

Paso Robles Youth Cheer Handbook

Article I: Name

The official name of this organization shall be **Paso Robles Youth Cheer (PRYC)**.

Article II: Purpose

The purpose of Paso Robles Youth Cheer is to promote cheer spirit, support youth football teams, and represent the community at various football games and potential community events.

Article III: Mission

Our goal is to develop young athletes in every aspect of cheerleading, equipping them with the skills and experience needed for high school cheer. Training encompasses motion technique, stunting, tumbling, jumps, and dance. We strive to fulfill this mission through the dedication of our volunteers, parents, and cheerleaders. Success requires participants to commit to punctual attendance at practices and games; actively work on improving cheer skills, flexibility, and jumps outside of practice; and maintain focus and attentiveness during practices and games, while respecting coaches and learning new routines.

Article IV: Membership

Section 1: Eligibility

- Eligibility for Athlete membership follows the guidelines set by the Central Coast Youth Cheer Association (CCYCA). Cheerleaders will be placed in age groups as defined by CCYFL—Bantam, Junior, Intermediate, and Senior—and assigned to their respective age brackets. However, exceptions may apply based on the following considerations:
 - Family member groupings for football and/or cheer (per request).
 - Rideshare agreements.
 - Sibling associations.
 - Balancing out teams.
 - Coach associations or requests, based on availability.
 - Each team is allowed up to four (4) protected cheerleaders. Protected cheerleaders are those directly associated with coaches (e.g., their child or niece/nephew).
 - *Please note that the order of items listed does not indicate their level of importance.*

- Returning athletes do not receive preferential placement, and there is no formal draft process, unlike football.
- Eligibility for Coaching Staff - Refer to Article V & CCYCA By-Laws version 2025

Section 2: Positive Expectations and Behaviors

- Cheerleaders are expected to maintain a positive attitude, demonstrate sportsmanship, and work collaboratively with their squad members and coaches.
- Cheerleaders should:
 - Encourage and support teammates at all times.
 - Display respect towards all coaches, volunteers, and fellow athletes.
 - Arrive on time, prepared, and ready to participate in practices and performances.
 - Maintain good academic standing as per CCYCA guidelines.
 - Represent Paso Robles Youth Cheer in a positive light during all events and activities.

Article V: Leadership

Section 1: Available Positions

- **Head Coach:** Main coach responsible for all cheer squad-related activities, including but not limited to: Practice schedule, cheer and dance routines, stunting, etc. Minimum age is 21. Requires Live Scan, Coaches Ethics, CDC Concussion Awareness Training Certification, and Head Coach Application.
- **Assistant Coach:** Assists the Head Coach with administrative duties and managing the cheer squad in addition to but not limited to practice schedule, cheer and dance routines, stunting, etc. Minimum age is 18. Requires Live Scan, Coaches Ethics, CDC Concussion Awareness Training Certification, and Assistant Coach Application.
- **Junior Assistant Coach:** Assists Assistant Coaches with tasks such as but not limited to bathroom runs, assisting in teaching cheers and dance routines, and keeping athletes on task. Must be supervised by a Head or Assistant Coach. Minimum age is 14 or a high school freshman. Requires Coaches Ethics, CDC Concussion Awareness Training Certification, and Junior Assistant Coach Application.
- **Stunt Volunteer:** Responsible for assisting in stunt spotting only. Minimum age is 14 or a high school freshman. Requires Live Scan (if older than 18 years old,) Coaches Ethics, CDC Concussion Awareness Training Certification, and Stunt Volunteer Application. Must be supervised by a Head or Assistant Coach, can only be on the field during halftime, and must leave the field afterward.
- **Team Parent:** An unofficial/not badged member of the cheer squad who assists with team morale, snack schedules, snack bar assignments, team communications, and various tasks for the Head Coach and Assistant Coach.

