

Rochester Youth Cheer



Cheerleading Handbook 2026

Welcome to the Rochester Youth Cheer Program!

We are excited to have you as part of the team!

This packet includes important information for the 2026 season.

I. Cost

Registration

Competition

Fundraisers

Uniform Cost

II. Practice Schedule & Rules

III. Game Day Etiquette & Rules

IV. Code of Conduct Rules

V. Policies

- Disciplinary Policy
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- Uniform Policy
- Competition Policy

I. COST

• Registration Cost

If your child is selected to be part of the Rochester Youth Cheer program, you will be notified via the day of tryouts. You will be required to make all registration payments once you accept the invitation to be on the team.

➤ Registration Fee

- Non refundable fee
- \$100.00 for the first child and \$50.00 for the second child GAME DAY
- \$125.00 for the first child and \$50.00 for the second child COMPETITION

• Competition Cost

There may be additional costs related to the competition squad. This could be, but not limited to:

- Stunt Clinic Fees
- Choreo Camp Fees
- Competition Registration Fees

• Fundraisers

➤ Rochester Youth Cheer Mandatory Fundraiser

- There will be two mandatory fundraisers. Each cheerleader is required to participate as part of the Rochester Youth Cheer Organization.
- 2026 Mandatory Fundraisers: Hoagie Sale & BBQ Bash

➤ Optional Fundraisers

- To help raise money for the cheer squads throughout the season, additional fundraisers will be rolled out. These fundraisers will help support the cheer teams throughout the season with operational, game-day, competition and end of season items for the squads.

• Uniform Cost

➤ Cheer Uniform

- Required items for the cheer season include slimmer, briefs, warmup, rain jacket, shoe, sock, cheer bag, and bow. These items are yours to keep at the end of the season upon purchase from the vendor and can be reused for next season per the selected uniform style. NOTE: Sizing day is May 27th and is mandatory for all cheerleaders. There will be no adjustments to invoices after sizing day.
- The shell and skirt will be purchased by the Rochester Youth Cheer Organization and will not be yours to keep at the end of the season.

Cheerleader Vendor Information Page (Line-Item)



Soft warmup – \$115

Optional:
Warmer Jacket – \$126

Warmer Pants - \$76

Varsity Brands Proprietary & Confidential

All Items Accessory Package - \$191
Rain Jacket, Briefs, Liner, Bag & Shoes



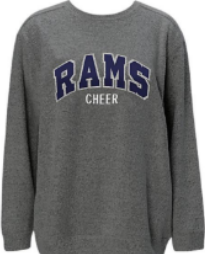
☒ _____ COACH NAME _____ DATE

ATHLETE ACCESSORIES

A La Carte Pricing

Rain Jacket \$19
Briefs \$18
Liner \$29
Bag \$54, \$74 with Name
Shoes \$65
Cheer Sock - \$10.95

*Pricing does not include tax or shipping.



OPTIONAL SPIRIT SHOP

Navy Hoodie - \$40

RAMS Pullover - \$66

Sherpa - \$55

*Pricing does not include tax or shipping.

II. PRACTICE SCHEDULE & RULES

• Tentative Practice Schedule (subject to change)

- Where: Rochester High School
 - When: Monday–Thursday starting in June through August. Practice times will vary throughout the summer.
 - Frequency: Practices will occur 3 - 4 times per week for approximately 2 hours.
- *Note: Additional Clinic and Choreography days will be added and announced. These are **mandatory** and subject to the attendance/disciplinary action policy.

❖ Camps

- **Any girl who makes a squad must attend mandatory cheer choreography and stunt camps. No exceptions.** The camps will give the girls the basic skills and the routines they will be using for football halftime entertainment and cheer competitions.
- **MANDATORY CHOREOGRAPHY WEEK will be held as follows:**
 - **All Squads** - **Monday, June 22nd - Friday, June 26th**
 - **Twerps**
 - *Specific times and dates TBD*
 - **Termites**
 - *Specific times and dates TBD*
 - **Mighty Mites**
 - *Specific times and dates TBD*

• Practice Rules

1. **Practices are mandatory. You are part of a team and your teammates depend on you to be there.**
2. Parents, you are NOT permitted to stay for practice.
3. Cheerleaders are expected to listen and respect their sponsors, coaches, and teammates at all times. This includes but is not limited to back talking authorities, bullying teammates both in person or via social media, using foul language, talking while sponsors or coaches are talking, etc. Sponsors reserve the right to apply the disciplinary policy. (See Disciplinary Policy)
4. No cell phones will be allowed at practice. Cell phones will be collected by the sponsor at the beginning of practice and returned at the end of practice.
5. Cheerleaders must provide their own transportation to and from practices. All parents must stay with their child when dropping off and picking up. Please wait until a sponsor arrives before leaving!
6. If a cheerleader is permitted to walk to and from practice it is required to provide written communication to the sponsor.
7. Practice Dress Code – Cheerleaders must wear socks, and cheer shoes. No jeans or jean shorts,

no sandals, no crocs. No baggy clothes should be worn for stunting. A shirt must be worn over a sports bra. Shorts should be at appropriate length. Practices are held inside or outside, so please dress accordingly.

