

LSA CHEERLEADING

We want to be sure that EVERY Parent and Cheerleader FULLY understands the level of TEAM COMMITMENT needed as well as the FINANCIAL commitment that is involved.

~ Welcome to the 2025-2026 LSA Cheerleading Season ~

Lower Southampton Athletic Association is a non-profit organization that has been teaching cheerleading for over THIRTY years. We are a recreational association based on the foundation that every girl cheers, regardless of their skill or ability. Joining the LSA Cheerleading Team requires hard work and most importantly **COMMITMENT**. On our competitive teams, cheerleaders will learn and properly progress in the basic fundamentals of cheerleading. This includes jumps, cheer motions, dance, stunting, and basic tumbling. These skills not only build strength and flexibility, but also instill the values of responsibility, discipline, sportsmanship, and self-confidence.

All our teams compete in approximately 6 - 7 competitions beginning in January. These competitions are held on Saturdays or Sundays and are at least a couple of hours – but can sometimes be much longer. **ALL COMPETITIONS ARE MANDATORY!!** Our Competition Schedule with specific dates/locations will be provided as soon as possible.

All our teams attend a National Competition every season. In the past we've taken our oldest team away for Nationals (Myrtle Beach, Orlando, Virginia Beach) and our younger teams competed Nationals closer to home (Six Flags, Hershey Park, Wildwood). This past season we attended Hershey Open Nationals and we really enjoyed the event and Hershey Park!! We're not 100% sure where we will go for Nationals this year - but it's very likely that we'll return to Hershey! As soon as we have a plan we'll let you know.

Website: www.leaguelineup.com/lsaacheer

TEAMS

Our squads are open to both girls + boys **5** years old and/or starting kindergarten up to the age of 18. You do not need to be a resident of Lower Southampton Township to join.

Every year our team structure can change depending on how many total cheerleaders we have register and their age ranges + skill levels. The past two seasons we competed with just one larger Youth squad and the season prior we had both a Youth and a Mini team.

*We are definitely looking to expand our amazing Cheer Family this season -
So please bring a friend or two or three!!! 😊😊😊*

Once we see how many athletes register, and we have our first **EVALUATION Practice**, we'll have an idea as to how many teams and age ranges. But it's our summer practices that will determine final team placements. Please know we will try to put together the best possible combination so that ALL our teams can be competitive and successful!

COMMUNICATION

Once our season gets under way, there is a lot to remember!! We do our best to keep you informed of upcoming events, due dates, changes, etc. You can look on the website

www.leaguelineup.com/lsaacheer

But almost always, any Important INFO will be emailed, sent in Remind or brought home.

I use the **REMIND** app often - it's quick + easy! (INFO comes to you like a text message)

At least one parent for every cheerleader MUST sign up for notifications by texting:

@lsa252 to 81010

I do send quite a bit through **EMAIL**. I usually try to send a REMIND out letting you know if an email needs immediate attention.

EVERY family needs to have at least one active email + check it on a regular basis.

Due dates for forms, fees, etc. **MUST** be followed. Please stay informed!! There are many handouts and forms that will be sent home throughout the season

PRACTICES

WE WORK AS A TEAM AT PRACTICE + ATTENDANCE BY ALL IS CRUCIAL!

REGULAR WEEKLY PRACTICE SCHEDULE

TUESDAYS + THURSDAYS (6:15 pm to 7:15 pm)

Our weekly practices are held at Poquessing Middle School (in the cafeteria)
300 Heights Lane in Feasterville 19053

We will also practice on select WEEKENDS at:

Royal Elite All-Star Gym - 501 Main Street Hulmeville 19047

(Days + times are still TBD. Expect one weekend day per month - Sept thru January)

- **Practices are CLOSED to parents & friends.** Parents may come in to drop off & pick up but may not stay once practice starts. The doors will re-open 5 minutes before the end of practice.
- Every person – PARENTS, CHEERLEADERS and STAFF – must be respectful of the practicing team when entering, exiting or waiting in the cafeteria.
- **PLEASE BE ON TIME.** When you are late, the entire team is held up for you. Missing proper warm up and stretching time can result in injuries.
- For their own safety, cheerleaders **MUST** be dressed properly for every practice.
 - Cheer or Athletic Sneakers must be worn.
 - Comfortable clothing (suitable for exercise) **NO JEANS!**
 - **Hair must be pulled back in a ponytail** - away from face.
 - **No Jewelry** of any kind.
- Cell phones are required to be turned off or put on silent during practice times.

