

South Holland Jets Cheer 2019



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WELCOME TO THE JETS CHEER FAMILY

Welcome! Welcome! Welcome! We are so excited to have you as part of the Jets Family!

Cheerleading is an amazing sport that can provide an individual with numerous useful skills that can be beneficial in any area of their life.

Life Skills

- Leadership
- Confidence
- Discipline
- Time Management
- Physical Characteristics
- Balance

People Skills

- Trust
- Focus
- Criticism Management
- Respect

Our goal is to ensure that each young lady that comes through out program leaves with a sense of accomplishment and pride. We also strive to ensure each young lady has developed the confidence needed to set and achieve higher goals both in their cheer life and academic life.

ABOUT THE PROGRAM

Participants in this cheer program, in grades K-8, will learn many cheers, as well as boosting self-esteem and confidence. Practices will be held in the South practice field areas of Thornwood High School (17101 South Park Avenue; South Holland, IL).

By registering for this program, the girls will have a great opportunity to step out of their comfort zone and make new friends while showing their Jet spirit and building character!

There are four levels of cheerleaders:

- **Mighty Might**s (formerly Widgets) - Kindergarten through 2nd grade
- **Junior Pee Wee** - 3rd and 4th grade
- **Pee Wee D1** (formerly Junior Varsity) - 5th and 6th grade
- **Unlimited** (formerly Varsity) - 7th and 8th grade

GETTING STARTED AS A JETS CHEERLEADER

REGISTRATION

Registration for the teams begins during the first quarter of the calendar year and runs until one month before the season begins.

REGISTRATION FEE COVERAGE

Cheer Registration fee covers the following:

Items you keep at the end of the season:

- Practice Wear (4 shirts and three pair of shorts)
- Bow
- Socks
- Crop Top
- Brief
- Cheer Shoes

Items you must return at the end of the season:

- Cheerleading Uniform (shell and skirt). All uniforms must be cleaned before returning to the coach at the end of the season.
- Cheer warm-ups
- Competition Wear (bow, socks and shoes)
- Accessory kit (ear warmers and gloves).

GENERAL EXPECTATIONS

All cheerleaders are responsible and expected to take part in the following:

1. The leading of chants and cheers at all assigned athletic events.
2. Attend all practices and games.
3. Participation in Spirit Week.
4. Participation in Cheer-specific fundraising.
5. All special events designated by the coach.

PRE-SEASON PREPARATION

Once registered, each parent will be added to the group used for communication from the Administration and Coaches on that cheer level. The application we use is **GroupMe** and it is available on both iPhone and Android operating systems.

During the pre-season, helpful information, exercises and assignments will be shared to get your cheerleader prepared for the season. Some of the assignments will have to be completed before the season begins. We ask that you cooperate and encourage your cheerleader to complete every task as it will only enhance their personal cheer experience.

CONDITIONING

Prior to the cheer season, several conditioning practices will be hosted to prepare your cheerleader for the season. The practices and camps are geared to providing your cheerleader with the basic fundamentals of cheer while establishing the foundation needed to build a stronger, more cohesive squad for the year. The times and location for the conditioning practices are provided prior to the sessions for those that have registered at that time.

STUNT CLINIC

In addition to conditioning and practice, all cheerleaders will be required to attend a stunt clinic. The purpose of the clinic is to provide each cheerleader with the skills for safely performing and participating in stunts. This clinic is hosted by a third-party and a nominal fee will be assessed. Communication about the clinic will be provided within a timely fashion before the clinic begins.

PRACTICE

ARRIVAL/DEPARTURE PROCEDURES

- Cheerleaders must arrive to all practices ON TIME. There is a 5-minute grace period.
- Arriving late will result in additional conditioning exercises as deemed fit by the Coach.
- For safety reasons, if someone other than the registering parent will be dropping off and/or picking up your cheerleader please inform the Coach. Your child will not be released to anyone that has not been confirmed.

APPEARANCE/ATTIRE

- Cheerleaders are to arrive at practice fully dressed in practice attire and gym shoes only. A practice wear schedule will be provided by the Coach on what is to be worn each day of practice.
- Cheerleaders are to have hair in a one ponytail, must not wear jewelry and cannot chew gum.
- It will be documented each time a Cheerleader is not dressed properly and this taken into account for end of season recognition.

