



CNU GYMNASTICS CLUB

Team Rules and Expectations

(Revised Spring 2024)

The following policies put forth by the Christopher Newport University Gymnastics Club Executive Board have been established to promote the general wellbeing of the CNU Gymnastics Team and the Newport News community. It is therefore critical that all members of the Team follow these policies explicitly.

- I will represent Christopher Newport University and the Christopher Newport University Gymnastics Club in a positive manner. I also acknowledge that any behavior found to be in violation of the Christopher Newport University Honor Code or any local, state, or national law will result in my immediate dismissal from the team.
- I agree to abide by the Christopher Newport University Gymnastics Club's values of acceptance by never purposefully acting in any disrespectful manner towards others at practice, meets, or other club functions. I acknowledge that a failure to represent CNU Gymnastics as an accepting organization can result in my dismissal from the team.
- I agree not to make public any form of media that may portray myself participating in any illicit or illegal activities.
- I will check the CNU Gymnastics Club Instagram page (@cnugymnastics), groupme, and my email account frequently for updates regarding practice times and locations, as well as other important information about the club.
- I will arrive to practice on time, help with the setup and breakdown of all pertinent equipment, and will leave practice after I have been dismissed by the head team member, unless prior arrangements have been made.
- I will attend all required practices unless a prior arrangement is made with the Executive Board.
- I understand that if I have not filled out an emergency waiver and/or have not paid for practice, I may be subject to dismissal from practice for that day.
- I will attend all volunteer events and meetings throughout the semester.
- I understand that if I do not attend at least 75% of all volunteer events and meetings, I may be subject to dismissal from the team.
- I will come to practice in proper athletic attire. For example, wearing a sports bra, leotard, running shorts and t-shirt. Nothing too baggy and no dangling jewelry.
- I will not engage in any behavior inside, or outside of class that may be considered harmful to myself or others.

I, _____, have read and agree to adhere by all of the aforementioned Christopher Newport University Gymnastics Club policies. I understand that failure to do so may result in my dismissal.

Signature

Date

CNU Gymnastics Club Constitution

Article I - Name

The name of this organization shall be the CNU Gymnastics Club at Christopher Newport University.

Article II - Purpose

The purpose of the club shall be (a) to foster a wide student interest and participation in gymnastics by providing practices, conditioning, and competition and (b) to assist students of all skill and experience levels in developing their gymnastics skills.

Article III - Membership

Section 1. Any student regularly enrolled in Christopher Newport University may become a member of the CNU Gymnastics Club with voting and office-holding privileges. The standards for qualification and the amount of dues to be paid shall be determined by the club.

Section 2. Dues, having been decided on by the organization as \$80 per semester (or \$5 per practice) shall be paid to the club treasurer to fund practices at World Class Gymnastics and other club functions.

Section 3. CNU Gymnastics Club shall not haze any prospective member for the purpose of admission into or affiliation with the organization. Members of the club are free to leave or dissociate without fear of retribution or harassment. CNU Gymnastics Club shall not discriminate based on race, creed, color, sex, age, identity, national origin, disability, or sexual orientation.

Article IV - Executive Officers

Section 1. The executive officers of CNU Gymnastics Club shall be as follows: President, Vice President, and Treasurer. The aforementioned officers shall constitute the Executive Committee.

Section 2. Other leadership positions will include Team Captain, and Marketing/Social Media Chair. While these positions are not part of the original three-person Executive Committee, they will participate in relevant planning and decision-making determined by the Executive Committee.

Article V - Duties and Terms of the Executive Officers

Section 1. The President is to preside at Executive Committee membership meetings; appoint special committees with the approval of the Executive Committee, and be the main contact for World Class Gymnastics. Plan and organize publicity for activities and special events and communicate to the team via weekly emails. They are to organize and register for NAIGC meets with the collaboration of the vice president.

They are to serve at calendar-year intervals (January 2024-December 2024).

Section 2. The Vice President is to preside in the Chairman's absence and perform other such duties as may be required by the by-laws or resolutions of the Executive Committee. They are to assist in Organizing and registering for NAIGC meets. They are to manage practice activities, etc.

They are to serve at calendar-year intervals (January 2024-December 2024).

Section 3. The Treasurer is to supervise the financial administration of all revenue periodically to the Executive Committee and membership on the financial condition of the organization, and perform other such duties as may be required by the by-laws or resolutions of the Executive Committee.

They are to serve at calendar-year intervals (January 2024-December 2024).

Section 4. The Team Captain is to oversee the development and evaluation of the team's roster prior to each competition and work closely with the Vice President in the preparation and registration processes of each competition. Attendance is to be taken and reported to the President.

They are to serve at calendar-year intervals (January 2024-December 2024).

Section 5. The Marketing/Social Media Chair is to oversee team apparel ordering/purchasing, as well as the development and execution of club fundraisers. They are to work closely with the Treasurer and the President in handling both of these functions. Management of the social media account, as overseen by the executive officers, is within their duties.

They are to serve at calendar-year intervals (January 2024-December 2024).

Article VI - Meetings

Section 1. The regular meetings of the CNU Gymnastics Club shall be determined by the Chairman and the officers.

Section 2. Special meetings may be called by the President at his/her discretion.

Section 3. 75% percent of the membership shall constitute a quorum.

Article VII - Elections

Section 1. Election of officers shall take place yearly during the spring semester of each academic year.

Section 2. Any student is eligible for nomination as an officer of the Executive Committee who: (a) meets CNU's eligibility for student office holding which consists of a 2.0 grade point average and (b) fulfills the qualification as set up by the Executive Committee.

Section 3. A vacancy in any office, except the Presidency (who will be replaced by the serving Vice President), shall be filled only by an election held among the members of the CNU Gymnastics Club.

Article VIII - Recall of Officers

Officers of the organization may be dismissed for cause if due process is followed. Grounds for dismissal include dereliction of duties. A motion for a recall of an officer requires a 2/3 vote of dues paying members.

Article IX - Amendments

Amendments to this Constitution may be proposed to the voting membership by majority vote of the Executive Committee or by petition signed by 1/10 of the voting membership. Amendments shall be declared adopted which are presented at a general meeting and receive a majority favorable vote at the meeting by the voting members present.

Article X - By-laws

By-laws, not inconsistent with the constitution, may be adopted or amended by 2/3 vote of the regular or special meetings, providing the by-laws are submitted in writing at least one week previously at either a regular or special meeting of the general membership.

Article X – Responsibilities

CNU Gymnastics Club shall adhere to Office of Recreational Services policies and procedures, University policies and all city, state, and federal laws.

Article XII - Ratification

This constitution shall become effective upon ratification by a majority of the organization's membership and Office of Recreational Services (CNURec).

Sport Club President Signature: _____

Date: _____

Sport Club Vice President Signature: _____

Date: _____

Sport Club Treasurer Signature: _____

Date: _____

Sport Club Marketing Signature: _____

Date: _____

Sport Club Captain Signature: _____

Date: _____