I. Philosophy and Objectives
The NSU cheerleading program is a student activity. As a student activity, its first and foremost responsibility to the student is to support and not to compromise the student’s academic career. Secondly, the program should aid in developing the student participant into a responsible, mature and independent adult.

The primary purpose of the cheerleader is to be a member of the team, which has as its goal the support of intercollegiate athletics and Norfolk State University. That support is directed into the following fundamental purposes: to lead in positive vocal support for the team; to solicit that support from the athletic activity known as cheerleading by performing gymnastics, stunts, motions, pyramids, and dance; to perfect this athletic activity for keeping the crowd’s attention/direction focused on the field/court where the intercollegiate activity is taking place; for entertainment and competitive purposes, to lead cheers, and to create an atmosphere of enthusiasm and excitement at sporting events, thereby increasing attendance and raising the level of fan support; to serve as public relations ambassadors of intercollegiate athletics and Norfolk State University; to uphold, reflect and project the goals and ideals of the University; to appear at University activities, functions and programs, and at charitable and public causes (not commercial/business purposes); and to promote intercollegiate athletics and Norfolk State University.

II. Organizational Structure
Gold Squad
(Co-ed)
The Gold Squad members primarily lead cheers at home football games and men’s home basketball games. Gold Squad members may also travel to MEAC Tournaments and compete on local and regional levels.

Green Squad
(All Girl)
The Green Squad members primarily lead cheers at women’s home basketball games.

III. Travel Expectations
A valuable and educational experience of the Norfolk State University cheerleaders is travel. This is a privilege and a contribution to the social development for each member. Traveling to a variety of places, experiencing the local flavor of the city, town or country visited, and meeting an assortment of people is a part of this social development. One who is not interested in the experiences of travel is discouraged from trying out for the team.
The primary emphasis of this policy focuses on the behavior of cheerleaders when they travel as representatives of the University. At all times, cheerleaders’ behavior shall be exemplary. Behavior which is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or discordant, etc., shall subject a cheerleader to discipline. Norfolk State University cheerleaders will travel to and from all events as a team; cheerleaders may not make personal travel arrangements.

IV. Involvement at Functions/Events
In addition to football and basketball games, practices and pep rallies, cheerleaders attend a number of public relations and/or charitable events each year. Cheerleaders do not make business or commercial appearances (as cheerleaders). Cheerleaders who appear at business or commercial events as individuals, not as NSU cheerleaders, are required to notify and seek approval of the Head Coach. All appearances by the cheerleaders shall be approved in advance by the Head Coach and Director of Student Activities. Appearances shall be at places and events that are considered in good taste. Cheerleaders shall not make appearances at political events/activities.

V. Alcoholic Beverages
As stated earlier, cheerleaders are expected, first, to be good, law-abiding citizens of the nation, state, and city. This expectation is foremost when it comes to alcoholic beverages. Cheerleaders are reminded that, as highly visible members of the University community, their actions and behavior are under constant observation. Absolutely while in uniform, but also while not in uniform, NSU cheerleaders are subject to scrutiny, and can easily be the object of criticism for their behavior or actions, in particular, for indulging or for over-indulging in alcoholic beverages. While traveling off campus to away games or other official functions, it is strongly suggested that cheerleaders (who are 21 or over) neither consume nor possess alcoholic beverages. In most cases Norfolk State University cheerleaders will be under the age of 21, the legal age to consume alcoholic beverages in virtually all states.

Norfolk State University cheerleaders shall adhere to the following rules:
• Cheerleaders shall not possess or drink alcoholic beverages in a University car, van or bus;
• Cheerleaders shall not consume alcoholic beverages before or during a game or a practice;
• Cheerleaders shall not offer to procure for or attempt to coerce cheerleaders who are under 21 or who do not want to drink alcoholic beverages into doing the same;
• Cheerleaders who violate these rules shall be subject to serious disciplinary measures up to and including immediate dismissal from the team. In addition, University officials shall not purchase or furnish alcoholic beverages for cheerleaders at any University event/function. Cheerleaders shall not consume alcoholic beverages while in uniform or dressed in any Norfolk State University cheerleading garment including camp, practice or recreation wear; nor will cheerleaders, while in uniform, go into any place where alcoholic beverages are served without permission from the Head Coach. In summary, cheerleaders are expected to be good citizens and therefore, carefully and faithfully abide by University rules and regulations and the laws and ordinances of the city or state in which they live or travel.
VI. Drugs
Norfolk State University is committed to providing a safe and healthy environment for the cheerleading program. Thus, conduct which involves the unlawful possession, use, dispensation, distribution or manufacture of controlled substances by a cheerleader while traveling for the University or at any official cheerleading function/activity shall result in termination from the NSU cheer program. Similarly, the unlawful possession, use, dispensation, distribution or manufacture of controlled substances by a cheerleader at any other time shall result in appropriate discipline, up to and including termination from the cheer program. Any action for such a violation outside of cheerleading functions/activities shall be with consideration to the potential of embarrassment or bad reflection on the cheer program and/or the University. The legal use of prescribed medicines under the direction of a personal licensed physician is permitted.

