



HAMPSHIRE WILDCATS



2017 Cheer Manual

HAMPSHIRE YOUTH FOOTBALL & CHEER

July 25, 2017

Welcome!

Welcome to the 2017 Hampshire Wildcat Cheer Season! We are very excited to make this season the most rewarding one yet, for all athletes and parents! This manual will provide you with important information regarding our cheer program and expectations. It should also serve as a guide to being a “Youth Sports Parent” as parents play an intricate role in the overall success of the cheer program!

Our goal is to provide your child with positive involvement to athletics in a thoughtful, fun, and supportive environment. We hope that through your child’s participation, they will not only learn the basic fundamentals of cheerleading as a sport, but a little about themselves, sportsmanship and being a team player as well.

We highly value each one of our cheerleaders, and we know that without YOU, there is no US. Therefore, we hope to provide you with the best experience possible. Please feel free to call or e-mail me throughout the season with any comments or concerns that you may have. I look forward to hearing from many of you in the future.

Thank you for choosing the Hampshire Wildcats Youth Football and Cheerleading for your child’s athletic experience!

Colett Gagnon
Director of Cheer
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Coachgirl1415@yahoo.com

2017 Board of Directors

HYF&C's Board of Directors have sole discretion on all circumstances impacting the program.

Colett Gagnon, Director of Cheer, represents all aspects of cheerleading on the 2017 HYF&C board. Colett is directly responsible for the coordination of all teams, coaches, practices, game schedules and competitions as they relate to cheer.

Colett Gagnon | Director of Cheer | 847-826-2250 | coachgirl1415@yahoo.com

President

Shawn Glinski

Youth Agent Director

Rol Landry

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Fundraising Co-Directors

Rachel Hintz & Cori Hagevold

Mission

HYF&C was established to promote the wholesome development of area youth through their association with adult leaders in the sport of football & cheerleading. We will abide by the rules and regulations established by our governing bodies to insure our athletes play in an atmosphere of safety with a competitive balance between teams. HYF&C is on a mission to aid in the development of youth within our surrounding communities.

HYF&C is proud to be affiliated with the Northern Illinois Football Conference and the IRCA (Illinois Recreational Cheerleading Association). Emphasis on learning, playing and enjoying the sports while instilling high moral standards by stressing the importance of family, high academic standards & teamwork. Helping children become leaders and teammates, HYF&C athletes will learn to both foster confidence and sense of self-worth that extend beyond the field and into family, school and community.

Sportsmanship, teamwork, honesty, responsibility and self-discipline are among the traits needed by youngsters to face the future with positive aspirations and confidence. If we teach them positive lessons with positive reinforcement, our young athletes will learn to live by the rules.

Communication

The primary source of information regarding practices, games and/or associated events will be email. We will be phasing out One Call Now and using Blue Sombrero (the HYF&C website system) to send emails and text messages to the entire organization or by team when necessary. All HYF&C information can be found via the Hampshire Wildcats website: www.hampshirewildcats.com

HYF&C Social Media Sites:

Facebook

- Hampshire Wildcats Cheerleading
<https://www.facebook.com/Hampshire-Wildcats-Cheerleading>
- The Hampshire Youth Football and Cheer Page
<https://www.facebook.com/thehampshirewildcats/>

Twitter

- @Hampwildcats <https://twitter.com/HampWildcats>

The HYF&C website and social media sites are updated regularly, it is imperative that parents and/or cheerleaders check the sites frequently for important updates.

In the event of inclement weather, we ask that parents prepare for last minute practice and/or game cancellations. Parents should expect to be notified via text or phone calls from Team Moms and/or Coaches. Cheerleaders will never risk being left unattended, regardless of the circumstances.

Code of Conduct Policy

Due to increasing violence and the rising number of abuse incidents in our nation's youth programs, the HYF&C Cheerleading coaches have approved a "CODE OF CONDUCT POLICY" related to any inappropriate behavior. It is the goal of the HYF&C to proactively establish a safe and constructive environment for children without the threat of violence, inappropriate behavior or language.

