

Wee Eagle Football Cheerleading 2009-2010

Policy Packet Football and Basketball

Forms

1. Policy Packet Discipline Form
2. Medical Consent Form
3. Photo Release Form
4. Gymnastic Permission and Liability Form
5. Ohio Health Physical Form

***All 5 forms must be signed and returned by first day of practice before your child may cheer!**

WEE EAGLE CHEERLEADING

Welcome to Wee Eagle Cheerleading,

We are delighted that your child is interested in cheerleading with our Wee Eagle Program. This policy packet is designed to relate pertinent information about the overall expectations, practices, and games. Your child's coaching staff will contact you over the summer about our practice schedule that will begin in August.

The Wee Eagle Program is very broad, not only does it offer a great cheerleading program, but offers volleyball, wrestling, basketball, and football. We are very proud of this organization that serves over 400 students. Our program is governed by a board, which meets the third Monday of every month. These meetings are open to the public and we invite you to get involved.

The Wee Eagle Football program will be supporting one team per grade level. Therefore, we will go back to traveling to away games to support our Wee Eagle players.

We are expecting wonderful times this season. The directors have learned a great deal, and are ready for an organized year! Don't forget that we are looking for our cheerleaders to display commitment, dependability, a positive attitude, but above all...respect for each other, their coaches and directors. Cheerleading is a sport if treated like one...so be ready to work with rewards of fun!

We are here for you! Again, welcome!!

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Rev. 03/09

***Wee Eagle Cheerleading
Football & Basketball
Policies***

Parents and Cheerleader,

Welcome to our *Wee Eagle Family*! Please read the following very carefully, as the coaching staff will abide by our expectations. Again, welcome and hold on for a great time this season. We have a lot of fun in store for you!

Expectations:

***Role Models**... cheerleaders are role models for the community. Please remember to be helpful, and kind to all. We expect good sportsmanship at all times. Don't forget that you represent your grade level and that someone is always observing you.

***Great attitude**... is a must! The coaching staff intends to challenge you to learn cheers, dances, gymnastic moves, jumps and work on voice projection. However, none of this is possible unless you remember that a great attitude goes a long way and makes for a great cheerleader!

***Homework**... great cheerleaders keep up with their studies. Therefore, you may only attend cheerleading if your homework is completed. The coaching staff will excuse you from practice if you need to complete schoolwork (do not overuse). Schoolwork is very important!

***Citizenship**... please remember to display your great attitude in/out of school.

***Registration Form**... in order to cheer, we need your registration form, fee and full uniform purchased.

***Physicals**... you may **NOT** cheer unless the coaching staff has received your physical form on the first day of practice in August. Your doctor should have a sports physical form available. Please get your physical completed over the summer. If you do not have your completed physical form as indicated, **then you will NOT practice until it is turned in to the coaching staff. This will be enforced!**

***Medical Consent/Liability Forms**... you may **NOT** cheer unless the coaching staff has received this form on the first day of practice in August. This is very important for your child's safety (please see attached). **This will be enforced!**

Rev. 04/08

Practice Expectations:

***Attendance**... cheerleaders are required to attend each practice unless ill, working on academics, or out of town. We understand that many children participate in multiple activities. If there is a conflict in cheer practice and another activity, **you must notify your coach and get approval of an altered schedule.** **This will need to be granted on an individual basis with the input of directors and coaches.** You **MUST** notify your coach if something arises and you cannot attend a practice. Remember that you will learn a great deal at each practice. Therefore, good attendance is important for the benefit of the squad! If a cheerleader misses more than 7 excused absences, the coaching staff, directors and parents will determine if the cheerleader should continue or not in the season. For football, it is mandatory to attend the 2 weeks of clinics that take place the beginning of August. However, if you have scheduling issues, please contact the directors immediately.

***Schedules**...practices will always be held the first two weeks in August, Monday-Thursday from 6-8 p.m. at Sackett-Wright field. **Practices will then be held on Tuesdays and Thursdays from 6-8 pm (or dusk determined by directors) until the end of October.** You know this information. Please try to avoid scheduling other activities on those days to avoid conflicting schedules. Thank you.

