



Southeastern Oklahoma State University

Cheerleading Program Expectations and Policies Overview 2020-2021

There are certain philosophies and policies that will govern the Southeastern Oklahoma State University Cheer Program. These policies and expectations are subject to change. Members are expected to follow the policies set forth in this document. Failure to do so may result in termination from program.

Given the opportunity to be a member of the Southeastern Cheer Program will be considered a privilege; it is understood that any person dedicated to being a part of the Cheer Program is also making a philosophical commitment to the program. This is a **yearlong commitment**. The intent is to continue elevating the program in the Durant community, and the state of Oklahoma during games and appearances. The Southeastern Cheer Program is in the Division of Student Affairs within the Office of Student Life.

Purpose & Mission

The Southeastern Cheer Program will promote and uphold Southeastern spirit and traditions while striving to motivate, inspire, and entertain fans at games, appearances, community outreach events, etc. Members will maintain a good sportsmanship while focusing on academic success, student development, leadership opportunities, student health and wellbeing while operating within safety regulations set forth by the American Association of Cheerleading Coaches & Administrators (AACCA).

Program Benefits

Each member meeting eligibility qualifies for the following benefits:

- Quality Education
- Scholarship – amount varies each year depending on the number of participants and other factors
- Travel Expenses Paid for out of town games
- Uniforms and Equipment Provided
- Athletic Trainer access
- Supportive Alumni
- Savage Storm and Great American Conference Experiences and Traditions

Academic Status & Eligibility

Members must maintain **good academic standing** during year of service. The SE Cheer Coach and Student Life Director, through grade and attendance checks, will monitor academic progress. To be eligible, students must maintain a **2.00 (or higher) cumulative GPA**. Failure to maintain GPA standards may result in consequences.

Attendance

While your academic success is priority, the success of the team depends on **everyone** being at practices, assigned games, camp/clinics, and appearances. Coach may require written documentation prior to an absence.

Program members may have to give up part, or all, of their **Thanksgiving holiday break, winter holiday break and Spring Break** to attend practices, games, and/or appearances.



The Spirit Program will cover, but not limited to, **football, women's volleyball, and men's & women's basketball games, and selected other Savage Storm sports**. Members may also have the opportunity to travel to post season football bowl games, conference and NCAA post-season basketball tournaments. In addition, **public appearances** are required by squad members to attend throughout the year. Incentives should not have to be offered when needs for appearances are announced. It is the responsibility of each member to make public appearances. Southeastern Cheer Program members will also be **required** to attend **summer practices/camps** as scheduled by the coach.

It is understood that a continuously improving skill level is expected in the Southeastern Cheer Program. Practice times are for the Coach and team to work on skills together. It is understood that you will have to devote time outside of practice to attain a higher skill level, increase difficulty, stamina, and consistency. Therefore, "open gyms" may be built into and added to the regular practice schedule.

Conduct

Southeastern Cheer Program members **are highly visible symbols of Southeastern Oklahoma State University** and, thus, must conduct themselves accordingly at **ALL** times. You should do anything to bring embarrassment to the University, your family, your squad, Coaches, the Office of Student Life, or to yourself.

Selection as a Southeastern Cheer Program member separates you from the remainder of the Southeastern student body. All members must adhere to the Southeastern Oklahoma State University's Student Code of Conduct.

A **positive attitude** is essential. Any attitudes that appear detrimental to the success of the Southeastern Cheer Program will be addressed. The Coach reserves the right to sideline or dismiss a member based on attitude.

You may risk immediate dismissal or suspension from the Southeastern Cheer Program for the following:

- Attending any practice, game, appearance, or competition under the influence or suspected consumption of alcohol and/or other non-prescribed drugs. This includes smelling of alcohol (breath or body).
- Illegal substance abuse or habitual substance abuse (including alcohol).
- Any actions/behavior deemed inappropriate by Coach.

Personal Appearance & Uniforms

Uniformity is one important aspect of a Spirit Program. Practice attire will be scheduled at the beginning of the year. Uniforms, practice/travel attire, and warm ups must be kept neat and clean. You are responsible for the upkeep of the items in your possession.

All cheerleading clothing and paraphernalia are property of Southeastern Oklahoma State University and will be returned at the end of the season.

Body jewelry of any type is not allowed for practice, games, appearances, or competitions. Also applies for gum, candy, and hats.

Southeastern Cheer Program members are expected to **maintain** an athletic appearance. A **balanced diet and conditioning** are necessary.

Travel

The coach will determine traveling squad. Spots will be determined based on skills, attitude, tryout results, academic standing, and seniority. The size of the squad traveling will be determined by budget restrictions and in accordance with the Great American Conference, the NCAA, and University rules and regulations.

At all times during travel, squad members' behavior shall be **exemplary** and a **great representation** of Southeastern Oklahoma State University.

Financial Resources



The Southeastern Cheer Program operates from an annual predetermined budget, managed by the Director of Student Life, that serves as the primary financial source for the squad; however, there may be times that squad members are asked to fundraise or pay for certain items.

Coaching Staff

The Southeastern Cheer Program Staff were selected by Southeastern Oklahoma State University to provide leadership, oversight, and guidance to the Southeastern Cheer Program. The coach and athlete relationship and squad relationships are of the highest value to a successful team. **Mutual respect** should be displayed to all members of the team and staff.

Insurance/Injuries

Cheerleaders will be covered under Southeastern Oklahoma State University's athletic insurance policy for injuries. This policy is a secondary policy. All cheerleaders must provide proof of primary insurance. A copy will need to be given to the cheerleading coach and each cheerleader must maintain a copy as well. Injuries occurring as a result of non-cheerleading accidents will not be covered under the University's insurance policy.

An athletic trainer will be available for consultation and treatment on injuries. Individuals must seek advisement on level of participation if an injury occurs. If an injury occurs, the team's athletic trainer must release before being able to participate in any practice, game, appearance, or competition.

