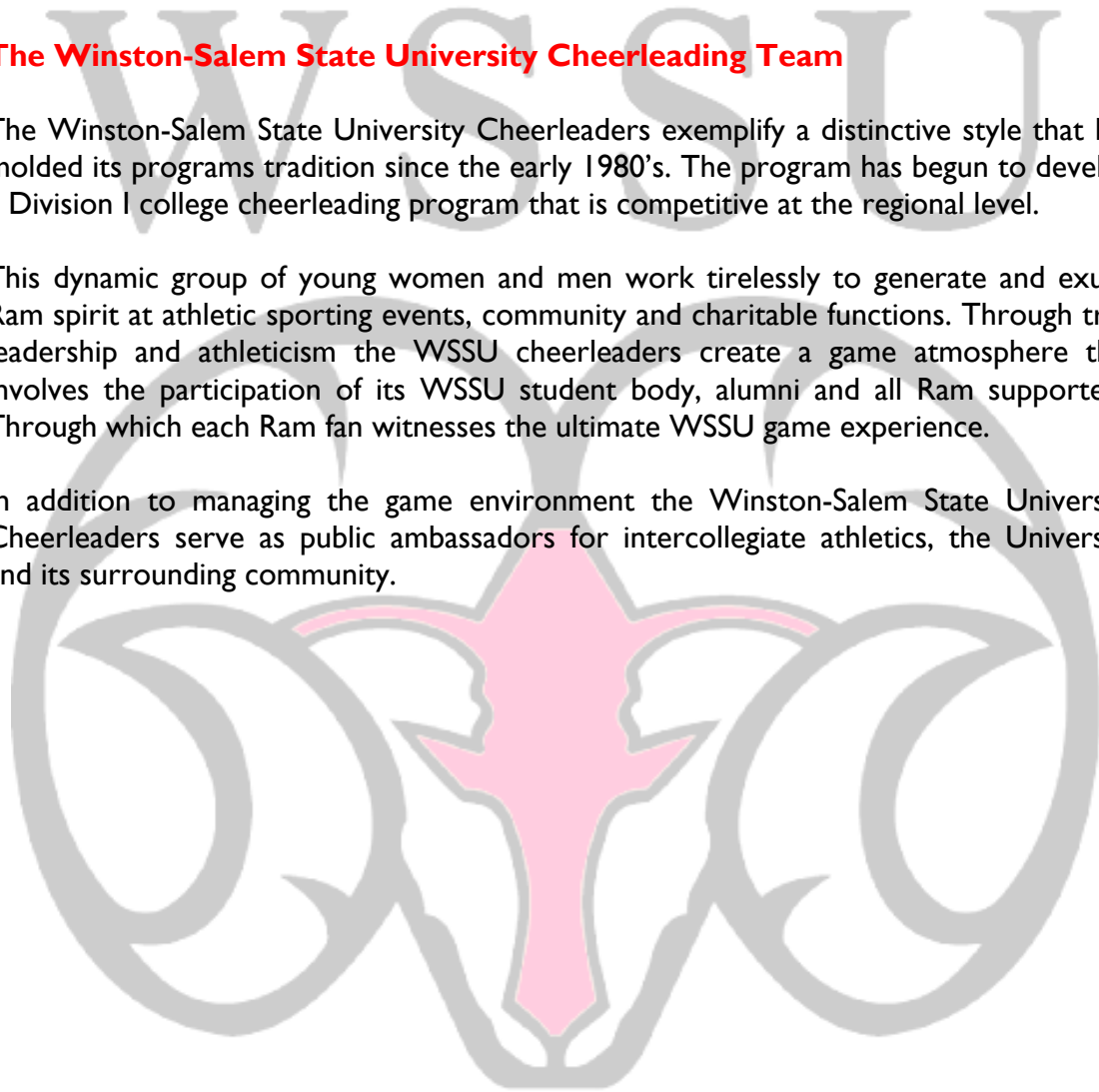


The Winston-Salem State University Cheerleading Team

The Winston-Salem State University Cheerleaders exemplify a distinctive style that has molded its programs tradition since the early 1980's. The program has begun to develop a Division I college cheerleading program that is competitive at the regional level.

This dynamic group of young women and men work tirelessly to generate and exude Ram spirit at athletic sporting events, community and charitable functions. Through true leadership and athleticism the WSSU cheerleaders create a game atmosphere that involves the participation of its WSSU student body, alumni and all Ram supporters. Through which each Ram fan witnesses the ultimate WSSU game experience.

In addition to managing the game environment the Winston-Salem State University Cheerleaders serve as public ambassadors for intercollegiate athletics, the University and its surrounding community.



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General Information

I. Objectives:

- 1) The WSSU cheerleading program is a student activity under the department of athletics. Our program's objective is to ensure that each participant develops into mature and independent adults throughout their matriculation at the university. We ensure that the student's academic career path is supported by providing assistance in every way the staff sees fit. Participants in our program will develop mentally and physically at a level that will provide our members with the ability to make healthy decisions.
- 2) The members of the WSSU Cheerleading program will show publicly the true spirit and loyalty that stand behind the wearing of the Red and White.

