

LONGWOOD UNIVERSITY

Cheerleading Agreement

I _____ have read, understand and agree to the rules in the LU Cheerleading Contract as well as the statements that follow:

I agree to:

- ❖ To graduate, or work toward graduation, from Longwood University.
- ❖ **To be in the best possible condition coming into September training, by staying in shape and to continue that training throughout the year!**
- ❖ To think carefully between now and then about what my **personal** as well as **team goals** are and **should be** for the 2007-2008 season.
- ❖ To remember what we have been accomplishing and **ALWAYS** work forward. (If you had full downs or toss stunts at tryouts, they should be standard operating procedure.)
- ❖ To hit and stick every skill during games cleanly.
- ❖ Know the difference between practice and game behavior. Practices are for learning, perfecting, and improving. Games are strictly performance functions that require progression approvals.
- ❖ To **work hard**... at practices and at games... to meet my own personal ability level.
- ❖ To **vow not to make or accept any excuses for mediocrity**... instead, to begin working immediately on anything that I personally need to improve on to help improve my level of performance as well as the teams' level of performance.
- ❖ To **listen** when instructions are being given... and to follow those instructions to the best of my ability.
- ❖ To remember that so long as I practice hard and follow directions, my presence will be beneficial to the team's performance.
- ❖ To accept the fact that we have **worked too hard** to come to the level that we have to blow it all by **going back to "square one."**
- ❖ **I will do my part to exemplify a "positive" and "no-excuses" attitude for the good of the team.**
- ❖ I will work daily to show that wearing of the uniform is only a small part of the deal... **achieving success for the privilege of being part of the team is where it's at**... every day.
- ❖ **I know that I am a valuable member of this team, and I dedicate myself to being a positive influence at all times.**
- ❖ **To follow all said rules in the 2007-2008 cheerleading contract.**
- ❖ **To accept personal responsibility for completing my commitment to the team.**

I further agree to give Cheerleading Coach, Shauna Bass, permission to view my grades, academic progress and academic history at Longwood University.

Team Member: _____

Date: _____

Social Security Number: _____