



1) Purpose:

- a. The Stan State Cheer and Dance Spirit Program is a club sport that is under the supervision of the university's department of athletics. The purpose of the spirit program is to support student-athletes and sports as well as to promote school spirit, pride, and unity. This refers to the support of fall, winter, and spring sports for both men and women. As a program, we commit to training at an elite level with the intention of performing entertaining game time routines and successfully competing at the national collegiate cheerleading championships.

2) Teams:

a. Spirit Squad

- i. The spirit squad will be comprised of 2 entities, cheer and dance.
- ii. The spirit squads main focus will be to attend and perform at games, special appearances, and participate in fundraising.
- iii. ALL spirit squad members are required to perform cheers and chants at games. Some timeout/halftime performances may be separate or combined.
- iv. Cheer will be required to practice and perform skills in the areas of motions/dance, jumps, stunts, and tumbling.
- v. Dance will be required to practice and perform technical elements of dance (i.e. leaps and turns), as well as a variety dance styles (i.e. pom, hip hop, cheer funk, jazz, etc.)
- vi. Spirit squad is a non-competitive team.

b. Competition Cheer

- i. The competition cheer teams main focus will be to train and compete at the NCA Collegiate Nationals in Daytona Beach, Florida. The team will also be required to perform at some sporting events and participate in fundraising.
- ii. A maximum of 20 athletes can take the floor for competition. The competition team will be chosen after summer camp in August.
- iii. This may NOT be the final team. Athletes who are chosen after camp can and will be replaced if they are under performing or not meeting the expectations set by the coach.
- iv. Competition team members will also participate on the cheer portion of the Spirit Squad (see above) unless they meet one of the following criteria:
  1. 2-year veteran
  2. Graduating senior
  3. Graduate student enrolled in a masters or credential program.

3) Duties:

a. Responsibilities

- i. Must have necessary physical stamina. The activities of the cheer and dance team are strenuous, time-consuming, and tiring.



- ii. Must have adequate time to devote to the team(s). The other activities that you participate in outside of cheerleading, are secondary, other than school, work, and specific family engagements (required coaches approval).
  - iii. Must have spirit. The cheer and dance program, has the responsibility to promote school spirit and sportsmanship and to obtain the respect of fellow students.
  - iv. Practices, cheer camp, fundraisers, team functions and games are mandatory unless told otherwise.
  - v. Must maintain a positive attitude and professionalism during every cheer/dance team function.
- b. Practice
- i. All team practices are MANDATORY!
  - ii. Team members are required to show up on time and ready to work. Arriving late to practice for any excuse will not be tolerated.
  - iii. Appearance at practice and camp
    - 1. Wear appropriate cheer/dance shoes.
    - 2. Wear appropriate or assigned attire, including camp/practice clothes.
    - 3. Hair should be in a ponytail or pulled back off of the face.
    - 4. Jewelry must be kept to a minimum at practices. Small studs and minimal rings are allowed. Body jewelry must be worn at your own risk. Acrylic, or fake nails are prohibited beyond normal/sport length. **NO JEWELRY WILL BE ALLOWED AT SUMMER CAMP AND COMPETITION.**
  - iv. Practice Times (tentative)
    - 1. FALL SEMESTER, these will be the following practices times to consider. Monday/Wednesday 9-10:30pm, Tuesday/Thursday 7-9am, and Sunday (TBA). You will not have practice every day. Once a final roster and teams are set, we will schedule specified days and times. Sunday practices are mainly for competition team.
    - 2. WINTER BREAK, competition team will return the 2<sup>nd</sup> week in January. Practices TBA.
    - 3. SPRING SEMESTER, cheer and dance will become a 3-unit class that you will have to register for. Class/practice time will be on Tuesday and Thursday from 1:30-3:30pm. We will keep the same Monday-Thursday times listed above for additional practices, as well as Sundays for competition cheer team.
  - v. Behavior
    - 1. Cell Phones and electronic devices must be put on silent before the start of every practice.
    - 2. Food and gum are prohibited during practice time, including breaks. Please arrive have eaten unless a break time is scheduled.



