



Twin Boro Bears Cheerleading

2021 Cheerleader/Parent Handbook

Welcome

Dear Cheerleaders & Parents,

It is with great pride and enthusiasm that we welcome you to the 2021 Twin Boro Bears Cheerleading season. Whether you are a returning cheerleader or a first-year participant, we would like to extend our greetings to you and your families. We know this season will prove to be a fun and rewarding experience!

Twin Boro Cheer is one of the strongest youth recreation programs in the area. Our success depends upon a commitment to excellence from our participants, coaches, and parents. The Cheerleader/ Parent Handbook was developed to provide parents with a better understanding of the Twin Boro Cheer standards and expectations for both parents and participants.

Parents will be asked to sign the acceptance form online that confirms your understanding of the handbook contents and acknowledgement of the Twin Boro Cheer Code of Conduct, as well as the photo release policy form. Registration payments are accepted online or may be paid via check and sent to the Twin Boro Cheer address listed on the website.

The goal of the Twin Boro Cheer program is to provide all participants with quality instruction while teaching them the meaning of good sportsmanship, teamwork, and cooperation. Most of all, we are here to have FUN and cheer on our TBB Football teams!

The Twin Boro Cheer program is a volunteer organization whose success relies on the dedication and commitment of our parent volunteers. We would like to take this opportunity to thank all parents who have or will volunteer their time and talents in the 2021 season.

Lastly, we thank you for trusting us with your child. Our number one priority is for your cheerleader to have a safe, enjoyable, and rewarding experience. We thank you for your interest and your continued support throughout the upcoming season. It is our sincere hope that you find our program to be well organized, exciting, and fun!

Warm Regards,

Amy Golier
Twin Boro Cheerleading President

Introduction

Twin Boro Cheer program is open to students from Mendham Borough, Mendham Township and Chester who are entering 1st through 8th Grade in Fall 2021. Twin Boro Cheer is organized by grade level and runs from mid-August through early November. Each squad has adult coaches who are Rutgers SAFETY certified.

Our program is designed to familiarize girls with the fundamentals of cheerleading and the game of football. This introduction seeks to inspire camaraderie, develop teamwork, build confidence, and create friendships; but most of all, we want everyone to have fun.

Twin Boro Cheerleaders cheer for a corresponding age football team in the Twin Boro Bears football program. Squad assignments are generally as follows, but grades may be combined:

- 1st & 2nd Grade: Flag
- 3rd Grade: Clinic Blue
- 4th Grade: Clinic Red
- 5th Grade: Super Pee Wee
- 6th Grade: Pee Wee
- 7th Grade: Junior Varsity
- 8th Grade: Varsity

Cheerleader Expectations and Cheer Practices

Cheerleading is a team sport and therefore, attendance at practices and games is a vital part of all teams. Every cheerleader is important to her team and it is expected that participants attend all practices and games. We all recognize and certainly understand unexpected situations will arise, such as illness and family obligations, that may require a cheerleader to miss an occasional practice or game. However, it is unacceptable for a cheerleader to miss practice or a game without good reason or to miss an excessive number of games and/or practices.

Excessive absences will place your child (and the team) at a disadvantage in learning routines, cheers, and stunts and could limit her involvement in the halftime routine. **Please see Attendance and Absence section for details.**

Practices will be held on the below dates for the 2021 Season at Mendham Borough Park behind the Carriage House (44 Park Avenue, Mendham NJ 07945). Practices are held from 4:30-6pm (practices end at 5:30 for grades 1-2). Thursday practices are mandatory.

Thursday, August 26th
Tuesday, August 31st
Thursday, September 2nd

Tuesday, September 7th
Thursday, September 9th
Tuesday, September 14th
Thursday, September 16th
Tuesday, September 21st
Thursday, September 23rd
Tuesday, September 28th
Thursday, September 30th
Thursday, October 7th
Thursday, October 14th
Thursday, October 21st
Thursday, October 28th
Thursday, November 4th (pending game schedule)

*Additional Tuesday practices are up to the discretion of the coaches and will be announced by your coach by August 1st.

