

LEES-McRAE

CHEERLEADING

Guidelines and Expectations

1. Academic Performance

The foremost responsibility to the student is be successful in their academic career. Each cheerleader must maintain at least a 2.5 GPA per semester, in order to remain an active member of the team. Cheerleaders who fall below the GPA requirement will meet individually with the advisor to discuss disciplinary action. Academic performance can also effect eligibility for the scholarship.

2. Behavior

Lees-McRae Cheerleaders are expected to act in the best interest of the team and the College, at all times. As representatives of Lees-McRae College, members are expected to abide by all College policies, State and Federal laws, and at all times regardless of whether the team is in official season. Teamwork, respect, enthusiasm, a positive attitude and a willingness to learn is expected of all team members, both in practice and at all performances. Disrespect and/or aggression towards the coach/advisor, the captain, other team members, Lees-McRae students, faculty, staff, fans and community is not tolerated and will be subject to disciplinary action. Cheerleaders should act professionally at all times- this includes refraining from the use of language that might be offensive or vulgar. Cheerleaders may not use their phone during practice, games or volunteer events.

3. Drug, Alcohol and Romantic Relationships

The use of alcohol and drugs is NOT PERMITTED while carrying out team obligations or while in uniform. Drunkenness as a result of the use of alcohol is a violation of the alcohol policy and is punishable through the judicial process. No immunity or exemption is granted for misconduct while under the influence of alcohol. Mature judgment and discretion are required at all times. The College also views the use of tobacco products as detrimental to the health of students, faculty, staff and visitors, and prohibits its use on campus grounds.

Romantic relationships should be conducted with maturity. Please refrain from excessive PDA, including on social media, and understand that you may not have any physical signs (i.e. hickies) of romantic involvement while on the cheerleading team. Boyfriends/Girlfriends are not allowed to attend practices unless practice time has been designated as an open practice.

Lees-McRae Cheerleaders may not:

- Consume alcohol at ANY time under the legal age of 21.
- Consume alcohol within 24 hours of a game or practice, regardless of age.
- Consume or be under the influence of drugs or alcohol while engaging in any official acts on behalf of Lees-McRae College.
- Use any illicit drugs (including steroids).
- Smoke/chew tobacco while engaging in any official acts on behalf of the College. Lees-McRae is a smoke-free campus and all team members will adhere to this policy with 100% compliance.
- Post any alcohol related content to social media.
- Post or display excessive PDA

Please reference the Student Handbook for a full understanding of the Alcohol and Illegal Drug and Substance Policies.

4. Dues & Fundraising

The 2019-2020 dues are \$150 and help cover the cost of uniforms, safety gear, practice wear, shoes and accessories. Members will keep all Nike practice gear, shoes and bows, unless they do not complete the season.

5. Commitment to the Team

Lees-McRae College Cheerleaders must be willing and able to commit 6-20 hours per week to the squad. Cheerleaders practice 3-4 days per week, and cheer at all home basketball games November through February. Cheerleaders return at the beginning of August for preseason practices, and cheerleaders may also be required to stay for practices and/or games during fall break, spring break, thanksgiving break and Christmas break. A practice schedule will be discussed at the beginning of the semester, upon evaluation of academic schedules.

Attendance at all practices and games is mandatory, unless given prior permission by the advisor/coach. Medical related exemptions from a practice or game will require a note from a doctor or LMC trainer, and should be turned into the coach. The coach should be notified a minimum of 48 hours in advance for approval consideration of extenuating circumstances that will not allow for participation in an activity (practice/event). Emergency situations with less than 48 hours notice will be approved; however, prior notification must be given. UNEXCUSED ABSENCES WILL NOT BE TOLERATED.

6. Uniforms and Appearance

Members must maintain a uniform, clean-cut, and collegiate appearance while representing Lees-McRae College. Cheerleaders may not wear any attire from another college or university while practicing, before games, participating in pre-game activities, or any other time when representing Lees-McRae College. No unnatural hair colors permitted. All uniforms must be returned at the end of the season. In the event a cheerleaders chooses to leave the team in the middle of the season, all Nike gear must be returned. Male and female cheerleaders will be required to remove all body jewelry while in practice or in uniform at a game or appearance.

Appropriate Practice Attire

- Shorts, athletic leggings, Nike Pros
- T-shirt, fitted tank top, sports bra
- Cheer shoes, socks
- Hair pulled back out of face

Appropriate Game/Performance Attire

- Uniform (Skirt, shell, bodyliner, Nike compression shorts, Nike bra)
- Cheer shoes and socks
- Ribbon and poms
- No colored fingernail polish
- Hair styled according to team directions
- Makeup (lips, lashes, blush at a minimum)

The ONLY SHOES you are allowed to wear while in uniform are: cheer shoes, athletic/running shoes, and athletic sandals. If we are attending an even as a team and are wearing jeans, you may wear other shoes.

7. Disciplinary System

Team or individual punishment at coach's discretion including:

- Conditioning
- Ineligible to cheer for a series of games and/or semester
- Possible dismissal from team

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As a member of the Lees-McRae College squad, I _____, fully accept the policies set forth by the program and the college and promise to do my best to portray a positive self-image at all times. I will support and respect the values of the cheerleading program as well as the athletics staff, coaches, and athletes at all times.

Athlete Signature

Coach Signature

Date

Date