OREM YOUTH CHEER
2017-2018
★ Parent Handbook ★
www.facebook.com/OremYouthCheer
WELCOME TO OREM YOUTH CHEER!

We are so excited to take this journey with you and introduce you to the world of cheerleading as an Orem Golden TIGER! Orem Youth Cheer is a team sport designed for girls in 1st - 9th grade. Participants must however be at 6 years old by August 1st. No experience is required and no tryouts are held to make a team. All that is required is enthusiasm, spirit and regular attendance to practice, master cheers, chants and build on teamwork. Cheerleading offers young athletes a chance to learn cheerleading skills involving motions, jumps, stunting, tumbling and dance, for the possibility to pursue high school cheerleading one day. Squads are organized by grade and age level to ensure team compatibility, safety and skill development. Cheerleading is an athletic sport, involving strength for stunting and stamina while you jump, cheer and dance. The cheerleaders get the teams fired up with personalized cheers, signs, banners and special crowd chants. The goal of Orem Youth Cheer is to offer quality cheer instruction to youth athletes and work towards building a strong and dynamic youth program that will be long lasting and provide a foundation for upcoming Orem youth interested in cheerleading.

Mission
Our mission is to train young athletes in all aspects of the sport of cheerleading and to prepare them for high school cheerleading hopefully one day. Training includes motion technique, stunting, tumbling, jumps and dance. We work towards achieving our mission through committed volunteers, committed parents, coaches and committed cheerleaders. Participants must be committed to attending and being on time for practices and games; improving cheer skills, working on flexibility and perfecting jumps, outside of practice; and to being focused at practices and games, listening to the coach, and paying attention when learning new cheer material.

General Participation Rules and Regulations

- Parents agree to provide support, care and encouragement of their cheerleader while participating in the cheer program.
- Parents will encourage good sportsmanship by demonstrating respect and positive support of all cheerleaders, coaches and parents at games, practices or other events.
- Parents will carefully review the rules and regulations with their cheerleader and adhere to rules.
- Parents understand that a violation of these rules may result in the suspension or termination of their cheerleader’s participation in the Orem Youth Cheer program.
- Cheerleaders must WANT to be a member of the squad and be able to accept constructive feedback and critiques.
- Cheerleaders agree to have a positive attitude among the team, teammates, and coaches and demonstrate the positive aspects of youth sports while participating in Orem Youth Cheer.
- Cheerleaders will observe good sportsmanship by demonstrating positive support of squad members, coaches and parents at every game, practice, or other events. Parents should help encourage this behavior throughout participation in the program.
- Cheerleaders must maintain a positive behavior on ALL social media networks.
- If problems arise, parents will not talk among themselves, but will approach the coach or director privately with their concerns.
2017-2018 Team Information
The Orem Youth Cheer program is open to anyone in the Orem High, Mountain View and Timpanogos High School Boundaries or those who one day would like to attend Orem High School. We offer 2 squads/divisions:

Tiger Cubs – Grades 1-5 (Ages 6-10)
Junior Tigers – Grades 6-9 (Ages 11-14)

*NOTE* squads may be divided or split based on enrollment numbers.

Payment Options & Schedule

Breakdown of Cost

$160  Coaches Fees
$385  Uniform Fees broken down as:
       $180 - 2 Uniform Shells, 1 skirt & spankies
       $65 - Liner, socks, 2 bows & poms
       $60 - Warm up jacket & pants
       $35 - Cheer shoes
       $30 - Parade/Practice t-shirt & shorts
       $15 - Cheer bag

$150  Competition Fees – National fees are an additional $150-$200 per cheerleader.
$695*  TOTAL COST
*NOTE* this figure is based on a minimum of 20 girls participating in the program so help spread the word!

Payment Options & Schedule

OPTION 1 - $695 Total Cost
Payment #1  05/1/17  $695

OPTION 2 - $745 Total Cost
Payment #1 due  05/1/17  $250
Payment #2 due  06/1/17  $250
Payment #3 due  07/1/17  $245

OPTION 3 - $820 Total Cost
Payment #1 due  05/1/17  $195
Payment #3 due  07/1/17  $125
Payment #5 due  09/1/17  $125

ALL PAYMENTS MUST BE MADE ON TIME – ABSOLUTELY NO EXCEPTIONS!

*NOTE* On the 5th of the month a $25 late payment fee will be charged to your account. If payment is not received by the 5th of the following month cheerleader will be put on probation and an additional $25 late fee will be charged to your account. If payment is still not received by the 5th of the next month, cheerleader will be dropped from the program and account sent to collections. If your athlete leaves the program before March 29th, 2018, you will be charged a $200 “Breaking Contract Fee”. All fees collected are NON-REFUNDABLE!

