



## 2019 SAN RAMON BEARS CHEER REGISTRATION INFORMATION PACKET

Welcome to the 2019 San Ramon Bears Cheer Season! The following information will answer the most commonly asked questions and help you understand the commitment you are making when joining the Bears family.

**League Structure:** Our cheer teams are limited by East Bay Youth Football and Cheer (EBYFC) League Rules. There are **four** cheer teams. All youth Divisions are based on age of the player using August 1 of the year of the season being played. You must register your participant based on their age.

SQUAD LEVEL	AGES
<b>Jr. Pee Wee</b> ( <i>typically 1<sup>st</sup> – 3<sup>rd</sup> grade</i> )	<b>6 – 8</b>
<b>Pee Wee</b> ( <i>typically 4<sup>th</sup> – 6<sup>th</sup> grade</i> )	<b>8 – 10</b>
<b>Jr. Varsity</b> ( <i>typically 7<sup>th</sup> grade</i> )	<b>10 – 12</b>
<b>Varsity</b> ( <i>typically 8<sup>th</sup> grade</i> )	<b>12 – 14</b>

There is no limit to squad placements. Final placement on a squad will be determined by the Cheer Directors and Coaches before league certification based on evaluations. EBYFC Cheer Participant Certification is Jamboree Weekend. The certification is required by our league (EBYFC).

### Registration

Registration is completed online at **sanramonbears.com**. All fees must be paid in full prior to Bears Day in order to receive equipment and start practicing. Registration for the SRB Cheer 2019 season will be closed and no longer accepting participants as of August 9, 2019.

**Our 2019 Season Kick-Off for Football & Cheer will be on July 20, 2019 at BEARS DAY. ALL participants and one parent are required to attend Bears Day. THERE ARE NO EXCEPTIONS FOR THIS SEASON ON ATTENDANCE AT BEARS DAY.**

Bears Day will be at California High School at the Bears Equipment Shed and in the bleachers. Bears Day gives the participants a chance to meet their coaches, turn in physician cards, pick up equipment, have photographs taken for the player cards, sign player contracts, weigh-in (football only), and ensure all paperwork is complete.

**Attendance is MANDATORY!** Make sure you bring your checkbook with you to write deposit checks. You will need 1 check for cheer.

- Check #1 - \$450 volunteer deposit if you do not fulfill your 14 volunteer hours for the season.



There will be a **mandatory parent meeting** on **Monday, July 22 at 6:30 pm** where the Coaches will discuss their expectations of the players during practices and the season. One parent must attend this meeting. **No exceptions.** **There will be a sign-in sheet that will be passed around to account your attendance.**

### **Practice Commitment:**

Cheer practice starts **Monday, July 22 at 6:15** at California High School. Regular practice sessions are **Monday through Friday from 6:15pm – 8:15pm**, at either Cal High or Dougherty Valley HS during the month of August. Practice schedule will be posted to the website when it is finalized. Jamboree date will be on August 17 (the exact location will be communicated as soon as it is available). League play officially starts August 24, 2019. Practices are reduced to three days a week (generally Tues-Thurs) beginning the week of August 24<sup>th</sup>. Games are played on Saturdays and continue into early November. ***Cheer is to be at all games, including any playoff and/or championship games.*** Some games may be played on Sundays, if there is a League or field conflict. Play-offs follow League Play, and the Championship Game dates and locations TBD. THE FULL SCHEDULE WILL BE LISTED ON OUR WEBSITE AS SOON AS IT IS RELEASED AND IS SUBJECT TO CHANGE.

### **Competitions**

All squads (JPW, PW, JV AND VARSITY) will participate in 1-2 competitions (Song Pom/Show Cheer) during the season; two outside competitions will be financially covered by your participation fees. There is also a possibility of an optional post-season competition if a squad qualifies or would like to have an additional opportunity to compete in Nationals. Jr Pee Wee level will participate in "song pom" competition only. Any additional fees associated with a Nationals competition will be the responsibility of each cheerleader should they decide to attend. Squads who qualify for Nationals will continue to practice up until the date of the competition. THERE MAY BE ADDITIONAL PRACTICES AT DIFFERENT LOCATIONS THAT WILL BE AN EXTRA COST TO YOU BASED UPON THE NEED FOR PREPARATION FOR COMPETITIONS. YOUR COACHES WILL COMMUNICATE THAT TO YOU ASAP.

