

Sycamore Junior Spartans Cheer



2019

Parent/Athlete Handbook

Welcome to the 2019 Sycamore Junior Spartan Cheer Season!

I hope this Parent/Athlete Handbook will help you familiarize yourself with our program. As our program continues to grow, information and procedures will continually be updated. Please visit www.sycamoreyouthfootball.net throughout the season, as we will be adding important dates, forms, and practice schedules.

The Sycamore Junior Spartan Cheer program is a recreational youth program geared for children entering 1st-8th grade. There are no try-outs or special requirements, any child may participate. Our main goal is to introduce and teach the sport of cheer while building on the foundations of teamwork, responsibility, respect and sportsmanship.

Our program survives with great volunteers! We are fortunate to have a dedicated group of coaches that volunteer countless hours of their time to make sure your children gain a fundamental knowledge of cheer and have fun while doing so. We'd like to ask all of our parents to continue to provide the dedication, support, and enthusiasm to all our cheer coaches. The success of our program relies heavily on our parent volunteers. There are many ways to get involved, from coaching, team parent, concessions or organization events, please help make this season a great success!

If you have any questions, concerns or comments please feel free to contact us

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SYCAMORE YOUTH FOOTBALL JUNIOR SPARTANS

CODE OF CONDUCT

In order to ensure the principles of sportsmanship, fair play, skill development and respect for all participants SYFL has established a code of conduct that we expect all of our parents and their guests to adhere to:

I agree to the fee schedule listed in the registration form which includes a registration fee and a raffle ticket fee. I understand that the equipment including game jersey and cheer uniform are the property of the SYFL and a retainer check will be provided.

I understand that my primary responsibility is to foster a healthy, pleasant and safe environment for children participating in SYFL.

I and my guests will be a positive role model for my team and players.

I or my guests will never use obscene language or gestures at any SYFL event.

I or my guests will not be physically intimidating to any player, coach, fellow parent or referee.

I fully understand that the game of football should be a fun, rewarding and positive learning experience for all participants.

I and my guests promise to be respectful of all children, parents, spectators, officials and any other participants involved in any SYFL event.

I agree to help facilitate a positive atmosphere for the participants of SYFL.

I understand if I or my guests fail to comply with the guidelines established by the SYFL Executive Board, I may be removed from the practice, game or event without warning.

I or my guests will not be under the influence of drugs or alcohol at any SYFL game or practice.

I agree to volunteer at least once at a single SYFL event. This may include concessions, chain gang or another to be determined SYFL event.

I agree to respect the boundaries of both the practice and the game fields and that only coaches, SYFL representatives, NIFC representatives, referees and other designated personnel are allowed on the field unless otherwise instructed.

2019 Sycamore Junior Spartan Cheer Calendar of Events

July 10th	Competition Practices Begin
July 20th	Cheer Clinic
August 10th	Jersey Day Sycamore Middle School
August 11th	Picture Day
August 17th	Week 1 Games
August 24th	Week 2 Games
August 31st	Week 3 Games
September 6th	First National Bank Challenge & Parade of Athletes NIU Huskie Stadium
September 7th	Week 4 Games
September 14th	Week 5 Games
September 21st	Week 6 Games
September 28th	Week 7 Games
October 2nd	Homecoming Parade
October 5th	Week 8 Games
October 5-6th	IRCA presents First Look Cheer and Dance Competition Dundee Crown High School
October 12th	Week 9 Games
October 12-13th	IRCA presents Cheer Princess Cheer and Dance Competition Grayslake North High School
October 19th	Round 1 playoffs
October 19-20th	IRCA presents Pink Cheer Dance and Cheer Competition Hampshire High School
October 26th	Championship Weekend
October 27th	Pumpkin Fest Parade
November 2-3rd	IRCA presents Cheer Drama Cheer and Dance Competition Dundee Crown High School
November 9-10th	IRCA presents Hit the Score Dance and Cheer Competition Oswego East High School
November 16-17th	IRCA presents Final Fling Cheer and Dance Competition Plainfield South High School
December 6-8th	IRCA State Championships Sears Centre Arena

Games

- Our home field is located at Sycamore Middle School
- Games are typically 90 minutes long
- We play a 9 week season, each team will have 1 bye week, with a 2 week playoff
- **We do cheer Labor Day and Columbus Day Weekends**
- All schedules are made by the NIFC (www.nifcfootball.org)
- Official schedules are usually released the first week in August and will be made available to parents as soon as they are released.

Sycamore Junior Spartans Cheer Rules

ATHLETES ARE EXPECTED TO RESPECT THEIR COACHES, REFEREES, JUDGES AND EACH OTHER. BULLYING, NAME CALLING, TEASING AND FOUL OR DEROGATORY LANGUAGE WILL NOT BE TOLERATED.

