

FLEMINGTON FALCONS TIME & COMMITMENT LETTER CHEER 2012

The following points are meant to stress the importance that both participant and parents need to be aware of and the time and personal commitment involved to this team sport. Read the following, sign and return the signature page in recognition of this commitment prior to the first day of practice.

PLEASE NOTE THE FOLLOWING:

- Practice/Season officially begins **August 1, 2012**.
- Cheerleading is a Team Sport. There are no try-outs for Pop Warner Cheerleading. Children are placed on teams according to their grade/age. Dance and Gymnastics experience is strongly recommended, but not required.
- Prior to the first practice, each cheerleader must have had a physical in 2012. No cheerleader will be allowed to practice until a physician has filled out the physical release form and it is handed in.
- Prior to or on the first day of practice, each cheerleader must provide a copy of their 2011-2012 school report card and a copy of their birth certificate along with the original birth certificate so that the copy can be certified. Original birth certificates will be returned. ** Birth Certificates are not required for returning players.
- Each cheerleader is expected to attend all practices and games.
- If your daughter is absent, she & her teammates will not have the benefit of practicing as a full squad. Each squad performs as a team – not as individuals. All girls are placed in a stunt group and if one girl misses ~ the entire stunt group cannot practice.
- Once the season begins, if you must be absent from a practice or game, due to illness, school or religious reasons, you are to notify your Head Coach directly and promptly.
- Practices will be 10 hours a week Pre-Labor day beginning in August and 6 hours post-Labor Day. Practice for the first two weeks will be Monday through Thursday from 6 to 8:30 PM. The following three weeks prior to Labor Day will be Monday through Friday from 6 to 8 PM. Once school begins, Cheer teams will practice indoors at several different locations. Practice days will vary depending on each team's designated facility. A detailed schedule for each team will be given prior to moving indoors. Practice times will be reduced for Flag and Mitey Mite squads.
- Promptness is crucial for a successful practice session. Arrive on time. Wear appropriate clothing – hair pulled back in a ponytail, socks, athletic sneakers (no Sketchers or platforms), no jewelry, no gum, no long nails or nail polish, no sandals and/ or flip flops. Absolutely no cell phone use unless to call parent(s).
- Cheerleading is never “optional”. Your cheerleader will be performing in all kinds of weather. It may be sweltering HOT, it may be bitter COLD, it may be raining. Please plan for these conditions and know your cheerleader is expected to attend these practices and games (and stay to the conclusion) no matter what the weather or temperature, unless, you are otherwise notified by your coach or team commissioner.

- Safety is our number one consideration. Under no circumstances will a participant be allowed to participate in practice or a game without the required uniform, completion of a minimum of 20 hours of conditioning, adequate practice participation and/or physician clearance to return to participation after an illness or injury. If the head coach determines that there is a player safety issue, that player will be removed immediately from any further participation until the safety issue has been satisfactorily resolved – NO EXCEPTIONS.
- As per National Pop Warner rules ~ All participants are required to complete 20 continuous hours of conditioning/practice prior to regular practice sessions and/or pre-season games. Conditioning will be the first and second week of practice. Players missing any part of the conditioning period will be required to make up the missed hours. The head coach is responsible for ensuring that this requirement is met – if conditioning hours have been missed resulting in a potential player safety situation, the head coach may require additional conditioning hours above the 20 hours and will notify the player accordingly. (See safety bullet above)
- Cheerleaders are required to attend practice time (1) one hour prior to each game. If you do not attend the practice for that hour, your participation in the half time performance is at the Head Coach's discretion – this is a safety issue.
- Each cheerleader should arrive in full uniform, ready to cheer, meaning: eaten a healthy meal, visited the restroom, hair pulled back in high ponytail with game ribbon in place. Cheerleaders are required to stay with their team from the time they arrive an hour before the game all the way until the entrance of our football team for the following game.
- The Flemington Falcons are part of the Mountain Valley Conference (MVC). It is extremely important that every cheerleader and parent be aware that the Jr. Pee Wee, Pee Wee, Jr. Midget and Midget Cheer Squads are all Competitive Cheer Squads. These teams will compete at the MVC Competition (early October). Flag and Mitey Mite squads will participate at MVC on an exhibition basis only.
- Indoor practice locations will be determined in September based upon availability. The Falcons will make every effort to keep practices close to the Football practice to accommodate families with participants in both Cheer and Football.
- We will distribute a game schedule by the middle to end of August. You should be prepared to cheer every Sunday in September and October.
- Please be aware, the season is not officially over after the last regular season game; competition, play-offs and bowl games are also **mandatory** and often extend into November and December.
- Please note that game times and locations are not set by us but by MVC. It is normal that your daughter will play at the same time each week, but know that this time is subject to change. If there is a change you will be notified. We play (on average) 4 home games (at Hunterdon Central High School). The remaining games of the season are away. You will be given directions to the away field.
- If a team advances from MVC competition (early October), they will compete at the State Qualifier (end of October), winning teams advance to the Eastern Region Finals (early November) and then ultimately to the Pop Warner National Championships in Orlando, Florida (early December). It is extremely important to notify the Head Coach ASAP if a cheerleader is unable to attend a scheduled competition, as this will affect the competition routine.
- Having all squad members present at practice becomes particularly crucial the week of the MVC competition and then as the squad advances. Please be advised this may have an impact on the girls needing to be available for practice during NJ Teachers Convention Weekend.