Section 2: Selection of Leaders

- The Head Coach of each squad is appointed by the Director of Paso Robles Youth Cheer.
- The Assistant Coach, Junior Assistant Coach, Stunt Volunteer, and Team Parent positions are selected by the Head Coach unless circumstances require the assistance of the Director for selection and placement of volunteers.
- One (1) head coach is assigned per team.
- A combination of up to four (4) assistant coaches and Junior assistant coaches may be selected per team.
- A squad/team shall have only 5 badges allowed per season.

Section 3: Duties of Leaders

- **Head Coach:** Leads the cheer squad, oversees all aspects of cheer squad management, ensures safety during stunting, and represents the cheer squad in meetings. The Head Coach must hold all necessary certifications and is the primary decision-maker for the cheer squad.
- **Assistant Coach:** Supports the Head Coach with administrative duties, assists with stunting, routines, and manages the cheer squad when the Head Coach is unavailable. Also responsible for aiding with bathroom runs and ensuring the safety of the athletes.
- **Junior Assistant Coach:** Assists with bathroom runs, teaching cheers and routines, and keeping athletes on task. They must always be supervised and can aid in stunting and spotting.
- **Stunt Volunteer:** Focuses exclusively on stunt spotting during halftime and sideline stunt routines. They have no other responsibilities with the athletes and must adhere to the rules of field presence.
- **Team Parent:** Assists with morale, snack schedules, and communications but is not an official, badged member of the cheer squad.

Article VI: Practices and Performances

Section 1: Practices

- Practices generally follow football team schedules for locations and times, with some flexibility as scheduled by the cheer squad head coach.
- All practices must adhere to Central Coast Youth Football League (CCYFL) regulations unless otherwise instructed by the Director.
- Practices are held on weekdays.
- Types of practices include:
 - Squad practice
 - All-squad practice
 - Levels practice
- All-squad and levels practices main focus is exhibition preparation and may begin as early as the start of the season.

- Practice duration and frequency must comply with CCYFL guidelines.
- Practices are physically demanding and include, but are not limited to:
 - Stretching and flexibility exercises
 - Cardio training
 - Strength training
 - Jumps and jump training
 - Cheering and chanting
 - Stunting
 - Routine practice and refinement
- Athletes must bring a sufficient amount of water to practices, as water sources may not always be available at practice locations.
- Coaches have the discretion to deem an athlete not practice-ready if issues such as inappropriate attire or equipment arise. The athlete may be asked to sit out until the issue is resolved or for the entirety of practice if it cannot be addressed in a timely manner.

Section 2: Performances

- The cheerleaders are expected to perform at football games and may also participate in community events as opportunities arise with the Directors approval and the CCYCA Presidents approval.
- Football games are part of the CCYFL schedule and are typically held on Saturdays, with times and locations determined by CCYFL.
- Participation in the end-of-season exhibition is highly encouraged. This event, which marks the conclusion of the standard season, usually takes place in November.

Article VII: Uniforms and Equipment

Uniforms are provided by Paso Robles Youth Cheer and are retained by the cheerleaders at the end of the season. Cheerleaders are responsible for maintaining their uniforms and any equipment provided. The standard uniform typically includes:

- Briefs
- Skirt
- Shell (top)
- Two (2) pom poms
- Chapter bow
- Backpack

The uniform for the current season must be worn in its entirety. Historical uniform pieces or any other articles of clothing not part of the current uniform are not considered acceptable. Athletes wearing non-current uniform pieces will be considered out of uniform and may be sat out of the game or appearance until the issue is resolved or for the entirety of practice/game if it cannot be addressed in a timely manner.

In the event any part of the uniform becomes lost or unusable, it is the parents' responsibility to replace the item before the next game or appearance. Cheerleaders must be in full uniform to participate—no exceptions. Any items outside of this standard uniform list are considered additional and may be provided at the discretion of the Director, depending on available fundraising funds.

Uniform Care:

To maintain the quality and appearance of uniforms, shells and skirts must be washed separately to prevent color transfer. **Do not wash shells or skirts with socks or briefs**, as this can cause discoloration and require replacement. Use only mild detergent, wash in cold water, and hang dry. **Do not use color-safe bleach or spray-on stain removers**, as these can damage the uniform.

