

# West Babylon Cheerleading Association



## Cheerleading Handbook 2019

[www.westbabyloncheer.com](http://www.westbabyloncheer.com)

*February 24, 2019*

## **Welcome to the 2019 WBCA season!**

Are you ready for a great season? We hope you are! Before we get started, we would like to welcome all the cheerleaders, coaches, and parents to the West Babylon Cheerleading Association!! We are so excited to kick off this season for cheerleading in West Babylon! We are very excited to once again be working with you and your child/children. One of our goals is to continue to develop a strong and successful program that we can all participate in and be proud of. As always, we strongly encourage excellent sportsmanship at games and competitions.

I am very proud to introduce the Cheerleading Staff for the upcoming season. Terri Viera is the Coaches' Rep. Her patience, dedication, and vision for the WBCA cheerleaders will certainly help them reach their goals. Terri has been a part of West Babylon cheerleading for 6 years and was a Team Parent for the 10 year old division. Her daughter is also an all-star cheerleader, so she has a plethora of knowledge from both aspects. Kristen Catapano is the NSCA Rep./Team Parent Rep. Kristen has been a part of West Babylon cheerleading for almost 11 years. She has helped with cheerleading both on and off the field. She is dedicated, has a positive attitude, and has been a benefit to all the members in our league. The Girls' Parent Rep. is Hope Hoolan. She has been a part of West Babylon Cheer for 5 years and was a team parent for the 8 year old team. Hope's positive attitude, dedication, and knowledge will greatly enhance the cheerleading program. The Cheerleading Staff will be available throughout the season to support the cheerleaders, coaches, and parents. Please remember the staff members are volunteers that devote endless hours to developing a successful cheerleading program for your child.

The 2019 WBCA Cheerleading Program has two components. First, the cheerleaders will perform at various competitions. The staff will provide support as the coaches develop their routines and prepare for competitions. We will be using an outside gym who is extremely familiar with, not only the rules, but also the safety aspect of cheer routines. These professionals will critique and work with the coaches and cheerleaders as they prepare for competitions.

Second, the cheerleaders may be asked to cheer at some football games. This will be limited to some of their home games throughout the season and during playoffs, as applicable. The cheerleaders will raise the crowd's spirit during football games to support the West Babylon football teams.

This year we hope your child/children enhance their love for the great sport of cheerleading. We are confident the girls will develop lifelong friendships and learn the true meaning of teamwork. We will ensure that they understand how special they are, not only to their parent(s), but to their team, community, and one another. We strongly believe that children respond best to positive reinforcement and our ultimate goal is to build their self-esteem.

We hope that you are as excited as we are to begin the new season!! Please read the WBCA Cheerleading Handbook as it does include vital information. Should you have any questions, concerns, or comments, please do not hesitate to contact a member of the WBCA Cheerleading Staff.

Looking forward to another amazing season!

Warmest regards,  
Andrea Snyder

## **CHEERLEADING RULES AND REGULATIONS**

Coaches and Team Parents: The teams may consist of up to four coaches and two team parents. The team parents supervise the team and keep parents informed of upcoming events/information.

Questions regarding your child's team should be directed to the team parents as they are involved in the day-to-day operations for your team. Parents should not approach or question the coaches at any time. Many of the coaches are high school students with a cheerleading background. The coaches dedicate their time, energy, patience, and are the heart of our program. Please show these children respect at all times. Any verbal or physical altercation with a coach is a breach of the Code of Conduct and you and your child's removal from the program will be imminent without a refund of your registration fee.

Chain of Command: Please refer to the following chain of command should any questions, concerns and/or problems arise:

1. Team Parents — available to answer questions regarding the team and upcoming schedules
2. Girls' Parent Representative — available to answer questions regarding your child/children
3. Coaches' Representative — available to answer questions regarding the coaches
4. NSCA Representative/Team Parent Rep. — available to answer questions regarding the legality of a particular stunt
5. Coordinator - only if your questions, concerns and/or problems cannot be resolved by following the above listed chain of command

## **RULES AND REGULATIONS FOR THE CHEERLEADERS**

### **PRACTICES**

Support your child by helping him/her get to practices on time! Your child must be prepared for practice with proper attire or he/she will not be permitted to practice and it will count as one absence. Please do not leave your child until practice has actually begun. The team parents and coaches may be occupied with setup for practice and cannot assume responsibility for children left unattended before the actual practice time.

