

LUMBERJACK



SPIRIT TEAMS

Cheer, Dance and Mascot Manual



Stephen F. Austin State University 

Student Affairs Programs

Spirit Teams



**Stephen F. Austin State University
Cheer, Dance and Mascot Manual**

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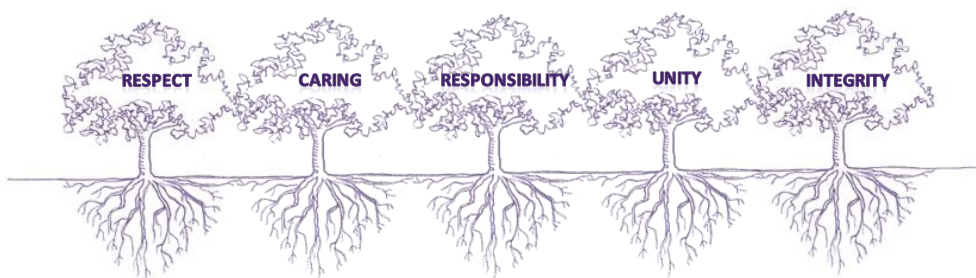
THE SFA WAY

“...striving for personal excellence in everything that we do.”

At Stephen F. Austin State University, our faculty, staff, alumni and students believe in doing things “The SFA Way.” We expect the best from ourselves and from each other, and we hold each other accountable when we fail to maintain these standards.

ROOT PRINCIPLES

Grounded in the five “Root Principles” below, members of the SFASU community seeks to strive for personal excellence in everything that we do.



The Principle of Respect:

Lumberjacks command respect and treat others with respect • They are considerate of others and tolerant of differences • They demonstrate respect for those around them by avoiding the use of offensive or profane language • They do not threaten or harm anyone and deal peacefully and civilly with conflict.

The Principle of Caring:

Lumberjacks think of the needs of others and seek to improve the quality of life of those around them • They are compassionate, empathic and kind • They respond with humility to those they have helped and express gratitude freely to those who help them • Lumberjacks prepare themselves to become leaders in their communities and workplaces • They dedicate themselves to excellence in their chosen field of study and to using what they learn in the service of others.

The Principle of Responsibility:

Lumberjacks do what is right • They persevere in times of adversity • Through self-control and self-discipline, they strive to do their best • Lumberjacks challenge each other to exceed expectations • They are active learners both inside and outside of the classroom • They are reliable; they do what they say they will do • Lumberjacks hold themselves accountable for their decisions •

The Principle of Unity:

Lumberjacks are loyal to their friends, family, university, state and country • Lumberjacks stand together against any adversary • They recognize that though we are very different from one another, we are united by the Lumberjack Spirit. Lumberjacks seek to understand the people and world around them • When one lumberjack fails, all fail • When one lumberjack succeeds, all succeed.

The Principle of Integrity:

Lumberjacks have the courage to do what is right, even when it is hard or unpopular • They respond to each situation with steadfast values that are not subject to change based on the actions of others • They seek opportunities to practice effective and ethical leadership • Lumberjacks are honest; they do not deceive, cheat or steal • Lumberjacks stand up for those who cannot stand up for themselves • As lifelong learners, lumberjacks are committed to continuously improving themselves.

**STEPHEN F. AUSTIN STATE UNIVERSITY
OFFICE OF STUDENT AFFAIRS MISSION STATEMENT**

MISSION

The Office of Student Affairs supports the mission of Stephen F. Austin State University in the direction of students to programs and services which ferries the building of students' out-of-classroom experiences and constructs a community of learning in a complex and diverse world.

CORE VALUES

There are a number of core values that we espouse for the purpose of serving students and supporting the mission of our department and the university at large.

- A focus on lifelong learning and the development of students who take a stake in their own personal growth.
- Incorporating an inclusive university that supports diversity.
- Conducting ourselves with a sense of ethical and personal responsibility to our students and the university.
- Contributing to the campus atmosphere by offering programs and services that support student learning, enhance the campus culture and give students a sense of enjoyment and fulfillment.
- To raise our programs to the highest quality of excellence by producing events that are above the accepted national status quo.
- To implore a university that is civically engaged and takes responsibility for its social and community development.
- To encourage a sense of service and volunteerism to the university and the community at large.
- To develop a school spirit that is inclusive, positive and enthusiastic.
- To maintain a knowledge base of the changing culture of higher education work and to have the courage to innovate to adapt to a changing higher education environment.
- To develop programs with an understanding that student learning outcomes are paramount in their development and assessment.
- To understand that we are stewards of a tremendous amount of trust and resources and our stewardship of these resources with a fiscal responsibility.
- The understanding we work on a university campus, with a unified mission, and our network should include collaborative programs with other interested parties.

STEPHEN F. AUSTIN STATE UNIVERSITY

INTRODUCTION TO THE SPIRIT PROGRAM

Philosophy

- Stephen F. Austin State University Cheerleading and Dance Teams and Mascots are dedicated to increasing the overall spirit of the campus community by performing and cheering at SFA sporting events, serving as ambassadors for the university, and being a role model of leadership and scholarship.
- The Spirit Program is a student activity, which means the program's first and foremost responsibility to the student-athlete is to support and not to compromise the student's academic career. Secondly, the program should aid in developing the student participant into a responsible, mature, and independent adult. Specifically, the program is a means of improving the student's mental and physical well being.

Mission

- The Mission of the Stephen F. Austin State University Cheerleading, Dance, and Mascot programs is to be acclaimed as a premier Spirit Organization by setting the standards nationwide in scholarship, Cheer, Dance, and Mascot performance, sportsmanship, dedication, individual development, maturity, and pride.

Goals and Objectives

- The primary purpose of spirit program members is to be committed members of a team whose goals are to support the intercollegiate athletics department of Stephen F. Austin State University. That support is directed into two major areas: (1) to appear at University activities, sporting events, alumni functions, programs and philanthropic events, to increase fan support at athletic events as cheerleaders, dancers, and mascots by leading cheers and performing for entertainment value as well as competitive purposes; (2) to be exemplary representatives of Stephen F. Austin State University, by representing the University at various local, state, and national activities, functions, programs and philanthropic events, as well as helping to raise the level of public support for the University.
- Spirit Team membership is an activity where the student (1) will be provided leadership chances; (2) will develop the ability to make personal decisions; (3) will enhance the ability to respond to life's situations, ex. conflict/frustration, control of anger, win/lose reaction and how to control one's emotions; (4) will contribute to social development, ex. awareness of one's self, development of self-confidence and interpersonal relationships; and (5) will generally maximize the opportunity for student growth, change, and maturity.

Organizational Structure

- Stephen F. Austin State University and its spirit program consists of four squads and two mascots (Large Coed and Small Coed squads for cheer, Pom Squad and Jack Attack teams for dance, as well as the Lumberjack and Ladyjack mascots).
- The Stephen F. Austin State University Cheerleading Squads consist of 25-35 cheerleaders, and alternates chosen by coaching staff.
- The Stephen F. Austin State University Dance Teams consist of 15-22 members, and alternates chosen by coaching staff.
- The Stephen F. Austin State University Mascots, which will be housed under the SFASU Cheerleading Program, consist of one Lumberjack and one Ladyjack mascot, and alternates chosen by the coaching staff.
- Support staff includes a head coach, assistant coach (es), administrative support and oversight through the Office of Student Affairs.

Hierarchy of Cheer and Dance Team Authority

- Stephen F. Austin State University
- Hollie Smith, Director of Student Affairs
- Trisha O'Connor, Spirit Coordinator / Head Cheerleading Coach
- TJ Maple, Head Dance Coach
- Jason Williams, Assistant Cheerleading Coach
- Sarah Drolet, Assistant Dance Coach
- Team Captains

STEPHEN F. AUSTIN STATE UNIVERSITY

CHEER AND DANCE TEAMS AND MASCOT CODE OF CONDUCT

Welcome to Stephen F. Austin State University. We are pleased that you have selected a university with an established tradition of excellence in academics and athletics. The entire staff of the University is prepared to assist you in both your academic and athletic endeavors. Our desire is that your experience will be one of personal growth, academic achievement, and athletic success.

You will have to set educational and ethical priorities consistent with the purposes of SFA in order to balance the demands of academic success with spirit team participation. This will require discipline and diligence. We are here to support you but ultimately only you are responsible for the quality of your personal conduct, the attainment of your college degree, and the level of your athletic accomplishments.

You are subject to the same University policies and regulations which apply to all students. As a spirit team member, however, you are subject to extra time commitments, physical demands, and public visibility which other students may not experience. Accordingly, not only your rewards, but also your obligations, sometimes exceed those expected of other students.

The following SFA Cheer, Dance, and Mascot Code of Conduct is intended to clarify areas of particular importance to spirit team members. More specifically, they are intended to clarify your obligations and guide your conduct. If you are uncertain about any aspect of the Code of Conduct or other related University policies, consult with your coaching staff.

CODE OF CONDUCT

I. Spirit Team Bill of Rights

- A. Each team member has the right to a safe environment
- B. Each team member has the right to academic access
- C. Every team member has the right to a healthy team environment
- D. Each team member has the right to a respectful environment

II. General Expectations

- A. Your obligation as a student is to make satisfactory progress toward a degree and ultimately graduate from SFA.
 1. Be academically eligible. You must meet all SFA and Cheer program or Dance team requirements for initial eligibility, remain in good academic standing, and make satisfactory progress toward a degree in order to participate in spirit team functions.
 2. Attend class. There is a direct correlation between classroom attendance and academic success. Accordingly, class attendance is mandatory for all spirit team members.
 3. Inform professors of expected absences due to official athletic events, as well as any other personal, medical, or unforeseen circumstances. Professors are usually more than willing to assist you in resolving a conflict when advance notice is given.
 4. Maintain Scholastic Honesty. All forms of scholastic dishonesty, including cheating and plagiarism, are strictly prohibited and cover all academic work done at the University.
- B. The spirit program is a highly visible component of SFA. As a spirit team member, your attitudes, actions, and statements are constantly in the public eye and reflect directly on the University. Because of the public visibility of the spirit program, you have a special responsibility in representing the University.



