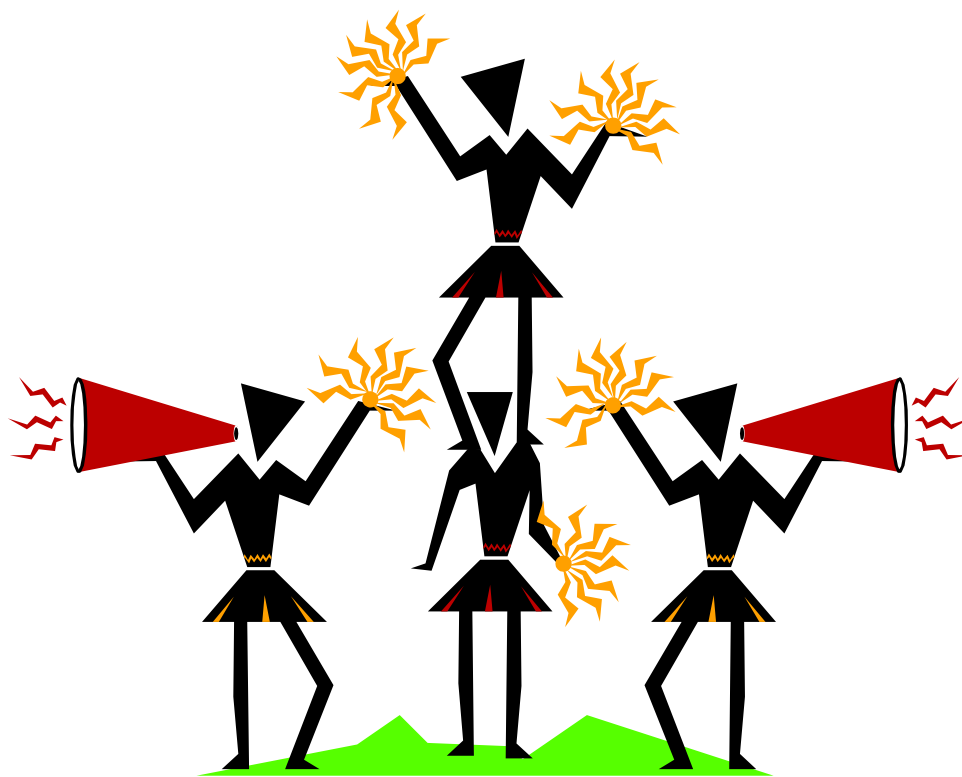


SYTF
Cheer Handbook
2011



Practice Expectations

Practice

Practice will times will be from 6-8pm, Monday through Thursday for the first two weeks. A schedule for the rest of the season will be sent home with your daughter sometime next week. We **will not** be practicing on Fridays. Practice will be held in front of Sandwich High School. As the season extends into the Fall, the practice time will be moved to 5:30-7:30. The date will be announced later.

****Practices are subject to change due to inclement weather and school activities.**

Mandatory Practices/ Absences

Cheerleaders are expected to attend each scheduled practice. If you are unable to practice, please notify a coach as soon as possible. If a coach does not receive a phone call, you will be considered unexcused.

*Please be aware of **your** practice schedule, your squad may be practicing even if another squad is not. Always call a coach if you have questions.

Unexcused absences will result in the following:

Coaches must be notified in advance if a child will miss a practice or game. An unexcused absence will result in the child's suspension of playing (but required to attend in uniform) for (1) one game; 3 unexcused absences you could be dismissed from league and/or lose veteran status. [This is **not** intended to be punishment, it is for their safety, support of the squad, and so the coaches can make necessary adjustments.]

ATTENDANCE IS TAKEN AT EACH PRACTICE

Please note unexcused means no call to a coach before practice time and no show.

If a child is out sick more than 2 days they can still participate at the game that week for sideline cheers only. We will need a doctor's note if they missed more than three days.

Weather

If inclement weather arises and practice is cancelled, a coach will call you. **If you do not hear from a coach, please show up at practice or you will be considered unexcused.** Weather can change very suddenly so please keep an eye to the sky if your daughter is at practice.

Dress Code

Please make sure your daughter is only wearing shorts or sweats with elastic waists. **No jean shorts will be allowed nor will hooded sweatshirts.** Any clothing with buttons, loops and/or belts can cause injury to yourself or your teammates. If you come to practice with out the proper attire, **you will sit.** **Uniforms are to be worn at games only.**

Hair

Hair must ALWAYS be pulled back and out of face for each practice and game. Please use soft ponytail holders. Bangs that hang in the eyes or impede your vision must be pulled back for practice as well as games.

Jewelry

All earring, necklaces, bracelets, rings, watches and piercings must be removed before practice begins. Recent piercings that cannot be removed must be covered by a band-aid for all practices and games. LEAGUE RULES WILL NOT ALLOW THEM TO BE WORN FOR COMPETITION.

Water Bottles

Please provide your daughter with enough water to last the entire practice. They will be working very hard in the heat and hydration is essential.

Cell Phones

Use of cell phones will not be permitted during practice unless there is an emergency and the call has been ok'd by a coach. Cell phones will be kept in a central location and may not be used during water breaks or rest periods.

Conduct

It is our goal to make this a fun and safe season for each cheerleader. In order to do this we all must work together as a team. Therefore, here are a few reminders for all athletes, no matter the sport:

- ◆ The girls will work with each other and the coaches in a positive manner. Cheerleading takes teamwork!!
- ◆ The girls will leave all “peer conflicts” behind them once they arrive at practice. If this cannot be done, appropriate action will take place.
- ◆ The girls will always try their best. Each girl has a different skill level and all levels are very important to the success of the team and season.
- ◆ The girls will be patient and encourage their teammates and other cheerleaders.
- ◆ **The girls and parents agree to follow all SYTF Code of Conduct rules set forth by the board.**

Drop Off/Pick Up

All girls are expected to be on time and ready to warm up. Please advise a coach if your daughter is to walk somewhere or to be picked up by someone else after practice concludes. If you are picking up your daughter, please be on time. Please respect the practice times.

