

# Stateline Comets

## Cheerleading

## Handbook

Revision Date ~March 2018

### Board of Directors

Director Kelly Vinyard

Asst. Director Jordin Oudshoorn

Treasurer Christen Neuman

Secretary Sindy Shafer

Board Member Brenna McCarthy

### Mission Statement

The mission of the Stateline Comets Cheerleading Organization includes the voluntary endeavors to develop, teach and promote youth cheerleading, and to promote sportsmanship while building character and fitness through cheerleading. Through adherence to this philosophy, the Organization shall attempt to ensure that each cheerleader is encouraged to discover his or her worth both physically and emotionally.

**General Information** ~ SLC Cheer is a non-tryout, recreational cheerleading organization. We accept all boys and girls, grades 1<sup>st</sup>– 8th, no matter what experience level in the program. The squad assignments are as follows:

- Mascots ~ 1<sup>st</sup> and 2<sup>nd</sup> grade
- Featherweights ~ 3<sup>rd</sup> and 4<sup>th</sup> grade
- Junior Varsity ~ 5<sup>th</sup> and 6<sup>th</sup> grade
- Varsity ~ 7<sup>th</sup> and 8<sup>th</sup> grade
- Occasionally we need to adjust squads to include 3 grades together based on enrollment

Squad placement is based solely upon the grade the participants are entering for the 2018-2019 school year.

**Registration Fees** ~ The registration fees help cover the cost of insurance, practice space, equipment, uniform rental, cheer shoes, socks, camp wear, gifts, competition fees and a banquet at the end of the year. We also depend on sponsorships to assist with these costs.

The registration fee for the 2018 cheer year is **\$390** per cheerleader. This cost includes the fundraising buyout, as well as the required SLC warm-up jacket. If you purchased the SLC warm-up jacket in 2016-17, then the registration fee is only **\$350**. **All registration fees are non-refundable**. If your registration is received after April 14th, a \$25 late fee will be charged. **All money must be turned in by uniform fitting**. Each cheerleader will receive a practice shirt and shorts (campwear), socks, spankies, a game bow, a competition bow and cheer shoes that are theirs to keep. The shell top, skirt and turtleneck must be returned at the end of the season.

**Uniform Deposit** ~ There is a required uniform deposit fee of \$150.00. All checks must be given to SLC upon registering for the current season. This check will be returned upon receiving the uniform in the same condition that it was given to the cheerleader at the beginning of the season. Uniforms must be turned in no later than the **year end banquet** or the deposit check will be cashed. The banquet will be held after the competitions are completed in December.

**Guidelines for care of the uniform** ~ The shell top, skirt and turtleneck must be kept in good condition all season long and be returned in the same condition when it was received by the cheerleader. If damage has occurred to the uniform, it is the responsibility of the parent to replace the item damaged at the current market value.

- Do not dry clean the uniform.
- Do not use fabric softener. These garments are treated with VISA and using any type of fabric softener will destroy the stain repellent.
- Wash the uniform in warm water.
- Do not dry the uniform in the dryer. Hang dry.
- Do not remove tags from any article of clothing that is the property of SLC.

**Eating in uniform** ~ Eating while in uniform is not permitted. If a cheerleader must eat while in uniform, they are required to wear a shirt to cover the uniform. Most food and drinks will stain and damage the uniform. No gum, candy, food or pop is allowed at practices, games or competitions.

**Cheer Season** ~ **ALL DATES AND LOCATIONS ARE SUBJECT TO CHANGE**

*\*Please try to schedule family vacations before the season begins if possible\**

The 2018 season will tentatively begin on Tuesday, July 24th with outside practices on Tuesdays and Thursdays at Horse Fair Park/behind SGS

- 6:00 – 7:30pm for Mascots and Featherweights
- 6:00 – 8:00pm for Jr. Varsity and Varsity

SLC cheerleaders will cheer for the Stateline Comets Football League. A football game schedule with locations and directions will be released to you as soon as it is available. We will begin cheering at football games the Saturday before Labor Day this year. We will cheer on Saturdays through the middle of October.

Indoor practices will tentatively begin August 21, 2018 on Tuesdays and Thursdays at Spring Grove Elementary School

- 6:00-7:30pm for Mascots and Featherweights (1<sup>st</sup>-4<sup>th</sup> grade)
- 7:15-9:00pm for JV and Varsity (5<sup>th</sup>-8<sup>th</sup> grade)
- In mid-October we will add Saturday practices between 9am-3:00pm, schedule TBD.

**Note:** Practices are generally closed for viewing due to safety reasons. If your child requires observation, please see a board member to make a request to be present during practice.

**Clothing / Appearance** ~ The guidelines for appropriate clothing at practices and games are as follows:

- Wear comfortable clothing (no jean shorts or sandals) to practice. Shorts with spankies underneath and t-shirts with a sports bra are required for practice. Inappropriate practice wear will be up to the board's discretion. Clean, complete uniforms must be worn to all games and competitions. This includes shell top, turtleneck, game bow, and skirt. While cheering at games during cooler temperatures, cheerleaders will wear their SLC warm-up jacket. No other sweatshirt or jacket should be worn unless it is under the warm-up jacket. Approved maroon warm-up pants may be worn instead of the skirt OR solid black leggings covering the ankle under the uniform skirt. The girls must look presentable while cheering at games. Being prepared for cooler or changing weather is your responsibility. This rule will be reinforced. Warm up pants will be available during our spirit wear sales.
- No jewelry of any kind is to be worn to practice or games.
- Hair must be pulled back and out of the cheerleader's face at all practices and games.
- Cheerleaders should wear **WHITE** gym shoes to outside practices and games. The new season's cheerleading shoe will only be worn at indoor practices and competitions. The new shoes will be provided in late August. (Included in your registration fee).

