

CHEERLEADING 2009

Welcome to the 2009 cheerleading season. The Lindenhurst Football and Cheerleading League's program is structured to instill good sportsmanship, teamwork, community spirit and fun for our cheerleaders.

Our regular game season is 10 weeks long and hopefully our football teams will again be in the playoffs.

Please read this handbook carefully and explain the rules to your child so there will be no misunderstandings during the season. We are looking forward to working with you and your child and we are anticipating another very successful season.

General Rules

Parents, your cooperation is necessary to have a safe, smooth running program. Thank you in advance!!

1. Do not drop off your child at the field or gym if your Division Coordinator or Team Mom has not yet arrived. Please pick up your child from the Coordinator not in the parking lot.
2. Parents are not permitted on the field. Please bring a chair or watch from the bleachers during summer practices. Due to safety issues we cannot allow parents to come to gym practices. **You are invited to watch during the last 15 minutes of practice only.**
3. Any cheerleader leaving the field or gym without permission from their Division Coordinator will be removed from their team permanently. **NO EXCEPTIONS!**
4. **ABSOLUTELY NO FRIENDS ARE TO BE BROUGHT TO FIELD OR GYM AT ANYTIME!!!!!!!!!!!!!!**
5. In the past, we have had behavior problems. Inappropriate behavior will not be tolerated and will result in immediate dismissal from the competition team.
6. Absolutely no smoking by any cheerleader.

7. At no time should a parent approach the coach with any problems. It is the Divisional Coordinator's position to act as liaison between you and the coach. Please remember that our coaches are teenage girls who volunteer their time for your children.
8. Please return all forms and money to your Divisional Coordinator or Team Mother. Coaches are not permitted to accept money or paperwork from you.
9. If your child takes any medication on a regular basis or has allergies of any kind please notify the Division Coordinator. Also please inform your Division Coordinator of any medical problem your child may have that could affect their safety or the safety of others. All information is kept strictly confidential.
10. Please give your division Coordinator any emergency #'s, in case we need to reach you during a practice, game or competition. (cell phone)

Practice Attire

1. Girls need to dress appropriately. Sweats, shorts, socks and good supportive sneakers. No Jeans, platform shoes or sandals. Hair should be tied back in a tight ponytail. Please no clips, headbands or bobby pins.
2. **NO JEWELRY OF ANY KIND.** Including earrings, necklaces, bracelets, rings, belly rings, nose rings etc. Please do not allow your child to wear jewelry to practice!!!! The Division Coordinators/Team Moms will not be responsible for lost jewelry!!! National Federation Rules state that band-aids covering earrings are not acceptable so it may be best to wait until cheerleading is over before piercing anything. **If your child does come to practice or games with jewelry on she will be unable to participate and this will result in an absence.**
3. Flyers should be especially conscious of the type of sneakers they wear to practice. Sneakers with sharp ridges on the bottom make it

very difficult for a base to hold their foot. Whenever possible a cheerleading sneaker should be worn or a sneaker with a smooth bottom.

4. For the consideration of your teammates, please arrive at all field & gym practices, games and competitions showered and properly attired.

Field Practices

1. Practice starts the Tuesday following August 1st until further notice at Kienle Field (Fireman's Park).
2. Practice is 3 times per week. Tuesday, Wednesday and Thursday from 6:00 to 8:00 pm. Our 5 year old division is from 6:00 - 7:15 for the first two weeks then will increase to 7:30 pm for the remainder of the summer.
3. No cheerleader may leave the field without permission from the Division Coordinator/Team Mother. Anyone leaving the field without permission will be removed from the team and no refund will be issued.
4. **Rain: WE NEVER CHEER IN THE RAIN!!** If it starts raining during practice, please pick up your child as soon as possible. There is no shelter at the field.
5. All cheerleaders should be at the field ready to cheer at 6:00 pm. Please use the restroom prior to coming to practice. **The restrooms at Kienle Field are for emergencies only.**

Gym Practices

1. Gym practices will be held 2 times per week minimum. If gym space is available, possibly 3 times per week. Although every effort will be made to avoid it, practice can possibly run until 10:00 pm for our older teams, depending on gym availability.

