



ELITE Team Parent Handbook

Introduction/Expectations:

Welcome to the FIRST ever year-round Creeks Outlaws Elite competition team! This is Coach Amy, and along with Coach Nicole, we are so excited to coach your athlete(s) to victory this year. Our two biggest virtues are **RESPECT** and **WORK ETHIC**. We will work HARD when it's time to work, and rest/have fun when it's time to rest. The Elite team requires a dedicated commitment for the entire season. Due to the nature of competitive cheerleading, if even one person is not at practice, it impacts the entire team. At this level of cheer, the safety of everyone is also impacted when someone is not at practice. Creeks Elite team has to be your athlete's FIRST priority! ***This is especially important after our choreography clinic on September 7th and 8th!*** We know the girls have other extracurricular activities, however, we ask that these do not interfere with attendance at practices and competitions for the entirety of the season.

Communication:

Communication is key! Our primary method of communication will be through the GroupMe App. Please be sure to check the GroupMe app regularly for any reminders and the most up-to-date information. There will be times when last-minute changes occur that are outside of our control. We plan to communicate urgent issues and last-minute reminders via the app. Please ensure at least one parent has the app downloaded and receives alerts.

Practices:

Practices will be Mondays, Tuesdays and Thursdays from 6pm-8pm at Plantation Park. We will add/take away Monday practices throughout the season as needed. The girls on the Elite team will also have the opportunity to join sideline cheer teams at games on Saturdays, if desired. If interested, reach out to Coach Amy. However, we will not be learning any cheers at our practices.

Practices will be run on a schedule so punctuality is a MUST! Girls need to be on the field, hair up in a ponytail, in athletic wear (no crop tops), with athletic shoes on and laces tied, any bug spray/sunscreen applied, and ready to start warm-up at 5:55pm. Please make sure your cheerleader has a full water bottle at the start of each practice. If you have a transportation restriction or any other circumstance which impedes attendance or punctuality, please let Coach Amy know ASAP so we can work out arrangements. **If your daughter is injured or ill, please contact Coach Amy so they may be excused.**

To encourage attendance throughout our season we will be offering various incentives such as collectable pins they can use to decorate their backpacks if they attend a certain amount of practices. We are also looking at doing pizza/popsicle parties if we achieve a certain amount of attendance. Stay tuned for more details!

We understand that everyone has lives outside of cheer, but we ask that you prioritize cheer as much as possible during the season. We ask that your cheerleader not miss more than **3 practices** during the Fall routine-building season.

Dress Code:

In the spirit of unity, we will be implementing a dress code for Elite team practices. Unless otherwise communicated, the basic dress code is a white t-shirt or tank top (no crop tops), with black shorts or leggings. We will be distributing practice wear which will be rotated in on certain practices. *The turf can be itchy so it is advisable to wear leggings instead of shorts if the turf bothers their legs.* Girls are not permitted to wear fake nails, or jewelry (including earrings) during any practice, game, or competition. Only medical bracelets will be permitted. Fingernails should be groomed and trimmed. If your daughter wears glasses, a safety strap must be worn. Cheer shoes need to be kept clean throughout the season as they will be worn for competitions. I would suggest wearing an old pair of cheer shoes to practice and save the new ones for competitions. Shoes with laces must be worn to every practice- NO slip-ons or high tops. Fliers need to wear some type of cheer shoe that fits snugly. Hair should be pulled back in a firm ponytail so the cheerleader isn't spending the entirety of practice messing with their hair.

Weather:

As you know our weather in Jacksonville can be unpredictable. We will try to utilize the field house in cases of rain, however, some practices may be canceled due to bad weather and lightning. Do not assume practice is canceled if it is raining. We will try to notify you on Group Me no later than 5:30pm if practice is cancelled. Since this season runs through May, we will have a variety of weather to contend with. Practices in August, September and October will be extremely HOT. Please plan accordingly with water, cooling rags, fans, etc. We may also have hurricanes/tropical storms during this time, resulting in field closures thus cancelled practices.

Uniforms:

The Elite team will have their own unique warm-ups, uniforms, shoes and bows for competitions! They will be handed out once they arrive. The goal is to have uniforms all in and altered before our first competition at the end of October. If your uniform does not fit, please notify the coaches ASAP. If the uniform needs to be altered, please take care of this ASAP. Uniforms must be kept clean as they need to last 8+ competitions! Wash and line dry after each competition. Do NOT put uniforms in the dryer! Follow the uniform care guide.

