MISSION
First, the mission of the Liberty University cheerleading squad is to glorify the Lord Jesus Christ in everything, including and especially through cheerleading. Second, Liberty University cheerleaders are ambassadors for the university who are to reflect the spiritual, academic, social, emotional, and physical values and expectations of the university. Third, the Liberty University cheerleading squad is to provide positive support for athletic teams, serve at various university and community events, and participate in fundraising activities to support the program. In participating in these activities and events, the cheerleaders will work to improve recognition and loyalty to Liberty University, promote student and fan morale and excitement, and develop and promote the Liberty University cheerleading squad. Fourth, Liberty University cheerleaders are ambassadors for Christ who are intentional about using their cheerleading skills to minister to students at the university, to people in the community, and to cheerleaders from other universities. This last component is reflected in the team’s nickname, “The God Squad.”

PHILOSOPHY
Liberty University cheerleading exists primarily for game day and only secondarily for competition. Game day includes football, volleyball, and basketball games. The cheerleaders work diligently to prepare for game performances, to encourage the university teams on and off the field, to lead the crowd in cheers and game traditions, and to enhance the overall game-day experience for all fans. The opportunity to compete at the national level is a reward for the cheerleaders’ accomplishments in game-day performances, campus activities, and community events. Competing at college nationals is also a platform for sharing the Gospel, for promoting Liberty University, and for recruiting. The team verses are Colossians 3:23-24: “Whatever you do, work at it with all your heart, as working for the Lord . . . . It is the Lord Christ you are serving.” This passage reflects the standard of excellence for which Liberty University cheerleaders strive in their service to the Lord Jesus Christ.

ORGANIZATIONAL STRUCTURE
The Liberty University cheerleading squad is comprised of 40-50 members depending on the year and is divided into various teams: Large Coed, Small Coed, and/or All-Girl. Large Coed only has coed couples. All-Girl only has stunt groups. Small Coed is a mix of coed couples and all-girl stunt groups. The teams are picked at the cheerleading tryout, and both teams practice together, do workouts together, cheer football games together, and do team devotions together. In the past, LU has competed a Small Coed team at UCA Nationals, a Large Coed team at CCA Nationals, and an All-Girl STUNT team at STUNT tournaments. The decisions about which teams to compete and which members to put on each team are decided each year and are based on factors such as each cheerleader’s skill level and the team’s obligations to the university.
**ACADEMICS**

All cheerleaders are referred to as *student-athletes*. This title reflects the priority of being a student over being an athlete. Each student is at the university to earn a degree, to grow in his/her walk with Christ, and to mature as an adult. Athletics is a privilege in addition to being a student. The cheerleading program should enhance the student’s college experience, not impede the student’s academic progress.

**CHEERLEADER BENEFITS**

**SCHOLARSHIPS**: All 40 cheerleaders who make the team at the tryout (including video submissions) will receive a $2,500 scholarship for the year. Those who are selected for the top competition team that performs at the UCA College National Championship will receive an addition $1,500 scholarship for the spring semester (including alternates). Bonus scholarships of $500 per semester are awarded to team captains, chaplains, SAAC representatives, equipment managers, and social media managers. If someone cheers for 4 years at Liberty University, they will have the opportunity to earn $10,000-$20,000 of total scholarship money toward their overall tuition.

**GEAR**: Cheerleaders receive the following clothing from the university: two uniforms, bloomers, shoes, pom-poms, megaphones, wristbands for guys, fleeces, practice shorts and shirts, warm-ups, and athletic bags. The official sponsor of Liberty University is Nike®.

**TRAVEL**: Cheerleaders travel to most of the away football games and to the Big South Championship for men’s and women’s basketball. While only twelve cheerleaders are allowed at away games and tournaments, most cheerleaders have the opportunity to travel to at least one football or basketball game each year. If the basketball teams win the Big South Championship, twelve cheerleaders will travel to the NCAA basketball tournament. The university pays for all expenses for travel games, camps, and competitions.

**FITNESS**: Cheerleaders participate in team workouts three times per week in a workout facility designated for student-athletes. Cheerleaders are provided with a strength coach who teaches proper lifting technique, designs workouts for the team, and monitors individual and team progress. Cheerleaders also do body-composition testing with a nutrition specialist and have a special “Training Table” available at the dining hall with healthy foods for athletes.

**MEDICAL**: Cheerleaders are provided with athletic trainers to care for injuries and illnesses. The trainers make appointments with the university doctors and counselors as needed.

**ACADEMIC**: Cheerleaders have the opportunity to register early for classes each semester. Cheerleaders work with the Academic Affairs for Athletics staff to register for classes and to get priority class times. Cheerleaders are provided tutors as needed.