8. Hair must be worn up away from the face.
9. No JEWELRY except stud earrings and no make-up.
10. Due to the health and safety of all cheerleaders fake nails are not permitted.
11. Bring plenty of water. Cheerleading is a physical sport, and everyone needs to remain hydrated, especially during the hotter months.
12. No gum, food, candy, pop or sugary drinks.
13. Absolutely NO talking while doing stunts! The only people to be doing the counts are the coaches and/or the sponsors.
14. When at practice, all cheerleaders are expected to participate.
15. Head squad sponsor will communicate all information such as schedule, changes, uniforms, etc via an approved app.
16. Stunting is not permitted without an adult sponsor present.

III. GAME DAY ETIQUETTE & RULES

1. Cheerleaders/Coaches must provide their own transportation to and from games.
2. Cheerleaders/Coaches/Sponsors are to arrive dressed and ready 45 minutes prior to the start of the game. This allows time for warm-ups and practice of the half-time routine.
3. Cheerleaders must have their entire uniform with them at each game. This includes their cheer bag, rain jacket, briefs, socks, hair bow, shoes, cheer uniform. The head sponsor will announce before the cooler games whether the cheerleaders need their slimmer or warmup.
4. Cheerleading uniforms and shoes are expected to be clean and in good condition. No part of the uniform is to be worn for anything other than games, pictures or purposes assigned by sponsors!
5. Uniforms will be passed out to cheerleaders at practice on Thursdays prior to game day. Uniforms will be collected by squads immediately following your scheduled game. A change of clothes is required. Collection procedures will be explained to squads and parents at a designated preseason meeting. No cheerleader is to change out of their uniform on the sidelines.
6. No make-up. No jewelry/valuables, except flat stud earrings. The coaching staff is not responsible for holding jewelry/valuables.
7. Hair must be pulled away from the face and hair bows must be worn.
8. No gum, food, snacks, candy, pop or sugary drinks. A snack and drink are provided at the end of every home game (if your child has a medical condition/allergy, please contact the cheer sponsor). At any point during the game and halftime, cheerleaders are NOT permitted to go to the concession stand or receive concession stand food during the game. Snacks will be discussed per squad sign-up sheets.
9. Water and white Gatorade are the ONLY drinks permitted on the field.
10. Attendance at all games is required (for excused absences see Attendance Policy). Cheerleaders are expected to cheer at all games as scheduled for the entire length, for the entire season.

11. If an early departure is needed sponsor approval is required prior to the game. Cheerleaders will leave after half-time. Cheerleaders will not be released during the 4th quarter.

IV. Code of Conduct Rules

These rules apply to cheerleaders, parents and or/guardians at any game, practice and while in attendance at all Rochester Youth Cheer activities.

1. Un-sportsman-like behavior and profane language will not be tolerated. Everyone is expected to represent the Rochester Youth Cheer as a good sportsman. Do not bring personal conflicts to practices, games and other sporting activities. Attitude must be positive and upbeat. We are a team that needs to work together and build-up one another.
2. Bullying and/or hazing will not be tolerated and are means for immediate dismissal from the squad/organization! Unacceptable behavior towards another child, adult, coach or squad sponsor, will not be tolerated (this includes using social networking to bully and/or be disrespectful).
3. Absolutely no foul language and/or negative attitudes.
4. Cheerleaders will treat their coaches, sponsors, teammates, players, game officials, fans and other persons not cheering with kindness and respect at all times!
5. Cheerleaders will respect all opposing teams/squads and their fans. Negative words and conduct will not be tolerated.
6. Cheerleaders should report any rule violations to the head sponsor of their squad as soon as it occurs. Was
7. Cheerleaders will carefully review the handbook and follow the rules.
8. Cheerleaders should always think of safety first and not put themselves or anyone else in any situation that could result in injury.
9. Parents will not force their child to participate against their will.
10. Parents will provide constant support and encouragement.
11. Parents will encourage sportsmanship through demonstrating positive support and respect of all cheerleaders, mascots, coaches, parents and game officials.
12. Parents will not approach the coaches, sponsors, Rochester Youth Cheer Board with concerns during practices, games or other activities in the presence of any player, parent or any other spectator. We will follow the 24-hour cooling off period. Parents will address any concerns privately with the sponsors only after a 24-hour cooling off period has expired.
13. Parents will carefully go over the handbook with their child and follow all the rules.
14. Cheerleaders and parents understand that violation of the rules will result in the suspension or termination of their participation in the Cheer program.
15. In order for cheerleaders to receive end of the season gifts you need to be considered in “good standing”. Good standing consists of participation in the two mandatory fundraisers, return of skirt and shell in clean and new condition, and good attendance.

