



ELIZABETH CITY STATE UNIVERSITY



D'LYTES

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D'Lytes

General Information

Welcome to the Elizabeth City State University Cheerleader Program!

ECSU Cheerleaders supports the curricular and extracurricular activities at the University. Membership on the cheerleading team offers a unique opportunity for personal growth, leadership and involvement in diverse activities. The attitude, dedication, and involvement of the cheerleaders are just as important as the skills involved in cheering. Members of the cheer team must be committed to the highest level of spirit building, performance, self-discipline, respect for others, school and being able to balance academic requirements. All members must realize the manner in which they conduct themselves in and out of uniform directly reflects the entire team and school. Participation in cheerleading is voluntary, not mandatory. It is a privilege which may be revoked by the coach at any given time if a member violates the rules and regulations.

Organization Structure

Blue Team

May consist of 12 -14 members

Perform at all home and away Football and Men's Basketball games

Perform at selected Volleyball games, SGA meetings, Open House, Community functions, Charitable functions, etc.

White Team

Consist of 8 – 12 members

Perform at Women's Basketball games and other Community functions

Practice - At the beginning of the season, practice is daily for the first 2 months to ensure cheers are perfected. There may be some weekend practices, when necessary.

Cheerleaders must arrive to practice on time and properly dressed (wearing shorts, sports bra, tee shirt and sneakers). Tardiness will result in laps (3 maximum) for every minute late (ex. 5 minutes equals 15 laps).

No jewelry, pager or cell phones allowed at practice or at games.

All practices are closed – no friends, family or others are allowed in practices.

Game Day – Cheerleaders must arrive 1 hour before game time and be in place 2 minutes before the start of the game (and half-time).

Uniforms

Uniforms must be turned in within 24 hours after each game.

1. Team sneakers and shoelaces must be clean at all times.
2. All cheerleaders (Blue/White members) must have the same uniform look.
3. Fingernails must be sport length. Nail polish, if worn must be clear, natural or cotton candy.
4. Cheerleaders will not loan any piece of their uniform to anyone.
5. T-shirts, warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you or for anything other than cheer activities.
6. Make-up is to be worn in a complimentary fashion.
7. Hair weave length must be approved by the coach. Braids and Dread-locks are prohibited.
8. No hair color (red, blond, burgundy) without the approval of the coach.

9. All cheerleaders must attend church together when requested by the coach or advisor and be dressed appropriately.

Spirit Program Purpose

1. Promote and uphold school spirit, unity and pride at all times,
2. Represent the school with the highest degree.
3. Set an example of good behavior and good sports membership at all times, in or out of uniform, on or off campus.

Discipline Policy

1. The following violations will be grounds for immediate dismissal from the cheerleading team:
alcohol consumption, drug use, use of tobacco products, steroids, or any other controlled substance, inappropriate language and/or fighting.
2. Penalties for unexcused absences from practice, games and/or events:
1st Absence: verbal warning
2nd Absence: verbal warning and benched for one (1) game
3rd Absence: removal from the squad

Allowable Absence: class projects; sick.

Conduct

Each case of discipline will be judged individually. The advisors/coaches, with the assistance of the administration if deemed necessary, have the final decision in any discipline situation.

No consumption of alcoholic beverage or drugs (except as prescribed by physician) at any time of travel or games.

NO PROFANITY, no ARGUING or FIGHTING at any time.

Proper appearance is required at all times.

No eating, drinking, or gum chewing while in uniform.

Each cheerleader must be able to take constructive criticism from the captain(s) and/or coaches.

Cheerleaders must display proper behavior in class(es) including being on time, no skipping class or cheating.

Promoting good sportsmanship is required at all times.

Excessive public display of affection is never considered appropriate in uniform at games or in class.

The conduct of squad members is governed by common sense, mature judgment, and respect for all people, even in the most difficult circumstance.

Absences

All absences are considered unexcused except for emergencies, sickness, work or death.

No more than 2 approved absences are allowed which includes: practice, scheduled events and/or games.

Attendance at a game or practice without proper shoes, clothes or uniform will be considered absent.

Games

Members are required to arrive at least 1 hour before game time.

Conform to the appearance standard set by the Coach (hair, make-up, nails and jewelry).

All games are mandatory.

All cheerleaders must know all their cheers and routines for the games. Not cheering at a game is unacceptable.

When cheering you **must** smile and show spirit at all times.

Be respectful to visiting cheerleaders.

No socializing with friends during halftime.

Tryout Requirements

ECSU Cheerleaders must have a good attitude and commitment to your Coaches and team members. You also:

1. Must be a full-time student at ECSU;
2. Maintain a 2.0 GPA;
3. Must have a physical and a sickle test;
4. Must be able to provide proof of insurance copy – front and back;
5. Must be able to learn new cheers and dances at a fast pace;
6. Must know jumps;
7. Must have a cheer and dance routine.

Videos for incoming freshmen and transfer students will be accepted.

Tryout attire:

Female:

- Royal blue shorts.
- White sport bra.
- White socks.
- White sneakers.
- Make up.
- Hair should be styled.
- Short fingernails (polish must be French tips or cotton candy).
- Earrings – white pearls (**no other jewelry**).
- No piercing of the nose or tongue.

Males:

- Royal blue shorts.
- White T-shirt.
- White socks.
- White shoes.
- No facial hair.
- Hair cut short.
- No hair color.

ECSU Cheerleaders host a 2-day tryout session in April at the R.L. Vaughan Center where candidates display their skills, talent and commitment. Selection process: Coaches, Captains, and Alumni.

Tryout Checklist

Proof of enrollment

Copy of physical (within the last six months)

Copy of sickle cell test

Proof of Insurance (copy of front and back)

Letter of recommendation from your last Cheerleading Coach.

Elizabeth City State University
“D’lytes”
Cheerleaders Contract

Acknowledgements:

I have read and understand the ECSU Collegiate Cheerleading Team Contract. I agree to follow these rules, policies and cooperate fully with the other members of the cheerleading squad, advisors, and coaches. Failure to comply with Cheerleader Contract will/can be cause for dismissal from the cheering squad.

Signature – Cheerleader

Date