

# Penn State Altoona

## Spirit Program

Cheerleading, Dance, and Mascot  
Expectations, Rules, and Goals

**2016 - 2017**

Philosophy:

*Supporting other athletic teams and competing in our own tournaments, while excelling in academics will develop us mentally and physically for a positive future.*

## **ANNOUNCEMENTS**

Aug 19 new student move-in. Aug 22 classes begin.

<http://www.altoona.psu.edu/registrar/calendar.php?value=fa>

Tryouts are September 18, 2016 from 6-8pm in Adler

Practices are Sunday and Thursday evenings from 6-8pm

Games may be any day

Competitions are through March

Financial Responsibility Includes \$500 per person for your own gear and comp fees

## **GENERAL**

- We must follow all AACCA safety rules all of the time! ([www.aacca.com](http://www.aacca.com))
- Cheerleading at Penn State Altoona is a club sport. You must have a 2.00 GPA during the semester to participate.
- If you do not finish the season with the team, all PSU Altoona equipment must be returned or you will not get your school grades for the semester.
- The Chain of Command for Penn State Altoona Cheerleading issues is as follows: Team Captain (President), Coach, and then Director of Recreational Sports.
- Feel free to speak to Coaches at the appropriate time about any issues, they are very approachable (i.e. approaching a coach in the middle of practice is not an appropriate time.)
- Initiations/hazing of other Spirit Program members will not be tolerated. There are many ways to build team unity and embarrassing a teammate is not one of them. Those involved in hazing will be dismissed from the program.
- Our alcohol policy, if you are of age, is no drinking 24 hours before a practice or 48 hours before a game. This is for health and safety reasons and will be respected. If you are not of age, then there is obviously no alcohol consumption permitted. Breaking this rule will be dealt with on an individual basis.
- You are responsible for equipment that you are assigned during the year and if it is not returned, you are expected to compensate the school for it.
- You will also receive extra PSU apparel for the season to keep. These items will be kept clean because you don't know when you will be asked to wear one to an event. This apparel should not be worn anywhere or doing anything that you feel does not represent PSU Altoona well (ie. To bars, parties, smoking a cigarette).
- Be aware of what you post online about yourself, your teammates, and your school. You are representing a large population of people at ALL times.
- Obey the law inside and outside of the gym.
- No gossip, profanity or abusive language.
- No jewelry or gum while with the team.
- Do not wear apparel of other teams that Penn State competes against to any cheer function
- Fingernails need to be kept short. Colors will be discussed by the team before comps
- There will be NO stunting, tumbling, or jumping when coaches are not present!

- Cell phones on silent while with the team.
- Only practice your skills in an approved environment with qualified coaches
- Be on time and you will be let out of practice on time.

## **CONSEQUENCES**

- Entire team gets 50 squat jumps per infraction at end of practice (in addition to conditioning)

## **PRACTICE**

- Practices, games, competitions, conditioning, and appearances are mandatory. We will not have more than 10 mandatory hours in any consecutive seven day period.
- Practices will be in various locations inside the Adler Athletic Complex on campus.
- Be on time to all practices, competitions or any scheduled event
- Please do not take valuables to practices, games, or competitions.
- Items brought into the practice (sweats, bags, etc.) must be placed neatly away from any practice area so that there is a clear walkway.
- Know what clothes you are wearing for the upcoming practice and wear them.
- No street shoes allowed on the mat. Please do not wear your cheer shoes outside.
- Practices are closed; no visitors unless we announce an open practice.

## **GAMES**

- Each member will sign-up for certain games and events at the beginning of each month so that everyone puts forth the same amount of hours. 12 cheerleaders, 8 dancers, and 1 mascot will be at each basketball game.
- You may be asked to cut school vacations short for practice or games.
- When in uniform, do not let people see you: eating, smoking, using a cell phone, showing affection, or doing anything illegal.
- Wherever you go, people may ask you about Penn State Altoona Cheer, Dance, or Mascot. Have things prepared to say about the program and something to give out such as information cards if you are expecting these questions.

## **CONDITIONING**

- You will receive a workout program and are required 2 hours of exercise per week (in addition to practice).
- Everyone must fill out or email coach a time sheet of their exercise from that week. Substitutions are possible with prior approval.
- Each athlete will be pretested with a CoreScore and encouraged to improve that score.
- Work on your individual deficiencies outside of practice every week
- Attempt to get 6-8 hours of quality sleep every night
- Maintain proper nutrition year round (decrease fried and processed food; increase plants)

## COMPETITION

- Competition this year will be 3 day trips and 1 overnight comp less than 7 hours away.
- You will be notified as far in advance for competition as possible but please keep your weekends open starting in December to compete once a month.
- Our team will watch and support other teams at competitions – no rivalries
- Athletes and their families will show good sportsmanship at all times. We want to be the best but without the other teams we couldn't measure what the best is so appreciate them.