**Attendance is mandatory at practices, competitions, games/playoffs, and safety clinic(s)** (stunt groups and pyramids cannot go up if one team member misses practice).

ALL PRACTICES ARE MANDATORY PRACTICES! Any cheerleader with more than two (2) absences risks losing his/her place in the routine as it may be re-choreographed to account for his/her absence. Please be advised if your child has more than three (3) unexcused absences, he/she may not be permitted to compete in the competitions. Absences during the week of a competition may disqualify your child from competing in that week's competition as well as losing their position in the routine for future competitions. Decisions regarding disqualifying or re-positioning your child for a competition will be made by the WBCA Board of Directors on an individual basis. [Exceptions: PREPLANNED August vacations and child illness only. You must advise the team parent prior to the missed practice or the absence is unexcused.] NO REFUNDS OF THE REGISTRATION FEE WILL BE GIVEN.

Practice attire includes: shorts, sweatpants, t-shirt, and hair pulled back. We do **NOT** permit JEANS, JEWELRY, FLIP FLOPS, TOYS, OR ELECTRONIC DEVICES IF ANY KIND (CELL PHONES, IPODS) Team Parents are not responsible for lost jewelry. There is NO FOOD permitted in the gyms!

PLEASE BE ADVISED THAT ALL PRACTICES AT ANY OUTSIDE GYMS AND TRAINING LOCATIONS ARE MANDATORY. NO EXCUSES! [These critiques are paid in advance]

Please be advised that team parents will notify the WBCA Cheer Staff immediately if a child has more than two (2) absences.

Please be advised of the following regarding attendance:

- Parents **MUST** notify a team parent if their child has to miss practice, a game or competition.
- Team parents will take attendance at every practice, competition, and game.
- Lateness as well as early departure will be documented.

- Attendance at home games is mandatory.
- Parents must arrive 10 minutes before practice is over.
- Parents must not leave children before practice is slated to begin.

*August Practices:* M/T/TH -6:00 to 8:00 p.m. (tentative)

Mandatory Choreography days will be assigned on an individual team basis and will be at either the Town of Babylon Annex gym or Long Island Cheer.

Practice begins on the first of August (depending on how it falls on the calendar) at Pape Field, Old Farmingdale Road (next to WBJHS). A parent/responsible adult must be present during the practices at Pape Field at all times. Practice will be canceled if there is inclement weather (lightning, heavy rain, etc). It is for the safety of your child that you immediately remove your child from the open field in case of lighting which is why a parent/responsible adult must be present must be at the field at all times. Team Parents will notify their team if practice is canceled.

*Indoor Practices:* Schedules will be determined once we are given the information from the schools. It is generally the first full week of school. No food or gum chewing in the gyms!

*What to bring to practice:* Wear proper attire (Again, sneakers, no jewelry!) A water bottle or sports drink. A huge SMILE! POSITIVE ATTITUDE! A need and want to LEARN!

## **COMPETITIONS**

Competition season begins mid-October and ends in November.

## **COMPETITION ATTIRE**

Skirt, vest, bodysuit, briefs, hair ribbon, hair in a high, tight ponytail (stepping on hair is a safety violation) and competition sneakers with NO-SHOW white socks. NO JEWELRY, NO NAIL POLISH, NO BODY GLITTER, NO STOCKINGS, NO HAIR ATTACHMENTS.

WB Parents, please wear West Babylon t-shirts to the competitions, sit together as a town, and cheer with our WB girls! Let's always model great sportsmanship!

Uniforms: A uniform deposit is required. The deposit includes a \$200.00 check post-dated for Dec. 1 and a \$10.00 cleaning fee check post-dated for Dec. 1. The checks will be returned, uncashed, at the end of the season if/when the uniform is returned and in good condition.

\*\*Please bring the \$200.00 and \$10.00 postdated checks to uniform sizing. Please bring two checks. Write your child's first and last name on the check along with her age.

