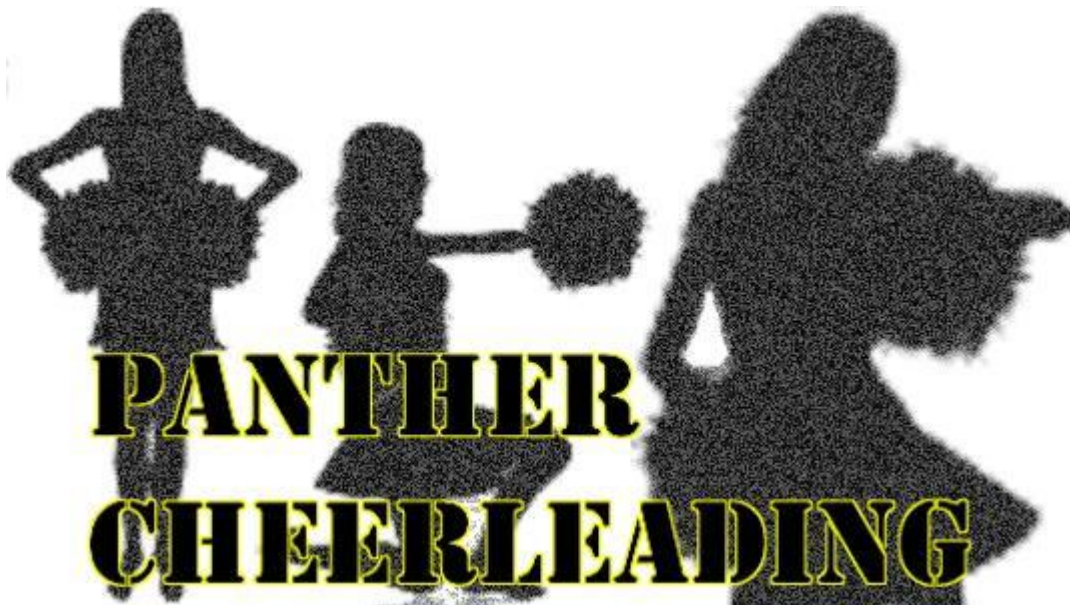


The **Positive** Place For Kids



BOYS & GIRLS CLUB
OF WAYNE



Cheerleading Handbook ***2025 Season***

Dear Cheerleaders and Parents:

Welcome to the Boys & Girls Club of Wayne cheerleading program! Our program is designed to familiarize girls with the fundamentals of cheerleading and the game of football, to promote and inspire teamwork, camaraderie, sportsmanship, and to create friendships. But most of all, our main goal is for all girls to have fun! Information included in this handbook is intended to provide you with information about our program. Panther Football is a traveling tackle football program which competes in the Morris County Youth Football League. The MCYFL includes divisions for each grade level. Our cheerleading squads consist of girls from KDG through 8th grade. Squad assignments are preliminary and are subject to change based on the number of players enrolled within the program and the total number of football squads. Squad assignments will be finalized **August** when the 2025 game schedule is published.

We believe we have one of the best youth programs in the area – both in terms of competitiveness and values. We are fortunate to have a dedicated group of coaches, team moms and cheerleading directors who all volunteer and dedicate countless hours to ensure we run a smooth, cohesive, well organized and informative program. We also pride ourselves as being team players and showing respect to all. The Parent/Cheerleader Handbook was developed to provide parents an understanding of the Boys & Girls Clubs standards and level of expectations for both you and your daughter(s). You will be asked to sign the acceptance form (attached at the end of this handbook), which confirms your understanding of the contents of this handbook and acknowledgement of the Code of Conduct. All parents and cheerleaders will be required to sign and return the Handbook consent page.

Lastly, we thank you for trusting us with your most treasured “possession”, your child. A safe, enjoyable and rewarding experience for your child is our number one goal. We thank you for your interest and your continued support throughout the upcoming season.

Warm Regards,

Jamie Lillis & Melissa Scrittorale
Cheerleading Commissioners

Adrian Polanco
Athletic Director

CHEERLEADER EXPECTATIONS / PRACTICES

Cheerleading is a team sport and therefore, attendance at practice and games is very important. Each and every cheerleader is important to their team and it is expected that participants attend all practices and games. We all recognize and certainly understand unexpected situations arise, such as illness and family obligations that may require a cheerleader to miss an occasional practice or game, but it is unacceptable for a cheerleader to not attend practice without good reason. Please make sure to communicate to your **commissioners** if a game or practice will be missed.

