



To be fair to all, rules will be strictly enforced so please become familiar with all rules. Each coach will be enforcing the rules the same to prevent biased discipline. If you're not satisfied with how something is handled please allow time to cool down, approach the situation in a calm manner, and discuss it with a coach without children present. Trust us, it's not easy for us to have to ask a child to sit out, but it is important to have clear rules and teach our young ones discipline and respect. Please help us act as a team on this initiative and reinforce to your child the importance of following all rules. Thanks for your cooperation and support!

GENERAL RULES

1. Bring a water bottle to practice/game (Please no pop/juice; belly aches and bee stings are no fun).
2. Use the restroom before practice/game.
3. No gum at practice or games.
4. Come to practice and games with a good attitude and ready to cheer! ☺

APPEARANCE (GAME AND PRACTICE ATTIRE)

1. We are a TEAM in every aspect. In cheerleading uniformity is a good thing. If you want to stand out, do so by being the best you can possibly be, not by changing your appearance or attire. Your team is counting on you to always be a part of them, don't let them down.
2. Cheerleaders should wear athletic apparel that allows flexibility and jumping, and athletic shoes with socks.
3. Cheerleaders should not have any dangling jewelry (necklaces, bracelets, dangling earrings, etc.).
4. Hair must be in a ponytail (as length allows) and out of your face.
5. No gum, jewelry, phones, denim, crop tops or sports bras without coverage at any time.
6. If it is too warm for our warm-ups you will still need to wear the appropriate attire under your shell. In this case, it would be a white or nude sports bra or tank with a razorback for minimal show. No colored bras or tanks under the shell.
7. Bring **ALL** pieces of your uniform to every game.
 - If weather changes, rain comes in, etc. you should always be prepared. Bring shell, crop, skirt, brief, bow, warmup suit to every single game.
 - If you forget any part of your uniform including your bow, you will be asked to sit out.



STUNT AND TUMBLE SAFETY

If you have not done so already, please fill out the liability waiver and return it as soon as possible. If that form is not completed your child will not tumble or stunt, no exceptions. Stunting will be permitted from the shoulders down according to Licking Valley's district policy. No over-head extensions or one-footed stunts will be performed during regular season or on school property.

VOLUNTEERS

We're looking for a few parents to volunteer their time by being a "team mom" or "team dad". If you are interested and did not indicate it during signups, please let one of us know as soon as possible. A team parent will act as a member of an advisory board for the league, as well as, create and maintain a snack and spirit box schedule for each game and organize a community service event.

ABSENCES/ TARDINESS

1. Please arrive at practices and games on time. Each practice/game begins with stretching and this is a very important aspect to prevent injuries. You should arrive at games 40-45 minutes before start time. Stretching begins 30 minutes prior to the game.
 - If you are late to a game (less than 30 minutes before start time) you will be asked to sit out for 5 minutes of the first quarter. If you do not arrive until the game starts you will be asked to sit out the first quarter. For failure to notify a coach of absence and/or repeating tardiness, you could be asked to sit out half of the game or the entire game.
2. Your child will not be benched the entire game for missing one practice, but they will be benched whenever their squad performs new material they did not learn. If they are repeatedly missing practice they can be benched half or an entire game. If they do not show to a benched game they will be benched the following game. **If you must miss a practice or game, it is your responsibility to tell the coach. Do not ask another cheerleader or parent to tell the coach for you.**

QUITTING OR WITHDRAWING

Quitting a team/sport is a big and difficult decision. We strongly encourage any child and/or parent considering this option to discuss their feelings with a coach prior to quitting. In the event that the athlete decides to quit, he/she will not be permitted to return for the remainder of the season.

REFUNDS

In general, full refunds (minus \$15 admin fee) are given up until uniform orders are placed. No refunds are given after orders are placed.

****We have a consignment sale at the beginning of each season which allows you to sell items at a 50% discount. You can also sell to others on your own at any time.**



BULLYING/ BEHAVIORAL EXPECTATIONS

We have zero tolerance for bullying or aggressive behavior (at cheerleading, outside of cheerleading or online). Bullying is grounds for dismissal on first offense. By agreeing to be a LV Biddy cheerleader you understand that you are representing Licking Valley and the cheerleading program and we expect you to conduct yourselves accordingly.

