GENERAL
These guidelines are provided to inform Cheerleading Squad members of expectations while participating in the Cheerleading Program at Radford University. Students selected for the Radford University Cheerleading program must be in agreement with the established guidelines, expectations, and policies.

I. PHILOSOPHY AND OBJECTIVES
The first and foremost responsibility of the student is the student’s academic career. Secondly, the student should use the program to develop and improve personal development and work ethic to become productive members of society.

II. ORGANIZATIONAL STRUCTURE
The Cheerleading Squad members cheer for home men’s and women’s basketball games. Spirit Squads will also cheer during conference tournaments, post-season tournament play, charity events, and represent Radford University at the National competition (funding required).

III. INVOLVEMENT AT FUNCTIONS/EVENTS
In addition to basketball games, practices and pep rallies, cheerleading squad members attend a number of public relations and/or charitable events each year. All appearances by the cheerleading squad must receive prior approval by the coach. Appearances shall be at places and events, which are considered appropriate to Radford University.

The cheerleading team shall appear only at events/activities, which will reflect positively on them as individuals, and as representatives of Radford University.

IV. ALCOHOLIC BEVERAGES
As stated earlier, cheerleading squad members are expected, first, to be good, law-abiding citizens. This expectation is foremost when it comes to alcoholic beverages. Cheerleading squad members are reminded that, as highly visible members of the Radford University community, their actions and behavior are under constant observation. Absolutely while in uniform, but also while not in uniform, Radford University Cheerleading Squad members are subject to wide scrutiny, and can easily be the object of criticism for their behavior or actions, in particular, for indulging or for over-indulging in alcoholic beverages.

- Cheerleading Squad members may not consume alcoholic beverages within 24 hours prior to a basketball game, competition or performance.
- Cheerleading Squad members may not draw negative attention to the team, due to inappropriate drinking behavior, whether they are 21 or not.
- Cheerleading Squad members shall not possess or drink alcoholic beverages in a Radford University car, van, bus or any travel involving Radford University Athletics.
- Cheerleading Squad members shall not consume alcoholic beverages before or during a game or practice.
- If an injury or illness due to drinking prohibits a spirit squad member from participating in practice, game or any other event, that member will be subject to disciplinary actions.
- Cheerleading Squad members are not allowed to consume alcoholic beverages while in uniform.
- Cheerleading Squad members who violate these rules shall be subject to serious disciplinary
measures up to and including immediate dismissal from the team.

- Again, state and local laws apply, and any violation by a Cheerleading Squad member will be grounds for disciplinary action, up to and including dismissal from the team.

V. DRUGS & DRUG TESTING
It should be understood that Radford University Cheerleading Squad members are not permitted to possess, use, distribute or manufacture illegal drugs. In addition, abuse of prescription or over the counter drugs is also prohibited. If a cheerleading squad member is caught using illegal substances during any team functions (travel or otherwise) they will be subject to disciplinary actions up to and including expulsion from the team. All spirit squad members will be subject to random drug testing by the Radford University Athletics Department. If a team member misses or refuses to take the test, the result will be considered positive for drug use.

VI. ATTENDANCE
Practices, games and scheduled appearances are mandatory. If you have a conflict at any time, please call the coach immediately. Supporting Radford University Athletics is your job and first priority next to academics. Any clubs or social activities are second to the Cheerleading Squad. If you have a job, make sure they know your schedule in advance and that your job will not come before the Cheerleading Squad. Excused absences are: sick with a doctor’s note, hospitalization, test, or family emergency.

VII. STRENGTH AND CONDITIONING
Spirit squad members will also take part in team conditioning during practice sessions. Each member will be required to maintain a physically fit physique. If the coaching staff does not reasonably feel that the squad member is maintaining a healthy and/or athletic physique, the coaches reserve the right to restrict the spirit squad member to certain events.

VIII. NATIONAL COMPETITION
NCA/NDA Nationals is open to all Cheerleading Squad members. The cheerleaders are limited to 20 participants.