### HOW TO CARE FOR THE CHEERLEADING UNIFORM:

- Each parent/cheerleader will assume complete responsibility for the uniform.
- Each parent is responsible for replacing the uniform, should any part of the uniform be destroyed.
- Uniforms may not be altered in any way.
- Uniforms are the property of WBCA and must not be loaned to anyone at any time.
- Each cheerleader will return a clean uniform to the team parents on the designated day and time at Pape Field (or other arranged drop site)
- Uniforms should be washed in cold water with a mild detergent, and hung dry. (Spray and wash is fine for the white part of the uniform) Uniforms must not be dry-cleaned!
- A \$200.00 postdated check will be collected upon receiving the uniform. Your check will be returned, uncashed, upon returning the uniform.
- A \$10.00 postdated check for the cleaning fee will be collected upon receiving the uniform. The \$10.00 check will be returned, uncashed, if/when returning the uniform in proper condition.

### CHEERLEADING TEAM PARENT RULES/ TEAM PARENT REQUIREMENTS:

- Attendance is mandatory at practices, competitions, games/playoffs, and safety clinic
- Taking attendance at practices is mandatory
- Picking up sneakers at Sports Shack and distributing them to your team
- Handling music at competitions is the Team Parents' responsibility
- Bringing signs, music, and pompoms to competitions and practices
- Making sure competition routines use SIGNS AND POMS

### ATTENDANCE

Attendance at practices and competitions is mandatory for cheerleaders, coaches, and team parents. Team parents and/or coaches should contact a staff member if they are unable to attend a practice/competition so alternate arrangements can be made. Team parents may not cancel games, practices. or competitions. If there is a problem, please contact a WBCA Cheerleading Rep.

### CONDUCT

Please be advised if there is any misconduct by the team parent that is detrimental to the league, it will be cause for immediate dismissal. Verbal altercations, use of profanity and/or being under the influence of drugs and/or alcohol will not be tolerated and is grounds for immediate dismissal from WBCA, Inc. The Code of Conduct is strictly enforced.

## **DISCIPLINE**

Team parents are to use positive reinforcement throughout the season to motivate cheerleaders and coaches. Do not use excessive exercise as a form of punishment or threat. Team parents are responsible for maintaining a structured, organized practice. Team parents should discipline the team, as needed, to maintain order and respect. The coaches are teenagers and need your support to control the team.

## **SAFETY**

Team parents are responsible for the safety of their team members. Only team parents are permitted in the gym during practices. A coach must be present if a team is stunting. Stunts must be practiced on a mat and within National Federation and NSCA guidelines for the team's age. Earrings cannot be worn to practices, games, or competitions. Sneakers must be worn at all times, as well as appropriate attire. Team parents are expected to enforce rules.

## **PRACTICES**

Team parents must assist coaches. Team parents, coaches, and cheerleaders are the only individuals permitted in the gym during practices, due to insurance purposes. Please keep school facilities clean. Please remove water bottles from school after practices and don't allow children to eat or chew gum in the gyms. The teams go indoors to practice in September. Team parents must be present at practices and supervise the cheerleaders and coaches at all times. Team parents should be familiar with the Rules and Regulations and the NSCA Rules and Guidelines. The WBCA Board expects team parents to follow all rules put forth.

We are looking forward to a successful season and working with each of you. Thank you for being a big part of our team.

**DISCIPLINE: THE CODE OF CONDUCT IS STRICTLY ENFORCED!**

**WBCA 2019 CHEER PARENT CODE OF CONDUCT**

All parents/guardians who have children participating within the West Babylon Cheerleading Association, Inc. (WBCA) must abide by a Code of Conduct which includes the provisions that follow. Any violation of these rules may result in the revocation of privileges in the WBCA.

