



901 N. Carpenter Road
#32 PMB 128
Modesto, CA 95354

Since 1993

YOUTH FOOTBALL & CHEER

www.centralsaints.org

CHEER GUIDELINES

Philosophy

The Central Saints Cheerleaders will serve as the primary support group to lead and direct spirit for the Central Saints Youth Football Organization events and games. Cheerleaders shall encourage pride, good sportsmanship, and a positive image. Education is foremost and good conduct is not limited to the sidelines. Cheerleaders shall strive to project an image of high standards and Christian morals and goals for others to follow.

Junior Novice	6-8 years old (Must be 6 on or before Nov 29 th)
Novice	9-10 years old (age as of Nov. 29 th)
Junior Varsity	11-12 (age as of Nov. 29 th)
Varsity	12-14 (age as of Nov. 29 th)

Physical Requirements

- All cheerleaders must be in good physical condition and capable of strenuous activity.
- Cheerleaders will be required to complete 10 hours of conditioning. After conditioning all practice sessions shall include 15 minutes of warm up stretches.
- Cheerleaders must have a physical examination no more than 1 year prior to the first day of conditioning.

Conduct

- All cheerleaders must demonstrate sportsmanship at all Central Saints Football events and games.
- All cheerleaders must control behavior and follow the rules and regulation of the Central Saints Cheerleading Squad.
- All cheerleaders shall follow the high standards and goals of the team.
- All cheerleaders shall demonstrate good Christian behavior to others at all times!
- Failure to comply with the rules and guidelines set forth will result in disciplinary action up to and including dismissal from the Saints program.

Practice

- All practices will be held at Saint Stanislaus School and/or Central Catholic High School and will be from 5:30pm until 7:30pm.
- During "conditioning", practice will be held Monday through Friday from 5:30pm until 7:30pm.
- After "conditioning", practice will be held Tuesday, Wednesday and Thursday from 5:30pm through 7:30pm.
- Parents may stay and watch however, they must sit away from the practice area

- Practice will not begin without the direct supervision of the head or assistant coach.
- Every child learns at a different pace. Each cheerleader is to commit herself to learning for the long term, which may require practicing at home.
- All cheerleaders will raise their hand to make a suggestion or to ask a question and wait until the end of practice for problem discussions.

Practice Dress Code

- All cheerleaders MUST wear Saints apparel or team colors ONLY! (Navy, White and Gold) NO other colors, team names, school logos or prints are allowed. If your cheerleaders have Saints homecoming shirts from years past in other colors, that is fine. Jamz apparel from this current and past years is also ok but would prefer only Saints apparel/colors.
- No jean shorts.
- If arms are dropped straight down to the sides, shorts should be at least to fingertip length.
- No midriff shirts, or spaghetti strapped shirts will be worn to practice.
- When arms are raised, no part of your stomach can be exposed.
- Athletic shoes and socks must be worn to practices.
- Cooler weather – no jeans, wear sweat pants, or work out pants that allow for movement such as doing toe touches.
- Hair must be pulled back into a ponytail if longer than shoulder length.
- No jewelry can be worn to practice.
- No colored nail polish or fake nails allowed.

If not dressed properly, the cheerleader will NOT be able to participate in practice and this will be considered an unexcused absence.

Games

- All cheerleaders are expected to arrive one hour before her scheduled game **fully dressed and ready to go.**
- All cheerleaders shall do no less than 15 minutes of warm up before each game.
- All cheerleaders are responsible for learning all game rules.
- All cheerleaders must welcome visiting cheerleaders and display hospitality and good sportsmanship.
- If a cheerleader arrives late for a game, they will sit out 10 minutes of the game with their coach and may not be allowed to perform in the half time routine if last minute changes were necessary. All cheerleaders shall perform game cheers in a positive manner.

Attendance

- Regular attendance for practice is mandatory.
- All cheerleaders are required to be present at all assigned games.
- Absence other than those prearranged with the coach or an illness **will not be excused! If a child is ill up to 3 days, a doctor's note will be required before she is able to return.**
- Unexcused absences will result in the cheerleader sitting out a portion of that week's scheduled game and/or inability to perform half time routine.
- Excused absences may result in the cheerleader's inability to perform half time routine. The determination will be made by the Head Coach. In the absence of the Head Coach, the determination will be made by the Assistant Coach.

