

Cheerleading Contract

This contract is signed on this, the ____ day of ____ of the year _____ between _____, hereinafter designated **CHEERLEADER** and _____, hereinafter designated **COACH**. This document binds **CHEERLEADER** to all rules and regulations of the Illinois State University Cheerleading program and may be subject to change at the discretion of **COACH** and the Advisor.

1. Missing Practice/Games/Appearances/Fund-raisers/Performances/Events:

If a practice/game/event is to be missed, an absence form must be filled out and given 2 weeks in advance to COACH. However, COACH reserves the final decision of whether the reason for the absence is permissible which will be known as excused absence. All other absences are known as Unexcused. Here is absence hierarchy breakdown:

3 Late absences	=	1 Excused absences
3 Excused absences	=	1 Unexcused absence
3 Unexcused absences	=	Dismissal

Punishment table:

Late absence	=	Marked as Late, & Run ½ mile extra at practice
Excused absence	=	Marked as Excused, Run 1 mile extra at practice, & will switch games with another (games only)
Unexcused absence	=	Marked as Unexcused, Run 1 ½ miles extra at practice, & will attend 2 extra games (games only)

Unforeseeable circumstances will be taken into consideration, and they are priority ranked as listed:

1.Health 2.Family (does not include family reunions, birthday parties, recitals, and/or other similar family functions) 3.School (does not include studying for tests, homework, work, or individual class projects) 4.Cheerleading 5.Work. Excused absences will be granted primarily for emergencies. Homework and other extracurricular activities (Greek Life, other performance groups, etc.) are not excusable. It is understood that if CHEERLEADER is sick, he/she is expected to go to the Student Health Center or any other medical facility to be seen by a doctor as soon as possible. CHEERLEADER must obtain a doctor's note in order to be excused. CHEERLEADER is not allowed to call COACH and decide not to come to practice. In regards to contest preparation (regional tournament, nationals, conference tournament, etc.) and health, if CHEERLEADER is sick, he/she will be required to obtain a signed note from a physician stating such, as well as how long inactivity should be maintained. CHEERLEADER will still be required to attend practice, unless infectious, but not allowed to participate, so any instructions/changes will not be missed. Same rules will apply to games.

2. Tardiness

To ensure an effective and efficient practice, CHEERLEADER is expected to arrive at least 10 minutes prior to practice/game (OR other time specified by COACH) and be dressed properly and taped, unless prior arrangements are discussed with COACH. Any athletic training issues (ankle taping, etc.) should be attended to prior to practice by the athletic training personnel.

RULES FOR TARDINESS (:01 minutes or more is considered late)

- A.) Call if you are going to be late.
- B.) Late to Practice/Games/Appearances/Fund-raisers/Performances/Events:
 - 1. will run a ½ mile @ next practice

3. Dismissal from the squad

If the CHEERLEADER is dismissed or voluntarily decides to leave from the Illinois State Cheerleading squad for any reason (examples: Alcohol, illegal drugs, tobacco usage, felony charges, tardiness, absence, grades, and all others which the COACH deems right for dismissal), then the following CHEERLEADER will be forced to do the following:

- 1.) Pay a \$110 fee (shoes, shorts, T-shirts, etc.)
- 2.) Pay the book waiver amount that CHEERLEADER received for that semester (\$50 - \$200).
- 3.) Must turn in all equipment (Uniforms, Megaphones, Poms, Warm-ups and all other items that are owned by the Illinois State Cheerleading Program)

If the CHEERLEADER does not do ALL of the things listed above, the COACH and the Illinois State Athletic Department has the right to put a hold on the CHEERLEADER'S grades and records until all of the above items are completed.

4. Injury Policy

If CHEERLEADER is injured during the course of the season, and then must sit out because of the injury, CHEERLEADER will be required to have a doctor/physical therapist/head athletic trainer notify COACH stating the nature of the injury and length of inactivity. CHEERLEADER



will be required to continue with treatment sessions as well as home-therapy, per medical orders. Prior to rejoining practice/performance, CHEERLEADER must obtain approval from doctor/physical therapist/head athletic trainer with any limitations clearly given. COACH reserves the right to determine CHEERLEADER'S alternate during the time of absence. It is also understood that if CHEERLEADER is instructed to see Head athletic Trainer, CHEERLEADER will follow instructions promptly.

