

***Dear ParaCheer Spirit Wolves Athlete and Family,***

On behalf of ParaCheer Spirit NFP, I would like to congratulate you on being selected to represent the ParaCheer Spirit Wolves Team! We are excited that you will be a part of a program that represents an emerging and new division in the sport of cheerleading, which has a history and precedence of representing the United States of America at the ICU World Championship in 2018, 2019 and now 2020. We plan to continue to work hard to be chosen as a representative in these divisions in the future. This is the most prestigious event for our sport, which you will be able to say you are a part of the history. Congratulations!

With the honor of being selected as a member of the ParaCheer Spirit Team comes the incredible responsibility of representing our sport and more importantly our great global reputation. I know that you will rise to the occasion and set the kind of example that will make our sport and ParaCheer proud.

In preparing for our upcoming journey we have a lot to do:

1. **Make Arrangements for ALL practices and performance dates:** it is imperative to attend all practices due to the nature of our sport and division, learning process, safety for ALL athletes and general progression of acrobatics.
2. **Athlete/Coach/Parent/Volunteer Code of Conduct:** It is extremely important to abide by the expectations set forth in the Athlete/Coach/Parent/Volunteer Code of Conduct. All members under the age of 18 must have a parent / guardian signature.
3. **Fundraising:** Each team member will be required to fundraise to cover costs of participation in ParaCheer for individual and team costs for performances, travel, and general costs leading up to and including the ICU World Championships and performances beyond including performances at Abilities Expos, etc, to continue to inform, educate and be a visual representation of ParaCheer in the US and globally. ParaCheer Spirit may provide resources to assist athletes/teams to reach financial goals but it is ultimately the individuals responsibility to meet financial requirements. Individuals can fundraise through donations or private sponsorship. All fundraising will be due by set deadlines.
4. **Media guide:** reference the section below.
5. **Social Media:** reference the section below.

I will be sending you more information as it becomes necessary, but if you have questions in the meantime, please feel free to email [ParaCheerSpirit@gmail.com](mailto:ParaCheerSpirit@gmail.com) , text or call at (773) 294-3355 again, congratulations and we look forward to working with you soon!

Cheers,

Lee Trudell

Director, ParaCheer Spirit Head Coach

**THIS ISN'T ABOUT YOU, THIS IS ABOUT US**

"It's not our job to protect from pain but point them in the direction of the fire and walk them through the fire to learn how to become fireproof"

"When something goes wrong, don't blame others, FIRST look at yourself and what you can fix."

**ParaCheer Spirit Athlete/Coach/Parent/Volunteer Code of Conduct**

Being selected as a member for the ParaCheer Spirit is a privilege and not a right. All athletes selected to a ParaCheer Spirit Team must strictly adhere to this Code of Conduct in order to be a member and remain a member, in good standing of ParaCheer Spirit and thus enjoy the rights and privileges associated with representing this team. We, at ParaCheer Spirit reserve the right to revoke an athlete's membership for any cause. (Zero tolerance, One Strike Policy).

**PARACHEER SPIRIT ATHLETE / COACH / PARENT /VOLUNTEER CODE OF CONDUCT**

All athletes, coaches, volunteers, parents, and administration associated with the ParaCheer Spirit Team will abide by a Code of Conduct, which includes the following provisions listed below. If an athlete disrespects or violates any of these rules, ParaCheer Spirit has the right and will take appropriate action to assign penalties, suspend, or revoke the athlete/coach/parent/volunteer membership and thus all, the rights and privileges associated with same.

In consideration of the participation in activities of ParaCheer Spirit membership on teams organized, sponsored, or sanctioned by ParaCheer Spirit, and participation in competitions, events, and other activities (international or domestic), including camps, clinics, exhibitions, programs or appearances for, on behalf of, or in representation of ParaCheer Spirit,

I acknowledge, understand, and agree to abide by this Code of Conduct and pledge to uphold the spirit of this Code of Conduct, which offers a general guide to our conduct representing ParaCheer Spirit. Therefore, I pledge and agree to the following:

I will at all times display the conduct expected of me as an athlete/coach/parent/volunteer and a representative of ParaCheer Spirit. I will conduct myself in a manner that will not in any way bring disrespect, discredit, or dishonor to either myself, my team, ParaCheer Spirit, my country, or organizer of an event in which I participate.