Article VIII: Behavior and Conduct

Section 1: Behavior

At Paso Robles Youth Football and Cheer (PRYFC), maintaining a safe, respectful, and positive environment is paramount. All individuals associated with PRYFC—including cheerleaders, coaches, parents, and other affiliates—must adhere to the following minimum standards of behavior.

Zero-Tolerance Policy

There is an absolute zero-tolerance policy for any form of bullying or hazing.

- Any violations of this policy will result in **immediate suspension from the program pending a review from the director and executive board.**

Cheerleader Expectations

Cheerleaders are expected to demonstrate positive behavior, as outlined in Section 2 of Article III. This includes:

- Showing respect to teammates, coaches, and opponents.
- Encouraging a supportive and inclusive team environment.
- Representing PRYFC with pride, integrity, and good sportsmanship on and off the field.

Minimum Expectations for Coaches, Parents, and All PRYFC Affiliates

Coaches:

- Foster a safe, respectful, and encouraging environment for all athletes.

- Address conflicts constructively and in line with PRYFC guidelines away from public by-standers and parents when possible.
- Lead by example, demonstrating integrity, fairness, and commitment to athlete development.
- Failure to uphold these minimum standards will result in immediate revocation of coaching duties and responsibilities and may result in permanent dismissal from the program.

Parents:

- Show support for all athletes and avoid criticism of players, coaches, or officials during practices, games, or events.
- Communicate concerns or issues respectfully and through appropriate channels.
- Encourage positive interactions among athletes and refrain from engaging in gossip or negative commentary.
- Parents who fail to uphold these minimum standards during the current season will be contacted by the Director and the executive board and may result in an inability to return to PRYFC events along side their athlete. Additionally, their athlete may face suspension from the program for up to the remainder of the season. If continued behavior occurs their athlete may be permanently dismissed from participating in the PRYFC League.

All PRYFC Affiliates (Volunteers, Supporters, etc.):

- Uphold the values and mission of PRYFC in all interactions.
- Support a positive and family-friendly environment at practices, games, and events.
- Report any instances of bullying, hazing, or inappropriate behavior to program leadership immediately.
- Volunteers who fail to uphold these minimum standards during the current season will be contacted by the Director and may face restrictions on their ability to participate in PRYFC events. Additionally, they may be dismissed from their volunteer role for the remainder of the season. If such behavior continues, they may be permanently prohibited from volunteering with the PRYFC League.

Article IX: Attendance and Commitment

- Cheerleaders are required to attend all scheduled practices, games, and events unless excused by the Head Coach.
- Excused absences must be communicated to the Head Coach as soon as possible.
- Excessive unexcused absences may result in disciplinary action, including possible removal from the cheer squad.
- All other rules and regulations please refer to the Attendance Policy on page 8.

Article X: Financial Obligations

The following guidelines outline expectations for fundraising participation:

- PRYC engages in annual fundraising activities to offset costs associated with uniforms, equipment, camp fees, insurance, and operational expenses.
- Participation in fundraising efforts is strongly encouraged to ensure the financial sustainability of the program.
- All cheerleaders and their families are expected to contribute to fundraising activities throughout the season.
- Fundraising efforts may include, but are not limited to:
 - Attending scheduled fundraising events.
 - Selling designated items or merchandise.
 - Securing sponsorships or donations from local businesses or individuals.
 - Contributing through alternative approved methods as outlined by the PRYFC board.
- Funds raised are used to directly benefit the athletes and help minimize individual costs.
- Active family participation helps maintain the program's affordability and ensures its continued success.
- Failure to participate in fundraising efforts may impact PRYFC's ability to maintain current costs and could lead to reevaluation of the program's structure.

Refunds:

Once uniform orders have been processed, no refunds will be issued. In the event that a cheerleader chooses to discontinue participation before or during the season, they will retain possession of the uniform.

Article XI: Amendments

- Amendments to this handbook must be submitted in writing to the Director, Co-Director, and Secretary at least 7 days before the months PRYFC board meeting.
- Amendments will be reviewed and voted on by the board.

