

LPR Stars Rec Cheer Team

2019-2020

Dear Cheerleaders and Parents:

Welcome to the 2019 LPR Stars Rec Cheer Season! Whether you're a returning cheerleader or a first-year participant, we would like to extend our greetings to you. We hope this season proves to be a fun and rewarding experience!

Participation in the LPR Stars Cheer program is a commitment to your children, your families, and your teammates. We strive to ensure that everyone involved has a rewarding experience. The LPR Stars cheer program places emphasis on building friendships, integrity, leadership skills and respect while mastering the cheer, jumps, stunts and the sport of cheerleading (2019-2020 Rec Cheer Rules & Regulations). You have our commitment to teach the sport of cheer in a way that is positive and effective while preparing your child for junior high and high school level squads. We maintain high levels of expectations for all persons involved with the Stars program in order to be successful as new Rec cheer organization, as squads, and as individual participants.

The Parent/Cheerleader Handbook was developed to provide parents with a clear understanding of the LPR Stars Cheerleading standards of conduct and level of expectations for both you and your cheerleader(s), as well as the LPR Stars Code of Ethics and Code of Conduct. You will be required to sign the acceptance form (attached at the end of this handbook), which confirms your understanding and acknowledgement of the guidelines set forth herein.

THIS FORM MUST BE SIGNED AND TURNED IN IMMEDIATELY. Your child will not be able to attend practice until we have a signed form on file.

Parents are as important to the success of the program as the cheerleaders. For a program to be successful, Team Moms, Coaches and Parents must work together, collaboratively. Throughout the season, you may have questions. Your team mom and coach will be your primary source of information for your squad. Please feel free to contact our administrators. If you have a question or concern that is not able to be addressed by your Team Mom or Coach. Communication and cooperation are the key to a successful experience.

Sincerely,

LPR Stars Coordinators & Coaches

Cheerleader Guidelines and Expectations

The LPR Stars program is committed to careful observation and monitoring of safety measures, including proper stretching, warm up, cool down, stunting, tumbling only when a certified Coaches are present.

All Participants

- Will always show a positive attitude.
- Must accept the position given by the coaches with dignity, take your position seriously, your teammates are counting on you and do your best.
- Must abide by the (*UCA Rules and Regulations*) of the LPR Stars as set forth herein.
- All Squad Members must respect safety as their highest priority.
- Never engage in dangerous behavior that may result in injury of yourself or others.
- May not conduct any stunting or tumbling activity without the strict supervision of your designated Tumble Coach/Instructor.
- Must always follow the “No Fault” stunting policy. “Never blame your teammates. It takes a team to succeed and a team to falter.”
- Must respect yourself and all coaches, other participants, officials, parents, and spectators during all practices, games and competition.
- Strive to achieve excellence, have the discipline to accomplish it, the attitude to accept the results with dignity and encourage others to do the same.
- Will never post negative or threatening commentary on any electronic means of communication, such as email, text, Facebook, Twitter, YouTube, etc.
- Never use obscene or inappropriate language and/or gestures.
- Will not use cell phone at practice, games or competitions, except with permission of the coach.

All Parents

- Must abide by the rules and regulations of the LPR Stars Organization.
- Must have your child to practices 5 minutes before start time, ready to begin on time. When this is not possible, you agree to inform the coach or team mom in advance.
- Require your child to treat other participants, coaches, officials, parents, and spectators with respect.

- Will respect your child's coaches, other participants, officials, parents, and spectators during all practices, games and competitions.
- Will be a positive role model for your child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all cheerleaders, players, coaches, officials and spectators at every game.
- Will never post negative or threatening commentary on any electronic means of communication, such as email, text, Facebook, Twitter, YouTube, etc.
- Will always keep in mind that children participate to have fun and the game is for youth, not adults.
- Never use obscene or inappropriate language and/or gestures.
- If a problem or concern is identified, will calmly seek solutions at a proper time and location, refraining from confrontations in front of the children.

