

LOWER LOUDOUN BOYS FOOTBALL CHEERLEADING COACH & ASSISTANT COACH RESPONSIBILITIES

The following is an outline of the responsibilities for each Cheerleading Coach & Assistant Cheerleading Coach:

Uniforms:

You will be responsible for coordinating the additional items for the uniform. Please be considerate of the cost as many parents have several children involved in our league and the financial burden can be great. You must keep the total cost to each cheerleader to \$190.00 (not including the shoes and minus the \$120.00). The \$120.00 registration fee paid by each cheerleader will be retained by the league to cover the cost of purchasing the uniforms. In other words, you have a maximum of \$70.00 to purchase the essentials: bloomers, socks, turtleneck shirt, sweat pants, sweat shirts and/or wind suits. **Each Cheerleading Coach must turn in to the Cheerleading Coordinator an accounting of the cost of additional items for each girl prior to September 30.** Failure to do so can result in suspension. You must give each parent an accurate accounting of the additional items purchased for each girl to include the cost of each item. Keep all receipts until the end of the season. The cheerleaders are to keep the skirts at the appropriate length – no rolling skirts and absolutely no alterations that will permanently change the size of the uniform. Any girl/parent that alters a uniform in a permanent manner will be billed for the full replacement cost. The parents will be required to pay a \$75.00 deposit upon receipt of the uniforms which is fully refundable at the end of the season providing that the uniform is returned clean and in good condition. The Pom Pom Squad cheerleaders will have a skirt or shorts and shirt issued to them to keep as their uniform.

Cheerleaders are to wear their uniform at games and league sponsored events only! Any cheerleader that is found wearing her uniform at any time other than at a game or LLBFL sponsored event may face suspension and loss of her uniform. Make sure your cheerleaders are informed and if they are staying for a game after their own, they must bring a change of clothes and send their uniform home with their parents.

Information:

You will be responsible for informing your cheerleaders of all information pertaining to telephone numbers to contact both you and your assistant, practice location and schedule, game schedules, snack bar schedules and fund raising information.

Practices and Games:

You must be present at all practices and games. If you are unable to be present, you must arrange for your assistant to be there. Do not leave your cheerleaders alone with a teenage coach. **Remember: These cheerleaders are your responsibility!**

You will be responsible for making sure each girl is picked up by their parents before leaving the practice or game location. No girl should ever be left alone. **Conduct your practices in the assigned practice area only (not at a location that has not been approved by the league).** Please do not interfere with the boy's team practice or any other sports practice. Be considerate - pick up all trash left behind by your cheerleaders. Remember, we are guests allowed to practice at these locations and we can be asked to leave if we are not considerate to others. Your practices may not be any longer than 2 hours long. No practice the first day of school. **After the first day of school, practices will be limited to 3 days per week on Monday's through Thursday's only (if you have a game during the week, it will count as a practice).** If you do not have a game during the week and have a bye on Saturday, you may have a practice on Saturday, however it must be held at your designated practice area and between the times of 8:00 am and 1:00 pm. Also, after the first game of the season, you may not have Friday night practices. **ABSOLUTELY NO PRACTICE ON SUNDAYS.** You will be issued a medical kit compliments of the league. Keep it with you at all practices and games. This kit must be turned in at the end of the year and will be filled and re-issued next year. Transportation to and from games and practices will be the responsibility of the parent/guardian, however, occasionally, the Cheerleading Coach may be asked to transport a girl to and from practice or a game. You may not transport more girls than there are seat belts in your car. Everyone must be buckled into a seat. Please be responsible!

General Rules and Regulations:

You will need to develop a set of squad rules to be distributed to each cheerleader and their parents. Please keep your rules within the guidelines for the league. You may use a point system for rewarding your cheerleaders, however, you may not use a demerit system that would single out a girl to be punished. If you recognize an ongoing problem with tardiness or missed practices or games, please address this on a case by case basis as there may be a reasonable explanation. All religious classes and seminars are considered to be an excused absence. You may feel free to have your girls run or exercise as a form of incentive to pay attention during practice. You are not to punish or reprimand any cheerleader in front of the entire group and use her to set an example. Use common sense! If you have a problem that you feel needs to be addressed, take time at the end of practice to discuss the problems that you see to your cheerleaders. Again, do not single out one child. Do not allow cheerleaders to cheer if not in proper uniform, with necklaces or earrings on or shoes that are not laced and tied on top of the shoes. Make sure that you allow your squad to have water breaks, especially during extreme hot weather. During games, one at a time may take time for a break, not all at once. Lower Loudoun Boys Football will not allow the use of foul language, the use of drugs or alcohol, or tobacco, at anytime, at any location while performing your duties as Cheerleading Coach or assistant. Please be aware that you will be subject to the same rules as the Coaches and will be subject to suspension or removal from the league for any violations. As part of your coaching application, you agreed to abide by a Code of Conduct (included in your packet).

Fundraisers:

Fundraising is a requirement – not a choice. Unless a cheerleader has paid to Opt-Out of fundraising they are expected to participate or be subject to disciplinary action by the Board. You must turn in all money at the specified time to the representative of the Ladies Auxiliary. Any squad that fails to turn in all money at the specified time, may be benched until such time that all money is collected and received by the Auxiliary. You will receive further information from the Ladies Auxiliary as to the dates for specific fundraisers.

Snack Bar:

You will need to schedule your parents to work in the snack bar during the times specified by the Ladies Auxiliary. You will receive a schedule from the team Coach or Team Parent as to the dates needed for volunteers. During games, your cheerleaders will not be allowed to go to the snack bar at half-time. You need to stress this to your parents so there is no question concerning this rule. **Please utilize the snack bar order form by taking orders from your girls and completing the form and turning in to the snack bar prior to your game.** Please turn the form and money into the board member working in the snack bar and wait until they have counted the money and they give you the OK to leave. **Please note: You must use the snack bar order forms provided by the league or your order will not be processed.**

As you can see, the responsibility of the Cheerleading Coach is enormous. Please be sure that you are willing to adhere to all rules and regulation as set forth by Lower Loudoun Boys Football.

By submitting your signed coaches application you and your assistant agree to abide by these and all rules and regulations as set forth by the Lower Loudoun Boys Football League.

If you have any questions, please contact Janice Craigue, Cheerleading Coordinator at 703-969-5818.

Coaches Name : _____ Printed

_____ Signed _____ Date