Fundraising
We will hold two fundraisers this year: 1. Individual fundraiser to help offset fees. 2. A squad/program fundraiser. Athletes are expected to participate in the squad fundraising event and help meet the minimum fundraising goals set or to cover additional cost due to minimum sign ups not achieved. We are always seeking business sponsorship, please spread the word!
**Important Dates:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>June 10, 2017</td>
<td>Orem Summerfest Parade</td>
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<tr>
<td>August 8-10, 2017</td>
<td><em>Jr. Tigers</em> Summer Choreography Camp 9am-12pm <em>Tiger Cubs</em> Summer Choreography Camp 2pm-4pm. These camps are <strong>MANDATORY</strong> as it is where we will learn our competition routine choreography.</td>
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<tr>
<td>November 18, 2017</td>
<td>Cheer Competition for <em>Jr. Tigers</em> JAMZ Twin Peak Championship</td>
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<tr>
<td>December 14, 2017</td>
<td>Holiday Party! Time and location will be announced as we get closer.</td>
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<tr>
<td>January 27, 2018</td>
<td>Cheer Competition for <em>Tiger Cubs</em> &amp; <em>Jr. Tigers</em> United Spirit Association Regional</td>
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<tr>
<td>March 24, 2018</td>
<td>Cheer Competition for <em>Tiger Cubs</em> &amp; <em>Jr. Tigers</em> JAMZ Great Salt Lake Challenge</td>
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<tr>
<td>March 29, 2018</td>
<td>End of Season banquet! Time and location will be announced as we get closer.</td>
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### Attendance Policy & Demerits

For the fairness to fellow Cheerleaders; attendance requirements & associated demerit policy for Orem Youth Cheer will be as follows:

**Tardiness**

- A tardy is defined as arriving at practice unprepared or 5 minutes or more after start time.
- 2 Tardies = 1 Demerit
- If a cheerleader shows up more than 15 minutes late or unprepared to participate it will be counted as an un-excused absence.
- Excessive tardiness will result in a meeting with the parents, coaches and director

**Absences**

*Cheerleaders* will receive **1 demerit** for all excused absences for cheer practice during the season.

*NOTE:* Excused Absences to practices are for:

- School/church sponsored events (discuss at least 2 weeks in advance with coach to be excused)
- Family emergencies/death in the family etc.
- Serious medical illness – if able, cheerleaders are expected to attend practice to watch and learn, even if they are not practicing. If cheerleaders attend practice they will NOT receive a demerit even if they are sitting out watching.

*Cheerleaders* will receive **2 demerits** for an excused absence during a game that has been approved by the coach at least two weeks in advance. We understand weddings and things happen. But we need to know about it well in advance!

*Cheerleaders* will receive **4 demerits** for ALL un-excused absences during the season.

*NOTE* Excused absences cannot be used for competitions, mandatory practice or during choreography week! Our attendance policy is not designed for a cheerleader to pick a day to be absent because they simply “feel like it.” It is designed for unforeseen emergencies & illnesses.

Please understand if your cheerleader is absent, her entire stunt group & squad suffers!
**Demerits and Make-up Policy**
Cheerleaders are allowed only 2 demerits per quarter to maintain eligibility. The quarters are as follows: June-August, September-November and December-February. Demerit slips will be sent home at the end of each month. Demerits can be made up by going to a tumbling class, having a private lesson, attending a stunt camp or anything that the coach/director and cheerleader have mutually agreed upon. Demerits are used to get cheerleaders to ALL practices and games. Cheerleading is a TEAM sport and we need everyone at ALL practices and games in order to be successful!

**ALL CHEERLEADERS receive one FREE week during the summer and no demerits are issued!**
This is so families CAN go on vacations or cheerleaders can go to camp etc.

**Volunteers**
New this year we ask that all families provide 10 hours of volunteer service per year. This will help keep our cost down and help share the load of running a successful program. The following season long roles are available and will cover all required hours, other opportunities will be available at a later date through SignUp.com:

- **Team Liaison** – One per squad is needed and will help bridge the gap between parents and OYC.
- **Activities Chair** – Will help plan team bounding activities and rewards for squads!
- **Publicity Chair** – Will help with advertising and building our program!

