



**2024**

*PARENT HANDBOOK*

## **Mission:**

Our mission is to train youth athletes in all aspects of the sport of cheerleading in order to prepare them for high school cheerleading. Training includes motion technique, stunting, tumbling, jumps, and dance. We work towards achieving our mission through committed volunteers, committed parents, and committed cheerleaders. Participants must be committed to attending and being on time for practices and games; improving cheer skills, working on flexibility and perfecting jumps, outside of practice; and to being focused at practices and games, listening to the coach, and paying attention when learning new cheer material.

## **General Participation Rules and Regulations:**

- Parents agree to provide support, care and encouragement of children while participating in the Cheer Program.
- Parents will encourage good sportsmanship by demonstrating respect and positive support of all cheerleaders, coaches and parents at games, practices or other events.
- Parents will carefully review the rules and regulations with their child and adhere to the rules.
- Parents understand that a violation of these rules may result in the suspension or termination of their child's participation in FCYFL Cheer.
- Cheerleaders will treat team members, other cheerleaders, football players, coaches, officials, and fans with kindness and respect, regardless of race, gender, creed, or ability by refraining from rude or abusive language, actions, or gestures. Parents should help encourage this behavior throughout participation in the program.
- Cheerleaders agree to have a positive attitude among the team, teammates, and coaches and demonstrate the positive aspects of youth sports while participating in FCYFL Cheer.
- Cheerleaders will observe good sportsmanship by demonstrating positive support of teammates, coaches and parents at every game, practice, or other events.
- Cheerleaders should always bring a water bottle to practice and games.
- Cheerleaders will pay attention to coaches and follow their directions, respecting those coaches who are volunteering their personal time to coach and instruct.
- Cheerleaders will carefully review the rules and regulations with their parents and adhere to the rules.

- Cheerleaders understand that a violation of these rules will result in the suspension or termination of their participation in FCYFL Cheer.

## **CHEERLEADER EXPECTATIONS:**

Cheerleading is a team sport and therefore, participant attendance at practice and games is very important. We all understand that unexpected situations arise, such as illness, and that a cheerleader may have to miss an occasional practice or game.

However, it is unacceptable for a cheerleader to not attend practice without good reason. Excessive absences may place a participant at a disadvantage in learning routines or stunts; which may result in having to sit out during half time routines and/or special appearances.

Cheerleaders maintain a highly visible profile both within our organization and in our community. Poor behavior can cast an unfavorable light on the entire team.

Drug use is unacceptable and illegal. If a cheerleader is suspected to be under the influence, a parent will be contacted. This could be the result of your child being terminated from our program.

If a cheerleader is suspended from school, that suspension will also include being suspended from our program. Once we receive a signed note from your school Counselor stating your suspension has been lifted the cheerleader is welcome back to cheer. Each situation will be reviewed by the FCYFL Executive Board.

Cheerleaders will be responsible for their actions, and attitudes. Remember that attitudes are contagious, so let's make it a positive one!

## **SQUADS PLACEMENT :**

Cheerleaders will be placed in squads at the Coaches discretion. All divisions will need to have a squad represent them. Please keep in mind that your Cheerleader might be put on a squad to cheer for football players that are not her same age, for example your 9 year old might be on a cheer squad cheering for 7 and 8 year olds or vice versa. The coach will place girls according to what the squads need.

We will make every effort to accommodate sibling players. If you have 2 cheerleaders, one of them being 6 and one of them being 11 please understand that we can work with having them on the same team but your 6 year old is not going to be able to do all that your 11 year old is going to be able to do and may get bored being on a higher team, and the same goes if you were to hold your 11 year old back to keep her with the 6 year old...she is not going to be able to participate at the right level.

If you have a football player and a cheerleader, again we will do our best to pair them to the same division but this too comes with its challenges. Your cheerleader may end up on a squad that is too advanced for them or on a squad that is going to hold them back. If there ends up being 2 football teams in one division for example the Bantams, and we place your cheerleader with the sibling on the Bantams we will most likely only have one Bantam cheer squad so your cheerleader would not be cheering for your football player every weekend.

If we do not have enough girls to fill each squad we might have to place your cheerleader on a squad that allows her to cheer for any age range.

