CHEERLEADER & GOLD MINER GUIDELINES:  
Rules, Structure & Responsibility  
Missouri University of Science and Technology

Academics
- Minimum 2.0 GPA
- Full-time Missouri S&T student (12 hours per semester for undergraduates, 9 hours per semester for graduate students)

Athletes Supporting Athletes
- Team members will support athletic teams at Missouri S&T as determined by the Coach.
- Team members will participate for the football, basketball, and part of volleyball season. Exceptions may be required at the coach’s discretion.
- Team members will be involved in homecoming, charity events, fundraising, and other possible campus events throughout the year with adequate notification.
- Cheerleading and dance teams will perform separately as individual teams and may also perform as one group, occasionally.

Appearance
- Uniforms will be provided to wear at all events. Socks, undershirts (for guys), undergarments, and hosiery are to be provided by the individual team members. Uniforms must be cared for according to the instructions on the label. Damaged or lost uniforms must be replaced by the team member.
- Gum chewing, long fingernails, and bright nail polish are prohibited. ALL jewelry is prohibited for cheerleaders. Dancers may be allowed to wear small stud earrings only. All tattoos must be hidden by the uniform or covered in an attractive and appropriate manner. NO facial piercings will be permitted.
- Practice attire should be neat and appropriate for practice activities.
- Team members may not wear uniform attire to any function other than a game or event specified by the coach.
- Hair should be back away from the face and out of the way of flyers. Hair color shall be kept modest (i.e. no blue or pink hair).
- Failure to arrive prepared with all uniform pieces and equipment may result in consequences including, but not limited to, extra conditioning, not being allowed to perform at that event or future events, etc.

Attendance
- On practice nights, please CALL Coach Long before 2:00pm if you are going to be absent or late.
- All members are expected to be on time and must attend all practices, games, and other mandatory events.
- Excessive tardiness or unexcused absences, as determined by the coach, will result in suspension or dismissal.
- In addition, consequences for unexcused absences will include additional conditioning as determined by the coach.
- Team members must give the coach advance notice in case of emergency regarding practice or game.
- Excused absences are: illness, academic-related (i.e. class-required event – these must be reported at least 2 weeks in advance), or family emergency. Documentation (doctor’s note) may be required.
- Unexcused absences are: homework, studying, job, other organizations, not showing up for a game.
- If you miss the final practice before a performance, you may not be allowed to perform for that event. This will be determined on a case-by-case basis by the coach.
Practice Times
- Cheerleader and Gold Miner practices will be two to three times per week. Times will be determined and presented on a team calendar.
- There may be additional practices as needed to be determined by the coach.
- Practice times do not include your personal conditioning program.

Practice Guidelines
- Team members are expected to be dressed in appropriate practice attire. Hair should be pulled back, nails trimmed, and jewelry removed.
- No cell phones allowed at practice. This includes practices immediately before game time. If you must bring your cell phone, it shall be on a silent mode and only emergency calls should be answered. Please see the coach prior to practice if you feel it is necessary to have your phone on.
- Spectators or guests (including prospective squad members) are welcome to attend practice as long as they are not a distraction to the team. If a team member brings a guest, he or she should not communicate except for breaks or if permission is given by the coach.
- Team members should plan to arrive to practice 10-15 minutes early in order to stretch/warm-up. This will eliminate practices running late or the need for additional practice time.

Standards for Behavior
- Smoking and drinking alcohol are not allowed in uniform – this includes team t-shirts, jackets, letter jackets, etc.
- The use of illegal drugs will not be tolerated and will result in immediate dismissal.
- Team members should be mindful of their actions and behavior while in uniform. Unacceptable behaviors include (but are not limited to): swearing, unnecessary PDA, inappropriate hand gestures, retaliation toward game officials, etc.
- Team member shall monitor their social media presence, remembering that they are a constant representation of the University.
- Mutual respect and honesty will be valued. Blatant disrespect, inappropriate language, and/or dishonesty will result in dismissal.
- Team members are expected to live up to the highest personal standards of behavior, both in and out of the gym.
- Physical conditioning, optimal health, teamwork, and commitment to skill development are the standards of excellence.
- A positive attitude and determination should be brought to all practices and games.
- Criticism of each other’s behavior or skills should be limited. Any suggestions offered should be offered and accepted in a constructive manner.
- Team members should always show respect and be courteous to faculty members, administration, officials, coaches, players, and visitors, remembering that their primary responsibility is to support the athletic program.

