



CHEER

PROGRAM GUIDE

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CHEER COMMISSIONER

Karyn Schneider as of 5/1/2014

Any questions pertaining to the program after reviewing the guide may be sent via e-mail: cheer@sycva.com.

PURPOSE

The purpose of Springfield/South County Youth Club (SYC) Cheer program is to provide the area youth with the opportunity to participate in sideline cheer for both SYC Football and SYC Basketball in a controlled environment that provides entertainment and enjoyment, as well as an opportunity to try out and perform with a performance cheer squad (SYC All-Star squad). In addition, SYC Cheer focuses on the development of cheerleading skills, facilitation of “team spirit” and instilling confidence in all children involved within the program.

AGES/GRADES

Cheerleaders must be currently in grades 1st– 9th (or rising 1st– 9th if Summer/Fall registration) to participate in SYC sideline cheer. Cheerleaders must be current 3rd– 7th grades to try out for the SYC All-Star squad, generally held in March or April.

CHEER SEASONS/PRACTICES/GAMES

SIDELINE CHEER SEASONS

Sideline cheer is offered as a fall and winter sport. Practice for the fall football season begins early to mid-September. Practice for the winter basketball season begins late December/early January.

ALL-STAR CHEER SEASONS

Our SYC All-Stars is a year-round program. This team is considered a performance team; they perform at community events throughout the year and a few competitions at the end of the season. The All-Star season starts May 1st of the current year to April 30th of the following year.

PRACTICES

SIDELINE CHEER PRACTICES

Practices are generally held on either Tuesdays, Wednesdays, or Thursdays; practices start between 5:30pm-6:30pm and last for 1-1.5 hours, depending on the age group. Practice locations are throughout the Springfield/Lorton/Burke area. We receive limited number of practice locations from the county, and coaches are given preference in location based on the locations SYC Cheer has available. Additional practices may be scheduled prior to the end-of-season Pep Rally for those squads requiring/desiring extra preparation time. The exact time and day of week of practices will be determined based on facility/gym availability and selection of practice evening by the cheer coach. Parents/players cannot request a specific day or time for practice but may provide days the cheerleader cannot practice. These requests will be considered during squad placement; however, it is not a guarantee that SYC Cheer can fulfill these requests. Cheerleaders receive dates/times as soon as the coaches receive confirmation.

ALL-STAR CHEER PRACTICES

Practices are generally held on Mondays and Fridays and practices are up to two hours long. Additional practices may be held when the All-Star squad is preparing for performance events.

GAMES

Squads are assigned to games based on age group. In general, SYC Cheer does not follow a specific team and cannot guarantee a child can cheer for a sibling.

During football seasons, games can be scheduled on Saturdays or Sundays and at various times. SYC Cheer typically assigns squads to cheer at local or home games; however, squads may have to travel to a game in the Northern Virginia area. Football games are outdoors, and squads will cheer in all types of weather.

During basketball seasons, games are usually on Saturdays, and squads are assigned to a specific location (local elementary or middle school gym) and time each week. The squads cheer for different teams each week.

The commissioner releases game schedules to coaches as they become available from the football and basketball programs. Initial game schedules might not be

available until 2-3 days before the first game.

Additionally, some make-up games due to inclement weather may take place on a weekday evening, but participation in such games is optional and determined by the cheer coach based on availability of the majority of the squad.

ATTENDANCE

It is important that cheerleaders attend practices and games. Parents should make every effort to attend all cheer activities during the season. If you are unable to attend a practice or game, parents should email or call their coach so the coach can plan accordingly. If cheerleaders miss multiple practices prior to the pep rally, the coach may have the cheerleader only perform the part of the routine that she knows.