EXPECTATIONS

Cheerleader Expectations

- Will arrive and depart all practices and games on time and ready to begin. Allow time for shoe changes etc. Parents will give advance notice if child is going home with someone other than parent.
- Will never leave the without permission notifying Coaches, Team Mom or Parent.
- Will give 100% effort at every practice and game and accept constructive criticism with a positive attitude.
- Cheerleaders are to participate in all aspects of practice. Practices include but are not limited to, cheer/chant review, running, dancing, stretching, stunting, tumbling and jump conditioning.
- Will be responsible for my own property and respect the property of the LPR Stars organization, football fields, practice locations, and personal property of others.
- Will not eat and/or chew gum during practices, games or competitions unless otherwise instructed by the Team Mom or Coach.
- Will adhere and abide by the uniform policy.

Parent Expectations

- It is the parent or guardian's responsibility to ensure that your participant(s) attends all practices, games, and competitions on time. Parents or guardians shall ensure that participants are present for the entire game or practice. Remember that being on time indicates that your participant(s) is inside the venue, ready to participate. Parents must aim to have their cheerleader arrive 5 minutes early and be ready to start practice on time. Parents must return for pick up at least 5 minutes before practice completion for announcements or in case of early dismissal.
- If your participant has trouble with a routine or cheer, contact your team coach. The team coach will get your child the help needed for them to be successful.
- Parents will refrain from coaching their child or other cheerleaders during practice, games, or competitions unless they are one of the official coaches of the team.

PRACTICES

Practices are held on Sunday, Tuesdays and Thursdays (Pre-Season) and Thursday during season. Practices are held RGF Fitness Studio located 9790 Florida Blvd Ste. B, Walker, Louisiana unless otherwise specified.

Sunday: 4:30 – 5:30

Tuesday & Thursday: 6:45 -7:45

The goal of practice is to have the cheerleaders learn:

Cheers (longer, does not repeat words)

Chants (repeats a phrase multiple times)

Stunts – Thigh stands, preps, extensions, pyramids, and partner stunts (appropriate for age and skill level)

The participants will also work on jumps, tumbling, and sideline spirit.

ATTENDANCE Every practice is important - a team requires every member's participation.

Attendance is very important to the entire team's performance. Formations and stunts simply do not work when one or more team members are absent. In addition, habitual tardiness limits the amount of time that a squad must master these skills.

Parents are encouraged to attend practices so that they may view the progress of their child and/or the squad. If you are dropping off your child and picking them up after practice, please be prompt and plan to arrive at least 5 minutes before practice is scheduled to end.

Please keep in mind that your coaches are volunteers of the organization.

Parental attendance at practices is a great opportunity for parents to bond with other parents on the squad and/or assist the coaches with a variety of tasks, including the making of signs, noise makers, etc.

SQUAD ASSIGNMENT

Cheer squad assignments and determination of team placements are made by the Cheer Program Coordinator(s) based on both age and ability. During mini-camp, and throughout the season, participants are evaluated according to a standard set of regulations set forth to ensure the safety of all participants.

GAME DAY GUIDELINES

- All Cheer Squads are to arrive at the time designated by their coach. This time is used to warm-up, practice and take attendance. Sometimes the games begin early and/or run late based on how the day permits. If you do not arrive at your designated time, before the start of the game, your cheerleader may not be able to participate in the halftime routine.
- If a cheerleader is deemed to be unfit to perform by the coach, whether due to injury, inadequate knowledge of cheers or dance, or any other issue, the cheerleader may be asked to sit out at the discretion of the coach.
- All participants must remain on the sidelines for the entire game. No sitting in the stands or grass area during your assigned game.
- Each child must bring their own water bottle to keep in front of the cheer area. All participants must assist in the cleanup effort after their games. Please Dispose of your trash properly.
- During games, cheerleaders are always to stay in formation and in cheer-ready position. Games are not a time to socialize with teammates. Cheerleaders must always be focused on the game and the coach in order to be prepared to lead the fans to cheer for the players. Participants may not run around, stunt, cartwheel, etc. while in line. Parents please re-enforce this rule with your child.

