

Lake County Stallions Cheerleading



2016
Parent Information Packet

LCS Parent/Participant:

Welcome to LCS (Lake County Stallions) Cheerleading program for the 2016 season!

The information in this handbook will help explain the guidelines/expectations of the LCS Cheer program.

For those new to the LCS Cheer program please use this resource as a tool to familiarize yourself with the specifics of our program. For returning parents of participants, please browse through the following information. LCS is continuously implementing new ideas and concepts for every cheer season. Also continue to visit www.lcstallions.com as there will be important dates and times for various events added throughout the season.

Our community is ***very fortunate*** to have a group of parents who have worked long and hard to bring you a top quality program for the upcoming season. These volunteers are dedicated to making this program a fun and enjoyable experience for your daughter. The success of our program also relies heavily on our parents. Anything you can do throughout the season to assist your squad is appreciated. I'd like to ask all of our parents to continue to provide the dedication, support and enthusiasm to all of our cheer squad coaches. This needs to continue to be a top priority throughout the 2016 season.

If at any time during the season you have questions or comments regarding the program, feel free to contact me directly. I'd love to hear how we are doing.

Cheers,

Tami Forman

Tami Forman
LCS Cheer Director
tami.forman@hotmail.com

Eligibility:

The LCS Cheer program is open to any child in Kindergarten-8th grade. Participation shall be subject to LCS account status, number of coaches, individual program requirements and other basic factors necessary to the program's operation (to include but not limited to parent volunteers.)

Registration:

Registration for the 2016 season will follow the outline listed below.

Dates & Times

Sunday, February 7, 2016: On-line registration begins

Thursday, June 16, 2016: Final date for all on-line LCS registrations

All on-line registrations will need to be completed no later than Thursday, June 16th. Details regarding our registration are available at: www.lcstallions.com.

Registration Fees

Please refer to the on-line registration form for costs associated with our cheer squads.

LCS will offer a discount of \$50 for early registrants between February 7th thru April 15th and a scaled discount program for those families with more than one child participating in the LCS football and cheer programs.

Fees include payment for choreographed competition routine and music, indoor practice facilities, competition bow, one season game tank top, registration fees for 2-3 competitions and the IRCA State Competition.

Registration fees also cover a portion of our organization's operating expenses. The overall LCS league-wide fall fundraising monies will help cover additional costs.

LCS reserves the right to refuse registration from any participants and/or families that currently do not have an updated account status OR who have repeatedly violated ANY of the parent expectations outlined in the parental conduct guidelines outlined below.

Parent Meeting:

There will be a mandatory information meeting for all parents of participants.

A parent meeting will be held June 21, 2016. Details regarding the meeting will be sent via email and will be posted on the LCS website, www.lcstallions.com. Information will be provided on fundraising and other various details regarding the season. The financial and time commitment to participate in our program will also be outlined. ***Attendance at the parent meeting is highly recommended.***

Fundraising:

LCS has two fundraisers for the 2016 season.

Uniform Fundraiser

Parents will have the option to fundraise dollars to help offset the cost of a new uniform purchase. Further details can be found on the LCS website, www.lcstallions.com. The fundraising sale will run from April 11th through May 9th. The uniform fundraiser is separate from the league-wide fall fundraiser.

Fall Fundraiser

Parents are required to participate in a league-wide fundraiser for each registered athlete. Families may choose to participate in the fundraiser and sell an allotted number of items (TBD), or they may choose to opt-out for \$85 as noted on the 2016 LCS registration form. Information on the different options for the mandatory fall 2016 fundraiser will be presented at the parent meeting. Sale period for the league-wide fundraiser is TBD. The league-wide fall fundraiser is mandatory and separate from the uniform fundraiser

Coaching Staff:

Head cheer coaches, assistant cheer coaches and student cheer coaches are all volunteers who are reviewed and chosen as the result of combined efforts between the Cheer Director and Cheer Board.

Formation of Cheerleading Teams:

Upon receipt of all enrollments and at the close of 2016 registration, formation of cheer teams will take place. The Cheer Director will form all cheer squads.

All cheer squads will need a minimum of 12 girls to be formed and will not exceed 36 girls. Once a squad reaches capacity, a waiting list will be formed. In the event an additional 12 girls (from the appropriate grade levels) have registered, an additional squad may be formed. The second squad will be formed with the girls who have been noted on the waiting list. All final squad formations will be decided upon by the Cheer Director and a supporting vote of the Cheer Board.