1. The Spirit Coordinator shall approve all appearances by the spirit teams and/or the Lumberjack and Ladyjack mascots in advance.

Appearances shall be at places and events which are considered in good taste for the University.

2. It is expected that spirit team members make public appearances only at events/activities that will reflect positively on them as individuals, and as a representative of the Stephen F. Austin spirit program, athletic department, and the University as a whole.



3. It is the expectation that Spirit Team members function in a responsible adult manner at all times. Every team member represents the Spirit Program, the University and the State, and should act accordingly.
4. Parents are encouraged to be active supporters of the spirit program, however, issues involving program members will be discussed by the participant and the Coaching Staff, Spirit Coordinator, or Director of Student Affairs only. Failure to comply may result in removal of the spirit team member from his/her respective team.
5. It is expected that all Spirit Team challenges, problems or issues be handled in a responsible adult manner (i.e., first informing the Coach). It is unacceptable for a spirit team member to contact anyone on campus without first informing the Head Coach and/or Spirit Coordinator.
6. Display good sportsmanship. You are expected to conform to the highest level of sportsmanlike conduct in intercollegiate athletic competition, on and off campus and during game day settings or competition. Sportsmanlike conduct includes showing respect toward all who are in attendance at an athletic event including, but not limited to officials, coaches, athletes, opponents, spectators, and the media.
 - a. Unsportsmanlike conduct includes inappropriate behavior in language, gestures, or actions which demean, physically intimidate, or endanger others, not only during game day or competition setting but also during all activities that encompass travel to and from game or competition site.
7. Know and follow AACCA rules and regulations. These rules include knowing what stunts, basket tosses, pyramids, and tumbling are allowed at practice and game day settings. If there are any questions regarding these rules, please consult your coaching staff.
8. Protect your health. In addition to fulfilling the stringent training requirements of the cheer and dance teams, you must exercise care to avoid the use of non-therapeutic drugs as well as the excessive consumption of intoxicating beverages. The Spirit Teams uphold and enforce NCAA and University regulations regarding substance abuse. Do not take drugs that have not been prescribed by a physician. If your doctor prescribes a drug that appears on the NCAA prohibited list, you should notify your coach and athletic trainer, as well as being able to provide the appropriate documentation.
9. Obey team rules and policies. Your coaches have established rules and policies for guiding your success as a member of the SFA Spirit Program. You are expected to follow their requirements and develop the ability to work well with others on your team.

10. Spirit Team members will adhere to the rules and procedures set forth by Stephen F. Austin State University. Any infraction of University policy resulting in a judicial write-up will be considered on a case by case basis. Consequences will be determined by severity of actions and reviewed by Director of Student Affairs and coaching staff.
- C. Squad members are expected to have a complete physical examination conducted by Stephen F. Austin Medical Staff prior to taking part in any practices, camp, or games.
- D. Each squad member is responsible for all of the clothing, uniforms, and equipment assigned to him/her. Care must be taken to insure such clothing, uniforms, costumes, and equipment is in a clean presentable condition. Each squad member shall safeguard his/her clothing, uniforms, costumes, and equipment and shall be, therefore, personally liable for its replacement for loss or damage, excluding normal wear and tear.
 1. SFA uniforms or costumes should be worn only during Spirit Team scheduled events. It is an honor to have been selected to an SFA Spirit Team. Your actions while wearing these uniforms are viewed by observers as representative of SFA and its values. Therefore, team uniforms or costumes are never to be worn and team gear is never to be used outside of an official Spirit Team sanctioned event.
 - a. Each member must understand that these uniforms and components are property of SFASU, and each team member's responsibility for the year.
- E. Communication is essential. It is the expectation that all Spirit Team members maintain an email account and check it daily for new messages pertaining to participation. Spirit Team members are also expected to respond in a timely manner to requests from the Office of Student Affairs and Spirit Program regarding appearances.
- F. Decisions regarding any team functions and participation will be based on performance, seniority, contributions to the betterment of the group, attitude, squad members' preferences and previous challenges with adhering to rules, procedures and expectations. Squad members who do not adhere to the outlined procedures and expectations will experience disciplinary action determined by the Spirit Program coaching staff.
- G. Spirit Team members that were removed or chose to leave the program the previous season will only be allowed to try out for a position on a spirit team the following season with special permission from the Head Coach.
- H. Squad members are expected to work in a team environment. Inter-squad relationships and friendships shall not have a negative effect of the team.
- I. Other rules concerning squad members may be voiced verbally or in written form from the Spirit Coordinator or Head Coach. Violation of these additional rules will result in disciplinary action.

III. Participation Expectations

- A. Squad members will support athletic teams, the University, community and state by using traditional cheer, dance, and crowd involvement methods. The use of stunts, tumbling and other technical skills deemed appropriate by the Head Coach should be used during games to encourage crowd participation.
- B. All appearances will be determined by the Spirit Coordinator and assigned by the Head Coach.
- C. Spirit Team members must attend and participate in all assigned practices, meetings, activities and events.
- D. Spirit Team members must be on time for all practices, sporting events, appearances, meetings, and any other Spirit Team event or activity. On time will be determined by the Head Coach.
- E. Spirit Team members are responsible for attending all functions and practices set forth by the coach, until the team for the next year is chosen.
- F. The Spirit Coordinator and Head Coach will determine travel squads.
- G. Spirit Team members must be available for athletic events and appearances during all official Stephen F. Austin holidays (e.g. Spring Break, Winter Break, Thanksgiving, etc.).
- H. Spirit Team members must maintain medical insurance. If insurance is allowed to expire then the student-athlete will no longer be able to participate in spirit program functions, events, games, or practices. Additionally, SFA will not responsible for any injuries suffered while uninsured.

- I. Spirit Team members will not smoke in uniform, when traveling with the Squad, when representing the University, or prior to any event or game.
- J. Being a member of a Spirit Team on any level does not guarantee participation in the national championship program or squad travel. Participants may be removed at any time from the nationals travel list or the competition team for any reason. Travel and participation is determined by the Head Coach.

IV. Social Websites

- A. Spirit Team members represent Stephen F. Austin State University and project the university's image to the community and public. Social websites such as Facebook, MySpace, Twitter, and any other social web sites could place spirit team members under potentially damaging scrutiny by the public eye. Spirit team members participating in profile websites should be aware of the repercussions for posting personal information on these highly accessible sites. Recent developments at other institutions are creating an awareness of the dangers of exposing information on the internet.
- B. A spirit team member's profile should contain only information that would be appropriate to release in a public document. Be conscious that there is potential for members of those sites to abuse information spirit team members post on their internet profiles. Descriptions on internet profiles, status updates, and pictures should reflect a spirit team member's role as an ambassador for Stephen F. Austin State University.
- C. Spirit team members risk losing a scholarship and their status on their teams by releasing inappropriate material on an internet profile, including but not limited to, pictures that show underage drinking, other illegal activities and these should be subject to legal action, statuses that reflect negatively on the program, school, or demean team members, or any other material that may be deemed inappropriate by the coaching staff.
- D. As spirit team members, you must be aware the identities you choose to project online invite scrutiny from anyone with access to the internet. Social websites, like Facebook, MySpace, and Twitter, etc. provide a false sense of security by providing certain privacy settings. In reality, anything posted on the internet is easily accessible by familiar internet users, and all material uploaded becomes property of that site. Keep in mind that members on social websites may include your coaches, administrators, family members, alumni, media, predators, or future employers.

V. General Scholarship Information

- A. Scholarships with the SFA Spirit Program are not guaranteed and may be removed at anytime for any cause. In addition every cheerleader, dancer, and mascot must reapply for the team each full academic year. Scholarships are not promised based on past performance or seniority.
- B. In order to keep receiving the scholarship, cheerleaders, dancers, and mascots must maintain their academic and performance abilities at top level. The eroding of either can result in the cessation of scholarship and suspension from team activities.
- C. Common items that may result in the forfeiture of a scholarship include but are not limited to:
 1. Missing practice or performance without proper clearance
 2. Eroding of skills as a result of poor training or failure to recover properly from an injury
 3. Violation of university alcohol, drug or disciplinary policy
 4. Failure to comply with team rules as set forth by the Spirit Coordinator and Coaching Staff in accordance with the Director of Student Affairs
 5. Academic or university probation or suspension



6. Actions or attitudes that are deemed detrimental to the team, other team members or the Spirit Program as a whole

D. In the event a squad member is removed or leaves the program during a given semester a scholarship was awarded, the scholarship amount is to be repaid to the program by the end of that year. Failure to do so will result in that amount being added to the student-athlete's remaining bill, holding all school records and transcripts until the balance is settled.

VI. Eligibility Requirements

A. Satisfactory Academic Progress

1. Members of each team are expected to show academic progress. Those students not receiving the required GPA are expected to show improvement each semester in order to remain a member of the team. Those athletes not showing any academic improvement are at risk of forfeiting their position as a member of the team.

B. Senior Year

1. During a Cheer or Dance Team member or Mascot's senior year, the hours required for graduation may not reach full-time status. If this is the case, that student is still eligible for scholarship if they meet the GPA standards set forth by the Spirit Program.