Please read and sign the bottom of this page to indicate your understanding, acceptance, and agreement to follow the rules and Code of Conduct:

1. I/We agree to be financially responsible for the WBCA cheer uniform issued to the cheerleader with the exception of the normal wear during competitions/games and practice. Further, I/We will reimburse the WBCA for the loss and/or damage to said uniform.
2. I/We agree not to deliberately incite or participate in "unsportsmanlike" conduct at any WBCA function; the following actions will be taken for violations including any verbal abuse, physical altercations, intimidation and/or any "unsportsmanlike" conduct: Parent/Guardian/Child(ren) will be removed from the game, practice, or competition and may be suspended from the WBCA for the season or longer without a refund of the registration fee.
3. I/We agree to accept all decisions of the competition officials, judges or other officials as being fair and called to the best of their ability.
4. I will NEVER discuss my child's placement on the team with a coach. (The coaches are also just children and should never be approached directly at any time!)
5. I/We agree to not smoke on the practice or playing field, or in the presence of a gathering of the team/squad. (Ex: game/practice team/squad meetings.)
6. I/We agree to abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance at any WBCA function.
7. I/We agree not to use abusive or profane language at any WBCA function.
8. I/We agree to follow the proper Chain of Command (as indicated elsewhere in this document) when filing a complaint or voicing my opinion regarding any possible rule infraction or concern within the WBCA.
9. I/We agree to get out of our car and walk up to the field when picking up any child 10 and under. (Coaches and team parents take the safety of your child seriously!)
10. I/We will not promote the exclusion of any child on the team. This includes, but is not limited to, handing out party invitations unless it is to the whole team, creating and wearing matching clothing unless it is provided/offered to the whole team, creating or participating in group texting or any other social media forum unless the whole team is invited to participate.
11. I/We will make every effort to have my child attend all practices as it is understood that the team may be unable to have productive practices without the whole team in attendance.



12. I/We agree not to leave my child, unattended, before practice is slated to begin. I/we understand that the team parents and/or coaches may be occupied with equipment setup and will not assume responsibility for any child before practice begins.
13. I/We understand that choreography days are mandatory and that a routine will be made on those days utilizing all cheerleaders in attendance (unless prior notice of an absence is given and accounted for).

The Chain of Command will be as follows:

All issues/complaints should be directed first to the team parent(s).

If your complaint is regarding a team parent, you may go directly to the Parent or Team Mom representatives (Hope Hoolan and Kristen Catapano, respectively).

If the problem is with a team coach, again first speak with the team mom. If this does not resolve the problem, please speak with the coach representative, Terri Viera.

If your concern is still not resolved, the matter will be escalated to other members of the WBCA Board including, if necessary, the President of the WBCA, Andrea Snyder.

By my signature below as a parent/guardian of a child participating within the WBCA, I/We have read and received a copy of and agree to abide by the "WBCA, Inc. Code of Conduct" set forth by this League. \*\*\*All Parents/Guardians must sign the Code of Conduct in order for their child to participate in the WBCA. \*\*\*

In addition, as the parent or guardian of this athlete, I hereby consent to the **use** of photographs/videotape taken during the course of the cheerleading season for publicity or promotional purposes (including, but not limited to publications, presentation or broadcast via newspaper, internet or other media sources). I do this with full knowledge and consent and waive all claims for compensation for use, or for damages.

Continued on the next page....

\_\_\_ Yes, I give consent for West Babylon Cheerleading Association to photograph my child for the above stated purposes at cheerleading events.

\_\_\_ I understand that **all communication** regarding the day to day operations of the league, including, but not limited to, changes to practice times or locations, fundraising, competition times/locations, etc. will be communicated exclusively through Slack. I agree to download the app and check it daily throughout the season. No other means of communication will be used and it is my responsibility to check the app for updates and information.

If I do not wish to grant consent to photograph my child, I understand that I must send an email to [westbabyloncheer@gmail.com](mailto:westbabyloncheer@gmail.com) to withhold consent within thirty (30) days of signing this document.

Parent Name (print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Athlete's and/or Coach's Name(s): \_\_\_\_\_

Date: \_\_\_\_\_

## **WBCA 2019 CHEERLEADER CODE OF CONDUCT**

All cheerleaders who want to participate within the West Babylon Cheerleading Association, Inc. (WBCA) must abide by a Code of Conduct which includes the provisions that follow. Any violation of these rules may result in the revocation of privileges in the WBCA without a refund of the registration fee.

