

SENECA VALLEY JUNIOR YOUTH FOOTBALL AND CHEER ASSOCIATION

CHEERLEADING HANDBOOK

2025

Dear Parents -

Welcome to the Seneca Valley Junior Football and Cheer Association. Thank you for your interest in our program! It is important as a parent that you understand the commitment that is required from both you and your child from the beginning, through the end of the season.

This handbook was created to provide the most detailed information possible of what to expect throughout the season and we ask that you keep it on hand as a reference. While this handbook is not entirely inclusive of the program as a whole, this will provide you a roadmap when deciding whether this program will fit within your family's lifestyle and when deciding between a competitive/game day squad. Please read through this booklet, in its entirety, and review with your child/children as well.

DEDICATION AND COMMITMENT

Please give careful consideration when registering for both a Competitive and Game Day Squad. This is a big commitment, not just for the cheerleaders, but for the parents as well. Practices begin at the end of July and run through the end of October/beginning of November. We are a part of the WPYFL league. Travel times for away games can range from 30-75 mins. Games will be played in the heat and the cold, as well as the rain and snow. Unless the game is called off by an official, all squads are expected to cheer the game in its entirety.

We are a part of a football association with a historically winning record. The Playoffs and Super Bowl are a part of our season and girls are expected to cheer for the season in its entirety, which runs through the beginning of November.

If you are a multi-sport family, including, but not limited to Allstar cheer, competitive dance and club sports, attendance on both a Game Day squad and Competitive squad is MANDATORY. If schedules cannot be managed, in accordance with our attendance policy, please do not register for a squad, as it is not fair to your child and the squad/program as a whole. By registering your child in this program, YOU as the parent are COMMITTING to making SVJFAC a top PRIORITY.

FINANCIAL COMMITMENT

As a parent of a cheerleader, it is important to be informed upfront of the total cost and time commitment associated with cheerleading. These are last year's prices and could differ slightly depending upon manufacturer price increases, as well as a possible addition to required and/or optional apparel items.

Registration: \$165.00

Paid during online registration

\$175.00
from previous season)

Competitive Fee (competitive squad only)*increase

\$75.00

Mascots

Association Fundraiser: Each family in the association is required to sell 25 raffle tickets for a total cost of \$125.00 due at uniform fitting.

Uniform: SVJFAC will provide a skirt and shell to each cheerleader. A deposit of \$200.00 will be due at uniform fitting. This check should be post dated November 1, 2025. Once the shell and skirt are returned in the same condition as received, this check will be returned to you. Uniforms are to be worn for games and competitions only, unless otherwise directed by the Coordinator/Coaches. **Please note that uniform damage occurs when girls are sitting on a cement surface/sitting on track or when velcro comes into contact with uniforms.**

Apparel: These are estimated prices and are subject to change.

Required:

\$56.95 Cheer Shoes

\$22 Custom Socks (x2 pairs)

\$71.95 Waist Length Liner (can be worn from 2024 season as long as it fits appropriately and is free of stains and rips)

\$16.95 Briefs

\$16 Clear Rain Jacket (can use from prior season)

\$47 Warm-up Jacket (can use from prior season)

\$25 Warm-up Pant (can use from prior season)

\$16 Team Hair Bow (new for 2025 season - no prior bow can be used)

\$10 Pink Bow (can use from 2024 season)

Optional apparel items will still be offered -

backpack

cheer jacket/t-shirts/sweatshirts/tank-tops/joggers/shorts

Additional Fees: May be required throughout the season for items such as: gifts, parties, T-shirts, Cheer Fest, ect.

Due at Uniform Fitting: You will need 4 separate checks if your daughter is on a competitive squad and 3 if on a game day only squad, all made out to SVJFAC.

- (1) Raffle Ticket Money \$125
- (2) Competitive Fee for Competitive Cheerleaders \$175
- (3) Uniform Deposit \$200
- (4) Family Volunteer Deposit \$100

For uniform fitting, we are set-up in stations - upstairs to check-in, skirt and shell fitting, downstairs for shoes and apparel fitting and checkout last - this is where you will make all your payments.

