

Wilsonville Youth Cheer

Handbook of Expectations & Code of Conduct Updated 4/16/24



Dear Parents & Athletes,

Welcome to the dynamic realm of Wilsonville Wildcat Youth Cheer, where each chant and skillful maneuver sets the stage for lifelong values. In this handbook, we reveal the heart of our program – a fusion of skill-building, teamwork, and above all, fun! Get ready to embrace the cheers, the challenges, and the camaraderie that make WYC more than just a team – it's a family

At WYC, commitment is paramount. We ask all members to prioritize attendance at practices, games, and events through the entire season to foster skill development and team cohesion. If your child is in more than one sport, please reach out directly to figure out if this program is a good match for your family. More on attendance and time commitment to follow.

At WYC, your monthly fees contribute to covering the operational costs of our program, including space rentals, competition fees, choreography fees, and more. Additionally, there is a uniform cost for each athlete. A more in depth look on costs will be discussed later in this handbook.

At WYC, we take our rules and guidelines seriously, ensuring a fair and respectful environment for all participants. Our coaches are empowered to enforce these rules diligently, making decisions based on the standards outlined in this handbook. By registering for our program, parents and athletes are agreeing to our expectations, and code of conduct, holding them accountable for upholding the values and expectations of our program.

Before joining our WYC family, we encourage you to thoroughly read this handbook. Understanding our program's expectations, values, and commitments ensures that you and your family are fully prepared for the journey ahead. By taking the time to review this document, you can make an informed decision and ensure that WYC is the right fit for you.

We're eager to kick off an amazing season at WYC! Get ready to cheer, learn, and grow with us – the adventure begins now!

Thank you for your support!

Wilsonville Wildcat Youth Cheer Staff

****all communications will be through the “BAND” app. Please download asap so you can be added to the team page—you will be added once your registration fee is paid****

Important parent dates for ‘24-‘25 season:

March 1st Registration opens
April 18th Parent info meeting
April 30th Registration closes/registration fee due
June 17th or 19th Tumbling for 3-8 starts
May 7th MANDATORY Uniform fitting
August 5th MANDATORY Uniform pickup/meeting
August 6th MANDATORY practices & tumbling start
Oct 22nd Optional comp season/scoresheet meeting
Nov 25-29 Thanksgiving break No Practice
Dec 23-Jan 3 Winter Break No Practice
More important dates to add

ACADEMICS

At WYC, we understand the importance of balancing academics with athletics. Elementary school students are expected to exhibit exemplary behavior in the classroom and maintain passing grades. Similarly, middle school students are required to maintain a minimum grade of C or higher. By prioritizing education alongside cheerleading, we nurture well-rounded individuals who excel both on and off the mat. Grade checks for our middle school aged kids will be enforced throughout the season.

ATTENDANCE/ABSENCES

All practices, games, and events are MANDATORY. Be aware that absence from practices, games, or events, even if excused, may result in removal from stunts and/or mat/line position.

On occasion, it is necessary to miss a practice/game/event. We understand that issues arise, and we ask that you notify your coach(es) if you need to be absent for any reason.

- **Excused absence:** an athlete who has missed school due to illness, a *graded (required)* school activity, family emergency (death in the family or similar), or family vacations that are planned months in advance. Your coach(es) must receive an email, message, phone call or text from your parents/guardians AT LEAST 4 hours before practice/event for illnesses, and emergencies. School activities need 1 week notice or more. Family vacations need 1 month notice or more.
- o **Absence due to illness means:** athlete has a fever of 100 or higher, vomiting, RSV, strep throat, mono, or the flu, as well as missing school due to illness.
- **Unexcused absence:** being absent without notification to your coach based off the guidelines above, OR missing practice/event for any reason not listed above.
- o **Examples of unexcused absences:** no call no show, traffic, too much homework, feeling tired, don't have a ride, carsick, other appointments/events or commitments. Absences will be unexcused if it is not communicated directly to your team's coach in the appropriate time frame.
- **Benched:** If for any reason, determined by your coach, you are “benched” from a game or practice—you are required to still attend the game or practice, and sit on the sideline with your coach(es), in full uniform, participating in cheers for the entire game/practice, and support your team.