5. Alcohol, illegal drugs, tobacco usage, Felony charges

Drinking of ANY alcoholic beverage the day before or the day of a game or practice will not be tolerated. A violation of this rule will result in immediate dismissal from the squad. Use of ANY illegal drugs at any time (including steroids) will not be tolerated. Violations of this rule will result in immediate dismissal from the squad, as well as notification of the proper authorities. (*Remember - you could put everyone's life in danger by violating this rule.) Smoking or chewing tobacco while in uniform or in anything signifying membership with the Illinois State University Cheerleading program or Athletics Department will not be tolerated. A violation of this rule may result in dismissal from the squad. Smoking, in general, will not be looked upon favorably due to the effect it has on health and performance of CHEERLEADER. (*Remember, you are a role model for many young children and must display a positive image to the general public.)

6. Grade point average/credit load

CHEERLEADER must obtain a grade point average of 2.00 or higher each semester, maintain a cumulative grade point average of at least 2.00, and be enrolled as a full-time undergraduate student at Illinois State University to remain a member of the cheerleading squad. *If, at the end of the fall semester, CHEERLEADER has not earned at least a 2.00 grade point average and maintained the minimum 2.00 cumulative grade point average, he/she will be allowed to cheer on Probationary status for the following semester.* In order for CHEERLEADER to be eligible to try-out in the spring for the following year's squad, CHEERLEADER must obtain at least a 2.00 grade point average and maintain the minimum 2.00 cumulative grade point average. If CHEERLEADER is eligible to try-out he/she will be allowed to participate in try-outs. If CHEERLEADER is selected as a member of the following year's squad, his/her position on the squad will still be contingent on his/her initial grade point average for the spring semester. If CHEERLEADER fails to obtain the required grade point average(s) after the spring semester, he/she will be dismissed from the squad. In regards to existing spring cheerleaders, if CHEERLEADER has participated in try-outs for the following year's squad, been picked as a member of the following year's squad, but fails to obtain at least a 2.00 grade point average for the spring semester, he/she will be put on Probationary status for the fall semester and allowed to cheer. Cheerleaders in this position may attend at least one summer school session and obtain at least a 2.00 grade point average for that summer session, while maintaining at least a 2.00 cumulative grade point average to be taken off of Probationary status. The class taken in summer school must be at least three credit hours. This summer school session may be taken at any institution, provided the credits will transfer back to ILLINOIS STATE UNIVERSITY. It will be the responsibility of CHEERLEADER to take any and all actions necessary to get their grade point average where it is satisfactory. If and when study sessions are set up by COACH, CHEERLEADER (especially those on Probationary Status) must attend.

7. Training Program/Health status

It is imperative that the physical and mental health of each cheerleader be in optimum condition throughout the course of the year. It is also imperative that COACH and Head Athletic Trainer be made aware of any potential problems, physical, or mental, and/or eating disorders that may exist. If potential problems exist, COACH and Head Athletic Trainer will work with CHEERLEADER in any way possible to ensure safety. Any medical expenses are the responsibility of CHEERLEADER. The athletic department, once primary insurance of the cheerleader has been exhausted, will then cover any uncovered expenses as long as the problem was related to CHEERLEADER'S involvement with Illinois State Cheerleading. If CHEERLEADER is required to meet with a counselor on a regular basis, then he/she will be monitored and must attend his/her sessions. If CHEERLEADER fails to attend any counseling sessions then it may result in dismissal from the squad. In the event that a training program is developed for the members of the Varsity Squad, he/she will be required to adhere to the prescribed weight-training program throughout the course of the year as well as over the summer break. Such program will be set up by the Strength Coach. CHEERLEADER may be subject to body composition analysis throughout the course of the season. CHEERLEADER will be required to maintain a healthy diet to ensure optimum performance and health. Cases will be dealt with by COACH and Head Athletic trainer on an individual basis. Noncompliance with the training program (not following the weight training program, not attending scheduled weight room hours, etc.) will result in suspension from cheerleading activities, such as games and public appearances, for a term to be decided on by COACH. Further noncompliance will result in dismissal from the squad.

