

YHS CHEER

First of all, welcome and congratulations on making the YHS JV and Varsity Cheer Teams for the 2015-16 seasons. My name is Erin George and this is my first year as the Varsity coach. I am coming to Yorkville after four years of coaching cheer at Geneva High School, one year of JV and three years of Varsity. I was a four-year cheerleader at Geneva in high school and I cheered at Augustana College and Benedictine University in college. Jen Jones is the football season JV coach and this is her sixth year coaching in Yorkville with former experience at Woodstock and Alton. We look forward to a great season at YHS!

Enclosed in this packet is the code of conduct including rules, expectations of athletes and parents, eligibility, costs for the season, games and practices, uniforms, consequences of missing practices/games, and cheerleader information sheet. This will be covered tonight at the athlete/parent meeting. Please take it home to read through and discuss (parents and athlete together). After you've read, discussed, and agree to the information presented, please sign and return the bottom of this page, signed YHS Parent/Athlete/Coach contract, and the signed NCA camp waiver to Coach George or Coach Jones at the first practice on **Wednesday, June 17th** 7:30-9:30am at YHSA (following weight room 6:30-7:30am, bring completed weight lifting waiver form to the first session, must have to participate!). If you do not agree with the Code, believe you cannot follow it, or think it is not for you, that choice should be made now. Money and football season spiritwear order is due no later than **Tuesday July 7th** (can also be turned in anytime before).

If you have any questions, feel free to contact Coach George or Jones (contact info listed below). Thank you!

The following is the new Yorkville Cheer website:
www.yorkvillecheer.weebly.com



Coach Erin George (Varsity)
Yorkvillecheer@gmail.com

Coach Jen Jones (JV football)
jjones@y115.org
630-553-4380 ext 4099 (7am-3pm)

(CUT HERE)

We have read and understand the YHS Cheerleading Code of Conduct. We agree to all the rules and understand the expectations of the season included.

Print Athlete Name

Athlete Signature

Print Parent Name

Parent Signature

Date

As the parent/Guardian of _____, I hereby grant for my child to participate in the YHS Summer Cheer Practices and Iron Fox Strength & Conditioning. I also acknowledge that my child is physically able to participate in the camp activities. I realize that insurance is not provided, and therefore, I will assume all risk of injury. I agree that Yorkville High School and its directors and staff members shall not be liable for any accidents or injuries incurred at the camp by my child.

Print Parent Name

Parent Signature

Date

YHS CHEER PROGRAM GOALS:

- ❖ Promote school spirit by being a positive role model, a leader of the student body, an ideal example of good character, and an overall responsible student athlete of Yorkville High School.
- ❖ Each team will set team goals and individual goals to work toward all season. The goals and the progress toward them will be evaluated often by YHS coaches.
- ❖ Treating others the way you would like to be treated.
- ❖ Together **Everyone Achieves More**

ATTITUDE

- ❖ There is no "I" in TEAM. We are only as strong as our weakest link; there are no super-stars in cheerleading. We must all be doing the same thing and be on the same page at all times.
- ❖ You should choose the appropriate attitude on and off the field/court/mat, because your choices will be evaluated by the coach, other teachers and staff all year round.
- ❖ You succeed as a team and fail as a team. Do not blame others. Everyone is equal.
- ❖ Poor attitudes will not be tolerated. Cheerleaders are expected to show respect to opposing teams, coaches, bus drivers, referees, teachers, other staff, etc. at all times. Failure to do so can constitute in immediate dismissal from the team.
- ❖ Lack of personal responsibility will NOT be tolerated.

