

Wautoma Area Youth Cheerleading 2009

Wautoma Area Youth, (WAY) Cheerleading purpose is to promote town spirit, develop skills, teamwork and sportsmanship. It is the intention of this organization to allow any child, who wants to cheer, the opportunity to participate.

COMMITMENT:

Cheerleading is a sport and takes a lot of physical activity. As with other sports, **cheering requires both TIME and COMMITMENT**. There are no buses to the away games, parents usually carpool.

**THE RULES THAT FOLLOW ARE FOR
EVERYONE'S BENEFIT AND SAFETY.
PLEASE READ THEM CAREFULLY!!!**

PRACTICE:

1. No longer than 2.5 hours with a maximum of 10 hours per week Monday thru Saturday prior to the start of the school year.
2. Practices are limited to 6 hours a week after school opening.
3. Each cheerleader is responsible for being on time and in the designated area for practice. Warming up and stretching is required.
4. Coaches will decide location, proper apparel, day and time of practice.
5. Hair is to be worn pulled up away from face and eyes (as length allows) for safety reasons (braids or ponytails).
6. No jewelry, gum eating, drinking (other than water bottles) or other distractions are allowed during practice.
7. Only coach or designated adult will oversee practice.
8. Parents, prior to leaving your child at practice, confirm that she is with her coach or adult in supervisory position.
9. Coaches are not responsible for your child prior to or after scheduled practice time!!!
10. Cheerleading is a team commitment and cheerleaders are expected to be at every practice. Cheerleaders must notify coach in advance if they will not be at practice. It is the cheerleader's responsibility to learn what she missed at practice.
11. All practices are mandatory.
12. After two unexcused absences a cheerleader will sit out a quarter. When a cheerleader has to sit out a quarter they must sit with the coach/team mom to be supportive of their team. She will not eat or drink during this time.

13. If your child has any medical condition that may cause your child to miss practice please let your coach know.
14. Missing 30 minutes or more of practice without prior knowledge will be considered an unexcused absence.
15. Excessive talking, or talking with disrespect to squad members, coaches will not be tolerated. If coaches choose, a demerit system it will be enforced strictly.
16. Parents must let coaches know who will be picking up their child. A note should be given to the coach telling them who they will be riding home with if other than parent. This is for your child's safety and our protection. .
17. On practice night cheerleaders are to stay in their practice area.
18. Siblings, friends, or companions are not allowed at a practice.

WATER BOTTLES:

All cheerleaders must bring a water bottle with them to all practices and games. The summer practices get very hot as well as some of the games. Fluids are very important in the heat. Only water or clear Gatorade in the water bottles. Juice and soda have sugar and carbonation. Combining them with jumping and hot weather can cause physical side effects such as headaches, nausea, etc.

No backyard stunting is allowed.

The term "backyard stunting" includes but is not limited to your backyard, school recess, etc. All stunts must be done with WAY cheer coach supervision.

GAME DAY:

1. The schedule is the responsibility of the Mid-State Youth Football and Cheerleading League and will be given to the parents the first night of practice.
2. Cheerleaders must attend all games (rain or shine) unless excused prior to the game by coach. *Cheerleaders should arrive at the field 30 minutes before game time* (unless coaches set another time) for stretching and warming up.
3. If a cheerleader misses a game because of an unexcused absence they will sit out a quarter of the following game. Stunting can only work if every girl supports their squad.
4. Cheerleaders must be in complete uniform (top, skirt, bloomers, socks, shoes, etc.) to be able to cheer. All accessories should be put on the cheerleader's bag to have at any game. Weather can change from sun to rain in a few minutes.
5. Always know cheers, chants, and position for stunts and cheers. No practice within view of crowd.
6. Cooperation with coaches and team mates is essential. Maintain a good attitude at all times. Always show spirit and enthusiasm, remember your attitude is contagious.

7. Stay in line formation while cheering. Nothing allowed in cheering area except, cheerbags, pom poms and water bottles. No gum, eating, or other distracting behavior is allowed during game. No excessive talking with friends, members of squad, or members of the crowd during games.
8. Remember to be on your best behavior while in uniform. Uniforms are to be kept clean and neat and should never be worn at any other time unless given permission by coach. Please do not wear cheerleading shoes except for practice and game day.
9. Coaches are not to be responsible for your child before or after designated time of game.
10. No jewelry, makeup, nail polish (other than team colors), or fake nails. Hair should be worn up (ponytail or braid) away from face and out of eyes as length allows. This is for safety reasons.