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8. Appearance

CHEERLEADER must maintain a clean-cut, All-American, collegiate appearance while representing Illinois state University and the cheerleading program. "Representing Illinois State University and the Cheerleading Program" refers to any time the cheerleader is in uniform or when wearing any clothing identifying he/she as an Illinois state university cheerleader or when verbally recognized as such. Unacceptable for males include: earrings while in uniform or at practice, facial hair of any type (beards, mustaches, goatees, etc.), long hair, eccentric hairstyles (unusually dyed hair, Mohawks, etc.) visible body piercing, visible tattoos, wearing of jewelry while in uniform etc. Unacceptable for females include: eccentric hairstyles, visible tattoos, loud makeup, visible body piercing, wearing of jewelry while in uniform etc. In the



event the CHEERLEADER already has a visible tattoo at the time of tryouts for the next year's squad, and is selected to the following year's squad, he/she will be required to make sure it is adequately and inconspicuously covered, to the satisfaction of COACH, while in uniform. In the event the CHEERLEADER already has a visible body piercing at the time of tryouts, and is selected to the following years squad, he/she will be required to remove all body jewelry while in practice or in uniform at a game or appearance. This includes tongue piercing. Pertaining particularly to naval rings, both male and female cheerleaders will be required to remove all body jewelry while in practice or in uniform at a game or appearance. It is also unacceptable for any cheerleader to wear apparel from other institutions while practicing, before games, participating in pre-game activities, or any other time when representing Illinois State University. Proper appearance includes, but is not limited to, these areas. COACH reserves the right to request CHEERLEADER to make appearance changes as deemed necessary. Noncompliance may result in suspension from cheerleading activities or dismissal from the squad.

9. Participation in other events

CHEERLEADER is expected to be involved in all other functions of the Illinois State University Cheerleading Squad. Events include but are not limited to fund-raisers, Redbird Raffle/Driveway ticket sales, and community/campus events. If CHEERLEADER does not participate in fundraising events due to an overwhelming amount of excuses, COACH reserves the right to impose stiffer suspensions from cheerleading activities (including possible dismissal from the Nationals team) on CHEERLEADER.

10. Chain of command

CHEERLEADER is directly responsible for his/her performance and behavior. If at any time CHEERLEADER needs to discuss problems that he/she may be experiencing and which may consequently affect productivity, the COACH or captains will always be available. The Captain is CHEERLEADER'S immediate contact in the chain of command and all problems should be directed to said person before pursuing other alternatives. The chain of command, from bottom up, is: 4. Cheerleader, 3. Captain, 2. Coach, 1. Assistant Athletic Director/Marketing. CHEERLEADER must follow the chain of command in every matter and jumping the chain of command will not be looked upon favorably and may result in a warning or suspension from the first half of a the next game.

11. Executive Board (optional)

This is a board of cheerleaders chosen by the group to be leaders of this squad. Each position requires that each member has a specific task which they hold responsibility for. If you are on the Exec. Board,...this does NOT mean that you break the chain of command. It does mean that you will be apart of many decision making opportunities that come about during the school year. These are the following positions on the Executive Board:

- 1.) Secretary - Tally and keeps track of attendance, absences, and tardies at all events. Must be a very responsible person and regularly present at all events.
- 2.) Fund-raiser/Promotion -Come up with fund-raiser ideas, assist in acquiring fund-raiser supplies, and call the necessary businesses in order to accomplish our fund-raiser goals.
- 3.) Marketing/Publicity - Visits local businesses for requesting funds, assists in promoting cheerleading activities, and finds better ways for the cheerleading squad to better represent itself. Contact correct media and news about upcoming cheerleader events.
- 4.) Inventory Personnel - In charge of Uniforms and assist in the retrieval of proper supplies need for the well-being of our cheerleading program.
- 5.)Group Activities- Schedules regularly activities for the entire Illinois State Cheerleading squad.