Parent volunteers are also required to work 1, 1-hour admissions shift (**per child**), throughout the season, in addition to a 2-hour **PER CHILD** (*new for 2025 season) shift at Cheer Fest. Should these obligations not be met, the Association will cash your Family Volunteer Deposit Check for \$100/per child. *Please take note that if you are late for your admissions shift, even if by 5 minutes, you will be required to stay over into the next shift for any time that you are late. If you are later than 10 minutes, you will be REQUIRED to work an additional shift during the season.*

COMPETITIVE/GAME DAY SQUAD/MASCOT OVERVIEW

SVJFAC offers both competitive and non-competitive cheerleading squads. All participants must attend orientation and/or tryouts each year. Orientation and tryouts will be at the end of April/beginning of May each year and are confirmed for **April 28 - May 1, 2025**. Game Day squads do not have to try-out, but are required to attend the orientation portion of the tryout process, as we like to get an understanding of squad size, skill set, possible stunt groups, etc.

If a cheerleader wishes to be considered for a competitive squad, that will need to be indicated during the registration process on TeamSnap. *Please note that if your child quit a competitive squad the previous season, they will not be eligible to try out for a Competitive squad this season and will be placed directly onto a Game Day squad.* Tryout scores will be used to help divide the squads evenly by skill and cuts may be made. **The Coordinator(s) and Coaches DO NOT judge tryouts - outside judges are hired.** If your child does not make a Competition squad, they will be placed on a game day squad.

Cheerleading Squads are divided by skill level and grade level as follows:

Mascots will be capped at 5 registrations and will be assigned to Game Day squads with a cheer sibling first and then placed where needed, if needed

****1st & 2nd Grades will have 1 game day squad and 1 competitive squad (K-2 football team) - will combine to cheer games on Saturdays (will share/rotate half-time performances)****

3rd & 4th Grades will have 1 game day squad and 1 competitive squad (JV + Varsity football teams)

5th & 6th Grades will have 1 game day squad and 1 competitive squad (JV + Varsity football teams)

****please note that there is one K-2 football team and two 1/2 cheer squads (competitive + game day). Both 1/2 squads will combine to cheer both home and away games for K-2.****

ACCORDING TO ARTICLE XIX OF THE WPYFL BYLAWS, Section 19.3 – All teams are encouraged to have cheerleading squads in all divisions.

Mascots are required to attend practices beginning in July/August and will attend on Mondays and Thursdays from 6-7:30 p.m. and then will drop to Thursday when school

begins. Mascots are required to attend all games that their assigned squad is scheduled (meaning home and away), in full uniform and will actively participate in all sideline cheering and will have a spot in part of the halftime routine. Before registering your child for the program, please be sure that they can attend practice without you/the parent and that they understand that they are there to learn just like the other cheerleaders.

**** Practice and Overall Etiquette**** Girls are expected to be safe, kind and responsible. **Mean Girl behavior will not be tolerated (this goes for tryouts/orientation/practices/games/competitions)** - parents will be called immediately and consequences will be given. Please note, that this type of behavior is cause for removal from tryouts and your child will immediately be placed in our Game Day program. We are all one team, under one roof. Maturity is a must - if your child cannot follow or is unwilling to follow the directions given by the Coaches and Coordinators, they will be immediately removed from practice and a meeting with the parents will be held. Please talk to your child at length in terms of the commitment and maturity required for this program. Please ensure they want to actively participate and give their all for the entirety of the season.

****Game Day Etiquette**** -The girls are expected to be cheering, stunting, dancing (lightly choreographed 8-counts that can be performed to any song played by the announcer) and paying attention to touchdowns, etc. and not standing staring at the ground, hanging on each other, sitting down, etc. This is not a social hour or the time for complaints - about weather, etc. Cheerleaders should not be mouthing/not saying the words, have a general lack of enthusiasm or have a bad attitude. No piggy-back rides or carrying other cheerleaders around. Parents, please talk to your child about the expectations of sideline cheering as well as the maturity required for participating in this program. While cheer is meant to be fun, it can be incredibly distracting when girls aren't paying attention and standing around on the track like they don't want to be there.

During weekends where there are football games on Saturday and a cheer competition on Sunday, both Game Day and Competitive squads will cheer Saturday and Competitive squads will compete on Sunday. On weekends where there are football games on Sunday, coinciding with a cheer competition, the Game Day cheer squads will cheer for the Varsity games only that day.