2. Team participation for cheer, dance, and mascot is restricted to five years for all students.

VII. Priority Chains

A. The following is the order of importance which will be applied to each Spirit Team member once the year has begun.

1. Class

2. Cheering, dancing, and appearances at games and other University events

3. Competitions

4. Work

5. Life (this includes, but is not limited to sororities, fraternities, and any other organizations on or off campus)

B. Each team member should understand this order, and understand that it be applied to their life.

C. Life events (i.e. weddings, funerals, etc.) and event/practice absences in those situations are to be determined by the Head Coach. Otherwise, work or any other social obligations (including fraternity and sorority events or other cheer/dance teams) must come after a commitment to the SFA Spirit Program.

D. Cheerleader and Dance Orientation

1. Prior the beginning of the school year, the SFA Spirit Program will hold a cheerleader, dance team, and mascot orientation. Every spirit team member is expected to attend.

2. This orientation will be held during the teams' summer practice schedule.

VIII. Health and Wellness

A. The SFA Spirit Program is committed to promoting and fostering healthy lifestyles and eating habits for all squad members. Conduct which poses an unacceptable risk or disregard for health, safety and welfare of participants is considered a violation of this policy and will result in appropriate counseling and/or disciplinary action up to and including termination from the program.

B. While the coaches will demonstrate a compassionate understanding for sickness and injury, the safety of the squad is a more significant concern. Health and injury problems will be dealt with fairly, but firmly. When any possibility of danger to other squad members is reasonably foreseeable due to the health of another squad member, the unhealthy squad member shall be suspended or terminated from the program.

C. Spirit Team members will immediately report any injury or illness to the Head Coach.

D. Spirit Team members with an illness/injury will be examined by Athletic Department doctors and/or trainers who will determine their ability to participate.

E. General nutritional counseling is an ongoing part of this program. Every effort will be made to have nutritional foods available for the squad at every function where food is provided.

- F. Squad members must be aware of what they eat and drink and the effects it has on not only their athletic abilities but their personal well being. Squad members will be informed on nutritional eating. The ultimate responsibility for weight maintenance rests with the squad member him/herself.
1. Squad members will be required to meet with a nutritionist at the beginning of each semester to go over healthy eating habits, as well as attending mandatory nutrition seminars regarding healthy eating.
- G. Physical Fitness
1. Spirit team members at SFA are expected to be excellent athletes, therefore team members must be healthy and physically fit and will participate in strength and conditioning programs as deemed necessary by the Head Coach.
 2. Body composition varies from individual to individual therefore the number one concern of the coaching staff is that all team members maintain a level of fitness that allows them to safely participate in the program.
 3. If the coaching staff recognizes a problem with any athlete or deems their physical fitness as unacceptable, the athlete will be brought in for a meeting with the coaching staff, and may be referred to any extra work-out sessions thought necessary by coaching staff.
- H. Eating Disorders
1. Spirit Team members should maintain a healthy and balanced diet. Any team members that have trouble with this should see the Head Coach. Every Coach will be able to provide athletes with information about healthy diets and eating habits, and be able to refer athletes to the proper personnel.
 2. The SFA Coaches care very much about the health and wellness of all team members inside and outside of practice. Any disorder that is deemed detrimental to an individual and/or to the team will be pursued by the Head Coach.
 3. If the Coach recognizes a problem with any athlete or believes their eating habits are detrimental, the athlete will be brought in for a meeting with the coaching staff to develop a plan to assist the affected squad member, and may be referred to any counseling that may be needed.
 4. Squad members who acknowledge an eating disorder shall be suspended from performances, games, and practices and immediately referred to counselor who will work with the Head Coach, if necessary, to seek medical (physical and psychological) services for the squad member. Upon the recommendation of a physician and with the concurrence of the Head Coach, the squad member may be returned to performance. In accordance with the severity of the problem, the Head Coach may seek the physician's continued approval for the squad member to participate in play and practice. A squad member whose eating disorder presents sufficient documented disruption to squad practice, travel, and performance may be suspended or terminated from the program.
- I. Alcohol
1. SFA Spirit Team members are expected to comply with all local, state and federal laws pertaining to the consumption of alcohol. Any team member under age consuming alcohol, or any team member's drinking resulting in a local law violation (i.e. getting a ticket for a P.I., M.I.P., providing alcohol to a minor, or getting arrested) during a University sanctioned event will be referred to the SFA judicial council.

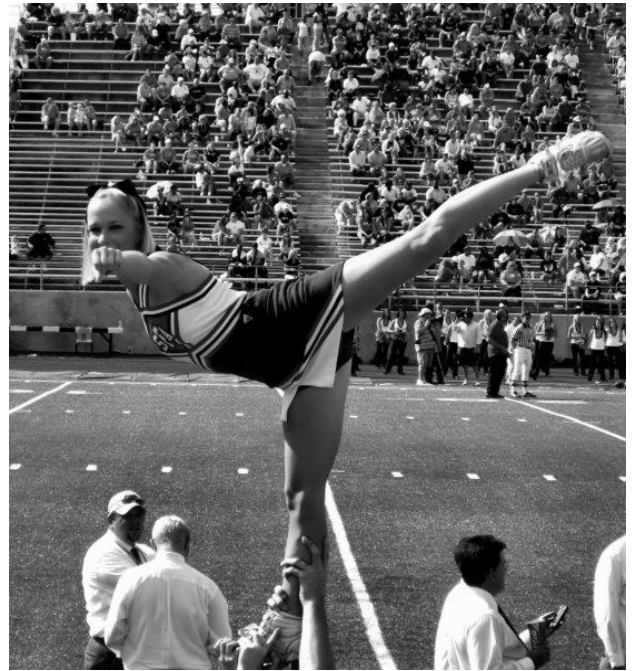


2. Any team member taking part in actions that violate local laws resulting in jail time in Nacogdoches will be written up within the spirit program, and will be suspended from their respective team for a minimum of one week, at the discretion of the coaching staff.
3. Spirit Team members will not consume or possess alcoholic beverages at official Athletic Department functions, in a University provided car, van or bus, or at practice or games.
4. Spirit Team members will not consume alcohol the day of, prior to, or during an event, practice or game.
5. Spirit Team members will not store or consume alcohol in their hotel rooms, regardless of age, during away trips. Alcohol may only be consumed in an establishment that serves alcohol and must be finished there.
6. Spirit Team members will not consume alcohol while in uniform, which includes all team uniforms and warm-ups.
7. Spirit members will not use a fake I.D.
8. Spirit Team members will not offer to procure for or attempt to coerce individuals who are team members to participate in drinking alcoholic beverages.
9. If the Coach recognizes a problem with any athlete and alcohol abuse, the athlete will be brought in for a meeting with the coaching staff, and may be referred to any counseling that may be needed.

IX. Injuries, Illnesses and Emergencies

- A. All injuries or illnesses suffered during practices, games, or other official functions will be treated by Stephen F. Austin trainers and/or doctors and should be reported to the training staff and coach immediately.
- B. Bodily injury is the only reason for a Spirit Team member to visit the trainer. Sickness and other ailments should be taken to Health Services.
- C. All injuries and any medications or treatments administered by the coaching staff should be recorded and signed by all parties involved.
- D. If an injury or illness incapacitates a squad member, he/she shall not be permitted to practice, cheer or dance for a period of time as determined by the Stephen F. Austin training department or health services. Generally, another member shall replace that squad member until he/she is fully recovered. Return to participation at games and/or practices shall be determined by an SFA athletic trainer or doctor, as well as the Head Coach. If the SFA training staff recommends that a squad member no longer participate due to injury or a health problem, and alternate plan may be to find a suitable replacement for the remainder of the school year. In addition, squad members are expected to arrange and maintain a regular schedule of treatment with the athletic training staff.
- E. Class I Injuries – Mild/Major sprains, pulls and aches
 1. These types of injuries should be recorded by the coach and the athlete should visit the trainer directly following the event in progress.
- F. Class II Injuries - Suspected breaks, tears, and suspected concussions
 1. These types of injuries should be recorded by the coach and the athlete should be taken to the trainer by a member of the coaching staff immediately after injury occurs.
- G. Class III Injuries - Head, neck and back injuries
 1. With these types of injuries, the athlete should be taken to the ER by a member of the coaching staff immediately.
 2. Athletic Trainer and the athlete's emergency contact (parents) should be notified by the coach.
 3. If the injury is severe, the paramedics should be called and the athlete should have head and neck immobilized.
- H. Insurance Protocol
 1. Primary Insurance
 - a. Spirit Team members must maintain medical insurance.
 - b. The spirit program coaching staff will be performing monthly insurance checks on all of the spirit program student-athletes to ensure that all student-athletes are kept up to date and current on insurance policies.

- c. If insurance is allowed to expire then the student-athlete will not be able to participate in spirit program functions, events, games, or practices until the coverage is renewed.
 - d. The student-athlete's own insurance policy is used in all instances to cover expenses related to any cheer / dance related injury.
 - e. If the insurance does not cover the injury or does not fully cover the charges, the University, as secondary insurer, will be responsible for the balance.
 - f. Unauthorized, outside medical expenses are considered to be the responsibility of the student-athlete.
2. Any athlete neglecting to maintain primary insurance is not covered by the University insurance.
 3. If an athlete is injured and failed to uphold their own primary insurance, the athlete, not the school, is responsible for any costs that are incurred as a result of the injury.
 4. Any athlete participating in non-university sanctioned practices is not covered by the University for any injuries incurred as a result of this participation. These occurrences include, but are not limited to "play days," individual practices, or other team practices.



I. Seeing the Trainer

1. The trainer should be visited prior to or after any practice sessions or performances if an athlete has an injury.
2. Spirit Team members in need of treatment from the SFA training department should see the trainers within the hours agreed upon by the SFA coaching staff and trainer's department. Visiting outside this time frame could result in not being able to be treated.
3. Spirit Team members should not use practice or class time to visit the training offices.
4. Any student-athlete who feels the need to visit the SFA training department must be referred by a member of the coaching staff. Any team member not referred will not be treated by that department.

