

*SIDELINE*

# SHERWOOD YOUTH CHEER

20  
24



Parent Portal



New family  
Registration

# WELCOME TO SHERWOOD YOUTH CHEER

## INTRODUCTION



We are delighted to welcome each of you to our spirited family, and we commend you for taking on the big commitment of joining our team.

As you embark on this exciting journey, remember that being a part of our program requires dedication, hard work, and a whole lot of heart. Whether it's perfecting a routine, supporting your teammates, or representing our community with pride, your commitment will be the driving force behind our achievements.

Sherwood Youth Cheer has had many successful seasons undoubtedly due to the hard work and dedication of the athletes and families in our program. Sherwood Youth Cheer is proud to represent two Oregon State Championship titles and three National Championship titles. As Sherwood Youth Cheer continues to grow and succeed we are beyond excited to **expand our program even farther with the addition of a Rookie team!**

Throughout the upcoming season, you can expect to experience not only the thrill of cheering on our teams but also the opportunity to develop valuable skills, forge lifelong friendships, and create unforgettable memories.

Our coaching staff is committed to providing top-notch instruction, guidance, and encouragement to help each cheerleader reach their full potential. We believe in fostering an environment where every individual feels empowered to shine and succeed.

SYC coaches are here to support your athlete every step of the way, providing guidance, encouragement, and mentorship to help you thrive both on and off the mat. Together, we will push out of our comfort zone, overcome challenges, and celebrate victories, big and small.

While the road ahead may be filled with practices, busy schedules, and tough competition, know that your commitment will not go unnoticed. Each moment you dedicate to this team contributes to our collective success and strengthens the bonds that unite us as one.

So, as you lace up your shoes, don your uniform, and raise your pom-poms high, embrace the commitment you've made to yourself, your teammates, and our program. Together, let's make this season one for the books!

We can't wait to see all that you will accomplish this season! Get ready to cheer your hearts out and have a blast along the way.

# THE GREAT TEAM WORK

THE VISION OF SHERWOOD YOUTH CHEER IS TO DEVELOP STRONG AND CONFIDENT YOUNG ATHLETES THROUGH THE SPORT OF CHEER. WE PRIDE OURSELVES ON UPHOLDING THE TRADITIONS IN THE SHERWOOD COMMUNITY THROUGH THE UNIFICATION OF THE ATHLETES AND FANS.

BY HAVING HIGH STANDARDS AND EXPECTATIONS, SYC WILL TEACH VALUABLE LIFE LESSONS: INTEGRITY, WORK ETHIC, MUTUAL RESPECT, ACCOUNTABILITY, AND A HIGH LEVEL OF COMMITMENT.

SHERWOOD YOUTH CHEER IS DEDICATED TO BUILDING EXCEPTIONAL ATHLETES WHILE REPRESENTING OUR COMMUNITY WITH ENTHUSIASM AND PRIDE.



## COACHES



**JESS FISCHL**  
JUNIORS



**LYNDA ALBORO**  
YOUTH ROOKIES



**ASPEN HAIDER-LAMARE**  
MINIS ROOKIES



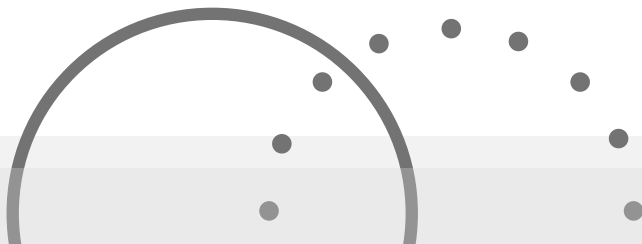
**TESS GRIMES**  
JUNIORS



**JESSICA LEWIS**  
YOUTH



**KELSEA SCHNEIDER**  
MINIS



# ROOKIES PRACTICES & GEAR

## INTRODUCING ROOKIES:

TRY CHEER WITH LESS COMMITMENT AND ALL THE FUN  
OPEN TO 3RD - 8TH GRADE. THE TEAM WILL LEARN CHEERS, DANCES,  
SIDELINE MATERIAL AND LIMITED STUNTING.