I have reviewed the Disability Etiquette educational video, "Positive Interactions" and the educational presentation provided at a ParaCheer Spirit event.  
<https://youtu.be/bLIHZUQPLAw>

I will conform to all applicable local, state, and federal laws and regulations, and any rules, regulations, and codes that may be established for events, programs, and activities in which I participate, including those of ParaCheer Spirit, USA Cheer, the International Cheer Union, the United States Olympic Committee ("USOC"), the Internationals Paralympic Committee ("IPC") and/or any organizer of an event in which I participate.

I will not give an interview to or share information with any media outlet, unless, the Director of ParaCheer Spirit, has approved said outlet.

I will in no way share any personal information regarding the ParaCheer Spirit Team athletes, coaches, volunteers, administration, or ParaCheer Spirit Board of Directors to any person outside of the ParaCheer Spirit Team, unless approved by said Director of ParaCheer Spirit.

I will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct.

I will respect members of my team, coaches, volunteers, other teams, spectators, and officials, and engage in no form of verbal, physical, or sexual harassment or abuse.

IMPORTANT- you must present proof of health insurance.

I will maintain a level of fitness and competitive readiness that will permit my performance to be at the maximum of my ability. I understand that it is important to provide Weekly Workout accomplishments for team building and competitive strength and flexibility (what did you do to strengthen yourself for cheer skills).

I will refrain from conduct detracting from my ability or that of my teammates to attain peak performance.

I agree to drug testing by the United States Anti-Doping Agency (USADA), USA Cheer; the USOC, the ICU, the IOC, or the World Anti-Doping Agency (WADA) or any other agency with applicable jurisdiction for drug testing any sanctioned event or activity in which I participate as a team member or individual. I acknowledge that I am subject to the USADA Protocol for Olympic Movement Testing. I understand that if I refuse drug testing or fail to report for scheduled drug testing, this will carry the same sanction as having tested positive for a banned substance.

I understand that I cannot be involved with, nor have any association with transporting, possession, or unauthorized use of alcoholic beverages, illegal drugs, any USA Cheer; ICU or IOC banned medication or substances, or any substances or procedures in violation of the USADA Protocol.

I understand that I cannot be involved or associated with any act considered to be an offense under federal, state, or local laws; or a violation of the applicable rules, regulations, or codes of ParaCheer Midwest; USA Cheer; the ICU, the USOC, the IOC, the USADA, or the organizer of an event in which I participate.

Without the prior written consent of ParaCheer Spirit, I will not use, or grant a third party the right to use, for advertising or promotional purposes any of the names ParaCheer Spirit, WolfPack Cheer, ParaCheer Spirit Wolves, ParaCheer Cheer, any namesake likeness or appear in television commercials, newspaper advertising, performances, or any other promotional materials while wearing my ParaCheer Spirit Team uniform or any apparel associated with ParaCheer Spirit or USA Cheer.

I understand that appropriate and proper behavior is my responsibility at all times and that misconduct (i.e., inappropriate behavior, breaking rules, horseplay, theft, fighting, use of alcohol or drugs, use of profane language, etc.) may cause me to lose rights and privileges associated with my membership and participation in ParaCheer Spirit. Athletes must not be drinking alcohol, smoking, drinking soda the night before a practice or competition.

I understand that I am responsible for being at all mandatory practices, events, and appearances, unless approved by the Director of ParaCheer Spirit Teams and the Head Coach of selected team. It is the responsibility of every athlete and parents to stay informed regarding meeting, end of practice updates, texts, emails, group messages, etc. It is not the responsibility of the coach, Director, or Board or any other parents

I understand and agree that ParaCheer Spirit has the right to use my photos, names and likeness for advertising, social media posts, promotions, educational purposes, etc. including name, address, phone, email, uniform sizes, financial dues and fundraising amounts.