NO STUNTING OR TUMBLING WITHOUT A TRAINED COACH PRESENT!

Practice Rules

- Per IRCA rules, we cannot practice more than 9 hours per week
- Attendance will be taken at all practices
- All athletes should arrive at practice at least 15 minutes early. This allows for bathroom breaks, shoe changes or anything else your child may need to do. Practices will begin promptly at their scheduled time.
- Appropriate practice attire is required. (NO jeans or baggy clothes. Gym shoes required)
- Bring poms to ALL practices
- Athletes should bring a labeled water bottle to ALL practices.
- No chewing gum
- No jewelry
- Hair pulled out of face and off shoulders. No barrettes
- Use of electronic devices are prohibited, except in cases of emergencies.

Game Rules

- Athletes are expected to arrive to games 30 minutes prior to the scheduled start time.
- **Many times games are running ahead or behind schedule. Coaches are unaware of this until they arrive at the field. Please be patient in these situations.**
- Athletes are expected to cheer the entire game.
- Games are played in sun, rain and snow - attendance is required.
- Games are rarely cancelled. Games can only be cancelled by Cheer Coordinator
- Everyone should arrive to games in full uniform (briefs, skirt, shell, turtleneck, warmups, bow, socks and shoes)
- No eating during games.
- Bring poms to ALL games
- No chewing gum
- No jewelry
- No nail polish
- Hair pulled out of face and off shoulders. No barrettes.
- Use of electronic devices is prohibited, except in cases of emergencies.

- Athletes, parents and spectators are expected to follow the Sycamore Youth Football Junior Spartans Code of Conduct at all games.

Competition Rules

- Everyone should arrive in full uniform (briefs, skirt, shell, turtleneck, warmups, bow, socks and shoes)
- No chewing gum
- No jewelry
- Fingernails should be trimmed short so as to not scratch or injure participants. No nail polish (ARC 1-10:E)
- To ensure safety of athletes, hair must be pulled away from face and must be in a high, full pony tail off shoulders. (ARC 1-10:C(i)(a)) Check with your team coach for how hair should be done.
- Hair ribbons/bows must not cover the eyes. Hair accessories may not contain hard metal clips or closures, with exception of bobby pins. No beads may be worn or woven in an athlete's hair. (ARC1-10:C(i)(b))
- Eyeglasses are permitted but must be secured with an appropriate athletic eyeglass strap. (ARC 1-10:G)
- No parents are allowed in the "Child Safe Zones". This is for athletes and coaches ONLY. Anyone found in violation may get the team disqualified.
- No parent is allowed to approach ANY IRCA Official to contest results.
- Photos and videos post to any social media must be posted as private.
- Athletes, parents and spectators are expected to follow the Sycamore Youth Football Junior Spartans Code of Conduct at all competitions.

INSUBORDINATION IS UNACCEPTABLE! (At THE discretion of the Coordinator/Coaches, excessive violations of the above rules MAY result in non-participation in a game/competition(s).

Absentee Policy

Cheerleading is a team sport, with each participant having a required place in a routine. When team members are absent it can keep the entire team from achieving their goals for that practice, and jeopardize the safety of all involved that stunt group and prevent some participants from practicing portions of the routine.

Missing Practices - Please give your coach a 2 hour notice. If this is not done, it will be considered an unexcused absence.

Missing Games - Please give your coach a 24 hour notice. If this is not done, it will be considered an unexcused absence.

Excused Absences - An Absence will only be excused for the following reason:

- Illness
- Family Events
- Religious Events
- School-related functions

Conflicts with other sports must be dealt with ahead of time. Excessive absences due to participation in other sports may be considered unexcused. **ALL athletes need to be present at the practice immediately before a performance to participate in that performance.**

Uniforms

Uniforms are property of Sycamore Junior Spartans. The skirt, turtleneck, shell and poms are to be returned at the end of the season in the same condition in which they were given out. Sizing is done to the best of our ability, based on current available stock. Uniforms are not special ordered to fit each cheerleader. Uniforms cannot be altered in any way, which included removing tags.

A uniform deposit of \$50 per athlete will be required at uniform handouts. The deposit will be returned at the end of the season provided the uniform is returned in the same condition it was handed out in.

