

The All Around Panthers

Team Handbook



1. General

As a member of this competitive program, all cheerleaders are required to attend and be actively involved in all cheerleading activities related to this facility.

The coach has the final word on any decisions that affect the cheerleading program.

This will be most evident in determining practice structure and training styles, but also includes routine construction, choreography, choice of music, uniforms, warm-ups, choice of competitions, and practice times.

2. Fundraising

To be a member of the All Around Panthers, all parents are required to be part of the All Around Boosters club. This includes participation in all fundraisers for the good of the general fund. Your participation may be in the form of ticket sales (reverse raffle and lottery) or you may “buy out” your tickets for the fee set by the boosters.

3. Practices

Teams will begin practice in May, and continue through April. **All practices will be mandatory.** If one member of a stunt group is absent, the entire group is unable to practice that day.

Athletes should arrive at the gym 10 minutes prior to their scheduled practice time so that practice can begin promptly. If you need to be taped due to an injury, you are responsible for providing your own tape and pre-wrap, and must arrive early enough to be taped BEFORE practice begins. If an athlete arrives after warm-ups and jumps, all jumps must be made up by the end of practice, in the presence of the coach. Being this late to practice 3 times, unexcused, will be the equivalent of 1 unexcused practice.

If you are going to miss a practice, you need to turn in written notice at least one week prior to the absence. In case of illness or a last minute emergency, you must call the gym and speak to a coach. Written notice of all absences due to family vacations should be turned in as early as possible.

Anyone who accumulates 3 unexcused absences will be benched for the next competition. Examples of unexcused absences are, but not limited to, shopping, tanning, work, “it’s my birthday”, etc. Whether an absence is excused or not will be decided by the head coach. Illness, family emergency, or graded school functions will be excused. Due to the importance of attending every practice, anyone who accumulates 6 absences regardless of whether or not they are excused, will be benched from the next competition.

In addition to regular team practices, all team members are required to attend additional tumbling practice each week. If you do not attend tumbling practices, you will not be choreographed for a tumbling pass in the competition routine, and additional conditioning may be required.

The safety of all team members is always the first priority. Rules set by the coaches for conduct during practices are absolute and not up for discussion. There will be absolutely no talking or fooling around while stunts are in the air. Disrespect and insubordination will not be tolerated from any athlete. First offense will receive a warning. The second time, the athlete will be asked to leave the practice, and parents will be notified.

There is a viewing area in the balcony where parents are welcome to watch practice, quietly. Comments and/or yelling from the balcony are a distraction to the athletes, and a potential safety hazard. If you cannot watch practices without interfering, please do not stay to watch.

Appropriate clothing must be worn for all practices. This includes close fitted t-shirts or tank tops, shorts, socks, and team shoes. Shorts should not be too short!! A supportive bra and/or sports bra (or 2) should be worn, as deemed necessary.

Coaching techniques and discipline are not subject to compromise with parents or cheerleaders. **The coaching staff has the final say in all competitive program matters.**

You may not always like or get along with every member of your team, but TEAMWORK IS ESSENTIAL!!!! Any and all personal issues and/or disagreements must be set aside for the safety and success of the team.

Conditioning will be an important part of each practice. From time to time, strength, skill, and flexibility evaluations will be made. Each cheerleader should demonstrate marked improvements from test to test.

All injuries, no matter how small, must be promptly reported to the coach.

All competitive cheerleaders must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition.

In addition, the cheerleader must be in good health and have attended EVERY practice the week prior to any competition, or they will not be permitted to compete. Special situations should be discussed well in advance of the competition with the coach.

All questions regarding your child's progress, discipline, etc, may be discussed with the coaching staff before or after, but not during, practices. Please make the coaches aware of any problems or special situations that you may have.

The majority of this section has focused on the gym and competition, however the coaching staff believes that the order of importance always need to be family, education, and then cheerleading. If you choose to be a member of our program, we make the assumption that you have allowed appropriate time for family functions and that your study habits and schoolwork are exemplary.

We do not advocate the use of this statement as an excuse for coming late or missing practices, etc. As with all things in life, it is your responsibility to fulfill your commitments. If you are unable to make the commitment this program requires, we can place you in another program that better fits your needs.

4. Termination of Enrollment

Rumor, innuendo, and just plain backstabbing tend to occur when there is a vacuum created by a lack of information – this is detrimental to the success of any program. Any letters sent anonymously will be disregarded, without being read. Any of the above could be cause for dismissal from the program. If you need or want to know any information, or have concerns that you feel need to be addressed, please see our coaching staff.

Insubordination, refusal to follow the rules set forth by the coaches, or disrespect will not be tolerated from anyone, and could be cause for dismissal from the program.

The coaching staff has the right to suspend or ask a cheerleader and/or parent to terminate enrollment due to continuous problems or absences which impair the safety and/or progress of the other program participants.

5. Financial Policies – This is a year round commitment!!

Program fees have been established based on the number of hours each team spends in the gym. Gym fees should be paid on the 1st of each month, beginning in May, and continuing through the end of the season. Payments received after the 15th will be subject to a \$10 late fee. You will be billed in three month increments by the gym. Invoices are not mailed out unless you fall behind. Competitive program accounts must be current and paid in full to enable you to participate in the competition season. Anyone who has not paid the previous months fees by the 15th of the month will not be allowed to practice or compete. This includes gym fees as well as competition fees.

