

Community Culture Guidelines

TAMUT - Cheer and Dance

“Life is like a race where many participate, but success comes from focused effort. We need dedicated training and discipline to achieve our goals, understanding that some rewards are temporary while others have lasting value. Therefore, we should act with purpose, not aimlessly, and practice self-mastery to ensure our actions align with our aspirations for meaningful and enduring achievements.”

Coach Mission statement: To build every athlete in mind, body, and spirit!

“Culture Code”

1. Belonging: We don't leave people where they are.
2. Ownership: We are contributors, not just consumers.
3. Excellence: We go beyond what is needed to do what is most impactful.
4. Vision: We believe big and start small.
5. Innovation: We are not distracted by skill or things we do not have to do something new.

TEAM GUIDELINES:

-Practices and Games

Practice and Games are mandatory unless it has been canceled, approved missing or rescheduled.

Practices

Be on time to all games and practices! There is a FIVE MINUTE GRACE PERIOD FOR EMERGENCIES ONLY!

Dress Code for practices needs to be followed every practice time.

What To Wear

- Sports Bras have to be covered by at minimum a tank top or more.
- Spanx need to be worn and covered by other athletic shorts of some kind.
- Hair has to be pulled back.
- Correct cheer shoes

What NOT to wear

- No Jewelry
- No Pajamas
- No House shoes (when walking to practice in anything other than cheer shoes it needs to be tennis shoes or slipper)

Games

Soccer/ Volleyball:

- Be at the game in the stands by 15 minutes before the game begins
- Leaders will make sure that we have all signs needed
- The games being attended will be in the band prior to the games

Dress Code

TAMUT Cheer/ t-shirt
Navy Blue Shorts
Cheer Shoes and high socks

Basketball:

- Be at all games at least 30 minutes before (All times will be posted in the group communication before the game, but if not, please use this as a reminder.)
- Always be on the sidelines 1 minute before the game/ second half starts
- At the end of games, always stay for a quick chat with the coach for any updates and info needed for the next practice, event, or game.

Appearances and Playoff Games (usually only a week in advance):

- Appearances are when we are to support a groundbreaking, a new team starting or a program on campus is opening something new. We are there to show support and spirit to the program. Leave your schedule open for these opportunities usually the afternoons during the week.
- Playoff games are not scheduled ahead of time but any team can result in making it to conference playoffs. We as the spirit program are still in need of being present. Please leave your schedule open for these occasions. At minimum one extra week after the last home game is played.

Game wear will be discussed and ordered for Basketball!

Practice Schedule

Dance - Tues, Thursday, Friday

Cheer - Tues, Thursday, Friday

Monday	Tuesday	Wednesday	Thursday	Friday
Dance 5-6:30pm	Dance - 5-6:30pm	Strength & Conditioning		Dance 6-7:30am
Cheer 6:45pm-8pm	Cheer 6:45pm-8pm			Cheer 7:45-9am

Monday

Attire: Navy tops & Gray Shorts

Location : Cheer - Yoga room

Tuesday

Attire : White shirts & Navy bottoms

Location : Dance - Yoga Room

Cheer - Yoga Room/ Outside

Wednesday & Thursday (Strength & Conditioning)

Attire: ALL BLACK (Black shirts and Black Bottoms)

Fridays

Attire: Navy Tops and Navy Shorts

Location : Soccer Field

Practice/Game Misses

You can miss THREE practices/Games (not in the same week) per semester for these reasons only:

- Academic Reasons (class, advisor meeting, etc)
- TAMUT Organizations
example: Frat or Sorority
- Severe Family Emergencies

Text the Coach and a captain at least one week or more in advance with why and what day you'll be missing. If these persist past the minimum amounts of misses it could cause for

Game Conduct

- Wear the appropriate uniform and hair for each event
- While on the sideline you must be CHARISMATIC, SPIRITED and FOCUSED on representing the university with EXCELLENCE!
- No leaning on the wall during the game
- No consistent talking or conversation while cheering/dancing at the game
- PAY ATTENTION TO THE GAME!
- COVER ALL YAWNING! You are not at the barnyard.

Consequences for rules not adhered to:

- One time -Extra conditioning
- Second time- Sit out of a game but present at the game
- Third time- There will be a sit-down conversation between a team member, a coach and a captain about you being on the team.

Coach Note:

If there are school rules broken then this will automatically go to the third strike. This includes smoking on campus, being drunk on campus or during practice and/or bringing any paraphernalia on campus that is not permitted!

Community Support Rules

Let me, the captains, or your team know that you need help.

- Communicate about everything
 - if you need help in classes
 - if you need help with cheers and routines
 - if you need help with personal issues
- Be honest
 - about everything; your team is your community, and they're here to help
- Be a leader
- Be Aware of Group Communication

Even if you are not the captain, you need to show leadership on campus in all aspects.

We use the BAND APP to communicate and should be checked regularly for practice, games and events that we will be doing as a team

***S.P.I.R.I.T* IS HOW WE LEAD.**

Please sign here : _____

Date : _____

Signing this means that you are abiding by all rules, procedures and practices.

Strength - We have what we need to succeed.

Persevere- Steady pursuit of goals despite obstacles

Integrity - We are the same even when no one is looking

Respect - Valuing yourself and others with dignity

Inspiration - Igniting passion and purpose in ourselves and others

Tenacity - Unwavering determination to achieve your dreams