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12. Nationals

Each member will be selected by the coaching staff according to experience, attitude, talent, punctuality, and what the coaching staff feels is needed for that years Nationals routine. In no way does this mean that the Varsity squad is the Nationals team. If CHEERLEADER is unable to attend Nationals once chosen, the coaching staff has the authority to select someone which they feel would best assist in the National teams well-being. National team members will be responsible for self funding at least \$200 extra, to that which the team has already made. This money can be paid in full or can be made by fund-raising individually. If for any reason the Illinois State Cheerleading squad gets a FULL PAID BID to UCA Nationals, then CHEERLEADER would just have to pay for necessities (T-shirts, bodysuits, etc.).

13. Camp / Driveway Tickets



Driveway tickets will be handed out during the months of November/December. CHEERLEADER is required to sell at least \$75 worth of Driveway tickets by the end of the school year. All of those who do not sell the total amount of tickets will not be allowed to try out for the Illinois State Cheerleading squad that spring. Of those tickets sold by CHEERLEADER, a percentage of that amount will be directed towards their camp in the summer. CHEERLEADER is required to pay the entire amount of their camp payment. Failure to do so will result in suspension from the squad until final payment is made.

14. Rule of March

If for any reason CHEERLEADER decides to miss any cheerleading functions (open gyms, camps, games, tournaments, etc.) during the last month of our season. Automatic dismissal will occur and all fines (clothing and book waiver) will have to be paid in full. If compliance is not met, COACH has all authority to withhold the grades of CHEERLEADER until payment in FULL has been made.

15. Book Waivers

Book Waivers are a privilege that must not be taken advantage of at any time. This program will allow CHEERLEADER to buy ONLY books from the Alamo II, but NO other school supplies will be allowed to be used with this credit. CHEERLEADER does have the benefit of keeping their books and/or selling them back at their discretion. The amount given to CHEERLEADER will be in direct relation to the number of year's CHEERLEADER has been on the squad as shown below:

- 1 year = \$50/semester
- 2 years = \$100/semester
- 3 years = \$150/semester
- 4 years or more = \$200/semester

If for any reason CHEERLEADER is NO longer participating with the Illinois State Cheerleading Program (either by dismissal, grades, injury, etc.), then CHEERLEADER will have to pay back the book waiver amount for that semester in FULL to Illinois State Cheerleading. If CHEERLEADER disregards payment, then Illinois State Cheerleading/Athletics has every right to withhold grades for CHEERLEADER until FULL payment has been made (you will not be able to register for classes and/or graduate).

16. Miscellaneous

CHEERLEADER will be expected to adhere to the following OR punishment/dismissal will be assessed:

- *Absolutely NO drinking at any University-sponsored function (home or away).
- *Absolutely NO anti-establishment attitude, or disrespectful language.
- *Absolutely NO unprofessional behavior in the educational setting, such as negative response to superiors and/or staff, sharing confidentiality pertaining to the program to individuals not involved with the program, or open and public disagreement among members or between CHEERLEADER and COACH.
- *Absolutely NO lying will be tolerated towards teammates and/or coaches of the cheerleading squad.
- *Respond willingly to any request made by Athletic Director, Senior Athletic Staff member, COACH, or member of the Marketing Staff.
- *Wear only Illinois State University clothing at practice, pre-game activities, while traveling, and anytime while representing the University.
- *Absolutely NO unprofessional behavior at any and all cheerleading functions/settings.

This contract, and the applicable University policies and procedures, contain all of the terms agreed upon by the parties with response to the subject matter of this contract and supersedes all prior agreements, arrangements, and communications between the parties concerning such subject matter, whether oral or written.

This is a two-semester contract to be fulfilled by the individual to whom the position is offered. Your signature signifies that you have read and fully understand this contract and will have no problems in meeting the standards, expectations, and duties designated. Your signature also signifies that you understand that problems which cannot be resolved by the Director of Marketing or COACH will be cause for immediate dismissal from the team.

CHEERLEADER

COACH

Director of Marketing

revised 7/29/02