### **Equipment/Dress Code**

All participants must wear orange, black or white during practice times (Coaches will give more information regarding attire at the parent meetings). ALL jewelry including earrings, neck chains, etc. **is prohibited at all times.** Shirts with messages deemed in poor taste by Coaches or Board Members will not be allowed. For safety reasons, artificial nails and fingernail polish are not allowed. Use of color or glitter in the hair or on the body is also prohibited. Girls may not wear shirts that clearly expose skin above the hip and below the chest. The best guideline is to use good common sense when dressing for practice and games.

**Birth Certificates:** New participants (considered new if you have skipped a year with the league or have not ever participated with the league) **MUST** provide an ***original or certified copy of a birth certificate (with raised seal, issued by state only) to verify age. This needs to be provided on Bears Day, July 20, 2019.*** A passport may be used as an alternative. **Photocopies or scanned copies are unacceptable.** No exceptions allowed. Our insurance carrier and the league require this. Identification will be returned in September following final League Certification. Once a player is certified in the league, identification will not be needed in future years, and will be returned. If you do not come to pick up your player's birth certificate, it will be mailed back to you and the Bears will not be responsible for replacement if it is lost in the mail system.

**Absence Policy:** A participant's safety and knowledge of plays, and the fact that your teammates depend on you, makes all practices in August mandatory. Failure to attend practices may contribute to any coach's final roster decisions (that means you may not make the team).

**Physical Exams:** **After you have registered online,** you will receive an EBYFC Medical Card in the mail. The card must be completed by an authorized physician and on the ORIGINAL EBYFC card – **no copies.** All participants must have a current physical. Participants are encouraged to schedule their appointments ASAP. The card must be **signed, not stamped,** by the doctor in the current calendar year (2019) even if the physical was performed in 2018. The stamp of the medical office is also required with full name, address and phone number of the office included. ***Participants are NOT allowed to receive equipment or participate in practice without a completed Medical Card. The deadline is Bears Day, July 20.***



**Rosters:** Rosters will be published for the exclusive use of the San Ramon Bears Youth Football and Cheer, its participants and parents. Unauthorized use of this information for commercial, promotion, and political activities is strictly prohibited. State and federal law, as well as the policies and procedures of the San Ramon Bears Board of Directors, prohibit the use of rosters by anyone other than the coaching staff or Board of Directors of the San Ramon Bears. Violators will be subject to expulsion from the San Ramon Bears program.

**Code of Conduct:** As a Bear participant, you represent the San Ramon Bears on and off the field. All members will refrain from unsportsmanlike behavior. **Team members will treat each other, the Coaching Staff and Board Members with respect at all times.** Any use of drugs, alcohol, tobacco or illegal substances will be grounds for automatic dismissal or other disciplinary actions. The coaches or the Board of Directors will not tolerate hazing of the younger players. The use of Facebook or any other texting or other social networking devices will be monitored at all times by coaches and Board Members. If at any time there is something inappropriate by any of the participants, it will be addressed immediately. Parents will also sign a Code of Conduct which can be found on the website. Cheer participant will also have a Code of Conduct to sign.

**Scholar Athlete Awards:** It is the Bears' goal to promote excellence in both academic and sporting achievements. The Scholar Athlete Award is presented by the EBYFC to league students who represent scholar athlete qualities. Bears eligible for the EBYFC Award must complete a required personal information essay and autobiography. Forms will be available on the Bears website. The Bears have been the league leader for five years in a row and will continue to encourage our participants to participate. Details to follow.

**Communication:** You will receive weekly e-mails starting mid-July with all upcoming events, and important information. It is imperative that we have your correct email address. If you change your address, please make sure you change it in the online system.