## PRACTICE & GAMES

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AUG 1ST-APPROXIMATELY OCT 26TH

### INCLUDES:

-  WEDNESDAY PRACTICE IN SHERWOOD,  
5:00-6:30PM
-  SATURDAY FOOTBALL GAMES
-  ROBIN HOOD PARADE, SHS HOMECOMING  
PARADE, HOLIDAY PARADE

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**\$250**

## UNIFORM

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### FAMILIES PROVIDE:

- SOLID BLACK SHORT (5" INSEAM)
- SOLID BLACK NO SHOW SOCKS
- SOLID BLACK ATHLETIC SHOES
- SOLID BLACK RAIN JACKET
- SOLID BLACK LEGGINGS

- 
-  GAME DAY SHIRT \$15
  -  BOWS & POMS OR MEGAPHONE \$40

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**\$55**

# MINI, YOUTH, JUNIORS





## PRACTICES & GAMES

### MINIS

FALL 2024: KINDERGARTEN - 2ND GRADE

AUG 1ST-APPROXIMATELY OCT 26TH

#### INCLUDES:

-  MONDAY- (OPTIONAL) TUMBLING CLASS
-  TUESDAY/THURSDAY PRACTICE IN SHERWOOD, 4:30-6PM
-  SATURDAY GAMES
-  ROBIN HOOD PARADE, SHS HOMECOMING PARADE, HOLIDAY PARADE

#### COST





**\$495** (DOES NOT INCLUDE UNIFORM)

### YOUTH

FALL 2024: 3RD - 6TH GRADE

AUG 1ST-MID NOV (DEPENDING ON PLAYOFFS SCHEDULE)

#### INCLUDES:

-  MONDAY (OPTIONAL) TUMBLING
-  TUESDAY/THURSDAY PRACTICE IN SHERWOOD, 5-6:30PM
-  SATURDAY GAMES
-  ROBIN HOOD PARADE, SHS HOMECOMING PARADE, HOLIDAY PARADE

#### COST





**\$595** (DOES NOT INCLUDE UNIFORM)

### JUNIORS

FALL 2024: 7TH - 8TH GRADE

AUG 1ST-MID NOV (DEPENDING ON PLAYOFFS SCHEDULE)

#### INCLUDES:

-  MONDAY (OPTIONAL) TUMBLING
-  TUESDAY/THURSDAY PRACTICE IN SHERWOOD, 4-5:30PM
-  SATURDAY GAMES
-  ROBIN HOOD PARADE, SHS HOMECOMING PARADE, HOLIDAY PARADE

#### COST

**\$595** (DOES NOT INCLUDE UNIFORM)

# MINI, YOUTH, JUNIORS PRACTICE GEAR & UNIFORMS



## FAMILIES PROVIDE:

- BLACK LEGGINGS
- BLACK SHORTS - NO UNDERGARMENTS SHOWING
  - IF SPANDEX 5" INSEAM
- ALL BLACK SHOES
- BLACK NO SHOW SOCKS

## UNIFORMS (FALL 2024)

OUR UNIFORM STYLE CHANGES EVERY 3 YEARS.  
THIS IS OUR FIRST YEAR IN THIS UNIFORM

- ❁ TOP \$165
- ❁ LINER \$35
- ❁ SKIRT \$100
- ❁ 3 PRACTICE SHIRTS \$25\*
- ❁ WARM-UP JACKET \$80
- ❁ DRAWSTRING BACKPACK \$10
- ❁ BOWS & POMS OR MEGAPHONE \$40\*

**TOTAL COST \$455**

CHEERLEADERS MAY REUSE WARM UP JACKET  
PENDING FIT CHECK. CHEERLEADERS WILL NEED TO  
BRING JACKET TO UNIFORM FITTING.

