



KYA CHEER PARENT AND CHEERLEADER HANDBOOK

Date: 11/08/2021

MISSION STATEMENT

The goal of our cheer program is to inspire leadership on and off the field. Our program focuses on the traditional role of cheerleading. We believe cheerleaders play a very important role in football games. Cheerleaders boost team spirit, promote good sportsmanship, develop positive crowd involvement, and help participants and spectators enjoy a worthwhile experience. We will provide a wholesome, enjoyable experience for the youth in our community. We will teach the fundamentals and techniques of cheerleading, which include cheers, motions, stunting, and dancing.

REMARKS

The KYA Cheer policies and procedures are written as a guideline to govern cheer.

AFFILIATIONS & MEMBERSHIP

Keller Cheer is a member of, or is affiliated with the following associations/organizations:

- The Keller Football Association.

ELIGIBILITY

- A. Each participant must register with KYA. Non-city and KISD residents are allowed but will have a non-resident fee.
- B. A participant must be registered to cheer with KYA prior to the date of the cheerleading uniform fitting. **LATE REGISTRANTS CANNOT BE ACCEPTED.**
- C. All balances due to KYA Cheer from current and/or prior seasons must be paid in full to be eligible for current season registration. Registrants that have not paid all registration monies prior to the date uniforms are ordered will not be ordered a cheerleading uniform and will forfeit any monies already paid. Refunds will not be given after uniform fittings.

CHEER SQUAD FORMATION/ALLOCATION

The number of squads, and number of cheerleaders per squad, will be determined based on the availability of Cheer Coaches, the number of registered cheerleaders, and the number of football teams.

- A. Returning Head Coaches may continue to coach returning cheerleaders from their previous year's squads. However, some may be moved to other squads due to parent or coach request.
- B. All squad formations are final.
- C. No trades or "gentlemen's agreements" will be allowed. There shall be no discussions between coaches and parents to ask for transfers.
- D. Coaches may not, in any way, manipulate a cheerleader or parent/guardian into refusing to cheer for another team.
- E. All questions by cheerleaders, parents/guardians, or other members of the Association regarding the allocation, its procedures, or outcome, must be made in writing to the KYA Cheer Commissioner.

UNIFORMS

Full dress uniforms shall be approved by the KYA Cheer. Uniforms MAY NOT be altered or enhanced in any way.

- A. Uniforms must be neat and clean at all times. Any cheerleader not in complete uniform will not be allowed to participate in games at Coach's discretion.
- B. No jewelry other than studs, watches, bracelets, anklets, rings, etc. may be worn while cheering.
 - a. Cheerleaders wearing jewelry at practices or games will be benched until it is removed. Stud earrings are allowed but may need to be covered to prevent accidents.
- C. Hair must be pulled back to prevent injuries.
- D. All Head Coaches are entrusted with the responsibility of ensuring that team purchases are maintained to a minimum and agreed upon as a squad. All expenditures outside of registration and uniform fees are optional. ALL girls on the squad must have the same accessories. Invoices for additional expenditures must be given to parents and signed by parents.
- E. Any balances due for uniforms must be paid before ordering the uniform. Registrants that have not paid all registration monies prior to the date uniforms are ordered will not be ordered a cheerleading uniform and will forfeit any monies already paid. **REFUNDS WILL NOT BE GIVEN AFTER UNIFORM FITTINGS.**

TRAINING/PRACTICES

Practice

- A. Each Coach will determine the day(s) on which they will hold practice for their team. Practices will start and end on time. Penalties for missed practice and/or disciplinary issues during practice will be at the coach's discretion. Possible penalties could include, but are not limited to:

- a. Being asked to sit out an entire game or a predetermined length of time during a game.
- b. Being asked to sit out during the game for any chant/dance/cheer that the girl does not know.
- c. Running extra laps or doing extra conditioning.
- B. Practice timeframes will be determined by the Coach and will be based on age/grade level and skill set. Practice times may vary from team to team and must stay within a minimum of one and half hours per week up to four hours per week.
- C. Our goal is for all cheerleaders to learn the following throughout the course of the season:
 - a. Cheers: 1 minimum
 - b. Sideline chants: 20 minimum
 - c. Halftime routines: 1 minimum (cheer and/or dance)
 - d. Stunts based on age/grade level and skill set
 - e. Showoff routine: 1 minimum (fall season only)

STUNTS

Actual stunting positions (flyers, bases, spotters) will be determined through skills evaluations at the coaches' discretion and will also be contingent on attendance at games and practices. In order to do proper stunting, ALL squad members must be present.

