



Franklin Sabers Junior Cheerleading Handbook 2024-2025

We ask that you please read this handbook carefully and keep it for your reference.

This handbook is intended to act as a guide and should not be considered all-inclusive. FSJC board and coaches reserve the discretion to address any relevant concerns as they arise. This handbook can be changed and altered at anytime at the coaches discretion.

Club Purpose

The purpose of this youth cheerleading program is to act as a valuable resource and significantly enhance the Franklin High School Cheerleading program. We promote and uphold the strong tradition of Franklin community spirit, develop a sense of good sportsmanship and learn fundamentals of cheerleading in a safe environment and prepare athletes for high school level cheerleading.

Introduction

Cheerleading can be one of the most fun, valuable, and rewarding experiences of your school years. However, it will also consume a lot of your time and energy and is a major responsibility not to be taken lightly. You should be prepared to commit and be dedicated to working as a valuable member of this team. Cheerleading involves jumping, stunting, tumbling and dancing. Cheerleading comes with an inherent risk but safety will always be the priority during practices, games and competitions.

No experience is required to become a member! We divide our program into two different teams. The Black Team is composed of athletes grades 3rd through 8th that are new to cheerleading and/or want to commit to a shorter season. This team focuses on learning and building fundamental skills.

The Gold Team is composed of athletes that are more experienced with cheerleading, gymnastics, dance, or similar activities. They participate in tumbling classes, and 3+ competitions each season including WACPC State Championship, with the possibility of out-of-town competitions that will require overnight accommodations.

The Gold Team's season runs from August through February. The Black Team's season runs from August through December. Additional practices may be added in the summer and spring to accommodate summer camps and community parades. Be prepared to participate in weekly football games (September – October), weekly basketball games (for those attending Forest Park Middle School), practices, tumbling classes, competitions (November - February), camp, clinics, and monthly team building activities.

Upon the coach's discretion, participants can be moved between the Black team & the Gold team or may be placed as an alternate for any reason (ex. attitude, grades, injuries, etc.) at any time throughout the season.

This handbook is designed to help you understand that cheerleading is more than just sideline cheers and chants and showing up for a game or two. It is spirit, pride, hard work, dedication, a sense of who you are, and the opportunity to be a part of a team that you will likely build lifelong relationships in. Our hope is that this handbook clarifies the expectations we have for each athlete.

Upon becoming an FSJC cheerleader, each student will remain so for the determined season, providing he/she abides by the rules set forth in this handbook and communicated by the coach.

Goals

- Encourage community spirit, unity and pride.
- Develop lifelong athletic and leadership skills.
- Promote physical and mental development.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
- Provide a safe environment.
- Instill teamwork.
- Prepare cheerleaders for a future as a Franklin High School Cheerleader.

General Expectations and Rules for Cheerleaders

- Cheerleaders agree to maintain a positive attitude and demonstrate good sportsmanship at all times.
- Cheerleaders are required to pay attention to coaches at all times and follow their directions.
- Cheerleader's understand that attendance and timeliness is always mandatory and will make every effort to attend all practices and events and arrive on time.
- Cheerleaders will treat team members, other cheerleaders, football players, basketball players, coaches, officials, and fans with kindness and respect, regardless of race, gender, creed or ability by refraining from rude or abusive language or behavior.
- Cheerleader's understand that disagreements with team members and coaches may occur and it is the expectation that cheerleader's address disagreements promptly by speaking to the team member or coach.
- Cheerleaders understand that a violation in any of these rules may result in sitting out from practices, games, activities, competitions, or termination from the team.
- No gum chewing or eating of food or candy under any circumstances while in front of a crowd or during practice.
- Do not initiate conversation with spectators, players or cheerleaders. It is important to watch the games closely and always know what's going on.
- It is the duty of the cheerleader, as a representative of FSJC, to act in a sportsman-like manner and promote sportsmanship throughout the entire game/competition.
- Always be present while the basketball/ football team is playing.
- Use good common sense and appropriate behavior.
- All cheerleaders are required to have the BAND app to keep up with team communications.

