



2024 Evaluation Packet

Included Documentation to Complete and Return for Registration:

- Complete Registration and \$95.00 Payment Online (+\$3.85 service fee for online registration)

- Physician Release
(**PRINT** this form attached in this document. The Physician Release is not due until FIRST night summer practice August 2024. Athlete cannot participate without this returned)

- Cheerleader Contract Form
(**PRINT** this form attached in this document. The Cheerleader Contract is not due until FIRST night summer practice August 2024. Athlete cannot participate without this returned)

- Hempfield Cheerleading Constitution Form
(**PRINT** this form attached in this document. The Constitution is not due until FIRST night summer practice August 2024. Athlete cannot participate without this returned)

Included Documentation to Keep for Your Records:

- Cheerleading Commitment information

- Registration and Evaluation Information

Cheerleader CONTRACT

Due first night of summer practice

Organization: Hempfield

Season: 2024/2025

Athlete Information:

Name: _____ **Birth Date:** _____
Address: _____ **Last Year's Team (if any):** _____
(Street) _____
_____ **Phone Number:** _____
(City, State, Zip)

Parent/Guardian Information:

Name: _____ **Phone Number:** _____
Address: _____ **Email:** _____
(Street) _____

I agree to play for the Hempfield Black Knights of the Red Rose Midget Football League and to abide by all the rules, in the interest of fair play and good sportsmanship, I pledge good conduct during all contests in which the club is engaged. I understand that all cheerleading equipment issued to me is the property of the club and shall be returned to the club at the conclusion of the season, or at such time as may be requested by the manager or other club official.

Signature of Player

Date

The above named Parent and/or Guardian of cheerleader hereby requests that the cheerleader participate in the organized football/cheerleading league sponsored by the Red Rose Midget Football League, and in consideration of such participation and intending to be legally bound hereby, said Parent and/or Guardian of Player acknowledges that Player will participate in the league and all games and practices incident thereto and be using said facilities at his own risk. Said Parent/and or Guardian of Player on his own behalf hereby releases, discharges and indemnifies the Red Rose Midget Football League/Hempfield Association of Midget Sports and its successors, assigns, officers and employees from all liability for injury to the person or damage to property of himself and Player. This release and indemnification shall bind Parent and/or Guardian, his/her spouse, heirs and legal representatives.

Signature of Parent/Guardian

Date

Physician Release

Due first night of summer practice

Organization: Hempfield

Season: 2024/2025

Athlete Information:

Name: _____

Birth Date: _____

(The following section is to be completed by Physician)

_____ has been examined by me and is in sound physical condition and fully able to participate in Hempfield Cheerleading for the 2024 season.

Signature of Physician

Date

**A family practitioner may offer their own physical form in substitute for the above release.



HAMS Cheerleading Commitment Summary

Welcome to Hempfield Association For Midget Sports (HAMS) Cheerleading. We are excited for your interest in the HAMS cheerleading program. Our cheerleading program has proved to be both rewarding and successful over the years and we look forward to continuing this tradition. Prior to evaluations, we would like you to understand the time and financial commitment of our program. A listing of important items is inventoried below. There may be additional competition costs as well if your daughter participates in competitions. The items and the costs per item are only our best estimate. If you have any questions, please feel free to contact Carin Teise (267) 391-8042 or Hempfieldmidgetcheerleading@gmail.com.

ESTIMATED Costs:

Each cheerleader is responsible to purchase the following (approximate costs):

- Bodysuit - \$25 ("D" squad only)
- White "no-show" Socks - \$10 (2 pairs)
- Cheer sneakers - \$50
- Warm up pants - \$30
- Hempfield Cheerleading warm-up jacket - \$40
- Cheer bow (provided by HAMS)
- Bloomers - \$20
- Backpack - \$40
- Clear Poncho - \$5

All cheerleaders are required to pay a \$95.00 registration fee once the participant completes evaluations and is placed on a team. Families are also required to participate in a fundraiser during the season. There is an opt out fee if you do not wish to sell items.

A check made out to HAMS in the amount of \$100 will be required at uniform distribution (August). This will be returned to each athlete when the uniform is returned to HAMS in November.

More information on fundraisers will be discussed in August.

Summer Practices:

Summer practices are mandatory and will begin in early August, times TBA. Most practices will be in the evening; however, we will have a few days with morning practices.

Other mandatory practices:

All cheerleading practices and games are considered **mandatory**. We follow a strict attendance policy that we will cover at a scheduled mandatory parent meeting the first week of practice. Most teams will practice two days per week during the regular season. Additional practices will be added for girls participating in competition.

Competition Information

Cheerleaders are not required to participate in the competition segment of the sideline cheerleading.

