

# LTRC Blue Knights Cheerleading



Parent/Cheerleader Handbook

## *GO KNIGHTS!!*

Welcome to LTRC Blue Knights Cheerleading. Our program is designed to familiarize athletes with the fundamentals of cheerleading, and the game of football, to promote and inspire teamwork, camaraderie and sportsmanship. Our heaviest emphasis is on Safety, and progressing within each athlete's ability. And all while having FUN!

The following information is intended to provide you with information about our program and inform you of some key dates ahead.

Knights football is a travel football program, which competes in the Greater Baltimore Youth Football league. Because LTRC football has so many teams, usually about 12, there is no way for us to fairly support each team. So, in an effort to support as many teams as possible, we do not travel. All of our regular season games are at Seminary Park in Lutherville, which is our home field. We will work very hard to insure that each team has cheerleaders at least once during the season. Also, be aware that we try to support any team that progress into playoff post-season play. That does require travel, and cheerleaders are not required to extend their season if this causes a problem. Our regular season, as of now, will end in the later part of October.

Squad placement will not be finalized until the 2<sup>nd</sup> week of practice. Usually, an athlete is placed based upon age, and ability. HOWEVER, please be advised that we don't always put the more experienced child up a level, just because their age would allow. We look at numbers, the number of coaches and trainers per team, and maturity level of each athlete.

### **CHEERLEADER EXPECTATIONS**

#### **Practice**

Cheerleading is a team sport, therefore, attendance at practices and games is very important. Each and every cheerleader is important to their team, and expected that they shall attend all practices and games. We recognize and certainly understand that the unexpected arises, and that a cheerleader may have to miss an occasional practice or game. However, it is unacceptable for a cheerleader to not attend without good reason. Excessive absences may place a child at a disadvantage in learning their routines or stunts, and may result in exclusion from performances and could result in dismissal from the squad. Your team relies on you. Please make every effort to attend all practices and games.

Each coach will maintain a calendar for their squad, where each excused absence is recorded as reported by the parents, and a practice and routine will be planned according to expected attendance.

Practice will begin on the first Tuesday in August, on the upper field at Seminary Park, by the tennis courts.

Practices will be held, during August, on Tuesday, Wednesday and Thursday, from 6-8 PM., weather permitting. Once school begins, and based upon the BCPS schedule, we will only practice on Tuesdays and Thursdays, 6-8, location to be determined by BC Parks and Recreation.

Cheerleaders must be on time for practice. Any anticipated late arrival must be communicated to the coach or team mom.

Dress for Practice must be with athletic performance in mind:

- \*No jewelry should be worn (for example: rings, bracelets, earrings without safety backs, necklaces). Coaches will not be responsible for holding any jewelry.
- \*Hair must be neatly pulled back and away from face
- \*Must wear sturdy, athletic sneakers - no water shoes, flip flops, etc. If you anticipate that you are a flyer, please try to present with cheer shoes specific
- \*No gum chewing
- \*No spaghetti straps, pockets, zippers, or belts
- \*Finger nails should be trimmed short. No tips please
- \*No cell phones

Cheerleaders are encouraged to bring water or sport drink of some kind. Our long break during practice is intended as a bathroom break, not a dinner hour. Please do not bring a snack unless medically necessary.

## GAMES

Each cheerleader is encouraged to put together a 'game bag'. We suggest that you use the bag in the following manner. Pack it up for game day, and keep everything together. You are expected to arrive at each game in full uniform.

- Vest
- Skirt
- Crop top
- Bloomers
- White socks (style to be determined by the coach)
- Pompoms
- Cheer or White tennis shoes.

Failure to present with the entire uniform could result in not participating during that particular game, but is at the coaches discretion.

Also at the discretion of the coach, each cheerleader is to arrive at the assigned time for games. Any anticipated lateness must be communicated to the coach. Late arrival could also mean exclusion from the half time routine, as practice prior to a game without a cheerleader is often spent replacing them in their routine.

## PARENT EXPECTATIONS

Drop off your cheerleader only when you see a coach. ***Pickup your cheerleader by getting out of your car and meeting them at their practice area or at the field if it is a game.*** We need to monitor who is leaving with an authorized person and will not rely on any child to tell us their ride is here. If there is a situation where someone unfamiliar to us is responsible for picking up the child, please let us know in advance, thru note or email, who to expect. Yes, we ARE responsible for the safety while the child is in our care, and we take this very seriously!

Please introduce yourself to your child's coach. I have, surprisingly enough, coached kids for years, and never met their parents. While I know we're good people, you do not. So do not assume. This will help us and you with open communication between all.