I understand that I must dress in ParaCheer Spirit apparel for practices, performances, competitions, traveling, events and/or anytime in ParaCheer Spirit or USA uniform, which will include designated shirt, shorts, socks, cheer shoes. NO JEWELRY. Females - Hair in ponytail and face/makeup for all performances, competitions, traveling, events and/or anytime in ParaCheer Spirit or USA uniform. No hats unless promoting ParaCheer.

I realize that if I choose to take actions other than those described herein, I will be subject to disciplinary action and that the consequences of my actions could possibly affect my opportunities as an athlete and ParaCheer Spirit membership in the future.

I recognize that this Code does not establish a complete set of rules, which prescribes every aspect of appropriate behavior.

I will arrive to practice prepared and ready to safely execute all skills required and expected by the team. Advance notice of expected absences is required. NO unexcused absences after Sunday, **January 25th**, 2020. Note that absences may not be approved and therefore could be reason for dismissal from the team. Birthdays, anniversaries, weddings, baby shower's, sibling honors, school cheer practices or games or meets, all star practices

or competitions, other sports practices or meets, last minute cheer choreography, other extracurricular activities, ETC are NOT acceptable absences. If you are missing more than TWO practices, you are not eligible for the Median Unified Competition Team. If a practice is missed, how will you makeup the work and time and how will you make it up to the team?.

I abide by all timelines - money, practice, reporting times, deadlines. Any missed deadlines will result in dismissal from the team and/or program. Deadlines, arrival times, are important and respectful. Please meet all deadlines and arrive early (15 minutes) to all functions. No cell phone use during practice  
No parent interaction on the cheer floor during practice so athlete stays focused on the safety of the team.

Athletes must be working out or doing physical therapy outside of practice. Wheelchair users MUST follow icu safety guidelines and rules, Ex: anti tip devices and wheel locks.

I will provide medical documentation that I am able to physically perform the tasks asked of me by my coach and expected of me by my team. If I have expressed to my coach(es) or athletic trainer that I have an injury, I MUST have a doctor clearance to participate in ALL stunts, tumbling, jumps or dance (all elements of cheerleading must be stated in doctor's note). I am healthy enough and prepared to do multiple full out run throughs of each routine.  
I provide a medical clearance to participate and proof of medical insurance. \_\_\_\_\_

Multiple repetitions will be done at practice and performances. You must be able to execute skills. Some environmental situations may be in sun and heat- you must be able to participate and execute in those conditions.

Skill requirements:

Intermediate Team Athletes: Each athlete must be able to self-propel themselves across a carpeted mat surface with moderate to advanced speed, be able to either bear weight in their upper body and core or hold their own weight through their legs and core/upper body while being held by other athletes, and have a strong desire to perform in front of a crowd as a team player. There are a variety of team roles/spots available- base of stunts, top/flyer in stunts, spot for stunts, tumbler, dancer, jumper.

Median and Advanced Team Athletes: Handstand for advanced flyers. Handstand for median flyers. Advanced and median team- physically strong enough to hold a person above your head with extended arm level AND/OR be able to physically prevent someone from falling onto themselves for safety of all athletes. Ability to propel yourself at medium to high level across the mat or out of the way of any athlete collision. Ability to resist or prevent an athlete from landing on yourself or the ability to catch yourself safely.

### **Social Media Guidelines**

ParaCheer Spirit realizes that many of you are on social media sites like Facebook, Twitter, Instagram, etc. These are all great tools to alert your followers of your membership of the ParaCheer Spirit Team. Please be mindful of what you are posting. Now that you have been selected, you now represent ParaCheer Spirit (including all the future and previous accomplishments) and serve as a role model for all athletes in our sport. It is mandatory that you clean up/filter your previous social media and that you reflect ParaCheer Spirit in a positive and healthy manner.

### **Don't's:**

Do not post any inappropriate tweets, captions, comments or photos. This includes: Posting derogatory, harassing, or insulting comments or photos about fellow team members, coaches, Cheer staff, or competitors. Photos or videos that contain nudity, underage drinking or drug use, provocative poses, inappropriate attire, etc.