Please note requirements for practice:

- Cheerleaders must be on time for practices.
- Cheerleaders should wear shorts, tees, tanks or leggings; cheer sneakers should be worn.
- Hair must be pulled back.
- No jewelry should be worn. (i.e., rings, bracelets, earrings). Earrings must be removed. Bandages cannot be used to cover newly pierced ears.
- Cheerleaders should not be chewing gum or eating during practice.
- Cheerleaders should bring a water bottle.
- No food or celebration snacks for birthdays should be brought to practices, cheer camp or games prior to or after an event.
- **Cheerleaders and parents must follow all COVID-19 protocols and procedures set by the state and the TBB program. Details to come.**

Cancellation of an evening's practice due to rain will be made by 3:30PM on the day of practice. In the event of practice cancellation, an email will be sent to Twin Boro Cheer families. Be sure to supply all contact information to your Coach, which includes email addresses, home phone and cell phone numbers.

Cheerleaders will not be permitted to walk home from practice without a note to your coach from a parent/guardian. Parents, please be prompt picking up your daughters from practice.

As of now, Cheerleaders will be marching in the annual **Mendham Labor Day Parade**. Attendance is not mandatory. However, if your cheerleader wants to march in the parade, she will be required to attend the Labor Day Parade practice. This practice will be held during our normally scheduled practice on **Thursday, September 2** at the Mendham Borough Park.

Participating cheerleaders will wear full uniform to parade. Details will be sent to all participants prior to event.

Uniforms & Fittings

All Cheerleaders will be provided a cheer vest, skirt, jacket, t-shirt and socks. New cheerleaders will be provided a game day bow as well. Each Cheerleader is responsible for the care, maintenance and the safe return of their vest, skirt, and jacket at the end of the season. Bow, t-shirt and socks are kept by the Cheerleader. To ensure the safe return of uniforms, Twin Boro Cheer collects a \$150 refundable deposit check made out to "CPAA - Cheerleading" and a signed uniform policy form on the first day of camp (for more about camp: see **Cheer Camp**). If a deposit check and a signed uniform policy form are not received, the uniform will not be to distribute – NO EXCEPTIONS. The \$150 deposit check will be returned when uniform is returned in November.

Uniforms are to be washed in cold water and hung dry - no hot water, no hot irons, no dryers, no dry cleaners. Parents assume responsibility for the replacement cost of uniforms that are either damaged or lost. All uniforms are to be washed prior to return to the program. No uniform is to be altered or sewn in any way, as they are the property of the Twin Boro Cheer Program.

Cheerleaders will be sized for uniforms at Cheer Camp in August. On the day of distribution, all uniforms should be tried on at home that same evening. Any issues or concerns regarding sizing or condition should be brought to the attention of the uniform coordinator within 2 days of receipt of uniform.

Please note, for tracking purposes, that each uniform has been numbered and inventoried prior to distribution. Uniforms must not be traded or swapped with another Cheerleader as the Cheerleader issued the uniform will be the one responsible for the condition upon return.

All uniforms (shirt, vest, and jacket) are the property of the Twin Boro Cheer Program. No component of the uniform is to be worn outside of game day activities or official Twin Boro Cheer events. This policy includes cheer uniform jackets.

Mandatory Cheer Gear Sale

Parents will be required to purchase mandatory cheer gear items to supplement the uniform provided by Twin Boro Cheer Program. Our Cheer Gear Sale will be online, from May 24th through June 4th with Elaine's Cheer Gear. The online sale will be the only opportunity to order all mandatory items each participant must have during the season.

To maintain uniformity among the squads, all cheerleaders are required to obtain the mandatory items noted below, which must be ordered from our online Cheer Gear Sale.