Parents are expected to support our program in what ever capacity they can. Through Volunteering as a

coach, assistant coach, team parent, or in the concession stand, we will have plenty of opportunities for you to share this experience with your child. Please help to insure that it continues to be a positive experience for all.

## **WEATHER**

Practice cancellation due to weather: we will try to cancel any practice due to weather as early in the day as possible. An email sent, or communication will hopefully be posted on our web page, once we get it set up. But a good rule of thumb is: If football is practicing, so are we. Also, if there is an active thunderstorm, assume practice is cancelled. If there is a threat, we will practice, but ask parents to remain in the area for quick pickup, should a storm erupt. If there is a storm during practice, while at Seminary, we will be at the concession stand for pick up. Again, you must come to us.

Games: very rarely cancelled due to weather as we are on a turf field. Once again, if football is playing, we are cheering.

## **PLEASE MARK YOUR CALENDARS: 2011**

Coaches/Trainers- Safety meeting-review- Location to be decided-July 33, 2010

August -6:00-8:00 pm Practice Starts- Seminary Park Lutherville

August 13- Uniform fitting/hand out- Times to be announced- Seminary Park-Lower field building.

Sept 3, 2010- First Game-Seminary Park

(not listing each game as a game schedule will be determined once we receive the schedule from football)

Picture Day- will be in conjunction with football-on a game day. To be announced

Homecoming- will be in conjunction with football- To Be Announced

Exhibition- TBA

Uniform Return- To Be Determined based upon Play-off schedule

## **GAME SCHEDULES**

Game schedules are finalized by the end of August. Once received from Football, our coaches quickly try to create our schedule, again, with the intention of covering as many teams as possible. Game schedule will be posted on our website.

It is important to remember that the game schedule (dates and times) is subject to change at any time during the season. Athletes are expected to be at all games even if there is a change in schedule. Please understand game changes occur during the season to accommodate postponements due to weather, so we should not be greatly effected. As such, any changes will be communicated.

## **FIELD RULES**

### **CHEERLEADING- PROPOSED RULES FOR CHEERING ON TURF FIELD, OR WITHIN A CONFIGURED OR FENCED AREA.**

1. Only participants are allowed within the fenced/roped off area. This includes Cheerleaders, Coaches, Trainers, Players involved in the game, and any official.
2. In addition to the coach, there will be one other adult who is designated 'spotter': meaning responsible for watching the game in progress to alert all cheerleaders to any possible overflow situation.
3. Cheerleaders are required to stand between the 10 and 25 yardline, at either end of the field, standing 1 yard from the sideline.
4. While play is on the same end of the field (marked by the 50 yard line), cheerleaders are to step back 2 steps from their regular cheering position.
5. There will be no sideline stunting while play is on the same end of the field as the cheerleaders, and no cheers toward the crowd. (no one with their back to the playing area.)
6. If the referee asks the cheerleaders to move further back, they are to comply.

## **Email/Website**

Ongoing and timely communication with coaches and parents is one of the key factors to a successful program; I will keep all teams informed as information is provided to me.

On occasion, you will be provided information thru the mail, at practice or at games, but our main means of communication will be email. If you do not have access to email, please let your team Mom or Coach know, and we will make other arrangements.

Our website is up and running. Please get used to looking at the web-site for updates and information. We will put all cancelations, changes, and handouts there first.

## **CARE FOR UNIFORMS/POMPOMS**

Each cheerleader will be provided with a uniform Vest, Skirt, Crop top and Pompoms. Each is brand new this year, and each girl is responsible for the care, maintenance and safe return at the end of the season. Uniforms are to be washed in Cold water, and hung to dry. No hot water, hot irons, no dryers. Parents assume responsibility for the replacement costs of uniforms which are either damaged or not returned.

Cost to replace each uniform is as follows:

A Squad- Vest- \$85.00  
Skirt-\$50.00  
Crop top- \$54.00

B-D Squad- Vest- \$65.00  
Skirt- \$30.00  
Crop Top- \$20.00

Pompoms- \$23.00 per pair.

In addition to the above uniform, each cheerleader will be required to purchase “a unique to them“ set of Royal Blue Bloomers, for under the skirt. We will have these available for you to purchase for \$10.00. Also, a pair of White only cheer shoes, or tennis shoes. Once again, it is suggested that any flier purchase cheer shoes, as there are safety features built in that will definitely benefit the child.

Socks, or style will be determined by each coach.

