONTRACT AND GUIDELINES 2022-2023

EXPECTATIONS

The purpose of this contract and guidelines is to describe the responsibilities and requirements of each member of the SIUE Competitive Cheer and Dance Team. Team members are required to read the following information and sign the last page.

The purpose of the program is to cheer/perform at home men's and women's basketball games and compete at NCA/NDA Nationals, as well as perform at other events that may become available. All cheerleaders and dancers may be expected to attend additional events sponsored by Club Sports and Campus Recreation.

The mission is to provide team members with a successful and meaningful experience in a positive environment. Team members will work towards maintaining high academic achievement, increasing their cheer or dance abilities, learning effective time management, and forming strong friendships. The success of this team is due to a strong commitment from the team members and the coaches.

The length of commitment to the team runs from the date of placement on the team through the first weekend in May.

Skills that are performed at try-outs will be expected of team members throughout the season. In addition, the coaches will work with team members to develop and advance their skills throughout the season.

The coaches reserve the right to add, delete or amend policies as she/he sees fit. Being given the opportunity to be a member of the SIUE Competitive Cheer and Dance Team is considered a privilege, and compliance with the following policies is expected.

CONDUCT

SIUE Competitive Cheer and Dance Team members take on the role of a representative of SIUE. Team members are highly visible symbols of SIUE, and thus must conduct themselves at all times—in and out of uniform—with class and dignity. Team members should be law-abiding citizens and do nothing that would bring embarrassment to the coach, teammates, Department of Campus Recreation, or the University as a whole. Selection as a member of the SIUE Competitive Cheer and Dance Team is an honor, so act accordingly. Team members are subject to all rules and regulations set by the University as they pertain to alcohol and other drugs. Additionally, the following are reasons for immediate dismissal from the squad:

1. Attending any practice or appearance under the influence of alcohol or other drugs.
2. Drinking/drug use (including tobacco) in public while representing SIUE at sanctioned events.
3. The unlawful possession, use, distribution or manufacture of controlled substances by a team member at any time will result in termination from the program.
4. The inappropriate use of social media (see Social Media section below).

CHAIN OF COMMAND

If a concern arises, the TEAM MEMBER (not parent) should discuss it with the coach. The issue will be handled within the coach's discretion. Parents are welcome and encouraged to attend performances and help with fundraisers, but parents are not consulted nor invited to become involved with the workings and/or policies of the program.

COMMUNICATION

It is critical to maintain positive and constructive communication between team members and the coaches. Please let the coaches and/or captains know if you are having issues with anything that relates to the team. An unvoiced concern cannot get resolved without letting it be heard.

Keep in mind the importance of constructive criticism—tone and wording are the key. There will be fun practices; there will be stressful practices, hard practices, and really hard practices! Through it all, team members are here to help each other.

PRACTICES

All practices are mandatory. Should a team member be unable to practice “full out”, she/he will still be required to attend practices to keep up with the rest of the squad.

To miss a practice for an illness, a team member must provide a doctor’s documentation verifying the illness. If a team member is sick, but not contagious, she/he will be expected to attend practices.

Injured team members are required to attend practices and are expected to participate as best as they can. If injury treatment is necessary, a team member must have the treatment done BEFORE practice.

A documented illness, family emergency, classes and exams are the only excused absences. **The coach must be notified ahead of time to be considered excused.** Car problems, work, sorority/fraternity functions, studying, study groups, or anything else will not be considered excused. Forgetting class obligations or personal obligations does not constitute a crisis for the coach or the team. It is understood that events in a team member’s personal life do not take precedence over SIUE Competitive Cheer and Dance Team activities. While academic success is a priority, the success of the team depends on everyone being at practices.

To be excused, team members must notify the coach via phone, NOT text or email. An UNEXCUSED absence from any cheer or dance related event will result in an immediate dismissal from the squad.

APPEARANCE

As a representative of SIUE, a cheerleader/dancer will portray the proper image of a collegiate performer at all appearances. If a team member fails to meet these requirements, she/he will not be allowed to participate in the appearance. The following guidelines will be enforced:

1. Appearance must be neat and clean.
2. No nails longer than 1/8”.
3. Hair must resemble a natural shade. No “off” colors. Any major changes in appearance must be discussed with the coach prior to making any changes.
4. Each team member must look physically fit in all team uniforms and attire. Participation in twice-weekly workouts will be expected.
5. All body piercings need to be able to be removed for competitions!

SOCIAL MEDIA

Members of the SIUE Competitive Cheer and Dance Team have the responsibility of representing their school and team, both in and out of uniform. The posting of inappropriate material (written, photos or video) on social media sites, be it by team members or other persons, will be monitored. The posting of inappropriate material in and out of uniform and in any other SIUE team attire is inexcusable. Going “private” or “blocking” coaches is NOT a solution nor is acceptable.

FUNDRAISING

Every team member will take an active role in fundraising activities organized by the team to off-set expenses such as uniforms, choreography, choreographer’s travel, team travel, Nationals registration fees, and any other expenses deemed necessary to run the program. **The Club Sports department does not allow refunds to team members that quit or leave the team, whatever the circumstance, whether by choice or by the decision of the coach.** A budget is prepared at the beginning of the season, and those funds are needed for the operation of the team and the expenses the team has incurred from the beginning of the season.

In addition, funding provided by Club Sports and outside donations are considered as scholarship funds that off-set each team member’s National fees.

REMOVAL FROM THE TEAM

Should a team member decide to voluntarily quit the SIUE Competitive Cheer or Dance Team prior to the end of the season OR be dismissed from the team, the team member will return all uniform pieces or pay the replacement cost. As stated above, there will be no refunds of fees or fundraised money.

ELIGIBILITY

To remain eligible, a team member must be a full-time student (12 credit hours) and maintain a 2.0 cumulative grade point average each semester. Failure to do so may be cause for dismissal from the squad. A credit check will be done at the end of first semester.

By agreeing to follow the above rules, each member of the SIUE Competitive Cheer and Dance Team will have the opportunity to participate in a program that will leave you with memories that will last a lifetime!

SIUE COMPETITIVE CHEER AND DANCE TEAM CONTRACT

I, _____, understand the contract and guidelines placed on me as a member of the SIUE Competitive Cheer and Dance Team. I will uphold the responsibilities and requirements stated in this contract throughout the season. I understand the requirements as well as the consequences.

I fully understand my actions and attitude affects the well being of the team. I promise to focus on my academics as well as my position of the team and agree to all required commitments.

Signature of Team Member: _____

Date: _____