V. Policies & Procedures

• Disciplinary Policy

➤ Cheerleaders

- Cheering Sponsors are responsible for the safety of the girls. For this reason, the sponsor(s) will determine if an offense occurred and if that offense requires disciplinary action for the cheerleaders. The sponsor(s) will then be required to contact the Rochester Youth Cheer Board of Directors concerning the offense. The Rochester Youth Cheer Board will take the appropriate action as follows:

➤ Cheerleader Demerit Policy

- Demerits will be issued to cheerleaders who fail to abide by the rules as specified in the Rochester Youth Cheer Handbook. Cheer sponsors have the sole responsibility for assigning demerits. The assigned cheer sponsor will keep track of demerits for each squad. The cheer sponsors reserve the right to issue demerits for unacceptable situations which are not outlined in the cheer handbook. Final decisions regarding demerits will be made by the cheer sponsors. Demerits cannot be worked off or taken back. Demerits will be issued as follows:
 - Parent(s) of the cheerleader will be notified if a demerit is received.
 - A single demerit will be issued for each infraction of rules stated in sections I, II, III, IV, and V.
- ❖ 3 Demerits – Verbal warning, meeting with parent(s) and sponsor
- ❖ 5 Demerits – Written warning, meeting with Rochester Youth Cheer Board of Directors and suspension of one game
- ❖ 10 Demerits – Removal from the squad/organization

➤ Coaches/Sponsors/Parents and Others

- Chain of Command is to be followed to report any complaint about a Coach, Sponsor or Parent. Investigation and appropriate action will be as follows:
 - ❖ First Offense – Verbal warning
 - ❖ Second Offense – Written warning, meeting with Rochester Youth Cheer Board of Directors and suspension for one game
 - ❖ Third Offense – Removal from the squad/organization

**Please note that these guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against the participant.

• Attendance Policy

This attendance policy applies to all practices, games, and Rochester Youth Cheer activities. We understand that there are circumstances where your absence is unavoidable, but keep in mind that this is a team sport which you have chosen and your attendance, or lack of it,

affects every member of your squad.

- Attendance will be kept for all practices and games
- Each cheerleader is permitted five (5) excused absences.
- Absences after the allotted 5 days are considered unexcused.
- All absences will be considered unexcused unless the absence is the result of an illness, emergency or vacation.
- For Illness/Emergency Absences notify your head sponsor as soon as you know your child is unable to attend due to illness or emergency. (Absences related to emergencies will be considered excused/unexcused at the discretion of the Rochester Youth Cheer Board of Directors.)
- Days missed for vacation are considered excused absences and count toward the total amount allowed.
- Multi athletes will notify the head sponsor of scheduling conflicts prior to practices and/or games for absence to be considered excused.
- Action for unexcused absences:
 - ❖ For the first unexcused absence, your child must dress in their cheer uniform and sit next to their sponsors for the first half of a game.
 - ❖ For the second and third unexcused absence, your child must dress in their cheer uniform and sit next to their sponsors for an entire game.
 - ❖ AFTER three (3) unexcused absences, your child will be removed from the squad. (Per a review and vote by the Rochester Youth Cheer Board of Directors)

• Competition Policy

- ❖ Girls on the competition squads attend one mandatory competition
- ❖ We will try everything to schedule 2 competitions, but it is not a guarantee.
- There will be mandatory practices the week of the competition date.
 - No vacation or sports days are permitted to be taken.
- You should plan on arriving at least an hour before the doors open and staying until all Rochester Youth cheer squads have competed.
 - We understand this can be a long day for the girls, however RYC cheerleaders support each other regardless of their individual squad.
 - Therefore, we expect all cheerleaders to be there to cheer on the first of our squads who compete all the way through the last squad who competes.
 - If you have a previous commitment (i.e. special occasion party or illness) you may request permission from the head sponsor to leave early.
 - Upon arrival girls are to meet up with their squad. Girls will remain with their squad and their sponsors from the time they arrive until their awards session is complete.
 - Permission must be given by the squads sponsors to go with a parent after performing to get something to eat/drink and look around at the competition vendors. This is so the sponsors know where the girls are at all times and can provide

a return time to watch the other squads and awards.

- After the awards, girls are released to their parents. You may pack small snacks (pretzels, chips, etc.) that will not stain the uniform and a bottle of water.

I have read, accept, and agree to abide by the rules outlined in this document:

Cheerleader Name: _____

Parent Signature: _____

Date _____

Received by: _____ *RYC Board President*

Date: _____