

2018 SAN RAMON BEARS CHEER REGISTRATION INFORMATION PACKET

Welcome to the 2018 San Ramon Bears Cheer Season! The following information will answer the most commonly asked questions and help you understand the commitment you are making when joining the Bears family.

League Structure

Our cheer teams are limited by East Bay Elite Youth Football and Cheer (EBYFC) League Rules. There are **five** cheer teams. All youth Divisions are based **on age** of the participant using **August 1** of the year of the season. You must register your son or daughter **based on their age**.

The below levels and ages are not final

Mighty-Mites	Ages 6-7	Typically Pre K, Kindergarten, 1 st , 2 nd grades
Jr. Pee Wee	Ages 8-10	Typically 3 rd and 4 th grades
Pee Wee	Ages 9-11	Typically 5 th and 6 th grades
Jr. Varsity	Ages 10-12	Typically 7 th grade
Varsity	Ages 11-14	Typically 8 th grade

There is no limit to squad placements. Final placement on a squad will be determined by the Cheer Director and Coaches before league certification based on evaluations. EBYFC Cheer Participant Certification is Jamboree Weekend. The certification is required by our league (EBYFC).

Registration

Registration is completed online at sanramonbears.com. All fees must be paid in full prior to Bears Day in order to receive equipment and start practicing. Checks or cash are not accepted.

Our 2018 Season Kick-Off for Football & Cheer will be on July 25 & 26, 2018 at BEARS DAY. ALL participants and one parent are required to attend one Bears Day. Bears Day will be at **California High School** at the Bears Equipment Shed and in the bleachers. Bears Day gives the participants a chance to meet their coaches, turn in physician cards, pick up equipment, have photographs taken for the participant cards, sign participant contracts, and ensure all paperwork is complete. **Attendance is MANDATORY!** Registration for the SRB Cheer 2018 season will be closed and no longer accepting participants as of August 10, 2018.

Practice Commitment

Practice starts **Monday, July 30 at 6:15** at California High School. Regular practice sessions are **Monday through Friday from 6:15pm – 8:15pm**, at either Cal High or Dougherty Valley HS during the month of August. Mighty-Mites will practice three days a week once school begins. Jamboree date will be 8/25 (the exact location will be communicated as soon as it is available). League play officially starts September 8, 2018. Practices for JPW, PW, JV and Varsity are reduced to three days a week (generally Tues-Thurs) beginning the week of September 10. Games are played on Saturdays, and continue into early November. Some games may be played on Sundays, if there is a League conflict. Play-offs follow League Play, and the Championship Game is TBD. THE FULL SCHEDULE WILL BE LISTED ON OUR WEBSITE AS SOON AS IT IS RELEASED AND IS SUBJECT TO CHANGE

Competitions

All squads (MIGHTY-MITES, JPW, PW, JV AND VARSITY) will participate in a minimum of 2 competitions during the season; two outside competitions will be financially covered by your participation fees. There is also a possibility of an optional post-season competition if a squad qualifies or would like to have an additional opportunity to compete in Nationals. Mighty-Mites level will participate in "song pom" competition only. Any additional fees associated with a Nationals competition will be the responsibility of each cheerleader should they decide to attend. Squads who qualify for a National competition continue to practice up until the date of the competition. THERE MAY BE ADDITIONAL PRACTICES AT DIFFERENT LOCATIONS THAT WILL BE AN EXTRA COST TO YOU BASED UPON THE NEED FOR PREPARATION FOR COMPETITIONS. YOUR COACHES WILL COMMUNICATE THAT TO YOU ASAP.

Equipment/Dress Code

All participants must wear orange, black or white during practice times (Coaches will give more information regarding attire at the parent meetings). All jewelry including earrings, neck chains, etc. is prohibited at all times. Shirts with messages deemed in poor taste by Coaches or Board Members will not be allowed. For safety reasons, artificial nails and fingernail polish are not allowed. Use of color or glitter in the hair or on the body is also prohibited. Girls may not wear shirts that clearly expose skin above the hip and below the chest. The best guideline is to use good common sense when dressing for practice and games.