Competitive squads will attend 4-5 competitions during the regular football season. These competitions *usually* take place on Sundays throughout September and October. We won't know these exact dates until closer to the start of the season. PLEASE HOLD THE FOLLOWING DATES ON YOUR SCHEDULE FOR THE 2025 SEASON: **September 7, 14, 21, 28 October 5 and 12.** Please note that competitions are MANDATORY and cheerleaders/parents are REQUIRED to stay until the end of the event (times vary, but usually range from 7:30am - 3:30pm - give or take an hour on either end). **PLEASE MAKE EVERY EFFORT TO NOT SCHEDULE IMPORTANT EVENTS/FAMILY OBLIGATIONS ON THESE COMP DAYS, AS WE DON'T KNOW SCHEDULES AHEAD OF TIME. COMPETITIONS AGAIN ARE MANDATORY FOR CHEERLEADERS AND PARENTS - IF THIS WILL NOT WORK WITH YOUR LIFESTYLE/SCHEDULE, PLEASE DO NOT REGISTER FOR A COMPETITIVE SQUAD.** In addition, there will be weekends where Comp squads cheer on Saturday with a competition on Sunday.

****Competition Etiquette**** - cheerleaders and coaches are asked to arrive 45 min - 1 hour prior to doors opening, giving our program time to meet and walk in together. We understand that is a lot of idle time, especially for the younger squads, very early in the morning, however, we ask that you talk to your cheerleaders about proper behavior while we wait. There is to be NO running around, tumbling, throwing stuffed animals, etc. Cheerleaders are to arrive competition READY - meaning they are dressed in full uniform/warm-up suit - NO pajama pants or anything other than their SV uniform/warmup suit. Hair is in a high ponytail with flyaways secured with hairspray/bobby-pins.

Please note that during the competitions, Cheerleaders are the responsibility of the parents/guardians when not back in warm-ups and competing. Cheerleaders MUST be mat-side, cheering, for ALL SV performances AND awards. **There is to be absolutely NO running in front of, behind or beside the competition mat when other schools are competing. There will be severe consequences for any Cheerleader causing a disruption/distraction during a performance.** Please talk to your Cheerleader so they FULLY understand what is expected of them at competitions and they are mature/responsible enough for this commitment. Please ensure that your child understands they must remain in FULL uniform, including hair/bow for the entirety of the competition. There are to be NO Uggs, crocs, or any other shoe worn other than their competition shoes, with the exception of bringing their game day shoes to stand outside in, or change into while eating.

All cheerleading squads (Comp AND Game Day) will perform at Cheer Fest (annual fundraiser) which will be held on September 7, 2025. This is a MANDATORY event for each family in the Cheer Association. Parents are REQUIRED to volunteer for one (1) 2-hour shift PER CHILD during the event and families are REQUIRED to stay for the full event.

REGISTRATION

Registration will be completed through TeamSnap. Registration fees will be collected at the time of registration, typically starting in February/March. There is an extra fee \$165 in addition to the registration fee for the competitive squad that will be collected at uniform/apparel fitting.

Raffle tickets are a mandatory (1 per family) association fundraiser and those fees (\$125) will also be due at and distributed at uniform fitting. If you already received tickets through football, you do not need to get another packet of tickets.

TRYOUT GUIDELINES FOR COMPETITIVE SQUADS

Tryout requirements will consist of an in-person tryout - a dance routine, cheer, jumps and tumbling - **we cannot stress enough that tumbling skills are NOT required and only account for a very small portion of the overall score.** Our Senior teen coaches from the Seneca Valley Cheerleaders will be instructing the girls during tryout week. Tryout practices and tryouts will be held at a local facility - **Haine gym confirmed for April 28-May 1, 2025.**

ATTIRE FOR TRYOUT DAY:

Black shorts, plain white top (no logos), white ankle socks and clean (mostly white) tennis shoes. No jewelry or nail polish. Hair should be pulled back and kept away from the face with a small black, blue or white tie-back. Scrunchies/ribbons from previous years may not be worn. No "cheer" shorts.

JUDGE CATEGORIES

The judges will be considering:

Appearance - neatness, clean shoes, hair pulled back, etc.

Personality Projection - eye contact, smile, facials, etc.

Individual Form - timing, rhythm, precise motions

Group Cheer - timing and unity with group

Voice Projection - clear, loud and natural

Spirit - enthusiasm, ability to motivate crowd

Jumps - form and height

Tumbling - technique and form - tumbling is NOT required and only accounts for a very small portion of the score.

Dance Routine - rhythm and movement

Overall Performance - overall technique, ability to motivate, energy, etc.

TRYOUT PROCEDURE

All girls will be identified by number only. Numbers will be picked at random Wednesday night, before tryouts on Thursday. Former cheerleaders will not be identified as such, nor will they receive points for previous cheerleading experience and further, *no cheerleader will be guaranteed a spot regardless of previous participation on a competitive squad*. Girls will be trying out in groups of 3 or 4, in order of the numbers they have selected. They will try out in front of a panel of 3- 4 qualified judges.