General Expectations and Rules for Guardians

- Parents/Guardians agree to provide support, care and encouragement of child/children while participating in cheer activities.
- Parents/Guardians will encourage good sportsmanship by demonstrating respect and positive support of all cheerleaders, coaches and parents at games, practices or other events.
- Parents/Guardians understand that participation in volunteer committees and fundraising is required.
- Parents/Guardians will carefully review the contents of this handbook with their child/children.
- Parents/Guardians will drop off and pick up child/children on time.
- Parents/Guardians understand that lateness is not tolerated and may result in disciplinary action including removal from the team at the coaches discretion..
- Parents/Guardians will notify coaches of absences as early as possible and **no later than two weeks in advance** and will follow all other attendance policies as outlined in the “Attendance” section of this handbook.
- Parents/Guardians will attend events. Showing support for your child boosts their level of confidence and impacts their performances.
 - While at competitions and events, guardian’s and other fans are encouraged to make signs, wear Franklin/FSJC spirit wear and yell loud for our teams. Crowd Engagement is part of the scoresheet for competitions and makes a large impact on the overall impact of the routine. Show your athlete(s) how proud you are of their hard work!
 - We encourage all fans to learn the competition cheer in the routine and cheer loud and proud when our team asks you to. We also ask you to cheer loud whenever they stunt or tumble!
- Parents/Guardians are expected to exhibit the same behaviors expected of the cheerleaders including but not limited to; showing respect for coaching staff, cheerleaders and FSJC board members. Anyone who does not abide by this will risk suspension or termination from the team at the discretion of the team manager and/or board members.
- **Parents/Guardians may not approach a coach in any form (in person, email, social media, etc.) to discuss stunting, team placements, or other opinions regarding the team. All questions/complaints of this nature must be directed to the board of directors.**
- Parents/Guardians and athletes are expected to download the team Band app and keep the notifications on. It is also expected that you check your app and email regularly as well as www.fsjcheer.com as updated are posted consistently throughout the year.

Parent Signature_____Date_____

Printed Name_____Date_____

Try Outs

- Franklin Sabers Junior Cheerleading strives to promote inclusivity and welcome everyone who wants to join the team. As such, we do not make any cuts and everyone who registers and participates in tryouts is guaranteed a spot on one of the teams.
 - Every athlete that completes registration automatically earns a spot on Black Team. Those in 5th grade and above that are interested, may choose to try out for the Gold Team. If an athlete does not make the Gold Team, they will remain on the Black Team.
- Tryouts will tentatively be held in the spring.
 - Reference our website www.fsjcheer.com for full details and dates as they change depending on facility and coach availability.
- All athletes are required to participate in tryouts, regardless if they are interested in placement on the Gold Team. Performing in front of judges is part of competitions and both teams will be participating in competitions.
- If you are absolutely unavailable during the specified dates for team placement, please inform the board of directors President at fsjctreasurer@gmail.com for instructions as soon as possible.
- Team placement results will be posted on the FSJC website www.fsjcheer.com.
- The board of directors do not have any influence or decision-making privileges as to who is placed on what team.
- Gold Team placement is based on overall scores attained during tryouts.
 - Mandatory skills that may include the following, will be required to qualify to try out for the Gold Team:
 - Forward roll (somersault)
 - Cartwheel (standing or running)
 - Roundoff (standing or running)
 - Toe touch
 - Front Walkover
 - Back Walkover
- The judging panel will consist of qualified candidates who are as unbiased as possible as determined by the coaches.
- Approaching a coach, judge or board member, in attempts to sway team placement, prior to, during, or after tryouts is strictly prohibited. Such behavior will result in dismissal from the team for the remainder of the season and may hinder the athletes ability to try out for future seasons.

