



MC Kingsmen Cheer Guidelines 2019-2020

General Information

- ❖ Cheerleaders are required to turn in all information requested on the registration packet. Cheerleaders may not participate in any functions including practices until registration packet is complete.
- ❖ There is a \$150 Booster Buy In that will be refunded at the end of the season and once all volunteer hours have been completed. MCKYFC continues to run from volunteer work donated by all board members and parents.

Payments

- ❖ Participant must have all fees required by the league paid in full prior to deadlines. Failure to make full payment by designated due date will result in the cheerleader being suspended from roster. Uniform will not be ordered until paid in full.
- ❖ If a check written is dishonored by your bank, you will be charged a \$25 service fee. You will not be allowed to write checks for the remainder of the season if we receive a returned check on your child's account.
- ❖ All monies paid or fundraised are non-refundable.

Each participant is required to participate

- ❖ At all home & away football games
- ❖ At all playoff & championship games
- ❖ At all half time performances
- ❖ In all fundraisers unless otherwise specified
- ❖ At all league coordinated functions
- ❖ At mandatory JAMZ camp
- ❖ At mandatory JAMZ TVFYL competition

PRACTICES-RAIN OR SHINE

*Water and towel must be brought to each and every practice.
Please make sure your child's water bottle and towel are labeled with their name.*

Practices

- Conditioning will begin in July, dated and times TBD
- Practice will be 4 days a week beginning in July, and will drop down to 3 days a week after the first regular season game.
- Location: Modesto Christian High School
- Length of practices:

Varsity, JV, Novice	6:00 to 8:00 pm
Jr. Novice	6:00 to 7:30 pm
Mascots	6:00 to 7:00 pm
- Must arrive on time and stay the length of the practices.
- Cheerleaders must be dropped off no more than 10 minutes before or picked up no later than 10 minutes after practice. MCKYFC will not be found liable in the event your child is not picked up on time. Any participant that continues to violate rules may be removed from the team without refund, no exceptions.
- Any mandatory school functions must have flyer turned into coach & advisor prior to absence.
- Any excused absence due to illness, family emergencies, etc must be reported to coach at least 30 minutes prior to practice. If the coach is not notified it will be considered an unexcused absence.
- Repeated tardiness and absences may result in removal of squad without refund.
- Squad members who leave practice, games or competitions early or show up late will be assessed ½ an absence.
- Absences (practice and games) are assessed weekly and discipline is as follows:
 - 1 unexcused absence= sit out 1st quarter
 - 2 unexcused absences= sit out 1st and 2nd quarter
 - More than 2 absences (unexcused or excused) will be required to sit the entire game at coach discretion.

Scheduled Breaks

- Please be sure your child uses the restroom prior to practice.
- Bathroom and rest breaks will be determined by the coach. Jr. Novice and Mascot parents must be present at all practices.

Attire

- No jeans or denim allowed at all.
- No jewelry unless medic alert bracelet, must be taped down.
- Must wear comfortable shorts or sweats, and shirt, no spaghetti straps
- Must wear athletic tennis shoes with socks, no open toe shoes, no slip on shoes.
- Hair must be tied back into ponytail with practice bow, if too short for pony tail, hair must be pulled away from face. Bangs must be pinned back tightly.
- Must have folder with cheer book, water bottle, pom-poms, towel and warm-ups in cheer bag, periodic bag checks will be enforced.
- No eating, drinking (except water), or gum chewing allowed. Water breaks will be given at coach discretion.

GAMES-RAIN OR SHINE

Your child will be required to attend and cheer all football games, Competitions etc regardless of weather

Rules & Guidelines for Games:

- Each participant must attend all home & away games. Home field is Roy Blakeley Field at Modesto Christian High School.
- Will take place on Saturday and will last for 2 hours-unless otherwise stated
- Each participant must arrive at game site 1 hour prior to start of game
- Must be "game ready" prior to warm up including hair. Full uniform as instructed by coach. Do not check in if you are not ready.
- Must have water bottle, pom-poms, liner, and warm-ups in cheer bag. Periodic bag checks will be enforced.
- No food allowed during games including halftime. This includes gum chewing and candy. You may eat before or after your game only. If you decide to eat before game you must keep your uniform clean. You are allowed to have water or sports drinks during breaks in the game.
- Hair must be pulled back tightly up on the crown with no bangs. Gel and bobby pins should be used for stray hairs and fly-always. No hair should be down or loose unless otherwise instructed by coach. If your hair is short your coach will instruct you how to wear your hair.
- During the national Anthem you are to stand still and salute the flag until the song is over.
- Must pay attention to the game. Stand in your position during games and events. Horseplay will not be tolerated and may result in dismissal from event.
- No communication while on sidelines with non-cheerleaders other than cheering with crowd
- Maintain an attitude of good sportsmanship and congeniality to all organizations and individuals while representing the league in any manner
- At all times cheerleaders must pay attention when performing stunts. This is to prevent injuries.