X. Drug Testing Policies

- A. The University and Office of Student Affairs are committed to providing a safe and healthy environment for the spirit program.
- B. The SFA Athletic Trainers will conduct random drug tests on all SFA Spirit Team members.
- C. Like all Stephen F. Austin student-athletes, spirit team members are required to turn in the appropriate paperwork to the Head Coach and are subject to drug testing.
- D. Urine analysis testing is used by the Stephen F. Austin athletic training staff with testing results being analyzed by a certified laboratory.
- E. The legal use of prescribed medicines under the direction of a licensed medical doctor is allowed, but spirit team members must be able to provide documentation of these orders.
- F. Drug testing that produces in a positive result will be handled as follows:
 1. First Positive
 - a. The Director of Student Affairs, Spirit Coordinator, coaching staff, and athlete will be notified by the Head Athletic Trainer.
 - b. The spirit team member will be re-tested at each subsequent department random test for the following twelve (12) month period.
 - c. Spirit team member will be placed on a fourteen (14) day suspension from all team functions.
 - d. The spirit team member must attend counseling and evaluation sessions which must be monitored and documented by the Head Coach.

e. Any spirit team member refusing to be tested for drugs is considered to have tested positive and must follow the same disciplinary actions

2. Second Positive

- a. The Director of Student Affairs, Spirit Coordinator, coaching staff and athlete will be notified by the Head Athletic Trainer.
- b. Spirit team member will be suspended for one (1) calendar year from all team functions, with the cancellation of any scholarship awarded.

G. Appeals

1. Prior to the imposition of any sanction, and after the findings of any positive result from a test, the student shall be given the opportunity for a hearing before the Director of Student Affairs to challenge the accuracy of the test result and otherwise present his or her defense. If the Director of Student Affairs rules in favor of the student, then all records of the challenged test results shall be destroyed and no future action of the University shall be based upon it.

H. Test Results Security

1. It has been agreed by the University President and the Director of Student Affairs that they will not be entitled to request information as to result of drug tests of any student-athlete, nor use any information as evidence as to such test results for any disciplinary purposes whatsoever. The Department of Athletics and the Department of Student Affairs will make every effort to keep all such test results confidential, except to the limited extent of otherwise provided above, and will oppose the disclosure thereof to any other person within or outside the University.

XI. Hazing

A. As stated in the General Bulletin, "Stephen F. Austin State University is unequivocally opposed to any activities, on or off campus, by individuals or organizations which endanger the mental or physical health of safety of a currently enrolled or prospective student for the purpose of pledging, being initiated into, affiliating with or maintaining membership in any organization."

B. Hazing, which is prohibited in any form at SFA includes, but is not limited to, situations which would require any of the following:

1. Whipping, beating, striking, branding, or electronic shock
2. Any activity that subjects the student to extreme mental or physical stress, such as sleep deprivations, confinement in a small space, extended isolation from social contact, or exposure to the elements
3. Any activity involving the consumption of food, liquid, alcoholic beverage, drug or substance which would adversely affect the health or well-being of the individual
4. Any activity that harasses, intimidates or threatens that student with ostracism, shame or humiliation
5. Any activity that induces, causes or requires the student to violate the Penal Code

C. Organizations found to be participating in hazing will be subjected to both University and disciplinary sanctions and criminal prosecution.



XII. Acquaintance Rape

- A. Because acquaintance rape, commonly called “date rape” is an increasingly serious concern nationwide, the Office of Student Affairs publicly addresses such behavior with its student-athletes.
- B. All spirit team members are expected to conduct themselves in a manner which avoids any association with such a charge.
- C. Spirit team members should be advised to:
 1. Understand the definition of rape:
 - a. The unlawful compelling of a person through physical force or duress to have sexual intercourse
 - b. Any act of sexual intercourse that is forced upon a person
 - c. To force to have sexual intercourse
 2. Be conscious of the signals they transmit to others
 3. Be careful not to place themselves in situations that could be misunderstood or misread
 4. Respect and accept a negative response to their overtures (e.g., “NO” does not mean “YES”)
 5. Avoid drinking or taking drugs at all times, but especially when on a date

XIII. Spirit Team Members as Role Models

- A. Public Perception
 1. Every cheerleader/dancer/mascot is expected to conduct themselves in a mature and responsible manner at all times.
 2. Spirit Team Members are expected to set a positive example in the community even when not performing in uniform.
 3. Squad members are reminded that, as a highly visible member of the University and the community, their actions and behaviors are under constant observation. Stephen F. Austin State University spirit program members are well known, subject to scrutiny, and can easily be the object of criticism for their behavior or actions, in particular, for indulging or for over-indulging in any activities in a public setting.
- B. Conduct Unbecoming
 1. Spirit Team Members not fulfilling their responsibility as positive role models will meet with the coaching staff and Director of Student Affairs to discuss and develop a plan in order to correct any problem.
 2. If a second occurrence takes place, the team member will be suspended or removed from their respective squad.

XIV. Travel

- A. Camp, Competitions, Championships and Athletic Events
 1. Travel to camp, competitions, championships and athletic events will be determined by the Spirit Coordinator and assigned by the coaches. Team members will be notified prior to that date.
 2. In the instance that a van or a bus is provided, team members will be expected to adhere to all rules set forth by the coaching staff and the University.
 3. All travel sponsored by the University will only be open to current eligible members of the spirit program. Thus to say, in the event that the spirit teams travel to games or nationals in a University sponsored car, van, or bus, extra passengers will not be allowed to travel along with the team. This includes, but is not limited to, family, friends, alumni, past team members, potential team members, etc.
 4. Any travel done separately is at the discretion of the coaches and the team members will be liable.
 5. Travel itineraries will be prepared and given to the traveling squad members. Itineraries will include departure and arrival times, important telephone numbers, hotel information, appropriate articles of clothing, etc. Squad members shall adhere to the itinerary.
- B. Expectations and Behavior
 1. Spirit Team members are expected to adhere to all rules and regulations set forth by the coaching staff and the University.
 2. There will be no consumption of alcohol in any team room or on the hotel floor regardless of the age of the team member.

3. Non-team members will not be allowed in team rooms during camp, competitions, championships, or athletic events. This includes, but is not limited to, family members, other team members, past team members, friends, and boyfriends/girlfriends.
4. No Spirit Team member will be allowed to remove or damage any objects in any dorm/hotel at any time during their stay. All items removed or damaged will be charged to all the individuals assigned to that particular room, and may result in the cessation of scholarship, suspension or permanent removal from the team.

C. Per Diem

1. Per diem will be given to student-athletes at the beginning of each trip, and will be determined by Director of Student Affairs and coaching staff.



STEPHEN F. AUSTIN STATE UNIVERSITY
CHEER PROGRAM GUIDELINES

I. Academic Expectations

- A. Cheer Program members must maintain full-time status (12 credit hours for undergraduate students and 9 hours for graduate students). Exceptions for not attempting 12 hours will be granted on a case by case basis and are at the discretion of the Head Coach.
- B. In order to maintain the highest quality of student-athletes, each student is rewarded for continued development and respect for the SFA Spirit Family. It is important that all team members keep their GPA at an acceptable level. The following scholarship schedule has been established to further enhance the overall benefits package:
 - a. All students must receive a 2.0 GPA.
 - b. Failure to do so will not only result in the cessation of your scholarship but also may result in team members needing to pay back tuition and fees if required by the university.
- C. All team members will be required to maintain a GPA of 1.5 in order to remain on the team from semester to semester. All athletes earning a GPA below this will not return to the team the following semester. Scholarship rules will still apply.
- D. Each team is required to attend study hours at the discretion of the Head Coach each semester.
 - 1. Cheer Team members are required to attend study hall four (4) hours per week during their first semester at SFA.
 - 2. After all first semester GPAs have been earned, the time spent in study hall will be determined by the previous semester GPA, and will be as follows:
 - a. Cheerleaders earning a GPA of 3.51 or above will not be required to attend study hall during week.
 - b. Cheerleaders earning a GPA of 2.71 - 3.5 will be required to attend study hall for one hour per week.
 - c. Cheerleaders earning a GPA of 2.51 - 2.7 will be required to attend study hall for two hours per week.
 - d. Cheerleaders earning a GPA of 2.01 - 2.5 will be required to attend study hall for three hours per week.
 - e. Cheerleaders earning a GPA of 2.0 or below will be required to attend study hall for a minimum of one hour daily.
- E. Other Scholarships Awarded
 - a. The following scholarships are offered to the SFA Cheerleading Squads.
 - Angie Mercer Academic Scholarship (Large Coed Squad Only)
 - (i) Awarded each semester to one male and one female with the highest GPA for the previous semester. Must be full-time students and have had no lower than a 2.25 GPA. Scholarship will be awarded on a semester to semester basis, not by cumulative GPA.
 - Koning Scholarship
 - (i) Awarded to one upper class cheerleader that demonstrates financial need as indicated on their FAFSA application. Cheerleaders must be classified as at least a sophomore at SFA and have a minimum of 2.5 GPA.

II. Fundraising Expectations

- A. Every team member is expected to participate in all team fundraisers. Lack of participation can decrease the amount of scholarship or funding received by the athletes
- B. Expectations for each individual to meet will be set forth by the Head Coach.

III. Safety and Practice Expectations

- A. Hats and any other items of clothing that cause unsafe or hazardous practice conditions will not be allowed to be worn at practice, events, or performances.
- B. The increased athletic activity in cheerleading has resulted in an increased concern for safety. Cheerleading involves a variety of gymnastics, motions, partner/group stunting, pyramids, dance, and

basket tosses; participation in cheerleading involves a certain amount of danger and possibility of personal injury.