- Cheerleaders must ask permission of the coach to leave the cheer area, if necessary. This includes going to a parent or going to the bathroom.
- Cheerleaders will not be allowed to leave the cheer area during water breaks.

Inclement Weather If the weather is questionable, the rule of thumb is to arrive at your scheduled time, unless you hear otherwise from your coach. Due to excessive heat, rain or cold, practices or games may be canceled. You will be notified by email if a practice or game has been cancelled. If practice is canceled, a make-up practice session may be held, in addition to regular practice, on a non-scheduled practice day.

Uniform and Attire Please be sure the full uniform is neat and clean, and hair is always pulled back. Any specific details about the uniform, will be communicated by your coach prior to the game.

- No jewelry including necklaces, earrings, belly rings, ankle bracelets, or rings are permitted during practices or games.

LPR COACHING STAFF INFORMATION

Coaches are assigned to a squad based on their qualifications and experience specific to the level of the team. If any individual or parent has interest in volunteering to coach for the LPR Stars Cheer Team you may indicate your interest by completing our official Coaching Application Form. If multiple coaches have interest in coaching the same team, a formal interview process will be conducted by the Cheer Coordinator(s) to select a candidate based on their qualifications and experience. We would love for you to be part of making this a success for our girls.

Coaches are required to attend all meetings, training and certification programs necessary to ensure the safety of our participants prior to the season. Specific information will be communicated to coaches in advance of the season.

Coaches are required to sign the *Code of Ethics/Code of Conduct* and abide by all regulations set forth herein.

Coaches are required to have all applicable school district clearances on file, including but not limited to: Child Abuse History Clearance, Federal Criminal History Background Check, Fingerprinting, and Coaches Concussion Certification.

Descriptions of LPR Stars Cheer Team Staff

Cheer Coordinator: Serves as the program's administrator and liaison to the LPR Star Cheer Team. Has a highly developed understanding of how to serve the cheerleaders, parents, their community, and the LPR organization. Has the ability to effectively and efficiently oversee all squad levels, make recommendations to resolve any outstanding issues, oversee cheer schedules, and ensure that all coaches receive the guidance they need to effectively and efficiently do their jobs. Ideal Requisite Qualifications: 5-10 years of experience as a cheerleader and coach with experience specifically in the fundamentals of the sport of cheerleading and the safety of participants. A clear understanding of all guidelines and expectations of UCA, USSA NAYS, and LPR Organization. Demonstrates strategic guidance and leadership with the ability to plan, budget, and document a successful program. A pleasant, patient and friendly attitude, ability to communicate clearly, professionally, and confidently, and applicable clearances are required. No prior disciplinary record.

Head Coach: Oversees the specific team they are assigned to. Works under the direction of and reports directly to the Cheer Coordinator. The primary role of the head coach is to share their knowledge and skills with members of their team while also working as a member of the coaching staff by providing direction, feedback, instruction, and guidance to their team in the form of teaching cheers, chants, jumps, stunts, dances, sportsmanship-like conduct and appropriate conduct for both games and competitions. Maintains the final decision(s) concerning formation and placement of squad members for all routines, stunts, and tumbling based on the demonstrated abilities of each team member and in consideration of the overall goals of the team. Ideal Requisite Qualifications: 4-5 years of cheerleading and coaching experience, a pleasant, patient and friendly attitude, ability to communicate clearly, professionally, and confidently, and applicable clearances are required. No prior disciplinary record.

Assistant Coach: Works under the direction of and reports directly to the Head Coach of the team they are assigned to. The primary role of the assistant coach is to assist the head coach by teaching cheers, chants, jumps, stunts, dances, sportsmanship-like conduct and appropriate conduct for both games and competitions. Assistant coaches may make suggestions and recommendations to the head coach concerning moves for cheers, routines, stunts, formations, placement and tumbling, however final decision(s) rest with the head coach. Ideal Requisite Qualifications: 2-3 years of cheerleading experience, a pleasant, patient and friendly attitude, and applicable clearances are required. No prior disciplinary record.

