



Cheer Team Guidelines & Expectations

The purpose of the Ferris State University Cheer Program is to support intercollegiate athletics & Ferris State University by leading cheers and raising the level of fan support for university athletic teams, and to serve as ambassadors of the University. The experiences gained from being a part of this program will not only channel team members' enthusiasm in a constructive and beneficial manner, but will also give them a sense of pride and accomplishment in being part of a group that is hard-working and respected. This program is a physical activity which involves a risk of physical injury so please be aware of this risk

GENERAL GUIDELINES:

1. Individuals participating in the FSU cheer program will be full-time (12 credit hours) students on the FSU campus and will maintain a 2.0 grade point average.
2. Student-Athletes participating in the FSU cheer program will be good, law-abiding citizens of the nation, state & city.
3. Student-Athletes participating in the FSU cheer program will be responsible for all rules & regulations listed in the Ferris State University Student-Athlete Code of Conduct.

ATTENDANCE GUIDELINES:

1. All team members must be in attendance at least **15 minutes** prior to the meet time of ANY event or function, including practices & games.
2. All team members are to be ready for practices, games, events or functions at the designated time. **No Excuses!** Special practices **could be set at various times during the season**. Everyone **MUST** wear proper attire for practices. This means **MATCHING** shirts, shorts, socks and tennis shoes. Hair must be pulled back and out of the face, and **ALL** jewelry must be **REMOVED**.
3. All Cheer Team Members **MUST** attend all **EVENTS, FUNCTIONS, GAMES, PRACTICES, PUBLIC APPEARANCES, etc.** put on & sponsored by the FSU Cheer Program.
4. If a cheer team member is unable to attend an event or function, he/she **MUST** contact the coach **PRIOR** to the event or function. Practices missed for unjustifiable reasons **WILL NOT BE TOLERATED!** If the team-member will be late for a practice, the coach **MUST** be notified in **ADVANCE**, or consequential action **could** be taken at the discretion of the coach. Appointments & obligations should be scheduled on days other than practice days. (*Coach's Discretion*)
5. Cheer Team Members **MUST RIDE WITH THE TEAM TO AND FROM ALL AWAY GAMES/ COMPETITIONS/CLINICS/CAMPS, etc.** Behavior of the team while on a trip shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or unruly shall be subject to consequential action at the coach's discretion.
6. Should a Cheer Team Member skip a postseason appearance, they will not be allowed to tryout for the team the following year. All Christmas Break & Spring Break plans must be with the knowledge & understanding that cheer events, functions, games and appearances take precedence.
7. All injuries **MUST** be immediately reported to the coach.

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UNIFORMS/EQUIPMENT GUIDELINES:

1. All team members will be responsible for the care and maintenance of their uniform and cheerleading property during the time that it is in their possession. Team members are also responsible for the purchase of their own socks, briefs, hair ribbons, sweatshirts, t-shirts, shorts, as well as any other individual equipment. Any equipment not returned or returned in unacceptable condition will be the responsibility of the team member for the replacement costs of such equipment.

Shell Size or Number	Skirt Size or Number	Warm-Up Jacket Size or Number	Warm-Up Pant Size or Number	Pom Set Number

BEHAVIOR & PROGRAM REPRESENTATION GUIDELINES:

11. All Cheer Team Members are responsible for the conduct in which they carry themselves. Team members shall not consume alcoholic beverages before any event or while in uniform. Team members are reminded that as a member of this team, they are highly visible within the university community. All actions and behavior are under constant observation including, but not limited to indulging in alcoholic beverages. Any individual found to be in possession, selling, dispersing or using controlled substances will be subject to termination from the FSU cheer program. All student-athletes are subject to random drug testing. Any positive drug tests shall result in termination from the FSU cheer program. There is a "zero tolerance" for illegal drug use within the FSU cheer program.

TRYOUT & TEAM SELECTION GUIDELINES:

12. Tryouts will take place in the spring (April/May) for the fall (football) season and in the fall (November/December) for the winter (basketball) season. The positions available on the team are unlimited as well as not specific to gender.
13. All evaluations and skill appraisals will be done by the head coach.
14. Cheer Team Members must abide by the rules set forth in the NCAA Handbook

PERSONAL APPEARANCE GUIDELINES:

15. No Gum, Food, Candy or Pop for games, practices, events, functions or appearances. Provide your own water bottles, do not expect water to be provided.
16. Body piercings, dangling earrings or spacers shall not be worn during games, practices, events, functions or appearances.
17. No tattoos may be shown while in uniform. No colored fingernail polish while in uniform.
18. Hair must be out of face & full makeup should be worn for all games, practices, events, functions or appearances.
19. Males must be clean shaven unless the beard or mustache is neatly groomed.
20. Maintaining an athletic appearance is required to keep a position on the FSU Cheer Team.

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ATTITUDE GUIDELINES:

21. Positive attitudes are important when working with a group. The coaching staff reserves the right to discipline, in the event that a team member chooses to display, what the coach sees as, uncooperative, unpleasant, or non-caring attitude. *Attitude problems could result in suspension from the team. Please be aware of this.*



I have read and understand the above Ferris State University Cheer Team Guidelines and acknowledge the obligations and physical risks that are associated with this University program. I realize that if I do not abide by these rules, it could result in disciplinary action or permanent suspension from the team. I also realize that a poor attitude toward the coach, other team member(s) or a poor attitude in general could result in disciplinary action or suspension from the team. I shall strive to be a good leader on the campus of Ferris State University. In addition, I understand that I am responsible for any financial obligations that I may incur as part of the team, which are not covered by the University.

DATE

Student-Athlete Signature