- If necessary we will collect and hold phones for the duration of practice!

ATTENDANCE

Missing practice is our most difficult issue. LSA Cheer has a long season + it's a HUGE commitment from you, our parents + cheerleaders, and our coaches + volunteer staff. Competitive cheer is unlike any other sport *~if even ONE person is missing the whole team is affected~* we do not have extra players to fill-in when someone is absent. EVERY position is valuable, necessary and needed for the success + safety of the team!

We must take attendance very seriously. We **WILL** be enforcing the following policies:

- **Attendance at ALL competitions is MANDATORY!**
- **Attendance at SATURDAY practices is also MANDATORY** – Our Saturday GYM practices are the ONLY time we can see the routine on a FULL mat! We need every cheerleader there!!
- Attendance at **ALL** practices is expected (and required) unless advance notice was given and also APPROVED by an LSA director.
- **If your child is sick with fever or vomiting, please keep them home and call us ASAP.**
- Only a parent or guardian should call in - for it to be an acceptable EXCUSED absence. Please don't tell another cheerleader or parent to tell us that your child won't be attending practice.

PLEASE email us or call/text: Sharon's **CELL @ 267-250-5880**

- If they are not contagious, cheerleaders need to attend every practice – even if it is just to sit up front and observe. (ESPECIALLY IN THE FIRST FEW MONTHS!)
- If your child is injured, they will need a doctor's note before resuming practice. Notes are required to explain restrictions and length of time they'll have to sit out.
- If a cheerleader misses more than **3** practices due to an illness, injury or other reason, their spot in the routine will be re-evaluated. This is for the safety and progression of the team.
- Absences for the following reasons will be considered **UNEXCUSED** -
 - Keeping your child home as a form of punishment
 - Oversleeping or 'Forgetting' or 'Not Knowing' we had practice
 - Suddenly being called in or scheduled to work (Seniors)
 - Not having a ride – Call someone!!!

3 UNEXCUSED Absences WILL Result in DISMISSAL from the Team.

EXCESSIVE ABSENCES – NO MATTER THE REASON – CAN NOT BE TOLERATED

TOTAL COST

REGISTRATION

Each cheerleader is required to pay a **NON-REFUNDABLE** registration fee of **\$100.00** (\$5 of this fee will be deposited into the *Lower Southampton AA Family Relief Fund*.)

CHEER FEES

Each cheerleader has a Required CHEER FEE that must be PAID, out of pocket, or EARNED, by fundraising. This year the total Cheer Fee amount is **\$560.00**, which is split into **FOUR \$140.00 payments throughout the season.**

CrossOvers (athletes who cheer on 2 teams) pay slightly more – usually around \$40.00 more per payment.

This CHEER FEE covers 10 months of cheerleading for your child.

The largest portion of this pays for our regular weekly practice time at Poquessing plus the extra practices at the all-star gym. This CHEER FEE also covers the cost of our competition entry fees, our routine music and required licenses, any choreography fees, team insurance cost and so many other miscellaneous items.

This year the cost of our practice space at Poquessing has increased significantly!

Due to this new pricing from the Neshaminy School District had to increase the amount of our Cheer Fees to cover this additional practice cost.

Fundraisers will be available throughout the season to help cover this cost. Any profits you earn through fundraising will be tracked in each cheerleader's "*Individual Fundraising Account*". Record sheets for each girl are kept that track all profits earned as well as fees paid. Your account will always have a running balance that you can see at any time.

