

_____ (initial)

Coaches are required to adhere to and enforce ALL SVJFAC rules and guidelines, as approved by the Board. This is including, but not limited to attendance policies, attire (i.e., no earrings), behavior, etc., not just for your squad but for teen coaches as well.

_____ (initial)

Coaches are to show the same fairness amongst the full squads and absolutely NO preferential treatment will be given to your child, their close friends, etc., including, but not limited to, positions in the halftime routine, cheer lines, and stunt groups.

_____ (initial)

Coaches are to ensure that their own children are adhering to all attendance and uniform rules during practices, games and competitions - there will be consequences for any Coach found to be letting their own child slide on these rules.

_____ (initial)

Coaches are expected to arrive EARLY to practices, games and competitions. We understand work schedules can conflict with practices - any scheduling conflicts need to be brought to the attention of the Coordinator(s) prior to the conflict. Games and Competitions are a MANDATORY arrival early/on-time. We cannot expect our Cheerleaders/families to arrive early, when we aren't setting the example. Please take this into consideration when volunteering for this position.

_____ (initial)

There will be no decisions made without the guidance and approval of the coordinator. Examples of this are managing the teen coaches, practice times/days, extra practices, weather cancellations.

_____ (initial)

If you have a parent come to you with a scheduling conflict during the season, you as a coach can not approve that - just letting the organization know does not make it excused. The parent must speak with the Coordinator(s).

_____(initial)

*****Jewelry (including but not limited to: earrings, nose rings, necklaces, bracelets, rings) are prohibited and are not to be worn to practices, games or competitions. Body jewelry is a safety hazard and as a coach you are agreeing to adhere to enforcing this rule from the onset of the season, through the entirety of the season.**

_____(initial)

If you have an issue, concern or question regarding a Coordinators decision, you are to wait 24 hours (just as we sign off on the parent code of conduct) to approach the Coordinators and it is not to be done in a group/public setting. Please familiarize yourself with our full rules and code of conduct prior to the season, so there are no questions around what is to be adhered to and enforced.

GAME DAY COACH

- ★ Squads will be run by 1 head coach and 1-2 asst. coaches. Teen coaches will be assigned to the squad.
 - ★ Prior cheerleading coaching experience not required, but a strong cheer background is preferred
 - ★ Must be available to attend Stunt Camp (Sunday before August practices begin)
 - ★ Must be available to attend and run practices Monday-Thursday from 6-8pm beginning in August and then Monday/Thursday from 6-8pm when school begins. If the head coach cannot attend, the Coordinator needs to be notified and the Asst. coach will run practice. Teen coaches alone are not to be in charge of or run practices unless the head/asst coach is present
 - ★ Create a practice schedule to ensure proper use of practice time - send to Coordinator at the beginning of each practice week
 - ★ Comfortable teaching/modifying routine, stunt groups, cheer, sideline dances (press box music) etc.
 - ★ Ability to deliver constructive criticism in an age appropriate manner
 - ★ Work closely with Teen Coaches in teaching half-time routine, stunt groups, cheer, etc.
 - ★ Comfortable managing teen coaches and ensuring they are following ALL rules and expectations, including but not limited to attendance, attire (as outlined in the teen coaching handbook + application), attitude, cell phone usage, etc.
- _____ **(initial)**
- ★ Must be available to coach at games, in their entirety, during the football season
 - ★ While there are 4 away games each football season, please note that we are in the WPYFL and we travel to schools in Washington and Westmoreland, PA - travel times could be up to 60 mins.

COMPETITION COACH

- ★ Squads will be run by 1 head coach and 1 asst. coaches. Teen coaches will be assigned to each squad.
- ★ Prior competitive coaching experience not required, but a strong cheer background and understanding of non-all star/school competition is preferred
- ★ Must be available from 8-10am during choreography week (last full week of July)
- Dance choreography provided - Cheer will need to be made-up & taught - working with Teen Coaches
- ★ Must be available to attend and run practices Monday - Thursday from 6-8pm beginning in August and then Monday/Wednesday/Thursday from 6-8pm when school begins. If the head coach cannot attend, the coordinator needs to be notified and the Asst. Coach will run practices. Teen coaches alone are not to be in charge of or run practices unless the head/asst coach is present.
- ★ Create a practice schedule to ensure proper use of practice time - send to Coordinator at the beginning of every practice week
- ★ Comfortable teaching/modifying(if necessary) routine, stunt groups, cheer, sideline dances (press box music), etc.
- ★ Work closely with Teen Coaches in teaching routine, stunt groups, cheer, sidelines, sideline dances (press box music) etc.
- ★ Comfortable managing teen coaches and ensuring they are following ALL rules and expectations, including but not limited to attendance, attire (as outlined in the teen coaching handbook + application), attitude, cell phone usage, etc.
----- **(initial)**
- ★ Comfortable delivering constructive criticism in an age appropriate manner
- ★ Must be available to coach at games in their entirety and be at all cheer competitions (5) in their entirety - including weekends where squads would cheer on Saturday and then compete on Sunday
- ★ While competitions are local, travel times can be up to 45 mins

Cheer Checklists

- Halftime Cheer
- Halftime Routine with Music
- Expectation of game day timeline
- Sideline Cheers
- Hello Cheer
- Victory Dance
- Mini Dances
 - 1
 - 2
 - 3
 - 4

Lets break down the checklist even further.

Halftime Cheer:

This cheer is to be about 45 seconds to 1 minute long. It can/should incorporate sign, poms, and even megaphones if needed. This cheer will be choreographed and taught by the teen coaches unless another arrangement was made between the teens and the head coach. If signs are needed (comp squads will definitely need visuals) you must contact Ali and/or Amy with what is needed by the end of the first week of practices.