Practices begin on Tuesday August 5, location is TBD. Practices will be held every Tuesday, Wednesday and Thursday during the month of August from 6:00 pm-8:00 pm.

GAME SCHEDULE

Game schedules are finalized **by the end of August**. Once received from the league, all girls will be provided a copy. Game schedules and directions to all away games will also be posted on our website.

It is important to remember that the game schedule is subject to change. Girls are expected to be at all games even if there is a change in the schedule. Please understand game changes can/will occur. You will be notified by your team moms in addition to game information posted and available on our website.

Games are typically played on Saturdays, Sundays and Mondays. Girls will cheer at both home and away games. All home games will be played at Barbours Pond.

The end of the season will be determined by the outcome of the football team for which each squad cheers, which could be as late as Thanksgiving. All squads are **REQUIRED** to attend all games, including tournament play.

SIDELINE ETIQUETTE: All cheerleaders must exhibit proper behavior while on the field. At times, the football action encroaches in out of bounds territory where the girls cheer. In an effort to maintain a safe environment for all girls, they must pay attention and listen to their HS coach's directions and leadership.

While not cheering, ALL girls must stand in their assigned positions with their hands resting behind back. Girls may not run around, stunt, cartwheel, etc while in line. Excessive reprimanding may result in your child being asked to sit out the quarter/half/game. **Parents please re-enforce this rule with your daughters, especially the younger girls and help us keep and look organized during the game.**

GAME DAY

Team Moms will provide specific details (each week) in regards to uniforms, game location, directions and arrival time. Please ensure you check your email prior to your scheduled game, etc.

Hello Cheers and Half Time routines are choreographed to include all girls, however in the event girls are unable to attend a game; routines need to be re-choreographed with the girls in attendance, and time prior to the start of the game is when coaches will make those changes. **Therefore, girls not at the field when the Hello Cheer is practiced/run-through with their squad, will not cheer the Hello and Halftime Cheers – but will certainly cheer sidelines.**

NO FOOD, SNACKS or DRINKS (other than water) ARE PERMITTED DURING THE GAME.

We are prohibited from eating on the playing surface (turf) which poses a problem at halftime as all girls look forward to a snack. Half time is generally 15 minutes in duration and in years past, the game is well into the 3rd quarter and girls are still on line at the Snack bar. **Therefore, girls are NOT permitted to visit the snack bar at HOME and AWAY games.** Girls may choose to eat a snack at the conclusion of their game, however food will not be permitted during halftime or during the game. Games are typically 1 hour in duration - - please ensure your daughter is properly fed prior to arriving to

the game. In addition, the Club has purchased all new cheer uniforms and to ensure they all remain looking new, we discourage girls from eating/drinking - - especially hot chocolate or food with ketchup.

FIELD RULES

Due to several incidents in the past, some of which had been publicized in the local papers, the League has instituted strict field regulations regarding sideline and field access. Many of the guidelines the League has instituted have already been in place for our program; however they will now be strictly enforced.

- Access to the field area will be limited to coaches, staff, cheerleaders, players wearing game jerseys, special guests and chain crews.
- Volunteers and special guests must have a field pass issued by our commissioners to gain access to the playing surface.
- Anyone entering the field of play to confront a coach, official or member of the opposition in a confrontational manner is subject to ejection from the facility and may face possible banishment as a spectator at future football or Boys & Girls Club events.

Our program has been exemplary in many of these areas but wanted to make you aware of the rules as there is a zero tolerance for any type of misconduct.

UNIFORMS

All girls will have to purchase a vest, skirt and warm up jacket. If necessary, uniforms are to be washed in COLD water and HUNG dry - no hot water, no hot irons, no dryers. Parents assume responsibility for the replacement costs of uniforms which are either damaged or not returned.

Uniforms will be distributed before the first game. Uniform pick-up will be determined as we get closer to the first game.

In addition to the uniform provided, all girls will need white cheer sneakers. A list of mandatory items that supplement the uniform will be provided upon registration.

