Welcome to the Hagerty Huskies Pop Warner Cheerleading program. We welcome back our returning families and congratulate our new cheerleaders and their families on joining the Hagerty Association.

**CHEER MISSION STATEMENT**

To promote safety, leadership, responsibility and fun while providing an environment in which the cheerleading athlete is both academically and physically fit.

**TEAM GOALS**

- Have fun and create lifelong friendships
- Treat all members with respect
- Build team spirit
- Gain leadership abilities and build confidence
- Strive to be the best academic student
- Learn fundamentals of cheerleading

Cheerleading is a commitment and takes a team effort just like any other sport. To be a great cheerleader, one must be motivated to do their best while fulfilling their commitment to their team. All Cheerleaders in game or practice uniforms shall conduct themselves in a respectful manner and must abide by the rules and regulations set forth herewith.

Parents & Cheerleaders are to respect and cooperate with directors, coaches and team moms at all times.

**Rules and Regulations are as follows, but not limited to:**

1) Cheerleaders will be placed on squads based on age and grade levels by Pop Warner. Each team will have a maximum of 35 members.

2) **Cheerleaders cannot cheer for a competitive All-Star team during the Pop Warner season.**

3) Cheerleaders are to maintain good academic grades of at least a “C” average.

4) Parents and participants are strictly prohibited from using abusive language, alcohol or drugs at any Pop Warner sponsored function or event.

5) All disagreements with coaches or coaching philosophy will not be addressed on the practice or game field. All issues will be discussed in private.

6) Cheerleaders should promote team spirit and be on their best behavior while on the practice/game field and/or in uniform.

7) It is the Parents’ responsibility to provide/arrange transportation for his/her child to and from all practices and games. Cheerleaders should always be on time and present for all games and practices. Other activities with exception of illness, scholastics, religion, and emergency family obligations should not interfere with the cheer schedule.

8) Parents are not to leave their child unattended if unable to locate a coach during practices and games.

9) It is the Parents’ responsibility to pick up their cheerleader on time from all practices and games.

10) If someone else is picking up the child other than the parent, the coach and team mom must be informed. A child may only leave with a parent unless otherwise notified.

11) Cheerleaders who are late without notification for practices/games will be issued demerits. (see demerit page)

12) Parents of cheerleaders must call the head coach or team mom in advance if they will be absent from practice. A no show or unexcused absence will result in demerits issued. (see demerit page)

13) If a cheerleader will be absent from a game, written notification must be to the head coach at the last scheduled practice. This will give the team the opportunity to make adjustments to stunts/cheer routines. A no show or unexcused absence will result in demerits issued. (see demerit page)

14) A cheerleader may not be allowed to cheer if the coach feels that she is not prepared due to missed practices and/or games. (see demerit page)

15) Repeated absences from practices/games may result in dismissal from the team. (see demerit page)

16) It is the Parents’ and Cheerleaders’ responsibility to always bring water to all practices and games.
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17) It is the parents’ responsibility to ensure that all cheerleaders have used the restroom before coming to practices and games. Restroom facilities may be limited at practice locations and sometimes not easily accessible during games. If a cheerleader needs to use the restroom, the parent of that child must escort them to the proper facilities.

18) During practices/games, any cheerleader reporting illness or non-ability to cheer will be asked to sit on the sidelines until the game/practice is completed. Special circumstances will be discussed with the parent on a case by case basis.

19) Rain or shine, we cheer. All cheerleaders are to report to the field for practices/games unless notified by the coaches.

20) It is the parents’ responsibility once a game or practice has started to come to the practice/game field immediately if “bad” weather arises.