- Please be cooperative and respectful of your coaches, both adult and student. Parents, if you have concerns with your daughter's coach(es), please wait until after practice or game to address all concerns with the **Head Coach** only.
- Each girl will be provided a uniform to be returned at the end of the season.
- Parents are required to provide the following: Black Body Suit, Lolly Pops/Bloomers, Competition Sneakers, and socks. These items are available for purchase at the local sports stores in town.
- Hair ties/bows, cheer curl hairpieces are decided on a team by team basis by the head coach.
- When it is uniform return time, you will be asked to return your skirt and vest, freshly washed and folded. Failure to take proper care and failure to return all pieces at the end of the season will result in forfeiture of your work bond and the imposition of an additional uniform replacement fee.
- It takes a considerable amount of money to purchase equipment, rent indoor practice space and run the entire program. Registration only covers half of the Falcons annual operating budget. For this reason we will need to participate in fundraising activities throughout the season. Our aim is not to burden the families with these activities but to provide carefully selected programs that are simple, rewarding to both the league and our participants, and provides a value to those who support our efforts. The annual lottery and tagging efforts are mandatory for everyone.
- Parents are required to volunteer their time to the organization for **6 hours** per first participant and 4 hours for each additional participant. Your help is needed in various positions to help the organization through your time and involvement. Positions include game day duties in the snack shack, gate and 50/50 sales, and field assistance to name a few. A complete listing of volunteer positions will be on the website with sign ups during equipment hand out in July. **Positions will be assigned to those who do not voluntarily sign up.** Remember, this is a volunteer organization for the benefit of your child. If you feel you can add or help out in any way, please feel free to talk with your coach or team commissioner. There is always something you could do to help out.
- Fundraising is an important part of these Competitive Cheer Squads. The cost to participate at Nationals in Orlando, Florida, in the past is approximately \$750 per person which includes airfare, hotel, and park tickets. It is strongly recommended that each cheerleader be accompanied by a parent/guardian chaperone (additional cost). The Falcon organization will attempt to defray the total cost for each girl to the best of our ability. The expectation is that we will NOT be able to cover each girls entire individual cost. As an organization, we do fundraising for all our expenses but we can not plan to cover the total costs when we do not know how many of our squads might qualify for the Nationals. We will arrange additional fundraisers to help offset the cost of the trip for each cheerleader after qualifying however; it is up to each individual cheerleader to actively participate in these fundraisers. There will be one person from each team responsible for recordkeeping, to track each cheerleader's fundraising efforts. *This is a team sport and in the event your daughter's team moves forward to Nationals. Fundraising is not optional. Noncompliance will be subject to forfeiture of your work bond.*

YOUR TIME AND COMMITMENT TO
FLEMINGTON FALCONS CHEER – 2012
SIGNATURE PAGE

Please remember that Cheerleading is a TEAM SPORT.
**By your signature below you have read, understand and agree to the
Time and Commitment letter.**

Parent/Guardian
Print Name:

Cheerleader
Print Name:

Practice Shirt Size : (Circle One)

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Please sign and return this page only before the first day of practice.