Coaches reserve the right to make any changes to the teams or tryout process as they see fit.

Team Building

Team building events are for the cheerleaders to spend quality time together in a relaxed environment. This is to help promote a sense of sisterhood between the teams. These events will be on a weekend date or during holiday breaks and are hosted by parent volunteers. They will be posted on the website as well as communicated via email from the Board Secretary. A schedule of the events with dates will be made available to you at the beginning of the season.

Attendance

Attendance is mandatory. Cheerleading is the ultimate team sport. When one member of the team is missing, late or leaves early; the entire team is affected. We do not have anyone on “the bench” to fill in. Routines are choreographed for each team and cheerleader to utilize every member of the team.

- All absences must be reported to the coaches as soon as possible, and no later than two weeks prior by sending an email to all coaches and board members (President, VP, and Secretary).
- Tardiness or leaving early without prior notification from any practice, game, event, or competition (minimum 2 weeks in advance) is not allowed.
- Emergencies/illnesses happen and it is expected that any absence/tardiness due to an emergency is communicated to coaches as soon as possible.
- Notification of an illness or absence minutes before a scheduled start time will be counted as unexcused and will result in disciplinary action.
- Consequences to missing practice/tardiness will be determined by the coaching staff and the Merit Point System.
- **Cheerleaders may NOT participate in any sports, clubs or all star teams, during their cheerleading season unless an agreement is made prior between the cheerleader and the coach. No other sport, club, or extra curricular activity may conflict with cheerleading. NO EXCEPTIONS.** Please email the board prior to team placement if you feel an agreement needs to be made.
- Attend all competitions regardless of team placement.
- Please refer to the Merit Point System on page 16-17.

Dress Code

- No earrings, nail polish or jewelry of any kind.
- Proper fitting athletic clothing. Nothing loose or baggy or that has zippers, sequins or visible ties (ie.....hoodies). An FSJC practice t-shirt and Soffee shorts is the required practice apparel.
- Cheer shoes that fit well and do not go outside except for specific team events. **Athletes will need 2 pair of cheer shoes** (one pair for games/practices and one pair for competitions). Flyers must get shoes approved.
 - No Keds, or loafer style shoes
 - No dirty or ill-fitting shoes
 - You must wear cheer shoes at all times during practices, games, and competitions
- Hair pulled completely away from face and secured, no loose pieces.
- Practice Wear
 - FSJC T Shirt
 - Black athletic Soffee shorts (no spandex!)
 - No show socks
- Please refer to the Merit Point System on pages 12-13

Uniforms

It is the responsibility of the parents/guardian(s) to obtain the appropriate FSJC uniform for their athlete. Uniforms may be purchased new or used from other FSJC athletes permitting it is the current uniform. Old uniform styles are not acceptable. Uniforms must fit properly, comfortably, and completely cover the midriff when the athlete extends their arms over their head.

It is the responsibility of the guardian(s) to purchase appropriate cheer shoes. Contact coaches or board members on where to purchase shoes.

Coaches will find and select bows that may be used for practices, games, events, and competitions.

Uniforms are to be worn for games and competitions only. Athletes found to be wearing an FSJC uniform when not at a game or competition may be subject to disciplinary action. If there is a school spirit day and uniforms are being worn, coach approval is required.

All team provided uniforms must be cleaned and returned at the appropriate time set forth by the coach. The Board Executives must approve the condition and quality of the uniform before it is considered returned. All flaws should be repaired through the Board Executives. The uniforms should always be pressed and clean. Each garment should be hand washed using cold water, separately from other clothing. **DO NOT USE BLEACH!**

If you lose or damage a team uniform you will incur a replacement fee \$175.00 for a complete uniform or \$95.00 per piece if individual pieces are damaged.

Individually owned uniforms are the responsibility of the owner and must be maintained with the same care as if it were owned by the organization .

