XAVIER UNIVERSITY CHEERLEADING POLICY

General

It is the mission of the Cheerleading Squad to support Xavier University Athletic Teams. School spirit, enthusiasm and crowd involvement help to support our student athletes. Members of the cheerleading squad will represent Xavier University both on and off the court.

Purpose Statement

Participation in the Cheerleading program is an excellent way to develop leadership skills, meet new friends with similar interests, stay in shape and enhance athletic skills. A member’s involvement in Cheerleading is structured to be a learning and development experience for the members through their involvement in the organization and activities as well as the development of Cheer skills.

Academics

Xavier University Cheerleaders are students first. All members of the program must maintain at least a 2.0 GPA and attend all classes when not representing XU at sanctioned events in order to participate. Any cheerleader whose GPA drops below a 2.0, or misses excessive (needs to be defined) class time due to unexcused absences, will be unable to participate.

Tryouts

All prospective cheerleaders must demonstrate the minimum requirements stated at tryouts. Xavier Cheerleading is looking for individuals who meet the requirements and have the potential to excel in all areas. Members of the squad will be selected on a conditional basis at tryouts. All selected members must complete and pass a physical with Xavier University Physicians. If all expected criteria could not be performed, due to medical reasons, an appropriate decision will be made at that time.

Attendance

Attendance and early arrivals are vital to a well-prepared squad for intercollegiate athletic events. Late arrivals or unexcused absences will result in disciplinary action determined by the coaches.
Excused absences will include:

- Illness to the cheerleader that would inhibit them from performing safely.
- Death in the immediate family.
- Required class obligation, i.e. tests scheduled outside of regular class time or mandatory lectures required for class.

**Note:** Academic Review sessions are **NOT** considered as excused absences from practices or games.

Class conflicts must be communicated in writing at least one week before event. Notices of the other situations, when possible, must be communicated to your squad coach at least 24 hours in advance.

If a cheerleader misses a practice or an event with an unexcused absence, then that person will not be allowed to participate in the next scheduled event. The person must be considerate of the program as a whole.

**Repeated tardiness and/or 3 unexcused absences will result in dismissal from the squad.**

**Practices**

- All practices and meetings are mandatory. This includes all injured student athletes.
- Everyone must be focused and put forth 110%. This is not a social gathering.
- No tardiness will be permitted. You should be there 10-15 minutes before the scheduled time. Practices start as scheduled.
- If you need to tape, make sure this is done before the start of practice.
- No team practices will be held without a coach present.
- Proper attire must be worn to practices and weight lifting time; this includes no hats/caps/and absolutely no jewelry.
- All practices and events are closed to the public unless otherwise specified.
- We will determine specific practice times to travel to Five Star Gym in order to work on our tumbling skills. These tumbling practices are mandatory and should be treated as a regular practice.
- Safety is the first priority! However if an accident or injury occurs, please follow this stated **Emergency Action Plan:**

  All of the Xavier coaching staff is certified in CPR/First Aid and on the AED (Automated External Defibrillation device). There is one located on the wall in the back of the Cintas Center near the Operational Offices.

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Injuries at practice/games will be assessed by the coaching staff and escalated in the proper manner if necessary.

In the event of emergency personnel being needed, a coach will direct 2 people to call from the phone in the gym 911, which goes to the on campus police.

2 other people will be assigned to go wait by the outside doors to help emergency responders get to the injured cheerleader as soon as possible.

All necessary forms will be in the mobile drawers in the closet/or with a coach.

A member of the coaching staff will stay with the injured athlete to supervise and attend to their needs. Once emergency personnel have left with the injured athlete, a staff member will ride with or follow the cheerleader to the hospital.

A member of the coaching staff will alert the training staff of situation and prepare them follow up.

Unless directed by coaching staff, all other cheerleader shall keep away from the injured cheerleader to allow for emergency procedures to be administered and to minimize the psychological effects of comments or concerned looks by the injured athlete’s peers.

**Strength and Fitness**

- During each practice there will an hour workout, which is mandatory and treated as part of practice. These sessions will be scheduled 2 times per week for approximately 1 hour during a regular scheduled practice (either from 7:00-8:00 or 9:00-10:00).
- These workouts will either be held in the Auxiliary Gym or at O'Connor Sports Center. To be predetermined by the Workout Captain(s) or Coaches ahead of the start of practice.
- Missing 3 workout sessions will be grounds for immediate dismissal.
- Work or personal obligations are not excuses for missing workouts.
- These workouts are designed to improve your health and fitness as well as reduce injuries.
- The Squad Captain(s) and Workout Captain(s) will be responsible for taking attendance and making sure everyone is using the time appropriately.

**Games**

- All games are mandatory. Scheduling for games will occur with as much notice as possible. This includes all games that occur during holiday/spring
break periods. If you live within approximately a 2 hour driving radius of Cincinnati, your attendance at games is mandatory, weather permitting. As games are mandatory, do not make any plans to leave school during breaks that occur during the season. Your personal travel plans must follow and form around the Xavier University Cheer Schedule. **Do not make flight plans until the coaching staff has completed schedules.**

- Select games over breaks will be considered mandatory. This includes big games or games that occur several days from the start or end of break.
- Disrespect towards officials and players, coaches, athletic staff and team members will not be tolerated.
- Females are expected to arrive game ready and look presentable at all times. Hair will be worn half up with the designated bow. Bows are part of the uniform and uniforms must be clean and presentable.
- Males are expected to be clean-shaven, hair fixed (no hats) and uniform clean and presentable.
- Neither males nor females will be permitted to wear jewelry of any kind. No visible jewelry will be allowed at games or practices. This includes all body piercings. Tattoos are to be covered. There will be no tolerance for fresh piercings or tattoos.
- Uniforms are your responsibility and if not returned charges will be filed with the University.

