

## CSI CHEERLEADING AND GOLDEN GIRLS TEAM CODE OF CONDUCT:

- Team members shall maintain a 2.7 grade point average each semester and be enrolled in at least 12 credit hours at the College of Southern Idaho.
- Each member is required to have a physical before summer camp. All insurance forms, waivers, and forms as assigned by the coach must be turned in by the specific dates given.
- All members are required to attend camp. Failure to attend will result in dismissal from the team.
- Each Team member shall attend all practices and games. Work is NOT an excuse. You are considered unexcused unless you have made arrangements with the coach prior to the absence. Authorization to miss a practice or game must be approved 72 hours in advance in order to allow the team to prepare.
- Each member shall not be tardy to practices or games. If a team member is tardy they will lose participation points and disciplinary measures will be taken. *5 points per tardy. 15 points = Benched*
- All Team members are required to maintain their physical fitness & care for themselves with proper sleep, diet, & physical workouts. *\*\*Extra workouts may be assigned to anyone needing to meet fitness standards.*
- 100% effort is expected at all times. Expect to go “full out” at all practices. *Poor attitudes will be dismissed.*
- Team members are expected to work as a team. Each member is expected to support one another and perform together. Friendships or non-friendships shall not have a negative effect on the team or performance. Conflict among team members will not be tolerated and will be addressed according to the commitment policy. Inter-squad relationships are HIGHLY discouraged.
- Adequate apparel must be worn to all practices and events. No gum, jewelry (including jewelry that may not be visible), long fingernails, lotion or baggy clothing allowed in class or at events. Hair must be secured out of the face at practice. Failure to comply will result in a loss of participation points.
- Each member is responsible for all clothing, uniforms, costumes, bags, poms, props and other equipment assigned to them. Team members are responsible for pick up and returning of equipment. Care must be taken to ensure items are in presentable and clean condition. Each member shall be responsible for the replacement of any item if lost, damaged or misused. Uniforms, shoes, and equipment are not to be worn or used outside of school sponsored functions. Wrinkled or dirty uniforms will be cause for dismissal of the game or activity.
- All visible tattoos must be covered during games and performances. **No new tattoos or piercings are permitted during the season (From TYROUTS through March of the following year.) Any addition will be cause for immediate dismissal from the team – absolutely NO Exceptions!**
- If a team member arrives at a game, performance or practice impaired, that individual will be terminated from the team and the full amount of scholarship will be expected to be returned to CSI. An invoice will be sent.
- Team members will uphold the highest moral standards at all times. Smoking, drinking and drug use are not permitted at any time and will result in negative consequences including termination. Cruel, vulgar and otherwise explicit language is prohibited during games and practices.
- The use of cell phones, except in an emergency, is prohibited at practice, functions and games.
- Cheerleaders will not be allowed to eat, drink or chew gum during games or events. Breaks will be provided.
- Other rules concerning Cheer Team members may be given verbally or in written form by the coach at any time. Failure to adhere to these additional rules may result in disciplinary action. Termination from the team may result in paying back a prorated portion of the scholarship awarded.

These rules and regulations are in place to provide the structure, organization, and success of the CSI athletic programs, as well as the safety of its members.

I read, understand and accept the General Rules placed before me. I understand that any deviation of these rules could result in a drop in grade, disciplinary action, even termination from the team with a result in paying a prorated portion of the scholarship back to CSI.

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

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