EXPECTATIONS OF ATHLETES

- ❖ We will follow all IHSA rules and the YHS Athletic Handbook.
- ❖ Leave all outside problems at the door!
- ❖ You're not required to be best friends with your teammates, but you must respect each other at practice and outside of practice. You will be "best teammates."
- ❖ Put forth your best effort at all times. Practicing at home is a must!
- ❖ Cheerleaders are expected to show school spirit and to generate this enthusiasm in others at school and during games. Remember you are representing yourself, your team, your coach, and YHS!
- ❖ Practices are closed. This is to maintain a focused and task-oriented environment.
- ❖ You must pick up after yourselves at all times.
- ❖ Problems and issues related to cheerleading should be immediately discussed with the coach by the athlete only at an appropriate time (ideally before or after practice). No texting/emailing with problems/issues! Texts/emails are for logistical purposes only.
- ❖ Good character should be displayed at all times, at practices, games, school and outside areas. Everyone knows you are a Yorkville cheerleader. This includes electronic communication.
- ❖ There should be no facebook, texting, email, etc. communication in a negative way. Bullying, gossiping, or arguing over electronic communication does not demonstrate respect. A "24-hour rule" is strongly recommended for all parties; do not make a phone call or send an email/text until you've had a chance to reflect and collect your thoughts. What you say cannot be taken back once it is sent.
- ❖ **ELIGIBILITY:** May not fail more than one class. Grades are checked weekly and eligibility runs Sunday through Saturday (can practice, may not dress in uniform or perform/compete).
- ❖ The use of tobacco products, drugs, or alcohol will not be tolerated. If an athlete is found in violation, First offense is being suspended for 50% of season (or 25% with program), Second offense is 50% of season, and Third offense means no participation in athletics for the rest of high school career. In cheerleading, First offense will earn automatic alternate status for the remainder of the year. This rule is in effect from the first day of participation in athletics until the day of graduation.
- ❖ Attending a party where these substances are present will result in being placed on probation. If the athlete attends a party a second time, it is considered a Second offense.
- ❖ The JV and Varsity teams are fluid. This means that at any time during the season, a person from the JV could be moved to the Varsity team and/or a person from Varsity could be moved to JV. This could be due to; injury, eligibility issues, skill level change, effort level, not following team rules, etc. This is not a foreseeable action, but if it is, it would be at the discretion of the coaching staff.
- ❖ There is no guarantee of playing time at any level. The coaches will determine who has earned the right to perform. Alternates will not be chosen until competition season approaches. The alternates will be chosen by the coach and there is no arguing about the decision. Alternates can change at any time during the season at the coach's digression, your spot is not guaranteed.

EXPECTATIONS OF PARENTS

- ❖ Parents are only to contact the coach when there is a concern about the athlete's physical or mental well-being. "Playing time," positions, alternate status, etc. will not be discussed with parents.
- ❖ Parents should never contact the athletic director or other administration, unless they have already contacted the coach about the concern of their child's well-being and were ignored. "Playing time" is not an acceptable topic to discuss with the athletic director.
- ❖ Recognize the value of coaches, referees/judges, administrators, and give clear signs of respect.
- ❖ Parents play a vital role in the success of the team. There will be many volunteer opportunities for parents to take part in during the season.
- ❖ There should be no facebook, texting, email, etc. communication in a negative way. Bullying, gossiping, or arguing over electronic communication does not demonstrate respect. Good character and respect for others should be displayed at all times. A "24-hour rule" is strongly recommended for all parties; do not make a phone call or send an email/text until you've had a chance to reflect and collect your thoughts. What you say cannot be taken back once it is sent.
- ❖ Show loyalty to the team by putting the interests of the team above your child's personal glory.
- ❖ Set a good example for your daughters, they learn best by imitation.

COSTS FOR THE SEASON

- ❖ Costs of the season, include but are not limited to; \$80 athletic fee for each season, camp t-shirt (\$10), Strength and Conditioning camp (FREE), * shoes for football (\$40-\$60), shoes for competition (\$50-70), \$220-\$250 for June-October tumbling, *black body suit (\$15-\$20), *black brief bloomers/spankies (\$10-\$15), warm ups (\$140), bow (\$5-\$10), team t-shirt, if we decide to purchase (\$15-\$30 each season), *winter jacket (\$85-90), *bag (\$43), and NCA camp (\$170)

*Items may be reused from previous seasons and in future seasons if possible and in good condition.

PRACTICES

- ❖ Being "practice ready": you must have tied shoes, shorts/pants, t-shirt, and long hair pulled back and off the shoulders. No low cut tops, tank tops, mid-drifts showing, denim or clothes with zippers, etc. Must be dressed and ready to go at practice start time. NO gum, NO jewelry (including body jewelry of any kind), and NO artificial nails ALLOWED at any time and nails kept short for safety reasons! Lock up all jewelry in your locker or in a bag for safe keeping. Hair MUST be tied back/pinned back out of your face (including bangs). No glitter allowed. You will not stunt or tumble (may not even be allowed to practice) if these conditions are not met...no exceptions!
- ❖ You must be ready to go at least 10 minutes before the scheduled practice time. This means "practice ready" and mats out.
- ❖ All cell phones, jewelry, and other valuables must be LOCKED UP in your locker during practice or secured in a bag. Cell phones must be on silent.
- ❖ During practice or game time, you need to ask your coach for permission to use your cell phone and cell phone use should only be to contact a parent or other adult. This is not the appropriate time to text or call to socialize. Cell phones should be kept in your athletic lockers. NO USE OF CELL PHONES AT ANY TIME DURING PRACTICE!
- ❖ Additional practices may be scheduled on Saturdays if needed, and coaches will give advance warning. Coaches will announce as soon as possible any schedule changes.
- ❖ Each cheerleader is required to have a pre-arranged ride after games and practices (or for those with a license, drive themselves). I recommend having a back-up ride arranged ahead of time in case of emergencies or vehicle problems. Your ride must be there to pick you up no later than 15 minutes after dismissal time.