SCHOOL FACILITIES

The privilege of using school facilities is not to be taken lightly by the coaches, cheerleading participants, and parents. The following rules are to be observed at all time:

- Only persons directly involved with the activity can stay directly in the practice area.
- Waiting parents and/or siblings should wait in an area far enough away from the squad practicing to avoid causing unnecessary interruptions. Bringing younger siblings to a practice is discouraged, and if a younger sibling must attend a practice, the parent must make sure the sibling is sitting quietly, is not disturbing the practice, and is supervised at all times.
- Absolutely no food or drinks are to be brought into the facilities. Water bottles are permitted for cheerleaders.
- No animals may be brought onto school property or inside gym/school facilities.
- No child is to be left unattended and/or left alone inside or outside of the school.
- Parents must physically walk their child to the practice area if they will not be staying with their child during practice and return to the practice area to retrieve their child at the conclusion of practice.

- There is no use of mats or other equipment belonging to the school without permission by the school and only with the direct supervision of coaches. If permission to utilize mats is granted, they must be returned to their original positions after use. Most schools DO NOT allow use of their mats, and a coach may not assume they can use them without approval directly from the school.

TEAM SIZE/FORMATION

Cheer squads vary in size and may be larger during the football season. In general, squads are between 12-24 cheerleaders depending on the season, number of coaches, and age of the squad. Cheerleading squads are paired according to comparably aged football/basketball teams whenever possible. Cheerleaders are placed on squads using the following criteria:

- Grade at the beginning of the current registration period.
- Fair distribution of experienced cheerleaders and “new” cheerleaders on each squad.
- Special requests for coaches or squad placement will be considered, but are not guaranteed to be fulfilled. A parent may notify of a conflicting practice night, for example if the cheerleader has a known weekly conflict, during the registration process. The Cheer Commissioner will try to find a squad practicing on another night. The best way to choose your own practice night is to volunteer to coach as the cheer coach chooses the practice night for their squad from SYC Cheer’s school allocations.

FALL/WINTER CHEER EXPECTED COSTS*

The following is a list of fees associated with participation in the cheer program. Some items are optional. Many items may be re-used for subsequent seasons.

- Activity Fee for on-time registration – currently \$119 for on-time (*Includes Fairfax County Fees)
- \$100.00 Uniform Hold (a \$100 check must be provided during uniform distribution to receive the uniform; the hold check is returned to the family upon the on-time return of a clean and undamaged uniform and poms at the end of the season.)

- \$7.00 Navy bloomers required for wear underneath uniform
- Plain, white sneakers or cheer shoes (family purchases on their own)
- Plain, white, no-show socks (can purchase through SYC or family purchases on their own)
- Cheer Bow - \$7-12 (determined by cheer coach and purchased at beginning of season)
- Optional spirit wear – costs vary (e.g., cheer car magnet, sweatshirt, practice t-shirt, practice shorts, socks, cinch bag, water bottle)
- Trophy/End-of Season Cheer Party *OPTIONAL and determined by each coach, squad participants and parents.
- Cheer Pictures (Each Season) *OPTIONAL – costs determined by vendor and parents' selection from various packages available.

** NOTE: All costs are estimates and may be subject to change.*

ALL-STAR CHEER EXPECTED COSTS*

The following is a list of fees associated with participation in the cheer program. Some items are optional. Many items may be re-used for subsequent seasons.

- All-Star Uniform shell, sleeves, skirt, and poms – provided by SYC with \$100.00 registration fee and a \$100.00 uniform deposit. The \$100.00 deposit will be refunded upon the return of the All-Star uniform and poms.
- All-Stars purchase silver boy shorts, two All-Star bows, All-Star makeup, cheer shoes, SYC cheer socks, warm up jacket and pants, duffle bag, practice uniforms, and camp uniforms. Costs are determined at the beginning of each season.
- All-Stars attend either a local or away camp each year and the costs range from \$150-300 depending on location.
- Costs associated with cheering one season of sideline cheer (fall or winter) during each All-Star season. (See costs above in section: "FALL OR WINTER SEASON CHEER EXPECTED COSTS.")
- Professional Training Camps/Clinics & Competitions/Performance – There are costs to attend events (tickets, entrance fees) and vary by event.

- Fundraising options are provided to All-Stars that assist in offsetting the costs of the season.