****3 unexcused tardies will result in an unexcused absence**

****3 unexcused absences will result in dismissal from the program**

****You must have 80% attendance in order to be considered for the competitive routine. No exceptions****

TEAM EXPECTATIONS

Kinder-2nd: White Team

3rd-5th: Silver Team

6th-8th: Navy Team

Every athlete is required to arrive 10 min before the start of every practice/game/event in the correct attire (head to toe) with a positive attitude and ready to learn. We also require our athletes to respect their teammates, staff, facility, and themselves.

- We enforce a “point system” competition—you get 3 points a practice/game/event
 - 1 point for coming
 - 1 point for arriving 10 min early
 - 1 point for wearing the correct uniform (shoes, socks, shorts, shirt, hair up, no jewelry)
- Anyone who is disrespectful to their teammates, staff, facility, or themselves will result in
 - 1st: warning
 - 2nd: meeting with parents
 - 3rd: dismissal from the program
- Team bonding/Team activities will be scheduled throughout the season. We try our best to keep them on practice days for convenience. Sometimes, we need the practice days, and will have to schedule on extra days. They have been added to the schedule in the app already for next year—and will do our best to keep those dates solid
- PRACTICE AT HOME. The more your athlete practices on their off time, the more we can progress when we are on our time.
- There will be some events/activities thrown in that haven't been fully confirmed yet, but hopefully in the works—ex: halftime show, highschool clinic, hosted competition, homecoming parade, etc.

****Any dismissal from the program will be without refund, no exceptions. If there is a balance on the account, it will be due in full immediately****

PRACTICES

1. Must arrive 10 min before practice to go to the restroom, shoes on, hair up, jewelry off, check in with coaches, etc. It is your responsibility to be ready to go on time.
2. Be in required attire (socks, athletic/cheer shoes, shorts, spanx, undergarments, practice shirt, hair up and out of face)
3. NO JEWELRY, rings, bracelets, earrings, necklaces, or piercings of any kind—it is considered illegal by national cheerleading association.
4. Pay attention and follow direction
5. Be a team player
6. Be respectful of yourself, your teammates and coaches
7. No arguing with eachother or the coaches
8. No excessive talking with other athletes, friends or family
9. Phones/electronics must be silenced and stored in bags
10. Be ready to condition, stunt, tumble, jump, dance, cheer, etc.
11. Practices/team activities are CLOSED to parents/friends/family

August 6th-August 22nd practices:

- Tuesdays/Thursdays
- @Wilsonville High School
- White: 530-715
- Silver & Navy: 530- 8

Aug 27-Feb Practices:

- Tuesdays/Thursdays
- @Wilsonville High School
- White: 530-630pm
- Silver: 6-730
- Navy: 630-830

TUMBLING for 3rd-8th grade

- Starts June 17TH/June 19TH—goes to February
- Monday OR Wednesday 7-8pm
- @ Empire Athletics in Sherwood

** If you are in town during the summer—your athlete is expected to be at tumbling. Tumbling is important in the foundation building for cheerleading. MANDATORY starting in August.

Practices are used to learn material that will be performed at football games, competitions, etc. if your athlete doesn't know their material, they will sit on the sidelines with coaches and practicing. We take learning material seriously, and no athlete should stand out more than the rest simply because they obviously haven't practiced their material. Mistakes happen, learning happens, but practice is expected if more time is needed to learn the material.

GAME DAY

We cheer for the Wilsonville Youth Football teams. As soon as I am able to get my hands on the schedule, everyone knows.

