

Hominy Valley Youth Cheer Program

Handbook 2018

Commissioner: Sammi Bryant sbryant@hvrpsports.com 828-989-8270

Co-Commissioner: Wendy Rector wrector@hvrpsports.com 828-989-2730

Website: www.HVRPSports.com

Facebook: www.facebook.com/HVYL Cheerleading

GENERAL

Welcome to Hominy Valley youth cheerleading program! Please review the following information in regard to what is expected from both parents and children in the HVYL Cheer program. The cheerleading program primarily runs from August through November with a few dates through out the summer as well as a weeklong mandatory cheer camp typically held in July.

Definition: cheer-lead-er: noun: A cheerleader serves to boost team spirit, promote good sportsmanship, and develop good positive crowd involvement. Cheerleaders are athletes. Thus, they must condition, practice and warm-up the same as other athletes in preparation for a performance and they are susceptible to accidents and injuries as any other athlete may be.

Please feel free to contact us at any time during the season with any questions or concerns you may have or if you would like to volunteer. Thanks! We are looking forward to an exciting season! #cheerlifeblueandwhite

SQUAD DIVISIONS

Squads are divided by age. Per WNC board regulations, age is determined as of 08/01/2018. In general, squads are usually made following the guidelines below:

Mascots:	Age < 5
Termites:	Age 5, 6, 7 & 8
Mites:	Age 9-10
Midgets	Age 11-12

PRACTICES

Each squad practices at least three times per week from 6PM-8PM on Monday, Tuesday & Thursday at the fenced in area behind Hominy Valley Pool. (Mascots practice 6PM-7PM on Thursdays) A parent/guardian representative should be in attendance for each child. There may be an occasion that a team will practice 4-5 times during a week – usually the weeks before competition, all in the allotted amount of practice hours by WNC. Practices are mandatory & necessary to learn the cheers and routines. If you do not attend practices regularly you may not be allowed to attend competition and will be made to sit on sideline for part of the game.

You must inform your coach of any scheduling conflicts or if your child becomes sick and are unable to attend a practice as well as furnish a doctor's note when necessary. While at practice we do expect all cheerleaders to focus to the best of their ability, we have a lot to learn in a short amount of time. If your child is a continuing distraction they may be asked to either sit/ stand out, run laps or possibly stay after practice. As all of these tasks take a coach's energy and focus away from the squad/league, we hope not to need to utilize them. Please discuss with your child nightly if need be the importance of focusing and following directions to work as a team.

The commissioner will hold a weekly parent meeting on Thursdays at approximately 6:15, a parent/ guardian must be in attendance for each child.

PRACTICE POLICY

A parent representative is to be present at all practices. You are not allowed to drop your child off and leave (HVYL is not a babysitting service). For legal reasons you must be on site, the only exception to this rule is if you are at the HVYL football practice and your coach must be aware and have a way to contact you should an emergency arise. If something comes up and you need to leave your child a signed permission form **must be completed and signed by both your coach and the commissioner**, stating who is to be responsible should something occur (your coach can not be the temporary guardian of your child). This is a commitment for both parents and children, if having a substitute guardian becomes a regular occurrence, appropriate actions will be taken.

CHEERLEADING CAMP

Hominy Valley will have 2 of the 2 allowed camps this year. Both camps will be open to the public for a fee.

The first Camp will be required, will be no additional charge for 2018 Registered Cheerleaders and will run Monday thru Thursday with a picnic & Show Off on Friday for families (Dated 7/16-20). During this camp, we will teach the basic of cheerleading, arm movements & jumps, we will teach sideline cheers and then split into our squads and work on hello cheers for half time at the games.

The second camp is an optional camp. We will partner with the Fearless Tumbling gym in Canton. This will be a weeklong camp that will focus on beginner tumbling skills, some jumps and if time and weather allows stunting. There **WILL** be an additional charge for this camp. (Dated 7/30-8/03)

FOOTBALL GAMES

There will be games held every Saturday starting in August and running through play-offs, should the corresponding football team go to play-offs. (Make up games may be held on a week night) Cheerleaders are expected to arrive at all games at the designated time in full uniform (Including shoes) **WNC Board guidelines require that any cheerleader participating in competition cheer must attend all scheduled games.** If a cheerleader does not attend all scheduled games, they may not be able to compete in competition(s). **Games will be scheduled after competition and will still be mandatory in attendance.**

PLAYER CONTRACTS

Cheerleading is a Hominy Valley Youth League recognized sport and as such requires that that every player signs a contract to respect the sport, coaches and teammates.

COMPETITIONS

Competitions are required. A commitment will be required at the beginning of each season. If you would like your cheerleader to participate in competitions, they must participate in ALL. In order to participate in competition(s), you must be at least 5 years old by August 1st, 2018. Competitions are typically held in September/October, as soon as the 2018 dates are confirmed they will be passed along to parents at the following parent meeting, emailed and announced on the cheerleading Facebook page & website.

The cheerleading season does continue after competition regardless of placement.

PICTURES

Team and individual pictures are taken and will be available for purchase during each season. Date & times will be determined once we have our game & competition schedule. Also, some competitions may take team pictures that are available for purchase. For pictures girls must be in full uniform.

FUNDRAISING

Below is a list of league fundraisers for this year (the below listed fundraisers are **mandatory** for each girl to participate, all funds raised will go towards the purchase of this seasons uniforms & added expenses):

- Car Show Location: Food Lion Parking Lot Time: 11-5 Date: June 23rd, 2018
- Car Wash Location: Time: TBD Date: July 14th, 2018
- Benefit Night Location: TBD Time: TBD Date: Week of June 5-18th, 2017

Below are the fundraisers offered to help with individual cost of Cheerleading (Not required)

- Spring Shopper Due May 30th, 31st or June 1st (Fittings/ 2nd Payment Date)
- Tupperware Due June 23rd (Car Show/3rd Payment Date)
- Yankee Candle Due July 14th (Car Wash/ Last Payment Date)

UNIFORMS

A uniform deposit of \$50.00 is included in the 2018 fees. Each girl will receive a skirt & top (shell) that must be kept and returned in good condition. Sizing of uniforms will be done during your scheduled fitting appointment. If the uniform items are returned in good condition, your uniform deposit will be returned to you. Each cheerleader is also required to have all items detailed out on payment sheet. **For NEW cheerleaders:** all will be provided and are included in your total fees. **For RETURNING cheerleaders:** please check payment sheet, some items from previous year are reusable, *if in good condition*. You may submit an order for any additional items to the commissioners at fittings.

COMPLETION OF SEASON

Our Season Starts August 1st, 2018 and runs through the Asheville Holiday Parade. If your child does not complete the season. You must return the uniform in good condition, you will forfeit your uniform deposit and any additional items that have not been received. (I.e. gifts from HVYL, coaches & commissioners; Customized Comp gifts; T-shirts not printed yet & end of season participation trophy's) If uniform is not received a \$200 Fee will be placed on your families Hominy Valley Account and your child/children will not be allowed to participate until the balance is paid or the uniform is returned to the Cheer Commissioner.

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