Respect and discipline are absolutely necessary at all practices/games. Our coaches are trained to maintain a fun and learning atmosphere though we need everyone to be a team player, and understand that there are rules to be followed. If the rules are not followed, the coaches will issue demerits:

**Violation – 1 Demerit**
- Unexcused absence for game or practice
- Late to practice without notice
- Gum/candy at practice or games
- Jewelry/nail polish at practice or games
- Not having hair secured properly at practice/games
- Wearing inappropriate practice attire
- Not assisting with mats
- Not participating in warm-ups and stretches
- Not having water bottle at practice/game

**Demerit Violation – 2 Demerits**
- Using cell phone during practice/game
- Late to game without notice
- Disrupting practices or games (unnecessary talking, playing etc)
- Not following directions given by coaches or captains.
- Disrespectful attitude towards teammates
- Not fully participating during game
- Stunting or tumbling without supervision or permission

**Demerit Violation – 3 Demerits**
- Talking back or disrespectful to coaches.
- Unwillingness to learn or make changes.
- Not cooperating with team members or coaches.
- Negative remarks or attitude toward another team member.

Five demerits will result in the cheerleading sitting on the sideline for the first quarter of the following game. Ten demerits may result in the cheerleader being removed from the Competition squad.

Any cheerleader arriving to a game late and missing book check will be required to sit out for the first quarter of the game and may also be required to sit out during the half time routine.

If a cheerleader quits during a game/practice or does not continue to participate, she will be removed from the squad. These actions will be viewed as her decision to leave the squad and she will not be permitted to return. No refund will be given.

**MERITS**

Merits will be given at the coach’s discretion for a cheerleader going above and beyond the normal requirements for the team.
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PRACTICE INFORMATION

Pop Warner Rules on Number of Hours of Practice Permitted:
- At least a 10-minute warm up exercise shall be included prior to practice/games/competitions.
- Practice is limited to 10 hours per week prior to Labor Day.
- Practice is limited to 6 hours per week after Labor Day.
- No more than 2.5 hours of practice may be scheduled on any one day before Labor Day.
- No more than 2 hours of practice may be scheduled per day after Labor Day.
- Break time is not counted against the 10 or 6 hour limits.
- No practice or participation at games shall be permitted without the minimum required number of coaches.
- Practice schedules are set by the Association and are in accordance to the times and locations provided by the availability of our practice locations.

Practice schedules will be altered before competitions to allow for maximum time on mats. This may include time scheduled for Saturday or Sunday.

PRACTICE REQUIREMENTS

- Practices are mandatory and failure to attend will result in groups not being able to perform stunts or having an incomplete training day. Always come to practice unless you receive notice that practice was cancelled (even in rainy weather). Once you arrive at the field, practice may be cancelled due to weather conditions at that present time.
- Practice Attire:
  - ‘Cheer’ shorts, t-shirt, socks and tennis shoes. No halter tops, half or spaghetti strap shirts, sport bras, or jeans (short or long). Sweat pants are acceptable in cooler weather.
  - Wear old sneakers, as they will get dirty during practices. **DO NOT WEAR NEW CHEER SHOES.**
  - Hair pulled up off of the neck, away from the face and secured tightly with rubber hair bands.
  - Towel to sit on during warm-ups is recommended.
  - No fingernail polish and nails must be kept trimmed for stunting.
  - No make up and glitter allowed (including glitter hair gel and body lotion).
  - No Jewelry (including earrings, watches, body piercings, necklaces, etc.) No band aids are allowed over newly pierced ears. All earrings must come out for practices – no exceptions.
  - Full water bottle at every practice – no glass containers.
  - No cell phone use at practice by cheerleaders; phones must be kept in cheerleaders bag even during breaks.
- Find your coach right away for instructions.
- Do not leave practice or game until your parent has informed the coaches you are leaving.
- Parents of cheerleaders are welcome to attend outside practices, (providing they do not cause stress to their child and/or the coaches). Please keep smaller children from disrupting practice.
- Pick up your trash when at practice and prior to leaving practice.
- Stay in groups at all times. Do not wander off – always have a buddy.
- Stunting:
  - No stunting when the ground is wet; coaches’ discretion.
  - No stunting on pavement.
  - Never attempt stunting without a spotter, even in the presence of your coach.
  - Never attempt stunting without the presence of your coach!
  - Above examples are grounds for counsel and dismissal with no refund.