1) Arrive on time (tryouts begin promptly at 5:00 p.m.) and check-in. Parents/guardians will only be permitted to check-in with the girls in the lobby and then will need to wait outside.

2) Warm-up in the lobby. Make an effort to stretch and warm up prior to arrival.

4) Girls will be dismissed to the lobby when they have completed their tryout.

ADVICE

SMILE!! Maintain good eye contact with the Judges. Be enthusiastic and natural.

Maintain good posture with feet shoulder width apart and your fists on your waist. You may be asked to repeat a stunt, cheer, chant or dance routine without being penalized.

Remember, the judges understand that everyone will be nervous, but what happens in that room for those 5 minutes is what counts!

RESULTS

Those making the competitive squads will have results posted later that evening via email and on the Facebook Parent Page. They will be posted by number only in ascending order, not by total points scored. Please remember your tryout number. Please do not contact the Coordinators prior to this time for results. Should you have any questions in regards to results, please reach out to Ali 724-799-7367/svcheeritloud@gmail.com. The game day squads will be contacted by their coaches after coaches are selected.

Tryout practices and the actual tryouts are closed to parents/family members, with the exception of a very brief mandatory parent meeting which will be held during tryout week - Tuesday, April 29, 2025.

TEAM MEET AND GREET

Once squads are officially formed and coaches are assigned to each team, a meet and greet will be held (usually we try to get this scheduled before school gets out for the summer or in the very early weeks of summer vacation). Coaches and Team Moms will reach out in terms of date and location.

PHYSICAL FORM

Physicals are required for each Cheerleader and must be completed prior to the first day of choreography camp for Competitive squads and prior to Stunt Clinic for Game Day squads. Forms are located in TeamSnap.

COMPETITIVE CHOREOGRAPHY CAMP:

Competitive choreography camp takes place the last full week of July, confirmed July 21-25, 2025 for the coming season, from [time TBD] at an AllStar Gym. It is **MANDATORY** for all girls wishing to be on the competitive squad to attend. If you already have a vacation planned or intend to go on vacation during those dates DO NOT register for a Competitive Squad.

PRACTICES:

Competitive Squad: Practices are from 6:00 - 8:00pm 4-nights(Mon - Thurs.)/week in August and 3-nights(Tues-Thurs.)/week for the duration of the season. Please give careful consideration to practice times, especially with girls on the younger squads - practices will NOT end early. Attendance at practice AND games is MANDATORY.

Game Day Squad: Practices are from 6:00 - 8:00pm 4-nights(Mon-Thurs.)/week in August and 6:00 - 8:00pm 2-nights(Tues/Thurs)/week for the duration of the season. Please give careful

consideration to practice times, especially with girls on the younger squads - practices will NOT end early. Attendance at practice AND games is MANDATORY.

Practices may be canceled in the case of inclement weather, however, if there is enough advance notice, practice location will be moved to a local indoor facility. The Coordinator will determine a cancellation, and all squads will cancel. Each squad will then be notified by their coach.

Once we reach the end of September/beginning of October, it gets dark earlier, and cold in the evening - it is then that we will consider shortening practice times and likely move them indoors, however, indoor space is not guaranteed. Please make sure both you and your child understand that they could practice in the cold and the rain (as long as it is not a downpour or thunder/lightning). The Coordinator will determine when the time is appropriate and all squads will shorten together. Each squad will then be notified by their coach.

Please keep in mind that if your cheerleader is on a Competitive squad we still have to finish out the cheer/football season once the competition season ends. Attendance rules still apply.

ATTENDANCE POLICY FOR BOTH COMPETITIVE AND GAME DAY SQUADS:

NO vacations are permitted the last week of July (choreography camp for Comp squads) and the last Sunday of July (stunt-camp for Game Day squads) through the end of the season.

Attendance is essential to the success of each season. Attendance will be taken at the beginning at each practice, game and event. Each Cheerleader's (and Parent's) 100% commitment is required as each position on the squad is dependent on the other. When one Cheerleader is absent, it places hardship on the entire squad and can become a safety issue. It is for these reasons, the Cheerleader and the Parents must be advised of the importance of compliance with the Attendance Policy.

Attendance is MANDATORY at every practice and every game. Each cheerleader is expected to be at the onset of practice and remain throughout the entire practice, and from the time designated by the coach pre-game throughout the entire game. Should a game be missed, that will result in two (2) unexcused absences.

