

2018 Gladstone Youth Cheerleading Handbook

Welcome to the Gladstone Youth Cheerleading Program. GYC is committed to offering a quality sport program where all participants have the opportunity to have fun while learning the fundamental skills of cheerleading. Our goal is help develop our athletes into respectful, responsible and successful young men & women. Our Competition program is designed to take an elite team of cheerleaders to competitions extending into March of 2019.

The following is intended to provide you with information about our program. Cheering squads may be based on tryouts.

Coaches

Coaches are volunteers, it is important to be respectful of their time and trust in their ability to make great decisions for your child.

Code of Conduct

The Gladstone Youth Cheerleading Code of Conduct applies to all participants, coaches, parents and their guests. The purpose of the Gladstone Youth Cheerleading Code of Conduct is to emphasize good sportsmanship, proper conduct, and full compliance with the rules and policies of GYC and the OSAA.

1. Never be abusive with language or action toward any cheerleader, football player, game officials, and coach or fellow spectators.
2. Realize that the spectators roll is one of **support** and not one of contest or entertainment.
3. Cheers and Chants should be confined to positive support for your team. DO NOT at any time resort to negative or derogatory yells or gestures toward other football players, teams, coaches, or officials. NO foul language will be tolerated.
4. No parent, coach, spectator, or cheerleader shall threaten, verbally abuse (including but not limited to ALL social networking), or endanger the safety of any other parent, coach, spectator, cheerleader, football player, or officials. Violators will be permanently banned from future Gladstone Youth Cheerleading participation and may be banned from High School as well.
5. Do not initiate any slanderous or hurtful gossip.
6. If you have a question or a concern please bring this to the attention of your Cheer Coordinators for resolution, do so in a calm manor before or after practice or game and never in front of any child. If a resolution cannot be reached, follow grievance procedures.
7. Exercise self-control at all times, setting an example for others to follow.
8. Follow proper grievance procedures for handling any and all issues you may have with any aspect of the Gladstone Youth Cheerleading Program. **Issues will only be addressed when following the proper procedures.**
9. Any behaviors not adhering to GYC will result in removal of the parent, player, or guest in question. Any member of GYC staff has the authority to remove any person from any related event at their discretion. Continued non-compliance to any stated rules/guidelines can result in suspension and/or permanent removal from the squad.

Cheerleader Code of Conduct,

****You are representing Gladstone Youth Cheerleading at all times.****

1. Zero tolerance for Drugs, Alcohol and any form of misconduct.
2. Zero tolerance for bullying including all forms of social networking.
3. GPA requirements 2.0 and No F's
4. Be respectful to one another, coaches, parents, players and other teams.
5. Show a positive attitude at all times.
6. Watch and applaud opposing teams Hello Cheer and half time routine.
7. Stop cheering and kneel or stand in "cheer stance" if a player on the field is being attended to. At no time should a cheerleader step onto the field while game is in play.
8. Applaud an injured player when being taken off the field.
9. No food, snacks or drinks permitted during the game.
10. No electronic devices allowed during practices or games. (cell phones, Ipads, etc.)

(Inappropriate electronic communications can result in dismissal from team. Please refer to our Social Media Policy for a further explanation.)

Expectations

Attendance, communication and on time attendance is key to the success of the team. ANYTIME you are not able to meet your commitment of on time attendance you MUST communicate with your Coach.

- **Excused**, death in the family or major medical concern.
- **Unexcused**, can include but is not limited to no call/no show, illness, or grade probation.
 1. **2 Unexcused absences** = sitting out for 1 QTR of the game
 2. **3 Unexcused absences** = sitting out for 1 game
 3. **6 Unexcused absences** = dismissal from squad
 4. **2 Tardies** = 1 Unexcused absence
 5. **Missing 2 Games** = dismissal from squad
- **Practices** are a required part of the skills development to being a cheerleader.
 1. Be on time (see attendance)
 2. Be in required attire, shorts, t-shirt, socks, athletic shoes, hair must be pulled back out of face
 3. No Jewelry, rings, bracelets, necklaces or piercings of any kind
 4. Nails must be neatly trimmed and short
 5. No chewing Gum
 6. Bring a full bottle with water
- **Injury** pre-existing or sustained during the season must be documented and coaches/staff alerted immediately. A doctor's note regarding level of participation is required for all injuries

requiring participant to sit out for more than one practice. Participants are required to come to practice and sit on the sidelines unless other arrangements are made with GYC coordinator.

Social Media

We recognize the importance of our staff and volunteers in leading and setting the tone of social media interactions to further GYC's mission and goals.

The Social Media Policy applies to all board members, coaches, volunteers, parents of players, guardians, player family members as well as GYC players. The Social Media Policy applies to all social media content posted by GYC members in their professional and personal capacity relating to GYC.

- **Guidelines** – All GYC members (Board members, coaches, volunteers, parents of player, guardians, player family members as well as GYC players) shall abide by the following guide when using social media:
 1. Be positive and respectful. When disagreeing with other's opinions, remain appropriate and polite.
 2. Do not post content that will harm GYC or damage the reputation of GYC. Remember that even while you are on your own personal time, you are a representative of GYC and people may interpret your online postings or social interactions as though they are official GYC statements.
 3. Use good judgement when posting comments on any official GYC site. If you are unsure whether your comment(s) is appropriate to post, either do not post it or obtain prior approval from GYC coordinator.
 4. Be smart about what you publish. Once something is posted, **it is online forever**.
 5. Encourage others to engage in positive interactions on social media. If you are concerned about any GYC member's use of social media, please bring your concerns to the attention of the GYC coordinator.
 6. Disclosing personal information (names, birthdates, street addresses, etc.) in any manner on official GYC social networking sites is prohibited without prior approval from the GYC Coordinator.