Competition fees, including registration and expenses for all coaching fees (i.e. mileage, food, lodging, and session fees) must be shared by all team members through the Booster club. Competition fees, payable to the All Around Cheer Boosters, are due on the 15th of the month, and are subject to a \$10 late fee after the 25th. A \$125 deposit is due in May. **There will be no refunds!!**

Notice of intent to cancel enrollment must be made in person, and put in writing at least one month prior to the cheerleader's final practice. If you choose not to notify the coaching staff, you will be charged for the month following your cheerleader's last workout. There will be NO REFUNDS!!

There are no make-ups, discounts, refunds, or prorated accounts due to absence of any nature. The competitive program is already greatly discounted in comparison to other programs and is subsidized by the instructional programs of the gym.

Stunt groups, individual competitors, and double teamers will incur additional fees throughout the course of the competitive season. These will be assessed on an individual basis. These fees must be paid in full in order to compete.

Cheerleaders are required to obtain team uniforms, warm-ups, shoes, etc, necessary to being a member of this program, and are responsible for that cost.

6. Competition Etiquette for Cheerleaders

You will conduct yourselves as ladies and athletes, being friendly and using sportsmanlike conduct at all times. You represent not only yourselves, but also your coaches, parents, the program, and the gym.

You are to be at the competition venue at the time designated by the coach. Once you arrive at the venue and report to the coach, you are to stay with the team. Team members are expected to watch and cheer for the other competitors from our program. Failure to do so will be considered insubordination.

No one is to leave the team and/or competition site without permission from the coach. If the coach gives you permission to leave the group, you must be with a parent or in groups of 4 or more cheerleaders from the team. All team members must sit together. Anyone leaving the team area without permission, or appropriate supervision will be subject to disciplinary measures.

Warm-ups and/or uniforms should be worn when accepting awards. Uniforms must be completely on and zipped at all times.

All cheerleaders are expected to stay until the end of the awards ceremony, whether they are receiving an award or not. **You will show good sportsmanship at all times by cheering for all award recipients – ESPECIALLY YOUR TEAMMATES!!!!**

It is important to remember that a score and/or placing for any routine is an evaluation of one single performance, and not an overall judgment of you individually or as a team. Each competition teaches you more about your abilities as a competitor and person, and is a necessary ingredient for success at higher levels of competition.

It is important that you respect the coaches and their decisions. They cannot effectively coach your child if you are questioning and second guessing them. The cheerleaders need to know that when it comes to cheerleading, the coaches are in charge, and their rules and decisions are final. The coaching staff puts in a lot of time and effort, both in and out of the gym to provide the athletes with a safe, competitive, and fun program. In addition to years of experience in cheerleading, they also take the time for additional training in safety and first aid. They are here for your child, and deserve your respect and support. The kids will follow your lead.

Finally, and perhaps most importantly, **be supportive of your child, no matter what!!!** The athletes put in a lot of time and hard work, and need to be sure that you will be there for them. They put themselves out in front of people to be judged, and need to know that whether it is their best or worst performance, and whether they place first or last, that you are proud of them.

The viewing balcony is available for parents to watch their children practice. Negativity or interference of any kind will not be tolerated. If you cannot be quiet and positive in the balcony you will be asked to leave. If this becomes a persistent problem, practices will be closed to parents.

7. Competition Etiquette for Parents

Team Spirit is a big help...Wear the team colors or a team t-shirt!

A release form/waiver will be required to be filled out and turned in for each competition.

It is important to show proper respect to all Officials and Coaches at every competition. They are there for one reason or another to support your child's interest in competitive cheerleading.

Under no circumstances should you attempt to contact any competition Official during or after a competition. Doing so could cause the team to be penalized or even disqualified. If you have any questions regarding the competition or your child's scores, please contact the coach.

Please show proper respect for all competitors. You never know who is sitting near you. There will be teams who display poor sportsmanship. Do not follow their example – that is not what this sport is about!!

Once your daughter arrives at the competition, she is to report to the coach. From this time on, until she is dismissed by the coach, she is to stay with the team.

Once the cheerleaders have entered the warm-up area they are not allowed to talk, or have contact with, their parents or other spectators. At this time they need to focus on their routine and performance.

At any competition, parents, friends, and relatives must remain in those areas designated for spectators. You will not be allowed on the competition floor or in the warm-up areas. Failure to follow these restrictions could result in the team being penalized.

In case of injury during warm-up or a performance, you must stay in the spectator area until the coach signals otherwise

Parent/Cheerleader Acknowledgement

I have read the document titled “The All Around Panthers Team Handbook” from cover to cover and understand and agree to abide by the guidelines set forth.

I also understand that the policies and procedures may change throughout the year. Modifications to this document may be made via letters or communications from the Team Coach and/or Gym Director.

Should I have any questions regarding any policies or procedures, I understand that I should contact the Team Coach and/or Gym Director for the appropriate answers.

Parent Signature _____ Date _____

Cheerleader Signature _____ Date _____