Bullying:

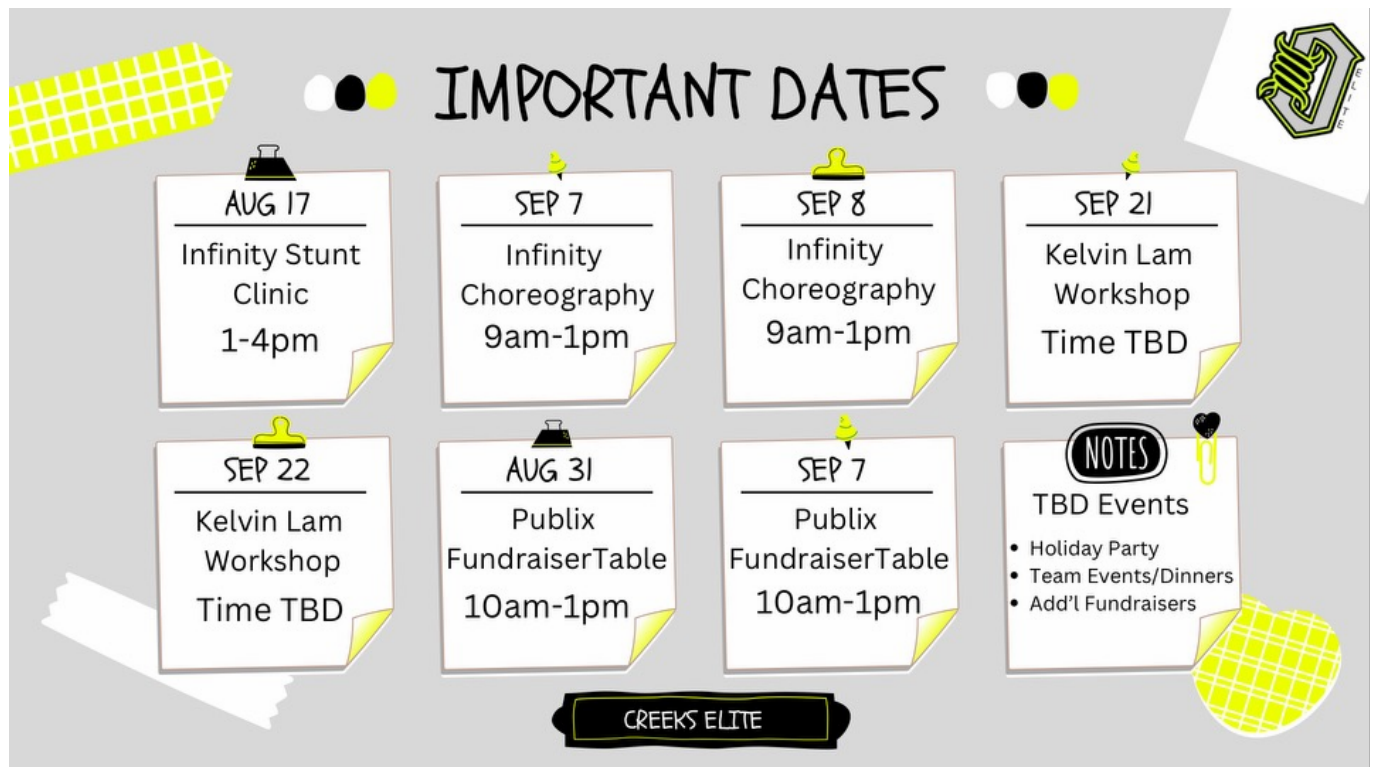
We are a strict no bullying organization!! If the cheerleader is caught bullying by any coach she will be removed from the team until further investigation and a conversation between leadership and parents is had. Please come to Coach Amy immediately if your daughter is experiencing bullying. Our goal is to promote unity, teamwork, sisterhood and a positive environment where athlete's can grow in their skills.

Discipline Policy:

Our main goal is to establish a culture of respect and work ethic. Our hope is that by doing this, we will avoid most discipline issues. However, when they do occur, we will begin by issuing an individual warning for the first offense, followed by a conversation with parents if/when warranted.

Important Dates:

Please note these dates below...stunting clinic and choreography clinics are MANDATORY.



The calendar is titled "IMPORTANT DATES" in a large, black, hand-drawn font. It features a grid of seven date cards, each with a date, event name, and time. The cards are decorated with yellow and black patterns and small icons like paper clips and pushpins. A "NOTES" section is located on the right side, listing upcoming events. The calendar is set against a light gray background with a yellow and black checkered pattern in the top left and bottom right corners. A small logo of a stylized "C" is in the top right corner.