FSJC uniforms are comprised of the following:

- Shell
- Skirt
- Liner
- All white cheer shoes
 - Can not be Keds or loafer style shoes
 - They must tie, be supportive and comfortable
- White no-show socks
- Appropriate bow as communicated by coaches
- Hair done as communicated by coaches
- Please refer to the Merit Point System on pages 16-17

It is the responsibility of the athlete and the guardian(s) to keep all pieces of the uniform in good condition. There are no excuses for lost/missing/damaged uniform items.

On competition days all cheerleaders will wear competition uniforms whether or not they are competing. They must not wear glitter, or bobby pins. Nails must also be kept natural, and must be kept short, just past fingertips.

Fundraising and Sponsorship

Keeping the cost of tuition, clinics, camps, gear, and competitions affordable is dependent on the amount of money generated through fundraising and sponsorship. Detailed information regarding our sponsorship options is available on our website.

- Volunteers are needed to form a fundraising committee. If you are interested, please contact a FSJC board member.
- Fundraising is required of all families.

Volunteer Obligations

To help keep the cost of tuition, clinics, camps, gear, and competitions affordable and possible, volunteering is an obligation for every family. Each family must participate in enough volunteer options throughout the season to reach 15 points.

- Game parent (5pts)
 - Post-game snack
 - Assist with bathroom breaks
 - Assist in making sure cheerleader's leave with the appropriate person
 - Assist coaches with all other tasks when requested
- Competition parent (10pts)
 - 2 adults needed per competition with both teams
 - 1 adult needed per competition with one team
 - Stay with team when coaches need to be divided
 - Facilitate goodie bags
 - Assist in making sure cheerleader's leave with the appropriate person
 - Assist coaches with all other tasks when requested
- Fourth of July Parade (5pts)
 - 1 parent needed
 - Help coral team at designated meeting spot
 - Assist in making sure cheerleader's leave with the appropriate person
 - Assist coaches with all other tasks when requested
- Homecoming (5pts)
 - Help coral team at designated meeting spot
 - Assist in making sure cheerleader's leave with the appropriate person
 - Assist coaches with all other tasks when requested
- Fundraising committee (10pts)
 - Organize fundraising events
- Spirit Wear committee (5pts)
 - Organize set up, sales, and distribution
- End of the Season Banquet (10pts)
 - Planning
 - Organizing
 - Set up
 - Clean up
- FSJC Executive Board & Board Members (15 pts)
 - Assisting coaches as needed; including but not limited to:
 - Uniform orders
 - Overseeing Parent Volunteer Committees
 - Administrative duties

Competitions

Both FSJC teams participate in local competitions during the competition season beginning in November. Please be prepared to attend competitions on Saturdays during competition season. Attendance at competitions is mandatory. Cheerleaders

are expected to stay for the duration of the competition. **The maximum number of cheerleaders to cheer/compete at any event is at the sole discretion of the head coach.**

- Gold Team
 - Will participate in 3+ local competitions and one State Championship during the season that spans November through February.
 - WACPC State Championship may require an overnight hotel stay. There is also the possibility of a local competition that may require an overnight stay.
 - These fees are NOT included in season tuition.
 - In the event of an overnight competition, parents/guardians are responsible for their cheerleader. It is not the responsibility of coaches or FSJC board members to chaperone.
- Black Team
 - Will not participate in local competitions during the November-December season.
 - There is no overnight or State competition for this team.

General rules and guidelines for cheerleaders at competition:

- No jewelry or earrings
- No nail polish
- Full competition uniform
 - Shell
 - Skirt
 - Liner
 - White no show socks
 - Competition Bow
 - All white competition cheer shoes
 - All black spandex shorts
 - Warm up jacket
 - Hair all up in a high ponytail (or whatever style requested by coach)
- If a cheerleader arrives unprepared for a competition, it will be at the discretion of the coaches whether or not she/he will participate in the competition and future competitions.

