



# CHEERLEADING

University of Illinois-Chicago  
Cheerleading Packet  
2020-2021

Head Coach:

Kate Jocson

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**General Information**

The University of Illinois-Chicago Cheer Team is dedicated to increasing overall spirit on campus and in the community by performing and cheering at UIC sporting events and serving as ambassadors for the university. The UIC Spirit Program strives to support the athletic teams at UIC, encourage crowd participation, be positive role models, communicate and socialize with alumni and fans, and attract positive attention to the university. The cheer program is under the direction of the Spirit Coordinator and Head Cheerleading Coach.

### **UIC Flames Cheerleading Responsibilities**

UIC Cheerleading is a major time commitment for both fall and spring semesters. The Cheerleading year begins in mid-June with practice once a month during summer, followed by Camp in August. The season ends once the new team has been named. During the regular season, mandatory practices are held 3 days per week with 2 separate days dedicated to mandatory lifting with a strength and conditioning coach. Team members also have required study hall hours to complete each week. Cheerleaders must be full-time students, taking a minimum of 12 credit hours for undergraduate or nine hours for graduate students for the entire fall and spring semesters, and must maintain a 2.5 GPA. Fundraising is a very large responsibility throughout the school year. All fundraising is mandatory and is non-refundable if you quit or are removed from the team. The team will be composed of one squad with a group of 12 that will be assigned to any post-season travel we may participate in. Swim/Dive meets, and women's basketball will be assigned in smaller groups. This schedule will be distributed at the beginning of the season but is subject to change at any time. There is also a competition team that is set by the Head Coach and competes in NCA Nationals in Daytona Beach, Florida.

### **UIC Flames Cheerleading Benefits**

Opportunity for paid travel expenses to athletic events and games • Access to the athletic training room, athletic trainers, and university doctors (availability is dependent on schedule) • Access to counselors and nutritionists through the university • Strength and conditioning workouts • Priority registration • Access to the athletic study hall • Full-size cheer floor provided at every practice

## **Practice Schedule**

The team will practice four days a week, two of those days will be dedicated to strength and conditioning. All practices are mandatory, and classes must be scheduled around practices.

Tuesday: 6pm-9pm

Wednesday: Lifting TBD

Thursday: 6pm-9pm

Friday: Lifting 1pm-2pm

Sunday: 5pm-8pm