***Punctual**... cheerleaders are required to be at practice on time. Demerits can be given if late. Practice will begin promptly with stretching prior to beginning cheer work. Also, it is very important the parents pick up their cheerleader at the **end of practice on time**. These volunteer coaches need to get home to their families. Thank you!

***Attire/Hair**... cheerleaders are **required** to wear lightweight shorts/T-shirts/tank shirt/tennis shoes, so you can work on jumps, gymnastics, splits, and cheers Our cheerleaders are **NOT** permitted to wear just a sport bra. Please wear your hair pulled back at all practices. **NO FLIP FLOPS OR SANDALS. YOUR CHILD CANNOT PRACTICE IN HER BARE FEET. PLEASE WEAR TENNIS SHOES.**

***Food/Drinks**... please eat before attending practice. Don't forget to bring a water bottle. Your squad may have a snack at the end of the practice... determined by each coach.

***Newsletters**... please note that your squad's team mom will create a Weekly Newsletter or e-mail letter and will be distributed every Thursday. This newsletter will include **pertinent information** regarding practices and upcoming games. Due to last minute game schedule changes **READ YOUR WEEKLY NEWSLETTER!**

***Mounting**... no mounting is permitted in our SWBL league. Tumbling is allowed and encouraged. If your cheerleader is experienced in tumbling, they may do them during practice/games.

Rev. 04/08

Game Expectations:

***Uniforms**... Uniforms may be worn to school ONLY prior to game day if determined by the coach. Sometimes squads as a group wear cheer t-shirt and jeans or turtle neck, vest and jeans. **You must wear what the coach determines**. As long as the entire squad wears the same, we give the coach the flexibility to make this choice. Uniforms should NOT be worn in public unless cheering that day. Please refrain from wearing your uniform after the season. Refer to your Weekly Newsletter about uniform specification for game day and what to wear to school on Fridays. If school is sponsoring an event on Fridays that require certain attire, please notify your coaches of the conflict and coach may make the decision to not wear cheer apparel, but participate in school event. **Cheer sweatsuits are only to be worn to the games at the coaches discretion. Bring your sweatsuits to every game in a bag with your name on the bag.**

***Uniformity**... please NO nail polish, fake nails or nail tips, NO tattoos, NO facial/body glitter. At special times, the coaches may decide to apply facial glitter or a facial (cheerleading) tattoo. Please do not wear any of these items to the games.

***Hair**... same procedure as the practices. Please wear your hair pulled away from your face. This includes bangs. No bangs over your eyes. Hair Scrunchie will be distributed and is a part of your uniform. Cheerleaders are **REQUIRED** to wear the scrunchie at each game.

***Jewelry**... Please do **NOT** wear any of the following: necklaces, bracelets, ankle bracelets, chokers, and dangling earrings (**only post earrings are acceptable**). Remember you're a team, and it is not necessary to wear jewelry during this athletic action!

***Food/Drinks**... **NO** gum is allowed. Please bring a water bottle as you may drink water during the game! Please eat before or after your game. **No food will be permitted during your game.**

***Supervision**... it is **SO** important that each cheerleader be supervised by a parent/relative/friend during the 45 minutes prior to game and the game. This is required! If something would arise, we will need to reach you. Please note that this is for your cheerleader's safety! No child will be dismissed after the game until you pick your child up from the coach.

***Attendance**... you must be on time to the practice before the game to perform the Hello Cheer and the Half Time performance. Each girl must be at each game 45 minutes prior to the game start time ready to go with no exceptions. The time before the game is to review how

the girls will enter and exit the field. If you are late, you will not know what the squad is doing and therefore cannot perform. **Please be on time!**

Rev 04/08

Discipline Expectations:

***Notice**... This section was created at our coaching staff request. There are two parts of this program: Incentives and Consequences. **Please carefully read this section!**

Before your child can cheer, we are requiring your signature and your child's signature verifying your understanding the rules and regulations of the incentives and the weekly demerit system (consequences).

***Incentives**... we strongly believe in praise, encouragement, and motivation! Your child has the opportunity to earn individual rewards such as: praise, spirit pin, rotating captain of the week, megaphone use, etc. Your child's squad has the opportunity to earn squad rewards such as: treats, parties, practice night off, etc. Each coaching staff will determine the incentives.