## FUNDRAISING

- Fundraisers in the past have been a mini cheerleading camp, a coed stunt clinic, conditioning clinic, spaghetti dinner, car wash, donation letter, and this year we are looking into working at a competition. It is possible to raise all of the money you need with these fundraisers.
- Each cheerleader will be required to raise \$100 per month for our expenses and the remaining amount that you do not fundraise each month will be collected on the last day of September, October, November, January, and February. If you overpay at some point, your dues will be less on the following month. You do not get cash back if you fundraise over what you are required to fundraise.
- All monies will be handled through the Student Activities Office and you must bring a copy of your receipt to the coaches for their records.
- Fees include apparel, coach's pay, competition entrance fees, travel fees, accommodation fees, and more. Many of these costs are due upfront and if they are late being paid could result in further fees for the team. It is very important to pay on time by the last of each month or it is considered an unexcused absence and late fees will apply.

### Consequences for Breaking Rules

**TARDINESS** – Practice starts on time and ends on time. If you are not ready to warm-up with the team at the beginning of practice with practice clothes on, shoes on and tied, hair up, and injuries taped then you are considered tardy.

The consequence for being tardy is 10 minutes of chores around the gym which may include but is not limited to vacuuming, dusting, cleaning the restrooms, taking out the trash, etc.

These 10 minutes will come after the practice that you were late to or prior to the next practice (per your conversation with Coach at that practice). If the chores are not completed during one of these times, the 10 minutes will turn into 20 minutes for next time and so on.

**ABSENCES** – Attendance is mandatory. If you do not show up to a mandatory practice, event, game, conditioning, or competition, you are hurting the entire team because they cannot perform everything they need to at that event. Please request off no less than 30 days prior if needed.

Excused Absences include: a school function that results in a grade; a death in the family; a sickness (you must talk with Coach first and have a doctor's note to return)

Unexcused Absences include, but are not limited to: not showing up and not telling anyone; jobs; dances, birthday parties, concerts, banquets, family reunions, weddings, etc.;

School projects and homework or tests; traffic or long distance driving

The consequence for an excused absence is to find someone to fill in for you at that practice. This person can be one of your friends. They do not need to stunt, but they will need to stand in your formations and transition from spot to spot in the routine. You are also responsible for finding out what you missed before the next practice.

The consequence for an unexcused absence from a practice or competition is that you must apologize in front of the entire team AND Coach will have a meeting with the captains about your dismissal from the team after the second occurrence.

**OUTSIDE OF SCHOOL** – Penn State Altoona has to protect its public image. If a member has repeated trouble in school or legal trouble, the Coaches will have a meeting with School Officials about how this affects the member's relationship with our team.

If you drop below a 2.00, you will be suspended from all activities (you still must report to practice to study, not participate) until your GPA has improved above a 2.00.

### Travel Policies

#### **HOTEL AND BUS**

- When traveling to our day competitions (under 3 hours away), we will carpool and those driving will be compensated.
- The team will stay in the hotel together, no exceptions
- You are responsible to cover additional costs incurred at hotels.
- Family and friends may pay to ride the team bus if there is room available

#### **DRESS CODE**

- Proper travel attire will be discussed for travel to competition.
- All hair and makeup must be complete before entering the competition venue.
- If not wearing your uniform, keep it on a hanger
- Never wear part of your uniform; always the whole thing unless the team is in unison.
- You must wear the correct shoes during competitions.
- Take care of your uniform and practice clothes

### GOALS

- Support and work together as a team at practice, games and competition.
- Offer and give help to each other as needed, in a constructive manner for all members to achieve their own individual goals by putting forth full effort in all that we attempt.
- Bond as a team to develop new friendships, team unity, and trust so that everybody knows every other person on the squad better.
- Keep PSU spirit alive at games even when the team is not winning.
- Have all stunt groups able to perform at the same level.
- Have fun!!
- Shoot beyond all of our individual and team goals.

