

CHEERLEADING RULES AND REGULATIONS 2009:

Welcome to the 2009 Northland Chiefs Cheerleading season. We as coaches are all glad you will be with us to cheer our 1st & 2nd, 3rd & 4th, 5th & 6th and 7th & 8th grade football teams to victory.

Our goal as cheerleading coaches is to help each cheerleader develop skills and attitudes necessary for a successful future, be a positive role model for them, help them to build character and integrity, teach good sportsmanship and fair play concepts and most of all, have a fun and enjoyable experience as a cheerleader with the Northland Chiefs organization.

Cheerleaders are encouraged to cheer at their own grade level. All cheerleaders are expected to attend their scheduled practices, promote spirit, exhibit good sportsmanship, cheer at their scheduled football games and be a part of Homecoming festivities.

Practices for all cheerleaders will officially begin on Tues. Aug. 3rd and will be as scheduled:

1st & 2nd Grade Minis: Thurs. 6:00-6:30

1st & 2nd Grade: Wed. & Thurs. 6:30-7:30

3rd & 4th Grade: Tues. & Wed. 6:30-8:00

5th & 6th Grade: Tues. & Thurs. 6:30-8:00

7th & 8th Grade: Mon. & Wed. 6:00-8:00

Additional practices may be called if coaches see the need. Once the football schedule is handed out, practice days may change, as there are “B” games during the week.

Extra practices will be called before Homecoming and for any competitions we decide to enter. Practice times are limited, everyone is asked to come excited, with a positive attitude and be ready to learn. Please be on time...if you know you will be late or need to miss a practice or a game, your child's coach needs to be notified in advance! If a cheerleader is consistently late or misses practices and games, the cheer coach will have the authority to bench that cheerleader accordingly. Parents...please have your cheerleader to practice on time and picked up on time...cheer coaches and football coaches are not responsible for children before or after practices.

Cheerleaders:

*Please do not have friends who are not cheerleaders come to practice, as they tend to distract.

*There will be no stunting unless a coach is present.

*Dress appropriately for the weather...wear comfortable clothing and tennis shoes (no jeans, jean shorts or sandals) This season we are asking all cheerleaders to wear black cheer shorts with either a black, red, grey or white tank to practices.

*Bring a jug of water (mark your jug or bottle please)

Team Mom:

Each squad will have a team mom or moms this season. Volunteers are needed to assist coaches with hand-outs, collecting paperwork and parent communication. If interested please see me after the meeting.

Financial Responsibilities:

Cheerleaders: 1st & 2nd Minis: \$100.00 1st & 2nd Grade: \$150.00
3rd & 4th, 5th & 6th and 7th & 8th Grades: \$200.00

Discounts avail. for multiple siblings

All fees are due by the week of August 24th. Cheerleading fees must be paid in full before girls receive a uniform. NO EXCEPTIONS!

Uniforms:

Cheerleaders will receive a vest, a skirt, a white bodysuit, a pair of spankies, and a set of pom-pons. Parents will be responsible for the additional purchase of their cheerleader's team sweatsuit and cheer shoes. **PLEASE DO NOT BLEACH UNIFORMS...WASH IN COLD WATER AND HANG TO DRY!** The vest, skirt, spankies, turtlenecks and poms will be turned in at the end of the season. All uniforms need to be taken care of and properly cleaned after each game and at the end of the season. Cheerleaders will be fitted for a team sweatsuit and a pair of cheer shoes. Low-cut sport socks will need to be purchased for games.

Conduct:

This year as in the past, all cheerleaders and parents will sign a code of conduct. This pledge lays out the rules all athletes and their parents need to follow during practices and at the games. These will need to be signed and turned in to the team mom as soon as possible...definitely by the first game.

Both parents and cheerleaders must remember that what we do on and off the field and what we say on and off the field are a reflection of the Chiefs Football Organization.

If a parent has an issue or problem, we ask that you please come to the coach directly.

Cheerleader Expectations:

- Cheerleaders are required to cheer at all assigned football games, keep a positive attitude at all times and focus on the game while cheering.
- Profane language, gestures or remarks will not be tolerated.
- Disrespecting coaching staff or a fellow cheerleader will not be tolerated!

- Everyone gets one warning, if the behavior or situation in question continues, the cheerleader will be asked to turn in her uniform and asked to leave the squad.
- Fraternizing/distracting players is not allowed

Pictures:

Individual and squad pictures will be taken this season as in the past. I will let you know as much in advance as I can and will remind you as the date gets closer.

End-of-Season Banquet:

The End-of-Season Banquet will be held after the Superbowl (Nov. 7th). All cheerleaders and their parents are encouraged to attend. It is usually a sit-down dinner and awards banquet to honor all the hard work our players, cheerleader, coaches and parents have put in to making the season a success. More info. on when to have banquet \$ turned in to come.

This is a lot of information to take in at one time, but hopefully, with this set of guidelines and the information provided we will all know what is expected of each other. I encourage you as parents to go over his information with your child.

There will be a New Parent Orientation meeting that everyone is welcome and encouraged to attend in about two weeks once the teams have been established.

This 2009 Chiefs Football Season looks to be an exciting one...we truly look forward to working with all of you and are glad you have chosen the Northland Chiefs to cheer for!!!

Mickey McConnell & Vi Hill
Northland Chiefs Cheer Coordinators