

Wilsonville Youth Cheer

Handbook of Expectations & Code of Conduct Updated 4/15/25



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 ‘25-‘26 season:

March 1st Registration opens

April 16th Parent info meeting

April 30th Registration closes/registration fee due

June 16th & 18th—Tumbling for 3rd-8th grade starts

May 6th— MANDATORY Uniform fitting

August 4th—MANDATORY Uniform pickup/start of season meeting

August 5th—MANDATORY practices & tumbling start

Nov 25-29 Thanksgiving break No Practice

Dec 23-Jan 3 Winter Break No Practice

More important dates to add

NEW THIS YEAR:

You have the option to join as a SIDELINE ONLY cheerleader, or a FULL YEAR cheerleader.

-SIDELINE ONLY

- You will only purchase the “sideline” items
- Cheer football games only
- Finish your season the end of October
- Practice all together with everyone
- Sideline specific special roles/tasks
- Tumbling is optional (and encouraged!!) for 3rd-8th graders

-FULL YEAR

- You will have sideline & competition uniform items
- Cheer football games & competitions
- Season is Aug-Feb
- Tumbling required June-Feb for 3rd-8th graders

****LOGISTICS OF SIDELINE ONLY ARE STILL BEING FINALIZED. PLEASE MARK SIDELINE ONLY DURING REGISTRATION IF THIS IS SOMETHING YOU ARE INTERESTED IN****

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

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. SHORT nails—no acrylics of any kind, and nails have to be cut below fingertips.
5. Pay attention and follow direction
6. Be a team player
7. Be respectful of yourself, your teammates and coaches
8. No arguing with each other or the coaches
9. No excessive talking with other athletes, friends or family
10. Phones/electronics must be silenced and stored in bags
11. Be ready to condition, stunt, tumble, jump, dance, cheer, etc.
12. Practices/team activities are **CLOSED** to parents/friends/family

August 5th-August 22nd practices:

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

Aug 27-Feb Practices (after school starts):

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

TUMBLING for 3rd-8th grade

- Starts June 16th & 18th—goes to end of February
- Monday OR Wednesday 7-8pm (assigned based on skill level)
- @ 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.

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—Your coach(es) must receive an email, message, phone call or text from your parents/guardians.**
 - An athlete who has **missed school due to illness**
 - AT LEAST 2 hours before practice/event

- Family emergency (death in the family or similar)
 - AT LEAST 2 hours before practice/event
 - A **graded (required) school activity**
 - 1 week notice or more
 - **Family vacations** that are planned in advance.
 - 2 weeks notice or more.
- **Absence due to illness means:** athlete has a fever of 100 or higher, vomiting, RSV, strep throat, mono, the flu, doctors note, and/or 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.
 - **Examples of unexcused absences:**
 - no call no show
 - traffic
 - too much homework
 - feeling tired
 - don't have a ride
 - 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*****

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.
- 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.

Team bonding/team activities

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.

- Halloween Party (all teams)
 - Pizza provided by WYC
 - donations of desserts/drinks appreciated
- Friendsgiving for Navy Team
 - No added cost for athletes
- Christmas/Winter party (all teams)
 - Christmas team gift exchange (budget \$25)
 - Dinner provided by WYC
 - donations of desserts/drinks appreciated

- Secret sister (all teams)
 - Whole month of Feb
 - 1x a week (budget \$5 or less each) *total of 4 mini gifts*
 - 1 big final gift at end of season (budget \$25)
 - End of season Champs dinner—cost covered by WYC
- End of football season program party
 - determined by how much the concession fundraiser brings in
- End of year awards banquet
 - Family welcome to attend
 - no extra cost
 - awards
 - desserts provided

PRACTICE AT HOME.

- Practice log going to ALL teams this year
 - 1 hour TOTAL of practice time at home per 7 days
 - weekly logs turned into coaches for tracking/credit
 - WHOLE TEAM weekly participation results in a spirit day
 - INDIVIDUAL weekly participation results in a monthly prize—must have turned in ALL weeks to qualify

**There will be some events/activities thrown in that haven't been fully confirmed yet, but in the works—ex: halftime show, highschool clinic, hosted competition, cheering with the highschool, homecoming parade, etc.