** NOTE: All costs are estimates and may be subject to change.*

ALL-STAR PERFORMANCE SQUAD

The All-Star Performance squad shall consist of cheerleaders that have demonstrated exemplary team spirit, excellent cheer skills, reliability, and have cheered for a minimum of two complete seasons in the SYC Cheer Program. Inclusion on the All-Star squad requires one of the following:

- Selection by SYC Cheer Commissioner and All-Star Director
- Evaluation by an appointed All-Star evaluation member or committee and recommendation to the All-Star Director
- Written/e-mail recommendation from a SYC Cheer Coach and evaluation and approval from the All-Star Director and Cheer Commissioner
- Try-out or submission of a videotape of the cheerleader performing 2 cheers and 1 short dance routine, and selection by the All-Star Committee, consisting of the All-Star Director and All-Star Coaches/Assistant Coaches/Evaluators.

New additions to the All-Star squad will take place only as space becomes available as determined by the All-Star Director and/or Cheer Commissioner.

Participants on the All-Star Performance Squad must continue to participate in the regular cheer program for at least one season per year, either Fall Football Cheer or Winter Basketball Cheer, to remain on the All-Star Performance Squad. The All-Star Performance Squad will represent SYC at special events outside of the regular cheer program in addition to special events within the SYC Cheer Program. The All-Star Performance Squad shall serve as role models within the SYC Cheer Program and are expected to represent SYC in a positive manner. SYC All-Star Cheerleaders are expected to attend a minimum of 80% of the All-Star special performances. All-Stars is like being part of a travel sport and takes precedence over other athletic activities. There are time and attendance commitments.

Several key members within the Cheer Program will manage the All-Star Performance Squad as follows:

- All-Star Director (Cheer Commissioner or appointed experienced Cheer Coach)
- Up to four All-Star Coaches or Assistant Coaches, determined by size of the All-Star Squad.
- Choreographer/Cheer Instructor/Floor Coach for Camps, etc., as needed or available.

CHEER SQUAD SEASONAL EVENTS

PICTURES

Pictures of cheerleaders and cheer squads are taken every SYC cheerleading season. All-Star squad pictures are taken once per year during the Fall Football season. This event usually takes place within the first month of each season. Coaches will distribute picture envelopes and information concerning time and location.

PEP RALLY

The Pep Rally is a cheerleading event that is held at the conclusion of the football and basketball sideline cheer seasons. The purpose of the Pep Rally is to demonstrate to parents, friends and other cheerleaders, what each squad has accomplished since the beginning of the season and gather all the cheerleaders together for a fun evening. There is no competition among the squads and spectators enjoy a 2 to 3 minute performance from each squad, including the All-Star cheer squad. The performance typically consists of cheers, a dance, stunts, and tumbling.

Participants and spectators have a wonderful time watching the cheerleaders' performances, which demonstrates the results of the practice and dedication provided by our volunteer staff. Special recognition for outstanding cheerleaders for the season (nominated by their coaches), may be awarded during this ceremony.

CHEER CLINICS/WORKSHOPS

Cheerleading clinics/workshops may be held before football and basketball season. These events are fun practices that provide new cheers for the season and allow cheerleaders to bond with their squad and coach. These are in-house Kick Off clinics provided to registered cheerleaders. In addition, we may advertise other clinics and workshops offered by local schools or cheer groups as they become available.

ALL-STAR PERFORMANCE SQUAD EVENTS

Typical All-Star events may include some or all the following or other equivalent events:

- Stunt Clinic - May/June
- City of Fairfax 4th of July Parade - July 4th
- Pool Party - July/August
- Cheer camp (local or away) – July/August
- Back to School Events - August
- Fall Cheer Kick-off Clinic – September
- Local High School Homecomings- September/ October
- Fall Pep Rally – November
- Navy Game - November
- Winter Cheer Kick-off Clinic – December
- GMU half-time performance (at Women's or Men's basketball game) – December/January
- Wizards half-time performance
- Rock N Roll Run or other fun runs- March
- Winter Pep Rally - March
- Cheer Competitions (2-3) – April/May

ORGANIZATION

The Cheer Commissioner oversees the entire cheer program, to include sideline cheer and the All-Star cheer program, in compliance with the general policies of SYC.

