

Teen Coach Expectations

- ❖ Must be in 9th - 12th grade and have, or currently are, affiliated with a cheer/dance program in school, or as an extracurricular activity. Please do not enter into this program without full dedication and commitment. *Please be advised that your previous season efforts, dedication, commitment and behavior will affect your squad placement and/or eligibility in this program.* Please note that on the application you can request a friend you'd like to be partnered with and squad preference, however, the final decision is that of the Coordinator and can be modified throughout the season as necessary.
- ❖ Partner with Head and Assistant Coaches - briefly meet weekly to discuss expectations for practice for the week - discuss any issues
- ❖ Work closely with Coaches in teaching half-time routine, stunt groups, cheer, etc.
- ❖ Game Day Teens - Must be available to attend Stunt Camp (Sunday before August practices begin) Teens will make up the entire halftime routine and needs to be FULLY completed by the Coaches meeting, prior to practices officially starting. Date TBD. The cheer needs to be 45-50 seconds. During the cheer you can use signs and poms. Please let Ali know what you need. There should be a stunt during the cheer portion. Music will be 1:30. The music will be provided by the coordinator. During the music please make sure there is a main stunt, tumble portion, jumps, pyramid and dance. Other motions and creative choreography as well throughout.
 - Game Day Teens - are REQUIRED to attend ALL practices and games (Saturday or Sunday during the SVJFAC 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. If rides are needed, please make arrangements with your Head/Assistant Coaches

- ❖ Competition Teens - Must be available to attend choreography camp the last week of July. 8-10 am at the Top Gun facility in Cranberry. Teens will make up the cheer portion of the routine which should be 45-50 seconds with a transition(clap/we are sv/raiders) to the music part of the routine. The whole routine can not be more than 2:30 long. During the cheer you can use signs and poms. Please let Ali know what you need. There should be a stunt during the cheer portion, standing tumbling and motions.
 - Competition Teens - are REQUIRED to attend ALL practices and games (Saturday or Sunday during the SVJFAC football season) as well as competitions - from the time the doors open until the last awards of the event. You MUST be available the following Sundays in the 2025 season if you are interested in applying to be on a competition squad: **September 7, 14, 21, 28 & October 5, 12**. 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. **If rides are needed, please make arrangements with your Head/Assistant Coaches**

- ❖ Must be available to attend and help run practices Monday-Thursday from 6-8pm beginning in August and then Monday/Thursday Game Day (Monday/Wednesday/Thursday Comp) 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

- ❖ Review practice schedule with Coaches to ensure proper use of practice time. Teen coaches should NOT be sitting on their phones during practice. Teens must be actively integrated into and participating in practice.

- ❖ Comfortable teaching cheers, organizing stunt groups, sideline dances (press box music) etc.

- ❖ **Ability to deliver and receive constructive criticism in a respectful and age appropriate manner.** You are working with young girls who look up to you and

most likely will be in your shoes one day. They will not be shamed, criticized, mocked or talked to with anything less than respect.

- ❖ **Attendance is MANDATORY at all practices, games and competitions.** While we understand that certain circumstances are unavoidable, they are to be communicated ahead of time, to not only the head coach, but the coordinator as well. Should continued absences be an issue, you will be removed from the program and issued a certificate for the amount of hours volunteered.

- ❖ **SV athletic/cheer apparel must be worn to all games and competitions.** Practices - you should wear clothes as if you were at your own cheer practice - no bare midriffs, no dangly earrings/no jewelry and **proper footwear must be worn (tennis shoes with socks) NO PLATFORM CONVERSE, UGGS OR BIRKENSTOCKS.** You will be sent home if there is an issue with apparel - NO first warnings will be given. **ATHLETIC TENNIS SHOES OR CHEER SHOES ONLY.**

- ❖ Use of cellphones during practices and at games is **prohibited**. Making Snapchats, Tiktoks and any other social media posts while at practices, and games is **prohibited** and there will be severe consequences for this type of behavior. Furthermore, rumoring, gossiping and complaining about the association, coaches, cheerleaders, etc. whether by mouth or on a social media platform is **prohibited** and there will be severe consequences for this type of behavior. Lying about why you cannot attend practice, games and competitions will result in immediate removal from the program.
- ❖ 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.

- ❖ NO vaping/smoking, drinking or swearing in front of the girls. Any teen coach caught vaping/smoking or drinking AT ANY TIME (even when not at SVJFAC) will be removed from the program immediately. Further, no teen coach should be showing up to a game, competition, practice, etc. looking and acting as though they had been out all night long. You are a role model to these young girls and represent SV from the time you show up to a game, competition and practice until you leave. **Any issues will be cause for immediate dismissal from the program.**

- ❖ Volunteer hours will not be a set amount for everyone. We are going to take into account several factors, including but not limited to, practices, games and competitions attended, time put into creating cheers/routines (for game day squads), etc. and then issue the certificate at the end of the season, based on the volunteer hours earned. Head coaches will take attendance and turn in to the coordinator weekly. **Competitive volunteers can earn up to 250 hours per season and Game Day volunteers can earn up to 200 hours per season.**

Any questions about these expectations and requirements should be asked prior to submitting an application.

By signing off on this form, you are agreeing to the terms above. By signing this form, you acknowledge the consequences for any violations of the above. To be considered for a position as a teen coach, this form must be signed by you and a parent/guardian and turned in with the Teen Coach Application.

Signature

Date

Parent Signature

Date