### COACH'S CHEER SKILL PROJECTIONS:

Basket Tosses	<ul style="list-style-type: none"> <li>• Great toe touch technique</li> <li>• 5 Tuck Tosses</li> </ul>
Group Stunts	<ul style="list-style-type: none"> <li>• Very Strong Basics (extension, lib)</li> <li>• Collegiate rewind to load-in position</li> </ul>
Pyramids	<ul style="list-style-type: none"> <li>• 2-2-1 on shoulders</li> <li>• Transitional Swedish falls</li> </ul>
Tumbling	<ul style="list-style-type: none"> <li>• 90% Squad Handsprings</li> <li>• Half squad with tucks</li> </ul>
Jumps	<ul style="list-style-type: none"> <li>• 5 Toe Touches in a Row for Conditioning</li> <li>• Full Squad Toe, Toe, Toe, hurdler, pike</li> </ul>
Conditioning	<ul style="list-style-type: none"> <li>• Don't miss any sessions</li> </ul>
Competitions	<ul style="list-style-type: none"> <li>• Compete at 5 comps this year</li> <li>• Be Confident going into each Comp</li> </ul>
Academics	<ul style="list-style-type: none"> <li>• Everyone Stay above a 2.25 GPA</li> </ul>

### **OUTLINE OF ROLES ON TEAM**

- Returners – Be a role model in and outside of practice by following rules and working hard. Guide the first year team members.
- New to Team – Allow returners to help you and follow all rules to be a great athlete.
- Captains – Lead, help, and motivate your teammates. Set an example. Organize and help Coaches when needed.
- Upperclassmen – Offer assistance to freshmen outside of practice on college lifestyle.
- Freshmen – Bring ideas from past squads but let the upperclassmen have final say.
- All Girls – Help each other at appropriate times (yelling across practice is not appropriate)
- Coach – Safely mold team into a Competitive Squad while helping individuals grow.

### **WEBSITES**

[http://www.altoona.psu.edu/rec/club\\_cheerleading.php](http://www.altoona.psu.edu/rec/club_cheerleading.php)

<http://psualtoona.orgsync.com/org/psaltoonacheer/home>

## **Emergency Plan**

Should a minor injury (not life threatening) occur let Coach know right away. Coach will then take appropriate action to help with the injury followed by filling out an injury report. If a doctor is seen, please provide a note stating that you may participate again.

In the event of a life threatening injury (potential for head or neck injury, gushing blood, or the chance of shock) dial 911 and tell the operator who is injured, what happened, and where you are: Penn State Altoona, 3000 Ivyside Park, Altoona, PA. Send 2 people outside to wait for the ambulance. Have someone call the emergency contact of the person injured.

Number: \_\_\_\_

Reach: \_\_\_\_

## Penn State Altoona Cheerleading Tryout Profile

Name: \_\_\_\_\_ Class Yr: \_\_\_\_\_

Email: \_\_\_\_\_ Best Phone No.: \_\_\_\_\_

Current Major/Minor: \_\_\_\_\_

Activities / hobbies other than cheerleading: \_\_\_\_\_

\_\_\_\_\_

My GPA is approximately: \_\_\_\_\_ Dorm/Apt: \_\_\_\_\_

Where I cheered before coming to Penn State Altoona: \_\_\_\_\_

My Favorite Snack is: \_\_\_\_\_

What is your favorite part of cheerleading (circle one)? *Competition, Games, Practice, Community Service, Pep Rally, or Fundraising*

What is the best part about being a cheerleader to you? *Being part of a team, Getting Exercise, Ambassador of my school, Other students noticing me.*

Which position best suits you? *Base, Back, coed Top, All Girl Top, Tumbler*

In which aspect of cheerleading do you most excel? *Cheers/sidelines, Dance, Stunts, Tumbling, Jumps, Choreography, or Conditioning*

Where should Nationals be this year? *Daytona Beach, Atlanta GA, Myrtle Beach, Virginia Beach, Niagara Falls, Atlantic City, Hershey Park (listed high \$ to low \$)*

I have read and understand the rules and regulations about being a part of the Penn State Altoona Cheer Squad. Should I not make the squad, I realize that it is in the best interest of the coach, other cheerleaders, and PSU Altoona.

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

College Cheer Competitions 2016-17:

<b>Company</b>	<b>Location</b>	<b>Date</b>	<b>Division</b>	<b>Floor</b>	<b>Price</b>
<b>PA States</b>	IUP	Nov 19	Exhibit	Foam	Free
<b>District VI</b>	Altoona HS	Dec 10	Exhibit	Foam	Free
<b>Jamfest</b>	Pittsburgh	Feb 4	College	Foam	\$45 each
<b>*Coastal BATC</b>	Wash DC	Feb 11	College	Spring	\$75 each
<b>*CheerSport</b>	Atlanta	Feb 17	Open 6	Spring	\$169 each
<b>*Jamfest</b>	Syracuse	March 3	Coed	Foam	\$35 each
<b>*Cheer LTD</b>	Myrtle Beach	March 17	Med Coed	Spring	\$45 each
<b>Jamfest</b>	Philly	April 2	College	Spring	\$45 each
<b>*NCA</b>	Daytona	April 5	Sm Coed Div II	Foam	\$340 each

These are Varsity events – the only company’s competitions we may attend.