Mandatory items:

- Midriff (for under the vest)
- Briefs (for under the skirt)
- Cheer sneakers
- Fleece
- Head warmer and gloves
- Clear rain jacket (required for grades 3-8 only)
- Cheer leggings (required for grades 3-8 only)
- Cheer bag (required for grades 3-8 only)
- Pompoms (required for grades 3-8 only; grades 1 & 2 will be loaned poms for the season)

All items ordered at the Cheer Gear Sale will be delivered to the Cheerleader during Cheer Camp. If you find a problem with your order, you must bring it to the attention of the Spirit Wear Committee immediately for an adjustment.

We will also be selling additional Twin Boro Cheer spirit wear on the online sale, as well as at various practices in the Fall.

Cheer Camp

Twin Boro Cheer kicks off each season with our annual Cheer Camp. This year, the camp will run during **the week of Monday, August 9th through Thursday, August 12th**. Cheerleaders will learn the season's halftime routine, sideline cheers, and stunts at Cheer Camp. The routines and cheers are choreographed and taught by the Mendham High School Competition Cheer Team. All cheerleaders will be taught proper stunting, dance, and cheer techniques appropriate to their age level. **Camp is mandatory for all cheerleaders.**

Camp will be modified to meet COVID-19 protocols and procedures, so the following details are subject to change.

Camp Schedule (subject to change based on COVID-19 protocols and procedures):

- GRADES 1 & 2: Monday, August 9 - Thursday, August 12, 9am - 12:30pm
- GRADES 3 - 8: Monday, August 9 - Thursday, August 12, 9am - 2pm
- **ALL GRADES** Parent Performance - Thursday, August 12 at 12pm

It is important that parents have their children to camp on time every day. Camp is typically held rain or shine with the use of the local school gym and outside fields. Adults, Siblings and/or friends who are not registered as a cheerleader or coach are NOT allowed to remain at the camp after drop-off for the safety of our cheerleaders.

The cost for camp is \$85 for Grades 1 & 2; \$115 for Grades 3-8. Camp fee must be paid by August 1, 2021 or participation in camp will not be permitted. Any specific concern or limitations for your child must be given to the coach by August 1st.

Game Schedules

Game schedules with locations are finalized in August and posted on the Twin Boro Bears website, www.twinborobears.org. Games are typically 1 hour in duration for lower squads and 1 ½ hours for the upper three levels.

It is important to remember that the game schedule (dates and times) is subject to change during the season. Cheerleaders are expected to be at all games, even if there is a change in the schedule. Please understand game time/date/location changes occur during the season due to inclement weather and field availability. Parents will be notified of changes by their Coaches as soon as possible. Game schedules and directions to all away games will also be posted on our website, www.twinborobears.org, under Football and Master schedule. Twin Boro Cheer has no control over the schedule or any game changes of day or time, but we apologize for the inconvenience.

Games are played on the Friday nights, Saturday mornings/ afternoons or Sunday afternoons. There may be an occasional Saturday night game. Cheerleaders will cheer at both home and away games.

All home games will be played at Mendham/ Chester area designated fields. Directions to away games will also be available on the www.twinborobears.org site. The final games of the season are typically played the first weekend of November. All squads are **REQUIRED** to attend all games regardless of weather conditions.

Flag Games: Grades 1 & 2 Cheerleaders will cheer for Flag Football, which is typically a less competitive, intermural structure. These games will likely be in the same location and time each week. Subject to change.

Cheerleaders and their families must follow all COVID-19 protocols and procedures set by the state and the TBB program during games. Details to come.

Game Day

Specific details for each week's game location, directions, and arrival time will sent to parent via email from your coach as soon as the information is made available. Arrival time will be 30-60 minutes before game time for Cheerleaders to warm up and practice. Please be sure to check your email prior to your scheduled game for any changes. Cheerleaders are expected to cheer for the entire game.

