Participation in USC Club Sports carries an enormous amount of personal responsibility. As a representative of the Trojan Family, student-athletes are expected to treat teammates, fans, students, opposing teams, officials, judges and coaches with courtesy and respect, win or lose.

All members of the Recreational Club Council (RCC) and all of its constituent clubs, teams, members, and coaches are required to adhere to all federal, state and university laws, guidelines, standards and/or policies. The RCC reserves the right to issue sanctions, including but not limited to denying or revoking membership to individuals in violation of university rules and regulations. All RCC Clubs may be held responsible for the acts of individual members.

Conduct that constitutes harassment on the basis of gender, race, or sexual origin is prohibited. Hazing is prohibited. Hazing is any action taken or situation created (the willingness of an individual(s) to participate notwithstanding) upon which initiation, admission into, or an affiliation with an organization is directly or indirectly conditioned and which produces mental or physical discomfort, embarrassment, harassment, or ridicule.

Student-athletes under the age of 21 may not purchase, possess, or consume alcoholic beverages. Student-athletes over the age of 21 may not provide alcoholic beverages to a person under 21 years of age. The consumption of alcohol in a public place (unless licensed for consumption of alcohol on the premises) is prohibited. This includes a prohibition of alcoholic beverages in public areas of academic facilities, recreation fields, university housing, and lounges. In addition, the transportation, consumption, or presence of any type of alcoholic beverage or drug is strictly prohibited. Members of USC Competition Cheer are to refrain from consuming drugs or alcohol while at events representing the team and University.

Student-athletes shall not discriminate against club members on the basis of race, color, national origin, ancestry, religion, gender, sexual orientation, age, physical disability, mental disability, or any other characteristic which may from time to time be specified in federal, state, and/or local laws.

Student-athletes are required to maintain a grade point average (GPA) of 2.0 or higher. This is a requirement made by both the USC Recreational Club Council and USC Cheer. In other words, USC Competition Cheer team members must be in good academic standing, not on probation by the University.

USC Competition Cheer team members must be full-time undergraduate or graduate students at the University of Southern California. At the time of tryouts, incoming students must be accepted to USC but are not required to have committed to the University already. After tryouts, once the student officially accepts or denies their USC admission, they must notify the coaches and captains so their position on the team can be decided.
Dues and Fundraising Policy

All athletes who try out for USC Competition Cheer (in person or by video) are required to pay a $200 non-refundable deposit (checks only, no cash or transfer) to the team. Checks should be made out to Cheer at USC. For athletes who don’t make the team, the $200 check will not be deposited, it will be voided and shredded. Athletes who do make the team will have three days after the team placement announcement to notify the coaches and captains of their decision to stay on the team or not. If they decide to join USC Competition Cheer, the $200 will be deposited and is non-refundable. If they decide not to join the team, the $200 will be voided and shredded. After this three day period, all decisions are considered final and all $200 deposits from athletes on the team will be deposited.

Membership dues are $500 (in addition to the $200 deposit) per year per member. All dues must be paid on time (exact date given at the start of the season, but typically within the first two weeks of the fall semester) in cash or check made out to Cheer at USC. Like the security deposit, membership dues are also non-refundable.

Dues received after the first two weeks of the fall semester will be considered late, and will incur a late fee of $25 for each week the dues are not paid. Any member who is not in good financial standing with the team (e.g. has a late payment due without extension) will not be allowed to hold or run for a position on the Executive Board and will not be allowed to enter competitions.

If a member fails to pay dues without consulting with the Treasurer, he/she will be subject to probation and/or expulsion from the team. All decisions will be reached by the Executive Board (Coaches, President, Vice President, etc.).

Members are required to raise an additional $500 per year (separate from the dues and deposit) through fundraising activities. If any member raises under $500, they will be required to pay the difference. Deadlines for fundraising dues will be announced as the year progresses. Once fundraising dues are received, they are deposited into a University account and are also non-refundable.

In the event an athlete decides to quit the team or that they can no longer participate for the entire season, they will not be allowed a refund of any dues deposited up to that point. If the athlete quits the team after September, they will be required to pay the remaining $500 in fundraising to cover any non-refundable competition expenses already finalized (flights, competition registration, etc.).

Here is a final breakdown of each expense that must be paid by each USC Cheer athlete throughout the course of the season:

<table>
<thead>
<tr>
<th>$200 security deposit</th>
<th>$500 fundraising dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>- non-refundable</td>
<td>- Non-refundable</td>
</tr>
<tr>
<td>- commitment to the team</td>
<td>- raised individually through team events</td>
</tr>
<tr>
<td>- cannot be covered by fundraising</td>
<td>- mandatory full team events/fundraisers will not apply toward this amount</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>$500 team dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>- non-refundable</td>
</tr>
<tr>
<td>- due on a date given at the start of the fall semester (considered late otherwise)</td>
</tr>
</tbody>
</table>
Practice Policy

Practices will be held Sunday (7:45 - 11 pm), Monday (7:45 - 9 pm), and Wednesday (7:45 - 10 p.m.) at the Lorenzo Student Housing near USC. The Lorenzo is located at 325 W Adams Boulevard, Los Angeles, CA 90007. Practices begin the Sunday before the first day of classes each semester. Practices finish the Wednesday before the last day of classes each semester. Team events outside of practice (e.g. cheer camp, team banquets, etc.) are often planned for dates outside of our practice range.

