

2024 Tackle Cheerleading Packet



Dear Parents and Cheerleaders,

We are thrilled to welcome you and your children to the Spring Grove Youth Athletic Association (SGYAA)! We are dedicated to fostering a positive and enriching experience for all participants.

SGYAA is committed to providing opportunities for participants to develop their athletic skills, teamwork abilities, and sportsmanship values in a supportive and inclusive environment. Our programs are designed to promote physical activity, healthy competition, and personal growth.

We believe that participation in youth athletics not only enhances physical fitness but also instills important life lessons such as discipline, resilience, and respect for others. Through our programs, your children will have the chance to build friendships, learn new skills, and create lasting memories.

We encourage you to actively engage with SGYAA and support your child's journey in youth sports. Together, we can create a positive and rewarding experience for all involved.

Thank you for entrusting us with the privilege of coaching your children. We look forward to a fantastic season filled with growth, learning, and fun!

Warm regards,

SGYAA

SGYAA Cheerleading Handbook

To provide the most enjoyable and rewarding experience for all participants, Spring Grove Youth Athletic Association (SGYAA), asks all athletes, along with their parents/guardians, to abide by the guidelines and rules set in the SGYAA Cheerleading Handbook.

General Guidance

The General Guidance provides an overall standard for athletes and their parents/guardians when participating in SGYAA activities.

Respect

Treat coaches, teammates, opponents, officials, and spectators with respect. Your athlete represents SGYAA on and off the field and must treat themselves and others with respect.

Sportsmanship

Display good sportsmanship by refraining from unsportsmanlike conduct and congratulating opponents on their achievements. Sportsmanship extends to parents and guardians. SGYAA encourages parents and guardians to positively support their children, respect coaches and officials, and promote a positive atmosphere during games and events.

Teamwork

Work cooperatively with teammates, communicate effectively, and support one another both on and off the field and court. Cheerleaders are versatile and should expect to try new positions, embracing new ways to support their team. Cheerleading is a team sport; positions are chosen at the coaches' discretion based on the needs of the squad.

Rules and Regulations

The Rules and Regulations detail the specific expectations SGYAA requires of cheerleaders and their parents/guardians.

Safety

SGYAA prioritizes the safety and well-being of all participants by following proper techniques, using appropriate equipment, and adhering to established safety guidelines.

To maintain cheerleader safety, chewing gum and candy are prohibited during practices and games. No jewelry may be worn, and fake nails are not allowed. Natural nails cannot exceed fingertips.

Stunting is dangerous and precautions are required to ensure athletes and coaches are safe. Participation in stunting requires adhering to additional safety rules and regulations. To participate in any stunting activity, athletes must wear proper cheer shoes and refrain from wearing bulky clothing or jackets with hoods. All new stunts are performed at practice and not tried for the first time at games. Stunt groups are created at the discretion of the coaches and take into account the attendance, the strength, the height, and the skill of all cheerleaders. Coaches reserve the right to change stunts, change stunting positions, or remove a cheerleader or group from stunting activities if exhibiting unsafe behavior.

All tumbling requires coaches' supervision and permission.

Volunteering

Each family is expected to volunteer a minimum of two hours per season.

Communication

Maintain open and respectful communication with coaches, teammates, and parents/guardians regarding schedules, expectations, and any concerns or issues that may arise. The cheer coordinator will choose the method of communication used to disseminate cheer specific information. All communication between cheer coaches and parents is through the approved method. SGYAA requires at least one parent per cheerleader to participate in the chosen communication method.

Attendance

Attendance and promptness are mandatory. Athletes are to arrive on time and fully dressed to all games, practices, and events. Absences negatively impact routines and stunting. It is important to communicate all absences as soon as possible, giving coaches adequate time to adjust. Only parents/guardians may communicate absences. Notification of absence or late

arrival will not be accepted from third parties, such as other parents, other athletes, board members, etc.

Practice Expectations

Practice is mandatory, cheerleaders must arrive on time, at the designated practice location, and dressed in proper practice attire. Practice attire is weather appropriate athletic clothing, hair neatly pulled back out of the cheerleader's face, and cheer shoes. No jeans or jeans shorts.

If a cheerleader arrives late or misses practice, they miss opportunities to practice certain skills and/or stunts. For safety reasons, they will not be able to participate in the missed stunts and/or skills during games.

Conditioning is extremely important for building your athlete's strength and stamina. If your athlete misses the conditioning segment of practice, the coach may require your child to complete the missed conditioning.

Game Day Expectations

Cheerleaders are an indispensable part of the game day experience! It is important to arrive at the pregame meeting location at the time specified by the coach, fully dressed and ready to cheer. Cheerleaders are to wear the official SGYAA uniform to games, unless otherwise directed by their coach. Hair must be in place prior to the pregame meet time in the style specified by the coach. Special game day makeup and face paint are worn at the coaches' discretion and applied prior to the pre-game meeting time. During the game, cheerleaders stay with their squad and are not permitted to leave unless a parent/guardian has communicated with the coach. Eating is not allowed while the game is in progress. Cheerleaders can briefly visit their family and have a small snack during halftime, but must return to their coaches prior to the second half meet time.