Parent Volunteer: Works under the direction of and reports directly to the Head Coach of the team they are assigned to. The primary role of the parent volunteer is to assist the head coach by helping to ensure order and attention during practices and before games, handling interruptions (such as walking girls to the restroom during a game or practice if applicable), collecting, organizing, and accounting for any money exchanged for merchandise, competition fees, organizing snacks, organizing the production of banners, shakers, or any other task.

assigned by the head coach. The parent volunteer does not teach cheers, stunts, or tumbling, without direction from Coach or Asst Coach. Qualifications: A willingness to assist the organization with a pleasant, patient and friendly attitude, and any applicable clearances are required. No prior disciplinary record.

FEEDBACK We always encourage your feedback to help improve our program, but please be respectful of all volunteers. Remember that every person is a non-paid volunteer helping for the sake of the kids in the program. Before criticizing, ask if you can help. If you see something that isn't going well, let us know, but please offer your help to improve it. The best way to resolve a concern is to address it early, calmly, privately and directly with the volunteer involved. (Exception: Please do not approach any Junior Coaches directly with concerns. Instead, discuss your concerns with the team's head coach or a board member.) Since our volunteer coaches and board members all have other obligations, including full-time jobs, families and other commitments, please allow adequate time for the situation to be researched and addressed. While it is important that concerns be addressed before they become major issues, it may be best to wait until you are able to discuss your concern calmly. It is also important that the discussion does not take place in front of the children. Speak up if you are unhappy, or are unfamiliar with things going on around you, but please be courteous of the volunteers you see who are devoting a great deal of their time to your child's program.

The LPR Stars cheer program is possible because of the dedication and commitment of you, our parents! We would like to take this opportunity to thank all parents who have or will volunteer their time and talents this upcoming season. We feel fortunate that you have chosen LPR Stars for 2019-2020 season, and look forward to providing you with a safe, fun and positive atmosphere for you and your child. Our professional, knowledgeable, caring staff will deliver excellent training while instilling values of teamwork, dedication and cooperation!

PARENT/GUARDIAN and CHEERLEADER

CODE OF ETHICS/CODE OF CONDUCT

The Livingston Park & Recreation Cheer Team expects all participants, parents and legal guardians to conduct themselves in an orderly, sportsmanlike and professional manner when attending a game or practice of an LPR Stars cheer team.

The Livingston Park & Recreation Cheer Team all players to conduct themselves in an orderly, sportsman like and professional manner when playing or practicing as a member of a football or cheerleading team. Cheering for the LPR Stars is a privilege; therefore, I recognize, acknowledge and agree to abide by the following fundamental ethical principles:

PARTICIPANTS

1. I will always conduct myself to maintain the highest principles, integrity, and dignity for both myself and the Livingston Park & Recreation Cheer Team.
2. I will adhere to the spirit, as well as the letter, of the cheer rules established by Livingston Park & Recreation Cheer Team.
3. I will accept the authority of all game officials and at no time will I demonstrably question the decisions and actions of game referees.
4. I acknowledge that my strong desire to compete and succeed is in no way compromised by respect for the rule book and respect for all opponents. Acceptance of this concept is the very heart of sportsmanship and fair play. I will behave in a sportsmanlike manner.
5. I acknowledge that it is a privilege for the Livingston Park & Recreation Cheer Team to use the school facilities and RGF Fitness Studio. I will abide by school rules and Fitness Studio rules while at f Livingston Park & Recreation Cheer Team functions and will respect their property,

PARENT/GUARDIANS

1. Parents and legal guardians are role models. As such, I shall conduct myself to maintain the highest principles of integrity and dignity.
2. Parents and legal guardians should never place the value of a win above the objective of developing the skills of their children and instilling the highest ideals and character traits in their children. The safety, welfare and bests interests of the children shall always be uppermost in my mind and I will not sacrifice these values for personal prestige or personal gain.
3. Parents and legal guardians should never teach their children tactics or skills designed to circumvent the intent of the rulebook and the standards of fair play. The rules exist to protect the athletes and to provide a common standard by which results will be determined.

