



Cheerleading

2022-2023 CHEERLEADING HANDBOOK

PURPOSE

We exist to share the hope, love and joy of a Christ-centered life through competitive cheerleading.

1. By offering a quality cheer program that is committed to excellence and teaching cheerleading skills in a positive, encouraging, inclusive environment.
2. By building relationships that provide opportunities to share the good news of God's love,
3. By encouraging and mentoring these young individuals to become positive role models in their communities.

And I pray that you, being rooted and established in love, may have power, together with all saints, to grasp how wide and long and high and deep is the love of Christ . . . Ephesians 3:17-18

SEASON OVERVIEW

July 8	Early Registration / Mandatory Parent Meeting / Uniform Fitting Appointments
July 15	On Time Registration / Mandatory Parent Meeting / Uniform Fitting Appointments
July 22	Late Registration/ Mandatory Parent Meeting / Uniform Fitting Appointments
July 28	Jr High Lock In Sleepover
July 29 - 30	FCC 2 Day Camp @ Tri City Christian in Vista
July 31	Back to School BBQ OUTREACH @ Faith Chapel
August 4	Bi Weekly Practices Begin Thursdays & Sundays
March 12	End of the Season Party

COMPETITION DATES

August 25 - 28	Mandatory Choreography TBA
September 15 - 18	Mandatory Choreography TBA
November 5	Showcase Performance @ Tri City Christian, Vista
November 19	JAMZ Competition, Anaheim
December 4	TSN Competition, San Diego
December 17	SHARP Competition, Baldwin Park
January 20 - 22	JAMZ Competition, The Orleans, Las Vegas
February 11	FCC West Coast Championships, Felix Events Center, Azusa
February 25	Team Trip to Knott's Berry Farm
March 5	Cheer Family Sunday @ Faith Chapel's Service
March 12	Awards Banquet / End of Season Party



Cheerleading

2022-2023 CHEERLEADING HANDBOOK

PRACTICES

Cheerleaders must be at every practice on time and prepared – fully dressed in appropriate practice attire, including hair pulled back, jewelry removed and proper cheer shoes on. Cheer shoes are to be worn at practices and performances ONLY.

Practices will be held 2 times a week for 1 ½ to 2 hrs. **ALL PRACTICES ARE MANDATORY.**

- Wear designated practice attire with cheer shoes
- Pull hair up in a ponytail
- Remove ALL Jewelry
- Bring your booklet and a water bottle
- Apply tape or braces prior to start time

ATTENDANCE

Competitive cheerleading is a team sport. The full squad is necessary at every practice to determine spacing alignment and visual appeal. More importantly, all members are needed at each practice to maintain safety standards while practicing all stunts. Each squad member plays a key role in these stunts. Practice attendance is vital and the following attendance policy will be strictly enforced. **Any cheerleader accruing more than 3 absences will result in dismissal from the team with NO REFUND.** Due to the commitment level of the cheerleader and commitment and flexibility required of the parents, we HIGHLY recommend you consider your child's current schedule and activities before committing to competition cheer.

COMPETITIONS

Attendance at all competitions is mandatory.

A parent or designated chaperone **MUST** accompany each cheerleader at each competition. Cheerleaders are required to be present for competition awards. Please plan accordingly.

TEAM UNITY

We promote an all for one and one for all mentality. Cheerleaders and parents need to promote team unity by showing respect for one another. Positive dialogue and encouragement should be exhibited at all times. Derogatory comments about other cheerleaders / coaches will NOT be tolerated. Treat others the way you want to be treated. If you have a concern, please contact the coach or director. Please talk with someone who can make a change or address your concern.

ATTITUDE

Cheerleaders are expected to come to practice with an "I can" attitude. I can't or "I won't try will result in extra laps or conditioning. Cheerleaders are expected to come to practices and performances with an attitude of cooperation, realizing that what is best for you personally may not be best for the whole team.



Cheerleading

2022-2023 CHEERLEADING HANDBOOK

SAFETY

As with any athletic activity, cheerleading jumps, tumbling and stunts involve risk of injury. **Every cheerleader should be 100% attentive at all times.** Talking and side activities create distractions and negatively impact the team. If the coach is working with another group, the information is relevant for all. **SAFETY IS FIRST PRIORITY!**

INJURIES

All injuries must be reported to a coach immediately and an incident report completed. If medical attention is required, it is the parent's responsibility to provide the coach/coordinator with a doctor's note including any special instructions or limitations.

UNIFORM

Designated practice and team uniform pieces (including bows, make up and accessories) must be kept clean, organized and accessible. Please be careful to follow the uniform washing instructions specifically. Cheer shoes are NOT to be worn outside the gym. They are used for practices and performances ONLY until after the season.

HAIR, MAKE UP, NAILS & JEWELRY

Cheerleaders will wear matching hairstyles and make up for all performances. Nails must be kept trimmed to an athletic length. Please REMOVE nail polish prior to performances. Only matching nail polish will be allowed for performances. **Jewelry of any kind is strictly prohibited at practices, and performances.**

CELL PHONES / ELECTRONICS

Cell phones and other electronic devices are to be silenced and put away during practice and other team activities. A cell phone box will be provided for cheerleaders to place phones in during practices and other events. This includes competitions. These electronics become a distraction from staying focused on team building. The coach will collect them to be picked up by the parent after practice when necessary. In the case of an emergency – call the coach.

