



Parent and Cheerleader Handbook

Dear Cheerleaders and Parents:

Welcome to the 2019 Exeter Seahawks Cheer Season. Whether you are a returning cheerleader or a first year participant, we would like to extend our greetings to you, and hope this season proves to be a fun and rewarding experience! Exeter Seahawks Cheer wants to promote pride, unity, and teamwork and to be THE example of good behavior and sportsmanship. Our goal is to teach the sport of cheer in a way that is positive and effective. We maintain high levels of expectations for all persons involved with the Cheer program in order to be successful as an organization, as squads, and as individual participants. We understand that participation in the Exeter Seahawks Cheer program is a commitment to your children, your families, and your teammates. We strive to ensure that everyone involved has a rewarding experience.

The Exeter Seahawks Cheer program is a volunteer organization and it is successful because of the dedication and commitment of our volunteers and you, our parents! We would like to take this opportunity to thank all parents who have or will volunteer their time and talents this upcoming season.

The Parent/Cheerleader Handbook was developed to provide parents an understanding of the cheerleading standards and level of expectations for both you and your cheerleader(s). You will be required to sign the acceptance form upon registering your athlete for the season.

Parents are as important to the success of the program as the cheerleaders. Coaches and parents must work together. Throughout the season, you are certain to have many questions. Your coach, parent volunteers, and Board Members will be your primary source of information throughout the season. Please feel free to contact us, as you need to. communication and cooperation are KEY to a successful program.

We thank you for trusting us with your most treasured "possession," your child. A safe, enjoyable and rewarding experience for your child is our number one goal. We thank you for your interest and your continued support throughout the upcoming season. It is our sincere hope that this will be an exciting and rewarding cheer season.

Go Seahawks!
Coach Caroline Siecke
Coach Kayla O'Neil
ESYC Board of Directors

Exeter Seahawks Cheer Pledge

"I understand that Cheerleading is a commitment of my time and energy and I will make every effort to attend every game and practice. I will notify my coach in advance of any absence that is unavoidable. I am willing to dedicate myself to this sport during the season, and do so, in a positive and appropriate manner. I will support my team and be kind and respectful to others at all times. I will abide by all guidelines and regulations at all Exeter Seahawks events. I understand if my behavior is inappropriate, or not to the standards set forth, disciplinary action will be taken."

Code of Conduct

Cheerleader Expectations

- Will show a positive attitude at all times.
- Strive to achieve excellence, have the discipline to accomplish it, the attitude to accept the results with dignity and encourage others to do the same.
- Will give 100% effort at every practice and game and accept constructive criticism with a positive attitude.
- Will arrive and depart all practices and games on time and ready to begin. Allow time for shoe changes etc. Parents will give advance notice if child is going home with someone other than parent.
- Will never leave the squad without permission and an escort.
- Cheerleaders are to participate in all aspects of practice. Practices include but are not limited to, cheer/chant review, running, stretching, strength training, stunting, tumbling and jump conditioning.
- May not conduct any stunting or tumbling activity without the strict supervision of your Coaches
- Will be responsible for my own property and respect the property of the Exeter School District, football fields, practice locations, and personal property of others.
- Will not eat and/or chew gum during practices, games or competitions.
- Will adhere and abide by the uniform policy.
- Never engage in dangerous behavior that may result in injury of yourself or others.
- Must respect yourself and all coaches, other participants, officials, parents, and spectators during all practices, games and competition.
- Will never post negative or threatening commentary on any electronic means of communication, such as email, text, Facebook, Twitter, YouTube, etc...
- Never use obscene or inappropriate language and/or gestures.
- Will not use cell phone at practice, games or competitions, except with permission of the coach.

Parent Expectations

- It is the parent or guardian's responsibility to ensure that your participant(s) attends all practices, games, and competitions on time. Parents or guardians shall ensure that participants are present for the entire game or practice. Remember that being on time indicates that your participant(s) is inside the venue, ready to participate. Parents must return for pick up 10 minutes before practice.
- Will ensure your participant adheres and abides by the uniform policy.
- If your participant experiences difficulty with a routine or cheer, contact your team coach. The team coach will get your child the help needed for them to be successful.
- Parents should not force any child to participate in sports. Parents need to remember that children participate to have fun and that it is for the children NOT the adults.
- Parents will refrain from coaching their child or other cheerleaders during practice, games, or competitions unless they are one of the official coaches of the team.
- Parents will not stay at the practices unless volunteering for a specific role or activity. All practices are considered "Closed Practices". Parents are allowed to be a spectator at games and competitions.

Disciplinary Action

It is the policy of the Exeter Seahawks Cheer Program that disciplinary action will only be invoked as a last resort and that every attempt will be made to avoid situations likely to lead to such action through positive encouragement to correct negative behavior.

- For the first incident, head coach or assistant coach will talk with the individual cheerleader about his/her misbehavior.
- If misbehavior continues, the head coach will call the parent and explain the misbehavior of the cheerleader, and the consequences of continued misbehavior.
- If misbehavior continues and a second phone call is required to the parent, the cheerleader can be suspended or dismissed from the cheer program at the Coaches discretion.