### **PRACTICE REQUIREMENTS:**

- Practice attendance is mandatory!!!! Practices are designed to teach cheerleaders cheers, chants, stunts, dances and other important information they will use at games. Therefore, it is imperative that the cheerleader attends all practices.
- Parents who will be late to pick up your cheerleader need to call your coach and alert them to any emergency situation.
- The following steps will be taken for cheerleaders who are not picked up by the end of practice:
  1. Contact parent or guardian listed, if no response, then,
  2. Contact emergency contacts to take custody of cheerleader, if no response then,
  3. Contact San Luis Obispo County Police to take custody of the cheerleader.
- Cheerleaders are to participate in all aspects of practice. Practices include, but are not limited to, cheer/chant review, running, stretching, strength training, stunting, tumbling, and jump conditioning. Sneakers and/or cheer shoes are to be worn throughout the entire practice. **ONLY ATHLETIC SHOES OR CHEER SHOES ARE PERMITTED FOR PRACTICE; ANY OTHER FOOTWEAR WILL RESULT IN YOUR CHEERLEADER SITTING OUT OF PRACTICE.**
- Cheerleaders must be on time for practices.
- Dress appropriately for practice (t-shirt, athletic shorts/pants, running shoes, etc.)
- No jewelry should be worn - no rings, bracelets, earrings.
- Hair must be neatly pulled back and away from the face.
- No gum chewing.
- Every cheerleader is required to warm up prior to participating.

- Bring water to EVERY practice. Water fountains may not always be available.
- Parents are REQUIRED to pick up their cheerleader from practice. If circumstances do not allow you to do so, you MUST notify the coach who will be responsible for your child.

Please understand that coaches are volunteers and have jobs prior to the start of practice. Please do not drop your child off too early before a coach is there to take them.

NO CHEERLEADERS WILL BE PERMITTED TO WALK HOME FROM PRACTICE. PARENTS, PLEASE BE PROMPT WHEN PICKING UP YOUR CHEERLEADER.

### **REGULAR SEASON PRACTICE:**

All cheerleaders are expected to attend each and every practice.

If your child misses too many practices prior to game day - they will sit out of the halftime routine for that week, this may also result in your placement in a routine or stunt to be moved or replaced. It is not only not safe but it is not fair to the other cheerleaders who are showing up to practice.

If they miss all 3 practices that week - they will sit out of the entire game on game day.

If your cheerleader is sitting out of the game for any reason, they are still expected to attend the game in full uniform and sit on the sidelines with the coach in support of her squad and team. If your cheerleader chooses to miss the game she is sitting out of or attends out of uniform, she will also sit out of the following week's game as a result. This will be at the coaches discretion.

### **CANCELLATIONS:**

Cancellation of an evening's practice due to rain will be made as early as possible. Coaches will put the cancellation in the BAND app.

### **CHEERLEADER APPAREL:**

According to current FCYFL/CCYCA/CCYFL rules, participants must adhere to the following:

- Jewelry will not be worn except for religious or medical medals, which shall be taped to the body under the uniform. Existing earrings and facial piercings must be removed prior to practices, games, and appearances.

- Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. Nails may not be visible beyond the end of the fingertips when viewed from the palm side of the hands.
- Hair devices shall be safe and secure. All members of a stunting squad shall wear their hair away from the face and off the shoulders.
- Lip color, nail color, and make-up in general should promote the "All American Cheerleader" image and must be age appropriate.

### **GAME DAY:**

Game schedules will be made available once finalized by CCYFL. Once received by the League, the schedule will be posted on the website. It is important to remember that the game schedule may change at any time during the playing season, we will notify you of the schedule as soon as we get an official schedule. There may be a point where they are only releasing the schedule a couple weeks at a time. Cheerleaders are expected to be at all games even if there is a change in the schedule.

On game day, cheerleaders need to be at the field 30/60 minutes PRIOR to the start of their game in full uniform. This will ensure that the cheerleaders are warmed up in order to reduce injuries. Halftime routines are choreographed to include ALL cheerleaders.

However, in the event any cheerleader is unable to attend a game, routines may need to be re choreographed with the girls in attendance. Any cheerleader who is not at the field 45 minutes prior to the start of their game will not participate during the game's halftime routine. Any cheerleader who is not at the field 30 minutes prior to the start of the game will not participate in the first half of the game (including halftime).