Birth Certificates

New participants **MUST** provide an **original or certified copy of a birth certificate (with raised seal, issued by state only) to verify age. This needs to be provided on Bears Day, July 25 or 26, 2018.** A passport may be used as an alternative. **Photocopies or scanned copies are unacceptable.** No exceptions allowed. Our insurance carrier and the league require this. Identification will be returned in September following final League Certification. Once a participant is certified in the league, identification will not be needed in future years, and will be returned. If you do not come to pick up your participant's birth certificate, it will be mailed back to you and the Bears will not be responsible for replacement if it is lost in the mail system.

Absence Policy

A participant's safety and knowledge of routines, and the fact that your teammates depend on you, makes all practices in August mandatory. Failure to attend practices may contribute to any Coach's final roster decisions (that means you may not make the team).

Physical Exams

At registration, you will receive a EBYFC Medical Card or one will be mailed to you. The card must be completed by an authorized physician and on the **ORIGINAL EBYFC card – no copies.** All participants must have a current physical. The card must be **signed, not stamped,** by the doctor in the current calendar year (**2018**) even if the physical was performed in 2017. Participants are encouraged to schedule their appointments ASAP. **Participants are NOT allowed to practice without a completed Medical Card. The deadline is Bears Day, July 25 or 26.**

Rosters

Rosters will be published for the exclusive use of the San Ramon Bears Youth Football and Cheer, its participants and parents. Unauthorized use of this information for commercial, promotion, and political activities is strictly prohibited. State and federal law, as well as the policies and procedures of the San Ramon Bears Board of Directors, prohibit the use of rosters by anyone other than the Coaching staff or Board of Directors of the San Ramon Bears. Violators will be subject to expulsion from the San Ramon Bears program.

Code of Conduct

As a Bear participant, you represent the San Ramon Bears on and off the field. All members will refrain from unsportsmanlike behavior. **Team members will treat each other, the Coaching Staff and Board Members with respect at all times.** Any use of drugs, alcohol, tobacco or illegal substances will be grounds for automatic dismissal or other disciplinary actions. The Coaches or the Board of Directors will not tolerate hazing of the younger players. The use of Facebook or other social networking or any other texting devices will be monitored at all times by Coaches and Board Members. If at any time there is something inappropriate by any of the participants, it will be addressed immediately. Please remember that you represent the Bears at all times both on and off the field. Parents will also sign a Code of Conduct which can be found on the website.

Scholar Athlete Awards

It is the Bears' goal to promote excellence in both academic and sporting achievements. The Scholar Athlete Award is presented by the EBYFC to league students who maintain a 3.5 GPA, with no "C"s. Bears eligible for the EBYFC Award must complete a required personal information essay and autobiography. Forms will be available on the Bears website. The Bears have been the league leader for five years in a row and will continue to encourage our participants to participate.

Communication

You will receive weekly e-mails starting mid-July with all upcoming events, and important information. It is imperative that we have your correct email address. If you change your contact information please make sure you update your email information on our online registration system.

Parent Participation

The Football and Cheer programs are completely dependent upon parent participation to make each week run smoothly. Each Bears Family will be required to volunteer 12 hours during the season with an additional requirement of 2 hours per family if the Bears are awarded Jamboree and/or playoff hosting opportunities for a total of 14 hours. This information will be provided pre-season for planning purposes. You will be able to register for your volunteer hours after Jamboree. The Bears will notify you via email when you are eligible to register for volunteer hours. It is the responsibility of the parent that is signed up to provide accurate coverage of the volunteer time if you are not able to attend. Any changes of coverage must be communicated to the Parent Volunteer Coordinator 24 hours prior to your volunteer time. All volunteers must be 18 years or older to participate. We do offer the opportunity to buy out your volunteer time but these buy out fees are due at registration and are not refundable. Hours are not prorated.

