

Football Season 2019 Sunset Youth Cheerleading!



REGISTRATION

☐ SYC will be accepting new members through June 9, 2019 for the Fall Season of 2019

☐ SYC is open to boys and girls grades K-8!

☐ Mailing Address:

**Sunset Youth Cheer
15525 NW Norwich Cir
Beaverton, Or 97006**

COACHING STAFF

SYC takes pride in knowing that our staff is properly trained, experienced and motivating! We encourage Sunset High School Cheerleaders to coach our youth and gain experience. Our staff is a positive role model while teaching life skills and memories to last a lifetime!

☐ Each team will have at least 1 coach, 1 assistant and 1 team parent.

PROGRAM COSTS

☐ Registration Fee. This cost covers all administration, insurance and miscellaneous expenses needed to run Sunset Youth Cheer

☐ Cheer Camp For extra training and learning all SYC Cheerleading Material for halftime show

☐ Uniform & Attire

See Cost Sheet!

☐ Payment Schedule:

Through June 9th 2019st.

☐ SYC accepts Cash/Checks and PayPal.

GAME & PRACTICE SCHEDULES

- ☐ Practices will begin the first Monday or Wednesday in August. Whichever comes first.
- ☐ A Game Schedule will be given out in the Team app as soon as it is available. Usually in August! Games are always on Saturdays!
- ☐ SYC Cheerleaders will get to perform at a Sunset High School Football Game!

TEAM TUMBLING

August-October

SYC offers optional tumbling at a great price. This is great for those who want to take cheerleading one step further and prepare for High School! You will get the option to continue year round if you choose!

Team app

Please look at the website for news and updates, dates and events! Your new website will be up and running soon! Snack schedule and attendance for practice and games.

FUNDRAISERS

SYC Participates in many fundraisers to help offset the cost of the program. We offer individual and group fundraising! We encourage everyone to participate whether you need to or not. It helps promote our program throughout the community and shows your support for the SYC Program.

SYC has a volunteer Parent Group Available to handle all fundraising for the season. If you would like to help, please let us know!

CONTACT US

Please feel free to contact us with questions you may have. Email: galecader@gmail.com, 503-686-3328. Send payments to: Sunset Youth Cheer 15525 NW Norwich Circle, Beaverton Oregon 97006

Board Members

President: Gale Cader
Vice President: Jenn Helland,
Treasurer: Tonya Stevens
Secretary: Julie Robbins

Non board Positions

Communications Director: Mary Kelly
Fundraising- Erin Bennett Howard.

GENERAL CONDUCT

- Every cheerleader will show respect for themselves, their coach, instructors, teachers, parents, other cheerleaders, spectators, teammates, and others at all times.
- Inappropriate behavior will not be tolerated at any time such as: foul language, talking back, tantrums, horsing around, and crude behavior during and after games, practices or sanctioned events.
- Inappropriate conversation will not be tolerated at any time.
- Gum is not allowed at any time.
- Food or drink is only allowed at designated times.
- Proper conduct is expected from the cheerleader at all times. Your behavior reflects your team and the SYC organization.
- Cheerleaders are required to attend all practices, games and other activities as requested by the coach or SYC Program.
- Conflicts and problems will be taken to the Coach immediately- Put downs are not tolerated at any time.
- Report any injury or illness immediately to the coach.
- **Be on time to all SYC Games, Practices & Events.**

GAMES

- Bring a water bottle to the game.
- Be aware of how you sit in uniform.
- Focus on the game and promote spirit among the crowd- Display continuous enthusiasm.
- Visiting with others while cheering is not allowed.
- Know all chants, cheers, routines that will be used.
- **Cheerleaders are required to cheer the entire game.**
- Be sensitive to the Football Team. You must kneel when a player is hurt.
- Disagreements or conflicts need to be discussed after the game.

PRACTICES

- Practices are closed to parents; parents may show up the last 5 min.
- Be on time to practices ready to begin in practice attire and hair pulled back.
- **No jewelry**, gum or jeans allowed. **No Band-Aids on Earrings.**
- No Cellphones
- Only designated practice attire is allowed to be worn at practices. **Midriff showing is not permitted.**
- Work hard, pay attention and follow the rules.

APPEARANCE

- Be well groomed at all SYC Events and Activities.
- Uniforms (including shoes) must be cleaned and pressed at all games and performances.
- Hair must be neatly worn as required.
- **No Jewelry allowed.**
- Make-up should be natural.
- Only Clear nail polish is permitted.
- Nails are to be kept short and not to go past the finger tips.
- Cheerleaders must attend all games in full uniform.
- Always show up to SYC events and activities ready to go. Do not get ready at the location!
- **Not being fully prepared could result in NOT being able to participate at that event or practice.**

ATTENDANCE

- All practices are mandatory unless prearranged with the coach.
- Injury, illness or approved vacation is the only reason a member should miss practice.
- Vacation times must be presented to the coach in writing before the regular season practices begin.
- Cheerleader or Parent must notify the coach immediately if they will be late.
- Cheerleader or Parent must notify the coach in writing if they will be missing a game, practice or any SYC event. Email is requested.
- Coaches will not accept excuses by another party.
- No practices are allowed outside our practice location and schedule.

TRANSPORTATION

- Parents are responsible for all transportation to and from games and practices.
- **Be on time!**
- **Cheerleaders will not be allowed to stay alone after practices unless prearranged with the coaches.**
- **Cheerleaders will not be allowed to leave practice with someone other than their parent/guardian or leave by themselves unless prearranged in writing.**

- Cheerleaders must tell the coach when they are leaving an SYC event or activity.
- A cheerleader should never be left alone at any SYC event, practice or activity if a SYC coach or representative is not there yet. Cheerleaders should always have parent/guardian supervision at all times.

DISCIPLINE

Benching/laps- This may occur when cheerleaders consecutive break the SYC rules and guidelines. Cheerleaders will attend games in uniform, but may not participate. This will be at the discretion of the coach.

Automatic Benching- Serious altercations (at the time they occur) may require immediate benching of the cheerleader.

Dismissal from the Program- Consecutively breaking of any of the rules, stated above, or serious altercations such as indecent exposure, obscene gestures, etc. may result in removing the cheerleader from the team. This is requested by the coach and at the discretion of the Executive Board.

Program Guidelines Acknowledgement

I **HAVE READ** and **WILL ABIDE BY** the Sunset Youth Cheer Program Guidelines for 2019.

Parent Signature: _____ Date: _____

Cheerleaders Signature: _____ Date: _____