- C. Cheerleaders are placed on notice that improper conduct of cheerleading activity may result in catastrophic injury, paralysis or even death. In becoming a participant in this program, a cheerleader voluntarily assumes the risk involved by participating in cheerleading practices, games, and other activities.
- D. The SFA Spirit Program has adopted the American Association of Cheerleading Coaches and Advisors (AACCA). All squad members and coaching staff shall be thoroughly familiar with and abide by the AACCA guidelines.
- E. Progressions and safety limitations in all facets of cheerleading must be followed in order to minimize injuries on each team.
- F. Spotting Baskets, Pyramids and Stunts
 - 1. All squad members, regardless of experience, are required to have a spotter present for every stunt performed. While the bases are primarily responsible for the safety and well-being of the flyer, spotters should be present and aware as a precaution and extra safety measure.
 - 2. Team members are responsible for each person who is off of the ground at any point, and are expected to devote their full attention until everyone's feet are safely back on the ground.
- G. Tumbling
 - 1. Each team should adhere to the rules and regulations set forth by AACCA and the coaching staff for all tumbling skills performed at any time.
- H. Practice Participation
 - 1. Only athletes cleared by the trainer or SFA medical staff may participate in daily practices.
 - 2. Athletes not clear are required to attend, but will not be allowed to resume practicing until they have been cleared.
- I. Non Current Team Members at Practice
 - 1. Any non current team member is allowed to attend practices at the coaching staff's discretion. This includes, but is not limited to, old team members, potential team members, other team members, parents, and friends.
 - 2. Any athlete removed from the team for conduct reasons will not be allowed to return to team practice for the duration of that year.
 - 3. Closed practices may be called at the coaching staff's discretion. In the event a closed practice is called, noncurrent team members will not be allowed to attend.
- J. Extra Practices
 - 1. Cheerleaders are allowed to take part in extra personal practice time.
 - 2. Any practice time done individually or not at a time scheduled by the coaching staff will be done at the athletes own risk. Any injuries sustained during this time will not be covered by the SFA insurance.
 - 3. Any personal practices held should be done in a gym or other approved area to minimize the chance for injuries to occur.



4. All extra practices should first be cleared and approved by the coaching staff to ensure facilities are reserved and safety measures are being met.

IV. Summer Expectations and Camp

A. Practice and Work Dates Prior to Camp

1. Each team member will be given a schedule of all summer practices following tryouts.
2. Each team member is expected to attend and participate at every scheduled practice.
3. If an athlete must miss a practice, the Head Coach should be notified at least two weeks prior to the practice and must approve all absences.

B. Work Week

1. The week prior to camp, exact dates to be determined by coaching staff and given to team members following tryouts, each team will hold practices in order to prepare for camp.
2. Attendance to work week will not be optional, and each team member is expected to attend and participate to their full extent.

C. Camp Expectations

1. Each team member is expected to attend and participate at the SFA Home Cheer Camp each summer. The Coaching staff will select team members to attend the NCA Collegiate Camp, and individuals selected will be expected to attend and participate.
2. Dates and location are to be determined by the coach and will be given to team members following tryouts.
3. Each team member is expected to adhere to all rules and regulations set forth by the coaching staff and the University.
4. No alcohol will be allowed on the hosting campus by any SFA athletes.
5. Coaches will give team members a curfew each night, and every team member is expected to be in his/her own room at that time. No exceptions!!
6. There will not be any non-team members allowed in team rooms during camp. This includes, but is not limited to, family members, other team members, past team members, friends, and boyfriends/girlfriends.
7. If any team member fails to adhere to all the expectations set forth by the coaching staff, they may be removed from evaluation routines, suspended from the team, and may face removal from the team for the duration of the year.
8. Team members will be given all camp wear, and a dress schedule. Everyone is expected to abide by this dress code.
9. Camp clothes should not be given away prior to the end of the year, because team members will continue to utilize these clothes throughout the year for performances, appearances, and videotaping purposes.

V. Dress Codes

A. Game Day - Cheering or Performing

1. Every Cheer Program member is expected to be fully dressed out to the discretion of the Head Coach for every game or event, and should arrive in full uniform.
2. There will be no smoking at any time allowed in SFA uniform.
3. All uniform components should be worn at every game. This includes, but is not limited to:
 - a. Females: Uniform top and skirt, correct color hair ribbons, bloomers issued by the coaching staff, correct sports bra (should be a no-show bra), white shoes, no-show or white socks, and other components determined by the Head Coach.
 - b. Males: Uniform top and pants, correct color bandanas, underarmour issued by the coaching staff, white shoes, no-show or white socks, and other components determined by the Head Coach.

4. Appearance and Collegiate Image
 - a. Females

- Hair should be fixed half up and curled with the correct color ribbon, unless otherwise determined by Head Coach.
- Hair should be fashioned so that there will be nothing hanging in your face during the game.
- Full make-up should be worn to every game. Colors for eye shadow will be determined and purchased by the Head Coach.
- Lipstick that will be worn by all females will be determined and purchased by the Head Coach prior to all games.

b. Males

- Hair should be neatly groomed and no hats worn.
- Facial hair should be well maintained and trimmed or clean shaven. No full beards will be allowed, with the exception of the Lumberjack mascot.

c. All tattoos must be able to be covered by the uniforms provided by SFA. In the event a member possesses a tattoo that is not covered by uniforms provided, all student-athletes will be required to have appropriate covering. Appropriate covering will be determined by the Head Coach.

d. No jewelry at all!! This includes, but is not limited to, on your face, hands, wrists, stomach, tongue, or ears.

e. Hairstyle and color is to remain consistent with a collegiate image. No unnatural colors or patterns, including but not limited to bright red, blue, purple, stripes, polka dots, Mohawks, corn rows, shaved designs, etc. will be acceptable.

f. No gum chewing will be permitted.

B. Game Day - Not Cheering or Performing

1. Every cheerleader should attend all games, regardless of being assigned to perform.
2. Cheer Program members should always attend in an SFA Spirit Family shirt, unless otherwise determined by Head Coach.
3. Please remember that just because a cheer program member is not performing does not mean that people do not still recognize them. Cheer program members not performing should dress appropriately, and look and conduct themselves in a presentable manner.
4. No Cheer Program member should wear any clothing supporting any other school or program at any game or event.

C. Travel Wear - Air, Bus and Van

1. Travel wear will be determined by Head Coach prior to game.
2. Bus and Van Travel
 - a. Wear will generally consist of wind pants or black shorts and SFA Spirit Family t-shirt, unless otherwise indicated by the Head Coach.
 - b. Cheerleaders traveling to games should look presentable and have everything they will need to get ready at the game site.



3. Air Travel
 - a. Wear should consist of khaki pants or khaki crop pants (never shorts) and an SFA issued polo or the SFA Spirit Family t-shirt, unless otherwise indicated by the Spirit Coordinator.
 - b. Travel squads should have hair fixed; no hats for boys, and girls should be wearing make-up.
- D. Spirit Fridays - On Campus
 1. Every Cheer Team member should wear the purple SFA "See you at the Game" t-shirt.
 2. No Spirit Team member should wear clothing supporting any other school or program on a game day.
- E. Pre-Game
 1. Cheer Program members will be expected throughout the year to appear at pre-game performances and events.
 2. Attire for these functions will be indicated by the Head Coach one week prior to appearance, and team members are expected to be on time and in the correct clothing.
 3. Spirit Team members will have a tent and pre-game festivities at Lumberjack Alley prior to all home football games. Cheerleaders and mascots will be allowed to visit other areas of Lumberjack Alley, but will not be allowed to partake in all activities (i.e. drinking alcohol).
 4. Prior to every football game, spirit team members will perform at Lumberjack Alley near the Alumni Tent. From there, all spirit team members will file into the stadium behind the SFA Marching Band.
- F. Cold / Inclement Weather
 1. Cheer Program members will be provided wind suits for any cold or rainy day games. Team members should consult with the Captain(s) before wearing any component, and this should be uniform.
 2. Spirit Team members wearing wind suit components should not remove any article of their uniform. All cheerleaders should remain in full uniform for the remainder of the game.
 3. Gloves will only be allowed if they are white or black.
 4. Girls' hair may be pulled back during a game if there is excessive rain. Team members should consult with the Captain(s) before making this decision.
 5. Stunts, tumbling, and baskets should not be performed in any conditions that are not favorable to the safety of every cheerleader. Team members should consult with the Captain(s) in the event that this decision should be made.

VI. Game Day

- A. Pre-Game Report Time
 1. Every Cheer Program member is expected to be on site thirty (30) minutes prior to beginning of the game or event, unless otherwise indicated by the Head Coach.
- B. Storage of Items
 1. Each Spirit Team will have plastic storage bins on sidelines to use for storing all of their belongings.
 2. Keep in mind everyone must put their belongings in a bin. Cheerleaders should bring only the string bags issued filled with items they will need for the game.
 3. All bags should be placed in bins prior to games or events and removed when the game or event is finished.
 4. There should be no clutter on the sidelines during the games.
- C. Halftime Expectations
 1. Every Cheer Program member is expected to conduct themselves in a mature and responsible manner during this time.
 2. Team members should sit in the stands or stand in appropriate places during half time.
 3. Rude and disorderly conduct will not be permitted.
 4. Spirit Team members need to be aware of language and appearances even during breaks.
 5. Team members should always look professional at game day or event settings, and should never be lying down or showing inappropriate signs of affection while on the sidelines.

6. Cheer Team members will be given a time to be back and in formation after halftime and will be expected to adhere to these expectations.
7. Please use this time to take care of any personal time you need to take.