Note: Please remember that all of our coaches are parent volunteers with family responsibilities of their own. They give their personal time so our children will have a program to participate in. Coaches should be given the opportunity to do their “coaching” job with minimal disruption from parents. Your patience, support and cooperation are necessary if we are to have a successful season.
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GAMES

- Games are scheduled on Saturdays and are mandatory. There will be home and away games. Regular season games may be played anywhere in the Mid-Florida area and will require travel. If games are cancelled, make-up games may be scheduled on weeknights. Generally, games start near the end of August and go through October. If a football team ‘advances’ to the playoffs, the cheerleading squad will cheer at all of the playoff games. Football playoffs may go into the first week of December.
- Be sure to have your cheerleader at the field at the time designated by your coach. (Note: as coaches we cannot control delay in games, games starting early, field accommodations and parking at visiting fields.)
- Cheerleaders should arrive for the game dressed in full uniform. Clean uniforms, shoes, socks, bloomers and bows should be worn.
- Cheerleaders should have breakfast or lunch before they arrive at the field. Eating at the last minute will cause illness or stomach cramps.
- Good sportsmanship and manners are required at all times for cheerleaders, coaches, and parents. The opposing teams should be treated with respect at all times.
- No smoking or alcoholic beverages on the field or visiting areas at any time.
- Parents, it is great if you learn some of the words to the cheers. Crowd involvement at the games really gets the football teams and the cheerleaders excited. Parents may choose to make signs or noisemakers for the games.
- Cheerleaders will be given water breaks during the game. Parents are asked to remain in the bleachers and not come down to the fence area to speak with the cheerleaders during their break time.
- At the end of each game, cheerleaders should remain with their coach until they are dismissed. This gives the coach an opportunity to pass out memos, or instructions regarding upcoming practices/games.
- Rain or Shine we cheer! Cheerleaders should carry clear raincoats/ponchos with them to all games. All cheerleaders must report to the field and if the game is cancelled/postponed, your coach will indicate so at that time. Cheerleaders will only be released from a game if the referees “call the game”.

Important note: Saturday games are held during the day in the HEAT. Children need to be aware that it is very hot during these games and if they are uncomfortable with outdoor sports, cheerleading may not be the sport for them.

COMPETITION

Competition is just one facet of Pop Warner Cheerleading. Your coach will need to know by early September who will be competing and parents will need to sign a competition agreement form. Cheerleaders will be required to be at all competition practices. The girls will be cheering at the football games on a weekly basis and as the season progresses, competition will become the focus. Teams will begin working on competition dances, tumbling, and stunt routines.

All competition team members will have an additional purchase of competition wiglets and hair bows. Teams that do advance to Regionals/Nationals may incur other expenses.

Tiny Mites and Mitey Mites will perform at the Mid Florida TM/MM Exhibition. Typically in the month of October. Each team will perform a cheer and dance, though they will not compete or advance to another competition.

Mid-Florida Competition – Junior Pee Wee through Midgets – in October - Location TBD. Following is the current flow of advancing at each level of competition for Junior Pee Wee, Pee Wee, Junior Midget and Midget levels.

1st and 2nd in each category per division at the Mid-Florida competition advance to Regionals.
1st and 2nd in each category per division at the Regional competition advance to Nationals.
Southeast Regional Competition - Squads that advance to Regionals will be performing on Thanksgiving weekend – normally Friday and/or Sunday.

Advancement to the Southeast Regional Competition will require additional practice time that involves practicing the week of Thanksgiving – please plan accordingly!

Teams that do not advance to Southeast Regionals, meaning they do not receive 1st or 2nd place at the Mid Florida Competition will compete in the Chancey Cheer Off Competition in November. This competition has been developed to provide the cheerleaders a 2nd opportunity to perform their routine. This is a great opportunity provided to us by Mid Florida and is not an optional even. Winners of this competition do not advance any further.

National Competition Typically held the first full week of December. Squads that ‘advance’ to the National Competition will be performing on a school day(s). Nationals will be held at ESPN Wide World of Sports in Orlando.

All of the girls hope to advance to the next level of competition, but only a small number of the competing teams actually move-on. We encourage our cheerleaders to try their best, but do not put the success of the season on one 2 ½ minute performance. Hopefully the girls will leave the season with many happy memories.