GYC has the authority to monitor and enforce the Social Media Policy. Any inappropriate or offensive comments will be removed from official GYC sites. Individuals or organizations will be blocked from posting on any official GYC social media platform if they determine, in their sole discretion, that such removal or block is in the best interest of GYC and any of its participants.

Failure to adhere to this Social Media Policy is a violation of GYC bylaws, parent and player contracts. Any staff, participant or family member who fails to adhere to this Social Media Policy will be subject to disciplinary action, up to and including termination of such individual involvement in GYC. In addition, no participant, board member, coach, volunteer, parents of player, guardians, and players' family members may engage in prohibited internet or electronic communication, if the prohibited internet and electronic communications are relating to any GYC events. Any participant, board member, coach, volunteer, or participants' family member who engages in prohibited internet and electronic communications may be subject to disciplinary action. Disciplinary action may be up to termination from involvement with GYC, depending on the frequency and severity of the infraction.

Sexual Harassment

GYC will not tolerate sexual harassment of any kind. If your cheerleader feels they have been the victim of sexual harassment during a GYC activity, contact a Coordinator immediately. Disciplinary action up to termination from involvement with GYC will be enforced.

Sexual Harassment may consist of the following and may be punishable by law:

- Sexual propositions via email, texting or in person. This includes nude or partially nude pictures taken of themselves or others.
- Verbal comments of a sexual nature including comments about hair, dress, physical appearance, or sexual activities
- Sexually suggestive jokes, innuendos, sounds, gestures or leering
- Excessive or inappropriate conduct/ unwanted physical contact

Game Day

1. Attendance is required (see attendance)
2. Cheerleaders must arrive to the field 1 hour prior to the beginning of the game or as communicated by Gladstone Youth Cheerleading.
3. Be in Uniform, skirt/pants, shell, body suits, cheer shoes, white no-show socks, hair bows, briefs, and poms
4. Hair must be a natural color
5. Nails are to be trimmed short and a natural color. No fake nails.
6. No food, snacks or drinks are permitted while game is in play
7. Clean up after yourself when game is over

Field Rules

Gladstone School District has strict field regulations regarding sideline and field access.

1. There will be absolutely no smoking on the School Property.
2. Access to the field area will be limited to coaches, staff, cheerleaders, players wearing game jerseys and chain crews.

Uniforms

Cheerleading uniforms are property of each participant and required for participation. A replacement fee determined by the vendor will be charged if lost or damaged.

1. Each family is responsible for the care and maintenance of their uniform. When necessary, uniforms are to be washed in COLD water and HUNG dry – no hot water, no hot irons, no dryers. Parents assume responsibility for replacement costs of uniforms that are damaged, lost or stolen during the season.
2. No loaning of your uniform. Only Gladstone Cheerleaders can wear their uniform.
3. There will be a preseason uniform fitting.
4. As the weather becomes colder, Cheerleaders will be required to wear warm up uniforms.

Fundraising / Community Service

Cheerleading is a self-funded program. As such, participation in fundraisers is required. Failure to participate may result in an additional fee at the end of the season. Arrangements to “buy out” of fundraising can be made. Please discuss with your cheer coordinator if interested.

Current Fundraiser:

1. SNAP Raise – team
2. Additional fundraisers & community service to be added, as dates are available.

Grievance Procedures

The Core Value N.O.M.E.S (No Messengers) is strictly enforced.

1. As it relates to Cheerleading, resolve through Cheerleader/Cheerleader first.
2. As it relates to Cheerleading, involve the Coach if concern cannot be resolved.
3. As it relates to Cheerleading, resolve through Cheerleader/Coach first.
4. As it relates to Cheerleading, involve Cheerleader w/ Parent/Coach if concern cannot be resolved.
5. As it relates to Cheerleading, involve the Cheerleading Coach of Coaches.
6. As it relates to Cheerleading, involve the Cheerleading Program Director, this is deemed as the final decision if previous resolutions were not successful.

Note: There will not be consideration for violations of Code of Conduct, Laws or School rules. There will not be consideration of team selection, placement in formations or stunting partners.

Costs

Cheerleading is a self-funded program and requires payment in full or have an active payment plan by August 1st. Fundraising may offset some costs.

- **Tumbling** is a monthly fee paid in advance and directly to the vendor prior to practice.
 - Tumbling may be 1 – 2x per week and location is generally chosen by vendor
- **Competition**
 - Squad selection is determined based on skills and participation
 - Regular season attitude, attendance, and adherence to GYC policy WILL play a role in competition selection
 - Additional costs are TBD but will cover competition fees, uniform, space rent, and choreography
 - Participation in sideline cheer / regular season cheer does not immediately guarantee placement on the competition squad.
- **Camp** is mandatory and run by OCCA coaches and instructors. Camp is on October 7th at Wilsonville High School from 12:30pm – 4:00pm.
- **Returns/Refunds:** there will be no returns, exchanges or refunds after the first full week of practice.

- Once uniforms have been purchased by GYC and have been given to participants, they are the responsibility of the participant and their family.
- After fittings, any custom designed piece cannot be returned or exchanged. Cost is the responsibility of participant and their family.
- Shoes that have been worn or show signs of being worn cannot be returned or exchanged.
- Lost items (pom poms, uniform, bows, tshirts, etc.) will be replaced once the participant and their family have paid for them. Participants may be unable to participate in games or performances if they do not have appropriate attire.

Resources

- Find us on Facebook and Instagram at "Gladstone Youth Cheerleading".
- BAND: Please accept the invite from Gladstone Youth Cheer and update information online or on the app on your cellphone. We will provide updates, reminders and announcements through BAND.
- Email: gcyouthcheer@gmail.com
- Coordinator/Coaches: Gina Minyard and Allison Maddox