If one practice is missed (unexcused)

The cheerleader will show up at the next scheduled game, in full uniform, and sit out the 1st quarter with Coach.

If two practices are missed (unexcused)

The cheerleader will show up at the next scheduled game, in full uniform, and will sit out the 1st half of the game and will not perform in half-time routine.

If three practices are missed (unexcused)

The cheerleader will show up at the next scheduled game, in full uniform, and will sit out the entire game with the Coach.

- Unexcused tardiness will not be tolerated or accepted.
- If a cheerleader has a written medical excuse not to participate or limited participation, there must be a medical release form from the doctor before the cheerleader will be allowed to participate.

Note: if at any time during practice and/or game a cheerleader reports to a coach that she is not feeling well, a parent will be called. The parent will make the determination if the cheerleader's illness warrants picking them up from practice/game. If parent decides that the cheerleader can remain at practice/game, she is part of the team and WILL be required to sit out and watch for the remainder of the practice/game.

Definitions:

Unexcused Absence – An absence that is not prearranged due to illness or family emergency.

- Homework is encouraged to be done after school and is a priority. Cheerleaders are also encouraged to budget their time so that all of their responsibilities are met.
- Excessive homework resulting in a missed practice **will not be excused**.
- Transportation problems – travel arrangements should be made prior to practice and/or game time.

Excused Absence – Include doctor's appointments or prior arrangements that have been made with your Coach.

- Religious Classes/Functions or School/Educational Functions scheduled during practice hours will be considered an excused absence. (Note: Extracurricular school events such as dances are not considered an excused absence.)

Disciplinary System

- Disciplinary System will be enforced for all violations of the guidelines set forth by the Central Saints Cheer Coaching Staff.
- Verbal warning will be given for each violation.
- A written warning notice will be sent to the parent/guardian after receiving three verbal warnings of violations.
- Upon receiving the fourth verbal warning, plus written notice, the cheerleader will be discharged from further participation.
- Continued violations may also result in ineligibility for All-Star ballot

Grievance Protocol

- Any complaints from parents/guardians and or cheerleaders must be given first to the head coach. Parents must talk to head coach before or after practice. If not resolved:
 1. Parent/Guardian must first meet with the Head Coach.
 2. Parent/Guardian must meet with the Cheer Coordinator.
 3. Parent/Guardian must meet with the Parent Liaison.
 4. Parent/Guardian must meet with the League Representative.
 5. Parent/Guardian must meet with the Central Saints Board of Directors.

The Board of Directors would like to strongly express, neither St. Stanislaus School nor Central Catholic High School be disturbed with a grievance a parent/guardian may have with the Central Saints Organization.

Uniform and Fee

- Cheerleaders will be responsible for paying for uniform and camp/registration fees.
 - Cheerleaders will have the options of fundraising, obtaining sponsors, or purchasing these items via "out of pocket". The league has set a limit on "out of pocket" expense. **Any money collected above the cost of the uniform and camp/registration fees will be placed in the Central Saints General Account. This account definitely benefits every child throughout the year and "over" fundraising is encouraged.**
- A parent or guardian must accompany their cheerleader during the time of uniform measurements. Once the cheerleader had been fitted for a uniform, it belongs to her. If a cheerleader decides not to continue to participate in cheer at any time before or during the season, the uniform is hers to keep.
- Each cheerleader must pay for clinic and camp/registration fees.
- Each cheerleader will be responsible for replacement of lost or stolen items.
- Each cheerleader is responsible for maintaining her uniform.
- Each cheerleader is responsible for showing up in full uniform when requested.

Trophies

- If a cheerleader quits the organization before the end of the season, the child will not receive a trophy at the end of the season. Trophies are earned and not given.

I have read and agreed to the terms set forth,

Parent (print) _____ Signature _____ Date _____

Cheerleader (print) _____ Signature _____ Date _____