Issues that arise during practice and games may require disciplinary action. Discipline may include: Push ups, sit ups, running, and sitting out of practice, game, or function

Injuries

As with any athletic sport injuries may occur. Participant's injuries that can occur and not limited to: Bruises, Cuts, Scratches, Sprains, Strained muscles, Torn ligaments, broken bones, back, neck, and head injuries. Our coaches have undergone training to teach girls proper technique in stretching, cheering, and stunting to help limit such injuries.

In case of an injury it is important that these steps must be followed:

- 1) Each participant must have a current medical information sheet and release form on file with the MCKYFC
- 2) If a participant is injured only trained personnel shall touch the injured party
- 3) The participant's parents must be called immediately
- 4) The participant will be given as much attention as is needed to keep them comfortable until the parent and/or parent representative arrives
- 5) If the injury is such that it is thought an ambulance is required, an ambulance will be called. All injuries will be treated as serious for the benefit of the participant
- 6) A follow up call by the coach or program director will be made the next day after the injury.

If the participant injuries are serious he/she shall not be permitted to practice or cheer until such time as he/she provides written clearance from a doctor.

Communication

Communication between the families and the MC Kingsmen organization is very, very, important. Without a regular system, the lines of communications fail and information becomes confusing.

Every family will receive information in the following ways:

- 1) Email- Each family will receive periodic emails and is the responsibility of the cheerleader and his/her family to check their emails frequently
- 2) Phone calls/text messages/chat app- Please respond to any messages, so that coaches know you have received information
- 3) Handouts- Handouts will be given directly to the cheerleaders at the end of practice. It is the cheerleader's responsibility to give these to his/her parents and it is the responsibility of the parent to ask if anything has been handed out.
- 4) Meetings- Meetings will be done when needed and will be set up by the Advisor
- 5) MCKYFC will hold board meetings once a month. (Time and location TBD.) These meetings are open to the public for the first 30 minutes.
- 6) Should any problems arise, please talk to the Advisor or Co-Advisor immediately before things get out of hand. You may not confront a Coach or Jr Instructor. It is very important that conflicts be handled amongst the parent and Advisors to avoid tension within the organization. Problems should be handled as follows:
 - I. Contact the Cheer Rep immediately so that an incident report can be initiated.
 - II. Only discuss the issue with the Cheer Rep and not with other parents or your child.
 - III. Please be advised you will receive a call within 48 hours regarding the incident.

Competition and Events

MCK cheerleaders will only participate in league approved and MCK approved competition and events.

Transportation

All transportation and accommodations for participant, parents, and siblings to all events will be the sole responsibility of each family. Cost associated with travel and registration fees for the participants, family members, and friends for competitions and other MCK approved events is the cheerleaders responsibility. Fundraising will be available. Supervision is the sole responsibility of the parent or guardian. Coaches will only supervise cheerleaders at time of warm up and performance. Once performance is completed the parent must resume supervision of their child. Each cheerleader participates at their own risk.

Competition Practices

Absences from practices will not be tolerated:

- Missed practices may result in removal from the team without refund.

Competition Squads

- Must have all fees required by the league paid in full prior to deadlines

Fees that have been paid for competitions are not refundable

Participant/Parent Conduct

Unbecoming conduct by squad member or parent that reflects on the reputation of the MCKYFC as defined by the Board of Directors may be cause for dismissal from the program and there will be **NO REFUNDS!!!** Any foul language out of any squad members, Parents, coaches, or advisors will lead to an immediate dismissal from the MCKYFC.

Always be courteous to your teammates, coaches and advisors. Do not bring outside issues or bad attitudes to functions, practices, games or competitions. Remember to treat one another with respect.

Complaints and Constructive Criticism

When making a complaint please address all complaints to our Cheer Rep. At no time should you approach a coach. Contact the Cheer Rep at practice immediately, so an incident report can be initiated. Once incident report is initiated, you will receive a phone call from Cheer Rep or Athletic Director within 48 hours of the complaint. *Please be advised that the incident reports may be viewed by all parties involved and will be held in the strictest of confidence by the Board President.*

MC Kingsmen Youth Football and Cheer

Acceptance of cheer guidelines:

I _____ have fully read, understand, and agree with the MCK Cheerleading guidelines.

Print Name of Participant

Signature

Date

Print Name of Parent/Guardian

Signature

Date

Print Name Head Coach

Signature

Date