4. Children are involved in organized sports for their enjoyment. I will conduct myself in a manner that emphasizes their skill, development, discipline and sportsmanship.

5. I understand that my general responsibility to my child and to the sports of football and cheerleading includes all children and players, whether on my child's team or on an opponent's team.

6. I will show respect and positive support for all coaches and officials, prior to, during and after a game or practice. I will provide support and I will not openly instruct during the game or openly interpret the rules.

7. I will abide by the rulings of the officials, coaches and league administrators prior to, during and after a game or practice.

8. If any concerns or grievances with respect to any matter concerning my child arise, I will contact both Coordinator, Commissioner and Head Coach, if the issue cannot be rectified in a peaceful manner with the coach, parent or other party.

Disorderly conduct on the field, parking lot or otherwise, including but not limited to the following, will not be tolerated by the Livingston Park & Recreation Cheer Team:

1. Physical or verbal confrontation with members of any Livingston Park & Recreation Cheer Team, referee, coach, player from opposing teams, and/or parents from opposing teams.

2. Possessing or threatening use of a weapon.

3. While on any field in connection with an Livingston Park & Recreation Cheer Team practice, game or other sanctioned event (a) possessing or using any illegal drugs, alcohol or tobacco products, or (b) being under the influence of illegal drugs or sufficient amount of alcohol such that an individual is engaged in conduct deemed to constitute "offensive behavior" as determined by the Executive Board, in their sole discretion.

4. Displaying violent or threatening behavior, including being involved in a physical altercation regardless of provocation or threatening physical bodily harm to a coach, parent, legal guardian, spectator, child or player.

5. Exhibiting loud or obnoxious behavior that exceeds generally accepted standards of sportsmanship.

6. Sending threatening or harassing communications (whether written or oral) to coaches, team representatives, board members, referees, parents, legal guardians, or anyone else affiliated with the p Livingston Park & Recreation Cheer Team regarding, among other things, a particular team or player, playing time or any other matter which the board shall later determine. Determination of threatening or harassing will be at the sole discretion of the LPR Executive Board.

In addition, all parents and legal guardians shall always be responsible for the behavior of all of their children.

Disciplinary Procedures

The Livingston Park & Recreation Cheer Team has ZERO TOLERANCE for violations of the above Code of Ethics/Code of Conduct. The failure to observe this Code of Ethics/Code of Conduct will result in an investigation by the Executive Board of the Livingston Park & Recreation Cheer Team.

If the investigation concludes that the Code of Ethics/Code of Conduct has been violated, the Executive Board will recommend the following minimum disciplinary sanctions be taken:

First Violation: Suspension from one game (including practices prior to such game).

Second Violation: Suspension from a minimum of four games (including practices prior to such games), maximum length to be determined by the Executive Board in its sole discretion.

Third Violation: Suspended for at least the remainder of the season; potential expulsion from all Livingston Park & Recreation Cheer Team events, with reinstatement for future seasons permitted upon petition and approval of the Executive Board in its sole discretion.

The offending parent or legal guardian shall be given the right to appear in person before the Executive Board to explain why the above penalties or additional penalties should not be assessed and/or to request reinstatement following the end of the suspension. The Executive Board retains the ultimate discretion to impose any sanctions for violation of the Code of Ethics/Code of Conduct, and/or to impose additional or alternative behavioral requirements prior to reinstating participation privileges. Any suspension, for part or all the remainder of any season DOES NOT constitute grounds for a refund of any registration fees or for the cancellation of any remaining payments due under the payment schedule, if any.

I have read and understand the Livingston Park & Recreation Cheer Team Handbook as well as the above Code of Ethics/Code of Conduct. I agree and accept the guidelines set forth therein. I understand that potential consequences that may occur if I violate the Code of Ethics/Code of Conduct. (All parents/legal guardians are required to sign below.)

_____ Child's Name (printed)

_____ Parent/Guardian's Name (printed)

_____ Parent/Guardian's Name (signed)