**REQUIRED NEW EACH SEASON\***



# Sherwood Youth Cheer 2024/25 Dates to Know

<i>Event</i>	<i>Applies To...</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Notes</i>
<b>Registration Opens</b>	<b>All Athletes</b>	<b>April 1st</b>	<b>N/A</b>	<b>N/A</b>	<b>New season - say WHAT!!</b>
Red Berry Barn Fundraiser start	All Athletes	April 1st	TBD	TBD	Individual Fundraising opportunities presented, All profits go back to the individual athletes to cover team and uniform fees.
<b>Community Clinic</b>	<b>All Athletes and the community</b>	<b>April 13th</b>	<b>9-12PM K - 3RD 12-3PM 4TH &amp; UP</b>	<b>SMS Commons</b>	<b>Tell your friends! This is a great way to try out cheer and see what it's all about before signing up. Geared towards new cheerleaders but current athletes are welcome to attend.</b>
Parent Info Night	New and returning athlete parents	April 17th	6-7PM	SMS Commons	Get all the info on the season and meet your coaches!
<b>Mandatory Uniform Fitting</b>	<b>All Athletes</b>	<b>May 20th</b>	<b>6PM A-L 7PM M-Z</b>	<b>SMS Commons</b>	<b>Mandatory uniform fitting night. 6pm for group 1 (A-L)and 7pm for group 2 (M-Z)</b>
T-Shirt Sponsor Fundraiser Kick Off	All Athletes	May 20th	6PM A-L 7PM M-Z	SMS Commons	Come get all the info on the T-Shirt Sponsors fundraiser to help offset your season costs! 6pm for group 1 A-L and 7pm for group 2 M-Z T-shirt Sponsor collection ends July 1st.
<b>Red Berry Barn Turn In</b>	<b>All Athletes</b>	<b>May 20th</b>	<b>6PM A-L 7PM M-Z</b>	<b>SMS Commons</b>	<b>Turn in any unsold vouchers and money.</b>
Competition Team Parent Interest Zoom	All Athletes Interested in Competition	June 3rd	7PM	Zoom	Everyone makes a team! 3 days, coaches are watching for skill level to best place on teams.
<b>Competition Team Tryouts</b>	<b>3rd -8th Grade Athletes Interested in Competition</b>	<b>June 18-20th</b>	<b>5-7PM</b>	<b>SMS</b>	<b>Everyone makes a team! 3 days, coaches are watching for skill level to best place on teams.</b>
Competition Team Summer Practice	Youth and Junior Competition Athletes	July 9, 11, 23, 25	5-7PM	SMS	We need to get ready for camp. This will be the time we start creating stunt groups for the season and going over basics.
<b>Robin Hood Parade Practice</b>	<b>All Athletes</b>	<b>July 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup></b>	<b>5-6:30PM</b>	<b>SMS Covered Area</b>	<b>Learn cheers and formations to walk in the parade!</b>
Robin Hood Parade	All Athletes	July 20th	9AM	Langers parking lot	Walk and have fun in the Robin Hood Parade

# Sherwood Youth Cheer 2024/25 Dates to Know

NCA at Home Camp	Youth and Junior Team Athletes **Required for Traditional Youth and Junior Comp Athletes	July 26th – July 28st	9AM - 4PM	SMS	Great bonding and skill building. Optional for non-comp Athletes. Required for all Youth and Junior Traditional Comp athletes.
SYC Camp	All Athletes *** Mandatory***	August 6 <sup>st</sup> -August 9th	Mini/Rookie – 5-6:30PM Youth/Junior – 5-7:30PM	SMS	This will be a mandatory camp for all SYC athletes to learn the materials and bond with their team.
Mandatory Parent Meeting	All Athletes and Parents	August 9th	6:30PM	SMS	This is mandatory for all parents. This meeting will go over all expectations and information needed for the season.
Raffle Fundraiser Kickoff	All Athletes	August 9th	6:30PM	SMS	Come get all the info on the Raffle fundraiser to help offset your season costs! Ends 8/30.
Team Pictures	All Athletes	August 11th	Rookie:8-9AM Mini: 9-10AM Youth: 10-11AM Junior: 11-12PM	SMS Football Field	Who's ready for their glamor shot? Full uniform.
SYC BBQ	All Athletes and Families	August 11th	4-7PM	Pioneer Park	Great time to connect with cheer families, get to know your squad. Potluck style BBQ with games and activities.
Tumbling	All Athletes	Starting August 12th	See Packet for Team Times	K-3rd/4th: Tumblebears 4th - 8th: Empire	All squads will be once per week (MONDAYS). Be ready in your practice attire and bring lots of water! Practices start promptly on time! Tumbling placements will be decided at SYC camp.
Sideline Practice	All Athletes	Starting August 13th	See Packet for Team Times	SMS	Be ready in your practice attire and bring lots of water! Practices start promptly on time!
Competition Practice	Competition Team athletes	July - October	See Packet for Team Times	SMS	Be ready in your practice attire and bring lots of water! Practices start promptly on time!
Competition Choreography	All Competition Teams	August TBD	TBD	SMS	This will be a couple of days and as soon as we have it locked in with the choreographer, we will let you know the details.
SYFA Car Wash	All Athletes	August 24 <sup>th</sup>	Sign up for shifts	District Office or Ridges	A great way to start the season supporting our local youth football. Go Knights!