Cheerleading Advisory Board (CAB)

The Cheer Commissioner may utilize a Cheer Advisory Board that shall act as an advisory body to the Cheer Commissioner (CC), assisting in facilitating a successful program. Specifically, the CAB will assist with decisions to continually improve upon the program, including conducting research and making recommendations regarding cheer camps/clinics, fundraising activities, cheer assistants, cheer instructors, coaches, and suggest extracurricular activities in which the SYC

cheerleaders may participate. The CAB may consist of up to 7 members.

Members interested in serving on the CAB, should contact the Cheer Commissioner, no later than June 30 each year, to prepare for the upcoming cheer seasons (Football/Basketball). The members will represent a broad cross section, based upon service to the youth club, time availability, previous youth cheerleading experience, and the desire to support the betterment of the program, not for just a particular group or individual. The CC shall be the Chairman of the CAB.

The officers of the CAB are as follows:

Cheerleading Commissioner (CC)

The CC is charged with the overall responsibility and authority to organize and operate a youth cheerleading program in compliance with the general policies of SYC.

Deputy Commissioner (DC)

It is desirable to have one or more responsible volunteers to serve as a DC. The Deputy Commissioners assists the CC in the overall day-to-day operations as needed and will assume the responsibilities as determined by the CC in the absence of the CC. The Deputy Commissioners may also issue and receive uniforms and serve as the uniform coordinator, issuing equipment to and from all registered cheerleaders, following the distribution and returns guidelines, or may assign a uniform coordinator (UC). The CC and DC's will work with the CAB and/or designated volunteers to maintain an inventory of uniforms/equipment. All purchases of uniforms, sweat suits, and cheer items, will be procured following SYC guidelines through the SYC Procurement Specialist and must be approved by the Cheer Commissioner. If there is not a qualified DC, the Commissioner will solicit volunteers to assist in performing the duties above for each cheer season.

We currently do not have an Advisory Board, but this may be implemented in the future as needed.

Coaches

Each squad requires at least one coach. Coaches are selected from the pool of registered volunteers for that season. Coaches must be at least 18 years of age and must complete the SYC online background check and Concussion Awareness/Training course. Coaches are also required to complete the Volunteer

Building Director Exam if they are practicing in a gym. Coaches may work with an Assistant Coach or “Cheer Assistant”, typically a current high school cheerleader/volunteer, but must provide adult supervision who will maintain responsibility for the squad at all times throughout practices, games, and events. Assistant coaches and anyone working with the squad will be required to complete a background check and Concussion Training course. All coaches will be given the opportunity to receive coach training prior to the start of practice. Coaches are responsible for the cheerleaders from start to finish of all SYC events. Coaches may not request that specific children be assigned to their squad, other than their own child and the child of the assistant coach.

Parents should not offer instruction or interfere with the coach’s job. Parents are requested to not communicate with cheerleaders during games and practices, except during breaks and/or family emergencies. The coaches are volunteering their time and effort to the program and should be given the respect they deserve. All parents should consider volunteering for either cheer or another SYC Program to ensure the availability of teams and coaches. SYC is a non-profit organization providing sports programs to any child that would like to participate. The organization is only as strong as our volunteer pool! Parents can assist the coach by having participants at all practices and games on time and picking up their child immediately at the conclusion of practices or games. While it is understood that illnesses and conflicts in schedules will come up, the parents are expected to communicate with the cheer coach if their child is going to miss a game or practice.

A cheerleader consistently missing practices and/or games has an overall negative effect on the squad. If a cheer coach determines a cheerleader is consistently absent from practices and games, the cheer coach may make a recommendation to the Cheer Commissioner for removal from the squad. Additionally, a cheer coach may request the withholding of participation of a cheerleader that is not prepared to perform for the end-of-season Pep Rally or during a half-time performance, due to multiple absences from practices or games.