If your child elects to participate, here are the expectations:

1. Sideline practice will be moved to one night per week for roughly 30-45 minutes each week
2. All remaining time that was dedicated to sideline practice will be switched to preparation for competitions.
3. An additional practice day each week will be added beginning mid-September.
 - a. There will be a Saturday in September dedicated to choreography.
 - b. This will be required for your child.
4. ALL COMPETITION PRACTICES ARE MANDATORY.
5. An additional fee will be charged for the additional gym time as well as additional fees associated with competitions.
6. Each season we participate in 3 competitions.
 - a. Two competitions we will be eligible for awards/placement
 - b. The third competition will be our own Hempfield event hosted at the High School.

If your child elects to not participate with the competitions, here are the expectations:

1. Sideline practice will be moved to one night per week for roughly 30-45 minutes each week beginning in late September.
2. Attendance at the games will still be expected.

Multiple sport cheerleaders

If your child participates in multiple sports and can only attend one practice per week, listed below are the expectations for the season:

1. Cheerleader will focus on chants/cheers for football games only
2. Cheerleader will not participate in stunts
3. Cheerleader will not commit to competitions as this will require even more practice time.

Year End Celebration

During our last practice in the beginning of November, we will invite all cheerleaders back to the Rec for a year end celebration.

Hempfield Association for Midget Cheerleading Cheerleading Constitution

1. MISSION

The mission of HAMS Cheerleading is to provide a quality program for ALL our participants grades 1-8. Our purpose is to provide inspiration, enthusiasm, and support for our football program through cheers and performances and to give our athletes an opportunity to show their skills and talent in the competition arena. Our athletes will develop fundamental cheer skills while reinforcing and encouraging teamwork, sportsmanship and a positive self-image. As an organization we want to ensure that all participants have a positive experience, which in turn will create an enthusiastic attitude towards the HAMS Organization and our community.

2. CONDUCT

All squad members must remember that they are representatives of their school and community and must reflect good judgment and appropriate behavior both inside and outside of school.

- 2.1 Any cheerleader participating in bullying, harassment or malicious gossip will not be tolerated. This must be reported to the coach immediately.
- 2.2 Disrespectful behavior towards the coaches or fellow cheerleaders could result in suspension from game and/or possible dismissal.
- 2.3 Inappropriate language could constitute suspension from game and/or possible dismissal.
- 2.4 Unsportsmanlike conduct shown to any opposing team or squad will result in suspension from game and/or possible dismissal.

3 GAMES

Attendance at ALL games (Playoffs included) is mandatory.

- 3.1 A cheerleader will not be allowed to miss a game due to reasons other than illness, previously scheduled church or school function (prior approval required) or death of a family member.
- 3.2 Missing a game for any reason, other than illness, previously scheduled church or school function (prior approval required) or death of a family member will constitute an unexcused game absence. **Three** unexcused absences from practices/games could result in dismissal from the team.
- 3.3 If a cheerleader is unable to cheer at a game due to injury, she is still expected to attend the game in complete uniform.
- 3.4 All cheerleaders will be expected to arrive at least 1 hour before the start of every game in complete uniform. This will allow time to warm-up, stretch, and review material before the game begins. Cheerleaders are required to bring their Hempfield backpack to every game with the following items but not limited to (warmup jacket, warmup pants, bodysuits, extra shoes, poncho, cover up t-shirt and water bottle).
- 3.5 Arrive to the games in complete uniform.
- 3.6 Arriving late to a game could constitute benching at the coaches discretion.
- 3.7 No socializing during the game. Halftime visits are allowed.
- 3.8 Eating is not permitted during the games, including gum.
- 3.9 Only water or sports drinks allowed during the games.

4. PRACTICES

4.1 Practices are mandatory and the unexcused policy will be strictly enforced. The only excused absence is illness, previously scheduled church or school function (prior approval required) or death of a family member. If a squad member must miss a practice for any reason other than these, an unexcused absence will be given and a warning will be issued. **Communication to the coach is required prior to any absence during the season.**

Three unexcused absences from practices/games will result in dismissal from the team.

4.2 Practice schedules will be determined by the director. Every effort will be made to keep any changes to a minimum.

4.3 Summer practices will begin early August. During the two weeks of summer practices, there may also be practices in the mornings.

4.4 Starting August 26th, practices will be held 2 days per week for a minimum of 2 hours for all cheerleaders.

4.5 Practices may increase to 3 times a week prior to competition.

4.6 If the cheerleader is not participating in the competition segment, practice time for those athletes will decrease to 30-45 minutes one night per week.