# Sherwood Youth Cheer 2024/25 Dates to Know

Football Games	All Squads	Saturdays Starting September 7th	Varies depending on Team and football schedule	SMS Football Field	First games of the season! Arrive at least 30 minutes before your game. Bring lots of water, all cheer gear (apparel & poms) in a bag.
<b>Make Up Photo Day!</b>	<b>All Athletes that missed photo day</b>	<b>September 7th</b>	<b>TBD</b>	<b>TBD</b>	<b>A chance to get your photo taken if you missed the first photo day. Team photos will not be redone.</b>
Sherwood Homecoming Parade	All Athletes	Friday TBD	3:30PM	Sherwood Charter School To SMS	Meet right after school to cheer and walk in the parade! Meet at Sherwood Charter School and End at SMS.
<b>September Team Bonding</b>	<b>All Squads</b>	<b>TBD</b>	<b>In place of practice, arrive at your normal practice time.</b>	<b>SMS</b>	<b>Good old fashioned fun with your squad. No pressure! Olympics theme with games and fun! Go Team USA!</b>
SYC Gives Back - Coin Drive	All Squads	September 28th	All Football Games	SMS	SYC will be collecting coins to grow a scholarship fund for athletes in our community! Teams will compete to see who can collect the most amount of coins and win a prize!
<b>October Team Bonding</b>	<b>All Squads</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>	<b>Good old-fashioned fun with your squad. No pressure!</b>
Competition Team Pie Fundraiser	All Competition Teams	TBD	TBD	SMS	Get all your pies stocked up for the holiday season!!
<b>GameDay Championships</b>	<b>Game Day Competition teams</b>	<b>October 12th</b>	<b>TBD</b>	<b>TBD</b>	<b>If you are available between cheering at games, come support the Game Day teams as they compete in their first competition of the year!</b>
Trunk Or Treat	All Squads	TBD	TBD	SMS Parking Lot	Volunteer Parents will decorate cars for the squads to enjoy a fun Trunk or Treating in costume!
<b>Football Playoffs</b>	<b>Youth and Junior</b>	<b>November 2nd November 9th</b>	<b>TBD</b>	<b>TBD</b>	<b>This is dependent on the youth football making playoffs, nothing determined until end of season.</b>
Practice November - March	All Competition Teams	Starts November 4th	See Packet for Team Times	SMS	Be ready in your practice attire and bring lots of water! Practices start promptly on time!
<b>Tumbling November - February</b>	<b>All Competition Athletes</b>	<b>Mondays</b>	See Packet for Team Times	<b>Mini - TumbleBears Youth/Junior: Empire</b>	<b>Be ready in your practice attire and bring lots of water! Tumbling starts promptly on time!</b>

# Sherwood Youth Cheer 2024/25 Dates to Know

Gives Back Performance @ The Ackerly	All Competition Athletes	November 8th	TBD	The Ackerly Sherwood	Athletes will be giving back to the community by putting on a small performance for the residents of the Ackerly!
<b>End of Season Banquet</b>	<b>All Athletes</b>	<b>November 15th</b>	<b>6-8PM</b>	<b>SMS</b>	<b>Celebrate and close out sideline season. It was great to have you with us!</b>
Friendsgiving	All Competition Athletes	November 16th	Evening TBD	TBD	Potluck style bonding with your squad!
Thanksgiving Break	All Competition Athletes	November 23th – 30th	N/A	N/A	Enjoy your time with family and friends! Make sure to still be practicing your routine!
Holiday Parade	All Athletes	December 7nd	3:30PM	Kohls parking lot – Cannery Square	Let's have fun with Santa hats and lights as we cheer in the Parade!
Liberty Competition	All Competition Athletes	December 14nd	TBD	Liberty High School	Prep your cheer bag and stunt, tumble, and sparkle! Bring lots of water and some snacks. Don't forget \$\$ for treats and memorabilia apparel.
Holiday Party	All Competition Athletes	December 21st	5-8PM	TBD	Good old-fashioned fun with your squad. No pressure!
Christmas Break	All Competition Athletes	December 21st – Jan 3rd	N/A	N/A	Enjoy your time with family and friends! Make sure to still be practicing your routine!
Stunt Clinic	Youth and Junior Comp Teams	January 4th	Junior 8-12PM Youth 1-5PM	Empire	Empire Clinic
Competition Team Pictures	All Competition Athletes	January 5th	TBD	Sherwood Dance Academy	Strike a pose! Full uniform.
West Linn Competition	All Competition Athletes	January 11th	TBD	West Linn High School	Prep your cheer bag and stunt, tumble, and sparkle! Bring lots of water and some snacks. Don't forget \$\$ for treats and memorabilia apparel.
Newberg Competition	All Competition Athletes	January 18th	TBD	Newberg High School	Prep your cheer bag and stunt, tumble, and sparkle! Bring lots of water and some snacks. Don't forget \$\$ for treats and memorabilia apparel.
<b>Lakeridge Competition</b>	<b>All Competition Athletes</b>	<b>January 25<sup>th</sup></b>	<b>TBD</b>	<b>Lakeridge High School</b>	<b>Prep your cheer bag and stunt, tumble, and sparkle! Bring lots of water and some snacks. Don't forget \$\$ for treats and memorabilia.</b>