It is mandatory that all coaches have an open line of communication with all members of their squad. It is highly encouraged that all coaches notify the Cheer Commissioner of any issues that take place at a game or practice that cannot be worked out amicably by the coach within 24 hours of the incident.

Coach/Assistant Coach Requirements

Coaches and assistant coaches are an important part of ensuring the cheer program is a success. Proper planning and good communication with cheerleaders and parents are key to having a good season. The following requirements will ensure a successful one.

- Provide leadership and encourage camaraderie and unison amongst the cheerleaders of the squad.
- Supervise the activity in a safe and healthy manner.
- Follow all instruction during games, practices, and Pep Rally performance, pertaining to stunting restrictions, as instructed during the cheer coach pre-season meeting, for their squad's specific age group and skill level/ability.
- Provide maximum participation of all participants.
- Treat each participant equally and encourage active participation of each cheerleader.
- Exercise good judgment and common sense.
- Instill team spirit and a positive attitude.
- Inform all individuals (including parents) of scheduled events and changes (weekly emails).
- Facilitate an open line of communication between CAB, CC and participants.
- Communicate via phone or e-mail and notify parents of any game time changes ASAP.
- No substance abuse and no inappropriate language or behavior.
- Must complete online background check.
- Must complete Volunteer Building Director online test.
- Must complete the Concussion Awareness/Training course.
- Must abide by all SYC policies both current and new policies that may be issued, and specifically must follow all SAFETY policies provided during coaches training.
- All coaches must arrive on time to each game and practice or have pre-arranged coverage until their arrival. Coaches should be actively engaged with

their squad throughout each game.

VOLUNTEER CREDIT

Each sport in SYC has specific volunteer positions that are eligible for a Volunteer Credit. Cheer volunteer positions eligible for volunteer credit are listed as follows:

- All-Star Director: \$100.00
- All-Star Coach: \$50.00
- All-Star Assistant Coach: \$25.00
- Head Coaches – sideline cheer: \$25.00
- Assistant Coaches – sideline cheer: \$10.00

To volunteer for the designated positions, volunteers must sign up through their Family Account. The Cheer Commissioner will then assign you to the appropriate position so that the volunteer credit can be applied to your account. After the volunteer job has been completed, the Volunteer Credit will automatically be applied to the next registration in the same family. Credits do not have to be used in the same membership year. If a credit balance remains after the next registration, the balance will be maintained and applied in sequence. All Volunteer Credit information can be viewed in the Family Account.

COMPLAINT PROCEDURES

Sport-related complaints should first be addressed to the team coach. An e-mail or phone call to the coach will hopefully resolve the issue at the lowest level possible with the people who are most likely to understand the member's concerns. Addressing a coach during a practice or game is discouraged as this has an overall negative effect on the squad. A time should be scheduled with the coach after practice or on a separate date. If resolution cannot be found, the problem should then be brought to the Commissioner's attention. If the Commissioner does not resolve the issue, the complaint may then be directed to the SYC Board of Directors utilizing the Complaint Procedure. The Complaint Procedure may be found on the SYC web site at www.sycva.com.

FOOTBALL GAME PROCEDURES

Cheerleaders should arrive to each football game at least 15 minutes prior to game

start time (or earlier if requested by your Coach), to have time to assemble on the field to help kick-off the game and get organized. Coaches may also prepare a “run through” banner for the home team and should coordinate with the head football coach on location.

Proper Times to Cheer

- Before games starts
- During game and half-time
- During Time-outs
- After a play has ended

Improper Times to Cheer

- During a huddle
- After an injury
- During an injury time-out

During an injury on the field that requires a lengthy time-out, cheerleaders must remain in a resting position or kneel quietly on the sidelines. No negative cheers or chants toward opposing teams are allowed. During half time, the home cheerleading squad may go over to the opposing team’s sideline, cheer and invite the cheerleaders (if applicable) of that team to the Home sidelines to perform. Coordination with the opposing team’s cheer coach prior to half-time is encouraged as to be clear as to the procedure.