3. Positive attitudes are required at every cheer and dance practice. Come prepared to work.
4. Be cooperative and supportive toward the coach, captains and fellow team members.
5. Violation of these rules will result in the following disciplinary action:
  - a. Verbal warning
  - b. Extra individual or team exercise/conditioning
  - c. Suspension from game/performance
  - d. Temporary suspension from team
  - e. Permanent dismissal from the team

c. Games

i. Appearance

1. Uniform must be clean and well kept.
2. Shoes must be clean and worn with no show white socks.
3. Members must have appropriate hair and makeup designated at each event.
4. Jewelry must be kept to a minimum. Small studs and minimal rings are allowed. Body jewelry must be worn at your own risk.
5. Must show up to each game in full uniform, ready to cheer.

ii. Behavior

1. Eating, drinking, gum chewing or talking to family and friends is not permitted during game time, except during designated breaks.
2. Participation in cheers, timeouts, sidelines, and halftime events is required unless otherwise stated by the coach.
3. No swearing when in uniform or associated with the team in any manner. Remember we are role models and on display at all times. Take pride in yourselves and your behavior.
4. Failure to comply with these rules will result in disciplinary action at the discretion of the coach.
  - a. Verbal warning
  - b. Extra individual or team workout
  - c. Suspension from game/performance
  - d. Temporary suspension from the team
  - e. Permanent dismissal from the team

4) Social Networking:

- a. Any inappropriate posts on Instagram, Facebook, Twitter, Snap Chat or any other social media outlet about and in association with the Stan State Cheer and Dance team or any single member will be grounds for suspension and/or removal from the team, dependent upon the violation with punishment at the discretion of the coach.
- b. If any team member has a problem or concern about another team member's post, it may be brought to the coach but must include viable proof.

**5) Absences:**

- a. Absences are deemed excused with reasonable notice when it's a family emergency, an illness, or mandatory school/work.
- b. Absences that are deemed unexcused are described as any absence that does not fall under the previously stated categories.
  - i. Unexcused absences will result in some form of disciplinary action.
- c. Submission of absences
  - i. If you already have a planned absence, notify the coach at least two weeks prior to the absence via text message. This provides time for the team to make arrangements around your absence.
  - ii. It is pertinent that you send in an absence two weeks ahead of time. However, if something does come up, notify the coach as soon as possible.

**6) Grades:**

- a. The overall GPA that must be maintained by all team members must be a 2.0 or higher, with no more than two D's at the time of the progress report and end of the semester.
- b. Progress Report
  - i. Coach reserves the right to ask for a progress report at any given time.
    1. The dates of when a progress report is due will be stated two weeks in advance.
- c. Study Sessions
  - i. For those individuals with grades that are above the standard are not required to attend however study sessions are recommended to maintain their outstanding academic achievement.
- d. Disciplinary Action:
  - i. If any member is unable to maintain the requirement of a 2.0 GPA or have more than 2 D's will be placed on academic probation
  - ii. Academic probation prohibits a cheerleader from performing at or taking part in any game. However, each cheerleader placed on academic probation is still a part of the team and is required to attend every practice and actively participate. This period will continue until their grades have been brought up and it has been approved from that specific teacher and/or other school officials.
  - iii. Not having a signed progress report at the assigned date will be disciplined based upon the discretion of the coach.

**7) Miscellaneous:**

- a. Any team member who misses a practice prior to a game due to an unexcused absence will be on game suspension.
- b. Team members must not use tobacco, alcoholic beverages, narcotics, steroids, or dangerous drugs while in uniform or at any cheer/dance function. This will result in an automatic dismissal from the team.



- c. When you are in uniform or clothing associated with the spirit program, remember that you are representing the Stan State Spirit Program.
  - d. The coach reserves any right to remove any member from the team due to bad behavior, attitude, or other reasons.
- 8) Camp:
- a. All cheerleaders and dancers will be asked to attend NCA College Camp in Las Vegas, NV.
  - b. Camp will be held at the Westgate Resort on August 2<sup>nd</sup>-4<sup>th</sup>.
  - c. Attendees must arrive in Las Vegas by 3PM on Wednesday, August 1<sup>st</sup>.
  - d. Attendees will be dismissed from camp by 1PM on Saturday, August 4<sup>th</sup>. Please plan travel arrangements accordingly.
  - e. Prior to attending camp, participants will be asked to attend pre-camp practices on July 29<sup>th</sup>, July 30<sup>th</sup> and July 31<sup>st</sup>. These practices will be held at Starstruck Cheer and Dance in Modesto, CA. Times TBA.
  - f. Dance attendees will be learning technique and choreography to be used throughout the 2018-2019 season.
  - g. Selection of the 2018-2019 Competition Cheer Team will take place after camp.
- 9) Competition (cheer only):
- a. Stan State Cheer will compete at NCA Collegiate Nationals in Daytona, Florida in early April.
  - b. Participation in this event is determined by qualification at NCA Cheer Camp in August.
  - c. The type of bid we receive from camp will determine what our cost is for NCA College Nationals.
  - d. A Nationals deposit of \$200 is due by October 1<sup>st</sup>.
  - e. Remaining cost for nationals will be paid mainly through fundraising, donations, and operating budget from athletics.
  - f. Fundraising is MANDATORY for those who plan on attending or competing at NCA College Nationals 2019.
  - g. Only a maximum of 20 athletes can compete at Nationals.
  - h. We can carry up to 3 alternates for the competition team.
  - i. All competition practices are MANDATORY.
  - j. Competition team members and alternates, must return back from winter break by the 2<sup>nd</sup> week of January to start preparing for Nationals.
  - k. Any additional members of the Stan State Spirit Squad may accompany the competition cheer team to Nationals however you will be fully responsible to pay for any and all expenses.
- 10) Finances:
- a. All payments must be turned in by the assigned due dates on the last page.
  - b. Payments made to Coach Michael DeGuzman will be accepted in the form of cash, money order, or check only.