# Sherwood Youth Cheer 2024/25 Dates to Know

Tualatin Competition	All Competition Athletes	February 1 <sup>st</sup>	TBD	Tualatin High School	Prep your cheer bag and stunt, tumble, and sparkle! Bring lots of water and some snacks. Don't forget \$\$ for treats and memorabilia apparel.
<b>OCCA Championships</b>	<b>All Competition Athletes</b>	<b>February 22nd-23rd</b>	<b>TBD</b>	<b>Salem Pavilion</b>	<b>Final competition against all the teams in Oregon!</b>
Pac West Nationals	Youth and Junior Competition Athletes	March 8th	TBD	Oregon Convention Center	Nationals
<b>End of Season Banquet</b>	<b>All Competition Athletes and Families</b>	<b>March 15<sup>th</sup></b>	<b>5-7PM</b>	<b>SMS</b>	<b>Celebrate and close out competition season. It was great to have you with us!</b>



# Sherwood Cheer Handbook of Expectations

## Introduction

Welcome to Sherwood Youth Cheer! We are so excited to have you join our program. You will learn cheers, jumps, dances, stunting, and have opportunities to perform your skills during the season.

There are rules in place to make sure that, at all times, you are representing yourself, your team, our organization and our community with the highest level of respect and responsibility. These rules are for you; please read and understand them, and know what is expected of you at all times. Our rules represent your commitment to Sherwood Cheer and we thank you for being an important part of our cheer organization. Additional policies to be reviewed will be found on your Jackrabbit parent portal (ex. Parent Code of Conduct).

We are so excited to be adding a **Rookie Team** (3rd-8th grades) to our program. The Rookie Team is for new to cheer or beginner level cheerleaders. They will learn the basics and fundamentals of our sport in a less formal setting. The Rookie Team will learn cheers, dances, sideline material and limited stunting. Please review the infographic in the registration packet for inclusions and more detail specific to the team.

## Time Commitment

Cheerleading is a commitment sport and we require cheerleaders to be at every practice, game, event and competition (if applicable) in its entirety. We do understand that emergencies happen, but you must understand this requirement before committing to cheer and when planning personal events.

Some of the many commitments are: fundraisers, camp, summer practices, games, competitions and other events. Other activities, family commitments, and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected with this organization. Athletes should understand that only illness and out of the ordinary family circumstances are legitimate reasons to miss a cheer activity. Many times practices go a little longer than planned or the team is asked to perform at an unscheduled event. We do our very best to publish known events at the beginning of the season. Our schedules may change due to unforeseen circumstances. For example, inclement weather and school district schedule changes.

Our Sideline Season starts at the beginning of August. The first week of August is SYC Camp and is mandatory for all athletes to learn their season material. If our football teams make it to the playoffs, the Sideline Season will continue into November. SYC's Sideline Cheer season performances end completely by mid-November.

SYC also offers a Competition Season. Competition season begins in July and continues through mid March, overlapping with the Sideline Season. Athletes are required to participate in Sideline Season to be able to compete in Competition Season.

## Academics

At SYC, we believe that school is a priority -- both attending classes and maintaining your grades. Your education comes first. At the elementary school level, we ask that our cheerleaders work hard in the classroom and must have passing grades. At the middle school level, you **must** maintain a "C" or higher in all of your classes.

## Absences

All practices, games, events, and competitions (if applicable) are MANDATORY. Be aware that absences from practices, games, events, or competitions, even if excused, may result in removal from stunts and/ or line position.

On occasion, it is necessary to miss a practice and/or game. We understand that issues arise, and we ask that you notify your coach(es) if you need to be absent for any reason.

