

**STALLION**



**STRONG**

## **Lady Stallions Cheerleading Handbook**



### **Cheer Director/Head Coach**

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### **Head Coach/Choreographer**

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## LADY STALLIONS CHEERLEADING EXPECTATIONS

The primary role of our cheerleading program is to provide a positive and supportive environment for the cheerleaders to develop skills and winning attitudes, improve character and sportsmanship, while competing in a fun and challenging atmosphere.

Cheerleaders will develop responsibility, self-respect, accountability, set goals and work hard to achieve goals while working together as a team. Members of the cheer squad will build self-confidence and take pride in themselves and the Stallions program.

## GENERAL EXPECTATIONS

1. Cheerleaders will be good role models and conduct themselves in a respectable manner at all times.
2. Cheerleaders will treat each other and people of authority with respect at all times. This means treating others as you would want to be treated. This includes all coaches, administrators and peers.
3. Show up prepared and on time for every cheerleading event.
4. Cheerleaders will keep their fingernails short (so they cannot be seen if looking at the palm side of the hand), and their hair will be off the shoulders and out of the face for all practices, games and cheer events. Artificial nails are not appropriate.
5. No jewelry is to be worn at practice, games or competition.
6. It is expected that all cell phones will not be used for practices and ANY cheerleading function. If there is an emergency, parents may call a member of the Coaching staff. If there is a continued problem with cell phone use, cell phones will be confiscated until the cheerleading practice/function is over.
7. If you have a doctor note excusing you from practice you are still required to dress out and attend practices/games.
8. Community volunteer services will be required and will be announced at a later date. These is necessary to support the surrounding communities while promoting Stallion Pride!

## FINANCIAL RESPONSIBILITIES

1. It is important to review the cost expense list and understand the costs of being involved with the cheer squad. We will conduct fundraiser(s) to assist with these costs and make every reasonable effort to work with participants and their families.
2. All fees are to be paid in full by prior to the first practice unless otherwise stated
3. If financial obligations are not met in a timely manner, your child will not be allowed to participate.
4. Failure to return all issued equipment will be assessed a fine.



## UNIFORMS

1. Uniforms are purchased by the Stallions. Participants are expected to pay for certain personal items please review the attached list.
2. The uniforms are Stallion's property and it is expected they will be treated as such. They will be required to be maintained in a good and clean condition throughout the cheerleading season.
3. All uniform items will be properly cleaned before being turned in at the end of the season. Failure to do so will result in a fine equal to the amount of a professional dry cleaning or complete replacement, whichever is deemed necessary.

## ABSENCE AND ATTENDANCE POLICY

1. Cheerleaders are required to be at every practice and cheerleading event, including games. Unexcused absences from practices and games are not acceptable. A phone call or text to a coach is **REQUIRED THE MORNING OF OR NIGHT BEFORE** notifying them of the absence.
2. The only excuses for absences are illness, emergency, or death in the family. Work or non-school functions are not excused. You will be given a schedule in advance and are expected to know when and where you are supposed to be. Every attempt will be made to schedule around other school activities; however, this may not always be possible. It is a reality that certain circumstances may arise, and these may be excused by the Coaching Staff. It is the cheerleader's responsibility to learn what they missed by the next practice, whether it is routine or valuable information.
3. You must communicate directly with the coach. Messages that come through teammates will not be accepted.

## CHARACTER AND CONDUCT

1. Cheerleaders should conduct themselves with behavior that is respectable, both in and out of practice. They should be leaders and set a good example always. Cheerleaders must be courteous, polite, friendly, and treat EVERYONE as they would want to be treated. This includes fellow cheerleaders as well.
2. Cheerleaders should maintain good personal hygiene and clean appearance inside and outside of practice.
3. There will be no videos or pictures of explicit content of a cheerleader on cell phones, email, camera, Facebook, Instagram, Snapchat or any other networking website, electronic device or social media of any kind.
4. All cheerleaders will be required to present a current report card or progress report each semester/quarter for review.
5. If at any time grades falls below a C average or 2.5 GPA, the cheerleader will "Benched" until such time as documentation is provided showing improvement.