**You can participate in as many or as few fundraisers as you'd like –
or you can choose to pay everything right out of pocket.**

(The only exceptions are our mandatory Team Fundraisers)

TEAM FUNDRAISERS

- Our first fundraiser is a \$500 VISA Gift Card Raffle it is a **MANDATORY Team Fundraiser**. Each FAMILY is required to buy **THREE** \$10 raffle tickets. Additional tickets sold (after the required 3) will earn a \$10 profit, per ticket, to the cheerleader's account.
- In January we run a Super Bowl Block Pool as a **MANDATORY Team Fundraiser**. Each FAMILY is required to sell **TWO** \$20 blocks. Additional blocks sold (after the required 2) will earn \$10 profit, per block, to the cheerleader's account.
- If we decide to add any TEAM FUNDRAISERS – participation may be REQUIRED.

UNIFORMS

- Each cheerleader is required to purchase his/her own uniform.
- We do allow our parents to buy and sell uniforms amongst themselves prior to our official Uniform fitting. Everyone sets their own prices and all deals are done parent to parent. - **LSA Cheer is NOT involved in these transactions** -
However, sometimes "LSA" has used uniforms to sell for various reasons - when these uniforms are sold the money goes into our general Cheer Fund.
- A new TWO piece UNIFORM (top + skirt) costs approximately **\$360.00**
- Cheerleaders must also purchase sneakers (**\$50**), a bow (**\$25**) and black socks.
- Girls are also required to buy glitter eye make-up (approx **\$10**) and matching RED lipstick (approx **\$12**)
 - Other make-up (mascara, eyeliner, etc) is at your discretion.
- **PLEASE keep in mind these prices are ESTIMATES based on the cost last year.**

NATIONALS

The cost for Nationals is not included in the fees paid throughout the season. This is a separate cost and depends on MANY factors – including whether or not we stay overnight together as a group. (The last few years each family has booked their own accommodations themselves.) The Nationals entry fee, for the girls to compete, is usually around \$100. The spectator entry fee at these National events are pretty steep as well – expect around \$25 per day, per adult. And it's very likely to be a two-day event!

Information about which Nationals event we will be attending should be decided on by late September and at that time I should have a rough idea on costs. Specific location, accommodations and event INFO will hopefully be finalized by the end of November.

**** Families have the option to fundraise (at least a portion) of their trip to Nationals. ****

CODE OF CONDUCT

- **DISRESPECTFUL BEHAVIOR** will **NOT** be tolerated. Cheerleaders are expected to follow the direction of the coaches at practices and any cheerleading events. If a cheerleader is disrespectful, he/she will be cut from the team immediately.
- **NO BULLYING**. We will not tolerate bullying in any form - from anyone.
Both Parents and Cheerleaders need to sign off on our anti-bullying policy.
- **NO GOSSIP** about other teams, athletes on your team, or about any coaches or staff. Address problems/concerns with the director. PLEASE do not invite drama!!
- NEVER post any negative comments or photos about our team or ANY other team.
- Anyone threatening to quit or pull their child will be dismissed immediately.

ALL LSA Cheerleaders

ALL LSA Family, Friends and Fans

ALL Coaches, Directors and any Team Representatives

Are expected to show GOOD SPORTSMANSHIP AT ALL TIMES!!

SOCIAL MEDIA CONDUCT

*Based on age appropriateness we will discuss the below policy as a team
Cheerleaders are expected to agree to the following four statements.*

Always remember that EVERY single picture, tweet, post or tik-tok that you **or** your friends make is forever part of your own digital footprint. You never know if or when it may come back to hurt your reputation during many important processes of your life.

- _____ I take responsibility for my online profile.
This includes posts, photos + videos posted by others in which I appear.
- _____ I will post only POSITIVE things about my teammates, coaches and especially my opponents.
- _____ I will always consider “*Is this the me I want you to see?*” before posting anything online.
- _____ I am aware that I represent Lower Southampton Athletic Association, my team, and my family at ALL times and I will do so in a positive manner.