- Athletes must remain in full uniform for the entirety of the competition. They may wear warm up pants and warm up jackets between performance time and awards at the coaches' discretion. Athletes must be in full uniform for awards.
- Parents/Guardian(s): Crowd Participation is part of the scoresheet! Learn the cheer used in the routine and yell along with your athlete. Cheering on your athlete is required! Wear FSJC Spirit Wear! Sit with other FSJC families to engage in the best crowd participation.

Competition line up times are not announced until the week of the event. As soon as the coaches receive the information, it will be relayed to you. **It is expected that athletes are available for the entire day. There may be an unscheduled team practice the day/week before a competition, all athletes are expected to be available on short notice.**

Parents/Guardians are expected to check their messages regularly the day of competitions.

The scheduled practices the week prior to a competition are MANDATORY. If a practice is missed for any reason the week leading up to a competition, the cheerleader may be taken out of the routine and unable to compete.

All of the practices in the two weeks prior to WACPC State Championship are mandatory. Any athlete unable to attend these practices will not be allowed to compete.

Fees

Prior to turning in the registration form and fee, and therefore officially becoming a member of FSJC, you must be financially prepared to plan for all of the following expenses.

This includes but is not limited to: program fee, uniform, shoes, and transportation expenses. Refunds, discounts or credits are not given. If you decide to leave the program, or are asked to leave due to behavior/disciplinary reasons, there are no refunds.

Finally, youth recreational cheerleading, while not as costly as some youth activities, is still an expensive sport. We do our best to keep costs down by not creating unnecessary expenses and shopping around for the most affordable options.

Athletes and families can also do their own part to keep costs down by taking care of items such as mats, poms and signs and making installment payments (May through August) on a timely basis so the program can take advantage of early bird discounts when registering for competitions. If you would like to set up a payment arrangement please contact the treasurer at fsjctreasurer@gmail.com.

As a program, every attempt is made to consider relevant expenses and include them in tuition. Some expenses may be covered by sponsorships and/or fundraising

to help alleviate some costs. At times, an unexpected fee may arise and will be the responsibility of the individual athlete and their family.

Please notify FSJC treasurer if you have questions regarding payment plans.

FSJC will not refund registration, or program fee for any reason whatsoever, nor will refunds for uniform costs be provided.

Elite Tumbling

Elite Tumbling is an outside organization that works with many of the local cheerleading programs to build tumbling skills. Elite tumbling is highly recommended for all athletes and will be scheduled into our regular cheer season. All Elite fees are separate and will be paid out to Elite. **Elite tumbling membership is a requirement for Gold team athletes.**

We will collect the tumbling payment for all athletes regardless of team placement at the end of each month for the upcoming month. The total amount will be communicated at our first practice. We will only accept checks to pay for tumbling.

Injuries

Safety will always be the priority of this program. Due to the nature of the sport, there is a potential risk of injury. It is the responsibility of each and every team member to be aware and responsible of his or her actions. Staying focused and listening to the direction of the coaches is absolutely mandatory. Unsafe behavior is grounds for removal from practice, competitions, games, or other events.

A concussion management packet will be available on our website. An acknowledgement form will be required to hand in as part of the registration paperwork.

If an injury occurs, at practice or otherwise, that requires a cheerleader to sit out of more than one full practice, a doctor's note is required to return to activity.

Football Games

Our teams cheer for Franklin Youth Football in August-October depending on the season. Games are generally every Saturday with the possibility of an evening game. Every attempt will be made to have the girls cheer once a week at a football game. Calendar of games will be available on our website as soon as we obtain dates from Franklin Youth Football.

Basketball Games

Our Forest Park Middle School students cheer for Franklin Basketball games. Games are generally played on week nights. Every attempt will be made to have the girls cheer once a week at a basketball game. Calendar of games will be available on our website as soon as we obtain dates from Forest Park Middle School.

Playoff games for football and basketball will be attended at the discretion of the coach.