- c. The first payment will be made to Varsity and must be paid using a valid VISA or MasterCard and the Varsity portal. Details will be sent via email after tryouts have been completed.
- d. Payments made by check that do not clear and are returned will incur a \$25 NSF fee.
- e. It is important that all payments are made on time to ensure that we place and receive orders on time and reserve our spot for camp.
- f. If an individual is unable to pay, please notify the coach immediately.
- g. Late payments will not just affect you, they affect everyone! You may be assessed \$10 late for any payment that is received past the due date. Be responsible, plan ahead, and pay on time!
- h. Additional uniform payments and all other cheer payments should be made payable to Michael DeGuzman and then delivered to the coach or mailed to the following address:

Michael DeGuzman  
c/o: Stan State Cheer  
4108 Laurant Court  
Modesto, CA 95356

- i. Financial Breakdown and Responsibilities
  - i. CHEER Uniform
    - 1. Includes: shell, body liner, skirt, red shorts, shoes
    - 2. Estimated total is \$419.00
  - ii. CHEER Practice Wear
    - 1. Includes: white tank, red tee, black tee, grey shorts, sports bra
    - 2. Estimated total is \$140.00
    - 3. Each girl is responsible for providing their own black Nike Pros.
  - iii. CHEER Warm-ups
    - 1. Includes: jacket, pants
    - 2. Estimated total is \$156.00
  - iv. CHEER Accessories
    - 1. Includes: backpack, practice bow, performance bow, poms
    - 2. Estimated total is \$122.00
  - v. CHEER Camp
    - 1. Includes: meals, hotel, instruction
    - 2. Cost does NOT include travel/transportation
    - 3. Estimated total \$380.00
  - vi. CHEER Miscellaneous
    - 1. Estimated total \$75.00
  - vii. COMPETITION Cheer
    - 1. Estimated between \$200.00-\$500.00 depending on camp bid and fundraising



- j. Financial Due Dates
  - i. **\$493.00 due May 14<sup>th</sup>**
    - 1. Payment made to Varsity via payment portal
    - 2. This amount is estimated and may vary upon ordering.
    - 3. This order includes the uniform and Varsity camp/practice wear items.
    - 4. \*\*\*2017-2018 returning Varsity items include: shell, body liner, skirt, red shorts, shoes, grey shorts, white tank
  - ii. **\$300.00 due June 11<sup>th</sup>**
    - 1. Payment payable to Michael DeGuzman and sent to the address shown above.
    - 2. This payment will go toward the cost of camp, remaining camp/practice wear items and accessories.
  - iii. **\$250.00 due by July 9<sup>th</sup>**
    - 1. Payment payable to Michael DeGuzman and sent to the address shown above.
    - 2. This payment will go toward the balance of camp & a portion of the accessories cost.
    - 3. \*\*\*2017-2018 returning items include: red pom, white pom, team backpack (new style backpack available this season)
  - iv. July 11<sup>th</sup> (3 weeks prior to camp)
    - 1. Cheerleaders must submit travel arrangements to and from camp to Coach Mike by this date. Email to: mdeguzman@csustan.edu
  - v. *Not to exceed* \$40.00 due by July 30<sup>th</sup>
    - 1. This amount is estimated and will vary depending on the number of cheerleaders on the team and attending camp.
    - 2. This fee will cover our team bonding evening in Las Vegas on Wednesday night prior to the start of camp.
  - vi. **\$250.00 due by August 13<sup>th</sup>**
    - 1. Payment payable to Michael DeGuzman and sent to the address shown above.
    - 2. This payment will go toward the warm-ups, miscellaneous fee and final accessories.

**Cheers to another great season! We are excited to get started!**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
FIRST NAME