VII. **Game Time**

A. Pre-Game Cheering

1. For all games there will be individuals assigned to run the flags.
2. Football
 - a. Cheer Team members will line up behind the band in stunt groups/couples on the field making a tunnel for the football team to run through. This tunnel should not stretch past the 40-yard line on that end of the field.
 - b. Cheer should line up and perform a stunt behind the band and dance team when players run onto the field.
 - c. Flag runners and mascots should run through the center of the tunnel in front of the football team and run all the way to the sidelines.
 - d. Non-stunters should tumble out behind flag runners through the tunnel and then make their way quickly to the sidelines.
 - e. After team has passed, team members should return to the sidelines quickly and get into formation for the remainder of the fight song.
3. Volleyball
 - a. Before team runs out onto court, cheer program members should line up on each side of the tunnel.
 - b. Flag runners and mascots should wait at the tunnel and run out in front of the volleyball team, circle all the way around the court, then join the rest of the team for team introductions.
 - c. Spirit Team members should line up where they are assigned to cheer and spirit while team members are announced. If stunting and tumbling are permitted, those can also be used to get the crowd involved.
4. Basketball
 - a. Before team runs out onto court, cheer program members should line up on each side of the tunnel.
 - b. Flag runners and mascots should wait at the tunnel and run out in front of the basketball team, circle all the way around the court, then join the rest of the team for team introductions.
 - c. Cheer Squads should line up on the sideline on the West side of the stadium while the opposing team is announced.
 - d. Spiriting, stunts and standing tumbling may be used to get the crowd involved and cheer while SFA team members are announced, and cheer team should spread out over the open court and face all crowd directions.
 - e. Mascots are permitted to walk around the side lines, but must stay off of the court and behind officials and bench areas at all times.



- B. Cheering at Games (positive, often and projection)
1. Every Cheer Program member is expected to pay attention at all times in a game day setting.
 2. All Cheer Program members are encouraged to call cheers or chants in game day settings. Cheers and chants should be called throughout the game, leaving little to no dead time.
 3. Spirit Team members should exemplify spirit to the crowd throughout the entire game. This should be done during cheers and chants, stunting, and following every cheer or chant performed at games and performances.
 4. Cheer Program members are expected to exhibit the highest levels of sportsmanship. Team members must refrain from and yelling at and/or trash talking to anyone in a game day setting. This includes, but is not limited to, referees, opposing team coaches, team players, fans, and SFA team players, coaches, or fans.
 5. Spirit Team members have access to water while cheering at games, and must utilize that luxury according to expectations given by coaching staff prior to games and by captains during games.
 6. Each Spirit Team is required to use poms and megaphones at all appropriate times throughout games.
 7. All Spirit Team members are expected to adhere to any other rules and regulations set forth by AACCA and the coaching staff for game day settings.
- C. Special Game Occurrences
1. Timeouts
 - a. Each Cheer Program will have cheers or chants prepared to perform at every timeout for all games.
 - b. Spirit Teams should get into timeout formations quickly and begin performance.
 - c. Each team is responsible for performing for the entire duration of a timeout to keep the crowd involved.
 - d. If another team performs during a timeout, Spirit Team members should be respectful and quiet (applies to basketball season only).
 2. Fight Song & School Song
 - a. Every Spirit Team member is responsible for learning and performing the SFA Fight Song at every game and event.
 - b. Spirit Team members will also be required to learn the SFA School Song.
 3. Flags and Signs
 - a. Cheer Squad members will be responsible for running the flags for the teams.
 - b. Cheer Squads will be assigned signs for every game and are responsible for using those at all appropriate times.
 4. Touchdowns and Scoring Plays
 - a. Cheer Program members performing at the north end of the football field during any scoring play are expected to run the SFA flags across the north end zone and back to the sidelines.
 - b. Cheer Program members not running the flags are expected to quickly spread out the length of and at the back of the north end zone and lead the crowd in counting pushups performed by the Lumberjack.
 - c. Lumberjack and Ladyjack mascots should run to the center of the north end zone. Lumberjack should quickly begin performing pushups, while the Ladyjack assists in leading the pushup count. (One pushup should be performed for every point SFA has on the board, plus one pushup for each letter in SFASU).
 - d. Cheer Program members should then return quickly to the sidelines as to not disrupt the flow of the game.
 - e. Once SFA has reached 50 points on the board, the flags will be run through the end zone, but pushups will be moved onto the sideline.
 - f. Cheer Program members performing on the south end of the field will need to perform fight song with the band for all scoring plays.

5. Locations of Teams and Formations
 - a. The Large Coed Squad will begin every game at the Southwest side of the stadium. The team will move to the Northwest side of the stadium for 2nd quarter, then to the Northeast side of the stadium, in front of the band, for 3rd quarter, and then back to the Southwest side of the stadium for the 4th quarter.
 - b. The Small Coed Squad will begin every game at the Northwest side of the stadium. The team will move to the Northeast side of the stadium, in front of the band, for 2nd quarter, then to the Southwest side of the stadium for 3rd quarter, and then back to the Northwest side of the stadium for 4th quarter.
 - c. Teams are expected to move quickly and get into position as soon as it is time to change locations.
 - d. Cheer Teams will be given a formation at the beginning of the year, and are expected to remain in this formation for the duration of the year at all games, unless otherwise indicated by the Head Coach.
 - e. Lumberjack and Ladyjack mascots are permitted to walk around the side lines, but must stay off of the field and behind official and bench areas at all times. Mascots must pay attention to potential scoring plays and make sure they are at the north end of the stadium to perform previously stated expectations.
6. Game Day Safety
 - a. Cheer Squads are required to abide by all AACCA rules and regulations in game day settings. Failure to do this may result in suspension or dismissal from team.
 - b. Each Spirit Team is expected to adhere to any other limitations set by the coaching staff.

VIII. Removal of Cheer Team Member

A. Warnings

1. Throughout the year, every athlete will be allowed three (3) write-ups. Along with write-ups, the athlete will be required to serve service hours to the cheerleading program, to be determined by Head Coach.
2. Written
 - a. Coaching Staff will bring in athletes written up for a meeting, where each athlete will be issued a written explanation of write-up.
 - b. For the first meeting, Coaching Staff and athlete should be in attendance. The athlete will also be required to serve two (2) hours of service time to the cheer program.
 - c. For the second write-up, Coaching Staff, athlete, and Spirit Coordinator should be in attendance. At this time, team member will be suspended from the team for one (1) week, and will be required to serve four (4) hours of service time to the cheer program.



- d. For the third write-up, Coaching Staff, athlete, Spirit Coordinator, and Director of Student Affairs should be in attendance. At this time, team member will be removed from the team.
- e. Each party in attendance should sign the write-up, and the athlete will receive a copy for personal records.

3. Verbal

- a. Each athlete will have three (3) verbal warnings before being issued a written warning.
- b. The Head Coach will have discretion with verbal warnings, and may determine to issue a written warning without three verbal at any time they feel the actions of an athlete warrant.
- c. If three verbal warnings are used during one practice session, cheerleader will be asked to leave practice and a meeting will be set up for write-up.

B. What is Cause

1. The cause for write ups is at the Head Coach's discretion.
2. Any infractions to the rules set forth by the Cheer, Dance and Mascot Manual or any other rules and expectations given by the coaching staff are subject to write-ups.
3. Any actions deemed detrimental to the team or program as a whole are subject to immediate removal from all Spirit Teams.

C. Removal

1. Cheer Program members should understand that each athlete has a right to be on the team, but do not have a right to participate in games, functions, or nationals.
2. Spirit Team members may be removed from their respective teams at any time, for any reason at the Head Coach's discretion.
3. Cheer Program members may be suspended from their respective team's activities at any time, for any reason at the Head Coach's discretion.
4. Any Cheer Program members receiving three write-ups in one year will be removed from their respective team and will lose any scholarship awarded for that semester.

D. Appeals Process

1. After a team member has been suspended or removed and feels the punishment is unjust, and only after all possibilities of reconciliation are exhausted between athlete and coach, the athlete may appeal the punishment to the Spirit Coordinator and Director of Student Affairs.
2. A meeting with the Director of Student Affairs, Spirit Coordinator, coaching staff, and student-athlete will be set to discuss all actions taken by both the athlete and the coach.

IX. Nationals

A. Eligibility

1. Every athlete must be enrolled in twelve (12) hours in order to be considered for national's teams, unless graduate students, in which case they must be enrolled in nine (9) hours or graduating seniors.
2. All Cheer Program members must have a minimum of 1.5 GPA, or they will be removed from the team and will not be considered for the national's team. These individuals will also not be provided travel or any accommodations to the NCA Collegiate National Championship.
3. No spirit team member has the absolute right to be on a national's team or travel with the team if so deemed by the Head Coach, Assistant Coach and Spirit Coordinator.
4. Mascots are eligible to compete with spirit teams at the NCA/NDA Collegiate National Championship Competition at the discretion of the individual teams and/or coaching staff.
 - a. It will be at the discretion of each cheer squad, Large and Small Coed, who, if any, mascot will represent SFA in a role as a member of the competitive team.
 - b. Mascots will be made aware of their competitive status prior to spring break practices in March.

B. Local Laws

1. Spirit Team members are expected to adhere to any local laws set forth while traveling.
2. Any Spirit Team member charged or arrested during trips will not be the responsibility of the school or spirit program and must provide their own funds and means of transportation home if the situation deems necessary.

C. Room Conditions

1. Room conditions when Spirit Team members depart should not be damaged or destroyed in any way.
2. The coaching staff reserves the right to inspect rooms on departure.
3. Any damage found will become the responsibility of each individual assigned to that room, and they will be held accountable for all charges.

D. Alcohol Policy

1. All Spirit Team members will adhere to the No Tolerance regulations set forth by the Coaching Staff prior to competition.
2. After all aspects of the competition are over, this includes partner stunt competition and awards, only Cheer Program members over the legal drinking age will be allowed to consume alcohol.
3. There will be no consumption of alcohol in any team room regardless of the age of the team member. SFA will have a No Tolerance rule for the entire SFA Spirit Team floor in the hotel at all times.
4. Alcohol may only be consumed in an establishment that serves alcohol and must be finished there.