GAME CHEER

ARRIVAL/DEPARTURE PROCEDURES

- Cheerleaders must arrive one hour prior to game time. Each Coach will confirm the exact arrival time for each level on game day.
- Arriving late will result in Cheerleader being sidelined for a designated period of time during the game.
- For safety reasons, if someone other than the registering parent will be dropping off and/or picking up your cheerleader please inform the Coach. Your child will not be released to anyone that has not been confirmed.

APPEARANCE/ATTIRE

- All elements of your cheerleading uniform and warm up are required for EVERY game. Uniforms include: Shell, skirt, briefs, socks, shoes, and bow. Each coach will communicate when the crop top is to be worn under the shell and when the warm-ups are to be worn.
- Cheerleaders missing all or part of uniform on game day will be required *to sit out for the game*. If a cheerleader is required to sit out, they must sit with the coach and support the team.
- All cheerleaders need to have a clean uniform, shoes, and cheerleading socks.
- Hair is to be pulled up into ONE ponytail and bows must be worn. No hair can be down below shoulder length.
- No jewelry, makeup or nail polish is acceptable and absolutely no markings on your skin.

SKILL RESPONSIBILITY

Cheerleaders are expected to give 100% effort and perform full out tumbling, cheers, jumps, and routines at all time.

COMPETITION

Participating in competition is not required. Parents have the ability to opt-out of competition. A cheerleader is eligible to try out for the competition team if she has met, at a minimum, the following criteria:

- In good standing with the attendance policy
- Follow the cheer code of conduct
- Be actively enrolled in tumbling with the team
- Receive an INVITE TO COMPETE from the coaching staff

More details will be provided as competition season nears.

ATTENDANCE POLICY

Attendance at practice is imperative to the success of each team. Routines are designed based on the total number of cheerleaders. Attendance will be taken at every practice. Missing practice will impact your cheerleader's ability to perform at games.

- **4 Day Practice Schedule** – if more than 2 practices are missed, Cheerleader will not perform at the upcoming game
- **3 Day Practice Schedule** – if more than 1 practice has been missed, Cheerleader will not perform at the upcoming game.

THE TEAM – ROLES AND RESPONSIBILITIES

Ensuring the safety of your child while cheering, each coach and team mom undergoes a background check before being admitted to the volunteer staff.

ADMINISTRATION

The Jets Board of Directors are the overseers of the Cheer Program, with the Athletic Director being the lead for the Cheer Program.

COACHES

The majority of our coaches are former cheerleaders who simply enjoy cheer. They want to instill and encourage the love of cheer in each young lady and volunteer their time and talent to ensuring we have the absolute best program offered to your cheerleader.

Each potential coach undergoes a background check before being onboarded as a head or assistant coach.

- The role of the **Head Coach** is to help cheerleaders learn cheer and dance routines to perform during ball games and school pep rallies. They organize practices, teach routines and help athletes learn safe cheering techniques. Cheerleading coaches also instruct cheerleaders on healthy stretching, lifting and jumping techniques.
- The role of the **Assistant Coach** is to assist the Coach with practices, games and other athletic events. They also will conduct the practices and games in the Head Coach's absence.

TEAM MOMS

The Team Moms are essential to the successful operation of each team.

Each potential Team Mom undergoes a background check before being onboarded in that role.

The role of the Team Mom is to assist the coaches with practice, on game day and at special events during with the team will be present. Additional tasks may be assigned throughout the year as part of the collective efforts of the Team Moms for both football and cheer programs.

ADDITIONAL ACTIVITIES AND RESPONSIBILITIES.

PARENT MEETINGS

Attending parent meetings is a requirement. During these meetings, it allows the Coaches to share or clarify organizational information, provide updates as it pertains to their specific cheer level and affords parents the opportunity to engage with the Coaching Staff regarding any additional questions or concerns they may have.

If a parent is not available to attend the meetings, it is recommended that they send another representative, 18 years of age or older, on their behalf.

The schedule for each cheer level parent meeting will be provided by the Coach.

HOMECOMING

Homecoming is a big deal for our organization! The week prior to the game is Spirit Week. There will be several activities planned for which cheer and cheer parent involvement is essential. As the time nears, more information will be provided on the specific activities.