## DISCIPLINE

1. Listed below are general disciplinary guidelines for the Lady Stallions Cheerleading squads (but not limited to). If violated the consequences will be at the discretion of the coach. Our goal is to instill responsibility, discipline as well as teamwork and sportsmanship.

### OFFENSE

- |   |   |
|---|---|
| a. Late to any event (1-29 minutes)     | h. Displaying poor sportsmanship        |
| b. 30 minutes or later                  | i. Chewing gum at practice or game      |
| c. Not in position at start of activity | j. Hair not pulled back                 |
| d. No advanced notice of absence        | k. Violation of fingernail rule         |
| e. Lack of needed equipment             | l. Using cell phone without permission  |
| f. Not picking up trash (ENTIRE TEAM)   | m. Unexcused absence from game/practice |
| g. Bad attitude/lack of respect         | n. Failing grades                       |

Any other offense will be handled with consequences as the coach sees fit.

## SAFETY

Safety is of utmost importance when performing cheerleading skills, and in practices, games, events and conferences will be treated as such. Therefore, all skills included in these activities will be in accordance with YCADA safety guidelines. Additionally, all coaches are YCADA certified and are familiar with the emergency action plan to respond quickly and appropriately in case of injury.

### *Specific Guidelines*

1. No tumbling or stunting skills are to be done until a coach arrives.
2. Coaches and teammates will spot all new stunts.
3. Coaches reserve the right at any time to change out flyers or bases.
4. All bases are to make their flyer's safety their priority, especially when she is in a downward motion.
5. Every cheerleader is expected to give 100% to a stunt regardless of their position.
6. Spotting requires hands in the air at all times fully prepared to catch while facing the flyer.
7. Stunt groups are created at the discretion of the coach but will be formed by considering size, height, and skill of all cheerleaders.
8. Coaches may hold a group accountable for dropping a stunt or performing a stunt unsafely, including extra conditioning or "grounding" a group for a time.



## PARENT COMMITMENTS

All parents are expected to give support, encouragement and accountability to your cheerleader as they walk out their commitment to our team and the standards expressed in this handbook. Be supportive and constructive toward the organization, the cheerleading squads, and its leaders by practicing life-promoting attitudes and action, and by avoiding criticism and complaining.

Parents are also expected to be open in communication with the Cheer Coaches, bringing concerns to them first. If necessary, further concern can then be addressed with the Cheer Director, then the administration if necessary.

Additionally, parents should be committed to follow through with the appropriate steps of registration, uniforms, camps and competitions, as well as parental involvement and volunteering for fundraisers, social activities, and scheduled events. Parents must also be willing to provide transportation to and from home and away games (as carpools) and practices.

Lastly, parents should strive to be an example in sportsmanship and support within the program—uplifting athletes on all sides and holding themselves and their own athletes to the highest standards.

## TEAM MOM

The Team Mom plays an essential part of the team and wears many hats.

- Chauffer
- Cheerleader
- Photographer
- Psychiatrist
- Snack Scheduler



## CHEER EXPENSES

### Not included in Registration Fee

- |  |                |
|--|----------------|
| • Practice wear T-shirt or Tank (from Website) * | \$17.99        |
| • Practice Shorts (Walmart or any other store) * | \$8.00-\$10.00 |
| • White Canvas Sneakers (Walmart)*               | \$10.00        |
| • Backpack**                                     | \$30.00        |
| • Warm-up**                                      | \$70.00        |
| • Competition Cheer Shoes**                      | \$20.00        |

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### Included in Registration Fee

- |                       |                   |
|-----------------------|-------------------|
| • Game Uniform        | \$65.00           |
| • Competition Uniform | \$125.00          |
| • Competition Fees    | \$25.00-45.00 p/p |
| • Insurance           |                   |
| • League Fees         |                   |

\*Items Not included in registration fees – must be purchased separately by parent/guardian

\*\*Items not included in registration fees, must be purchased separately but through the organization

If the team places for National Cheer Competition (Fall Season Only), travel expenses will be discussed at a later date

**THE SUCCESS OF THIS ASSOCIATION DEPENDS GREATLY ON YOU AND YOUR CHEERLEADER!  
THANKS AGAIN FOR ALL YOU DO!**