FHS and Community Events

As a feeder program for Franklin High School cheerleading, we value the importance of participating in events together. Some Team Bonding events may be scheduled with FHS cheerleaders.

Throughout the year, FHS cheer teams offer clinics where future FHS cheerleaders can work with current FHS cheerleaders on cheers, dances, and stunts. These clinics are mandatory and may incur an additional cost.

Inclement Weather and Cancellations

Every effort will be made to inform you of delays or cancellations to events and practices. Coaches will communicate through the BAND app when last minute changes occur and information needs to get out quickly.

Communication

An outline of what to expect for the upcoming season will be posted on our website www.fsjcheer.com and in the BAND app. We encourage open and honest communication done in a fair, professional and caring manner. Please contact the board president, VP, or Secretary regarding any communication concerns that you may have. Any comments made that could be taken as inappropriate, aggressive, or otherwise disrespectful will not be tolerated and may result in termination from the team and disqualification from trying out for future seasons.

- It is the responsibility of the parent/guardian(s) to make sure we have a valid email on file.
- It is the responsibility of the parent/guardian(s) and athletes to check their email and BAND app regularly and convey relevant information to their cheerleader
- Parents/Guardian(s) should check the website, www.fsjcheer.com and BAND app, regularly for updates.

Practices

Practices will be held at least two times a week. Athletes are expected to arrive 15 mins prior to the start of practice to unroll mats and prepare for practice. Athletes are expected to stay until all the mats have been properly rolled up and stored (up to an additional 15 mins). No athlete is allowed to leave practice until all mats are rolled up.

Athletes are expected to be ready and on the mats and warming up at the start of practice. Any athlete that is not ready to begin practice at the start time will be considered late.

No food is allowed at practice unless otherwise stated by a coach. Athletes are expected to bring water to practice and place it at the side of the mat before practice begins. Caffeinated drinks will not be allowed and will result in disciplinary action if brought into practice. Cell phone use is strictly prohibited and must remain in the athlete's bag at all times unless otherwise stated by a coach.

Safety is the highest priority of this program. As such, stunting or tumbling of any kind is prohibited without the supervision of a coach. All athletes are expected to come to practice with a positive attitude and willingness to work hard and listen. Any disrespectful, or unsafe behavior will not be tolerated and may result in the athlete or the entire team being disciplined or practice being cancelled.

Practices are closed. Parents, friends, and other family are not allowed at practice unless working on projects for FSJC (fundraising, planning, etc.) and prior approval has been granted by coaches.

Please refer to the Merit Point System on pages 16--17.

End of Season Banquet

The End of Season Banquet is held after the cheer season has ended. The Banquet is an opportunity to recognize the athlete's hard work and celebrate all that they have accomplished. The End of Season Banquet will be held at Root River Center and will be hosted for both teams. The date of the banquet will be posted on our website under the calendar tab www.fsjcheer.com.

The following may be used as a guide for the planning of the banquet.

- Slideshow/Powerpoint
- Individual athlete awards
- 8th Grade gifts
- Coaching thanks and gifts
- Silent auction
- Parent helper recognition

The program will make every effort to include the cost of the cheerleaders and coaches meal in the cost of tuition. The cost of the parents/guardian(s) and other family will be separate and paid for by the family.

SOCIAL MEDIA

FSJC athletes are representatives of the program. Social media statements and/or pictures may affect the athlete's reputation, as well as the reputation of their parents and the FSJC Program. Athletes are reminded to make use of the many forms of social media in a positive way. Posting confidential information, derogatory, discriminatory, negative or sexist messages or photos on social networks, (ie Facebook, Instagram, Twitter, etc.) is harmful and will not be tolerated. Athlete misconduct through social media outlets will be dealt with on an individual basis and may jeopardize participation in the program.