Halftime routines are choreographed to include all Cheerleaders. In the event your child is unable to attend a game, the halftime routines will need to be reorchestrated with the Cheerleaders in attendance prior to the start of the game. If a cheerleader will not be at a game, please notify the coaches as soon as possible, preferably before Thursday's practice so coaches can plan accordingly.

If a Cheerleader is not at the field within 30 minutes of the scheduled arrival time, they will not be allowed to perform the halftime routine but will be allowed to cheer sidelines for that game.

Cheerleaders are expected to have their full and complete uniform at every game (including fleece, uniform jacket, leggings, raincoat, gloves, ear warmers, poms, and water bottle in their cheer bag). No bright or dark colored nail polish is permitted at the games. Full uniform includes vest, skirt, briefs, cheer shoes, cheer socks, and midriff pending weather. Hair should be pulled back into a high ponytail in game day bow, with tails facing back.

No food, snacks, sports drinks, hot chocolate, or soft drinks are permitted during the game. Water and dry snacks such as pretzels are the only items permitted and only during designated times.

Cheerleaders may choose to eat a snack out of uniform at the conclusion of their game; however, food will not be permitted during halftime or during the game unless cleared by the coaches.

Sideline Etiquette

All Cheerleaders must exhibit proper behavior while on the field and sidelines when cheering at any TBB games. To maintain a safe environment, Cheerleaders must pay attention and listen to their Coaches' directions and leadership. When cheering at home games, cheerleaders are to perform on the track at or about the 50-yard line heading toward the scoreboard.

While not cheering, Cheerleaders must stand in their assigned positions with their fists resting on their hips. Cheerleaders may not run around, stunt, cartwheel, etc., while in line. Excessive reprimanding may result in your child being asked to sit out during a quarter of a game or during the halftime routine. We ask that parents reinforce these rules with your children, especially the younger Cheerleaders, to help us stay organized during the games.

Field Rules

Mendham High School and the MCMFL have strict field regulations regarding sideline and field access. Please adhere to these guidelines as outlined:

- Access to the field area (fenced in turf area at home games) will be limited to coaches, staff, Cheerleaders, players wearing game jerseys, and chain crews.
- Volunteers and special guests must have permission of the Bears organization and/or coaches to gain access to the playing surface.
- Anyone entering the field of play to confront a coach, official or member of the opposition in a confrontational manner is subject to ejection from the

facility and may face possible banishment as a spectator at future MCMF events.

The Twin Boro Cheer Program has been exemplary in many of these areas in the past and wanted to make participants and parents aware of the rules, as there is a zero tolerance for any type of misconduct.

Attendance and Absences

Cheerleading is a team sport that requires participation from every member. If members are missing, the team will not be able to practice and/or perform their choreographed routine and/or stunts safely or effectively. We need for all cheerleaders to commit to the Attendance Policy. This policy is for the safety of all cheerleaders.

Our attendance and absences policy is that all Cheerleaders will be allowed no more than three (3) absences from Thursday practices and/or games combined (excluding religious holidays) during the season. After two (2) absences, an email will be sent to the Cheerleader's parent. If a third (3rd) absence occurs, the Cheerleader will be informed in writing that, should she miss any other Thursday practice or game, her involvement in the halftime routine will be limited or eliminated.

Email/Website

Ongoing and timely communication with coaches and parents is one of the key factors to a successful program. Our main means of communications will be the Twin Boro Cheer email and direct emails from coaches. All hard copy information provided will also be posted on our website at www.TwinBoroBears.org.

For game directions, enter www.TwinBoroBears.org and select the field's tab to the left of the main window.

Fundraising

For the 2021 Season, the Twin Boro Cheer will be holding multiple fundraising events to be determined and announced.

All cheerleaders in the Program will be asked to participate in the Fundraising Program. We depend on fundraising activities to keep the program running and growing each season.

