



901 N. Carpenter Road
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Since 1993

www.centralsaints.org

YOUTH FOOTBALL & CHEER

CHEERLEADERS AND FAMILIES – Things to know...

HEAD COACH and ASSISTANT COACH – Your coaching staff are all CPR/First Aid and AAACA Certified. All coaches and board members must clear a criminal background checks through the Department of Justice. We are non-paid volunteers.

CONDITIONING SCHEDULE – Starts Monday, July 25th. Monday - Friday (time to be determined). We usually drop down to 3 practices per week (Tuesday - Thursday) the week after our first game. POM-POMS – once received, must be brought to all practices and games. Please put names on them.

PARKING LOT:

Due to the possibility of theft and vandalism we must inform you that your vehicle and personal property should be kept locked and valuables out of sight. The Central Saints, and C.C.H.S. will not be held responsible for any lost, stolen or vandalized property. We advise parents to take random trips to the parking facilities.

APPAREL DURING CONDITIONING – NO SPAGHETTI-STRAP TOPS OR BELLY-EXPOSING TOPS. No jean shorts, no pockets, zippers or super baggy shorts. No earrings or facial jewelry. No clothing with offensive/suggestive wording. The ultimate outfit would be a t-shirt with soffe shorts (cotton with elastic waistband). Cheerleaders must wear tight-fitting athletic shoes (must be properly laced) to prevent injury.

ATTENDANCE – is mandatory. Roll will be taken promptly at 5:25pm. Please contact a Coach if you are unable to attend practice or game. If cheerleader is not present at time of roll call, she will be marked “absent”, if she arrives later, it will be reduced to a “tardy”. Excessive absenteeism or tardiness unless previously arranged with Coach will result in loss of cheer time or inability for cheerleader to perform at half-time routine.

EXCUSED ABSENCE – School functions such as Open-House, religious functions and absences due to illness accompanied by Doctor’s notice will be considered as “excused” absences.

HOMEWORK – is not considered as an “excused absence” therefore, all cheerleaders should make every effort to complete their assignments prior to coming to practice.

UNIFORM – All Varsity cheerleaders are responsible for their own uniform, not THEIR MOMMA’S! We recommend that they lay everything out the night before, in order to prevent chaos on game day. All cheerleaders must wear their “complete” uniform at rallies and on game day. The complete uniform includes: hair ribbon, cheer socks, briefs, skirt, shell, cheer shoes, body-liner* and warm-up suit*. The body-liner* and warm-up suits* will be worn during cool/cold weather. **If cheerleader does not come in her full uniform, she will not be permitted to cheer/perform.**

HAIR – must be worn in a pony-tail at practices and games. BANGS MUST BE PINNED BACK AT ALL TIMES.

MAKE-UP – Minimal make-up on game day or rallies is okay (IF OKAY BY PARENT).

CLEAN-UP – at end of every practice and games, we will all need to clean-up after ourselves. If we leave the school site in a mess, they may not let us use in future, so we want to be considerate guests. We are also required to clean-up Central Catholic after our home games, more information to come on that later

GAMES – Cheerleaders are required to arrive an hour before each game to warm-up and practice the half-time routine. They must arrive in full uniform. Cheerleaders should eat and go to the bathroom prior to reporting time.

RALLIES – We usually have rallies for every home game. They are held on Thursdays 15 minutes before the end of standard practice time. The cheerleaders will perform their half-time dance and cheer routines. Cheerleaders must wear their full uniform. Note: Practice on rally days will end later than normal. Please schedule accordingly.

JAMZ STUNT CAMP - The camp is **mandatory. It may be one or two days** It is usually held in August, dates to be determined. Cheerleaders must arrive promptly. If they are not present at roll call, the league will not allow them entrance into camp. Cheerleaders will be required to wear their camp clothes, cheer shoes and hair in pony tail (bangs pinned up). Camp clothes and cheer shoes will be distributed prior to camp. Based on their knowledge and experience, coaches will be placing cheerleaders in their stunt positions prior to camp. During camp, we need to perform with solid stunt groups so that we can be “certified” for the highest stunt possible. The best way to achieve this is to limit changes of stunt groups during camp, which means some cheerleaders may receive limited stunt time. We really try hard to avoid this but sometimes it cannot be avoided, especially when we have an odd number of girls on the squad, 23 (5 per stunt group). For first-timers, be aware that JAMZ will be selling cute cheer stuff like t-shirts, shorts and cd’s during camp. Parents are not allowed to stay and watch. However, JAMZ usually holds a parent show which you are welcomed to attend 😊

PICTURES - Pictures will be scheduled. Cheerleaders may wear their hair any way they’d like for pictures. Buddy pictures are available too (cheerleaders can take pics with siblings, friends and/or family).

“MUNCHIE GAMES” – The Munchie games are an all day event where we play mini-football games. It date and location has not been determined. Please bring plenty of water, snacks and lunch. Most likely, they will have a snack bar and food items can be purchased on site. Your child should wear/bring plenty of sunscreen and a visor.

HOMECOMING – We have an awesome Homecoming event every year. It is an all-day event. Parents and cheerleaders are required to assist with decorations, set-up and clean-up. A schedule will be forthcoming. All 3 squads will be required to perform at all 3 games. It will be filled with lots of fun and happy memories. 😊

8TH GRADE SEND-OFF – Each year, we have a small celebration to honor our 8th grade cheerleaders and football players. Their names are announced prior to the Varsity game and they are escorted by parents or other family members across the field. It is a very special time for your child. If you are interested in assisting us with the ceremony, please contact Coach Gina.

TROPHIES AND END OF YEAR CELEBRATION – At end of year, the Saints host a banquet for cheerleaders/football players and their families. (The Saints organization covers the expense for cheerleaders and players; family members are charged a small fee). All eligible cheerleaders will receive a trophy/plaque for participating. Some may earn special recognition trophies for the following areas: “most spirited”, “most improved” and “best all around”. All throughout the season, the coaches will take note of each cheerleader’s conduct and performance during practice and games. They will make determinations on who has “earned” the awards.

WORK DETAIL SCHEDULE – All families are required to submit a \$200 deposit (check is NOT cashed and it will be returned to you after you complete your work detail commitment). The schedule will be posted during practice. Please be on the look out for it. Remember, all families must participate. Details will be provided.

FIREWORK FUNDRAISER – Each family must sell \$100 worth of firework vouchers. You may “opt-out” and not sell any vouchers for a fee of \$65. The fund raiser will be handed out at Physical day and due at the Saints Annual Clinic.

CHEER PHYSICALS – All cheerleaders are required to have a physical. The Saints provide a physical day for all players (See important Dates Flyer on the web for date) and is pre-paid at Registration. The physicals will be conducted at Central Catholic High School from 6pm to 8pm.

CHEER CLINIC – The Saints host an awesome “Annual Clinic” for cheerleaders and football players held at Central Catholic High School. The clinic fee is \$30 and includes a “Spirit Pack” and Lunch. (See “Clinic Flyer” on the Saints website for more details) This is a great opportunity for new cheerleaders to learn basic arm motions and jumps as well as get to know your coaches and teammates!

CENTRAL SAINTS WEBSITE – (www.centralsaints.org) The website has our game schedule as well as other important information. Once the season gets started, we will post pictures of football players and cheerleaders in action. Check it out!

CHAIN OF COMMAND – If for some reason you have a problem, please contact your Coach before or after practice, never during practice unless it is an emergency. If you are unable to resolve with Coach, you may contact our League Rep.

His phone number is listed on the website.

GO SAINTS!