Consistently arriving LATE to practice, games and competitions will result in your child having to sit for a quarter at a game. Coaches, team moms and parents are ALL expected to be ON-TIME for not just practices but games and competitions. Parents, coaches and team moms will also be required to volunteer for additional admissions shifts/other volunteer opportunities as determined by the Coordinator(s) should tardiness be a consistent issue

Your daughter's position in the half-time/competitive routine is based on skill, however, will be adjusted based on attendance, including missing the duration (more than half of) of practice. Practices are MANDATORY and if you are juggling schedules, please keep in mind your daughter might not have a flying/base/center position as it becomes unfair to the squad each

week when they have to wait until the practice is almost over to run through and practice their routines.

We understand things may come up throughout the season. For that reason, each cheerleader is allowed three (3) **unexcused** absences. Please be advised that just because you tell a coach of an absence, does not excuse the absence.

EXCUSED ABSENCES ARE: MEDICAL, SCHOOL FUNCTIONS, FAMILY EMERGENCIES.

PLEASE NOTE, ALL-STAR CHEER/OTHER SPORTS/ACTIVITIES ARE NOT CONSIDERED AN EXCUSED ABSENCE. MOVING FORWARD, IF EVERY EFFORT IS NOT MADE TO ATTEND THE MAJORITY OF DAILY/WEEKLY PRACTICES (meaning you will need to work with the conflicting sport/activity to leave early to arrive to SVJ in a timely manner - no less than 60-minutes/practice). If you are not attending 45 minutes of practice at least then it is going to be considered an unexcused absence and if it is persistent YOUR CHILD'S POSITION IN THE STUNTS (BASE/FLYER, ETC) WILL BE PERMANENTLY CHANGED IN THE ROUTINE OR THEY WILL BE REMOVED FROM THE SQUAD AND PLACED ON GAME DAY, SHOULD PRACTICE CONFLICTS BE A CONSISTENT ISSUE. THIS IS TO ENSURE FAIRNESS AND CONSISTENCY THROUGHOUT THE SEASON. (Ex if you miss this beginning of practice and do not arrive by 7:15 you are going to be considered absent). Please keep in mind this pertains to only ONE practice/week. If you arrive late and/or leave early multiple days, that will count towards unexcused absences.

We do not expect any issues with attendance. However, if a Cheerleader exceeds three unexcused absences, the consequences are as follows:

Competitive Squad - After the 3rd unexcused absence – the Cheerleader will be removed from the Competitive squad and placed on a game day squad at the same age level as designated by the Coordinators and a conference will be held with the Parents, Cheerleader, and Cheer Coordinators to revisit the Attendance Policy and review the consequence for the 4th absence. Parents will also be asked to work an extra admissions shift.

Game Day Squad - After the 3rd unexcused absence - the parent/guardian will work an extra admissions shift (or equivalent) at the next game. If the parent/guardian does not work the extra admissions shift (or equivalent), this will count as the 4th absence for the Cheerleader.

After the 4th unexcused absence - the Cheerleader will be required to attend the next game in full uniform but will not participate.

After the 5th unexcused absence - a conference will be held with the Parents, Cheerleader, and Cheer Coordinators to discuss the cheerleader's position on the squad.

GAME DAY PROCEDURES

Game day is usually Saturday for home games and Sunday for away games. Girls are to arrive 1-hour early, game ready (full uniform, bow, clean shoes, etc.).

We are a part of the WPYFL league. Travel times for away games can range from 30-75 mins. Games will be played in the heat and the cold as well as the rain. Unless the game is called off by an official, girls are expected to cheer. *A positive attitude is essential and starts at home the morning of an extreme weather day and or away game - please do your best to encourage your daughter and not focus on the elements that are out of our control.*

Cheerleaders are not permitted to eat during warm-ups as well as the game, including half-time. Please ensure that your child has eaten prior to arriving. Use of the bathroom during a game is one at a time and for girls on the younger squads, a parent will be required to come from the stands to take them. If possible, please make sure your child uses the bathroom before the game begins.

ASSOCIATION PICTURE DAY:

The association will have individual and team pictures taken, usually in August. Team moms will distribute more info when available. Please do your best to NOT schedule anything before NOON that day, as it creates unnecessary rushing amongst the photographer/squads. Please come there with the mindset that picture day can be chaotic and timing can be delayed. Your full cooperation is appreciated.