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 unless cheering for the youngest football team—then they will stay the entire game
- 3rd-8th grades are required to cheer full games
- Number of athletes this year will determine if we cheer as a full program—or teams
- 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 than 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
- Last year dates were 1/11, 1/18, 1/25, 2/1, 2/8, and champs 2/22—schedule should be similar next year

****WE HAVE APPLIED TO HOST OUR OWN COMPETITION THIS YEAR WITH OUR HIGH SCHOOL PROGRAM!! YAY!! STAY TUNED!!****

****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.**

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. (program monthly tuition covers operating costs for the year—rental fees, comp fees, shipping costs, coaching fees, etc.)
- Payments accepted via
 - Venmo @wilsonvilleyouthcheer
 - Novo invoice payment (I manually have to send this—please request)
 - Paypal

- Cash & Check preferred
- End of the month statements 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 tuition 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. Scholarships are for tuition ONLY—not uniform expenses.

'24-'25 Season (LAST YEAR) Cost breakdown is on the next pages —Please consider these are LAST YEARS pricing—and uniform costs are still being finalized and will be entered when I have final numbers—this is to give you estimate based off of last year.

Silver & Navy Teams (3rd-5th/6th-8th)	FULL YEAR		UNIFORM ESTIMATES BASED OFF OF LAST SEASON FINAL PRICING WILL BE DETERMINED BY UNIFORM FITTINGS	
Registration Fee	\$150.00			
\$75 goes toward YOUR uniform cost				
the other \$75 goes into the program to pay for operational costs				
REQUIRED UNIFORM			Monthly Tuition	
Full Set Practice Shirts (3)		\$30.00	August	\$95.00
Full Set Practice Shorts (3)		\$30.00	September	\$95.00
Comp Bow		\$25.00	October	\$95.00
Game Day Bow		\$15.00	November	\$95.00
Full Comp Uniform (NEW)		\$230.00	December	\$95.00
Poms		\$50.00	January	\$95.00
Game Day Jersey (NEW)		\$35.00	February	\$95.00
	TOTAL:	\$415.00	TOTAL	\$665.00
	Registration credit	-\$75.00		
	NEW TOTAL:	\$340.00		
			Tumbling Tuition	
OPTIONAL			June	\$25.00
Warm Up Jacket	(required for new athletes)	\$165.00	July	\$50.00
Shoes	(required for new athletes)	\$100.00	August	\$50.00
Team Warm Up Leggings	(required for new athletes)	\$50.00	September	\$50.00
Backpack		\$100.00	October	\$50.00
Sweatshirt		\$60.00	November	\$50.00
Single Replacement Shirt (1)		\$12.00	December	\$50.00
Single replacement Short (1)		\$10.00	January	\$50.00
Uniform Top		\$150.00	February	\$25.00
Uniform Skirt		\$95.00	TOTAL	\$400.00
			TOTAL TUITION	\$1,065.00

White Team (Kinder-2nd)	FULL YEAR				
Registration Fee	\$150.00		UNIFORM ESTIMATES BASED OFF OF LAST SEASON FINAL PRICING WILL BE DETERMINED BY UNIFORM FITTINGS		
<i>\$75 goes toward YOUR uniform cost</i>					
<i>the other \$75 goes into the program to pay for operational costs</i>					
<u>REQUIRED UNIFORM</u>			<u>Monthly Tuition</u>		
Full Set Practice Shirts (2)		\$20.00	August	\$80.00	
Full Set Practice Shorts (2)		\$20.00	September	\$80.00	
Comp Bow		\$25.00	October	\$80.00	
Game Day Bow		\$15.00	November	\$80.00	
Poms		\$50.00	December	\$80.00	
Game Day Jersey (NEW)		\$35.00	January	\$80.00	
Full Comp Uniform (NEW)		\$230.00	February	\$80.00	
	TOTAL:	\$395.00	TOTAL	\$560.00	
	Registration credit	-\$75.00			
	NEW TOTAL:	\$320.00			
<u>OPTIONAL:</u>					
Shoes	(required for new athletes)	\$100.00			
Team Warm Up Leggings	(required for new athletes)	\$50.00			
Warm Up Jacket		\$165.00			
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			