Please read below and sign the bottom of this page.

1. I agree to attend each practice, game and competition to the best of my capability.
2. I agree to leave my phone, ipod, ipad or any other electronic device at home or with my parents/guardians as they only cause distractions for the TEAM, ESPECIALLY AT COMPETITIONS!
3. I agree to respect my coaches, team moms and most of all my fellow cheerleaders.
4. I agree that my coaches have the final say on my position within the cheer. I will not whine, carry on, or think that I am better than any other cheerleader on the team.
5. I agree that any issues we have off the field or mats will be kept there. While we are on the field or the mats, we are a TEAM!
6. I agree to remain respectful and refrain from any abusive language, bullying, altercations or any other questionable behavior during my time at practice.
7. I agree that I will not post any derogatory cheer-related comments on any social media site such as Instagram, KIK, Twitter, SnapChat.... (Only positive and supportive comments cheering on of my team!)
8. I will not "correct" my teammates or make comments about their abilities, attendance or any other matters. I agree that this is the job of the coaches and team parents.
9. I agree not to whine that the judges don't like us! I will accept all decisions of the officials, judges or others at competitions as being fair and judged to the best of their ability using NSCA rules and standards.
10. I agree to follow the proper Chain of Command when I have an issue with anybody on the team. (Speak to coaches/team parents if there are any issues that need to be addressed.)
11. I will not promote the exclusion of any child on the team. This includes, but is not limited to handing out party invitations unless it is to the whole team, creating and wearing matching clothing unless it is provided/offered to the whole team, creating or participating in group texting or any other social media forum unless the whole team is invited to participate.
12. I understand that if I am disciplined at school including, but not limited to, being suspended from school, being subject to academic probation, or if found to have violated my school's Code of Conduct, I may be asked to leave the WBCA cheerleading program following board approval.

By putting my signature below as a cheerleader participating within the WBCA, I have read and agree to abide by these codes set forth by this league. \*\*\*Cheerleaders must sign the Code of Conduct in order to participate in cheer.\*\*\*

X

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## **WBCA 2019 COACHES CODE OF CONDUCT**

All coaches who want to participate within the West Babylon Cheerleading Association, Inc. (WBCA) must abide by a Code of Conduct which includes the provisions that follow. Any violation of these rules may result in the revocation of privileges in the WBCA.

Please read below and sign the bottom of this page.

1. I agree to attend each practice, game and competition to the best of my capability.
2. I agree to not use any cell phone, iPod, iPad or any other electronic device during practices, games, or competitions. This is a distraction to the TEAM, ESPECIALLY AT COMPETITIONS!
3. I agree to respect my fellow coaches, team parents and my cheerleaders.
4. I agree that the coaches and team parents have the final say on all cheer positions within the cheer.
5. I agree that any issues we have off the field or mats will be kept there. While we are on the field or the mats, we are a TEAM!
6. I agree to remain respectful and refrain from any abusive language, bullying, altercations or any other questionable behavior during my time at practice.
7. I agree that I will not post any derogatory cheer-related comments on any social media site such as Instagram, KIK, Twitter, SnapChat.... (only positive and supportive comments cheering on of my team!)
8. I will use CONSTRUCTIVE COACHING, NOT CRITICISM to "correct" my cheerleaders. I will NOT make negative comments about their abilities, attendance or any other matters.
9. I agree not to whine that the judges don't like us! I will accept all decisions of the officials, judges or others at competitions as being fair and judged to the best of their ability using NSCA rules and standards.
10. I understand that if I get suspended or am on any other type of disciplinary action with the district, that my coaching position may be at risk.
11. I agree to follow the proper Chain of Command when I have an issue with anybody on the team. (Speak to team parents if there are any issues that need to be addressed.)
12. I understand that if I am disciplined at school including, but not limited to, being suspended from school, being subject to academic probation, or if found to have violated my school's Code of Conduct, I may be asked to leave the WBCA cheerleading program following board approval.

By putting my signature below as a coach participating within the WBCA, I have read and agree to abide by these codes set forth by this League. \*\*\*Coaches and their parents must sign the Code of Conduct in order to participate in cheer. \*\*\*