Injury Information

Participants may have an injury during the season. If this occurs and a doctor is seen, the doctor must clear the participant to return to practice with the medical release form that is required by the EBYFC. This form can be found on the Bears website. The participant may not participate without this clearance form. **NO EXCEPTIONS.**

Refund Requests

If your participant drops or is cut from the program during the Refundable Period (see Fee Schedule), you may request a refund. **ALL EQUIPMENT MUST BE RETURNED BEFORE ANY REFUNDS WILL BE GIVEN.**

Scholarship Donations and Program

The Bears organization has developed a Scholarship Program in order to provide the opportunity for qualifying candidates to participate in our Football and Cheer programs. For more details you can visit our website and review the information on the scholarship program.

The sustainability of such a program is dependent on the generosity of the members of the Bears organization and corporate sponsors. **Donations can be made by mailing a check to:**

San Ramon Bears
PO Box 648
San Ramon, CA 94583
Attn: Scholarship

Should you wish to apply for a scholarship, please visit our website at sanramonbears.com to review the program details. Scholarship application deadline is June 1, 2018.

2018 Fee Schedule is as follows:

Subject	2018 Fee Schedule is as follows:	(Non)Refundable & Due Date	What does it pay for?
Registration Fee (per child)	Regular Registration March 1- May 31 \$275 Late Registration June 1 – July 30 = \$325	NON-REFUNDABLE Due at Registration \$40 processing fee for all participants that are either injured (proof from a doctor is required) or relocate from the area and proceed to drop from the registration process before May 15 – all fees minus the \$40 processing fee will be returned upon approval	-Practice wear -Bears sponsored cheer camp -Full cheer uniform (shell, liner, skirt, briefs, shoes) -2 game day bows (orange and October pink) -Pom-poms -Insurance -Conditioning
2018 BEARS MIGHTY-MITES CHEER PARTICIPANT FEE	\$275	Due by July 30, 2018 REFUNDABLE prior to Certification at Jamboree	-Certification -Field fees -League fees -One-two outside competitions -Year-end celebration -Cheer music -Hello gifts -Warm up suit
2018 BEARS CHEER PARTICIPANT FEE JPW, PW, JV and V squads only	\$425	Due by July 31, 2018 REFUNDABLE prior to Certification at Jamboree	-Certification -Field fees -League fees -Two outside competitions -Year-end celebration -Cheer music -Hello gifts -Warm up suit
Volunteer Deposit	\$450.00 Deposit check	Checks will be cashed at the end of the season if all 14 hours are not fulfilled. The hours are not prorated! The Bears reserve the right to add two additional hours per family if the Bears are awarded playoff hosting opportunities. Due by July 25 or 26, 2018	Checks will be returned or destroyed after all hours are complete at the end of the season. Checks will be cashed if all hours are not completed.
CHEER UNIFORM Replacement Fees	\$75 deposit for replacement uniform (individual piece replacement fee is \$50 per piece).	Checks will be cashed at the end of the season or if a new uniform piece is needed during the season.	Deposit only – Checks are due at Bears Day and will be held with your file until the end of the season and cashed only if replacement uniform is needed

2018 SAN RAMON BEARS PARTICIPANT AGREEMENT

I have read the following EBYFC and the San Ramon Bears information and regulations regarding behavior and respect and agree to follow the rules at all times in order to participate in the Bears program.

1. I agree to maintain at least a “C” average throughout the current school year.
2. I agree to play any position assigned to me and will do my very best for my team at all times.
3. I agree to play the game hard and cleanly at all times in a true sportsman manner with never intent to harm an opposing player.
4. I agree when my team is not playing that I will stay off the playing field being used and will not in any way interfere with those teams playing.
5. I agree that I will not in any way damage, or deface any property, building or equipment.
6. I agree to abide by all decisions of the game officials and will not create any unsportsmanlike gestures at any time.
7. I agree that I will act appropriately at all times and that I will refrain from using foul language.
8. I agree that I will remain a member of this team until properly released.
9. I agree to return upon request, the uniform and other equipment issued to me in as good condition as when received except for normal wear and tear.

I agree to have my child’s picture from games and competitions posted to the web site. Names of children will not be posted.