BASKETBALL GAME PROCEDURES

Cheerleaders should arrive to basketball games 10 minutes prior to game start time or as directed by your Coach. There is less space at basketball games for cheerleaders to meet prior to games.

Proper Times to Cheer

- Before the game and during the game, but paying close attention to the Basketball Coach’s need to be heard by the team for substitutions, etc.
- Between quarters
- Half-time

- During time-outs (*unless basketball coach has a preference for silence during this time)
- During positive plays (no negative cheering)

Improper Times to Cheer

- During injury time
- During foul shots

During both injury and foul shots, squads should be sitting, kneeling, or standing on the sidelines quietly. When there are two squads of cheerleaders, the coaches will meet before half time to discuss a mutually agreeable cheering arrangement for half-time and during the game. Squads should not be lined up directly under the basket at any time, if it can be arranged, and the Cheer Coach must be the closest person to the basket to deflect a basketball coming in the direction of the cheerleaders if needed. Parents must sit in the spectator area away from the cheerleaders.

UNIFORMS

There is a **\$100.00 “hold” check required** for each season of cheer that a uniform is issued. The hold check should be brought to uniform distribution and it will be held in a locked, secure location during the season. The hold check will be returned at the end of the season upon the on-time return of a clean and undamaged uniform. All poms must be returned with the return of cheer uniforms. It is expected that uniforms will be returned in a condition where they can be used immediately for the next season.

FEES

If a uniform is returned dirty, damaged, late, or missing items, parents are required to compensate SYC Cheer as indicated in the chart below. Parents can pay these fees at uniform return by check or cash.

- Cleaning fee for a uniform that is not returned clean (e.g., spots, smells, deodorant marks) = \$15.00
- Uniforms returned after the uniform return dates = \$20.00
- Uniforms returned 30+ days after end-of-season pep rally = hold check will not

be returned and it will be deposited to SYC Cheer

- Permanently withholding a uniform will result in a revoking of membership at SYC and blocked access to register for any SYC sport.
- Lost Pom-Poms = \$12.00 for sideline cheer poms, \$30:00 for All-Star performance poms
- Repair fee for hems = \$20.00
- Correction to any alterations made to uniform = \$40.00
- Replace a uniform not returned or damaged beyond repair = hold check will not be returned, it will be deposited to SYC Cheer, plus an additional \$50.00 fee will be charged.

Uniforms must be cared for properly. Cleaning instructions are provided at uniform distribution. Wash (do not dry clean) the uniform in cold water on gentle cycle after each use. Line or air dry. Do not wear uniforms for non-SYC sanctioned activities. Eating while wearing the uniform is highly discouraged and should only be done so with a jacket or cover over the uniform for protection. Additional accessories and merchandise may be available for sale through the SYC Cheer Program. For safety reasons, jewelry cannot be worn at practices or games. For example, rings, earrings, necklaces, bracelets, and watches cannot be worn. Small starter-type earrings, like those used for newly pierced ears are allowed only for cheerleaders who are not stunting, but no other jewelry may be worn.

SYC Cheerleaders may not post pictures while wearing the SYC Cheer Uniform that may be considered vulgar or distasteful on the internet or social media for viewing by the public. Uniform alterations are not permitted. The CC and/or the office staff will assess fee disputes incurred as a result of tardiness or damage.

REGISTRATION/REFUND POLICY

Players must register for cheerleading either in person at the SYC office located at 7075 Newington Road, Unit-G, Lorton, VA 22079 or online at www.sycva.com during the SYC Fall or Winter sports registration periods. All-Star registration will be open to all cheerleaders who have made the All-Star squad at the latest try outs for a very short window of time. Late registrants pay a higher registration fee and may

be “wait listed” and assigned only if space is available.

Refund policies can be viewed on the SYC web site (www.sycva.com) under Contact Us, Refund Policy.

OTHER POLICIES

Families registering for sports with SYC must agree to several policies, including a Code of Conduct. These policies can be reviewed during registration and on the SYC web site.