**Attendance Policy** ~ Cheerleading is a team sport that does not alternate participants to take a child's place during an absence. Therefore, attendance is extremely important. Each and every cheerleader has a position and responsibility to his/her teammates. During an absence, a cheerleader misses instruction on proper techniques taught by her coaches.

SLC recognizes family vacations/functions occur during the summer months, but as with any team sport, attendance is crucial. Please try to schedule vacations prior to the start of the season. Our attendance policy is as follows:

- Attendance at all football games is **mandatory**. If a game is missed, it will count as an absence.
- The assigned board member must be notified in advance (prior to practice or a game) of any absence in writing.
- It is the responsibility of the cheerleader to catch up on material that was missed during the absence.
- Competitive cheerleading requires team work and dedication from the entire squad. SLC retains the right to dismiss any individual who has demonstrated chronic abuse of the rules above.
- If a cheerleader misses more than five (5) practices or games, he/she will not be able to continue to participate in the SLC program, unless there are extenuating circumstances. These circumstances would be reviewed by the board and a decision on whether they can continue with the SLC program will be decided. Discretion and fairness will be used for reviews. Each case will be looked upon on an individual basis for its own set of circumstances. All decisions made by the board are final.  
**Attendance at practices the week before each competition is mandatory. No exceptions.**

**Competitions** ~ All squads will compete in at least two competitions. Tentative dates are November 3<sup>rd</sup> OR 4<sup>th</sup> and November 17<sup>th</sup> OR 18<sup>th</sup>. We will try for the Saturday date, but may be bumped to the Sunday. **These dates are subject to change.**

Our Junior Varsity and Varsity squads will compete in the State Championship should they earn a bid at one of these competitions. The State Championship is scheduled for Saturday, December 1 and Sunday, December 2nd at the Sears Centre in Hoffman Estates.

Participation is mandatory for the Junior Varsity and Varsity squads if a bid is earned for the State Championship. The competition portion of our season is optional; however, if a cheerleader chooses to participate, it is mandatory to attend ALL competitions. Consent forms will be provided in August.

**Attendance at practice the week before each competition is mandatory for all squads. They rely on each other for positions and stunting, which requires four to five people to be in perfect timing with each other. When one person is missing, it affects the entire team and their stunt team cannot practice.**

**Rules and regulations** ~ Rules and regulations promote discipline and a sense of responsibility for an individual's actions. SLC Cheerleading does not tolerate bad sportsmanship or inappropriate conduct. Any inappropriate behavior will be reviewed by the board for a possible dismissal from the SLC Cheerleading program. **SLC retains the right to dismiss any individual at any time, who has demonstrated abuse of peers, coaches, board members or the rules set forth herein by their own actions or by their parent's actions. All participants and parents will be required to review and sign our Code of Conduct.**

Examples of inappropriate behavior include, but are not limited to the following:

**Cheerleaders:**

- Chronic tardiness. Tardiness is defined as more than 10 minutes late. We would like you there 5-10 min before practice begins.
- Inappropriate or foul language
- Disrespectful treatment of coaches, teammates or board members
- Poor sportsmanship towards coaches, teammates or board members
- Representing SLC Cheerleading in an inappropriate manner
- Violation of SLC attendance policy

- Use of tobacco, drugs or intoxicants while attending practices, games or competitions
- Excessive talking or misbehaving during practice or games

### **Parents:**

- Use of foul language
- Harassing coaches, cheerleaders, team parent and/or board members
- Harassing officials at games or competitions
- Use of tobacco, drugs or intoxicants while attending games and/or competitions

### **Parent Reminders**

**Inclement weather** ~ When practice is cancelled due to weather, you will receive an email or text message. We also use the Remind app, which sends a message to the entire group. Also, practices could be cut short if inclement weather develops. Please be aware of any approaching storms during practices and be prepared to bring your child home if practice needs to be cut short.

Unless there is dangerous weather in the area, games are not usually rained out. If there is lightning or thunder present, then a game will end right away. Please be aware of approaching storms and be prepared to bring your child home if the game is cut short.

**Address, phone number and email changes** ~ Please keep board members notified of any address, phone number or email changes. All board members have a list of emergency numbers that you provide. **If any numbers change, it is the responsibility of the parent to inform the Board of the changes.**

**Personal Conflicts** ~ Please inform your squad's board member of any problems or issues between any cheerleaders. This will enable the board member to monitor the situation and try to avoid any further problems. If you have any

concerns regarding a squad and/or coach, please address these concerns with the board member in charge of that squad.

Problems with a coach, team parent and/or cheerleader are to be discussed in private and away from all cheerleaders and cheer squads. If the need arises, please arrange to meet with the board member who is working with your daughter's squad separate from practice and/or game times.

**Pick up/drop off** ~ Mascot parents are required to pick up their child inside the practice facility. The children will not be released to go outside. Please drop off/pick up on time or make alternative arrangements if you cannot be on time.

**Pictures** ~ Information regarding date and time will be provided to you via email and posted on the Stateline Comets Cheerleading website, [www.slccheer.com](http://www.slccheer.com). Full uniform is required. Please make sure your child is ready to be photographed when you arrive. Makeup can be worn and hair can be styled in any way.

In recognition of the commitment of not only the cheerleaders, but the families as well, THANK YOU in advance for the time you dedicate to SLCC. It is a pleasure for the coaches and board members to work with such a great group of cheerleaders and their families.

**\*\*Please review this handbook in its entirety, along with the permission slip, code of conduct, and medical waiver. Fill out the signature page and return it along with the registration form and fee in person at our registration on March 17 or April 7.**

**Or you may mail these in to:**

**SLC Cheer, PO Box 106, Spring Grove, IL 60081**