***Consequences**... we prefer **NOT** to be disciplinarians but rather teachers of cheerleading. However, the following steps are the procedures that our coaching staff will **enforce** if a cheerleader violates any of the expectations outlined in this policy packet! Some of the common violations include the following: not calling regarding absenteeism, late to the 45 minute practice prior to game, late to a game, not wearing proper attire to game or school, eating during a game, not wearing proper uniform, not displaying good sportsmanship, uncooperative or rude to staff and other cheerleaders.

***ZERO TOLERANCE POLICY** (adopted from the Sugar Creek School district)

The following actions will not be tolerated under any circumstances. Disciplinary action such as suspension from squad will always be implemented for:

- Use or possession of drugs
- Use or possession of alcohol or tobacco products
- Possession of weapons or items that could be used as weapons
- Profanity
- Sexual harassment
- Physical abuse
- Theft or stealing
- Cheating
- Discrimination
- Insubordination
- Threats of physical harm (by child or parent)

The Directors make all final decisions regarding this matter with input from the coaching staff.

Weekly Accumulated Demerit System:

First Demerit	Warning/Cheerleader will run one lap!
Second Demerit	Parental Notice Form/Cheerleader will run two laps!
Third Demerit	Cheerleader will be BENCHED for one game/Cheerleader must sit with the coach in regular clothes during the game!
Fourth Demerit	Parent Attendance is REQUIRED at each practice for one week!

Fifth Demerit	Phone call from director for expulsion from the squad!
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*At the beginning of each month... cheerleaders begin with a fresh start! However if the consequences are constantly repetitive, the coaches/directors will take action. **Coaches can determine other consequences in place of running a lap!**

*Please sign and read the attached discipline form!

Rev. 04/08

Registration Payment:

***Fee...** The **\$70.00** registration covers the following for each cheerleader!

Nonrefundable

Cheerleading Shirt or Short or Sweatshirt
Hair Scrunchie
Coaches gifts from Teams (Wee Eagle Coaches Gift)
Awards (charm, trophy, or pin, etc.)
Warm up suit (jacket, pants ONLY to be worn on game days) – football only
Coaches and Team Mom shirts
Extra funds are applied toward the end of season banquet (football only)

Questions:

***Coaches**... our coaching staff is here to help you! Please refer to your coaches if you have a question. Teamwork! If there are any problems with teammates or with a coach... **please do not talk negatively about a teammate or coach with your daughter!!** We want **UNITY** in our squads. Parents should seek to understand cheerleaders' concerns with neutral approach and talk to a coach/director!

If you have a question regarding registration, physical forms, uniform fitting/payment, etc... please contact the **Directors:**

Lisa Pittman 848-7380 or e-mail at LisaMarieM@aol.com

Diane Matteson 862-9833 or e-mail at LadyDiMatteson@woh.rr.com

If you have any questions regarding your apparel that you purchased during fittings, please call our **Apparel Coordinator:**

Melissa Garrett 848-7730 or e-mail at melkev@woh.rr.com

Let's have a great season!

We are looking forward in sharing this experience with your cheerleader.

We are confident that our Bellbrook Wee Eagle Cheerleaders will make us proud and ready to cheer for our excellent teams.

GO EAGLES!

4. Gymnastic Permission and Liability Form (Addendum to Medical/Liability Form)

I, _____ (parent and legal guardian) of
_____ (cheerleader name), will allow my daughter to perform
gymnastics at practices and at games, on her own.

Furthermore, by signing this form, each parent recognizes the inherent dangerous activity of cheerleading and gymnastics, which often times may result in seriously bodily injury and/or death.

Furthermore, each parent or guardian specifically agrees to assume all risk, responsibility, and liability for any and all losses, injuries and/or other damages suffered by any cheerleader as a result of participating in any sporting or other event, trip, social function, or activity promoted by the Bellbrook Wee Eagles Cheerleading and/or the Sugarcreek Park Board.

