



FYAA Cheer/Poms Handbook

The goal of FYAA cheer program is to provide young girls with an experience base for cheerleading and poms that they can use in their career as a cheerleader or performer.

We also strive to provide a positive example for our participants including spirit, teamwork, positive self esteem, and a sense of belonging. We hope that each young person who enters our program leaves with a feeling of accomplishment.

What to expect from the Frankfort Falcons cheer program:

1. An organized team with capable coaches who do their best to provide the necessary instruction for cheer/poms.
2. Positive examples for young cheerleaders.
3. Rules that are necessary for a well run athletic program.
4. An open line of communication between families and coaches.
5. Travel
6. Stunting/tumbling when interested and able.
7. Additional costs above the registration fees during the season.

What the Frankfort Falcons cheer program cannot provide:

1. Exceptions to the rules that all other members of the organization must abide by. There are situations that occur throughout the season that may be out of the control of an individual. Those situations will be dealt with on an individual basis.

Guidelines

Cheer/pom program:

1. The Frankfort Falcons Pom/Cheer program is an evolving effort. The program is geared to expose the participants to general dance and cheer fundamentals during the football season.
2. Falcons Cheer is a registered member of the Illinois Recreational Cheer Association. The IRCA season begins late July of each year and continues through the State competition in early December.
3. Coaching staff has completed safety training in regards to stunt groups in cheer.
4. All squads will perform at half time of every game. This half time routine will be a combination of cheer and poms.
5. Cheerleaders will perform on the sidelines of each game. Their performance will be a combination of cheers and dance routines.
6. During football and competition season, all cheer levels are allowed to practice up to 9 hours a week.
7. FYAA incorporates stunts and tumbling into their half time routines. Each level builds on the previous level. Cheerleaders are placed according to safety and



ability, no exceptions. If you do not want your cheerleader to stunt please notify your coach.

8. FYAA is not certified to provide tumbling lessons. Only cheerleaders with a demonstrated ability to tumble will be able to do so.
9. SLW, LW and JV levels have a 5th quarter at the start of every game. Cheerleaders are expected to cheer during these quarters.
10. Each squad will accept up to 25 cheerleaders, any number over 25 is dependent on the availability of the coaching staff.
11. Our goal is to be able to offer one dance and one cheer competition team per each level starting at the LW level.

Level/Age Composition:

SLW: 1-2 grade

LW: 3-4 grade

JV: 5-6 grade

V: 7-8 grade

The Falcons are required to follow all IRCA competition rules during competition season. Rules can be found at www.recreationalcheer.com

Uniforms:

1. Uniforms are not custom fit to each girl. They will not fit each girl the same.
2. Cheer uniforms and poms purchased by FYAA are the property of FYAA. All skirts, shells and poms must be returned at the end of the season receive any volunteer refund. FYAA also reserves the right to charge any family that does not return the above items in usable condition.
3. Mandatory shoes, underliners, shorts, socks, warm-up suits, and bows are the responsibility and the property of the cheerleader.
4. During games (with the exception of Homecoming) all cheerleaders must be in the same uniform. Coaches will indicate if underliners or warm ups are necessary prior to the game.
5. During cold weather, tights, patterns, odd colored pants/jackets will not be
6. allowed. Only the FYAA warm up suit will be acceptable.

Communication:

1. All communications from coaches and the FYAA will be done via email so accurate and up to date email addresses are essential.
2. All members of FYAA are expected to refer to the website Frankfortfalcons.org
3. for all practice schedules, cancellations, or directions. E-mails should be checked one hour prior to each game/practice as changes frequently come up.



FYAA is not responsible for missed e-mail messages.

4. Any concerns can be addressed first with the squad's head coach.

Cancellations:

1. Please check emails and website for any cancellations.
2. Cheer will attend every game. If football is played, cheerleaders are expected to attend.

Attendance/Tardies:

1. All LW, JV and Varsity squads that are stunting past the knee are required to practice a **minimum of 2 days per week** to ensure the safety of the cheerleaders.
2. The weeks prior to the start of the school year may be as many as 3-5 days per week.
3. Attendance is mandatory. Any absences should be reported to the head coach in advance.
4. The FYAA cheer program is based on a team approach. A cheerleader who is consistently absent or late for practices will have her position within the team reallocated as not to risk the safety of the other cheerleaders.
5. Absences at the games also reflect poorly on the performance of the entire squad. All routines and stunt groups rely on each other.
6. Any cheerleader who misses 5 or more practices OR 2 or more games during the football season will be ineligible to compete with their squad during that competition season. Competition season practices are mandatory.

Food/drink/bathroom breaks/visitors:

1. Absolutely no food or candy is allowed on the sidelines during games or at practices. Please eat prior to arrival. This is a safety issue as well as a team appearance issue.
2. Water should be brought to every practice and every game.
3. Coaches are not available to take cheerleaders to the bathroom during practices.
4. Cheerleaders are not to leave the sidelines or enter the stands during games.
5. Visitors such as friends or boyfriends are not invited to 'hangout' at practices or games. Repeated offenses may result in suspension of the cheerleader from the program.

Sportsmanship:

1. All cheerleaders in the cheer program are to be treated respectfully. In turn, all cheerleaders are expected to treat their team mates and opposing cheerleaders with respect.
2. There is a zero tolerance policy for any behavior intended to insult or cause injury



3. (physical/emotional) to another member of the organization or an opposing team.
4. Any cheerleader who engages in negative behavior involving another team or a fellow teammate will be subject to suspension from the program.

Volunteering:

1. All families have a FYAA volunteer requirement to fill during the season. This requirement assures the return of their deposit.
2. All families have a squad volunteer requirement.
3. These responsibilities will be assigned at the start of the season by the head coach and team parent.

Competition Season:

1. Competition practices will not exceed 9 hours per week and are mandatory. A missed competition practice could result in being ineligible to compete.
2. Competitions will not be scheduled during the football playoff season.
3. Competition costs are the responsibility of the family.
4. Any cheerleader who misses 5 or more practices OR 2 or more games during the football season will be ineligible to compete with their squad during that competition season.

Questions/Concerns:

1. Any concerns regarding cheer can be addressed with the head coach of the squad.
2. If unsuccessful, please contact Cheer Director.
3. If there is a concern regarding a particular area of the FYAA please use the website frankfortfalcons.org to find the appropriate chairperson to help you.
4. Any board member can help you if you need immediate assistance.

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