PARENT CODE OF CONDUCT

At SVJFAC we strive to teach not only the skills necessary for your children to become better football players and cheerleaders but to also always show good sportsmanship and respect to their coaches, parents, teachers, game officials and fellow athletes whether they be on the same team or opposing teams. Each parent must at all times demonstrate appropriate behavior. Please note that our Bylaws contain provisions requiring adherence to these Code of Ethics and appropriate action will be taken against any member not upholding these standards at all times.

We ask that all parents demonstrate good sportsmanship by showing positive support for all players, coaches and officials at every game practice and event. These games are about providing children with an opportunity to learn the sports of football and cheerleading, not for the parent's personal desire to win. These games are for the children, not for the adults. This can be achieved by providing support for all coaches, officials, other parents and other children involved in these activities.

We ask that you let your children's coaches be their coaches and you be their parent. If you see something occurring on the field in a way that you disagree with, please address that with your child's coach in a private setting after waiting 24 hours (unless it involves a safety issue). We also ask that you do not approach your child's coach before, during or after a game (again, unless it involves a safety issue). If there is something that you do not agree with, or are disgruntled about, we ask that you wait 24 hours before you address the issue. This way the emotions can be taken out of the equation and the field is not a place for these discussions.

Please be mindful that all of our coaches coach their own kids. Please DO NOT make assumptions/comments in terms of positions in routines, preferential treatment, etc as it is in poor taste. Our competitive routines are created by paid choreographers and our game day routines are created by our teen coaches, using skill sheets, as evaluations on skills are done at the squad meet and greets. Every effort is made to highlight ALL the cheerleaders as well as their skill and any decisions made in terms of placement are based on safety, skill, effort, need, attendance, etc. At NO point as a parent should you be making comments to your child about placement in the routine, cheer lines, etc., as they always make their way back to the coaches, cheerleaders, etc. If there are questions about your child's position in a stunt, the halftime routine or in the cheer lines, questions may be brought to the Coordinator(s) only.

We further ask that all parents refrain from using drugs, alcohol and tobacco during any SVJFAC sponsored athletic event including games, practices, scrimmages and cheer competitions. **And finally we ask that you volunteer in as many ways as you can. SVJFAC is a completely volunteer run organization and we have many individuals who volunteer hundreds of hours so that your child can enjoy the sports of football and cheerleading. Please do your part as well.**

TEAMSNAAP/GROUP CHAT RULES OF CONDUCT

TeamSnap is used for registration, scheduling, rsvp-ing and for making squad announcements. Please remember it is not necessary to discuss a problem that pertains only to your child or a grievance over a message that was circulated.

A reply is not necessary for every message. A simple "like" by clicking the heart button beside the message lets everyone know that you read/understood the message.

Individual messages should be asked to the Team Mom via text message, not through the chat function in TeamSnap.

These tips are to ensure we are keeping our primary source of communication clear and concise. When in doubt, please ask the Team Mom first before asking a question in the group chat - they likely will have the answer.

Team/group text messaging chats should be used for informational purposes only. When in doubt, please send a separate message to the Team Mom with questions, concerns, etc. Text messages can get incredibly overwhelming - please thoroughly read through any messages that have been sent, as the information you are looking for is likely in a previous message. Please refrain from general chit-chat in the group text, as it is used for informational purposes only.

Please ensure that you discuss which parent will be included in the group chat and ensure when necessary that BOTH parents/guardians are included on the group chat.

GENERAL RULES OF CONDUCT

Constructive criticism, expressed to the right people, with respect, makes for a better team. Destructive criticism will not be tolerated. Rumoring, gossiping and complaints will not be tolerated. Concerns can be addressed directly (via cell phone/email - NOT TeamSnap or any other group chat setting) with the Head coach of your child's squad or can be addressed directly with the Coordinator - Ali 724-799-7367 or svcheeritloud@gmail.com

*****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. Please do not show up with freshly pierced ears - body jewelry is a safety hazard*****

Use of cellphones during practices and at games is prohibited - this pertains to our teen coaches and our cheerleaders. Please talk to your child/children about cell phone/social media appropriateness - they are not to be making Snapchats or Tik Toks with the younger girls, unless given permission by their parent/guardian.

Making fun of, talking about or just being downright mean to other cheerleaders, SVJFAC squads or opponent squads, Coaches, Teen Coaches, Coordinators or Parents, whether circulated by mouth or social media (facebook, snapchat, tiktok, instagram, etc); **will not be tolerated**. There will be severe consequences for this kind of behavior.

If your child is on a competition squad, **you are prohibited from posting any part of the routine on social media until after the season is over**.