All stunts/pyramids are only allowed to be performed if squad is taught proper mounting, dismounting, and spotting procedures. The Head Coach is responsible for learning proper techniques prior to instruction of the squad. Any stunt/pyramid that is observed being performed without proper mounting, dismounting, or spotting in place will be called down immediately, whether during a practice or game, and may not be performed again until proper technique is taught. KYA cheer squads are a mix of ages/grade levels, therefore stunts performed from one squad to the next will vary and are based on the skill evaluation completed by the Head Coach.

TUMBLING

Tumbling is allowed if the cheerleader already knows how to tumble and needs NO spotting or mats in order to complete. KYA Cheer is prohibited from teaching tumbling skills.

- A. 5-8 age recreational cheerleading: forward/backward roll, cartwheel, round-off, back walkover, front walkover
- B. 9-12 age recreational cheerleading: all the above including: handspring, tuck

GAME PROCEDURES

- A. All cheerleaders shall attend all assigned games. Games should start and end on time.
- B. In the event that games are delayed, notice will be given for parents to plan accordingly.
- C. All cheerleaders shall arrive at least 30 minutes before each game –for stretching & warm-up procedures. Failure to do so will result in the cheerleader sitting out five minutes of the game.
- D. Cheerleaders will know their position in line very well by the first game! Cheerleaders should stay in that formation until the Coach gives her consent. This includes not going over to visit family/friends, not going to get a drink or snack and no excessive talking

to other cheerleaders while the game is going on. Cheerleaders are there to cheer for their team, not talk amongst each other.

- E. All cheerleaders shall pay attention to the game.
- F. Cheerleaders should know if their team is on offense or defense, if their team is winning or losing, and if their team has the ball. The game will affect how they will cheer and what they will say.
- G. Cheerleaders are expected to act appropriately and be ready for a chant/cheer/dance to be called when not doing a chant, jump, stunt, or spiriting.
- H. All cheerleaders are expected to cheer the entire game. Cheerleaders are to remain along the sidelines performing cheers and chants during football games. They will have a water break with their squad after the half-time performance and as needed throughout the game at the Coach's discretion. They are not to go into the stands or get snacks from concessions until after the game.
- I. Cheerleaders are expected back in formation after half time.
- J. All cheerleaders must assist in the clean-up effort after games. This includes disposing of water bottles, snacks, and other trash.
- K. Cheerleading Coaches will be in command at all games.
- L. All cheerleaders should be checked in and out of games by the parent/guardian.
- M. Written permission shall be provided to the Coach and/or Team Mom prior to the game if a cheerleader is to leave with anyone other than their parent/guardian.
- N. Each cheerleader must arrive at each game fully dressed and ready to perform.
- O. If there is a football player injured while playing, cheerleaders will take a knee. It is a matter of good sportsmanship to do so.
- P. Cheers will not contain movements that are of a suggestive nature.
- Q. Music for half time performances may not include language of a foul, violent or sexually suggestive nature.
- R. At half-time cheerleaders may be introduced to the spectators. Performances may be choreographed dance routines or cheers.
- S. Half time performances will be no longer than two (2) minutes per squad. ALL on-field activities must be completed in this time, including getting on and off the field/court and setting up.

RESCHEUDLING GAMES

Rescheduling games because of adverse field or weather conditions will be the sole responsibility of the KYA Football League. The decision to cancel or reschedule games due to adverse field or weather conditions will be the responsibility of the KYA Football League. The Football League Scheduler will notify the Cheer Commissioner of schedule changes and he/she will then notify Cheer Coaches and Parents.

SHOWOFF PARTICIPATION POLICY

- A. It is mandatory that all KYA cheerleading squads participate in our annual Showoff exhibition, unless excused.
- B. All squads will exhibit good sportsmanship at Showoffs and root on other squads.
- C. All rules and regulations, as stated in Parent, Coach & Cheerleader Handbooks, apply to Showoffs.

AWARDS

KYA CHEER will furnish individual awards to all recreational cheer participants at the season's end. The KYA Board will approve all awards selected.

REFUNDS

THERE SHALL BE NO REFUNDS OF REGISTRATION FEES AFTER THE FIRST UNIFORM FITTING DATE.