II. Purpose:

- 1) To be a member of the cheerleading team that upholds the ideals of true Ram leadership and sportsmanship in support of our athletic teams, campus, and charitable events.
- 2) Cheerleaders will perform cheers, dances, gymnastics, partner stunts, and pyramids at all athletic contests and events cleared by the Director of Cheerleading operations.

III. Organization Structure:

Winston-Salem State University's cheerleading program consists of two teams:

Red Team- these members cheer for football and men's basketball contests, pep rallies, parades, fundraisers, tournaments and other appropriate events cleared through the Director of cheerleading operations. The Red Team is composed of anywhere between 15-20 members chosen at Spring Tryouts; alternate members may be added by the coaches and director of cheerleading operations. Additional member selection possibly occurs at fall tryouts and will begin performance duties at the discretion of coach and director.

White Team- these members cheer for, women's basketball, pep rallies, parades, fundraisers, and tournaments. The White team is composed of anywhere between 12-14 members chosen between spring and fall tryouts.

WSSU Competition Team- Our competitive squad is primarily made up of Red team members. However, members of both teams are eligible to compete, depending on academic standing, athletic ability, and performance.

The WSSU cheer program is governed and budgeted by the department of Athletics. Although cheerleading is not governed by NCAA and MEAC rules, its regulations do command that proper AACCA Safety Guidelines are followed.

Training:

The WSSU cheerleaders wear attire that is appropriate and tasteful and it is imperative that our cheerleaders maintain a toned and healthy appearance. Participants begin intense training during the summer months and continue throughout the season. Cheerleaders are expected to follow a healthy diet regimen at all times. Our exercise schedule includes weight lifting, endurance training and cardiovascular workouts.

IV. Academics:

The WSSU cheerleading program has set a 2.3 cumulative grade point average requirement in order to perform. As stated in our objective we believe that this activity should not compromise the student-athletes educational career path. Producing successful student athletes is a healthy yet very important part of each cheerleaders experience at Winston-Salem State University. The cheerleading program receives:

- a. Study Hall
- b. Tutoring services and information
- c. Athletic academic advisor

V. Scholarship Information:

The WSSU cheer program does offer potential financial assistance to its members. Funds are awarded based on eligibility.

VI. Additional costs:

The WSSU cheerleading program provides all shoes, game uniforms, performance attire, warm-ups, bags etc. at no cost to the student.

Travel expenses such as transportation, meals, and lodging are provided by the department of athletics.

VII. Travel:

One of the many benefits of our cheerleading program is the opportunity to travel. Our members not only travel to showcase our unique talent but to experience new places and meet new people. Team will depart and return together to and from all athletic events.

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- a. Team travel to away games will be allowed through budget and MEAC conference rules.
 - b. The team will travel with the director of cheerleading operations and head coach.
 - c. Decisions during travel are made final by director and coach; captain and majority may be considered.

- d. The team is provided with an itinerary which entails; departure and arrival times, hotel information, telephone numbers, etc. appropriate attire to wear during travel, performance, and leisure activity.
- e. Based on team physical size only a specified number of cheerleaders will attend an away game, final decisions will be made by coach and director. There are a variety of factors that are considered before selecting members to travel; 1) attendance at practices, games, and additional appearances. 2) Squad input; 3) Seniority; 4) Class; or 4) Grade point average.

VIII. Conduct:

We expect our cheerleaders to conduct exceptional behavior at all times.

- 1.) Use of illegal substance, smoking or drinking alcoholic beverages will not be tolerated and will result in immediate dismissal.
- 2.) Foul language and/or demoralizing images that may tarnish the WSSU Cheerleading program will not be tolerated and will result in disciplinary action.
- 3.) Cheerleaders involved in verbal or physical altercations at any time will result in disciplinary action.

IX. Safety:

Over the past decade this student activity has changed due to its increase in athleticism. Cheerleading may not be officially fitted under the category as a sport but involves a combination of gymnastics, dance, partner stunts, and a variety of motions that can certainly put a participant in danger and cause personal injury. Winston-Salem State University coaching staff is safety certified by the American Association of Cheerleading Coaches and Advisors (AACCA). The program has adopted these guidelines and encourages other programs to do the same.

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X. Tryouts:

Requirements:

Anyone trying out for cheerleading must:

- a. Be enrolled as a full-time student, be accepted or in the process of being accepted at WSSU.
 - b. Maintain a 2.3 GPA
 - c. Fill out the designated application form.
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1. Director of cheerleading operations and coach can make acceptations to (A. or C.) based on candidate situation.
 2. High school seniors must provide a letter of acceptance with application. Any person who is selected for the upcoming season will have a pending status until the candidate fulfills designated graduation date.
 3. Additional members may be selected after tryouts by the director of cheerleading and coach. Depending on size, academic standing, and/or any other extenuating circumstances.
 4. Being a member of either the Red or White team during any past season does not secure a spot for the upcoming season.
 5. A Red team cheerleader who has served on the red team for four years will not be eligible to tryout. An individual that has served at another college or university will be carefully assessed by director and coach.
 6. The mascot will be selected during spring tryouts.
 7. The WSSU Cheerleading program is a time-consuming activity. Those who have other serious commitments, other than academics such as a child, spouse, 20-hour work week, etc. is encouraged to discuss their commitment with the director of cheerleading and coach before trying out. Persons in academic programs are encouraged to do the same.

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