\*An asterisk denotes overnight competition. No asterisk means it’s a day trip.

Prices above are just the entrance fee (does not include travel or hotel stay).

Spring Break March 6-11, 2017; Finals are May 1-4, 2017

April 22, 2017 Penn State Altoona Cheer Tryouts



## Estimated Budget

ITEM	You Pay	Amt Needed	Team Pays
Shirts	\$8	55	\$440
Bows	\$6	22	\$132
Guy Shirt	\$39	7	\$273
Guy Short	\$29	7	\$203
Poms	\$15	20	\$300
Bodysuits	\$14	20	\$280
Briefs	\$7	20	\$140
COACH FEE	\$125.00	24	\$3,000
<b>Gametime</b>	<b>\$243</b>		<b>\$4,768</b>

Music	\$50	24	\$1,200
NY Travel	\$99	26	\$2,574
NY Hotel	\$75	26	\$1,950
NY Food	\$80	24	\$1,920
NY Comp	\$35	24	\$840
<b>Sub Tot</b>	<b>\$339</b>		<b>\$8,484</b>
DC Travel	\$94	26	\$2,444
DC Hotel	\$100	26	\$2,600
DC Food	\$80	24	\$1,920
DC Comp	\$75	24	\$1,800
<b>Sub Tot</b>	<b>\$349</b>		<b>\$8,764</b>
<b>Local Comps</b>	<b>\$688</b>		<b>\$17,248</b>

NCA Travel	\$340	26	\$8,840
NCA Hotel	\$200	26	\$5,200
NCA Food	\$180	24	\$4,320
NCA Comp	\$340	24	\$8,160
<b>NCA Nats</b>	<b>\$1,060</b>		<b>\$26,520</b>

SEASON	Per Person	For Team
Local		
Comps	\$931	\$22,016
NCA Nats	\$1,303	\$31,288



Penn State Altoona  
 Cheerleading  
 3000 Ivyside Park  
 Altoona, PA 16601  
 814 931 6344

CHEERLEADER: \_\_\_\_\_

The Penn State Altoona Cheerleading Squad is beginning a new season and is very excited about our sports teams this year. We are attempting to make it to at least one event for each of them! At the same time, we will be headed to our own competitions this year in Syracuse and DC. In order to get there, we are asking for your help. From food and lodging to registration and travel, we are looking at a hefty budget. Each cheerleader must fund his or her own season.

You could help out our organization tremendously by donating any amount. Whatever you donate will go directly into the account of the cheerleader listed above.

Please consider donating in the name of your family or business. We will thank you with your name in an email and on our website under the following categories:

Tier 5 is under \$10

Tier 4 is \$10 - \$49

Tier 3 is \$50 - \$99

Tier 2 is \$100 - \$249

Tier 1 is \$250 or more

Donations of \$100.00 or more will receive an 8"x10" signed picture of the squad.

(Checks may be written out to Penn State University with Cheerleading in the memo line.)

Thank you very much for your time and support. GO LIONS!

Tanya Palovich-Scott and John Anderson

Cheerleading Coaches

<b>Name / Company</b>	
<b>Email Address</b>	
<b>Physical Address</b>	
<b>Amount Donating</b>	

# Penn State Altoona Cheerleaders

Proudly Present

## Mini Cheerleader Camp 2016

Students in grades K-7 are invited to attend a clinic at Penn State Altoona.  
Hurry, This Camp is Limited to the First 60 People that Sign-up!!

**WHEN:** Sunday Dec 4 from 3-5pm & Monday Dec 5, 2016 from 530-7pm

**WHERE:** Adler Gymnasium on the Penn State Altoona Campus

**COST:** \$35 (\$10 discount for each additional sibling)

**INCLUDES:** 2 hours of cheerleading instruction and fun – with stunting and tumbling along with Camp T-Shirt! Plus appearance at the Women's Basketball game vs Frostburg State.

### WAIVER

Child's Name \_\_\_\_\_ Family Email \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ ICE Phone \_\_\_\_\_

I \_\_\_\_\_ (parent/guardian) Give permission for my above named child to participate in Mini Cheerleader Camp. I understand that the Penn State Altoona Cheerleaders and the Penn State Altoona Campus are not liable for any injuries that may occur during the camp or game.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Circle T-shirt Size: Child / Adult  
Small Medium Large

**Please mail to:** Penn State Altoona  
Cheerleaders  
Slep Student Center  
3000 Ivyside Park  
Altoona, PA 16601