- Games are on Saturdays
- About 2 hours long
- Starting in September and go to end of October
- Time frame ranges
- We alternate the age range we cheer for
- Phones/electronics silenced and put away in bags
- You are expected to arrive 30 min before game start time, in full uniform, ready to warm up
- White team (kinder-2nd grade) is dismissed after the first half
- 3rd-8th grades are required to cheer full games
- All uniform pieces, including warm ups, must be brought to all games, in case weather warrants a last minute change; all athletes will be required to wear matching uniforms during the game.
 - **If an athlete is missing a piece of the uniform, they will be benched**
- Game behavior is no different that practice behavior
 - paying attention to the game
 - watching/learning the game
 - listening for cheers to be called
 - voices off between cheers
 - sportsmanship is required
- Invite anyone to come watch! Pack the stands to make it more fun!
- Always at home field

COMP SEASON

We compete at local cheer competitions

- start the first week in January go to champs in feb
- can be on Saturdays or Sundays—but try to keep them on Saturdays
- almost every weekend Jan-Feb
- usually last 3-6 hours
- Stay local—unless the program is ready to start venturing out further—we will talk more about this in October

****Coaches are only responsible for your athletes during the scheduled event times****

STUNTING

****State and National cheerleading guidelines say **no stunting is allowed without a certified coach present.** No exceptions.**

UNIFORMS

- Do NOT lend out any part of your uniform—it is NOT a Halloween costume
- When in uniform, do not conduct yourself in a manner embarrassing to yourself or the team
- We can not replace your top, skirt, or warm ups unless you want to pay for another one and wait
- Bow replacement will be a \$25 fee
- You will not get your uniform if uniform fees haven't been paid
- Comp uniforms are STAYING the same as last year—WILL BE CHANGING NEXT YEAR
- Backpacks and sweatshirt designs are changing (these are optional)
- WARM UPS: we are getting NEW WARM UPS this year (these are required for the entire program)
- If possible—**bring payment for the TOTAL cost of your require uniform to the uniform fitting on May 7th-** Venmo, PayPal, and invoicing services will receive an additional fee to cover the processing fees—cash/check has no additional fee

SPORTSMANSHIP

For both parents and athletes, embodying the values of respect, integrity, and fairness not only enhances the cheer experience but also contributes to the overall positive atmosphere of our program. Whether cheering from the sidelines or performing on the mat, let us remember to applaud our opponents, support our teammates, and uphold the spirit of friendly competition. A constant positive attitude is required about ourselves, our teammates, our organization, and our community.

Inappropriate behavior such as (but not limited to) the following will clearly indicate that you are not making good choices or exercising good sportsmanship:

- not participating completely in practices/games
- gossiping
- being mean or unkind to one another
- using inappropriate language in person/online/via text/phone
- showing disrespect to teammates and/or coaches, including behavior via social media, text, etc.
- talking negatively about the coaches, the program, or the athletes while in the stands—our team AND other teams included

FEES

- Registration fee of \$150 is due at time of registration to secure your place on the team
 - DUE NO LATER THAN APRIL 30th OR YOUR REGISTRATION IS INVALID
 - \$75 of this will go towards YOUR uniform costs
 - the other \$75 goes to the program to cover operational costs
- We have monthly tuition payments for tumbling (3rd-8th grade), on top of monthly tuition payments for the program. This fee goes toward space rentals, team costs, coaching fees, etc.
- End of the month invoices will be sent to reflect your current balance, payments received, missed payments, etc.
- All fees need to be paid in full by the end of the season in Feb.
- All uniform fees need to be paid in full in order to receive your uniform (unless otherwise sorted out with the director).
- We will have fundraising opportunities for you to raise toward your personal accounts
- Any amount not fundraised for, will be the responsibility of each family
- Allowed to pay in full, up front, for 1 month free tuition!
- **If you are behind on payments, your athlete will be benched until a payment plan of action is met.**

** Please note that once enrolled in our program, fees are non-refundable, even in the event of withdrawal, no exceptions. Additionally, if a participant leaves the program before their uniform is paid in full, they will be responsible for fulfilling the remaining balance. Failure to settle uniform payments may result in continued billing until the amount is paid in full.