1. Behavioral expectations: R.E.S.P.E.C.T. (you will hear that a lot this year!)
 - Respect for your coaches: Your coaches are there to help you. Do not talk while your coach is talking. This is important to achieve our goals of the day.
 - Respect your teammates: You do not have to be best friends with every cheerleader, but you do have to be a good teammate. You are teammates on and off the field and we expect you to act like it.
 - Respect the opposing team: The key to getting respect is to give respect. We want Licking Valley Cheerleaders to be known as having class and being respectful. Please take this into consideration when we have visitors to our school and when we visit other schools.
 - Respect your uniform: Your appearance is the first thing people notice about you. Your uniform should be clean, wrinkle-free and your shoes should be clean.
 - Respect yourself: We're excited to help you learn new skills, be confident and unlock your ambition. Be prepared to test your body with stretches and exercise and grow your self-esteem.
2. Foul language will NOT be tolerated. It is unattractive, unflattering and circles back to representing our school.

DRUGS/ ALCOHOL/ TOBACCO

We have zero tolerance for drugs, alcohol, or tobacco on school property. This includes any practice, game or cheerleading function. If a parent or child is found using any of these substances the child and family will be asked to leave immediately. Further discipline, up to dismissal from the team, may be used.

CONTACT/INFORMATION

All team communications will be via text unless you make other arrangements with Coach Ashley. Ashley will be using a texting application that does not allow 'reply all'. This will prevent unwanted 'text chains'. If you have not already received an invitation to the texting app or you would like to add another phone number please let Ashley know as soon as possible.

As far as contacting us, feel free to contact us at any time. We'd love to hear any questions, concerns, or even praise if something is going well. We want to be connected and available at



all times. Feel free to text, email, or call. We do ask that you do not interrupt practice with concerns. If you have concerns please pull one of us aside after practice is over and we can discuss things without children present.

FACEBOOK

We have TWO Facebook pages.

- **“Licking Valley Youth Cheerleading”** is our public page and will only have information that is available to the public.
- **“LV Biddy League Cheerleading”** is our private, parent only page. Feel free to join the private page and share photos and fun throughout the season. As part of your liability waiver you signed a photo release. If you were unaware or have an issue with photos being shared please let Ashley know.
 - Coach Ashley and Facebook:
 - Please DO NOT :Contact her through facebook.
 - Please DO: Still tag her in photos and share things with her.

COMPLAINTS/FEEDBACK

We cannot stress enough the importance of communication with your coach. If you have an issue that you would like resolved, it must be brought to the coach's attention. The coaches meet regularly, have open communication and work as a team to help make the cheer program as productive as possible for all involved. We also meet with the team parents so feel free to utilize that channel if it's not urgent or merely a suggestion.

We look forward to working with your children and teaching them the fundamentals of cheerleading, as well as, values that make good athletes. For this reason, we ask that you encourage practice and stretching at home, arrive on time, and attend all events, if possible. (Let us know if there is a conflict in schedules. Unfortunately, we cannot accommodate every request, but we will try our best.)

Thank you for participating this year!

Ashley Diller
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Email: aldiller30@gmail.com



HOW TO BE AN AWESOME CHEER PARENT!

1. Let your child have fun and be encouraging, not critical.
2. Never gossip about anyone, not a parent, not a team member, not a coach, not a rival, not anyone. If you do this, more people than you know will hear about it, and more than you know will be said about you. No one wants this to happen.
3. Never criticize a coach's decision. Each coach is a volunteer and is there to coach. Even if you were a national champion cheerleader in high school, please do not talk down the coach if you disagree with something. If you are experienced and good at cheerleading, ask to volunteer to help your squad out. Suggestions are always helpful, but bad mouthing to other parents and/or the cheerleaders is completely inappropriate.
4. Respect all Team Moms. The coach assigns a team mom to each individual team. If you have an issue with a team mom please take your concern to that team mom first (when children are not present). If your problem is not resolved, please bring it to a coach next. Inappropriate treatment towards a team mom or "taking over" will not be tolerated. A team mom is a volunteer and deserves your respect for taking on that responsibility.
5. If your child isn't complaining, then you shouldn't be. Remember that although they might get tired or upset about something that happened at practice, most likely they don't want to quit the team because of it. Encourage them to talk to a coach privately if they have a concern.
6. Make sure that it's your child's idea to cheer, not yours. So many girls have been pushed into this sport at an early age, not because they wanted to, but because their parents were on a squad or wanted to be on a squad, or a friend's child is on a squad. The decision is one that is ultimately the parents, since they are financing the venture, but it is the child who has to have the desire to excel at the sport.
7. Handle complaints appropriately. Do not under any circumstances bring your complaints to a coach during a game, practice, or any event where children are present. If you are upset about something please allow at least 24 hours to go by before speaking with the coach. During that time please think through your complaint and then bring it rationally before the coach without your child (or other children) present.

Finally, remember to show your support, it means a lot to everyone involved... the team, the coach, and the other parents and supporters. Unfortunately in all sports you will be exposed to parents who do not adhere to these suggestions, but if a team doesn't stick behind its coaches, it will be doomed to failure. Thank you in advance for your support!