**PLEASE NOTE: FAILURE TO RETURN ANY PART OF THE UNIFORM OR PAY THE REPLACEMENT COST WILL RESULT IN YOUR CHILD NOT BEING ABLE TO PARTICIPATE IN ANY LTRC SPORT UNTIL RETURNED OR PAID.**

**Competition:** WE are currently actively seeking to find some local area competitions, or Leagues to compete with for 2011. We will have more information as it comes along.

#### **EXHIBITION/Awards Ceremony**

Exhibition is our BIG DEAL! Each squad will prepare a special routine just for exhibition performance, and awards are given. We invite the entire community, friends, parents, everyone, for a celebration of cheer. It is extremely important that each cheerleader make it to Exhibition. Please let us know as soon as possible if your child will not be there.

#### **VOLUNTEER OPPURTUNITIES**

Assistant Coach- No specific cheer experience required. Just maturity and patience.

Team Mom

Uniform Manager

Web Site Magician

Competition Committee

Liaison with Football

Spirit Leader/Volunteer Co-coordinator

Exhibition Co-coordinator

Concession Stand- Community service hours are awarded- Children under 11 are not allowed.

Various unanticipated jobs-jack of all trades

We ask that each family make a minimal commitment of 5 hours per season.

## **CHEERLEADER CONDUCT/DISCIPLINARY MATTERS**

Cheerleading is a team sport, and requires a lot of trust between the team members. With this in mind, we will stress that ALL show respect toward each other. Any differences you may have towards anyone on your team must be kept at home and away from practices and games. There will be little tolerance for failure to follow the attached code of conduct. Failure in this area could result in being benched during games, or possible removal from the squad.

Additionally, I welcome any and all comments from parents and ask that if you encounter any issues with any coaches, parents, or cheerleaders, you are to bring the matter to the attention of the coach or the Cheerleading Commissioner, or any Board Member of LTRC Cheerleading.

### **Coaches Code of Conduct**

- \*Will not encourage any behaviors or practices that would endanger the health or well being of any girls on the squad
- \*Will encourage good sportsmanship by showing respect, positive attitude and courtesy
- \*Will encourage squad members to adhere to the rules and resolve conflicts thru the proper channels
- \*Will take appropriate action to resolve any minor issue or incident under their control
- \*Will report all incidents and issues to the Cheerleading Commissioner for proper and immediate resolution
- \*Will treat each child on the squad equally and with respect at all times
- \*Will provide supervision at practices and games
- \*Will provide timely communication to squad and parents

### **Cheerleader Code of Conduct**

- \*Will be respectful to one another, coaches and opposing teams
- \*Will follow rules related to conduct, uniforms, and attendance
- \*Will show positive attitude at all times.
- \*Will not use cell phone while at practice or games.

### **Parents Code of Conduct**

- \*Will always keep in mind that children are participating to have fun.
- \*Will encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators.
- \*Will do your best to make this program fun for your child
- \*Will require your child to treat other participants, coaches, officials, parents and spectators with respect.
- \*Will communicate with the coach/team Mom, any know absences, and report any late arrivals.
- \*Will communicate with coach, and all representatives of LTRC, as the need arises, in a positive and respectful manner.
- \*Will refrain from any confrontation, if a problem or concern is identified, and will use courteous and respectful dialogue
- \*Will work to make sure that other children get to enjoy LTRC Cheerleading.

## Parent/Guardian Acknowledgement of Receipt of Handbook:

I, \_\_\_\_\_ Parent or legal guardian of \_\_\_\_\_, hereby acknowledge receipt and understanding of the LTRC Cheerleading Handbook. I will help my child follow all the rules in the handbook and I understand my child's active participation in the cheerleading program is contingent upon our (parent and cheerleader) adherence to the aforementioned policies noted above.

\_\_\_\_\_  
Parent/Guardian Signature Date P

\_\_\_\_\_  
Cheerleader's Signature (9 year old and above only) Date

Form must be returned to Coach during the first week of practice.

**Contact Information:**

Board:

Commissioner/B Squad Coach : Nina Farley  
Email: [ninamfarley@gmail.com](mailto:ninamfarley@gmail.com)

H: 410-823-4298

W: 443-896-0882

C: 240-461-0815 \*\*\*use this number only if it is a game day. I will be at the field.

Vice-Commissioner/C Squad Coach: Amy Dobrzycki-

Email: [amyccd@comcast.net](mailto:amyccd@comcast.net)

H: 410-321-1809

C: 410-456-1671

Treasurer/A Squad- Vicki Hitchcock

Email: [VHitchcock@gsg-cpa.com](mailto:VHitchcock@gsg-cpa.com)

C: 443-616-4414

Secretary: Hilary Harrington

Email: [hth317@verizon.net](mailto:hth317@verizon.net)

H: 410-560-1696