**Travel Information**

- When traveling all cheerleaders are to be on time. You will be left if late.
- Remember, you are there representing the University and will dress appropriately. Predetermined wardrobes will be requested.
- All squad members travel with the squad to games. Squad members must return with the team unless written permission is given in advance.
- 12 cheerleaders, 1 mascot and 1 coach are allowed to travel to designated away games.
- During hotel stays, you must sleep in your assigned rooms and be in your rooms by the designated times.
- All personal travel plans follow and form around the Xavier University Cheer Schedule.

**Injuries and Illnesses**

- If you are injured, inform the coaches to contact the training room. Please work with and follow instructions from the training staff and inform coaching staff of progress or issues.
- Do not miss training appointments. **This will count as a missed practice.**

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• Reoccurring injuries that you are not managing properly will be dealt with appropriately.
• All injured student athletes will be required to attend practices and games in predetermined apparel.
• You will be excused from practices if you have an illness that is contagious.
• A phone call to your coach must be made as early as possible or a “missed” practice will be charged. If you have left your coach a message, call the other coach. If you cannot get in touch with that person either then call the captains.
• Only a coach/doctor can excuse you from a practice, game or event.
• If you become excessively sick where you miss extended periods of practices and games, the coaches will determine the appropriate actions to take.

Behavior and Attitude

As a collegiate cheerleader, you represent your school, your coaching staff and yourself. Your behavior affects other athletes, school officials, administrators and family. Your actions affect the quality of our program. Our team will earn respect by the way we conduct ourselves on and off the court. We are committed to conducting the program as a top-notch squad with only quality people.

We expect that you bring a positive attitude to all aspects of your involvement with the Cheerleading program. The following rules apply.

• Disrespect toward anyone at anytime (including out of season) will lead to disciplinary actions up to and including dismissal from the team.
• You will train aggressively and safely at all times. Although practice is not a social event, it should be enjoyable.
• It is your responsibility to achieve and maintain proper health conditions for yourself. Rapid or extreme weight loss is not healthy and will be dealt with appropriately.
• Attend all functions that the squad has on its agenda. We will try to give at least two weeks notice. Work, sorority/fraternity, clubs, and personal obligations DO NOT constitute as an excuse for an absence.
• Fighting will not be tolerated at any time. Any actions involving physical and/or verbal threats or assault towards another cheerleader or mascot is not acceptable and are grounds for immediate dismissal.
• If you have a personal problem, coaches and/or administrators are willing and able to assist you with any personal problem(s) you may have before or after practice.

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• Remember when using Internet sites you are representing Xavier University Cheerleading. Please make sure all information and pictures represent you and the University in an appropriate manner.

Drugs and Alcohol

• Tobacco will not be tolerated in any form while you are associated with XU.
• Illegal drugs will not be tolerated from both a health and legal standpoint. This includes illegal NCAA recognized performance enhancing drugs.
• Random drug testing may be performed during the season.
• Alcohol is not conducive to an athlete’s performance. Anyone under age will be expected to abide by the law and university policy. Anyone 21 and over will be expected to restrict your alcohol use during the season. **No drinking 24 hours before physical performance will be accepted.**
  - If you show up to an event hung over you will be asked to leave and disciplinary actions will follow.

Fundraising, Community Service and Events

Throughout the school year you will be required to participate in University and other public relations/charitable events. Not all events require the entire squad. Members will be selected and once you commit yourself it becomes mandatory. Fundraising is also a critical part of the XU Cheerleading Squad. If/when you are needed; you will follow a regimented fundraising schedule to benefit you and your Specific dates and times will be determined as schedules are finalized. All events are game ready appearance for Cheer and Mascots will either be in costume or a predetermined outfit.

Uniforms

Xavier University will provide your uniforms. You are responsible for any repairs needed during the season. If any part of the uniform is lost or damaged, you are responsible for the replacement article. This includes poms and megaphones. All uniforms will be turned in at the end of the season.

Captains

Captains will be voted on by both the squad and coaching staff. Candidates should possess strong leadership and communication skills, along with the ability to work well in a team. Captains are considered the liaison between the coaching staff and the squad. Along with helping the coaching staff at games and events, conflict resolution and disciplinary actions are also situations captains will be involved in.

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Additional Comments-

- Per the policies and expectations outlined in this document, the coaching staff reserves the right to take and enforce disciplinary actions at any time, including dismissal of the student athlete from the team.
- The coaching staff has the right to limit, change, add to, or delete any or all parts of the benefits provided to the XU Cheerleaders provided by Xavier University. Any changes to the Cheerleading policies and procedures will be immediately communicated to all members.
- Parental support is encouraged; however, if you have a problem, it is your responsibility to deal with it by going to the coaching staff. If it is a problem you would not like discussed with the coaching staff, please contact the appropriate athletic department administrator.

I have read, understand, and agree to the above terms and conditions regarding my participation in the Cheerleading Squad. Please retain a signed copy for your records.

Print Name: __________________________________________

Signature: ___________________________________________ Date: ________