CHEERLEADING CLINIC:

There will be a mandatory cheerleading clinic. Date and location to be determined. All cheerleaders are required to attend. The clinic will teach basic cheerleading techniques, stunting and routines to the new cheerleaders and will review cheers and moves for the returning cheerleaders.

PROPER UNIFORM and UNIFORM VIOLATIONS:

Uniform violations include but are not limited to not wearing the proper uniform and eating in uniform.

Your uniform consists of a skirt, shell, plain black nylon warm-ups, white bodysuit or turtle neck, hair bow, socks, briefs, cheering sneakers, poms and cheering bag. Anything else, including nylons, unless specified by your coach is not allowed. Uniforms are to be kept in excellent condition. When you receive your uniform, you will be required to sign a “uniform agreement”.

THERE WILL BE NO EATING WHILE IN UNIFORM. The only drink allowed while in uniform is plain water or clear Gatorade. **NO SODA.** If a cheerleader is going to be at the field longer than their game, a change of clothes is highly recommended. There will be no excuses accepted for wearing a dirty uniform. Please note **THESE UNIFORMS CAN NOT BE DRY CLEANED!** Warm-up suits must be washed on **gentle cycle** and **hung to dry.** Proper washing instructions will be provided with the uniform.

PROPER FOOTWEAR:

Proper cheering footwear **MUST BE WORN TO ALL PRACTICES AND GAMES.** We cannot stress enough the importance of proper supportive footwear. Cheerleaders will not be allowed to participate in any cheerleading function or activity without proper

footwear. All cheerleaders will be measured for cheering sneakers at uniform fitting. These cheering sneakers offer the proper support needed for stunting, etc. These sneakers will be part of your required uniform. These sneakers must be worn to ALL practices and games. Cheerleading sneakers may not be worn outside of cheerleading for any reason, until the cheering season ends. Sneakers must be kept in good CLEAN condition for all games.

PARENTS GUIDELINES:

EVERY COACH AND MEMBER OF THE CHEERLEADING STAFF AND BOARD OF DIRECTORS ARE VOLUNTEERS. BOTH CHEERLEADERS AND PARENTS SHOULD TREAT THEM WITH COURTESY AND RESPECT AT ALL TIMES.

PARENTS MUST PICK UP THEIR CHEERLEADER PROMPTLY AT THE END OF EACH PRACTICE OR GAME.

If you have a problem regarding anything on your cheerleader's squad, please contact their **adult** coach and discuss. If the coach is not aware of a problem, then the coach cannot help to solve the problem. We are all more than willing to listen and work out any problem you may have. We only ask that you not disrupt a practice to talk to a coach. Coaches cannot watch out for the safety of the cheerleaders and talk with parents at the same time. Please contact the coaches either before or after any practice or game. All coaches are required to communicate all problems to the Board of Directors on a daily basis.

Coaches are to show the same respect to all parents and cheerleaders. Coaches are to role model the positive attitude they wish to see in their cheerleaders.

CHEERLEADERS CODE OF CONDUCT:

In order that all participants gain the maximum benefit from their involvement in WAYFC, it is essential that a disciplined climate be maintained. The following is a list of activities that CAN result in suspension or dismissal of a cheerleader for the balance of the season:

1. General Misconduct.
2. Being Disruptive.
3. Inciting and/or engaging in un-sportsman-like conduct.
4. Use of abusive or profane language, directed toward peers, coaches, officials or any one else.
5. Belittling or fighting with other cheerleaders, in or out of school or cheerleading.
6. Any other activity deemed by their coaches or members of the Wautoma Executive Board of Directors to be detrimental to themselves or others.

If you or your parents have a grievance, please go to your coach first (do not discuss with other parents or friends). If not resolved to your satisfaction go to the Wautoma Executive Board.

CHEERLEADERS RULE TO LIVE BY:

This is the most important rule in cheerleading! You are a cheerleader. You are all cheerleaders! It is an honor and a privilege to be part of this organization. It is very important that you all get along with each other. **NO ONE CHEERLEADER IS ANY BETTER THAN THE OTHER.** You are a **TEAM.** Remember you are all on the same team representing the same organization! You must work as one squad. If a cheerleader is struggling, please do not ridicule, but help them. It makes you a better person and makes your squad stronger. **Feelings are important.** Treat someone as you want to be treated. Be proud and stand by each other!

I have received the Wautoma Area Youth Cheerleading 2009 Rules and agree to follow the rules established by the WAYFC organization.

_____ (Cheerleader signature)

_____ (Parent signature)

_____ Date