Article XII: Dissolution

- In the event of the dissolution of Paso Robles Youth Cheer, all remaining assets will be used to settle any outstanding debts, and the remaining funds will be donated to a local youth sports organization.

Paso Robles Youth Cheer Attendance Policy

Attendance and punctuality are critical not only for the integrity of our cheer squad but also for the safety of our athletes, especially during stunts. A missing athlete disrupts the squad's ability to practice and execute cohesive routines, particularly within stunt pods, which require consistent practice to ensure safety and clean execution. Personal accountability is key—athletes are responsible for being on time, prepared, and ready to give their all at each practice and game. Below are the expectations and repercussions regarding attendance.

I. Acceptable Excused Absences

The only circumstances under which an athlete may be excused from practice include:

- **Excessive homework**
- **Failing grades**
- **Tragic personal events**
- **Illness**
- **Disciplinary issues at school and/or home**

While these reasons may excuse an absence, they do not exempt the athlete from the repercussions of missing practice. Even if excused, safety concerns and team cohesion require adherence to the attendance policy.

II. 2-Day Practice Weeks

1. **Missing 1 Practice:**
 - The athlete may be required to sit out for quarters 1 & 2 of the game.
 - The athlete may participate in quarter 3 & 4 and halftime unless removed from the halftime routine due to safety concerns from insufficient practice time.
2. **Missing 2 Practices:**
 - The athlete may not be allowed to participate in the game.
 - The athlete is still expected to attend the game in full uniform to show their support of their squad with the coaches on the sidelines of the squad.

III. 3-Day Practice Weeks

1. **Missing 1 Practice:**
 - The athlete may be required to sit out for the first quarter of the game.
 - The athlete may participate in quarter 2, 3 & 4, and halftime unless removed from the halftime routine due to safety concerns from insufficient practice time.
2. **Missing 2 Practices:**

- The athlete may be required to sit out of halftime but may participate in all sideline cheering. Safety is prioritized, and the athlete may not be included in the halftime routine due to insufficient practice.
3. **Missing 3 Practices:**
- The athlete may not be allowed to participate in the game.
 - The athlete is still expected to attend the game in full uniform to show their support of their squad along with the coaches on the sidelines of the squad.

IV. 4-Day Practice Weeks

1. **Missing 1 Practice:**
- The athlete may be required to sit out for the first quarter of the game.
 - The athlete may participate in quarter 2, 3 & 4, and halftime unless removed from the halftime routine due to safety concerns from insufficient practice time.
2. **Missing 2 Practices:**
- The athlete may be required to sit out for quarters 1 & 2 of the game but may participate in quarters 3, 4, and halftime unless removed from the halftime routine due to safety concerns.
3. **Missing 3 Practices:**
- The athlete may be required to sit out of halftime due to safety concerns, but may participate in all quarters of sideline cheering.
4. **Missing 4 Practices:**
- The athlete may not be allowed to participate in the game.
 - The athlete is still expected to attend the game in full uniform to show their support of their squad along with the coaches on the sidelines of the squad.

V. Late Arrival / Early Departure

- Any late arrivals or early departures must be communicated and cleared with the coaches by the athlete's parent or guardian in advance.
- Consistently arriving late or leaving early will result in repercussions, which may include sitting out for portions of games or halftime routines.
- Frequent tardiness or early departures may result in the revocation of any "Captain" roles or leadership assignments of the athletes at the discretion of the Head Coach.

VI. Failure to Participate

- Athletes are expected to fully engage during **both practices and games**, which includes performing routines correctly and actively participating in cheers/chants.
- Failure to engage in practices or games may result in the athlete being removed from the sideline formation. They will be expected to remain with the coaches on the sidelines.

VII. Safety and Stunting Considerations

Stunting is a vital part of cheerleading, and safety is our top priority. A missing athlete severely disrupts the ability of a stunt pod to practice safely. Even if a stunt has been performed several times, athletes still require weekly practice to ensure skills remain sharp, safe, and clean for game-day performances. Athletes who miss practices may be excluded from stunts or other any other routines to prevent injury or unsafe performances.