GAMES

- ❖ Being "Game Ready": You must have your cheer shoes, white no-show socks, full clean uniform, long hair pulled back (off shoulders) and pinned back out of your face (including bangs) with a red, black, and/or white bow in hair. No gum, NO jewelry, NO artificial nails ALLOWED and nails kept short for safety reasons! Nails may **not** be painted for games (only clear or french manicure). No heavy makeup should be worn. No glitter allowed. If these requirements are not met, you will not stunt or tumble and may need to sit out of the game.
- ❖ Cheerleaders will travel to away games on Fridays and Saturdays only and will cheer at all home games (unless there is a competition that day). Warm ups will begin approximately 60-90 minutes before game time and will be set by your coach. You must be "game ready" at this time.

- ❖ For football season: Varsity is required to arrive around halftime to watch the 3rd quarter of the sophomore game as a team, and then warm up during the 4th quarter. JV is required to participate in Varsity pre-game, then sit as a team and watch the first quarter of the Varsity game.
- ❖ For basketball season: Varsity is required to watch the first half of the sophomore game as a team, then warm up during the second half. Both JV and Varsity will participate in the Varsity pre-game activities. The JV team is required to stay for the first half of the Varsity game as a team.
- ❖ If an athlete is late for a game, they will sit out the first quarter. Buses for away events will not wait for anyone; if you miss the bus, it's an unexcused absence. You must be in your warm ups when you get on the bus and be "game ready" upon arrival.
- ❖ Each cheerleader is required to have a pre-arranged ride after games and practices (or for those with a license, drive themselves). I recommend having a back-up ride arranged ahead of time in case of emergencies or vehicle problems. Your ride must be there to pick you up no later than 15 minutes after dismissal time.
- ❖ You may ride home from away games ONLY with YOUR OWN parents and you must have a filled out Parent Release form from the YHS athletic website (per current YHS athletic rules, form attached).
- ❖ All cell phones, jewelry, and other valuables must be secured in your bag during games or left at home. Cell phones must be on silent or turned off (preferred).
- ❖ During game time (while watching the other team's game, warming up, and during your own game), you need to ask your coach for permission to use your cell phone and cell phone use should only be to contact a parent or other adult. This is not the appropriate time to text or call to socialize. Please inform your friends of this ahead of time.
- ❖ Attire for game/competition days (during school hours) will be chosen by the coaches. ALL girls will be matching, in spirited attire. You will not be wearing your skirts to school.

TUMBLING

- ❖ Tumbling is a very important skill in cheerleading and necessary to be competitive at the state level. Yorkville does not have all of the necessary equipment or facility space to safely and effectively learn new and advanced tumbling skills. Therefore, the JV and Varsity teams will be required to attend weekly tumbling sessions at any one of any of the gyms; YMCA in Plano, Premier in Oswego, Spirit in Yorkville, or ICE in Aurora, GymTyme in Lockport, Illinois Allstars in Addison. The cost ranges from \$218-\$264 for June-October weekly sessions. Due to this, there's no regular team practice on Tuesdays June through October. We may need parent volunteers to pick up from YHS at 3:00pm and drive those that need rides. More information to follow.
- ❖ The skills you had at tryouts are the minimum you must maintain during the season. If you lose a skill, it is your responsibility to attend an open gym or ask for help. Occasional open gyms are highly suggested from November-February and are available at the gyms above. Regression is not an option at the JV and Varsity level.

CAMPS

- ❖ Being in excellent physical condition is a must when it comes to cheerleading. Therefore, members of both teams must attend and participate in the summer Strength and Conditioning camp Tuesdays and Wednesdays 630-730am before team practice. At least one cheer coach will be leading each session.
- ❖ YHS will be running two camps during the year. July 21-23, you will be volunteering at the 1-8th grade three day camp. YHS will also be hosting a Stunt Clinic on a Saturday, July 25 8am-noon for 5th-8th graders. All members are required to assist in running this event.
- ❖ You will also volunteer a small amount of time with YYTF cheer. This will not be a weekly commitment for all, but everyone is required to contribute at some point during their season. Sign-ups and more information will be available at a later time.
- ❖ We will be doing a home camp through NCA July 8 and 9 for \$170/person (appx). More info to come.