Any of the following actions from a Cheerleader, Parent, Team Mom, Adult/Jr. Coach or Fan may result in the immediate dismissal from the event, a minimum one game suspension and/or a permanent cheer squad suspension. The HYF&C has a zero tolerance policy.

- Parents and Fans on the field without permission
- Inappropriate language
- Negative or vulgar comments made to referees, opposing team, and/or ANY members of the Hampshire Youth Football and Cheerleading program, the NIFC or IRCA via in person or via social media
- Trashing fields and/or property
- Posting negative or threatening commentary on *any* Social Media site (i.e. Snapchat, Instagram, etc.), or electronic means of communication such as, but not limited to, email and text
- Attending any event under the influence of drugs or alcohol
- Physical displays of aggression and/or threats of physical violence
- Any action that officials or coaches deem inappropriate, including the repetition of prior offensive behavior
- Any bullying on or off the field in any way

In cases where the offending party does not adhere to dismissal, any HYF&C official or coach present will immediately alert the authorities.

Based on the nature of the offense, charges may be filed against the individual. Threats of, or physical displays of aggression will be reported to the police. Any ejected person has the right to an appeal meeting by the Board of Directors. All parties involved will be invited to attend a face to face meeting which will be scheduled within ten days of any reported incident.

Hampshire Cheerleading hopes these policies will ensure a safe, tolerable environment for your family to be around and your children to cheer in. Thank you for doing your part to help.

EXPECTATIONS

Squad members are required to maintain and uphold the reputation of the Hampshire Wildcats Cheerleaders through their individual behavior and squad spirit at all times. HYF&C Members are required to be courteous, respectful, and of good character. All cheers and chants shall be of a positive and sportsmanlike manner. Members will make every attempt to ignore or dissuade negative responses at any HYF&C event and avoid involvement in any such action. Refunds will not be granted as a result of misconduct or participation refusal.

DISCIPLINARY ACTION

HYF&C policy states that disciplinary action will only be invoked as a last resort however, all reasonable attempts will be made to avoid any such situations. Positive reinforcement and leading by example will be efforts utilized with any and all squad discussions.

A cheerleader may be suspended from HYF&C games/events for any of the following:

- Unexcused absence
- Excessive absence or tardiness
- Failure to cooperate with coaches and/or team moms
- Failure to abide by squad rules and regulations

A cheerleader may be dismissed from the HYF&C squad for any of the following:

- Excessive and irreconcilable disruptive influence on the squad
- Conduct likely to impair squad/team or organization's reputation
- As otherwise deemed necessary by the HYF&C Board in collaboration with the Coaches
- Bullying of any nature

A cheerleader and family may be banned from competing in any future IRCA competitions if any negative or disparaging remarks are made via any form of electronic means of communication such as, but not limited to, Social Media (i.e. Facebook posts), email and text communications

HYF&C Board of Directors will handle all disciplinary actions as a private matter between all parties involved. In the event that any member fails to fulfill the terms and conditions of a reinstatement of membership, the HYF&C Board shall have the absolute right, but not the obligation, to revoke such reinstatement and permanently ban future membership opportunities with the HYF&C.

24 HOUR RULE

The 24 Hour Rule applies from the start of each practice, game or HYF&C event. For purposes of clarity and questions related to game times, locations, your child's position, an absence, etc. contacting an HYF&C Board Member, Coach or Team Mom is considered appropriate.

Parents should refrain from contacting an HYF&C Board Member, Coach or Team Mom (or families) with any confrontational feedback relative to game times, locations, your child's position, an absence, etc. for 24 hours. All complaints will be immediately directed to an HYF&C Board Member, once received. Parents should be prepared to file a written complaint inclusive of factual information, names, dates, game information, etc. Parents should also prepare to meet collectively with any and all parties involved.

HYF&C has zero tolerance for ANY parent that criticizes players, cheerleaders, Board Members, coaches, team moms or other parents. It is the expectation that all families within our organization are treated with respect.

PRIVACY

To respect the privacy of all HYF&C members, please refrain from the use of "reply all" on any emails and/or text messages.