COMMUNICATION

It is important to familiarize yourself with the Team Snap App. All of our practices and events are posted on the Team Snap App for your convenience. We also use the App to send out team e mails and group chat with each other. Most of your questions can be answered by checking the info sent out through the app. **The Team Snap App is intended to be used for communication, clarification and encouragement. Please keep all post and comments positive!**



Cheerleading

2022-2023 CHEERLEADING HANDBOOK

TUMBLING

Tumbling drills and skills will be a part of our regular practice schedule. Additional training in tumbling is recommended but not required. It is beneficial for each cheerleader to receive additional training in tumbling. **The more participants that tumble, the higher the scores in tumbling and execution will be.**

COMMUNITY OUTREACH

Working together as a team to serve our community is an important part of our team building experience. We will be partnering with Faith Chapel at the Back to School BBQ and Trunk or Treat to serve the community. We will also be planning other community outreach opportunities for each team throughout the season.

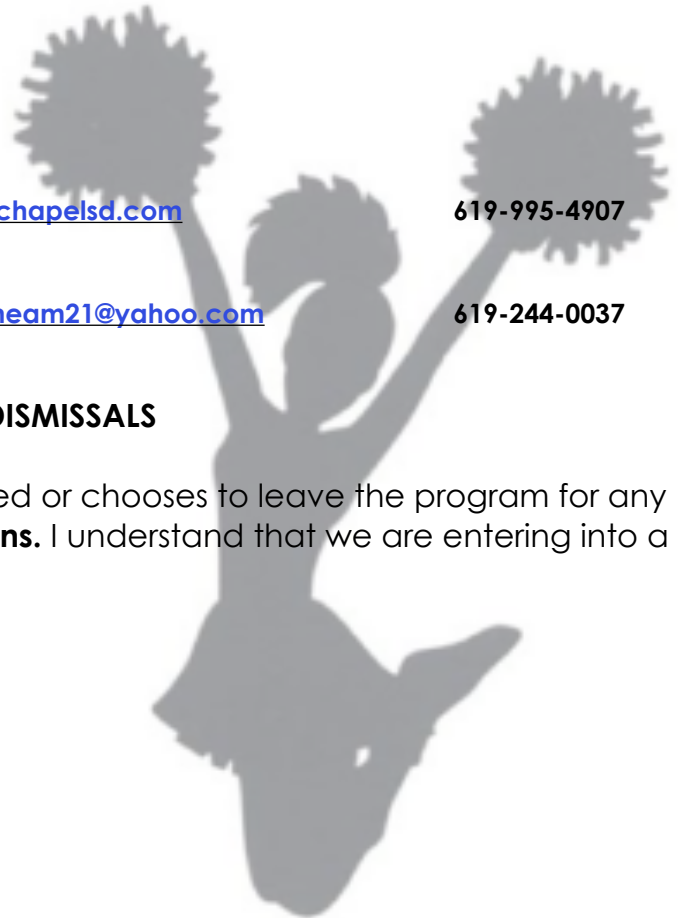
CONTACTS

Faith Chapel
9400 Campo Road
Spring Valley CA 91977

Director / Coach:	Lisa Rheam	lisa@faithchapelsd.com	619-995-4907
Coach:	Liandra Rheam	liandra_rheam21@yahoo.com	619-244-0037

RESIGNATIONS / DISMISSALS

I hereby understand that if my child is dismissed or chooses to leave the program for any reason, **no fees will be refunded, no exceptions.** I understand that we are entering into a commitment to the entire season.





Cheerleading

2022-2023 CHEERLEADING HANDBOOK

FEES/PAYMENT PLAN

Registration Fee:

7/8/22	7/15/22	7/22/22
Early \$200	On Time \$250	Late \$280

Registration Includes: FCC 2 Day Kick Off CAMP & Impact registration, drawstring bag, devotional book, cheer shoes, practice shorts, t shirt and bow.

Season Cost: \$1,000 plus registration fee

Optional Monthly Payment Plans: Registration Fee plus \$200 monthly x 5 months (August, September, October, November, December)

Season Cost Includes:

Team Choreography & Music
Picture Package
Complete Competition Uniform & Bow
Competition Make Up
Competition Entry Fee – for Cheerleader
Souvenir Gift (pin)
End of the Season Gift

ADDITIONAL COST:

Parking and Spectators Admission to Competitions
Hotel Accommodations
Team Trip to Knott's Berry Farm
Travel to and from Competitions
Awards Banquet Meal

OPTIONAL COST:

Jacket
Pants / Capris
Backpack
Travel Bag



I, parent/legal guardian of the participant, agree to be solely responsible for the above mentioned payment plan. I understand that all payments made are non refundable.



Cheerleading

2022-2023

CHEERLEADING HANDBOOK

FUNDRAISING GUIDELINES

ALL fundraising events must be approved by the Panthers Cheer Director.

10% - 50% of profits raised will go directly to the team account, the remainder of the profits will be divided as follows:

Events such as Petco Park Concessions, Car Wash or Bake Sale:
10% of profits go directly to the team, remaining profits will be divided equally towards cheer expenses of those who participate in the fundraising event.

Events such as a Raffle, Meal or Candy Sale:
10% of profits go directly to the team, remaining profits will be divided equally towards cheer expenses according to how much each individual sells.

Annual Jump & Tumble Fundraiser or Cookie Sale:
50% of profits go directly to the team, remaining profits will be divided equally towards cheer expenses according to how much each individual collects or sells.

ACKNOWLEDGEMENT

We the parents and cheerleader acknowledge that we have read and understand the policies outlined in this handbook. We have received a copy of all 6 pages. We agree to follow the above mentioned policies and understand that failure to do so may result in:

1. Cheerleader assigned extra laps or conditioning
2. Cheerleader sitting out at a practice or performance
3. Cheerleader removed from the team with no refund of monies paid

(Parent's Signature)

(Date)

(Parent's Signature)

(Date)

(Cheerleader's Signature)

(Date)