

Ventura College Spirit Club
Guidelines

General Rules:

1. It is your responsibility as a club/team member to know, understand, execute the expectations, and follow the policies and procedures detailed in the Constitution, By-Law, and Guidelines.
2. You must commit to participate in all mandatory scheduled practices, clinics, camps, fundraisers, games, community events, and any other event from the audition date to March 31st of the following year.
3. You must commit to participate in both Football and Basketball seasons.
4. You must schedule school, work, family vacations, dentist/doctor appointments, and any other commitment around the Ventura College Spirit Club Calendar. You will have your club/team calendar at least one month prior to any mandatory event.
5. You will be given a one-week vacation in May, June, and December.
6. You must have a reliable means of transportation. You are responsible for providing your own transportation to all scheduled events unless otherwise noted by the Cheerleading Coach/Club Advisor.

Conduct/Behavior:

1. As a club/team member of the Ventura College Spirit Club you are a direct reflection of Ventura College, this cheer program, your peers, your coach/advisor, and yourself. If you violate any of the following policies, you may be benched and/or removed from the club/team due to the negative repercussions such behavior may have on the reputation of Ventura College and its' Spirit Club.
2. At any scheduled event, in or out of uniform, you shall be courteous, professional, poised and respectful at all times; especially to other cheer team members, all opposing players, any spectators in the crowd, and all Ventura College faculty.
3. You must show respect at all times for the decisions made by the officials/referees. You will make every attempt to dissuade negative responses at events and not become involved in such actions. This is in effort to promote positive team/school spirit and endorse sportsman like conduct.
4. The use of or being under the influence of any tobacco product, alcohol, illegal drug at a scheduled event or while in uniform is grounds for immediate removal from the club/team.
5. The hazing of any club/team member is prohibited.
6. Myspace/Facebook/ or any other cyber networking sites:
 - a. If you have a profile on a cyber networking site, you are required to follow the following guidelines:
 - i. You may not post any pictures of yourself or another club/team member, in or out of uniform, that:
 1. could be considered sexually suggestive
 2. include any illegal paraphernalia, including alcohol if you are under 21. If you are over 21, you may not have any photos of you in any Ventura College attire that include alcohol.
 3. include foul language or body language that suggest foul language.
 - ii. Your profile may not have any profanity, including the profile song and its lyrics, any blogs, bulletin postings, comments, etc.
 - iii. You must list Ventura College Cheer's Myspace and Facebook as one of your friends/buddies.

Practice Etiquette:

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1. Show up on time.
 - a. Tardy = 1-14 minutes late
 - i. You may receive an excused tardy by calling the coach/advisor ahead of time to forewarn that you are running late.
 - ii. There will be repercussions for tardiness.
 - iii. If you are more than 14 minutes late you are considered absent.
 - iv. Two unexcused tardies is equal to one unexcused absence.
 - v. Same rules apply for leaving a practice early.
 - b. Absent = 15 + minutes late or "no-showing"
 - i. You may receive an excused absence by presenting a written notice to the coach/advisor at least two weeks in advance.
 - ii. Two unexcused absences is equal to one bench
 - iii. There are no excused absences at games, during "Heaven-Week", at competitions, or at cheer camp. They will count the same as a bench.
 - iv. If you miss a practice the week of a home game, you will receive a half-bench. If you miss two practices the week of a home game you will receive a bench.
 - v. "No-Showing" – If you are a no-show and do not make any attempt at communicating with the coach/advisor for two weeks, you are automatically removed from the club/team.
 - c. Bench = You will not perform in a game at all. You may only have three benches for the entire cheer season. On your fourth, you are removed from the club/team.
 - i. When you are benched, you are required to:
 1. Arrive at the schedule time
 2. Attend the entire game
 3. Wear your warm-ups and cheer shoes
 4. Sit along the sidelines with the coach/advisor
 5. Cheer along with the club/team
 - ii. If you arrive out of uniform, you will automatically be benched from the next game.
 - iii. You may not use your cell phone, socialize with spectators, roam the stands, or eat during the game.
 - d. Half-bench = You will perform cheers on the sidelines but you may not perform half-time. Two half-benches make a whole bench.
 - e. It is your responsibility to learn any material you may have missed at a practice. You must do this on your own time prior to the next practice.
 - f. If you do not efficiently know the material or if you are not at the same performance level as the other club/team members, the Cheerleading Coach may remove you from a performance. This may count as a half-bench.
2. Come Prepared.
 - a. Wear appropriate work-out attire and shoes.
 - b. Do not wear jewelry.
 - c. Bring required uniform items (poms, megaphone, etc.)
 - d. If you have long hair, please have it up and out of your face.
 - e. Turn your cell phone off.
3. Have a positive attitude.
 - a. You may not use profanities at practice.
 - b. Respect shall be paid to all coaches, guests, club/team members, classmates, choreographers, etc.