Dropping off the Team
- If you decide to discontinue your participation with the Team, you must contact the coach directly and immediately. Simply ceasing attendance is not acceptable. YOU MUST CONTACT THE COACH DIRECTLY AND IMMEDIATELY.
- Quitting the team mid-season can affect eligibility to tryout for future seasons.
- Grades can be withheld and accounts put on hold until all uniforms, equipment, and payments are submitted to the coach.
- If you drop off a team or are dismissed for any preventable reason mid-season, you will be held responsible for reimbursing the team for the cost of your shoes. (Dancers average $80; Cheerleaders average $100)
Injuries
- All injuries must be reported to the coach. An athletic trainer or student health official should evaluate any injury that occurs during a practice or a game. Athletes must be released by student health prior to returning to practice or games. Emergencies will follow standard emergency procedures (911).
- To prevent injuries, follow your conditioning program and be on time for practice and games in order to participate in a proper warm-up.

Captains
- Each team will elect captains and co-captains. The coach will facilitate a secret ballot, approve the captains chosen, and announce the captains.
- All captains are expected to set the best example to the team in all areas mentioned in the rules and regulations as well as in the areas of leadership, academics, and commitment to the team.
- All captains will be required to assist the coach in communications/coordination with the team as well as in the teaching of material to the team.

Spirit Committee
- The Cheerleading Team captains, the Gold Miner Team captains, and the coach will comprise a Spirit Committee.
- Responsibilities include coordination of special appearances and special spirit/support of athletic team members and coaches, organization of schedules when needed, and organization of fund raising.

Letter Jackets
- Participants may earn the opportunity to purchase their own letter jacket.
- Cheerleaders and Gold Miners must attend and perform at all games during one spirit team season to be eligible for a letter jacket. This includes all required football and basketball games and other events as determined by the coach.
- Since practices are a requirement, one unexcused missed practice or late attendance could result in the disqualification of letter jacket status. A participant may start with a clean slate at the beginning of the next year.
- Athletes can also earn letter jackets by being a team member in good standing for 3 consecutive years.
- Letter jackets will be recommended and awarded at the discretion of the coach.

Travel
- The opportunity to travel with the teams is a possibility. This may include the cheerleading team, the dance team, or both.
- Special requirements and rules may be added as directed by the coach.
- The coach will inform any participants who will be traveling of such requirements and rules in advance of the opportunity.

Conditioning
- Team members are expected to develop their own plan for conditioning. Maintaining a certain level of physical fitness is a necessity for the team’s success. Skill improvement will only develop as a result of your own hard work and dedication.
- Schedule your conditioning time just as you would your class or study or practice schedule. Make time for it.
- Mandatory conditioning times may be appointed by the coach in addition to your own conditioning plan.

Communication
- The majority of communication from the coach and the captains will come via e-mail. It is recommended that everyone check e-mail daily. Listservs are set up for this purpose. Team members and coaches
are on the listservs. Addresses are: **gldmin-grp@mst.edu** for the Gold Miners and **cheer-grp@mst.edu** for the cheerleaders.

- Texting and GroupMe will also be used to communicate among the team members and coach.
- Changes to the current day’s schedule should be done by direct contact with the coach. Please make sure a telephone message system is in place for last minute changes to be communicated to you.
- Lines of communication between team members and the captains and coach are open. Problems should be dealt with directly and not covertly.

**Tryouts**

- Everyone will be required to try out each year with one exception - If you have been a member of the cheerleading or dance team for three consecutive years, you will not have to try out for the fourth consecutive year or any other subsequent years (as long as they are consecutive.)
- Graduating seniors may be invited to assist in the selection of the following semester’s teams.

**Camps**

- ALL members of the cheerleading and dance teams will be required to attend UCA/UDA camp on the UCM campus in Warrensburg, MO to be held July 29-31, 2016.
- ALL members of the cheerleading and dance teams will be required to participate in a camp run by the acting captains during Freshman Orientation Week. This camp will include morning and evening practices and times that will be chosen so as not to interfere with Freshman Week activities.

**Fees**

- Each team member will pay team fees to cover costs of camps and items that will be purchased for the team members and not returned to the team. These include, but are not limited to team jackets, team t-shirts, camp shirts, ribbons, etc.
  - 1\textsuperscript{st} year: $300
  - 2\textsuperscript{nd} year: $200
  - 3\textsuperscript{rd} year (and each year following): $100

**Topics not covered here will be addressed on an individual basis by the coach.**

**Coach’s Contact Information**

Erica Long  
**Cell:** 573.578.0483  
**Work:** 101 Toomey Hall; 573-341-4143 (I also have mailboxes in athletics – G2 Bullman – as well as 194 Toomey Hall)  
**Email:** elong@mst.edu
Commitment (Coach’s copy)

- I understand that I am expected to improve my skills as directed by the coach.
- I understand that I am expected to attend all practices, games and events with a positive attitude.
- I understand that I should contact the coach in case of problems, challenges, questions or emergencies.
- I fully understand all items set forth in the rules & regulations and agree to abide by them to the best of my abilities.

Signed: ___________________________ Date: ________________________