CELL PHONES

Cell phone usage is not permitted during practices or games. Each cheerleader will be required to place their phones in supervised basket during each practice and/or game. It is important to maintain the focus of each cheerleader during practices and/or games in an effort to maximize productivity. Should a parent need to reach their child during these scheduled times, please call or text the coach and/or team mom.

TRANSPORTATION

Parents are responsible for driving and/or arranging transportation for cheerleaders to and from games, practices and all other events.

It is required for the facilities to be vacated within a reasonable amount of time after a game and/or practice. Please be courteous and punctual when picking up your cheerleader.

ATTENDANCE REQUIREMENTS

EXCUSED ABSENCES

Illnesses, injuries, family emergencies, school related functions that result in a grades and/or church obligations are considered as excused absences. Proof of validity may be required at the discretion of the HYF&C Board and/or coaches.

UNEXCUSED ABSENCES

All others.

HYF&C understands vacations, scheduling conflicts, additional extracurricular activities, etc. however every cheerleaders commitment is crucial to the success of the team and competitions. The lack of one's presence can adversely affect the productivity in any given practice.

Should a cheerleader miss 3+ practices, a position change may occur at the coach's discretion. Parents will be notified as the absences accumulate. Excused absences will only be considered as such upon receipt of proper notification.

REPORTING AN ABSENCE

Prior to the first scheduled practice, all cheerleaders and parents will be provided specific instructions and contact information for purposes of communicating absenteeism.

Absence	Consequence
Unexcused absence from a game	1 Game Suspension
Excused or Unexcused absence from practice	Sideline Cheers Only No participation in: half-time routine stunting tumbling
3 Excused absences (games and/or practice)	1 Game Suspension
4 Excused Absences (games and/or practice)	Parental Discussion Possible Squad Removal

- *Game suspension schedule will be at the discretion of the Cheer Director*

GAMES AND PRACTICE

Coaches must be notified of an absence at minimum 1 hour prior to the beginning of any game or practice via phone call and/or text message *only*. The absence will automatically be considered unexcused should this protocol not be followed.

If a cheerleader is serving a suspension, he/she must attend the game in uniform until the suspension is complete.

COMPETITIONS

HYF&C Cheerleading is a proud member of the IRCA. Any cheerleaders that is absent from practice within the two weeks leading up to a competition will not be allowed to compete (some exclusions may apply).

FOOTBALL PLAYOFFS

Playoff games are required and all cheerleaders are expected to attend and cheer.

The sideline cheer season does not end until playoffs and Super Bowl are over. These games can last through November; league schedule dependent.

SOCIAL AND VOLUNTEER ACTIVITIES

The HYF&C program hosts many social events to assist with fundraising efforts. While not mandatory, assumed participation of all cheerleaders exists as a standard. Advance notice of non-attendance is required. Fundraising events assist the HYF&C program with field rentals, gym usage, equipment/uniform purchases and other related expenses.

Coon Creek Parade | Wildcat Night @ HHS | Lou Malnati's

**All fundraising events are TBD; communication to follow*

The HYF&C program requires each family to participate in volunteer efforts at minimum, 4.5 hours per season. One of which must be a concession stand shift (before, during, or after a game). It is the responsibility of the family to record and communicate shifts worked to a board member. Participation checks will be returned upon completion of said volunteer commitments. All participation checks of those unable to fulfill their volunteer requirements, will be cashed post season.

Scheduling conflicts should be addressed with a board member in an effort for all families to fulfill participation requirements.

UNIFORMS AND APPEARANCE

PRACTICE ATTIRE

Cheerleaders must wear a T-shirts/tank tops, shorts and white non-skid gym shoes. Loose shirts must be tied back with a rubberband. Flip flops, sandals and jean shorts are prohibited. Sports bras are not acceptable as a practice shirt.

GAME ATTIRE

Uniforms need to be kept cleaned, pressed, and mended at all times. This includes prior to being returned post season.