E. Cohabitation

1. All Spirit Team members are given specific rooming assignments and are expected to remain in those assigned rooms for the remainder of the trip.
2. No cohabitation will be allowed unless team members are legally married.

F. Room Checks

1. Room checks will be done by the coaching staff the evenings before the preliminary, final and partner stunt competitions. They may also be done at any other time deemed necessary by the coaches and advisors.

G. Squatters

1. All rooms will have the numbers of people reserved in that room with no extras. There will be no exceptions prior to the competition.
2. If non-team members are found in a room provided by the University, that room will be donated to the visitor, team members will be moved to a room in town and the charges for that room will be billed to those team members' individual accounts.

STEPHEN F. AUSTIN STATE UNIVERISTY
DANCE TEAM GUIDELINES

I. Academic Expectations

- A. Spirit Team members must maintain full-time status (12 credit hours for undergraduate students and 9 hours for graduate students). Exceptions for not attempting 12 hours will be granted on a case by case basis and are at the discretion of the Head Coach.
- B. In order to maintain the highest quality of student athletes, each student is rewarded for continued development and respect for the SFA Spirit Family. It is important that all team members keep their GPA at an acceptable level. The following scholarship schedule has been established to further enhance the overall benefits package:
 - a. All dancers must receive a 2.0 GPA.
 - b. Failure to do so will not only result in the cessation of scholarship, but also may result in team members needing to pay back tuition and fees if required by the university.
- C. Team members will be required to maintain a 1.5 in order to remain on the team from semester to semester. All athletes earning a GPA below this will not return to the team the following semester. Scholarship rules will still apply.
- D. Everyone will be required to have a minimum of 1.8 GPA in order to be considered for the national's team.
- E. Dance teams are required to attend study hours at the discretion of the Head Coach each semester.
 - 1. Dance Teams are required to attend study hall two (2) hours per week during their first semester at SFA at the discretion of the Head Coach.
 - 2. After all first semester GPAs have been earned, the time spent in study hall will be determined by the previous semester GPA, and will be as follows:
 - a. Dancers earning a GPA of 3.51 or above will not be required to attend study hall during week.
 - b. Dancers earning a GPA of 2.71 - 3.5 will be required to attend study hall for one hour per week.
 - c. Dancers earning a GPA of 2.51 - 2.7 will be required to attend study hall for two hours per week.
 - d. Dancers earning a GPA of 2.01 - 2.5 will be required to attend study hall for three hours per week.
 - e. Dancers earning a GPA of 2.0 or below will be required to attend study hall for a minimum of one hour daily.

II. Fundraising Expectations

- A. Every team member is expected to participate in all team fundraisers. Lack of participation can decrease the amount of funding received by the athletes.
- B. Expectations for each individual to meet will be set forth by the coach.

III. Safety and Practice Expectations

- A. Progressions and safety limitations must be followed in order to minimize injuries on each Spirit Team.
- B. Practice Participation
 - 1. Only athletes cleared by the trainer or SFA medical staff may participate in daily practices.
 - 2. Athletes not clear are required to attend, but will not be allowed to resume practicing until they have been cleared.
- C. Non Current Team Members at Practice
 - 1. Any non current team member is allowed to attend practices at the coach's discretion. This includes, but is not limited to, old team members, potential team members, other team members, parents, and friends.
 - 2. Any athlete removed from the team for any reason will not be allowed to return to team practice for the duration of that year.

3. Closed practices may be called at the coaching staff's discretion. In the event a closed practice is called, non current team members will not be allowed to attend.

D. Extra Practices

1. Dancers are allowed to take part in personal extra practice time.
2. Any practice time done individually or not at a time scheduled by the coaching staff will be done at the athletes own risk. Any injuries sustained during this time will not be covered by the SFA insurance.
3. Any personal practices held should be done in a gym or other approved area to minimize the chance for injuries to occur.
4. All extra practices should first be cleared and approved by the coaching staff to ensure facilities are reserved and safety measures are being met.



IV. Summer Expectations and Camp

A. Practice and Work Dates Prior to Camp

1. Each team member will be given a schedule of all summer practices following tryouts.
2. Each team member is expected to attend and participate at every scheduled practice.
3. If an athlete must miss a practice, the Head Coach should be notified at least two weeks prior to the practice, and must approve all absences.

B. Camp/Fall Semester Work Week

1. The week prior to camp, exact dates to be determined by coach and given to team members following tryouts, the team will hold practice in order to prepare for camp.
2. Attendance to work weeks will not be optional. Each team member is expected to attend and participate to their full extent.
3. The week prior to the beginning of the Fall semester, exact dates to be determined by Head Coach and given to team members following tryouts, the team will hold practice in order to prepare for the Fall semester.

C. Camp Expectations

1. Each team member is expected to attend and participate at the NDA Collegiate Camp each summer.
2. Dates are to be determined by the coach and will be given to team members following tryouts.
3. Each team member is expected to adhere to all rules and regulations set forth by the coaching staff and the University.
4. No alcohol will be allowed on the host campus by any SFA athletes.
5. Coaches will give each team a curfew each night, and every team member is expected to be in his/her own room at that time. No exceptions!!
6. There will not be any non-team members allowed in team rooms during camp. This includes, but is not limited to, family members, other team members, past team members, friends, and boyfriends/girlfriends.
7. If any team member fails to adhere to all the expectations set forth by the coaching staff, they may be removed from evaluation routines, suspended from the team, and may face removal from the team for the duration of the year.
8. Team members will be given all camp wear, and a dress schedule. Everyone is expected to abide by this dress code.

9. Camp clothes should not be given away prior to the end of the year, because team members will continue to utilize these clothes throughout the year for performances, appearances, and video taping purposes.

V. Dress Codes

A. Game Day - Dancing or Performing

1. Every Dance Team member is expected to be fully dressed out to the discretion of the Head Coach for every game or event, and should arrive in full uniform.
2. There will be no smoking at any time allowed in SFA uniform.
3. All uniform components should be worn at every game. This includes, but is not limited to:
 - a. Females: Uniform top and bottoms, correct bra (TBD by Coach), correct foot wear, and other components determined by the Head Coach.
 - b. Males: Uniform top and pants, correct foot wear and other components determined by the Head Coach.
4. Appearance / Collegiate Image
 - a. Females
 - Dancers will be given two (2) hair styles. Style worn will be determined by Head Coach prior to all game day appearances and events.
 - (i) Primary Hair Style – To be worn for the majority of game day appearances and events.
 - (ii) Secondary Hair Style – To only be worn when time does not permit primary hair style.
 - Full make-up should be worn to every game. Colors for eye shadow will be determined and purchased by the Head Coach.
 - Lipstick that will be worn by all females will be determined and purchased through coach.
 - b. Males
 - Hair should be fixed and no hats worn.
 - Facial hair should be clean shaven. No scruff or beards will be allowed.
 - c. All tattoos must be able to be covered by the uniforms provided by SFA. In the event a member already possess' a tattoo that is not covered by uniforms provided, appropriate covering will be determined by the Head Coach.
 - d. No extra jewelry at all!! This includes, but is not limited to on your face, hands, wrists, stomach, tongue, ears or any other area of your body. Earrings purchased through coach will be worn for performances in ear lobe.
 - e. Hairstyle and color is to remain consistent with a collegiate image. No unnatural colors or patterns, including but not limited to bright red, blue, purple, stripes, polka dots, etc. Any changes a dancer wishes to make to hair style, cut, or color must first be approved by the Head Coach.
 - f. No gum chewing will be permitted.

B. Game Day - Not Cheering or Performing

1. Every dancer should attend all games, regardless of being assigned to perform.
2. Dance Team members should always attend in an SFA Spirit Family shirt, unless otherwise determined by Head Coach.
3. Please remember that just because a dance team member is not performing does not mean that people do not still recognize them. Dance team members not performing should dress appropriately and look presentable.
4. No Dance Team member should wear any clothing supporting any other school or program at any game or event.

C. Travel Wear - Air, Bus and Van

1. Travel wear will be determined by Head Coach prior to game.
2. Bus and Van Travel
 - a. Wear will generally consist of wind pants or black shorts and SFA Spirit Family t-shirt, unless otherwise indicated by the Head Coach.
 - b. Dancers traveling to games should look presentable and have everything they will need to get ready at the game site.

3. Air Travel

- a. Wear should consist of khaki pants or khaki crop pants (never shorts) and an SFA issued polo or the SFA Spirit Family t-shirt, unless otherwise indicated by the Spirit Coordinator.
- b. Travel squads should have hair fixed; no hats for boys, and girls should be wearing make-up.

D. Spirit Fridays - On Campus

1. Every Dance Team member should wear the purple SFA "See you at the Game" t-shirt.
2. No Spirit Team member should wear clothing supporting any other school or program on a game day.

E. Pre-Game

1. Dance Team members will be expected throughout the year to appear at pre-game performances and events.
2. Attire for these functions will be indicated by the Head Coach one week prior to appearance, and team members are expected to be on time and in the correct clothing.
3. Spirit Team members will have a tent and pre-game festivities at Lumberjack Alley prior to all home football games. Dancers will be allowed to visit other areas of Lumberjack Alley, but will not be allowed to partake in all activities (i.e. drinking alcohol).
4. Prior to every football game, spirit team members will perform at Lumberjack Alley near the Alumni Tent. From there, all spirit team members will file into the stadium behind the SFA Marching Band.