Game Expectations

Attendance

Please notify a coach as soon as possible if your daughter is unable to attend a game. The more advanced the notice the better, this allows ample time to adjust the routine, mounts and cheers.

Arrival time

All girls are required to be at the field (home or away) 1 hr prior to game start. **If they are late they will sit the first half of the game.** This warm-up time is for their safety and respect of other team members.

Dress code

The required uniform will be a cheerleading top, skirt, spankies, white shoes and no-show socks. **Black or white bras only** will be allowed – no other colors maybe worn during a game. When the weather gets cold **all undergarments must be BLACK.** BLACK leggings, turtleneck, long sleeves and school jackets are permitted. Any cheerleader who fails to follow the dress code for games will not be allowed to cheer.

Hair

Hair must ALWAYS be pulled back and out of the face for each practice and game. Please use soft ponytail holders. Bangs that hang in the eyes or impede your vision must be pulled back for games as well.

Makeup

Makeup on game day should be **very subtle.** Light eye shadow and mascara will be allowed but **eyeliner and bright eye shadow may not be worn on game days.** If a coach feels as though your eye makeup on game day is excessive, you will be asked to remove as much as possible and that will be considered your warning for all subsequent games. Any infraction after the first warning will result in a conference with a parent and you sitting out that game.

Jewelry

All earring, necklaces, bracelets, rings, watches and piercings must be removed before game begins. Recent piercings that cannot be removed must be covered by a band-aid for all games.
LEAGUE RULES WILL NOT ALLOW THEM TO BE WORN FOR COMPETITION

Water bottles

Please provide your daughter with enough water to last the entire game. They will be working very hard in the heat and hydration is essential.

Cell Phones

Use of cell phones will not be permitted during games unless there is an emergency and the call has been ok'd by a coach. Cell phones will be kept in a central location and may not be used during water breaks or rest periods.

Food

Please make sure your daughter has eaten before arriving to games. Time to eat **will not** be allowed during warm-up or at half-time.

Representation

Whether home or away, if you are in a uniform you represent Sandwich Youth Tackle Football. Each athlete is expected to act appropriately and abide by the code of conduct. People are watching you and you will be respectful.

Schedule

See attached SYTF 2011 Schedule**

Locations/directions

See www.sytf.org for directions to all away games. Please be prepared to arrive 1 hour prior to the start of your game.

MISC Information

Sandwich Youth Tackle Football Web site: www.sytf.org

Tri- County League Website: www.tricountyfootball.com

Mandatory Parent Participation

All parent(s) are required to work a minimum of (3 three Indian events. Please contact Concession Director, Kristy Hyett at 630 742 5078 serve your times to work. In the event that you cannot work your scheduled time, it is your responsibility to contact the Concession Director and reschedule or you will forfeit your deposit. **Please note that we have cheer competition this year so we will require all cheer parents to sign up for one the events that day.**

Parents are required to be at all games and must sign their child in during pre-game warm-ups and then again at half-time. Parents can not leave once they have signed their child in.

Raffle tickets

At registration each family was given 10 tickets to sell, you get to keep the money to help offset the cost of registration. Those ticket stubs can be filled out and turned into the concession stand anytime throughout the season. The raffle will take place on October 9th at Cheer Competition.

Pictures

All team and individual cheerleading pictures be announced at later date, usually the first of August sometime. Please be fully dressed in your uniform and bring a change of clothing so that you don't have to practice in your uniform after pictures are completed.

Board Meetings

The board meetings are held the second Wednesday of each month at Woodbury School. 322 E. Third St. at 7pm and are open to everyone. During the season, the meetings will be held at the concession stand at 8pm. Please check the web site for changes to the meeting time and location.

Board Members

Girls AD – Debbie Reyes 815-405-8070

Girls Asst. AD – Cassie West 630 330 3130

Missed Practice/game

If you miss a practice or game, it is **your responsibility** to get any handouts or verbal information your coach may have given. Communication is key. Ask a coach for any new updates.

Uniform Care Instructions

- ◆ Machine wash cold
- ◆ Use mild detergent
- ◆ DO NOT USE BLEACH
- ◆ Remove Promptly, do not let sit after spin cycle
- ◆ **Hang to dry!!!**
- ◆ Touch up with WARM iron only
- ◆ **Do not dry clean**

You are responsible for the care of this uniform. The instructions above are directly from the manufacturer. If you have questions or concerns, about the care of the uniform please see a board member.

If the uniform is damaged in any way, your deposit will be forfeited.

Competition

This Competition will be held at Sandwich High School. **The competition is on Sunday, October 9th, 2011.** The competition is mandatory for all cheerleaders; this is per Tri-County By-Laws.

Being in the competition is mandatory for the Sandwich squads and it is a great way to show the league how dedicated, determined and talented we are. In order to be successful, the practices two weeks before competition will be mandatory. Please see a coach for questions or concerns about the upcoming competition.

Uniform at School

On Fridays preceding a game day, you will be allowed to wear your cheerleading skirt to school. This skirt must be accompanied by a spirit wear shirt, **not** your uniform top. Please be reminded that you are responsible for any damage to the uniform. This is a great way to support the Sandwich Indians and show your spirit!!!!