TEAM MOMS

Each squad will have at least one team mom assigned to their squad. Team Moms are responsible for keeping a watchful eye on your child at both practice and games and for ensuring information is disseminated to the squad and parents. They are also responsible for initiating emails to parents related to game changes, practice cancellations and other logistical information. Team Moms assume a large administrative role. Please confirm with your team moms that your contact information is correct, including all telephone numbers and email addresses. All team moms will have to complete and return signature pages for the BGCA Volunteer Training Video

HIGH SCHOOL / COLLEGE COACHES

High School and/or college coaches have been assigned to all squads and are responsible for teaching the squad their hello cheer, halftime routine and sideline cheers. These girls have volunteered their time to help coach and are committed to attending practices and games. Please show these girls a positive, energetic and respectful attitude. All Volunteer Coaches will have to complete and return signature pages for the BGCA Volunteer Training Video

CODE OF CONDUCT

COACHES CODE OF CONDUCT

- Will not encourage any behaviors or practices that would endanger the health or well being of any girls on the squad
- Will encourage good sportsmanship by showing respect, positive attitude and courtesy
- Will encourage squad members to adhere to the rules and to resolve conflicts through the proper channels
- Will take appropriate action to resolve any minor issue or incident under their control
- Will report all incidents and issues to the Cheerleading Commissioner for proper and immediate resolution
- Will treat each child on the squad equally and with respect at all times
- Will provide supervision at practice and games
- Will ensure all girls adhere and abide by the uniform and cold weather wear policies
- Will provide timely communication to squad and parents

CHEERLEADER CODE OF CONDUCT

- Will be respectful to one another, coaches and opposing teams
- Will follow club rules related to conduct, uniform, and attendance
- Will show positive attitude at all times
- Will shake hands with opposing cheerleaders after the game
- Will watch and applaud opposing teams "Hello" cheer and "Half-Time" routine
- Will stop cheering and stand quietly if a player on the field is injured
- Will applaud an injured player once taken off the field
- Will not use cell phone when cheering or on the field
- Will come prepared with their full uniform
- *Will not post or comment on social media anything that can be deemed disparaging and or detrimental to the Program or Club*

PARENTS CODE OF CONDUCT

- Will always keep in mind that children participate to have fun and the game is for youth, not adults
- Will be a positive role model for your child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game
- Will do your best to make this program fun for your child
- Will require your child to treat other participants, coaches, officials, parents, and spectators with respect
- Will strive to be a good role model for your child and the other children in the program
- Will respect your child's team moms and high school coaches and do your best to have your child at all practices and games on time. When not possible, agree to inform the coach in advance
- If a problem or concern is identified, will calmly seek solutions at a proper time and location, refraining from confrontations in front of the children

PARENT/GUARDIAN ACKNOWLEDGEMENT OF RECEIPT OF HANDBOOK

I, _____ parent or legal guardian of
_____, hereby acknowledge receipt and understanding of the Boys & Girls Club of Wayne Cheerleading Handbook, the rules, regulations and expectations contained therein. I will help my daughter follow all the rules in the handbook and I understand my child’s active participation in the cheerleading program is contingent upon our (parent and cheerleader) adherence to the aforementioned policies noted below.

- Girls must be on time for practices and games
- Hair must be neatly pulled away from faces (pony or pigtails are the best choices)
- No jewelry should be worn (i.e., rings, bracelets, hoop earrings)
- Girls must wear sturdy, athletic sneakers
- Girls should not be chewing gum or eating during practice and games
- Bring water bottle
- Parents are responsible for taking their child to the bathroom***-every girl needs a parent or a designated adult at practice to take them to the bathroom if necessary. Team moms and/or coaches WILL NOT take girls to the bathroom
- Girls are expected to be respectful to coaches during games and practices.
- Siblings and/or friends who are not registered in the program are NOT allowed to practice.
- **NO GIRLS ARE PERMITTED TO WALK HOME FROM PRACTICE. PLEASE BE PROMPT PICKING UP YOUR DAUGHTERS FROM PRACTICE.**

****Failure to adhere to the aforementioned rules may result in being made to sit out of practice or game**

Parent/Guardian Signature Date

Cheerleader Signature (only applicable for Grades 5, 6, 7 & 8) Date

FORMS MUST BE SUBMITTED TO TEAM MOMS DURING FIRST WEEK OF PRACTICE.