COMPETITIONS

- ❖ Being "Competition Ready": For competitions, you must show up for the bus in warm ups and old cheer shoes. Hair must be done by the time we get off the bus at the competition site. For the competition, you must wear your cheer shoes, white no-show socks, full clean uniform, long hair pulled back and pinned back out of your face (including bangs). The team will wear their hair in the same way (style to be determined later) and no fake hair. No gum, NO jewelry, NO artificial nails ALLOWED and nails kept short for safety reasons! Nails may not be painted for competitions (only clear). No heavy makeup should be worn. No glitter allowed.
- ❖ All cheerleaders are required to ride the bus home with the team. Scores and results are discussed immediately on the ride and this is important to learn and improve from each competition.

- ❖ Competitions are required and are a privilege of being on the team. Varsity and JV may have up to 20 girls on the competition mat, up to 4 alternates (alternates may or may not be the same for each competition and will be decided on by the coach).
- ❖ Dates and locations of the competitions are: 11/22 Wilmington, 12/5 Reed Custer, 12/20 Joliet West, 1/10 Oak Forest, 1/17 NIB 12 Conference @ TBA, 1/24 Huntley, 1/30 IHSA Sectionals (Limestone High School), and 2/5 and 2/6 IHSA State Finals if we qualify (U.S. Cellular Coliseum, Bloomington).

UNIFORMS

- ❖ Cheerleading uniform is your responsibility. Please take care of them; if you ruin your uniform you will be responsible to replace it. Do not dry clean them, it ruins the material. Do not alter them. Be careful eating and drinking in them.
- ❖ Cheerleaders are responsible for purchasing certain aspects of their uniforms (refer to cost of season)
- ❖ Cheerleaders are expected to act appropriately at all times, you represent YHS Cheer. No PDAs!
- ❖ Cheerleaders will wear their uniform to all games unless otherwise notified.
- ❖ No one else is to wear your assigned uniform. It's to be worn for games and competitions only.

CHAIN OF COMMAND:

- ❖ Playing time/game strategy are topics that coaches will not discuss with parents. Playing time is earned. Coaches will communicate with the athlete on things that he/she needs to improve on.
- ❖ The first step is for the athlete to talk to his/her coach about the problem.
- ❖ Only after the first step fails, the second step is contacting the coach via PHONE CALL OR FACE TO FACE to set up a time to meet with the coach, player and parent (no texts).
- ❖ If a concern still exists, the third step is meeting with Athletic Director, parent, player and coach.

CONSEQUENCES OF MISSING PRACTICES/GAMES

- ❖ **EXCUSED** absence: sick and out of school for the day, field trip, funeral, or other family emergency.
- ❖ **UNEXCUSED** absence: tardy or anything other than the above reasons
 - ❖ Any absence for a doctor's appointment must be brought to the coach in advance for consideration and a doctor's note must be brought to the coach at the next practice. Missing one of these components results in an unexcused absence.
 - ❖ Any absence *not* on the excused list may be brought to the coach in advance for consideration.
 - ❖ Messages from parents or sent with a teammate regarding an absence or tardy are considered **unexcused**. The **ATHLETE** must be the one to contact the coach.
 - ❖ **Tardies**: the only reason to be late is getting help from a teacher and must have a note to excuse. Unexcused tardies (i.e. detention, late, etc) can result in sitting one quarter.
 - ❖ A "no call/no show" to practice, games, or competitions may result in further penalties.

Vacations should be **most** avoided between the dates of October 26, 2015-February 6, 2016. Taking vacations that interfere with practice, games, or competitions may result in immediate alternate status for the remainder of the competitive season. Missing for a vacation at any time during the season will also result in the consequences below.

- ❖ If a practice must be missed, the **athlete** must notify the coach **BEFORE** practice (if it's an illness by noon if possible). This will allow the coach to rearrange or make any necessary changes before practice. You may reach your coaches using the information below:

Coach Erin George (Varsity)
Yorkvillecheer@gmail.com

Coach Jen Jones (JV)
jjones@y115.org
630-553-4380 ext 4099 (7am-3p)

- ❖ Missing 1 practice=Sitting out ½ of the next game, no quarter cheers
- ❖ Missing 2 practices=Sitting out a whole game, no quarter cheers
- ❖ Missing 3 or more practices/season=conference with parent and athlete about future on team.
- ❖ **BASKETBALL/COMPETITIVE SEASON**: If an athlete misses a practice near a competition for whatever reason and the coach feels it will benefit the team to put an alternate in that athlete's position, it will be done. This decision is solely up to the coach and is done on a case by case basis. The coach will make the decision that is best for the team. If the athlete is replaced for that competition, it is not guaranteed they'll be back in for subsequent competitions.
- ❖ Missing even one athlete on any day (practice or game) affects the entire team. You are choosing to make a commitment to this team; you must be in attendance when at all possible.

QUITTING/PERMANENT SUSPENSION

- ❖ Any team member who decides to quit or is permanently suspended from the team *after* the first practice forfeits their privilege to try out for any YHS cheer teams in the future.