- At no time will national competition supersede the responsibility that the Cheerleading Squad has to supporting intercollegiate athletics and Radford University.
- Coaches will decide who will compete on the Nationals team based on talent, work ethic and attitude.
- The decision to participate in NCA Nationals will be made by the Athletics Department/Spirit Squad Coaches on a yearly basis.
- Squad members understand that fund raising will be required to fund the trip to NCA/NDA Nationals.

Attending Nationals is an additional expense. As part of the squad, you understand that this funding must be paid on a timeline. Fundraising opportunities will be made throughout the year. Any money fundraised after payments have been made, will be reimbursed to the athlete. 2013-14 NCA expenses were $603.00 per athlete.

IX. INJURIES/ILLNESSES
Any illness or injury shall be reported to the squad trainer and the coach immediately.

Any injury suffered during practices, games, or other official functions, will be treated by the Athletic Trainer and/or doctor.
If an injury or illness incapacitates a squad member, he/she shall not be permitted to practice or perform for the period of time as determined by a Radford University Athletic Trainer or doctor. A Radford University trainer or doctor may determine when the member can return to participation at games and practices.

If a squad member is injured or ill and cannot participate but is still able, he/she will be expected to attend all practices and games unless specifically excused by the coaches, athletic trainer or doctor.

Cheerleading Squad Members are expected to participate and be on time for ALL treatment and rehabilitation appointments with the training room. Failure to do so will result in suspension from practice, games, and competitions. Numerous offenses shall result in dismissal from the Radford University Spirit Program.

If a Radford University athletic trainer or physician recommends that a squad member no longer perform due to illness, injury or health programs, the member will be medically excused from the performance roster.

X. HEALTH, LIFE-STYLE & NUTRITION
The Radford University Cheerleading Program is committed to promoting and fostering healthy lifestyles and eating habits for all squad members.

Education is a key to the promotion of a healthy lifestyle. The coaching staff, athletic trainers, and squad members will receive written materials and oral instruction on healthy eating. The nutritionist will provide visits at the beginning of each season to discuss healthy eating habits.

Cheerleading involves an assortment of high impact athletic activities and requires exceptional stamina and strength.

Body composition varies from individual to individual therefore our number one concern is that everyone maintains a level of fitness that allows them to safely participate in the program.

XI. SOCIAL MEDIA/Networks
The Radford University Athletics Department supports and encourages an individual’s expression of the first amendment right to free speech. This includes participating in online social networking sites. While athletics does not place restrictions on the use of these networking sites, it is critical for our student-athletes and coaches to understand that as a member of the Radford University Squad that you are a representative of Radford University.

• Before participating in any online network, know that anything you post is available to everyone even if you limit access to your site
• Do not post information, photos, or other items online that could embarrass you, your team, your family, or Radford University. This includes, but is not limited to, information, photos, quotes, and items that may be tagged to you from another user.
• Be aware of who you add as a friend to your site.
• Threatening language directed at an individual is a crime

I understand the Athletics Department reserves the right to take action against any current enrolled student-athlete engaged in behavior that violates University, department or team rules, including such behavior that occurs in postings on the Internet. This action may include
education, team suspension, and dismissal.

XII. RULES AND REGULATIONS

A. TRYOUTS
Anyone wishing to try-out for cheerleading shall:
• Attend clinics taught by the coach and senior cheerleaders
• Possess and thereafter maintain a 2.3 grade point average

Only with special permission of the coach can one tryout for cheerleading after he/she has previously left the team.

B. GENERAL RULES
Cheerleading Squad members must be enrolled as a full-time student at Radford University unless you are a senior with only a specific amount of hours left to graduate.

Must maintain a 2.3 grade point average

Must have a complete physical with sports medicine during the first week of practice.

Cheerleading Squad members are expected to work as a team. Squad members’ friendship or non-friendship shall not have a negative effect on the team.

Each squad member is responsible for all of the clothing, uniforms, and equipment assigned to him/her. Care must be taken to ensure such clothing, uniforms, and equipment is in a clean and presentable condition. Each squad member shall safeguard his/her clothing, uniforms, and equipment and shall be, therefore, personally liable for its replacement for loss or damage, excluding normal wear and tear.