White Team (Kinder-2nd)	SIDELINE ONLY				
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>					
<u>REQUIRED UNIFORM</u>			<u>Monthly Tuition</u>		
Full Set Practice Shirts (2)		\$20.00	August	\$80.00	
Full Set Practice Shorts (2)		\$20.00	September	\$80.00	
Comp Bow		\$25.00	October	\$80.00	
Game Day Bow		\$15.00	TOTAL	\$240.00	
Poms		\$50.00			
Game Day Jersey (NEW)		\$35.00			
Comp Skirt		\$95.00			
	TOTAL:	\$260.00			
	Registration credit	-\$75.00			
	NEW TOTAL:	\$185.00			
<u>OPTIONAL:</u>					
Shoes	(required for new athletes)	\$100.00			
Team Warm Up Leggings	(required for new athletes)	\$50.00			
Warm Up Jacket		\$165.00			
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			

Silver & Navy Teams (3rd-5th/6th-8th)	SIDELINE ONLY		UNIFORM ESTIMATES BASED OFF OF LAST SEASON FINAL PRICING WILL BE DETERMINED BY UNIFORM FITTINGS		
Registration Fee	\$150.00				
\$75 goes toward YOUR uniform cost					
the other \$75 goes into the program to pay for operational costs					
REQUIRED UNIFORM				Monthly Tuition	
Full Set Practice Shirts (3)		\$30.00		August	\$95.00
Full Set Practice Shorts (3)		\$30.00		September	\$95.00
Comp Bow		\$25.00		October	\$95.00
Game Day Bow		\$15.00		TOTAL	\$285.00
Uniform Skirt		\$95.00			
Poms		\$50.00			
Game Day Jersey (NEW)		\$35.00			
	TOTAL:	\$280.00			
	Registration credit	-\$75.00		Tumbling Tuition (optional)	
	NEW TOTAL:	\$205.00		June	\$25.00
				July	\$50.00
OPTIONAL				August	\$50.00
Warm Up Jacket	(required for new athletes)	\$165.00		September	\$50.00
Shoes	(required for new athletes)	\$100.00		October	\$50.00
Team Warm Up Leggings	(required for new athletes)	\$50.00		TOTAL	\$225.00
Backpack		\$100.00			
Sweatshirt		\$60.00			
				TOTAL TUITION	\$510.00
Single Replacement Shirt (1)		\$12.00			
Single replacement Short (1)		\$10.00			
Uniform Top		\$150.00			
Full Comp Uniform (NEW)		\$230.00			

FUNDRAISING

- **Business Sponsorship Fundraiser (REQUIRED)** **We raised \$13,000 last year!!! Can we beat it?**
 - Usually in August—considering sooner
 - Get ATLEAST 2 business donations per athlete—the more the merrier!
 - OR opt out with a \$200 family donation if you do not want to participate

All funding from this goes toward the extra cost of rentals so we do not have to raise our tuition cost, and anything left over is used on team activities, and additional costs for the year.

- **Football Concession Stand (REQUIRED)**
 - **Navy team ATHLETES-** REQUIRED to “run” the stand for 1 game outside of their own game time
 - **Silver & Navy PARENTS-** 1 parent per athlete
 - Parents will have 3 shifts to choose from—
 - Set up
 - Take down
 - Running it while cheerleaders are cheering
 - Assignments will be made for the athletes
 - Parents can sign up for schedule convenience
 - **White team** is excused from volunteering

All funding from this goes directly to funding an end of football season party!

- 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.
- Additional fundraising funds will go directly to your personal account and will depend on your own fundraising efforts

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.

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.

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 parents want to be involved? If you want to help in ANY areas—reach out to Coach Chayla and we will see what we can do!

- Fundraising
- Activity organizing
- Event prep
- Resources to volunteer
- Volunteer location for events
- Banquet prep

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!