Date	Event	Time
AUG 17	Infinity Stunt Clinic	1-4pm
SEP 7	Infinity Choreography	9am-1pm
SEP 8	Infinity Choreography	9am-1pm
SEP 21	Kelvin Lam Workshop	Time TBD
SEP 22	Kelvin Lam Workshop	Time TBD
AUG 31	Publix Fundraiser Table	10am-1pm
SEP 7	Publix Fundraiser Table	10am-1pm

NOTES

- TBD Events
- Holiday Party
- Team Events/Dinners
- Add'l Fundraisers

CREEKS ELITE

ALL COMPS
SUBJECT
TO
CHANGE

ELITE YEAR-ROUND

SCHEDULE '24-'25

27 OCTOBER
(TENTATIVE)

LEAGUE
COMPETITION

ORANGE PARK
FL

7 DECEMBER

HOLIDAY
CHAMPIONSHIP

GAINESVILLE
FL

11 JANUARY

JEKYLL ISLAND
CHAMPIONSHIP

JEKYLL ISLAND
GA

8 FEBRUARY

SAVANNAH
CHAMPIONSHIP

SAVANNAH
GA

1 MARCH

LAKELAND
CHAMPIONSHIP

LAKELAND
FL

22 MARCH

JACKSONVILLE
CHAMPIONSHIP

JACKSONVILLE
FL

5 APRIL

TALLAHASSEE
CHAMPIONSHIP

TALLAHASSEE
FL

2-4 MAY

THE
ONE

ORLANDO
FL

Elite Parent Responsibilities:

- Parents are responsible to help and guide their child to uphold their commitment to Creeks Outlaws Elite Team by providing transportation to practices, ensuring their girl is on time and prepared for practice (appropriate clothing, hair, water bottle, etc).
- Parents are responsible for encouraging their girls to continue their conditioning and strength training at home during the 4 nights a week that we don't have practices.
- Parents are responsible to ensure their financial account is in good standing or appropriate arrangements have been made for any necessary payments.
- Parents are responsible for transportation to all competitions, and the cost of lodging at competitions if necessary. If a parent cannot attend a competition, arrangements must be made to ensure the cheerleader can still attend.
- Parents are responsible to ensure their cheerleader adheres to all rules and regulations provided by Diamond Cheer and Dance.
- Parents are to demonstrate positive behavior and sportsmanship at all times, including at cheer practices and competitions, and on social media when representing the Creeks organization.
- All cheerleaders will remain at competitions with their coaches until released by the coaching staff to their parents.
- Parents are responsible to communicate any scheduling conflicts to Coach Amy ASAP, as well as any problems or issues/injuries that may arise throughout the season.
- Parents are not to post videos of our routine on social media until the END of the competition season.

Elite Cheerleader Responsibilities:

- Elite cheerleaders are to have a respectful attitude to their teammates, parents and coaches, maintaining a strong work ethic throughout the season.
- Elite cheerleaders are responsible for maintaining their conditioning and strength training when off the turf.
- Elite cheerleaders are responsible for encouraging their teammates, always remembering this is ONE team and every girl matters to the success of the team. Derogatory comments about other girls/coaches/teams will NOT be tolerated.
- Elite cheerleaders are to be held to a higher standard, will work hard when it's time to work. They will pay attention during practice, keep talking to a minimum while on the lines. Absolutely NO distractions or playing around during stunting.
- Elite cheerleaders are responsible to be at ALL practices, remembering that this is a TEAM and even if one person is missing, the entire team is compromised.
- Be at practice ON TIME, prepared and dressed appropriately with hair secured back and off their face. No jewelry, fake nails, eyeglasses secured with a strap.
- No cell phone use during practices unless cases of emergency. Cell phones need to be kept in backpacks during practice.
- Elite cheerleaders are responsible to report any injury immediately to a coach or board member. The coach(es) will determine the appropriate course of action.
- During the course of the season, an Elite cheerleader is responsible for not posting videos of our routine to social media.

I have read, understand and will adhere to the information written above. I understand that failure to follow the rules and guidelines set forth in this agreement may result in termination from the team. No refunds will be issued if there is a breach of this contract and/or team participation is terminated.

Cheerleader's Name (Print) _____

Cheerleader's Name (Signature) _____

Parent's Name (Print) _____

Parent's Name (Signature) _____