Financial Scholarships: If you are in need of a scholarship, please fill out our [Scholarship Application](#). We want cheer to be attainable for all, and are here to help find solutions. Application and additional fundraising will be required to receive a scholarship.

Full year cost break down listed on next pages by team:

White Team (Kinder-2nd)			
Registration Fee	\$150.00		
<i>\$75 goes toward YOUR uniform cost</i>			
<i>the other \$75 goes into the program to pay for operational costs</i>			
REQUIRED UNIFORM			
Full Set Practice Shirts (2)	\$20.00		
Full Set Practice Shorts (2)	\$15.00		
Comp Bow	\$25.00		
Game Day Bow	\$15.00		
Poms	\$45.00		
Team Warm Up Leggings	\$50.00		
	TOTAL:	\$170.00	
	Registration credit	-\$75.00	
	NEW TOTAL:	\$95.00	
			Monthly Tuition
			August \$80.00
			September \$80.00
			October \$80.00
			November \$80.00
			December \$80.00
			January \$80.00
			February \$80.00
		TOTAL	\$560.00
ADD ONS			
Game Day Jersey	(required for new athletes)	\$30.00	
Full Comp Uniform	(required for new athletes)	\$230.00	
Shoes	(required for new athletes)	\$100.00	
Warm Up Jacket		\$130.00	
Sweatshirt		\$60.00	
Backpack		\$100.00	
Single Replacement Shirt (1)		\$12.00	
Single replacement Short (1)		\$10.00	
Uniform Top		\$150.00	
Uniform Skirt		\$95.00	
UNIFORM ESTIMATES BASED OFF OF LAST SEASON FINAL PRICING WILL BE DETERMINED BY MAY 7TH			
Return athlete MINIMUM uniform TOTAL	\$95.00	These are the amounts AFTER your \$75 registration fee is applied	
New athlete MINIMUM uniform TOTAL	\$455.00		

Silver & Navy Teams (3rd-5th/6th-8th)			
Registration Fee	\$150.00		Monthly Tuition
<i>\$75 goes toward YOUR uniform cost</i>			
<i>the other \$75 goes into the program to pay for operational costs</i>			
		August	\$95.00
		September	\$95.00
		October	\$95.00
		November	\$95.00
		December	\$95.00
		January	\$95.00
		February	\$95.00
		TOTAL	\$665.00
REQUIRED UNIFORM			Tumbling Tuition
Full Set Practice Shirts (3)	\$30.00	June	\$25.00
Full Set Practice Shorts (3)	\$25.00	July	\$50.00
Comp Bow	\$25.00	August	\$50.00
Game Day Bow	\$15.00	September	\$50.00
Warm Up Jacket	NEW JACKETS THIS YEAR \$130.00	October	\$50.00
Poms	\$45.00	November	\$50.00
Team Warm Up Leggings	\$50.00	December	\$50.00
	TOTAL:	January	\$50.00
	\$320.00	February	\$25.00
	Registration credit	TOTAL	\$400.00
	-\$75.00		
	NEW TOTAL:		
	\$245.00		
Add Ons			
Game Day Jersey	(required for new athletes) \$30.00		
Full Comp Uniform	(required for new athletes) \$230.00		
Shoes	(required for new athletes) \$100.00		
Backpack	\$100.00		
Sweatshirt	\$60.00		
Single Replacement Shirt (1)	\$12.00		
Single replacement Short (1)	\$10.00		
Uniform Top	\$150.00		
Uniform Skirt	\$95.00	TOTAL TUITION	\$1,065.00
UNIFORM ESTIMATES BASED OFF OF LAST SEASON FINAL PRICING WILL BE DETERMINED BY MAY 7TH			
Return athlete MINIMUM uniform TOTAL	\$245.00	These are the amounts AFTER your \$75 registration fee is applied	
New athlete MINIMUM uniform TOTAL	\$605.00		

FUNDRAISING

- We will do a business sponsorship fundraiser in August
 - **EVERYONE** will be **REQUIRED** to get 2 business donations—which go toward program costs OR opt out for a \$200 donation if you would not like to participate
 - Anyone who gets *more* than the required 2 businesses, will *receive the funding DIRECTLY towards their own personal account—no limit*
- Additional fundraising will be dependent on the parents who help organize fundraising—If you are interested in being part of the fundraising committee, click yes on the registration form.