- **Excused absence:** an athlete who has missed school due to illness; a *graded (required)* school activity, family emergency (death in the family or similar). Your coach(es) must receive a *written* note, email, phone call or text from your parents no later than 9:00 a.m. of practice for illnesses. School activities need 1 week or more notice.
  - Absence due to illness means: athlete has a fever of 100.4 or higher and/ or contagious illness
  - Absence due to illness may require a doctor's note clearing athlete to return to practice
- **Unexcused absence:** being absent without notification to your coach by 9am for illness/ emergency or missing practice for any reason not listed above. Examples of unexcused absences: traffic, too much homework, feeling tired, don't have a ride, carsick, other appointments/ events or commitments. Absences will be unexcused if it is not communicated directly to your team's coach.
- **Benched:** If for any reason determined by your coach or the board you are "benched" from a game or practice, you are required to attend the next game(s) or practice(s) and sit on the sideline with your coach(es), in full uniform (game day) or practice attire, participating in cheers, for the entire game/ practice and support your team.

## Team Expectations

Every athlete in the program is expected to arrive on time and in the correct attire (head to toe) to practices, games, events, and competitions (if applicable) with a positive attitude and ready to learn. As listed in the Athlete Code of Conduct (can be reviewed in Parent Portal), we also require our athletes to respect their teammates, staff, the facility and themselves. If those behaviors are not met, we will use the following process to align the athletes actions with the program policies:

- First: Warning
- Second: Meeting with parents
- Third: Dismissal from team
- Other consequences may be assigned at the discretion of the coach

Examples of infractions:

- Missing pieces to uniform or practice gear... Three occurrences will result in one unexcused tardy
- Arriving unprepared (Jewelry On, hair down, no shoes)... Three occurrences will result in one unexcused tardy
- Not letting coaches know by 9am if you are ill and will miss practice or event
- Unexcused tardy: Every late arrival, one minute to 5 minutes. Three late arrivals result in one unexcused absence. If a member is more than 10 minutes late without prior arrangement with the coach, it will be considered an unexcused absence.
- Unexcused absence from practice, game or event

- Three unexcused absences will require a meeting with coaches and president before returning to practice again
- Skipping classes in school: Will sit out at that week's game
- Disruptive behavior/attitudes at any practice, tumbling class, game or event
- Any action or behavior at the coaches' or board's discretion that is deemed unsafe or unlawful will be grounds for an automatic dismissal from the program

\*Any dismissal from the program will be without refund no exceptions. If there is a balance on the account, it will be due in full immediately.

## **Practices**

Monday - Tumbling

Tuesday/ Thursday - Team Practices

Wednesday - Rookies' Practice

Tumbling is included in the program fees. Location is dictated by your team placement. While it is not required, it is strongly recommended in order to progress through our program and your cheerleading career. Tumbling is essential to cheerleading. The weekly tumbling class is required for our competition teams.

Cheerleaders need to arrive to practice/ tumbling 5-10 minutes ahead of time so that you can prepare for practice: restroom, shoes on, check in with coaches, etc. Practice will begin on time and it is your responsibility to be ready to go on time. Being late affects the whole team.

For practice, each cheerleader will wear matching practice attire decided by coaches. This includes:

- Sherwood Cheer shirt
- Black shorts with no less than a 5" inseam
- Black no show socks and all black athletic shoes that tie/lace up (no Keds or metal)
- Hair in a high pony
- **ALL jewelry off**
  - **Headbands and ALL earrings/jewelry are considered "illegal"** by national cheerleading rules, however it is appropriate to use bobby pins and/or snap barrettes to pull back bangs and/or fly away hair that will not fit in a high pony.

Expected practice behavior includes, but is not limited to, the following ideal characteristics:

- Pay attention & follow directions
- Be a team player
- Be respectful of yourself, your teammates and coaches
- No arguing with each other or coaches
- No excessive talking with other athletes, friends or family
- Be on your "mark" at all times, and ready to listen and learn
- Goofing off & inappropriate behavior at practice will not be tolerated
- Phones/ electronics must be silenced and stored in bags
- Practice is very important and something we take very seriously
  - *We always have work to do at practice; cheers to review and new material and skills to learn.*

## Game Day

Football games that sideline squads perform at take place on Saturdays (or Sundays, depending on teams) throughout September and October. Playoff games for older teams may run into November. Sherwood Youth Cheer Board and Coaches are not responsible for athletes outside their scheduled practice/warm ups and games, even if they are within the stadium.