Required Purchases

- Warm-ups
 - Warm-ups will be ordered online from GTM Sportswear. Cost is \$56 plus tax and shipping. Orders need to be placed by June 30th.
 - The direct link to order is <http://coachsassistant.gtmsportswear.com/SYFLcheer>
 - Access Code is SYFL2019
- Shoes
 - Shoes will be done through the Cheer Shoppe this year. Shoe fitting is tentatively set for June 23rd, time to be determined. Shoes will be \$55 this year. Please watch the website for more information. SycamoreYouthFootball.net
- Socks
 - White, No-Show socks are required for all full uniform performances

Additional Expenses

- **Raffle Tickets** - \$100 of raffle tickets must be purchased per athlete. (*\$150 Family Max*) Money is due at uniform handout when you pick up your tickets. You can then sell the tickets to recoup your money.
- **Competition Fees**- \$200 this covers ALL competitions. Competition fee is due August 1st.
- **Camp Fees** (5th grade-8th grade competition teams only) - Fundraising will be done to offset this cost. Check with your team coach for more information.
- **Miscellaneous Fees** - Other team specific expenses may be required throughout season to cover snacks, team parties or other various expenses. Check with your team parent for more information.

Sycamore Junior Spartans Cheer Parent/Athlete Handbook Information Sheet

Athlete name _____

- Yes**, I would like to participate on a Competition Team.
- No**, I would not like to participate on a Competition Team.

All are invited to attend the SHS Cheer Clinic at NO additional cost. To aid in planning please let us know if you will be able to attend this year.

- Yes**, my daughter will be attending the Cheer Clinic on July 20th.
- No**, my daughter will NOT be able to attend the Cheer Clinic this year.

I would like to help in the following ways:

Cheer Coach

Team Parent

Phone Number _____ Email _____

I Have read and understand all the rules and policies outlined in the Sycamore Junior Spartans Cheer 2019 Parent/Athlete Handbook. I promise to adhere to these rules and policies to the best of my abilities.

Athlete Signature: _____

Parent Signature: _____

Printed Name: _____

Date: _____

Director Use Only

Team Placement _____ T-Shirt Size _____

Uniform Measurements

Chest _____ Waist _____ Hip _____

Uniform Issued: Shell/Shirt _____ Turtleneck _____ Skirt /Shorts _____

**2019 Sycamore Junior Spartan Cheer
Athlete Emergency Information**

This information will be used in case of an emergency and will be carried with your coach to all events.

PLEASE PRINT

Athlete Name _____ Preferred name to be used _____

Grade Level (*as of August 2017*) _____ Birthdate _____

Parent/Guardian _____

Cell Phone _____ Home Phone _____

Email _____

Parent/Guardian _____

Cell Phone _____ Home Phone _____

Email _____

Emergency Contact _____ Relationship _____

Cell Phone _____ Home Phone _____

Allergies _____

Does athlete have a history of asthma? YES NO

Does athlete carry an inhaler? YES NO

Has athlete experienced allergic reaction to bites or sting? YES NO

If so, what kind? _____

Physician's Name _____ Phone _____

EMERGENCY AUTHORIZATION: I, the undersigned parent or guardian of the above named athlete, a minor "athlete" hereby authorizes each of the coaches, team parents, and/or other officials of SYFL to act as my agents in the capacity of activity supervisors, and I authorize each of them as well as the above-identified Emergency Contact to consent to medical, surgical or dental examination and/or treatment.

Signature

Date

2019 Sycamore Junior Spartan Cheer Commitment To Competition Agreement

Our teams will be competing in the IRCA Cheer Competitions for the 2018 Fall Season. Our main goal during the regular season is to advance to the State Championships. This agreement is to help all athletes and their families understand the level of commitment required to be part of our competition teams.

Our competition routines only work when EVERY athlete is present to do their part. Every athlete has an important role within their routine. To be fair to ALL athletes, it is required that ALL athletes be at EVERY practice, for the ENTIRE practice, and ON TIME in order to sufficiently prepare for competition. *(Please refer to the Practice Rules of our Handbook)*

Practice time alone is not enough time to perfect routines. It is extremely important that your athlete practice at home. Always remember to follow our safety pledge while practicing without a coach!

All events are mandatory and all practices leading up to them are very important. We understand that illnesses and unforeseen circumstances do occur. *(Please refer to the Absentee Policy of our Handbook)*

Competition Dates *(dates are tentative)*

1. **First Look** - Oct. 5th & 6th, Dundee Crown High School
2. **Cheer Princess** - Oct. 12th & 13th, Grayslake North High School
3. **Cheer Pink** - Oct. 19th & 20th, Hampshire High School
4. **Cheer Drama** - Nov. 2nd & 3rd, Dundee Crown High School
5. **Hit the Score** - Nov. 9th & 10th, Oswego East High School
6. **Final Fling** - Nov. 16 & 17th, Plainfield South High School
7. **State Championships** - Dec. 6th & 7th, Sears Centre Arena

Additional practices may be added as needed leading up to competitions.

Please take the time to discuss our expectations with your athlete.

All coaches are asked to agree to the same level of commitment and will make every effort to create an enjoyable and successful season.

By signing this agreement you are agreeing to adhere to the higher level of commitment needed to have a successful competition season.

Athlete: _____

Parent: _____

Parent: _____