Cheer Squad Activities:

All cheer squads will typically attend 2-3 competitions throughout the season. Practice will typically be three times per week. The length of practice based upon age, squad requirements, etc.. Athletes will attend practices, competitions, and most PAC10 and BIG10 football games (both home and away) on the weekends.

Choreography Clinics

During the 2016 season, choreography clinics will continue to be a mandatory and vital element of our program. Athletes will learn their team choreography during this time, which they will perform during Showcase, football games and competitions. The clinics provide one of the best experiences for the teams. It gives athletes an opportunity to improve on their techniques, skills and abilities as well as it allows them to get to know their fellow team members and coaches. Attendance is mandatory. Absence during a choreography clinic can and will affect the athlete's position and placement throughout the routine.

Team routines and choreography are established at the clinics. Attendance at the clinics is required and vital to provide the squads with the best preparation to be competition-ready by early October. Dates, times and location of our 2016 choreography clinics will be communicated as soon as they become available for planning purposes. Refer to the LCS website, www.lcstallions.com, for updates regarding this important part of our program.

Football Games

The LCS Cheer program will continue in our efforts to support the LCS Football program by cheering at as many home and away games for PAC10 and BIG10 teams as possible. Football game schedules will be posted on the LCS website as soon as they are available from the TCYFL (LCS football affiliate), early to mid-August. The football portion of our program continues to be a focus of our program and provides our participants with the experience and practice needed for cheering at football games. Cheerleaders are invited to cheer with another squad in the event the participant base squad is not cheering on the assigned day.

Competitions

Our competition season runs from October through December. We plan to attend a few local/regional events and the state competition in 2016. Each athlete is obligated to attend every team competition. There are no exceptions since attendance is mandatory. It is the team member's responsibility to adhere to the competition schedule. A list of the competitions that LCS will participate in will be available on the LCS website, www.lcstallions.com. The details of each competition will be communicated by the squad's head coach/manager and/or team mom. It is imperative that all directives are followed and respected. It is the responsibility of each athlete and their parent to get to and from the competitions.

Uniforms:

All parents and participants are required to attend one of the uniform fittings to be sized for choreography/warm weather game shirts, and potential replacement pieces for outgrown uniforms. Any athlete that does not order a new uniform will be required to bring the uniform they intend to use for the 2016 season to one of the fitting dates. The clothing representative will advise whether the uniform piece(s) fit correctly. Parents will be required to sign a waiver as an agreement to the fitting decision of the uniform representative. In addition, parents will have the option to raise funds to help offset the cost of the uniform purchase/registration price. Details on the uniform fundraiser can be found on the LCS website, www.lcstallions.com. The sales period for the fundraiser will be from April 11th through May 9th.

The following dates for the 2016 uniform fittings are listed below:

DATE: Wednesday, June 8, 2016

LOCATION: Behm Park

TIME: 6-8 pm

DATE: Wednesday, June 22, 2014

LOCATION: Behm Park

TIME: 6-8 pm

Once fully paid for, the LCS uniforms are property of the athlete. It is important that the uniforms are treated with extreme care and remain in pristine condition throughout the season. If any uniform shows visible damage before the season ends, then the athlete will be required to purchase a new replacement piece.

In addition to the cheer uniform, there are other items that are considered part of the LCS cheer uniform:

- Cheer shoes (practice)
- Cheer shoes (competition)
- Cheer jacket (see guidelines about jackets)
- Practice uniforms
- Black yoga pants

Additional spirit wear will be available at the Spirit Shack store for purchase, but are not required for the cheer program.

Expectations of the LCS cheer participant:

Our goal is to provide a safe and fun program for each participant. The program does have high expectations for our girls. The LCS Cheer Director & Cheer Board ask our athletes to be courteous, truthful, honest, considerate, determined and respectful to other fellow athletes, coaches and assistant coaches, student coaches and Cheer Board members. Therefore, each cheer participant will know and abide by the team/family guidelines and expectations set before them in this information packet. They will uphold the level of excellence that we are striving to achieve. Please read the following information carefully before signing the contract found at the end of this packet. ***Each athlete should be aware of information in this document prior to the season beginning.***

Practice/Attendance

Athletes/parents are asked to understand the following rules with respect to team and the coaches.

