

Lake County Stallions Cheerleading



**2024
Parent Information Packet**

LCS Parent/Participant:

Welcome to Lake County Stallions (LCS) Cheer! You are now part of a community of parents, athletes, and volunteers who have a passion and dedication for the sport of cheer. Together we can make your child's experience with LCS Cheer a fun and memorable one.

The information in this handbook will help explain the guidelines/expectations, as well as important details about our program. I encourage you to read through it every year so that you have an overview of what the season entails.

Please continue to visit our website, www.lcstallions.com, and be sure to check your inbox for email updates, as there will be important dates and times for various events added throughout the season.

Thank you for joining LCS Cheer!

Sincerely,

Christina Newsom

Christina Newsom
Lake County Stallions
Cheer Director

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 2024 season will follow the outline listed below.

Dates & Times

On-line registration begins: **February 24th**

Priority registration ends: **March 2nd**

Final date for all on-line LCS registration: **April 1, 2024**

Details regarding our registration are available at: www.lcstallions.com

Registration Fees

Registration fees for the 2024 season are \$700 per athlete.

We offer a scaled discount program for those families with more than one child participating in the LCS football and cheer programs.

Fees include payment for professionally choreographed competition routine and music, indoor practice facilities, game day shirt and bow, competition bow, registration fees for 3 competitions, the ICA State Competition and competition gifts.

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 prior to the start of the season. Likely virtually. Details regarding the meeting will be sent via email and team chat.

Information will be provided on fundraising and other various details regarding the season.

Attendance at the parent meeting is MANDATORY.

Fundraising:

LCS has fundraising for the 2024 season.

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 \$100 as noted on the 2024 LCS registration form.

Information on the different options for the mandatory fall 2024 fundraiser will be presented at the parent meeting. The sale period for the league-wide fundraiser is TBD. The league-wide fall fundraiser is mandatory.

Coaching Staff:

Head cheer coaches, assistant cheer coaches and student cheer coaches are all volunteers who are reviewed and chosen by the Cheer Director and Cheer Board.

Formation of Cheerleading Teams:

Upon receipt of all enrollments and at the close of the 2024 registration, formation of cheer teams will take place.

All cheer squads need a minimum of 10 girls and will not exceed 36 girls. However, we reserve the right to cap a team based on confirmed volunteers. Once a squad reaches capacity, a waiting list will be formed. Waitlisted individuals will be accepted onto a team should capacity allow, in the order the registrations were received. 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 attend 3 competitions throughout the season. Practice will typically be three times per week. The length of practice is based upon age and squad requirements. Athletes will attend practices, competitions, and most home football games on the weekends.

Choreography Clinics

Team routines and choreography are established at the choreography clinics. Attendance at the clinics is required. The clinics are vital to provide the squads with the best preparation to be competition-ready by September. 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 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 will affect the athlete's position and placement throughout the routine.

Dates, times and location of our 2024 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 to support the LCS Football program by cheering at most home games. Football game schedules will be posted on the LCS website as soon as they are available from the TCYFL (LCS football affiliate). Home games are usually posted 1-2 weeks in advance. Unfortunately, this is out of our control. But as soon as we know our home game schedule, we will get it out to teams.

The football portion of our program is one of the focuses 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 September through November. We plan to attend a few local/regional events and the state competition in 2024. Each athlete is obligated to attend every team competition. 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 cheer uniforms. We will have a representative from the uniform company available to answer questions in regards to measurements at each fitting to ensure that the correct sizes are ordered. Parents will be required to sign a waiver as an agreement to the fitting decision of the uniform representative.

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)
- Practice uniforms
- Black leggings

Additional spirit wear will be available 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 athletes. The LCS Cheer Director and 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 the 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 affect 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- please note example: sisters birthday dinner is not an excusable absence as a family obligation).
- 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. Absences in cheerleading affect the full team. This is not an individual sport and when one athlete is missing, an entire stunt group will be affected. Stunting takes consistency and therefore when athletes are absent, it becomes a safety issue.
- Athletes are allowed 3 unexcused absences per season, this applies to practices and games. If an athlete has more than 3 unexcused absences, they may be removed from their stunt group and/or their spot in the routine may be changed. Stunting can be dangerous and we cannot have athletes who are not fully prepared to participate, risking the safety of the group. Unexcused tardiness, exceeding 3 occurrences will count as 1 unexcused absence. Excessive tardiness will not be tolerated as athletes who are late miss stretching, instructions and practice plans given at the start of each practice.
- 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. Wearing jewelry while stunting is a safety risk. If you choose to leave earrings in, you are doing so at your own risk. LCS will not be held liable. Please note, earrings MUST come out at competition or the athlete will not compete.
- 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 the 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 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 handheld camera) at any competition is permitted. However, photos or videos of an ICA performance are not allowed on any social media platform (Facebook, Instagram, Twitter, YouTube, Snapchat, etc.). Any parent caught posting a performance on social media will be fined by LCS.

Social Media

We encourage parents and athletes to use social media as a means to connect and share your experience as a Stallion with friends and family. Please keep the following in mind when referencing Lake County Stallions in your posts:

- Use good judgment in all situations. Remember all information you post is public information.
- Be respectful and treat others in a positive and considerate manner.
- Take responsibility for your words and actions. Keep in mind that you represent 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.