Halftime Routine with Music:

Game day squad teens will choreograph and teach the routine to their game day squad. If the head coach has expectations or suggestions please have a discussion before the first practice. Music will be provided by Ali once the teens are assigned to each team.

This is normally anywhere from 1:00 minute to 1:30. Choreography for the competition teams will be completed at an AllStar Cheerleading facility. Absolutely NO changes to the routine should be made by a teen coach without approval and consideration of the head coach. Head coaches also may want to run any changes through Ali if they are “big”. Coaches, if you have ideas before choreo please email them to Ali at svcheeritloud@gmail.com so she can let the choreographer know. (Ex idea for the pyramid, or a visual move in the dance)

Expectation of Game Day:

Before the first game it is good to go over with the cheerleaders (and the parents if you would like) the expectations of a game day.

- 1.) They should arrive 1 hour before game time ready to go.
- 2.) Stay with the team to practice.
- 3.) Go to the bathroom and eat before cheering on the sideline. There will be no bathroom breaks and NO eating.
- 4.) Be ready to go out to have the football players run through the banner. If cheerleaders are not banner holders they should be cheering with poms (weather permitting)
- 5.) Hustle to the sidelines to stand for the national anthem. Right pom over the heart and the left pom behind back.
- 6.) If we are home, go over to the other cheerleaders for the hello cheer. If they do not have one then you can still do yours for them. If we are away you would start cheering if the other team does not come over to you.
- 7.) Make sure if you are close to the other cheerleaders you try to take turns. But most importantly standing to watch the game while not actively cheering and have the girls keep moving, cheering, stunting, etc
- 8.) NO group bathroom breaks. If a cheerleader has to go it is only 1 at a time. If they are too young to go alone their parent/guardian needs to come and take them to the bathroom.
- 9.) Again NO eating. If the team is doing snack and drink that will happen after the game is complete.
- 10.) Unless the game is called by the ref we are cheering even in not ideal weather conditions. When it is hot we will not wear the body suit so make sure they have a BLACK cami on under their shell and sunscreen. It may be raining or even snowing. Please make sure you are dressing your child accordingly.

Sidelines:

A list of sidelines will be provided. Goal is to learn a few at each practice so that by the first game. We have cut down the list with the teens because over the years there are ones that we do not do. If there is a cheer missing that was on the list in previous years

let Ali know. During the games make sure you keep the girls moving. Teens stay OFF your phones.

Hello Cheer:

This will be choreographed and taught by the teen coaches. Keep it short and simple. They girls love being able to say their names!

Victory Dance:

The song is the Venga Boys “We like to Party” We are only allowed to do the victory dance at HOME games.

Mini Dances:

We have 4. During games when the announcer plays music you can call out to the girls “dance 1,2,3,4). It is a fun way to make it look like they know a lot of different dances because you can change up to any dance with any song.

- **During this sample schedule below use the transitions from one area to another as scheduled water breaks. Obviously never refuse water especially on the hot days but only take “group breaks” During these transition times**

Sample Schedule week #1 of Practice:

6:00-6:10: ALL Warm-up/attendance

6:10-6:30: Comp; review choreo learned
Game Day; start learning cheer

6:30-7:00: ALL Stunting, building skills

7:00-7:30 Comp: Start learning/working on cheer
Game Day: Continue working on cheer or start routine with music

7:30-8:00 ALL meet in the center field to work.....

Monday: Sidelines

Tuesday: Victory Dance and possibly 1-5 new sidelines

Wednesday: Learn Mini Dance #1, review victory dance, possibly 1-5 new sidelines

Thursday: Learn Mini Dance #2, review dance #1, review Victory Dance, possibly 1-5 new sidelines

Sample Schedule week #2 of Practice:

6:00-6:10: ALL Warm-up/attendance

6:10-6:30: All Cheer

6:30-7:00: ALL Stunting, building skills that are in cheer and music

7:00-7:30: All Routine with music

7:30-7:40: Start learning and practicing the Hello cheer

7:40-8:00 ALL meet in the center field to work.....

Monday: Learn Dance #3, review victory dance, review dance #1, review dance #2, Rest of time review sidelines already learned.

Tuesday: Review Victory dance, review dance #1, review dance #2, review dance #3, if time review any sidelines already learned.

Wednesday: Learn Dance #4, review victory dance, review dance #1, review dance #2, review dance #3, if time review sidelines already learned.

Thursday: Review victory dance, review dance #1, review dance #2, review dance #3, review dance #4, if time review sidelines already learned.

Sample Schedule week #3 of Practice:

MONDAY - WEDNESDAY ONLY

6:00-6:10: ALL Warm-up/attendance

6:10-7:00: All Review Hello Cheer 1-2 times then go directly into the Cheer with stunts

7:00-7:45 All Routine with music (start chunking the routine)

7:45-8:00 ALL meet in the center field to work.....

Monday & Tuesday Review victory dance, review dance #1, review dance #2, review dance #3 review dance #4

Monday: Coaches request for sideline review

Tuesday: Teen coach request for sideline review

Wednesday: All take a break from sidelines and Lindsay go over game day expectations.

THURSDAY ONLY - Tentative Pep Rally at Graham Park

6:00-6:10: ALL Warm-up/attendance

6:10-7:00: Cheer for the pep rally should be ready to go with signs/poms etc and all stunts even if slightly watered down.

PEP RALLY PERFORMANCE - ALL SQUADS WILL PERFORM THEIR ROUTINES IN THEIR ENTIRETY AT THE PEP RALLY. This is a hard deadline and non-negotiable. Please keep this in mind when you are planning practices for the first 3 weeks. Games are scheduled for 2 days after the pep-rally, so in addition to a full and complete halftime routine, all other game day material needs to be ready - cheers, etc.

I have read and agree to the expectations set forth in this handbook.

Signature

Date