Do not post anything that would suggest you disagree with a ParaCheer Spirit business decision.

Never post photos/videos of illegal stunts or skills, as well as skills on illegal surfaces. Keep in mind that promoting safety is always a priority. Support all safety rules and guidelines on all accounts.

### **Do's:**

Follow all ParaCheer Spirit social accounts

o Facebook: ParaCheer Spirit Midwest US o Instagram: @ParaCheerSpirit



Be available for communications on GroupMe app

Use proper athlete terminology

Retweet/repost ParaCheer Spirit accounts often.

Keep your personal accounts appropriate, professional and dignified (This includes Snapchat!) Your personal account is subject to even stricter guidelines, as cheerleaders typically add your personal account as soon as they find out you are a member of the ParaCheer Spirit Team. **We have a zero- tolerance policy for alcohol, partying, drugs, and inappropriate language. This includes retweets.**

\*Dates and Costs provided on a separate informational sheet.

## History of Cheerleading

Cheerleading's roots are closely tied to American football's. The first intercollegiate game was played in 1869, between Princeton University and Rutgers University in New Jersey, and by the 1880s, Princeton had formed an all-male pep club. A graduate of Princeton, Thomas Peebles, took the Princeton cheers to the University of Minnesota, where football and fight songs were becoming very popular. In 1898, U of M was on a losing streak, and a medical student named Johnny Campbell assembled a group to energize the team and the crowd. Johnny picked up a Megaphone and rallied the team to victory with the first organized cheer: "Rah, Rah, Rah! Ski- U-Mah! Hoo-Rah! Hoo-Rah! Varsity! Varsity! Minn- e-so-tah!

Cheerleading grew from there. It wasn't until 1923 that women were allowed to cheer for the first time, at the University of Minnesota. During this decade, cheerleaders added tumbling and acrobatics to their routines, and a University of Oregon cheerleader used flashcards for the first time. Although women were joining teams in the '20s, it wasn't until the '40s that they joined in large numbers, since so many college-aged men went off to fight in World War II.

In 1948, Southern Methodist University cheerleader Lawrence "Herkie" Herkimer held the first summer cheerleading clinic at Sam Houston State Teacher's College (now State University) and went on to develop his signature "Herkie" jump, the spirit stick, and the pom pon, all cheerleading staples to this day. In 1961, he incorporated the National Cheerleaders Association (NCA).

By the 1960s, cheerleading could be found in virtually every high school and grade school across the country, and pee wee and youth leagues had developed as well. In 1974, Jeff Webb (who had been general manager of NCA) founded Universal Cheerleaders Association (UCA), which taught higher level skills. The '80s decade brought the launch of many more event companies, as well as AACCA (American Association of Cheerleading Coaches and Administrators), in 1987, the first association devoted to teaching safety to coaches and advisors. UCA has grown into Varsity Spirit Corp., today, encompassing 17 cheerleading event, apparel and service companies.

All-star cheerleading started in the late '80s and grew rapidly through the '90s. All-star cheerleading focused on athletic training and competition performances, as opposed to school-based cheerleading, which still encompassed leadership and spirit qualities. Today, many companies offer both scholastic and all-star categories, and some companies focus primarily on all-star cheerleading.

The original purpose of cheerleading is still relevant in today's world, even with the increasing popularity of competition. Cheerleaders are the promoters of your school and community. They are a key marketing tool to the athletics programs that they support, and they create the community patriotism we call "school spirit." Most importantly, they are tomorrow's leaders who through the development of athletic skills, leadership, and teamwork will be vital members of the community in the future. Be a cheerleader and become a leader.

I acknowledge that I have read and agree to all information and guidelines provided in the ParaCheer Spirit Handbook and any additional supplemental information sheets provided.

ATHLETE NAME

ATHLETE SIGNATURE

PARENT NAME (if applicable to athletes under 18 years old)

PARENT SIGNATURE

DATE 1/26/2020