PARENTS

WYC asks that the parents follow the rules and expectations listed for the athletes, as well as their own set of rules listed below:

1. Practices are closed
2. Elementary school students will only be released to a parent or approved adult, unless previous arrangements have been made with the coach
3. Allow and encourage your athlete to bring questions/concerns to their coach(es) prior to parental involvement—we want to encourage independence, and the ability to stand up for themselves about something they feel strongly about.
4. Your behavior reflects on the program. We ask our families to follow the same sportsmanship rules as our athletes. Any unsportsmanship-like conduct will result in your removal of the program. If you can't remove yourself, your family will be removed completely without refund.
5. Anonymous forms of contact will not be entertained—plan to personally go to the director, or coach to address any questions or concerns.
6. Coaches will decide how practices/games/events are run. If you have a question/comment/concern/suggestion, you may approach the coach directly in an environment and attitude that is conducive to problem solving.
7. Absolutely no tolerance for people approaching coaches in a negative, derogatory, or bullying manner via in person, phone, email, text, social media, public forum, etc. This will result in immediate dismissal from the program.

24 hour rule

We recognize that there may arise situations where you or your athlete wish to address a concern. To ensure a thoughtful and productive resolution, we kindly request that you allow 24 hours to reflect on the matter, discuss it with your athlete, and determine the best approach to bring it forward to the appropriate authority. Should you still feel the need to discuss the concern after this period, please request a meeting with your child's coach or the director. However, please note that discussions immediately before or after a practice or game will not be permitted unless arranged in advance.

ANY questions/comments/concerns please know that we have an open door policy with any of the coaches. We are receptive to any question/comment/concern as long as it is done in a positive manner.

In the cheerleading world—last minute things happen. Please be aware and flexible that schedule changes may be a thing, and will update people with as much time in advance as possible.

WYC reserves the right to modify or add additional expectations as we see fit. Any changes will be communicated to WYC athletes and parents immediately.

Wilsonville Youth Cheer Code of Conduct

- I hereby pledge to provide positive support, care and encouragement for all participants in the Wilsonville Youth Cheer Program by following this code of conduct, AND the handbook of expectations.
- I agree to be a positive role model and will not engage in public displays of anger or negative behavior.
- I will help promote good sportsmanship by respecting opposing fans, coaches and participants. I will avoid the use of profane and obnoxious language and behavior.
- I agree to be respectful to parents, family, teachers, coaches, our program and school authorities.
- I will not approach parents or spectators before, during or immediately after practice or events with anything other than support and positive attitude. All questions and concerns regarding cheerleaders' conduct can be addressed 24 hours after the game/practice in an atmosphere conducive to problem solving.
- I agree to contact a coach directly for any violation of rules, questionable conduct, such as abusive behavior by a teammate, coach, or fan, and unforgivable personality conflicts.
- Any negative direct, or indirect social media, or online communication towards another teammate/classmate/coach, or their family/friends, may warrant you to be released from the program.
- I will not request, send or post nude/partial nude pictures in any private or public forum. Depending on the media infraction, the "one strike you're out" rule will apply.
- I agree to remind those whose behavior is unbecoming that of Wilsonville Youth Cheer of this WYC code of conduct.
- A WYC Coach will give one warning if misbehavior of an athlete takes place at school/practice/competition/event.
- If behavior continues, a second warning will be given, and a discussion with the WYC director, coaches and parents will occur.
- Third warning is a dismissal from the WYC program.

Athlete's signature _____

Parent's Signature _____

Date _____

NOW LETS HAVE SOME FUN! GO CATS!