SUSPENSION OF PARTICIPANTS

- A. Participants guilty of persistent, incorrigible conduct may be suspended or discharged from participation by the Board or game Officials. Notification of such action will be furnished to the Head Coach of the participant's team and the Parent/Guardians of the child. In all cases of participant suspension, all fees paid for participation are forfeited.
- B. Both the cheerleader and a parent/guardian will be asked to sign an acknowledgement form for each code of conduct violation. If the cheerleader or parent/guardian refuses to sign the acknowledgement form, the form will still be considered valid. This procedure provides open communication between the Commissioner, the cheerleader, and the parent/guardian to ensure there are no surprises.

VIOLATIONS

- A. All violations of league rules or the Code of Conduct will be handled in the manner outlined in the KYA Code of Conduct.
- B. KYA CHEER has developed the following timeline for all complaint matters.
 - a. All complaints must be filed in writing within 48 hours of said incident.
 - i. The 48-hour rule can only be extended in circumstances when a child has not come forth with the allegation until a later time.
 - b. Upon hearing this allegation, a parent, coach, or other adult has 48 hours to file a complaint.
 - c. Upon receipt of the complaint, the KYA Board must make determination within five (5) business days. All parties must receive notification of determination.
- C. Any person witnessing misconduct from any KYA Cheer member or parent during a KYA Cheer function should report directly to a Board Member. The Board Member should advise the complainant to file a written grievance with the KYA Board.
- D. Any person found guilty of misconduct in any way, including – but not limited to – fighting, intoxication, using abusive language, etc.; at game sites or other KYA Cheer functions is subject to action of the KYA Board.
- E. If any Coach or spectator is penalized with an ejection, the individual being ejected shall vacate the premises for the duration of the day.

CHEERLEADERS CODE OF ETHICS

- A. I will be positive about my youth sports experience and accept responsibility for my participation by following this Cheerleader's Code of Ethics Pledge.

- B. I will encourage good sportsmanship from fellow cheerleaders, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- C. I WILL NOT GOSSIP!! This means about parents, cheerleaders, coaches, etc. It is better to address any concerns than listen to idle gossip. I will not use profanity or abusive language.
- D. I will attend every practice and game that I can and will notify my coach in advance if I cannot.
- E. I will be on time to every practice and game.
- F. I will do my very best to listen and learn from my coaches.
- G. I will treat my coaches, other cheerleaders, officials, and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- H. I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I. I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- J. I will encourage my parents to be involved with my team in some capacity because it's important to me.
- K. I will do my very best in school.
- L. I will remember that sports are an opportunity to learn and have fun.

PARENT/GUARDIAN CODE OF CONDUCT

- A. I will have my daughter to every practice and game by the designated time, or my child will meet the consequence set forth in the handbooks. Cheerleaders are expected to arrive, in complete uniform, at least 30 minutes prior to the start of a game for stretching and warm-up activities. They will meet their coach in a set location.
- B. I will help KYA Cheer promote a drug, tobacco, and alcohol-free environment by refraining from their use at organization activities.
- C. I will promote good sportsmanship through leading by example and being supportive of all participants, coaches, and league and game officials at all games and practices.
- D. I will not personally address game officials.
- E. I will refrain from making negative statements or using profanity at KYA Cheer activities.
- F. I will address any concerns privately with my child's coach or league officials, not in an open forum involving the children.
- G. I will ask my child to treat all participants, coaches, spectators, and league and game officials in a good sportsmanlike and respectful manner.
- H. I will help my child, his/her team, and coaches as well as the KYA Cheer Commissioner by volunteering where I can.
- I. I will remain in the stands and refrain from entering the field, track, court, and/or sidelines during practices and games.
- J. I understand that coaches' duties end 15 minutes after practice, games, and/or other events. Therefore, I will be on time picking up my child from KYA Cheer events.
- K. If I have an issue with my child's squad, I will follow the chain of command starting with calmly approaching the coach. If the problem is still not resolved, I will contact the Cheer Commissioner.

- L. I am aware that there is a responsibility which must be met, not only to their cheerleaders but also to KYA CHEER. The following actions by parents are strictly forbidden in all related Cheer activities and/or practices:
- a. Foul or abusive language.
 - b. Harassment or acts of aggression toward cheerleaders, league officials, referees, spectators, coaches, team moms or board members.
 - c. Accepting any form of assistance from any person officially suspended from all Cheer activities or KYA CHEER.
 - d. Any other conduct contrary to the rules and/or spirit of the rules of KYA CHEER.
- M. This is your first warning. Any violation of the above will result in a written warning, and/or suspension from all KYA-CHEER related activities for an indefinite period of time.