All practices, conditioning practices, fundraising events, and competitions are mandatory. Academics are first priority, but cheer also must be a top priority. Please note the following distinctions:

Excused absence - unpreventable occurrences such as a sudden death in the family or severe illness to self; unpreventable events/occurrences for another reason that absolutely could not be missed by the member (even after attempting to be excused from it), such as graded school/class events, as long as they were brought to the attention of the Executive Board a large amount of time in advance

Unexcused absence - preventable occurrence such as studying, field trips, concerts, conferences, etc. that can be missed, rescheduled, or could have been prevented with adequate planning ahead

Members must notify a coach or captain of a known absence as far in advance as possible, with a minimum of at least two weeks before the missed practice, conditioning practice, or fundraising event. Members need to submit as "Absence from Practice Form" and turn it into the President before this two week deadline.

If the "Absence from Practice Form" is not filled out, or if it is turned in less than two weeks before the expected absence, it will be counted as one unexcused absence. If it is turned in before the deadline but is not for an excusable event, it will still be counted as one unexcused absence. If a member incurs two unexcused absences, their position on the team will be jeopardized and possibly terminated.

Conditioning practices and extra practices are valued as regular practice dates and thus follow the same absence/excuse policies. Attendance will be taken at all conditioning and extra practices.

For each unexcused absence, members will be responsible for an additional $50 of individual fundraising, which is counted separately from the team fundraisers. That member is personally responsible for raising this extra money, although partnering with other members to organize and execute a fundraiser is suggested. All fundraising plans must be cleared by the Executive Board prior to the event.

Uniform Policy

USC Cheer Athletes will only wear any piece of the uniform when required for an official USC Cheer event or competition. In other words, they will not wear any piece of the uniform outside of anything permitted by USC Cheer. Once an alumni member, you understand that you may keep the uniform in your possession, but still may not wear any piece of it until a new uniform is released. However, the top may still not be worn even after a new uniform is released since it says “USC” or “Trojans.” Athletes understand that if any rule in this contract is breached, USC Cheer has the authority to seize the uniform without any refund or return.
Travel Policy

- Curfew times will be set on the itinerary and each member is expected to abide by them. No room swaps will be permitted and each room will be eligible for room checks at any time.
- To ensure the safety of your teammates and their property, no one outside of USC Cheer will be permitted into individual rooms.
- The transportation, consumption, or presence of any type of alcoholic beverage, drug, or other illegal substance is strictly prohibited.
- Members found under the influence of or in possession of an alcoholic beverage, drug, or other illegal substance will be sent home at their expense and will be subject to disciplinary action from the University.
- Members may not enter a bar and may not order or consume a drink from a bar or restaurant.
- No smoking of any kind is permitted at any point.
- Members will travel as a team. They may not drive their own cars, or reach the destination by any other means, unless approved by an administrator.
- Members will be held liable and financially responsible for any damage they cause at any time during the trip.
- Members are expected to use appropriate language, common sense, and discretion at all times.
- Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors, and the public at all times.
- Members are expected to remain with the team at all times during the trip. They are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- Any behavior that is not a positive representation of your program and school can result in dismissal from the remainder of the 2016-2017 season, and a barring from future seasons. Athletes may be sent home at any time, at their own expense, if it is deemed necessary. They will also need to cover the cost of their ticket previously purchased by USC Cheer.

By signing below, I agree to all terms and conditions presented in this agreement. I understand that cheerleading is a difficult and time-consuming sport. Besides school, cheer needs to be a top priority for me. I recognize that cheerleading is a team sport and my absence from any practice, competition, or event will adversely affect the rest of my team members. I also understand that cheer is a fun, rewarding, and exciting sport, and that hard work and dedication will make my membership even more rewarding,

____________________________________________________
Participant’s Full Name

/   /  
Date

____________________________________________________
Participant’s Signature
RELEASE OF COACH LIABILITY
University of Southern California
Club Sport: USC Competition Cheer

For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I agree to release and to hold harmless the Coaches of the University of Southern California Competition Cheer team (hereby known as USC Cheer), named Hayden Buckley and Mikaela Sprauve, by whom all practices, competitions, and other exhibition events will be supervised and run, and any respective directors, officers, representatives, and members, from any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with USC Cheer, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that I may incur or sustain during the season, all activities associated with USC Cheer and while traveling to and from sites for USC Cheer. I further expressly agree to indemnify and hold harmless Releasees and Releasees’ heirs, successors, and administrators against loss from any further claims, demands or actions that may subsequently be brought by me or by any other persons on the account of damages of any character resulting to me in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim, or demand. I hereby warrant that I have read this Liability Release in its entirety and fully understand its contents.