VII. Member Selection Process
The Norfolk State University Cheerleading Program will host a three-day tryout session each spring and fall to assess the skills, abilities and potential of interested and qualified candidates for one of the predetermined number of available positions. Tryouts are intended to be a low stress event. For that reason they are conducted in a practice-like environment during which the level of each candidate’s skills and talents, and their ability to work with current and prospective teammates, will be evaluated. A short interview with the candidate may be conducted at anytime during the sessions.

Minimum Qualifications for Tryouts
Persons who wish to tryout for a Norfolk State University Cheerleading team must meet the following minimum qualifications:
(Please note that incoming freshmen and transfer students must be accepted to Norfolk State University in order to attend a scheduled tryout session.)
1. Maintain an overall GPA of 2.0 or above.
2. Enroll as a full time student at Norfolk State University.
3. Be in good academic standing.
4. Have sufficient physical fitness, strength, and athletic skills to perform cheerleading activities described below.
5. Have health/hospitalization insurance information.

Appearance Criteria
Appearance will be considered at all times during the tryout. You should wear what makes you most comfortable while keeping in mind you are trying out for an important position representing Norfolk State University. We are looking for the All-American type female and male with a great attitude and work ethic.

Ladies: Please look “game ready” at tryouts. This includes tucking in your shirt, wearing natural make-up, and having hair pulled away from the face and curled. No jewelry, chewing gum or nail polish. Finger nails should be at a short length appropriate for cheerleading.
All candidates should wear appropriate t-shirts, gym shorts and shoes to tryouts. No blue jeans. Body piercing, which has become very popular during recent years, is not acceptable.
for anyone associated with Norfolk State University Cheerleading. Jewelry of any kind through the navel, tongue, nostril, eyebrow, neck etc. will not be permitted at any time.

Other Criteria
• Strong leadership qualities
• Charismatic presence/personality
• Confidence
• Independence
• Spirit/Enthusiasm

Notification of Team Selections-(B Squad)
The names of persons selected for both Gold and Green Cheerleading Squads will be posted in the cheerleader display case in Godwin Student Center, 2nd Floor.

VIII. School Year Commitment

Mandatory Summer Camp
All Gold Squad Team members will be required to attend NSU summer camp from Wednesday, August 6 through Saturday, August 17.

Mandatory Pre-Season Practices
All Gold Squad members will be required to be on time and participate in pre-season practices. August practices (post-camp) will be held Monday through Friday.

Games
All Norfolk State University Cheerleaders are required to arrive at the game site 2 hours prior to kick off or tip off. All cheerleaders are required to be at every game for the sport for which they are scheduled regardless of when the game is scheduled. There will be no picking and choosing of games. Do not plan to leave school early for Thanksgiving break, winter intersession and spring break. Please be aware of this requirement prior to trying out. Please see Coach Harris about holiday vacations.

Captains
Cheer Team captain(s) will be selected by the coach based on experience, leadership, dedication, positive attitude and work ethic.

Academic Commitment
All cheerleaders will be required to be enrolled as a full-time student, attempt and complete 12 credits the previous and present semesters, and maintain an overall GPA of 2.0 or above. Upon review at the end of each semester, students falling below a 2.0 will be required to seek academic counsel and will be removed from the squad.

XI. Injuries/Illness
Any illness or injury shall be reported to the coach immediately. If an injury or illness incapacitates a team member, he/she shall not be permitted to practice and cheer for a period of time as determined by the NSU Spartan Health Center or doctor. In some situations, the Coach may require an injured athlete to attend certain practices for
observation /communication purposes only. If a doctor recommends that a team member no longer cheer due to injury or a health problem, the team member shall be removed from the squad.

**X. Health, Lifestyle and Nutrition**
The Norfolk State University Cheerleading Program is committed to promoting and fostering healthy lifestyles and eating habits for all team members. We DO NOT support height/weight requirements. All cheerleaders must maintain the appropriate physique in order to participate safely in all aspects of cheerleading.

**XI. Closing**
Anyone selected for the Norfolk State University Cheer Program is expected to be a leader among the NSU student body. Involvement in our program makes that individual a highly visible Norfolk State University representative. He or she may be called upon to speak to thousands of alumni and friends during a pep rally or at a game. We are seeking talented people wanting to continue and enhance their cheer experience, who are healthy and fit, and who are committed to obtaining a college education at Norfolk State University.