**Cheerleading Attire & Grooming**

**Practice Attire**

- All cheerleaders will wear their practice wear to ALL practices!
- Free Dress days will be the last week of every month. Cheer or athletic style clothing is still expected to be worn.
- “Black Out” practice will happen at the last practice before every competition. Athletes are encouraged to wear all Black cheer or athletic style clothing to practice.
- No jewelry is to ever be worn! Including belly rings, ankle bracelets, earrings, rings, etc. This includes new piercings. It is best to wait until the off-season to get a new piercing done.
- Undergarments must not be showing! Spankies/spandex shorts should be worn under shorts if necessary to prevent exposed undergarments during stunts, jumps and tumbling.
- Cheer shoes are required at ALL practices and games.
- Nails must be kept at a sports length. Nails are to be cut so that with your palm up facing you, no nails should be visible.
- Hair is to be worn in a secured ponytail and out of the face.
- Absolutely NO gum or candy!

*NOTE* Cheerleaders should carry their shoes into and from practice and games. DON’T WEAR THEM AROUND OUTSIDE!

**Game Day Attire**

- Game uniform will consist of the shell, skirt, (possible liner depending on weather) spankies, cheer shoes and bow. White, no-show ankle socks must also be worn.
- At times, warm-ups or other articles will be part of the game day uniform. Cheerleaders must bring their warm-ups to all football games in case the weather requires warmer clothing.
• Hair must be secured into a low ponytail with no flyaway pieces!
• Cheerleaders who do not wear the assigned uniform in its entirety may not be allowed to participate in that day’s game or event.
• Light age appropriate make is allowed.
• Jewelry, long nails, colored nail polish and gum are prohibited.

**Competition Attire**

- Competition uniform will consist of shell, skirt, spankies, liners, cheer shoes and bow.
- All cheerleaders **must** wear the no-show ankle socks they were given with their uniforms.
- Hair & make up will be taught during the hair and make-up clinic as we get closer to competition season.
- As always, jewelry, long nails, colored nail polish and gum are prohibited!!!

**Travel Uniform**

In an effort to look professional, all cheerleaders should arrive at games and competitions in their travel uniform “WarmUps”. Cheerleaders should be ready to perform or compete with their uniform worn underneath.

*NOTE* Cheerleaders who lose an article of their uniform must pay for a replacement piece immediately, they will also set out and not participate until the item has been replaced.

**PRACTICES**

**Observing**

Orem Youth Cheer has a closed practice policy, meaning that parents or friends are not allowed to observe any. In our experience, athletes perform to a greater potential when there are fewer distractions. We do invite parents and others to observe their athlete at practice the first week of every month. See TeamSnap for complete details.

**Summer Practices**

Practices start on Thursday May 4th. Please make sure someone is always available to pick up your child in case of an emergency. In most emergency situations, we will contact parents on their cell phones. In addition, if practice is canceled, a make-up practice session may be held in addition to regular practice, on a non-scheduled practice day.

**Fall/Winter Practices**

Fall practices start on Thursday September 7th and we will possibly have additional practices on Saturday mornings as well as we get closer to our competitions. You will be given at least a two week notice for all extra practices. Our season officially ends March 29, 2018.

**Mandatory Practices**

The following are mandatory practices that are not allowed to be missed under **ANY** circumstances!

- Choreography Camp in August
- The week before and the week of **ANY** competition or performance opportunity.
- The **ENTIRE** month of March.
**Football Season**

**Schedules**
Your football game schedule will be provided as soon as we receive it from the football organization, approximately the middle part of August. We will be cheering potentially on Tuesday, Wednesday and Saturday games. Regular season football games start the middle week of August and continues through October. Football playoffs take place during the month of November. Please note that if any Orem Youth Football team advances to the finals we will attend and cheer at their game(s).

**Inclement Weather for Games**
If weather is questionable on game day, arrive still at the scheduled time, unless you hear otherwise from your coach or director. We will cheer in the rain unless conditions make it unsafe for the squad members. You will be notified if a game has been cancelled, please do not just assume it has been.

**Basketball Season**
Your basketball game schedule will be provided as soon as we receive it from the Bantam Basketball organization, approximately the first of November. We will be cheering potentially on Monday, Wednesday and Saturday games. Orem Junior Tigers will ONLY be cheering for the Canyon View High 9th grade Basketball games. They will be doing home AND away games! Regular season basketball games start the middle of November and continues through the end of February. Basketball playoffs take place during the month of March. Please note that if any of our teams advance to the finals we will attend and cheer at their games.

**Competition & Events**
All Tigers Cubs will attend 2 cheer competitions and Junior Tigers will attend 3-4 cheer competitions. Additional practices may be added the weeks prior to the competitions. Ample notice will be given and calendars will be continually updated on TeamSnap. Please keep in mind competitions run all day long and we won’t know the times we compete until 1 week prior, we strongly suggest that your schedule is clear the entire day for your competition commitment.

