Castleton Cheerleading Fall 2026

Captain: Emma Johnson (‘27)

Advisor/Head Coach: Cara Gauvin

Director of Club Sports: Chris Chapdelaine

As a Castleton Cheerleader, I will follow these guidelines. Any breach of these guidelines will result in removal from the team. Castleton Cheerleaders are ambassadors for the school and should always display positive personal character and values.

As a member of the Castleton Cheer team, I understand that I can be involved in other teams, clubs, organizations, etc. However, the Castleton Cheer team must be my priority. Absence due to another team, club, or organization will not be tolerated.

The purpose of a VTSU Castleton Cheerleader is to: Promote and uphold school spirit at athletic/community events through both game day and competitive cheerleading skills, as well as showing good sportsmanship.

Member Roles/Responsibilities:
During the Fall 2026 season, athletes will have the opportunity to cheer on the sidelines at home football games and participate in other events on campus. If an athlete is unprepared on the day of a game or event (e.g., not knowing the sidelines/routine, missing parts of the uniform, lacking a gameday look/etiquette, etc.), they may be sat out for the duration of the game/event. For the best interest of the team, it is the cheerleader’s responsibility to be ready and prepared for each appearance!

Academics:
As a Castleton Cheerleader, you are expected to attend all of your classes. You are required to be a full-time student (12+ Credits) and you are expected to maintain a C average (2.0 GPA) to remain a member of the team. Grades will be checked at mid-semester and at the end of each semester. Failure to uphold course load and GPA requirements will result in immediate removal from the team. Captains of the Castleton Cheer team are required to uphold a 2.8 GPA, as mandated by SGA.

Practices:
Practice will be held 2-3 times each week, running 1-2 hours, taking into consideration class times. Practices may be held either on campus or at Peak Performance All-Star Cheer in Rutland. Practices will be MANDATORY. If your class conflicts with practice, classes take precedence. The only other excused absences for missing practice are family emergencies or illness, accompanied by a doctor's note. You are expected to be at practice on time. If you are running late, a captain must be notified. Failure to notify captains or coaches of an anticipated absence will not be tolerated and may result in removal from the team.

Games/Events:
You are required to show up READY at the specified time. Everyone must look the same for the event, meaning all athletes will have the same hairstyle, bow, and uniform. If you are running a few

minutes late, a captain or coach must be notified. If you can not participate, you must still sit in uniform and support your teammates to remain a member of the team.
Castleton Cheerleaders are expected to be respectful towards both teams, coaches, referees, and visitors. You will not yell derogatory or negative comments at any of the above. During games, cheerleaders must remain in position on the sidelines at all times. Water and bathroom breaks may ONLY be taken during timeouts. After games/events, all cheerleaders will help clean up the area before leaving.

ABSOLUTELY NO LEAVING EARLY FROM A GAME/EVENT WITHOUT PERMISSION FROM A COACH OR CAPTAIN.

Failure to comply with the above statements may result in removal from the team.

Cheer Gear:
Any uniforms, poms, megaphones, bags, signs, etc. that you are issued as property of Vermont State University-Castleton must be returned in acceptable condition at the end of the season. If you are removed from the team or voluntarily quit, you must return all uniforms, poms, megaphones, bags, signs, etc., in acceptable condition to your captains within three days. If you lose or ruin any of the items you are issued, you will be responsible for the replacement cost of the items. Before being issued a uniform, all athletes must sign a uniform contract. This contract states that failure to return your uniform will result in your student account being charged for the full cost of the uniform. Do not allow any friends, family, etc., to borrow your cheer gear.

Safety:
Castleton Cheerleaders will always practice SAFETY while stunting. You will not stunt without a USA Cheer certified coach present, and you must always have spotters. There will be no stunting on campus outside of practice or games, unless a USA Cheer certified coach is present.
When performing tumbling skills, the advice of our tumbling coaches and team coach will be taken seriously. A cheerleader will not do any tumbling pass that will put them or other teammates in harm's way.

Alcohol and Drugs:
As a Castleton Cheerleader, you will refrain from the use of alcohol 24 hours before a game, practice, or event. Public consumption of alcohol while in uniform or any issued Castleton Cheerleading gear will result in immediate removal from the team. Drug use will not be tolerated. Failure to comply will result in immediate removal from the team.

Captain Role/Responsibilities:
Captains are responsible for looking out for the best interests of the team at all times through leading captain practices, planning fundraisers, solving conflicts, and promoting our team to gain attention and engagement within the community. They will follow all guidelines, requirements, and rules mandated by SGA, our Advisor, and Castleton Athletics. They will uphold utmost confidentiality in regards to any grades, personal information, and issues discussed. They will listen to any thoughts, concerns, or ideas that any member may have without bias. They will be responsible for reporting to the coach directly on all cheer team issues.

Finally, as a Vermont State University-Castleton Cheerleader, I will abide by the Vermont State University-Castleton Athletic Policies.