**COMPETITION**: As stated above, cheerleaders are afforded the opportunity to represent the university at various national cheerleading competitions each season.
GUIDELINES AND EXPECTATIONS

TIME COMMITMENT: As a part of a Division I athletics program, Liberty University cheerleaders must be willing and able to commit 15-20 hours per week to the squad. Cheerleaders practice four days per week (10 hours), workout three times per week (3 hours), and cheer at football, volleyball, and basketball games from August through March (4-7 hours per week). Practices are typically on Monday, Tuesday, Thursday, and Friday afternoons. Games are often on Saturday, and cheerleaders typically have Wednesdays and Sundays off, though extra practices are sometimes needed as the team approaches competition dates. Cheerleaders return at the beginning of August for pre-camp and preseason practices, and cheerleaders may also be required to stay for practices and/or games during Fall Break, Spring Break, and part of Thanksgiving Break or Christmas Break.

QUALIFYING STUNTS: All stunts, tumbling, pyramids, and baskets which are performed at games, events, or competitions must be qualified at practice in accordance with AACCA rules. In order to qualify, cheerleaders must execute the skill 5 times in a row with precision and confidence. Coaches will determine what skills are qualified and ready for performance, and cheerleaders are never allowed to perform a skill which has not been qualified at practice. The qualification system ensures excellence in our performances. Any qualified skills that bobble or drop at a practice, game, or performance must be qualified again.

ATTENDANCE: Cheerleaders are expected to attend all practices, workouts, games, appointments, and events as scheduled. Absences are only excused for illnesses (after seeing the trainers), family emergencies, and special circumstances which require approval from the coaches. When cheerleaders are sick or injured, they are expected to see the trainers every morning before class until they are cleared by the trainers to participate with the team. Cheerleaders must attend all practices, workouts, games, appointments, and events even if they are sick or injured unless excused by the trainers.

ATTIRE: Cheerleaders are expected to be in proper attire for all practices. Jewelry is never allowed, and cell phone usage is prohibited at practices, events, and games. Cheerleaders must also care for their cheerleading clothing (especially the uniforms) and must look collegiate at all workouts, practices, appointments, games, and events. Cheerleaders may never wear any attire from another university.

CONSEQUENCES: Cheerleaders will be assigned some form of physical conditioning as a consequence for any of the following infractions: tardiness, having the wrong attire at a practice or event, missing a workout or appointment with a coach or staff member, missing motions at a game or performance, and dropping stunts, pyramids, baskets, or tumbling at a game or performance. Cheerleaders who have an unexcused absence from practice (or three tardies) will sit out during the next home game. Two unexcused absences will result in suspension from the team; three unexcused absences will result in dismissal from the team.

MISCELLANEOUS: Cheerleaders must respect coaches, teammates, and administrators at all times. Continual disrespect for coaches or teammates will result in dismissal from the team. No cussing is allowed at any time. All practices are closed to the public, but permission to visit practice may be obtained from the coaches. If a cheerleader is removed from the team, he/she must return all clothing and will forfeit scholarship money.
LIBERTY UNIVERSITY CHEERLEADER CONTRACT

As a member of the Liberty University Cheerleading squad, I, _____________________, fully accept the policies set forth by the program and the university and promise to do my best to portray a positive self-image at all times. I will support and respect the values of the cheerleading program as well as the athletics staff, coaches, and athletes at all times.

As a member of the Liberty University cheerleading squad, I commit to:

- Attend all practices, workouts, games, and events
- Attend all appointments with Athletics Academic Advising or other staff members
- Arrive on time unless there is an emergency
- Respect all athletics staff, coaches, and athletes
- Adhere to the guidelines outlined in the Liberty Way
  - Not consume alcoholic beverages or illegal drugs
  - Follow guidelines in regards to proper sign-out from the dorms
  - Not stay the night with someone of the opposite sex
  - Abstain from premarital sexual activity
- Maintain an optimal level of physical fitness with exercise and a healthy diet
- Work my hardest for my teammates, my university, and my Lord
- Always do my best to carry myself in a respectful and modest manner
- Be a positive role model for the university, for the cheerleading team, and for Christ by making wise choices and by using discernment with all social media outlets
- Value the expectations of the program and coaches by abiding by all guidelines
- Remember who I am representing at all times: Christ, Liberty University Cheerleading, and Liberty University

As a member of the Liberty Cheerleading squad, I understand that:

- If I do not uphold these commitments, then I am subject to discipline by the coaches. The coaches reserve the right to decide what disciplinary actions may be administered. Discipline may be in the form of, but not limited to, physical conditioning, suspension from practices, games, and/or competition, or dismissal from the team.
- My scholarship may be withdrawn if I do not follow the guidelines and expectations of both the cheerleading program and Liberty University.
- If I quit for any reason, my scholarship will be withdrawn immediately, and I will be required to return all clothing issued to me as a Liberty University cheerleader.

Cheerleader Name: ______________________

Cheerleader Signature: ______________________ Date: __________

*This contract will be renewed each year the athlete returns to the cheerleading squad.