Parent/Guardian Expectations

Parents/Guardians are the backbone of SGYAA. The program expects parents/guardians to be an example of dedication, leadership, and conduct. Parents are responsible for ensuring their cheerleader fully understands and abides by the expectations and rules detailed in the Cheerleading Handbook.

Coaches are only responsible for athletes during designated practice and game times, cheerleaders cannot arrive early or be picked up late. Athletes are dropped off and picked up no more than five minutes before or after the times specified by their coaches. Parent/guardian supervision is required until the start of games and practices, and immediately following games and practices. Athletes are accompanied by their parents/guardians to all games and practices unless alternate arrangements are communicated to their coach.

Parents and spectators are not permitted in the areas designated for athletes during practices and games.

Uniforms

The official SGYAA cheer uniform is only worn at SGYAA games and events specified by the cheer coordinator. The official SGYAA cheer uniform includes a shell, skirt, crop top, white socks, all white cheer shoes, and bow. SGYAA provides every cheerleader with the uniform shell and skirt prior to the start of cheer season; it is the responsibility of the parent/guardian to purchase a crop top, white socks, all white cheer shoes, and bow. The club may require the purchase of items in addition to the official uniform. Cheerleaders must wear the uniform exactly as specified by their coach, this includes weather related and seasonal items. All uniform pieces are mandatory and must be worn or packed for each event.

Uniform Deposit

Uniforms are returned in the same condition they were issued to the athlete. To ensure proper maintenance and care, a \$160 uniform deposit is required for each cheer uniform issued. The uniform deposit is a check post dated for December 1st of the current year and is returned at uniform hand in, provided the uniform shell and skirt are returned in good working condition. If the uniform is not returned or returned with stains, tears, or blemishes, the deposit check is cashed and used to replace the damaged uniform. If a parent/guardian is unable to attend uniform hand in, it is their responsibility to arrange the return of the uniform prior to January 1st of the following year, at which time the deposit check is cashed.

Uniform Care

Uniforms are washed after every game in cold water and air dried. Washing uniforms in hot water or putting them in the dryer results in damage, shortening the lifespan of the uniform. If a uniform rips or tears, let your cheer coach know immediately.

Additional Uniform Purchases

As described above, SGYAA provides every cheerleader with a shell and skirt. Each cheerleader is responsible for purchasing a crop top, white socks, all white cheer shoes, bow, and other club approved items required by the cheer coordinator. The cheer coordinator will provide families with a detailed list of required items prior to the start of each season. These items are the cheerleader's property and not returned to SGYAA.

Discipline

All participants must follow the disciplinary procedures outlined by SGYAA for violations of rules or codes of conduct. Cheerleaders and their parents/guardians must also adhere to the rules and regulations defined in the SGYAA Cheerleading Handbook and any additional rules set by the Cheer Coordinator and coaches.

If problematic behavior occurs the coach may, but is not limited to, removing the cheerleader from stunts, routines, or activities and/or assigning a reasonable amount of additional conditioning. When disciplinary action is required, it will be discussed with the athlete's parent/guardian.

Spring Grove Youth Athletic Association Cheerleading
Handbook
Signature Page

Athlete Name (Please Print) _____

Legal Parent/Guardian (Please Print) _____

Please read each statement and initial. A candidate/member and a legal parent/guardian signature and date is required at the end of the statements.

Athlete:

_____ I have received, read, and understand all the information in this packet and agree to abide by all rules and regulations.

_____ I have received, read, and understand the SGYAA Code of Conduct during my online registration and agree to abide by all rules and regulations.

_____ I have read and understand that I am required to attend all mandatory practices, performances, contest(s), and events.

_____ I understand and agree to abide by the Standard of Uniformity (hair, makeup, and nails) that was provided.

Athlete Printed Name: _____

Athlete Signature: _____

Date: _____

Legal Parent/Guardian:

_____ I have received, read, and understand all of the information in this packet and agree to abide by all rules and regulations.

_____ I have received, read and understand the SGYAA Code of Conduct during my online registration and agree to abide by all rules and regulations.

_____ I have read and understand that my student is required to attend all mandatory practices, performances, contest(s), and events.

_____ I understand that my athlete is to be picked up no later than 5 minutes after being dismissed from games/performances/events/practices.

_____ I understand and agree to the Standard of Uniformity (hair, makeup, and nails).

_____ I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the coach.

_____ I understand that I/we will be required to volunteer in at least two volunteer opportunities during this season.

Legal Parent/Guardian Printed Name: _____

Legal Parent/Guardian Signature: _____

Date: _____