Care Instructions:

- Uniforms are to be washed on gentle cycle; cold
- Fabric softener is not recommended
- Uniforms should be hung to dry
- Cool iron as necessary

Cheerleaders should exercise caution with food and/or drinks with dyes while wearing their uniform. These uniforms are costly to replace and need to be cared for meticulously.

Each cheerleader must have two pairs of white, non-skid shoes. One pair for outdoor practices and games and another pair for competition and indoor practices. During warmer months when long sleeve crop top is not worn, a sports bra or tank top (preferably black) must be worn under the shell along with the league provided spankies, socks and bow (*tank or bra straps should not be visible at any time*). During colder months the league provided crop top should be worn. Accessories in the form of black leggings, yoga pants and/or cheer hoodies and jackets may be worn; weather dependent.

Reflect grooming standards as directed, including, but not limited to:

- No jewelry is to be worn at any time. Please ensure your cheerleader removes earrings BEFORE practice and/or games to prevent possible losses
- Uniforms must be kept spotless at all times
- Nails are to be short and well-groomed and do not exceed the length of the finger; Acrylics are not allowed at any time during the season; longer nails are strongly discouraged for safety reasons; nail polish is not to be worn at cheer competitions
- Secured hairstyles must be in a high pony, neat, up (no bangs) and tied with uniform bow. Flat, push clips are allowable as necessary
- Competition shoes are for indoor practices only and are NOT to be worn outside.

Uniforms may be worn to school on Fridays should the cheerleader desire. It is the responsibility of each cheerleader and/or parent to ensure all pieces of the uniform are laundered, intact, and ready for all games. Coaches will have limited back up resources.

IMPORTANT CHEER DATES

Jul 10-11	Cheer Camp (rain date the 12th if needed)
Jul 18	First day of practice
Jul 25	Mandator Parent meeting at the field at 6:10PM
Aug 6	Coon Creek Parade Noon (meeting time TBA)
Aug 10	Picture Day
Aug 19	First weekend of Games
Aug 22	Rogan Shoes will be at HMS (time TBA)
Aug 25	HHS Football & Cheer Youth Night (formerly Wildcat Night, time TBA)
Sep 28	Competition Showcase (dress rehearsal) at HMS (time TBA)
Sept 30	Opening Day Cheer Competition @ Dundee-Crown HS* (Jr White, Jr Varsity Black, Varsity White, Varsity Purple)
Oct 21	“Cheer Rock” Competition @ McHenry HS* (Jr White, Jr Varsity Black, Varsity White)
Oct 28	“Cheer Pink” Competition @ Oswego East HS* (Varsity Purple)
Nov 4-5	“Cheerevolution” Competition @ Hampshire HS* (Jr White, Jr Varsity Black, Varsity White, Varsity Purple)
Dec 1-3	IRCA State Competition @ Sears Center*

**Times are not released until the week prior to competition. The State Competition at Sears Center is multiple days and performance times are dependent on team participation per grade level. Please be mindful with scheduling flexibility to accommodate these two events.*

I, the parent or legal guardian of the below named minor, do hereby give my consent to his/her participation in all activities of the 2017 HYF&C Program. In cases of any illness or injury to my minor resulting from said participation, I hereby waive any and all claims against the organization, sponsors, coaches, team moms and/or board members. In the event of an emergency situation relating to my minor listed below, and in the event that I am unavailable, I hereby give consent to allow an Emergency Medical Technician, Athletic Trainer and/or any medical institution to administer any such emergency medical care as deemed appropriate by the emergency medical staff.

We have read and understand the policies, procedures, practices, and expectations outlined in the 2017 HYF&C Parent Manual. We agree to adhere to these guidelines as a condition for voluntary participation in the cheerleading program and understand that failure to do so may result in disciplinary measures and removal from the program.

Please return a signed copy to your Team Mom upon the first scheduled practice.

Cheerleader's Name

Cheerleader's Grade

Parent's Name(s)

Parent's Name(s)

Address

Phone

Email

Parent's Signature

Date

Cheerleader's Signature

Medical Conditions or Allergies