Picture Day

Bedrosian Photography will be onsite to take both team and individual pictures during a practice in late September/ early October. Each Cheerleader will be asked to wear full uniform for Picture Day.

Coaches

Each squad will have adult volunteer coaches who are Rutgers SAFETY Certified. Coaches are responsible for keeping a watchful eye on their team at both practice and games and for ensuring information is passed on to the squad and parents. They are also responsible for forwarding information to parents related to game changes, practice cancellations and other logistical information.

Coaches assume a large administrative role along with the responsibility of ensuring the safety of your child. Parents should confirm with their coaches that their contact information is correct, including all telephone numbers and email addresses as well as medical data for their child.

Team Mom

Each squad will have at least one Team Mom assigned to their squad. The team mom will help with help coordinate snacks, lollipops for away cheerleaders, the end of the season party and other responsibilities as asked from the coaches.

The Team Mom will also act as liaison between parents and coaches and can be considered a person to be contacted with concerns.

Conduct/Disciplinary Matters

Diversity makes the world go round! We must learn to put all differences aside. As soon as we step onto the field, please remember we are a TEAM! We ask any conflicts you may have towards anyone on the team (and with other parents) be kept at home and away from practices and games.

BOTH cheerleaders and parents will be expected to respect fellow teammates, parents, and the coaching staff. All program participants, including coaches, parents, and cheerleaders, are required to abide by the Code of Conduct. We have implemented a *Code of Conduct Policy* to alleviate any potential issues or conflicts. Each parent is required to read and sign the Code of Conduct contained in this handbook.

We value all comments from parents. If you encounter any issues with any of the coaches or cheerleaders, please bring the matter to the head Coach's attention.

Coaches are required to inform the President of all situations and resolution/steps taken to resolve the issue. If Coaches are unable to resolve the issue or the issue involves a Coach, the Twin Boro Cheer Board will become personally involved to address and resolve the issue in a professional manner with no distractions to the teams, girls, squads, etc.

Codes of Conduct

COACH CODE OF CONDUCT

- Will not encourage any behaviors or practices that would endanger the health or well-being of any members of the squad.
- Will encourage good sportsmanship by showing respect, positive attitude, and courtesy.
- Will encourage squad members to adhere to the rules and to resolve conflicts through 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 Cheer President for proper and immediate resolution.
- Will treat each child on the squad equally, and with respect at all times.
- Will provide supervision at practice and games.
Will ensure all cheerleaders adhere and abide by the uniform and cold weather wear policies.
- Will provide timely communication to squad and parents.

CHEERLEADER CODE OF CONDUCT

- Will be respectful to teammates, spectators, coaches and opposing teams.
- Will follow program rules related to conduct, uniform, and attendance.
- Will work hard, listen, and respect coaches' direction.
- Will have a positive attitude towards the opposing team's cheerleaders; will respectfully watch and applaud their halftime routine and will not make negative comments about the other cheerleader.
- Will stop cheering and stand quietly if a player on the field is injured and being attended to.
- Will applaud an injured player once taken off the field.
- Will not use cellphone when cheering or on the field.
- Be on time for all camp, practices, and games.
- Make attendance to practices and games a priority.
- Alert coaches if your cheerleader will be late or absence from practice or game as soon as possible.

PARENTS CODE OF CONDUCT

- Will always keep in mind that children participate to have fun and the

- game is for youth, not adults.
- Will be a positive role model for your child and encourage sportsmanship. by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game.
 - 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 strive to be a good role model for your child and the other children in the program.
 - Will respect your child's Team Mom and Assistant Coaches and do your best to have your child at all practices and games on time. When not possible, agree to inform the coach in advance.
 - If a problem or concern is identified, will calmly seek solutions at a proper time and location, and will refrain from confrontations in front of the children.
 - Be on time for all camp, practices, and games.
 - Make attendance to practices and games a priority.
 - Alert coaches if your cheerleader will be late or absence from practice or game as soon as possible.