**Parent Participation:** The Football and Cheer programs are completely dependent upon parent participation to make each week run smoothly. Each Bears Family will be required to volunteer 12 hours for the season with 2 additional hours required if the Bears host playoffs or Jamboree for a total of 14 hours for the season. This information will be provided pre-season for planning purposes. You will be able to register for your volunteer hours after Jamboree and the Bears will notify you via email when you are eligible to register for volunteer hours. It is the responsibility of the parent that is signed up to provide accurate coverage of the volunteer time if you are not able to attend. Any changes of coverage must be communicated to the Parent Volunteer Coordinator 24 hours prior to your volunteer time. **All volunteers must be 18 years or older to participate.** Hours are not prorated.

**Injury Information:** Players may have an injury during the season. If this occurs and a doctor is seen, the doctor must clear the player to return to practice with a medical form that is required by the EBYFC. This form can be found on the Bears website. The player may not participate without this clearance form. **NO EXCEPTIONS.**

**Refund Requests:** If your player drops or is cut from the program during the Refundable Period (see Fee Schedule), you may request a refund. **ALL EQUIPMENT MUST BE RETURNED BEFORE ANY REFUNDS WILL BE GIVEN.**

**Scholarship Donations and Program:** The Bears organization has developed a scholarship program in order to provide the opportunity for qualifying candidates to participate in our Football and Cheer programs. For more details you can visit our website and review the information on the scholarship program.

The sustainability of such a program is dependent on the generosity of the members of the Bears organization and corporate sponsors. **Donations can be made by mailing a check to:**

San Ramon Bears  
PO Box 648  
San Ramon, CA 94583  
Attn: Scholarship

Should you wish to apply for a scholarship, please visit our website at [sanramonbears.com](http://sanramonbears.com) to review the program details.

Scholarship application deadline is June 1, 2019



**2019 Fee Schedule is as follows:**

Subject	2019 Fee Schedule is as follows:	(Non)Refundable & Due Date	What does it pay for?
<b>Registration Fee (per child)</b>	Regular Registration March 28 - May 15 = \$300.00  Late Registration June 1 – July 30 = \$350.00	<b>NON-REFUNDABLE</b> <b>Due at Registration</b>  <b>\$40 processing fee for all participants that are either injured (proof from a doctor is required) or relocate from the area and proceed to drop from the registration process before July 15 – all fees minus the \$40 processing fee will be returned upon approval</b>	Camp wear, Cheer Camp, Cheer Uniform (not including shoes), Cheer Jacket, Cheer Bows, Pom-poms, Insurance, conditioning
<b>2019 BEARS CHEER PARTICIPANT FEE (All Squads)</b>	\$350.00	<b>Due by July 20, 2019</b>  <b>REFUNDABLE</b> prior to Certification at Jamboree	Certification, field fees, league fees, facility and custodial fees, cheer competitions, cheer music, hello treats (game day), year- end celebration
<b>Volunteer Deposit</b>	\$450.00 Deposit check	<b>Checks will be cashed at the end of the season if all 14 hours are not fulfilled.</b> The hours are not prorated! The Bears reserve the right to add two additional hours per family if the Bears are awarded playoff hosting opportunities.  <b>Due by July 20, 2019</b>	Checks will be returned or destroyed after all hours are complete at the end of the season. Checks will be cashed if all hours are not completed. Deposit check due at Bears Day.

**2019 SAN RAMON BEARS PARTICIPANT AGREEMENT**

**I have read the following EBYFC and the San Ramon Bears information and regulations regarding behavior and respect and agree to follow the rules at all times in order to participate in the Bears program.**

1. I agree to maintain at least a "C" average throughout the current school year.
2. I agree to play any position assigned to me and will do my very best for my team at all times.
3. I agree to play the game hard and cleanly at all times in a true sportsman manner with never intent to harm an opposing player.
4. I agree when my team is not playing that I will stay off the playing field being used and will not in any way interfere with those teams playing.
5. I agree that I will not in any way damage, or deface any property, building or equipment.
6. I agree to abide by all decisions of the game officials and will not create any unsportsmanlike gestures at anytime.
7. I agree that I will act appropriately at all times and that I will refrain from using foul language.
8. I agree that I will remain a member of this team until properly released.
9. I agree to return upon request, the uniform and other equipment issued to me in as good condition as when received except for normal wear and tear.

**I agree to have my child's picture from games and competitions posted to the web site.**