Violations of any team rules shall subject the squad member to discipline. The coach in consultation and with the advice of the Director of External Operations will determine appropriate discipline.

A serious violation of these rules or repeated violations may result in suspension from the team. Less serious violations may result in one’s loss of the opportunity to travel to away games, or participation in national competition.

Being a member of the Cheerleading Squad is a commitment through the entire season, and post-regular season play.

Cheerleading Squad members are expected to be on time for and participate in all practice sessions, physical conditioning, squad meetings, squad projects, pep rallies, dinners, receptions, summer camp, and other school spirit activities designated by the coaches. Spirit Squad members are expected to contact the Coaches if they are going to be late for any activity at least two hours before the activity.

Cheerleading Squad members are expected to follow the rules for safety in dress and personal appearance as designated by the coaches.

Cheerleading Squad members are to abide by the decisions of the Coaches and the Athletics
Department at Radford University concerning any aspect of squad activity.

Cheerleading Squad members are expected to exhibit proper behavior and shall not use profanity while in uniform at games.

Cheerleading Squad members can and may be suspended or dismissed pending further investigation for negative or derogatory attention by the following: Internet sites, Magazine, Newspaper Television, or Radio.

Cheerleading Squad members realize that if they are dismissed from, or quit the team, they must immediately turn in all uniforms, warm-ups, shoes, practice gear, etc. to the Coaches or they will be billed for the cost of the missing items.

Cheerleading Squad members understand that they are young adults and that all communication must be between the cheerleader and the coach. Family members will have no communication with the coaches in regards to a decision made by the coaching staff.

Cheerleading Squad members agree to turn in all uniforms and equipment at the conclusion of the season. Cheerleading Squad members are responsible for replacing uniforms and equipment if it is lost, damaged, or stolen, or they will be billed.

Cheerleading Squad members understand that tardiness to workouts will not be tolerated. They are expected to show up for all workout sessions and practices unless you are excused due to illness.

As a college cheerleader, you represent Radford University, your coaching staff, and yourself. Your behavior affects other athletes, school officials, administrators, and family. Your actions affect the quality of our program(s). Our team(s) will earn respect by the way we conduct ourselves on and off the court.

**C. Practice Rules**

Cheerleading Squad members will be on time to all practice. If an athlete is one minute late, they will run the mile per instance until the member can learn to be on time (does not apply if previous communication has been established between the coach and athlete.)

If any flyer hits the ground during a building exercise, all those participating will do 30 push-ups.

If a flyer “sits” out of a stunt, she will have 30 frog hops per instance.

There is to be no talking during a pyramid.

There is to be no talking during stretch. This is to ensure that athletes are fully focused on warming up their bodies.
RADFORD UNIVERSITY CHEERLEADING SQUAD

Articles of Understanding

I, __________________________________________ have reviewed the Radford University Spirit Program Policy Guide and understand the expectations of the program, coaching staff, and Athletics Department, as a team member.

Understand the Spirit Squad season begins in October and ends with the awards banquet, which may include attending on-off campus appearances and/or assisting the coaching staff with tryout administration (seniors teaching material) at the end of the year.

My participation in this program is totally voluntary and I will abide by all policies and rules set forth. I fully understand that if I violate any policy or guidelines, I will accept the consequences of my actions.

Furthermore, if I choose to voluntarily terminate my position as a member of the Spirit Program, I must return all items purchased on my behalf “clean and in good condition”. I understand that I will be charged for non-returnable items by the deadline established by the Spirit Coach (Unless instructed otherwise).

In the event I fail to meet the designated deadline date, I will be subject to out of pocket cost for uniforms, practice clothing, and accessories not returned.

I, __________________________________________ the undersigned have read and understand all the provisions in this form. Any violations(s) will result in consequences outline in the Spirit Program Policy Guide and are subject to additional consequences imposed by the Athletics Department as deemed necessary.

__________________________________________
Cheerleading Squad Member

__________________________________________
Date