VIII. Disciplinary Actions for Repeat Offenses

Repeated violations of the attendance or participation policy will result in a meeting with the athlete, their parent/guardian, the Head Coach, and the Director to discuss remediation options. Continued violations may result in additional repercussions, including reduced participation in games or events.

Note:

- All parents and guardians must ensure proper communication with coaches regarding attendance.
- Consistent attendance is crucial for both individual development and team safety.

Paso Robles Youth Cheer (PRYC) Handbook Summary

Organization & Mission

Paso Robles Youth Cheer (PRYC) exists to promote cheer spirit, support youth football teams, and represent the community. Our mission is to develop young athletes by equipping them with cheer skills for high school, requiring dedication from athletes, parents, and volunteers.

Membership & Expectations

Eligibility follows the Central Coast Youth Cheer Association (CCYCA) guidelines. Cheerleaders are placed in teams based on age brackets, with limited exceptions for family or ride-sharing requests. Coaches must meet certification requirements outlined in the handbook.

Behavior Expectations:

- Maintain a positive attitude and sportsmanship.
- Respect coaches, volunteers, and fellow athletes.
- Arrive on time, prepared for practices and performances.
- Stay in good academic standing per CCYCA guidelines.

Leadership & Coaching Roles

Head Coach: Leads all cheer-related activities, ensures safety, and is responsible for team management.

Assistant Coach: Supports the Head Coach with practices, stunting, and administrative tasks.

Junior Assistant Coach: Aids in teaching routines and supporting athletes under supervision.

Stunt Volunteer: Assists with stunt spotting under strict supervision.

Team Parent: Assists with morale, scheduling, and communication but is not an official coach.

Coaches must meet PRYC and CCYCA certification and background check requirements.

Practices & Performances

- **Practices** are held on weekdays and follow CCYFL guidelines. Athletes must bring adequate water and attend regularly.
- **Performances** include football games and community events as approved by the Director.

Uniforms & Equipment

- Athletes receive a uniform (briefs, skirt, shell, pom-poms, bow, and backpack) and are responsible for maintenance.
- Uniforms must be worn in full; missing or incorrect items may result in sitting out of games.
- Proper uniform care includes cold water washing and air drying to prevent damage.

Behavior & Conduct

PRYC enforces a **zero-tolerance policy** for bullying or hazing. Violations result in suspension and possible removal.

Athlete Expectations:

- Show respect, encouragement, and sportsmanship.
- Follow all PRYC and CCYCA rules on and off the field.

Coach & Parent Expectations:

- Coaches create a positive, safe learning environment.
- Parents support all athletes and communicate concerns respectfully.
- Violations may result in suspension or removal from PRYC events.

Attendance & Commitment

Attendance is crucial for safety and team performance. Unexcused absences impact game participation.

- **One missed practice:** May sit out for portions of the game.
- **Multiple missed practices:** May be benched or removed from routines.
- **Excessive tardiness or early departures:** Can lead to loss of leadership roles.
- **Safety concerns:** Missing practice may result in exclusion from stunts or performances.

Financial Obligations & Fundraising

- PRYC fundraising helps offset costs for uniforms, equipment, and fees.
- Family participation is highly encouraged.
- **Refunds:** No refunds after uniform orders are processed.

Amendments & Dissolution

- Handbook amendments require board review and approval.
- Upon dissolution, assets will settle outstanding debts, and remaining funds will be donated to youth sports organizations.

Parent & Athlete Agreement

I, the undersigned, acknowledge that I have read and understand the **Paso Robles Youth Cheer Handbook** and agree to abide by all rules, expectations, and policies set forth by PRYC.

Athlete Name: _____ **Date:** _____

Parent/Guardian Name: _____ **Date:** _____

Signature: _____

Coaches Agreement

I, the undersigned, acknowledge that I have read and understand the **Paso Robles Youth Cheer Handbook** and agree to abide by all coaching rules, responsibilities, and regulations set forth by PRYC.

Coach Name: _____ **Date:** _____

Signature: _____