UNIFORM POLICY

- Complete Uniforms shall be worn at all Hagerty Pop Warner sponsored events during the season. Uniforms (including shoes and socks) shall be clean and in good condition at all times.
- Cheerleaders are required to wear approved cheerleading shoes as part of their uniform to all games and competitions. Shoes from previous years may be used as practice shoes.
- Uniforms, pom poms, bag, and turtlenecks will be returned at the end of the season. Parents will be financially responsible for the replacement costs of uniforms not returned, lost or damaged in any way. Uniforms - $150.00, Pom poms - $30.00, Turtlenecks - $50.00. Failure to return uniform items or pay the replacement costs by the specified date will result in the cheerleader being ineligible to participate the following year. **Uniforms are not to be altered in any way; alterations of uniforms will result in parent being charge replacement cost of uniform.**
- Any cheerleader who decides to leave the program will be required to return their complete uniform immediately.

CLEANING INSTRUCTIONS

It is best to wash the skirt and top separate from other clothing to ensure no foreign items (i.e.: crayons, paper etc) are in the wash. Please **WASH ON GENTLE CYCLE AND PLACE ON HANGER TO DRY. DO NOT PUT UNIFORM IN THE CLOTHES DRYER. DO NOT USE BLEACH.** The uniforms will be ruined if they are put in the dryer. **DO NOT IRON THE SKIRT OR TOP!!**

Competition Turtlenecks: **Hand wash in delicate detergent, rinse and lay flat to dry. DO NOT PUT TURTLENECKS IN THE DRYER.**

Cheerleading shoes may be washed in the washing machine using the normal cycle. For best results, place sneakers in the washing machine with a white towel and a capful of bleach. After wash cycle is completed, remove sneakers and place in a dry area to dry. Placing sneakers in the dryer will cause the soles to wear more quickly or cause the shoe paint to remove.
### Hagerty Huskies Pop Warner 2016 Parent and Cheerleader Rules & Regulations

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<thead>
<tr>
<th>Game Attire</th>
<th>Competition Attire</th>
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</thead>
<tbody>
<tr>
<td>▪ Uniform (skirt, shell &amp; bloomers)</td>
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</tr>
<tr>
<td>▪ Cheer shoes &amp; socks; Pom-poms</td>
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</tr>
<tr>
<td>▪ Hair up; out of face w/squad hair adornments</td>
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**SIGN AND RETURN THIS PAGE**

We have received a Parent/Cheer Handbook and agree to read and become familiar with all of the rules and regulations.

We understand that discipline problems or absences from practices/games will result in demerits issued. If our cheerleader receives 5 demerits, he/she will be required to sit on the sidelines for a portion of the following game. And that ten demerits may result in the cheerleader being removed from the Competition squad.

We understand that Hagerty Pop Warner has a zero tolerance policy for participants involved in the use, distribution or possession of drugs or alcohol (by a minor) on or off the field. Any participant involved in these activities will be removed immediately from the program with no refund.

We understand that anyone who verbalizes or through their actions acts in a way that is negative towards the Hagerty Huskies Pop Warner Program or its Board Members, Coaches or Volunteers, will result in their child being removed from the program and forfeiture of all fees paid.

We understand and agree we will need to provide volunteer support in different aspects of the cheerleading program throughout the season.

We agree to attend: **Equipment (uniform) Issue Day, held in July.** All paperwork will be required at this time to receive equipment. Please remember that along with the required Pop Warner Forms, you will be required to turn in a 2016 physical on the official 2016 Pop Warner Physical Form and must also bring the original 2015-2016 final report card w/three copies at this time.

We agree to attend: **Parent Information Night, held in July.**

We acknowledge that as parents and cheerleaders, failure to abide by these rules stated in this handbook will result in dismissal from the cheerleading squad without a refund.

Cheerleader Name:________________________________________________________________________

Cheerleaders Signature _____________________________________________ Squad: ____________________

Parent Name _____________________________________________________________

Parent Signature ______________________________________________________________________

Date: ______________________________________________________________________________