A cheerleader may be suspended from games/competition for excessive absence without approval or notice, excessive tardiness without approval or notice, and excessive subordination to the coach. Any violation of rules that are deemed necessary may constitute a phone call to parent by coach or board member.

A cheerleader may be dismissed from the program for causing irreconcilable discord among team members, causing negative influence among team members, conduct that negatively impacts the team or program, and as otherwise deemed necessary by the Exeter Seahawks Board.

Parents and cheerleaders should be aware that serious misbehavior will be documented and may affect participation in future cheer seasons. In certain cases, misbehavior that the cheer program considers extreme and/or which threatens the well-being of others will result in immediate suspension and/or permanent expulsion from the cheer program.

The following infractions will result in permanent dismissal from the program:

- Gross insubordination or lack of respect to authority (coaches or Directors)
- Fighting with physical contact of any kind
- Theft
- Use/Possession of cigarettes, alcohol or drugs
- Excessive bullying

Participation may be terminated by action of the Board of Directors, by a majority vote, of those Directors present at the duly constituted meeting. All Board Members shall have the authority to discipline, eject or suspend any participant on the spot when the conduct of such person is considered detrimental to the best interest of the squads and the organization.

Uniform Policy

PRACTICE ATTIRE:

- All participants will dress as athletes. Clothing should be fitted – loose clothing is a safety hazard.
- No jewelry including belly rings, ankle bracelets, earrings, rings, etc... This includes new piercings. It is best to wait until the off-season to get a new piercing.
- No bare midriff or low cut tops (School attire rules apply)
- No spaghetti straps, two finger tanks are acceptable
- Undergarments must not be showing Spankies/spandex shorts should be worn under shorts if necessary to prevent exposed undergarments during stunts, jumps and tumbling.
- No micro shorts/double rolled up shorts
- No denim shorts or pants -- sweatpants are acceptable
- Cheer Athletic shoes required at all practices and games (new cheer shoes required for competitions)
- Nails must be kept at a sports length. Nails are to be cut so that with your palm up facing you, no nails should be visible. Nail polish is not allowed for competition.
- No hard headbands at practice, games or competitions
- All cheerleaders must wear no show white socks to games.

UNIFORM:

- The uniform (vest, shell & skirt) is the property of the Exeter Seahawks for use at games and competitions.
- Uniform accessories such as boy shorts and practice bow are yours to keep. If any item is lost, you will need to purchase another to keep the uniform complete.
- The uniforms will be distributed in September and need to be returned at the end of the season. Upon receipt of uniform, a signed uniform agreement must be submitted.

- The uniform (vest, shell & skirt) are to be turned in at the end of the season. Please clean your uniform before returning it. If the uniform is not cleaned prior to turn in a cleaning fee will be imposed.
- All uniform pieces must be clean at games and competitions.
- Limited make up allowed based on team discussions. No foundation or lipstick allowed.

Where does my money go?

The Exeter Seahawks Cheer Program is a non-profit organization. This means that all funds must be spent each year according to IRS non-profit guidelines. All expenditures must be approved by a majority vote during the board meetings.

Each year, our expenses include:

- ✓ Insurance
- ✓ Facility rental
- ✓ Professional choreography and consultation
- ✓ Coaches training and certification
- ✓ Competition fees (2-3 competitions per season)
- ✓ Uniform maintenance and replacement
- ✓ Poms, Boy Shorts, Team Shirt, and Practice Bow to keep
- ✓ Administrative costs (printing, marketing, etc.)

Financial Obligations - What I am expected to pay for:

- ✓ Competitive Bow
- ✓ Warm Up Gear (optional)
- ✓ No Show Socks and White Cheer Sneakers
- ✓ Sports Bras/Bralettes

How to address concerns

We need your feedback to improve, but please be respectful of all volunteers.

Remember that every person is a non-paid volunteer helping for the sake of the kids in the program, so before criticizing, ask if you can help. If you see something that isn't going well, let us know, but offer your help to improve it. The Seahawks Cheer program is always looking to improve.

Usually, the best way to resolve a concern is to address it early, calmly, privately and directly with the volunteer involved. Since our volunteer coaches and board members all have other obligations, including full-time jobs, families and other commitments, allow adequate time for the situation to be researched and addressed.

While it is important that concerns be addressed before, they become major issues, it may be best to wait until you are able to discuss them calmly. It is also important that the discussion does not take place in front of the children.

Please speak up if you are unhappy, or are unfamiliar with things going on around you, but please be courteous of the volunteers you see who are devoting a great deal of their time to this program.

If you encounter a situation or issue that requires the Board to be involved, please bring it our attention immediately by contacting a board member.

Board Members:

Lorelei Davis, President
Lorelei@ExeterSeahawksYouth Cheer.org

Caroline Siecke, Vice President
Caroline@ExeterSeahawksYouth Cheer.org

Michelle Chetwynd, Treasurer/Secretary
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Kayla O'Neil, Coaching Representative
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