Sharing pictures of the athletes on your private social media is encouraged! However, videos of practices or competition routines are not allowed. Anyone found to have shared a video of practice or competition on social media will be asked to remove the video immediately. Videos may be shared with family members privately. Videos may be shared with other members of FSJC through our members only page on our website as well as through TeamSnap. Videos may not be shared with members of outside teams.

Negative postings on social media regarding other teams or teammates will not be tolerated.

Merit Point System

In efforts to clarify, simplify and unify our expectations, we have adapted the following Merit Point System.

GOLD TEAM **Merit Point System**

Infractions, Consequences & Discipline
Applies to all practices, games, events and competitions

MINOR INFRACTIONS	CONSEQUENCE Points Loss	DISCIPLINE
Unexcused absence	10pts	Suspension from 2 events
Tardiness	5pts	Suspension from 2 events
Improperly dressed (practice or event)	15pts	Suspension from 2 events
Inappropriate or distracting behavior*	15pts	Conditioning determined by coach
Inappropriate language, behavior, or social media involvement*	20pts	Suspension from 2 events
Unapproved cell phone use	20pts	Suspension from 2 events
Disrespect*	25pts	Conditioning determined by coach

MAJOR INFRACTIONS	CONSEQUENCE Points Loss	DISCIPLINE
Accruing more than 5 minor infractions (regardless of total point value)	50pts	Dismissal from team
Using profanity, bad grades or poor attitude*	50pts	Dismissal from team
Bullying, fighting or intimidation*	50pts	Dismissal from team

PLEASE NOTE: A parent must email the coach by 2pm on a scheduled practice day or event day if the athlete will not be able to attend due to an illness. If the coach does not receive an email from the parent in the allotted time frame that will be an unexcused absence.

1st Offense	=	Suspension from 2 events
2nd Offense	=	Suspension from 5 events
(FYI) 2 or more unexcused absences	=	Suspension for 3 events
3rd Offense	=	Termination from the team

The coach will determine what constitutes an unexcused absence.

Infractions that contain a * apply to parents/guardians as well. If a minor infraction is made by a parent, the consequence is points lost from the cheerleader's total (the cheerleader will not have to fulfill conditioning requirements). If the infraction is major, one mediation attempt may be made at the coaches discretion as determined by the severity of the infraction.

Each athlete starts the season with 50pts. For each infraction listed above a specified point value is subtracted from the athlete's total. If point value gets to 0, it will be up to the discretion of the coaches to make final decisions.

The coaches reserve the right to use discretion and change any of the above listed infractions, consequences or disciplines.

Participants must have the following documents completed and submitted by the registration deadline of May 30th.

- **Registration Fee of \$35.00**
- **Handbook Acknowledgment signed by athlete and parent/guardian (pages 4 & 18)**
- **Emergency Contact Form**
- **Concussion Form**
- **Risk Acknowledgment Form**
- **Media Release Form**
- **Current Physical Form**

Parents/guardians permitting their child to participate in cheerleading must read and sign where indicated within this handbook. The Board President must receive the above mentioned items before the athlete is allowed to participate in tryouts.

The seasonal fee must be paid in full prior to the first practice of the season or the athlete will be removed from the team without a refund of registration fees.

FSJC Handbook Compliance Form

I acknowledge that I have received, read and understand the FSJC Handbook, which describes important information about FSJC. I understand that the policies, procedures and rules outlined in this handbook are my responsibility to follow and convey to my cheerleader. I have entered into a cheer contract voluntarily and accept the terms of all contents within this handbook. Accordingly, FSJC may terminate the relationship at will, with or without cause, at any time, for any reason. Since the policies, procedures and rules described here are necessarily subject to change, I acknowledge that revisions to the Handbook may occur. I understand that FSJC may change, modify, suspend, interpret or cancel, in whole or part, any of the contents listed within this handbook; with or without notice, at its sole discretion, without giving cause or justification. Such revised information may supersede, modify or eliminate existing policies. The FSJC Board of Directors and coaches shall have sole authority to add, delete or adopt revisions to the policies, procedures and/or rules.