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- c. You may not condescend or belittle another club/team member. You are to be a team-player at all times.
- d. Work up to your ability and help encourage your club/team members.
4. We have closed practices. Visitors and guests are not permitted to view our practices/classes.

Games/Events/Fundraisers:

1. All scheduled events are mandatory.
2. Football Games:
 - a. You must arrive one hour prior to the start of the game.
 - b. If you are more than 15 minutes late you will receive a bench.
 - c. You are committed to participate as of one hour prior to the game until the game is over and you have assisted in putting game props in their storage space. There may not be time to eat or use the restroom, so be sure to come prepared.
3. Basketball Games:
 - a. All the same rules as Football apply.
 - b. Even when we cheer two back-to-back games, you are committed to stay until the end of the second game.
4. Additional Athletic Events: We may attend select games for other Ventura College athletic teams.
5. School, Community, and Local Events: Club/team members may be asked to perform, assist, or participate in special events. You will be informed when these events arise.
6. Fundraisers: Club/team members may be asked to assist with school fundraisers. You will be informed when these events arise.
 - a. Youth Camp: We will host a youth camp in the summer. Details will be given at a later date.

Appearance/Uniform:

1. Only current Ventura College Spirit Club members are permitted to wear the uniform items designated for the club/team. Do not lend out uniform items to any non-club/team member. Your uniform includes all of the following items:
 - a. Females: 1 uniform top, 1 uniform skirt, 1 all black leotard, 1 pair briefs, 1 pair of cheer shoes, 1 set of poms, 1 warm-up jacket, 1 pair of warm-up pants, hair ribbons, 1 game-day t-shirt, 3 practice t-shirts, 3 pairs of practice shorts, and a team backpack.
 - b. Males: 1 uniform top, 1 pair of uniform pants, 1 all black undershirt, 1 pair of cheer shoes, 1 megaphone, 1 warm-up jacket, 1 pair of warm-up pants, 1 game-day t-shirt, 3 practice t-shirts, 3 pairs of practice shorts, and a team backpack.
2. You may only wear your uniform to scheduled events. At no time are you to wear any uniform item outside of a scheduled event.
3. You will treat the uniform with pride and respect. You must fold any uniform piece when they are removed and in sight of others. (i.e. warm-ups)
4. At any scheduled event you required to have all performance uniform items with you: uniform top, uniform bottom, cheer shoes, warm-up jacket, warm-up pants. Females: hair bow, poms, and leotard. Males: megaphone, undershirt.
5. Only female club/team members may wear make-up. You must use make-up that compliments your individual coloring. Excessive or extreme make-up is not permitted. At no time may you wear glitter.
6. Male team members must maintain a clean look with regard to facial hair.
7. When in uniform you expected to execute the following:

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- a. You may only hold hands with a date. If you are caught doing more than this, you may be benched or in a severe case, removed from the club/team.
 - b. You must have a clean uniform.
 - c. You must wear the cheer shoes designated for this cheer season. Females must wear white ankle socks. No colored socks.
 - d. You may not wear flip-flops, uggs, or sunglasses with any uniform piece at any scheduled event.
 - e. You must have your hair up and out of your face in a "cheer-able" hair style with out fly-aways. Hair should not need any attention while performing. (i.e. combing or any grooming)
 - f. You must remove all jewelry and piercings.
 - g. You must cover tattoos.
 - h. You may not have excessive nail length and/or colors.
 - i. You may not have an extreme hairstyle or unnatural hair colors.
8. If you do not look or act appropriately in the uniform, you may be removed from a performance, game or in severe cases removed from the club/team.

Black Team Specific Guidelines and Information:

1. If you are involved with other competition teams, you are expected to put the Ventura College Spirit Club events as your priority.
2. Desired Pre-Requisite Skills:
 - a. Must have or be working on a Standing Back Handspring/Back Tuck
 - b. Flyers must have or be working on:
 - i. Double full downs
 - ii. Exceptional balance and flexibility
 - iii. Flipping/Twisting basket tosses
 - c. Bases must have or be work on:
 - i. Males – Co-ed partner stunts
 - ii. Females – Assisted single-based partner-stunts
 - d. Back & Front Spots must versatile and able to base
 - e. Alternates may be selected based on the potential of their physical skills, dedication, and overall attitude.

White Team Specific Guidelines and Information:

1. The coach/advisor will outline the events deemed mandatory for the White Team Members on a case by case basis.