- All athletes are to arrive 30 minutes prior to the start time of their scheduled game in full uniform and ready to cheer
- Meet the coach behind the stadium for warm ups
- Games are approximately 2 hours long
- At the end of each quarter, athletes will be allowed to approach the sidelines for water breaks
- If athletes need to use the restroom, you may do so as necessary, after notifying the coach
- The athlete's responsibility is to cheer, dance, stunt and perform for the entire game, start to finish. All personal belongings will remain on the sidelines while cheering for the game
- Phones/ electronics must be silenced and stored in bags
- Squads will meet after each game, off to the side of the stadium, to go over any notes, and be released to parents
- Teams may be asked to stay after the game to help clean the stands. This will be communicated in advance
- If athletes are to leave the game/field without their parents/ guardian -- alone or with another family -- their parents/ guardian **must** notify coach(es) prior to the game. There are no exceptions about departure procedures for athlete safety

Athletes are highly encouraged to attend the football games of other SYC squads. Athletes should sit in the stands together and participate in the cheers, chants and call-backs of the performing squad. **No one** will be allowed on the track between the performing athletes and the stadium, unless approved by the performing squad's coach. Athletes are also encouraged to attend the high school's Friday night Varsity football game to cheer on the Bowmen cheerleaders and experience the atmosphere.

## Game Attire

- Athletes must arrive at each game in complete uniform, to be specified by their coach by the last practice of the week
- All uniform pieces and including warm ups must be brought to all games, in case the weather warrants a last minute change; all athletes will be required to wear matching uniforms during the game
  - **If an athlete is missing a piece of the uniform, they will be benched as determined by the coach**
- Bring a full water bottle to each game

## Game Behavior

*Game behavior is no different than practice behavior*

Athletes behavior will be, but not limited to:

- On mark or in formation on the track
- Paying attention to the game
- Watching and learning/understanding the game
- Listening for cheers to be called
- Voices off between cheers
- Sportsmanship\* is required

## Competition Teams

The competition program is an optional add-on and additional cost. Some teams will practice during the sideline season. Competition Season July - Mid March. Routines are choreographed and performed for a panel of judges and a crowd. We compete against other local programs. There are two styles of competition: Game Day and Traditional.

- Game Day
  - Similar to football game material
  - Three sections: Band Dance, Situational: Offense/ Defense, Crowdleading
  - Less skills based; performance based
  - Great introduction to competitive cheer
- Traditional
  - Routine is choreographed to showcase skills
  - Tumbling: running and standing
  - Jumps
  - Stunting
  - Dance
  - Performance
  - Tryout required (we are a no cut program)
  - Cheer camp required

## Stunting

State and National cheerleading guidelines say that **no stunting is allowed without a certified coach present!!!** *No exceptions*. Stunting with sideline cheer is a privilege that is earned after learning a series of progressions of technique from coaches and other professionals.

## Uniforms

Sherwood Youth Cheer uniform is defined as:

- Top & skirt or uniform pants
- All black Cheer Shoes (no Keds or metal of any kind)
- Black No-Show Socks
- SYC warm up jacket
- Solid black leggings
- Poms or megaphone
- Hair Bow
- Bobby pins, as necessary; **no** other hair/head bands, clips, etc.
- No Jewelry
- Finger nails must be kept short with no nail polish, glitter, acrylic/gel nails or stickers
- If make-up is worn it must be natural looking

Uniform Responsibilities:

- Upkeep and care are the cheerleader's responsibility
- Uniform is to be worn in its entirety. This includes proper undergarments, hair accessories, socks, shoes, briefs, etc
- Do not lend out ANY part of your uniform - it is NOT a Halloween costume!
- REMEMBER: When you are in uniform, you are representing the program and your team
- We cannot replace your top, skirt, or warm ups
- Bow replacement will be a \$25 fee



## Spirit Days

Spirit Days are each Friday at school before our Saturday games. On Spirit Fridays, SYC athletes are invited to wear their practice T-shirts or jerseys to school. We encourage SYC cheerleaders to participate and show their team spirit. **Do not** wear your current uniform or Game Day bow for spirit days.

## **Sportsmanship**

Demonstrating great sportsmanship is expected of everyone. All athletes are treated equally, regardless of your age or experience. A constant positive attitude is required about ourselves, our teammates, our organization and our community.