Furthermore, each parent or guardian does hereby release and agree to indemnify any member, officer, director, employee agent, representative, in their individual and representative capacities, their successors and/or assigns, from all claims and rights of any action, for personal injury, property damage or other losses of any kind, resulting from the participation in or related to the Wee Eagles Cheerleading Program, whether it results from the negligence or failure to act by any of the officers, directors, employees, members, or other representatives.

1. Policy Packet Discipline Form

Overall Expectations
Practice Expectations
Game Expectations
Discipline Expectations

I have read and discussed the expectations with my child. I understand that if any of the expectations are violated, that my child will receive a demerit. I understand that the demerit system is based on one month and that my child will receive a fresh start each month. I understand that if my child repeatedly violates any of the expectations, that he/she may be excused from the squad.

Parent Signature: _____

Cheerleader Signature: _____

Date: _____

***This form must be signed and
returned to your coach before your child may cheer!**

*Please note that we will focus on your child's strengths! In the event of inappropriate behavior or lack of responsibility... we will enforce the demerit system. Thank you for your support in improving our Cheerleading Organization!

The Coaching Staff & Directors

Rev. 3/06

2. Wee Eagle Cheer Medical Consent and Liability Form

Cheerleader Name: _____
Grade: _____ Home Phone: _____ Cheerleader's Birthdate: _____
Parent Name: _____ Work Phone _____
Emergency Contact: _____ Emergency Phone _____
Hospital of Choice: _____
Allergies: _____
Family Doctor _____ and Phone _____
Family Dentist _____ and Phone _____

Medical Consent

As the *parent or legal guardian* of _____,
I hereby give my consent for emergency medical care prescribed by a duly licensed
Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever
conditions are necessary to preserve the life, limb, or well being of my dependent.

(Failure to sign indicates that you do not give consent)

Parent Signature: _____ Date: _____

Is there a current Physical Form on file with Wee Eagle Cheerleading?

_____ Yes, physical on file with Wee Eagle Cheerleading is current
_____ No physical on file with Wee Eagle Cheerleading or physical is not current
Cheerleader must have a current physical (within 1 year of when physical was given by
doctor) on file with Wee Eagle Cheerleading Organization. If you do not have a current
physical, then cheerleader must receive a physical by doctor before the first practice,
or they will have to sit out at practice. You may use doctor's standard physical form.

Liability Clause

Please read and complete signature below after reviewing Liability Clause:
By signing below, each parent or guardian agrees to assume all risk, responsibility, and
liability for any and all losses, injuries and/or other damages suffered by any
cheerleader as a result of participation in this activity promoted by the Bellbrook Wee
Eagles and/or the Sugarcreek Park Board and/or Sugarcreek Schools. Furthermore,
each parent or guardian does hereby release and agree to indemnify any member,
officer, director, coach, employee agent, representative, in their individual and
representative capacities, their successors and/or assigns, from all claims and rights of
any action, for personal injury, property damage or other losses of any kind, resulting

from the participation in or related to the Wee Eagles program, whether it results from negligence or failure to act by any of the officers, directors, employees, coaches, members, or other representatives.

Parent/Guardian: _____

Date: _____

This form must be returned to your child's coach before your child may cheer.

Rev. 04/08

Wee Eagle Photo Release Form

The Wee Eagle non-profit Organization maintains a web site at www.bellbrookweeeagles.com. Throughout the various sporting events, Directors, coaches and parents submit to our webmaster various pictures or video clips of athletes during a practice or game situation. In addition, pictures of athletes involved in sporting events may be included in the school and district newsletters and local newspapers.

Because the pictures and video may be viewed by people in our community or, in the case of the Internet (all over the world), we need your permission to post the pictures and videos. Please check the appropriate line below, and include your signature and date. Thank you for your cooperation.

_____ Yes, I give permission for the Wee Eagle Organization to include athlete's photos and video and personally identifiable pictures in the school and/or district newsletters, local newspapers and/or the Wee Eagle website.

_____ No, I do not give permission for the Wee Eagle Organization to include athlete's photos and videos and personally identifiable pictures in the school and/or district newsletters, local newspapers and/or the Wee Eagle website.

Parent/Guardian Signature _____

Date _____

Child's First and Last Name _____

Sport _____

Grade _____

Rev. 03/07