During halftime of the game, each cheer level performs a special routine. As part of the routine, the girls dress in fun, themed outfits. Based on prior year trends, the additional cost for Homecoming participation will not be more than **\$25.00** per child. While this is not deemed a mandatory assessment, if your child will be cheering at the Homecoming game, this assessment must be paid.

END OF YEAR SPORTS BANQUET

At the end of the season, the organization holds a banquet where each football player and cheerleader is recognized for their participation in the program. Attending the banquet is not required but we strongly encourage every family to participate in this celebration.

During the banquet the Jet Scholars are presented with an additional award. While we are a sports organization, we promote and celebrate the academic achievements of each athlete. If your child maintains a B average or higher, they are eligible for this award. A copy of the students report card must be submitted to verify this achievement.

In addition to the award presented by the Organization each Coach has the option of presenting additional awards based on participation and performance throughout the season. As the date approached, more specific details will be provided.

SOCIAL ACTIVITIES

While we are serious about the sport of cheer, we also believe in building our Jets family. Throughout the season there will be various social activities planned for the

athletes as well as the parents. During these times, it will give us all an opportunity to get to know each other outside of the practice and game arena.

Activities will be organization wide, cheer program wide and cheer level wide. As it nears time for these events, communications will be sent.

TEAMBUILDING THROUGH COMMUNITY SERVICE AND FUNDRAISING

In addition to cheering, we strive to be a united family that supports the community in which we live and cheer.

Where the opportunity presents itself, the Cheer teams will participate in collective fundraising and community service events.

JETS CHEERLEADER CODE OF CONDUCT

1. I understand that sometimes the team I cheer for will win and sometimes we will lose. Win or lose, I will not be negative towards my teammates, opponents, coaches or parents.
2. I will be a good sport and will not use inappropriate language. I will talk nicely to and about my teammates. I will not bully or make negative comments about or to any player, coach, parent or judges.
3. I will not swear.
4. I will control my temper/attitude and not get angry when things do not go my way. I will try to always do my very best!
5. I will do my very best to listen and to learn from my coaches and teammates. I will cooperate with my coaches, teammates, and opponents.
6. I will never argue with decisions made by judges or coaches.
7. I will try to attend every practice and game, come dressed in proper attire, will be on time, and will notify my coach if I cannot be there.
8. I will wear my uniform and warm-up with pride, and remember that my conduct reflects on my squad, my coach, and the Jets organization.
9. I will encourage my parents to be involved with my team because it is important to me.
10. I will get good grades and will be a great role model at school.
11. I will have FUN!

CHEERLEADER _____

DATE _____

JETS CHEER PARENT CODE OF CONDUCT

1. I will bring my child to practice, games, events and competition on time. I understand that it can be a safety issue and may effect practice if she does not attend or is late. I will pick up my child on time to show respect for the coaches and my child. I understand that my child may not be able to compete or cheer if we do not follow the attendance policy.
2. My child will wear appropriate clothing and shoes to practice. Her uniform, practice wear and warm-up will be neat and clean. I will follow the coaches' requirements for uniforms, warm-ups, shoes, jewelry, and hair for games/competitions/events. I understand that my child may not be able to compete or cheer if she is not properly attired.
3. I will support all efforts to remove verbal and physical abuse from my children's sports. I will not demonstrate abusive, threatening or profane language or actions at any time regardless of the situation.
4. I recognize the value and importance of volunteers. I understand that the coaches and team moms are volunteers who give their time and energy to provide children with a rewarding experience.
5. I agree not to smoke on the practice/playing field or in the presence of any team gathering. I agree to abstain from the possession of and will not be under the influence of alcoholic beverages or any illegal substance on the practice or playing field.
6. I agree to not deliberately incite and/or participate in unsportsmanlike conduct. I will not criticize, belittle, antagonize, berate, or otherwise incite the opposing team or squad, its players, coaches, cheerleaders verbally or nonverbally. I agree to be responsible for the behavior of my family and my guests at games/competitions/events.
7. I will help my child enjoy their sports' experience by assisting with events, being a respectful fan, providing transportation, and volunteering in any capacity that I can.
8. I pledge to refrain from making negative comments about my child's coaches, volunteers or teammates in her presence. I agree to discuss any disagreements with the coaches in private, away from the squad.
9. I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE JETS CHEERLEADING ATTENDANCE POLICY.

PARENT _____

DATE _____