☐ I understand that by the very nature of the activity, cheerleading training, gymnastics, trampoline, dance, and practice carries a risk of physical injury up to and including death. No matter how careful the cheerleader/gymnast and coaches are; no matter how many spotters are used; no matter what height is used or what landing surface exists, the risk cannot be eliminated. It can be reduced, but never eliminated.

☐ I understand that the Coaches of USC Cheer are not physicians or medical practitioners of any kind. I hereby give permission to the coaches to render temporary or basic first aid to me in the event of injury or illness. I agree to hold the Coaches harmless for any injury, whether such injury results from the negligence of the Coaches, Captain, or some other cause, resulting from rendering temporary or basic first aid.

☐ I understand that by taking part in any USC Cheer event, there is a possibility of injury or sickness to myself. In the event that I cannot respond or am rendered unconscious, I hereby authorize the Coaches or Captain to give consent for me to receive medical treatment including transportation by a USC Cheer member and / or its representatives, to any healthcare facility or hospital, or the calling of paramedics or ambulance for myself should the Coaches or Captain deem necessary. I do hereby grant permission to hospital staff members to administer immediate treatment to myself should I be injured.

☐ I understand and affirm that I now have and will continue to provide proper hospitalization, health and accident insurance coverage, for my protection.

I am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I have signed this document voluntarily and of my own free will. By signing below, I agree to the Release of Liability.

Participant’s Full Name _______________________________ Date ________ / ________ / ________
Participant’s Signature __________________________________________
Participant #: ______

USC CHEERTRYOUTS - INFORMATION SHEET
Please give this form to a coach or captain on the first day of tryouts.

Name: ________________________________ Age: ___________ Year at USC: ____________

Cell Phone #: __________________________ Email: ____________________________

USC Housing: __________________________________________________________________________

Home Address: ____________________________________________________________

Parent Name(s)*: ____________________________________________________________

Parent Email(s)*: _______________________________________________________________________

Have you committed to attending USC (not abroad) for the entire approaching school year?  Yes  No  Still Deciding

*We require parent/guardian information as all members must have an adult proprietor who can be responsible for the member’s physical or financial needs should the member be unable to do so.

Previous Cheerleading Experience
Circle all that apply:  High School Non-Competitive  High School Competitive  All-Star (Level: ______)

High School/Club Dance Team  Gymnastics (Level: ___)  Other: ________________

Please list any relevant honors/awards: __________________________________________________________

____________________________________________________________________________________

NOTE: For the following sections, please answer based on your current level of ability. A demonstration of anything you list below can be asked of you during tryouts.

Stunting
Circle the position(s) for which you are trying out:  Flyer  Base  Back

Flyers Only
Please list your best basket tosses:

Can you do a standing back tuck? (Circle one)  Yes  No  With a spot

Have you ever done a 2 ½ high pyramid (4-2-1, 2-1-1, etc.)?  Yes  No

Can you do a double full/twist cradle?  Yes  No

I can do (circle all that apply):  Bow & Arrow  Scorpion  Left-foot Lib  Tic-Toc  Full Up

Bases/Back Spots Only

Have you ever done a 2 ½ high pyramid (4-2-1, 2-1-1, etc.)?  Yes  No

Have you ever based/backed a back tuck basket toss?  Yes  No

Facing the stunt, which side do you normally base on?  Right  Left  I can do both

I can base (circle all that apply):  Tic-Toc  Full Up  One Man Stunt  Two Man Stunt

Tumbling (note below: “standby spot” refers to a spot which does not require any physical support of the athlete during the skill)

My best standing tumbling (only list skills which require a standby spot or no spot):

____________________________________________________________________________________

My best running tumbling (only list skills which require a standby spot or no spot):

____________________________________________________________________________________
Questionnaire:

1. What is your greatest strength when it comes to your leadership?

2. What pieces of feedback have you received two or more times?

3. What will your previous teammates miss the most about you?

4. What do you look like or how do you act when you are stressed out?

5. What inspires you the most?

Sizing:

Please fill in or circle your sizes for the following items:

Cheer shoes: ________________

T-shirt:   Adult XS  Adult Small  Adult Medium  Adult Large  Adult XL  Adult XXL
Tank Top:  Adult XS  Adult Small  Adult Medium  Adult Large  Adult XL  Adult XXL
Shorts:    Adult XS  Adult Small  Adult Medium  Adult Large  Adult XL  Adult XXL
Sports bra (girls only): Adult XS  Adult Small  Adult Medium  Adult Large  Adult XL  Adult XXL
Spandex (girls only): Adult XS  Adult Small  Adult Medium  Adult Large  Adult XL  Adult XXL