I understand and agree that I have read and will comply with the contents contained in this handbook and any revisions.

Parent Name (Printed)

Parent Signature

Date

Athlete's Name (Printed)

Athlete's Signature

Date

*** PLEASE DETACH THIS AND THE FOLLOWING 2 FORMS AND HAND IN***

Signature Page 4 - General Expectations and Rules for Guardians

- Parents/Guardians agree to provide support, care and encouragement of child/children while participating in cheer activities.
- Parents/Guardians understand that participation in volunteer committees and fundraising is required.
- Parents/Guardians will carefully review the contents of this handbook with their child/children.
- Parents/Guardians will drop off and pick up child/children on time.
- Parents/Guardians understand that lateness is not tolerated and may result in disciplinary action including removal from the team at the coaches discretion..
- Parents/Guardians will notify coaches of absences as early as possible and **no later than two weeks in advance** and will follow all other attendance policies as outlined in the "Attendance" section of this handbook.
- Parents/Guardians will attend events. Showing support for your child boosts their level of confidence and impacts their performances.
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 - We encourage all fans to learn the competition cheer in the routine and cheer loud and proud when our team asks you to. We also ask you to cheer loud whenever they stunt or tumble!
- Parents/Guardians are expected to exhibit the same behaviors expected of the cheerleaders including but not limited to; showing respect for coaching staff, cheerleaders and FSJC board members. Anyone who does not abide by this will risk suspension or termination from the team at the discretion of the team manager and/or board members.
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- Parents/Guardians are expected to download the team app and keep the notifications on. It is also expected that you check your email regularly as well as www.fsjcheer.com as updated are posted consistently throughout the year.
- Parents/Guardians will encourage good sportsmanship by demonstrating respect and positive support of all cheerleaders, coaches and parents.

Parent
Signature _____ Date _____
Printed
Name _____ Date _____

Signature Page Parent/Athlete Acknowledgement

Parents/Guardians are expected to reinforce the rules set forth in this handbook, as such please initial the following statements:

1. Upon the coach's discretion, participants can be moved between the Black team & the Gold team or may be placed as an alternate for any reason (ex. attitude, grades, injuries, etc.) at any time throughout the season.
2. Cheerleaders understand that a violation in any of the rules listed in this handbook may result in sitting out from practices, games, activities, competitions, or termination from the team.
3. **Parents/Guardians** will notify coaches of absences as early as possible and **no later than two weeks in advance**.
4. Cheerleaders may NOT participate in any sports, clubs or all star teams, during their cheerleading season unless an agreement is made prior between the cheerleader and the coach.
5. All athletes are required to participate in tryouts, regardless if they are interested in placement on the Gold Team.
6. **Attendance is mandatory for all practices, games, and competitions.**
7. No earrings, nail polish or jewelry of any kind.
8. Proper fitting athletic clothing, an FSJC practice t-shirt and Soffee shorts is the required practice apparel.
9. Cheer shoes that fit well and do not go outside except for specific team events. **Athletes will need 2 pair of cheer shoes** (one pair for games/practices and one pair for competitions).
 - a. You must wear cheer shoes at all times during practices, games, and competitions
10. Hair pulled completely away from face and secured, no loose pieces.
11. If you lose or damage a team owned uniform you will incur a replacement fee \$175.00 for a complete uniform. Individually owned uniforms are the responsibility of the owner and must be maintained with the same care as if it were owned by the organization.
12. Fundraising and volunteering is required of all families.
13. No parent, at any time shall offer any child, that is not their own, any sort of medication (prescription or over the counter).
14. The seasonal fee must be paid in full prior to the first practice of the season or the athlete will be removed from the team without a refund of registration fees.

Parent Signature _____ Date _____

Printed Name Parent _____ Athlete _____

Athlete Signature _____ Date _____