**Game/Practice/Event - Drop Off & Pick Up**
- Cheerleader must be at practice on time and ready to cheer at the start time.
- Cheerleaders should not arrive at the start time and then take time to change, get shoes on etc.
- For games all cheerleaders are expected to show up 30 minutes prior to the start of the game. If a cheerleader shows up late they will be issued a demerit.
- For competitions meet times will be given a week before as schedules usually aren’t available until they are posted usually 7 days in advance.
- Cheerleaders need to be picked up as soon as practice/game(s) are over to prevent coaches or team liaisons from having to stay late. Team liaisons or scheduled volunteer cannot leave practice/game until all cheerleaders have been picked up.
- Cheerleaders who want to walk home after practice or a game must bring a note signed by their parent. The note authorizes them to walk home unsupervised by any OYC Staff.
- Cheerleaders who want to stay at after practice or a game and wait to be picked up will need to bring a note signed by their parent authorizing them to stay at the field without supervision.
- No coach or volunteer will transport any athlete home after practice or a game due to being left
alone. Legal safety measures will be taken if a child is left unattended.

- Any cheerleader not picked up by 15 minutes after practice or the game is over will be charged $4 every 15 minutes until they are picked up.

The following steps will be taken for cheerleaders who are not picked up by the end of practice:

1. Contact parent or guardian listed, if no response then;
2. Contact emergency contacts to pick up cheerleader, if no response then;
3. Contact local police department to take custody of athlete 1 hour after the end time of the game or practice. If this action is required of us ONE time, we will dismiss your cheerleader from the program without a refund.

Please understand we are NOT babysitters and have other responsibilities outside of cheer!

Additional Resources Available
We encourage all cheerleaders to take tumbling classes on their own. We as well as several other local gyms hold open gym so that cheerleaders can go and practice tumbling there as well. Stunting or tumbling should not happen on your own to avoid injury. Our coach is also available for private lessons if your cheerleader is lacking skills or is needing some additional help. Please let us know if you would like more information on these helpful resources.

Spirit/Sportsmanship
Orem Youth Cheer encourages team spirit and sportsmanship! Spirit means following the rules and being a great example. Spirit means respecting yourself, your coach, your team and your community. Spirit means optimizing your cheer experience by meeting other team cheerleaders in the area and sharing cheer experiences. Spirit means learning the sport of cheerleading and pursuing better skills and not just saying, “I’m a Cheerleader”. Spirit means to always have integrity when communicating with your connections and make interactions positive and uplifting others. Spirit means looking beyond yourself and putting your team first!

How to Address Concerns
We need your feedback to improve, but please be respectful of all volunteers & staff.

If you see something that isn’t going well, let us know, but offer your help to improve it. We are always looking to improve! Usually, the best way to resolve a concern is to address it early, calmly, privately and directly with the one involved. Since our staff all have other obligations, including full-time jobs, families and other commitments outside of cheer, allow adequate time for the situation to be researched and addressed. While it is important that concerns be addressed before they become major issues, it may be best to wait until you are able to discuss them calmly. It is also important that the discussion does not take place in front of the cheerleaders or other parents. Speak up if you are unhappy, or are unfamiliar with things going on around you, but please be courteous of those you see who are devoting a great deal of their time and energy to this program. Parents are as important to the success of the program as are the cheerleaders. All of us must work together. Throughout the season, you are certain to have many questions. Your team liaison and coach will be your primary source of information throughout the season. Please feel free to contact us as you need to. Communication and cooperation is KEY to a successful program. Please remember, that your team liaisons are VOLUNTEERS and deserve the respect of not only the cheerleaders, but their parents, too. These volunteers put in
many hours of their own time to ensure that your athlete has a positive and safe experience.
Lastly, at no time is our coaches or directors to be interrupted while coaching or teaching. We do ask
that you make an appointment to speak to the coach and or director privately if you need to have a
face to face meeting. We will assure you that by doing this, we will be able to give you 100% of our
undivided attention and will be able to handle the situation without other distractions.

Awards and Recognition

Cheerleader of the Month
Each month we will award a Cheerleader of the month award. This cheerleader will receive a special
bow she can wear to all the games, practices or events for that month!

Award of Excellence
This award is given to the cheerleader who has either no demerits for the season.

Coaches Award
Our coach will give out several end of the season awards not limited to the following:

- Most Dedicated
- Most Improved
- Most Inspiriational
- Most Spirited
- Most Valuble

Participation Award
Each cheerleader will receive a participation award at the end of the season

Spirit Award
This is a team voted award to the cheerleader who has the best attitude and shows the best
sportsmanship toward her team mates.

2017-2018 Board Members

Charlotte Lawrence – Director (801) 845-4970
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Tamarha Osazuwa – Orem Youth Cheer Coach
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