

2017 Guthrie Youth Cheer (GYC) Handbook

Welcome to Guthrie Youth Cheer (GYC) season 2017!! We are excited to start practices and are looking forward to getting to know the girls. In trying to make things easy for everyone involved, we have put together this informational handbook. Please read and then sign the form at the end. We will keep these in our files.

Practices are every Tuesday and Thursday from 6:00pm to 7:00pm at the practice field/track, unless otherwise stated by your coach. Your coach will provide you with a schedule of games when that information is available. We will be participating in competitions this year, toward the end of our season, and dates will be announced when they are available.

Please make sure that you like our page on Facebook, Guthrie Cheerleading (Guthrie Youth Cheer), [guthrieyouthcheer@facebook.com](https://www.facebook.com/guthrieyouthcheer).

The following pages list our policies and rules for behavior and attendance this season:

Parents:

We, as coaches, feel that practice time is for the cheerleaders. We encourage parents/guardians to watch practices. If you have other children at the practices, you must supervise them at all times. Kids will not be allowed to run around practice areas. This is for the safety of not only our cheerleaders, but others as well.

Practice equipment (such as but not limited to: water jugs, pom-poms, signs, tumbling mats, sound equipment) is for COACH and CHEERLEADER use ONLY. Anyone caught playing with any equipment will be asked to leave the practice area.

If at any time, we feel that there are too many distractions, we will ask that you move to a different location away from our practice areas or leave the practice field.

Parents are not permitted to cheer, jump, tumble, or stunt with your child or any other cheerleader during practice or any other GYC event. (This does not include crowd participation). As coaches, we advise against doing any tumbling or stunting with the cheerleaders at home or away from the coaches supervision. This is for the safety of our cheerleaders.

Parents/Guardians need to check out their child with their coach at the end of practices, games, or any other GYC event. Please do not allow your cheerleader to walk into or out of games/practices without adult supervision. If you plan to leave during practices/games/events, please make sure that you are back at the scheduled end time to pick up your cheerleader. If you have somebody else picking up your cheerleader, please notify your coach in advance. Again these policies are a safety measure for our cheerleaders.

Any questions, concerns, complaints, or suggestions that you have with your coach, the organization as a whole, or a Board decision may be brought to the 2017 President of Guthrie

Youth Cheer, Toni Twitty. You can contact her via email at gyccheer@gmail.com. Any other questions or concerns you have regarding day to day procedures of the squad may be brought to your coach.

UNIFORM POLICY:

Uniforms consist of Shell, skirt, half-top (weather permitting), bloomers, no-show white socks or the uniform socks, GYC bow, and GYC warm-ups (weather permitting), and white cheer shoes. You must wear the current uniform to games or you will not be allowed to cheer at that game.

Cheerleaders are not allowed to wear their uniforms or warm-ups to school. Uniforms should be clean and wrinkle free at games, special events, competitions, etc. If you or your cheerleader damage/lose any part of your uniform, you will be responsible for replacing it at full price. Uniforms take 6-8 weeks to receive and this may mean that your cheerleader will be out for the season.

If you lose your bow, you will be required to purchase a new one for \$20. Bows are considered part of the uniform and your cheerleader will need to wear them to every game.

Cheerleaders should have white cheer shoes. Cheer shoes should be kept as clean as possible. Cheer shoes can be found at Academy. Cost is approximately \$22.

CHEERLEADERS:

ABSOLUTELY NO cheering, jumping, tumbling, stunting or any other cheerleading related activity without the presence of a coach--this includes practices, games, fundraisers, special events, competitions, or any other GYC event.

NO stunting/tumbling at school. You may practice your cheers and jumps on your own, but please do not practice stunting or tumbling at home or away from your coach's supervision.

Cheerleaders must dress in clothing that allows you to move freely. We advise against extremely baggy clothing as it can become a hazard when stunting. ABSOLUTELY NO JEANS, SKIRTS, OR SKORTS. Wear tennis shoes that lace with socks. NO SANDALS, FLIP FLOPS, OR BARE FEET. NO JEWELRY! Hair should be kept on a high ponytail for all practices and games. NO CLIPS.

BRING WATER TO EVERY CHEER EVENT... THIS INCLUDES PRACTICES, GAMES, COMPETITIONS, AND SPECIAL EVENTS (LIKE PARADES)!!! All coaches are required to take a heat-illness course and are committed to keeping the cheerleaders healthy. Water is important, especially in the hotter

months. Sports drinks are permitted as well. SODA, ENERGY DRINKS, ICED TEA, SLUSHIES, SNOW CONES, ETC. ARE NOT ACCEPTABLE FOR HYDRATION PURPOSES.

All cheerleaders must stay in designated cheer areas during practices, games, or any other GYC event. If you need to leave for ANY reason, you MUST notify your coach.

Be respectful to your coach and your team. Remember, we are here to cheer on our football teams and to raise the crowd's team spirit. Please keep a positive attitude at games. Be respectful to all teams, schools, and cheerleaders. Consequences for inappropriate behavior include (but are not limited to) running laps, push ups, sit ups, jumping jacks, sitting out of a game or practice.

ATTENDANCE POLICY:

All cheerleaders are required to attend all practices and games. If your coach calls for a special practice, she will schedule it one (1) week in advance.

All practices and games are mandatory. If your child misses a game, they will be unable to cheer at the next home game.

Continued missed or late practices could cause your child to not be eligible to participate in any or all upcoming events. If your child misses 3 or more games, they will be ineligible to cheer with GYC next season. NO exceptions. This is the last thing we want. If your child misses practice, they miss out on what is learned that day including new cheers, chants, stunts, and/or routines for competition. Missing games is letting down the team. Imagine if everyone missed several games, there would be no cheerleaders! Be at and be on time to practices and games.

ATTITUDE POLICY:

Any cheerleader, parent, guardian, sibling, or friend who does not behave in an appropriate manner will be asked to leave all events including, but not limited to, practices, games, competitions, meetings, fundraisers, parades, or other GYC events. This will be in the coach's/ board of director's digression to ask any violators to leave.