NO FOOD, SNACKS OR DRINKS (other than water) ARE PERMITTED DURING THE GAME, unless otherwise directed by a coach. Please ensure your cheerleader is properly fed prior to arriving at the game.

### **SIDELINE ETIQUETTE:**

All cheerleaders must exhibit proper behavior while on the field. At times, the football action encroaches in out of bounds territory where the participants cheer. In an effort to maintain a safe environment for all participants, they must pay attention and listen to their coach's direction and leadership.

While not cheering, ALL participants must stand in their assigned positions with their hands behind their back and poms in hand. Participants may not run around, stunt, tumble, etc. while in line. Excessive reprimanding may result in your child being asked to sit out the quarter/half/game. (Parents, please re-enforce this rule with your

participant, especially the younger girls. Please help us keep and look organized and safe during the game.)

### **FIELD RULES:**

FCYFL/CCYFL has strict field regulations regarding sideline and field access. Please note that access to the field area is limited to coaches, staff, cheerleaders, football players and chain crews. All volunteers must have a League issued ID badge to gain access to the field.

### **IN CASE OF INJURY, PLEASE DO NOT RUN ONTO THE FIELD TO THE INJURED PLAYER:**

Every field has a certified EMT on-site to handle all emergencies. EMT staff will allow you on field once the injury assessment has taken place.

### **UNIFORMS:**

Uniforms for each participant are Bow-to-Toe, which includes: Shell, Skirt, Spanks, Poms, Socks and Bows.

### **UNIFORM BREAKDOWN:**

In the event any part of a cheerleader's uniform becomes lost or unusable, it is the parents' obligation to replace the item before the next game or appearance. If a cheerleader is not in full uniform, she will not cheer. No Exceptions!

### **UNIFORM CARE:**

Shells/skirts must be washed separately to ensure that the items do not collect color. DO NOT WASH THE SHELL/SKIRT WITH THE SOCKS OR BRIEFS. This may result in a mis-colored uniform that will need to be replaced.

Use only a mild washing detergent. Wash each garment in cold water and hang dry. DO NOT USE COLOR SAFE BLEACH OR OTHER SPRAY ON STAIN REMOVERS!!

### **CHEERLEADER CONDUCT/DISCIPLINARY MATTERS:**

Diversity makes the world go round! We must learn to put all differences aside. As soon as we step onto the field, please remember we are a TEAM! We ask that any differences you may have towards anyone on the team be kept at home and away from practices, games and performances. You will be expected to respect your teammates and your coaching staff.

We value any and all comments from parents. If you encounter any issue of concern, you are to bring the matter to the attention of your coach and/or cheer director for resolution.

### **Zero Tolerance:**

*We have zero tolerance for any bullying and/or harassment. This includes the coaches, teammates and opponents. If an athlete is found bullying/harassing anyone within CCYFL they will be removed from at least one game. If the behavior continues you will be removed from your team and asked to not return.*

### **REFUNDS:**

Once uniform orders have been placed there will be no refunds whatsoever. If your cheerleader decides to quit before or during the season he/she will be able to keep the uniform.

### **COMMUNICATION:**

Cheer Director - Cherri Bohard 805-7481733; email [cheer@5cyfl.com](mailto:cheer@5cyfl.com)

BAND App. - This is an app that you will need to download and keep active. Once you are registered you will be added to the group. This will be where 100% of the communication will be done. We will keep the calendar updated here, as well as letting parents know of any and all upcoming things. If there is anything new or anything that parents need to know it will be posted here first!! Please do not silence your notifications unless you plan to check it regularly to see any updates.

Ongoing and timely communication with coaches and parents is one of the key factors to a successful program. On occasion, you will be provided information at practice or at games, but our main means of communication will be via our band app. Coaches will also utilize text when needed.

**\*\*\*Please sign and return this page**

BY SIGNING THIS, I ACKNOWLEDGE AND CONFIRM, I HAVE RECEIVED A COPY OF THE NYFL BYLAWS AND PARENT HANDBOOK.

Date: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Cheerleader's name: \_\_\_\_\_

Parent's signature: \_\_\_\_\_