Inappropriate Behavior such as (but not limited to) the following will clearly indicate that you are not making good choices or exercising great sportsmanship:

- Not participating completely at practices/games (coaches are trained in age appropriate expectations of teams and will hold those expectations equitably)
- Gossiping
- Being mean or unkind to one another
- Using inappropriate language in person or online or via text message
- Demonstrating behavior that isn't safe, respectful or kind
- Showing disrespect to teammates and/or coaches, including behavior via social media, text messages, etc.
- Using phones the prep time before practice, during practice, or during pick up times (unless communicating with an adult about transportation)

**SYC reserves the right to refuse participation to any athlete at any time**

## **Social Media**

SYC does not tolerate any sort of bullying, hazing, foul language, or improper conduct on social media. This includes, but is not limited to: Group texts, Facebook, Twitter, Instagram, Snapchat and TikTok. Respect for our teammates, program, schools, community, and sport is of utmost importance. This applies to athletes and their families.

## **Fees**

A non-refundable registration fee of \$50 for your first athlete and \$25 each additional athlete will be due at online sign up. Uniform/ gear deposits of 75% of your total order are due at fitting. The uniform/ gear order cannot be exchanged or refunded. The balance is due at uniform pick up in early August. Team fees will be due by September 6th. All fees must be paid in full in order to cheer at your football games. If an athlete/ family quits or leaves the program for any reason (injury, illness, moving away, or disciplinary dismissal) they will be required to pay any remaining balance due in full. There are no refunds and no exceptions. These fees are separate from any Competition Team fees.

Financial Scholarships: Due to budget constraints this season, we do not have a scholarship fund. There will be many fundraisers available. Please consider participating in fundraisers and/ or help find business sponsors for the program to grow our scholarship fund again. If needed, please contact [registrar@sherwoodcheer.org](mailto:registrar@sherwoodcheer.org) to arrange a different payment schedule for team fees.

## **Fundraising**

There will be fundraising opportunities April through August to help offset the program and uniform fees. We will communicate those opportunities at the required parent meetings. Any amount not fundraised will be the responsibility of each family. Any fees for Fall 2024 not fundraised will be due on 9/6. Please consider fundraising in addition to your fees. Those funds go back into the program for scholarships and to buy new equipment.

We understand that reminders about fundraising can create a full email box. All families will receive information about new fundraising opportunities. If you would like to be added to the Fundraising Interest List, please fill out this form: <https://forms.gle/xY5Yagi3SoNBLXRv9>. You will get the reminders and additional information about individual fundraisers available.

### Mandatory parent meetings:

- 4/17 - New and returning families
- 5/20 - Uniform fitting & fundraiser launch
- 7/8 - Competition Teams' Zoom
- 8/9 - Pre-season parent meeting & fundraiser launch

## **Parents**

The Board of Directors and coaches ask that the following rules are followed by all of our families:

- Practices will be closed to parents unless volunteering or occasional team showcases
- Elementary school students will only be released from the gym/practices or stadium/games to a parent or approved adult, unless previous arrangements have been made with the coach.
- Allow and encourage your athlete to bring concerns or issues to their coach(es) or any board member, prior to parental involvement
- Your behavior reflects on the program. We ask our families to follow the same sportsmanship guidelines as our athletes. Any unsportsmanlike conduct may result in the family's dismissal from the program without refund.

Please note that we partner with Sherwood Youth Football Association (SYFA) and are utilizing school facilities and therefore must also abide by their rules and regulations. If you have any questions or concerns, you may always reach out to [president@sherwoodcheer.org](mailto:president@sherwoodcheer.org)

### The "24 hour" rule

We understand that at times there may be a situation that you or your athlete may want to address. We ask that you give it 24 hours, allowing time to think about the situation, discuss it with your athlete and determine the best way to approach it. If after 24 hours, you feel that the concern needs to be addressed with your child's coach or Director of Coaches, please request a meeting time for you and your child to talk with their coach or the Director of Coaches. Discussions just before or immediately after a practice or game will not be allowed unless previously arranged.

*ANY questions, concerns or comments please know that we have an open door policy. You can contact the SYC President at [President@sherwoodcheer.org](mailto:President@sherwoodcheer.org)*

**The SYC board reserves the right to modify or add additional expectations as we see fit, any changes will be communicated to SYC athletes and their parents.**

**Now that we have all of this covered... Let's get out there and CHEER!!!<sup>1</sup>**

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<sup>1</sup> Revised March 29 2024