F. Cold / Inclement Weather

1. Dance Team members will be provided wind suits for any cold or rain games. Team members should consult with the Captains before wearing any component, and this should be uniform.
2. Spirit Team members wearing wind suit components should not remove any article of their uniform. All dancers should remain in full uniform for the remainder of the game.
3. Gloves will only be allowed if they are black.
4. Girls' hair may be pulled back during a game if there is excessive rain. Team members should consult with the Captain(s) before making this decision.

VI. Game Day

A. Pre-Game Report Time

1. Every Dance Team member is expected to be on site thirty (30) minutes prior to beginning of the game or event, unless otherwise indicated by the Head Coach.

B. Halftime Expectations

1. Every Dance Team member is expected to conduct themselves in a mature and responsible manner during this time.
2. Team members should sit in the stands or stand in appropriate places during this time.



3. Rude and disorderly conduct will not be permitted.
4. Spirit Team members need to be aware of language and appearances even during breaks.
5. Team members should always look professional at game day or event settings, and should never be lying down or showing inappropriate signs of affection while on the sidelines.
6. Dance Team members will be given a time to be back and in formation after halftime and will be expected to adhere to these expectations.
7. Please use this time to take care of any personal time you need to take.

VII. Game Time

A. Pre-Game Dancing

1. Football

- a. Dance Team members and band will line up on the field making a tunnel for the football team to run through. This tunnel should not stretch past the 40-Yard line on that end of the field.
- b. After team has passed, team members should return to the sidelines quickly and get into formation for the remainder of the fight song.

2. Volleyball

- a. Before team runs out onto court, Dance Team should line up on each side of the tunnel.
- b. Spirit Team members should line up where they are assigned to cheer and spirit while team members are announced.

3. Basketball

- a. Before team is announced, Dance Team should line up on each side of the team.



B. Cheering at Games (positive, often and projection)

1. Every Dance Team member is expected to pay attention at all times in a game day setting.
2. All Dance Team members are all encouraged to call cheers or chants in game day settings. Cheers and chants should be called throughout the game, leaving little to no dead time.
3. Spirit Team members should exemplify spirit to the crowd throughout the entire game. This should be done during cheers and chants, and following every cheer or chant performed at games and performances.
4. Dance Team members are expected to exhibit the highest levels of sportsmanship. Team members must refrain from and yelling at or trash talking to anyone in a game day setting. This includes, but is not limited to, referees, opposing team coaches, team players, fans, and SFA team players, coaches, or fans.
5. Spirit Team members have access to water while cheering at games, and must utilize that luxury according to expectations given by the Captains.
6. Each Spirit Team is required to use poms at all times throughout games.
7. All Spirit Team members are expected to adhere to any other rules and regulations set forth by the coaching staff for game day settings.

C. Special Game Occurrences

1. Timeouts

- a. Dance Team will have routines prepared to perform at every timeout for all games.
- b. Spirit Teams should get into timeout formations quickly and begin performance.

- c. If another team performs during a timeout, Spirit Team members should be respectful and quiet (applies to basketball season only).
- 2. Fight Song & School Song
 - a. Every Spirit Team member is responsible for learning and performing the SFA Fight Song at every game and event.
 - b. Spirit Team members will also be required to learn the SFA School Song.
- 3. Flags and Signs
 - a. Dance Team members will be assigned signs for every game and are responsible for using those at all appropriate times.
- 4. Locations of Teams and Formations
 - a. The Dance Team will begin every game at the Northeast side of the stadium, in front of the band. The team will move to the Southwest side of the stadium for 2nd quarter, then to the Northwest side of the stadium for 3rd quarter, and then back to the Northeast side of the stadium, in front of the band, for the 4th quarter.
 - b. Teams are expected to move quickly and get into position as soon as it is time to change locations.
 - c. The Dance Team will be given a formation at the beginning of the year, and are expected to remain in this formation for the duration of the year at all games, unless otherwise indicated by the Coach.
- 5. Game Day Safety
 - a. Each Spirit Team is expected to adhere to any other limitations set by the coaching staff.

VIII. Removal of Dance Team Member

A. Warnings

- 1. Throughout the year, every athlete will be allowed three (3) write-ups. Along with write-ups, the athlete will be required to serve service hours to the dance program, to be determined by Head Coach.
- 2. Written
 - a. Coaching Staff will bring in athletes written up for a meeting, where each athlete will be issued a written explanation of write-up.
 - b. For the first meeting, Coaching Staff and athlete should be in attendance. The athlete will also be required to serve two (2) hours of service time to the dance program.
 - c. For the second write-up, Coaching Staff, athlete, and Spirit Coordinator should be in attendance. At this time, team member will be suspended from the team for one (1) week, and will be required to serve four (4) hours of service time to the dance program.
 - d. For the third write-up, Coaching Staff, athlete, Spirit Coordinator, and Director of Student Affairs should be in attendance. At this time, team member will be removed from the team.
 - e. Each party in attendance should sign the write-up, and the athlete will receive a copy for personal records.
- 3. Verbal
 - a. Each athlete will have three (3) verbal warnings before being issued a written warning.
 - b. The Head Coach will have discretion with verbal warnings.
 - c. If three verbal warnings are used during one practice session, dancer will be asked to leave practice and a meeting will be set up for write-up.

B. What is Cause

- 1. The cause for write ups is at the Head Coach's discretion.
- 2. Any infractions to the rules set forth by the Cheer, Dance and Mascot Manual or any other rules and expectations given by the coaching staff are subject to write-ups.
- 3. Any actions deemed detrimental to the team or program as a whole are subject to immediate removal from all Spirit Teams.

C. Removal

- 1. Dance Team members should understand that each athlete has a right to be on the team, but do not have a right to participate in games, functions, or nationals.

2. Spirit Team members may be removed from their respective teams at any time, for any reason at the Head Coach's discretion.
3. Dance Team members may be suspended from their respective team's activities at any time, for any reason at the Head Coach's discretion.
4. Any Dance Team members receiving three write-ups in one year will be removed from the team and will lose any scholarship awarded for that semester.

D. Appeals Process

1. After a team member has been suspended or removed, if an athlete feels the punishment is unjust, and only after all possibilities of reconciliation are exhausted between athlete and coach, the athlete may appeal the punishment to the Spirit Coordinator and Director of Student Affairs.
2. A meeting with the Director of Student Affairs, Spirit Coordinator, coaching staff, and student-athlete will be set to discuss all actions taken by both the athlete and the coach.

IX. Nationals

A. Eligibility

1. Every athlete must be enrolled in twelve (12) hours in order to be considered for national's teams, unless graduate students, in which case they must be enrolled in nine (9) hours or graduating seniors.
2. All Dance Team members must have a minimum of 1.8 GPA to be considered for national's teams. Any athlete receiving under a 1.8 will not be considered for the national's team, and will not be provided travel or any accommodations to the NDA Collegiate National Championship.
3. Any athlete receiving under a 1.5 will be removed from the team, and will not be considered for the national's team. These individuals will also not be provided travel or any accommodations to the NDA Collegiate National Championship.
4. No spirit team member has the absolute right to be on a national's team or travel with the team if so deemed by the Head Coach.
5. Mascots are eligible to compete with spirit teams at the NCA/NDA Collegiate National Championship Competition at the discretion of the individual teams and/or coaching staff.
 - a. It will be at the discretion of the coaching staff, who, if any mascot will represent SFA in a competitive position with the Dance Teams.
 - b. Mascots will be made aware of their competitive status prior to spring break practices in March.

B. Local Laws

1. Spirit Team members are expected to adhere to any local laws set forth while traveling.
2. Any Spirit Team member charged or arrested during trips will not be the responsibility of the school or spirit program and must provide their own funds and means of transportation home if the situation deems this necessary.

C. Room Conditions

1. Room conditions when Spirit Team members depart should not be damaged or destroyed in any way.
2. The coaching staff reserves the right to inspect rooms on departure.
3. Any damage found will become the responsibility of each individual assigned to that room, and they will be held accountable for all charges.

D. Alcohol Policy

1. All Spirit Team members will adhere to the No Tolerance regulations set forth by the Coaching Staff prior to competition.
2. After all aspects of the competition are over, this includes awards, only Dance Team members over the legal drinking age will be allowed to consume alcohol.
3. There will be no consumption of alcohol in any team room or in the hotel regardless of the age of the team member. SFA will have a No Tolerance rule for the entire SFA Spirit Team floor in the hotel at all times.
4. Alcohol may only be consumed in an establishment that serves alcohol and must be finished there.

E. Cohabitation

1. All Spirit Team members are given specific rooming assignments and are expected to remain in those assigned rooms for the remainder of the trip.
2. No cohabitation will be allowed unless team members are legally married.

F. Room Checks

1. Room checks will be done by the coaching staff the evenings before the preliminary and final competition. They may also be done at any other time deemed necessary by the coaches and advisors.

G. Squatters

1. All rooms will have the numbers of people reserved in that room with no extras. There will be no exceptions prior to the competition.
2. If non-team members are found in a room provided by the University, that room will be donated to the visitor and team members will be moved to a room in town.



**STEPHEN F. AUSTIN STATE UNIVERSITY
CHEER, DANCE AND MASCOT GUIDELINE AGREEMENT**

I, _____, received a copy of the Cheer, Dance, and Mascot Manual. I acknowledge that it is my responsibility to read and understand the anticipated expectations set forth for me as a Stephen F. Austin State University Cheerleader, Dancer, or Mascot by the Office of Student Affairs, the SFA Spirit Program, and the coaching staff. I understand that my coaching staff will give me notifications, in the form of a write-up, for any rule infractions on my part. I also understand that if my actions or attitude are deemed unsatisfactory or detrimental to the program in any way that my position on my respective team may be terminated at any time, without prior actions. Furthermore, I understand that by signing this, I recognize my part in helping to keep the SFA Cheerleading and Dance Program a safe, successful, fun, and respected program, for the current year as well as in the future.

Signature of Athlete

Date