- The Cheer Director, Cheer Board and head coach/manager feel that a closed practice is necessary for the good of the team. Any open viewing time will be at each head coach/manager's discretion.
- Full attendance at practices is vital to the safety and success of the team. When one team member is absent it can keep a whole team from achieving their goals for that practice and effect the progression of the routine. Excessive absences put the participant behind in learning and perfecting the routines. Athletes that arrive late or have to leave early disrupt and distract practice.
- All absences must be reported directly to the team head coach/manager. Any absence from anything other than illness, must be cleared with the head coach/manager prior to make it an excused absence (i.e. previously scheduled religious education classes, family or school obligations).
- Contagious illnesses must be called in to the head coach/manager at least 2 hours prior to practice.
- If an athlete is going to be late for practice, the head coach/manager must be notified. Any unreported tardiness that exceeds 30 minutes will be considered unexcused and will be counted as an absence.
- Athletes are allowed **three** unexcused, combined absences from practices or games per season. Unexcused tardiness exceeding three occurrences will count as one unexcused absence. Excessive tardiness will not be tolerated.
- During competition season, LCS reserves the right to schedule extra practices as deemed necessary by the Cheer Director or team coaches.

- If an athlete misses any practices the week prior to a competition, the head coach/manager reserves the right to decide whether the athlete will participate in the competition. If the athlete is not allowed to participate, then they must attend the event, in full uniform, to support their team.
- In the case where an athlete's health requires special attention, their participation is at the discretion of the parent. Neither the coaching staff nor LCS is responsible for the health risks that the athlete may face as a result of participation. The parent is not allowed in the practice area.

Additional Practice Rules

In order to get the most out of practice and have it run efficiently, the following rules have been established:

- Athlete should be fully dressed in her practice uniform and ready for practice by the start time. Practice uniforms, including color tee and shorts designated for the day, and cheer shoes, must be worn. Long sleeve shirts and pants of any sort are not allowed at practice.
- For safety reasons, hair must be pulled back, away from the face.
- Jewelry is not allowed.
- Gum chewing, eating and soft drinks are not allowed during practice.

Athlete/Parent Conduct:

The following actions during practices, games and competitions can result in being removed from a LCS team:

- Display temper tantrums and outbursts.
- Express profanity and lewd language.
- Show disrespect to the coaching staff by talking back, eye rolling, etc.
- Show disrespect to a fellow team member.
- Bullying-like behavior of any sort will not be tolerated.
- Lack of participation or poor attitude.
- Unnecessary and excessive talking.
- Use of cell phones for non-emergency calls.
- Engage in rough-play at any time.
- Show disrespect for practice facility.
- **Insubordination is unacceptable.**

It is the objective of LCS to have all competitions run efficiently. Below is a list of rules to abide by during competitions.

- Each athlete is required to wear the full uniform at each competition and must remain in uniform, including cheer shoes, through the awards ceremony.
- Team members must be prompt to competition locations as per the coach's direction.
- Upon arriving at the competition location, the athlete must be competition-ready (fully dressed in uniform) unless otherwise instructed by the team head coach/manager.
- Team member's hair should be worn according to the standard set by LCS squad.
- No makeup is allowed.
- Jewelry is not allowed during warm-up or competition.
- Gum, food and soft drinks are not allowed in the warm-up area or on the competition floor.
- LCS and parents are a reflection of our program and should conduct themselves in a manner that is in line with our beliefs.
- Insubordination will not be tolerated.
- Inappropriate behavior, profanity, or lewd conduct is unacceptable.
- Tobacco, alcohol and illegal substance consumption is not tolerated.
- Unsportsmanlike behavior or disrespect to another team is unacceptable.
- Full respect for LCS coaching staff and team parents is expected of each team member. Team parents are volunteers and should be appreciated for their dedication to the job. They will provide all information and updates. Please treat them with courtesy and consideration for their efforts.
- Parents are expected to set an example to not only to their own athletes, but to all of our team members. Please make sure that your actions do not interfere

with the responsibilities that you have as a representative of LCS. We would not want any athlete to be removed from the program because of the actions of their parents.

- Parents should not have any contact with a competition official for any reason. Please speak with an LCS head coach/manager if you have any concerns.
- Videotaping (phone or hand held camera) at any competition is now permitted with a signed waiver and paid wristband. However, photos or videos of an IRCA performance are not allowed on any social media platform (Facebook, Instagram, Twitter...etc). Any parent caught posting a performance on social media will be fined by LCS.

Any violation in the above list of rules can lead to removal from the LCS cheer program. Please make sure that you are completely familiar with the above bylaws and expectations.