4.7 If a cheerleader is unable to practice due to injury, or mild illness, she is still expected to attend the practice.

4.8 It is expected that all squad members arrive on time.

4.9 Only water or sports drinks are allowed at practices; no food or snacks unless approved by the coach.

5. COMPETITION

Competition events are usually in late October, early November

5.1 Squads may attend competitions approved by the director.

5.2 If competing, attendance to all practices and events having to do with competition are required.

5.3 All rules of eligibility, including conduct apply to the competition as well.

5.4 Any squad member suspended from the team is also suspended from participation in the competition.

5.5 Injury waiver must be completed before the first practice at the spring floor gym. If not completed, athlete will be held from practice.

5.6 Injuries close to competition (1 week or closer) will result in forfeiting your position in the routine. However, cheerleader is still expected to come support team during competition.

6. APPEARANCE

For all games, practices and cheerleading events.

6.1 Hair must be securely pulled back away from the face.

6.2 Fingernails must be short and free of nail polish. No artificial nails permitted.

6.3 No jewelry allowed! This includes belly button rings that must be removed before any cheerleading activity.

6.4 Uniforms and shoes must be kept clean and neat at all times.

6.5 No part of the uniform may be worn for any activity except games and competition, unless otherwise directed by the coach. This includes the shoes.

6.6 At no time shall any part of a cheerleader's uniform/warm-ups be worn by anyone other than the cheerleader.

6.7 No bra straps should be visible.

6.8 Make-up should be minimal. If make-up is dramatic, you will be asked to remove it.

7. PARENT INVOLVEMENT

Please be realistic about your ability and your family's ability to make this commitment.

7.1 Parents are expected to participate in Booster Club fundraising activities.

7.2 Parents are responsible for purchasing certain necessary cheerleading apparel and all accessories, as outlined in the HAMS Commitment form.

7.3 All uniforms will be assigned to participants in August. Parents will be required to submit a check covering the cost of the uniform at distribution. The check will be returned to the parent at the end of the season unless the uniform is not returned or returned in poor condition by the specified date.

7.4 Inappropriate behavior by a parent towards a director, coach, other parents, teen helper or cheerleader could result in the parent being banned from the premises. (This includes all practices, games (home or away) or competitions).

7.5 Parents that have concerns or questions about anything concerning cheerleading should talk to the director and coach first. After talking with the coach and director; if the parent still have concerns, the parent should contact the HAMS president.

7.6 As with any sport, cheerleading does carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. We will do everything to keep your child safe but accidents do and will happen.

Hempfield Association for Midget Cheerleading

Constitution Agreement Form

Due first night of summer practice

Cheerleader Name: _____

Squad Assignment: _____

HAMS Cheerleading Directors, coaches, parent or teen helpers will not be held responsible should an injury occur. At any time during the season, these rules could be subject to change by the Cheerleading Director. In addition, all issues will be at the discretion of the director and coaches and could vary due to individual circumstances that arise throughout the season. In event of injury, your child is still to attend practices and games, if applicable. A return to activities letter from the physician will be required for your child to return to practice and games.

I have read the above HAMS cheerleading Constitution and I agree to abide by all rules and regulations of the program. I understand that these rules and regulations are in place to maintain a strong and organized program.

Cheerleader Signature

Date

Parent Signature

Date

2024 Registration and Evaluation Information

Online Registration

<https://www.hempfielddyouthsports.com/>

If you have any questions or need assistance, please send an email to

Hempfieldmidgetcheerleading@gmail.com

Evaluations

Where:

Hempfield Rec

950 Church Street, Landisville

*Please enter through the main facility entrance

Who	Date	Time
Grades 1-8	Monday 5/6	6:00-7:30 PM
Grades 1-4	Wednesday, 5/8	6:00-7:30 PM
Grades 5-8		7:30-9:00 PM

(Grades are for 2024/2025 School year)

- Attendance required on both nights
- Wear practice clothes, sneakers, hair up, water bottle, and no jewelry
- Parents will drop off at the door 5 min before practice is to begin and return for pick up. No parents will be permitted in the gym.

Final Evaluations

Where:

Hempfield Rec

950 Church Street, Landisville

* Please enter through the main facility entrance

Who	Date	Approximate Time
Grades 1 and 2	Friday 5/10	6:00p - 6:40p
Grades 3 and 4	Friday 5/10	6:40p - 7:20p
Grades 5 and 6	Friday 5/10	7:20p - 8:00p
Grades 7 and 8	Friday 5/10	8:00p - 8:40p

(Grades are for 2023/2024 School year)

TIMES ARE APPROXIMATE! Specific times will be shared once we have the number of participants finalized.

- Participants must wear plain white shirt and black shorts, sneakers, hair up, no jewelry.

Team placements will be sent via email by Monday 5/13.

Questions? Contact Carin Teise (267) 391-8042 or email Hempfieldmidgetcheerleading@gmail.com.