2. Parents, do not leave your child at the gym without supervision. You must wait for the Coordinator/Team Mother to arrive. Our teenage coaches cannot be responsible for your child. There must be an adult present!!
3. Gym schedules will be given out as soon as we receive confirmation from the school district. We will try to accommodate Religion Classes. We cannot work around all the other activities our children are involved in i.e. Dance, Girl Scouts etc. Unfortunately, we do not have control over the days and times assigned to us by the school district.
4. Only water bottles are permitted in the gym. The school district does not allow Gatorade, soda, juices or anything other than water. No snacks/food is permitted.
5. When dropping off your child at gym practices you must use the gym doors to enter the building. Please do not walk through the school.

Games

1. Games are normally on Sundays, with an occasional Friday or Saturday evening.
2. Cheerleaders are to arrive in uniform 30 minutes prior to game time. This time is used to warm-up and review half-time cheer. If you are late and are unable to practice for half-time you will be unable to participate in the half-time performance.
3. **ABSOLUTELY NO JEWELRY, ARTIFICIAL NAILS OR MAKE-UP ARE PERMITTED.**
4. Games Schedules will be given out as soon as we receive them from the football division.

Competition

1. Competitions are held in late October and November.
2. Being a member of a competition team is very demanding. If your child is not interested in participating in the competition part of the program, please notify the Division Coordinator as soon as possible.
3. If you are a member of the competition team, attendance at all practices and competitions are mandatory. Any cheerleader who misses a competition without at least 2 weeks notice given to the Division Coordinator will be removed from the competition team permanently and will not be eligible to be on a competition team in future years.
4. Remember being a member of our Competition Team is a privilege. We expect our cheerleaders to respect the rules and to show good sportsmanship at all times.
5. You will be notified of Competition dates and times as soon as we receive notification from the hosting towns.
6. Please never approach a judge or hosting town coordinator. If you have any questions please address your Division Coordinator.
7. We know that being a member of a competition team is very demanding. If your child is unable to commit to the rigorous schedule please let us know immediately.

Attendance

1. After September 1st each cheerleader is allowed a maximum of 3 excused practice absences. **The 4th absence will result in removal from the competition team. NO EXCEPTIONS!!!!!!**

2. Your Division Coordinator must be notified in advance of any/all absences.
3. An excused absence includes illness or family emergency. Attendance at alternate activities will not be accepted as an excused absence.
4. While attendance at August practices is more relaxed we still need you to make every effort to attend. If you are not at the majority of the practices scheduled in August you will not be guaranteed a spot on the competition team.
5. If your child is absent during the week prior to a competition your child may have to "sit out" of that competition.
6. **Game attendance is mandatory.** You are permitted a maximum of 2 absences from games. There are only 10 games in a season. **IF YOU MISS MORE THAN 2 GAMES YOU WILL BE REMOVED FROM THE COMPETITION TEAM. NO EXCEPTIONS!!**
7. If you are absent from a practice it is the RESPONSIBILITY of each cheerleader to find out what they missed prior to the next scheduled practice.
8. Please be on time to pick up your child from practice. Often other groups use the gym after we do and we are forced to wait outside until you arrive.
9. If you are planning to be on an extended vacation between September 6th and November 18th, please do not join the competition team. Competition routines cannot be altered to accommodate long absences at that time of the season. Your child can still participate as a sideline cheerleader if you are planning to be away during this time.

10. ALL CHEERLEADERS MUST BE AT COMPETITIONS ON TIME. IF YOU ARE LATE TO A COMPETITION, IT MAY RESULT IN REMOVAL FROM THE COMPETITION TEAM!

Uniforms

1. Each Cheerleader will be issued 2 uniforms. One for competitions and one for games. The league requires that you leave a post-dated check for \$100.00. When you return your uniforms clean and in the same condition as they were issued we will return your check to you. Failure to return your uniforms will result in the League cashing your check.
2. Each uniform costs approximately \$100.00, therefore we ask that you do not allow your child to wear their uniform to school or to use it as a Halloween costume.
3. All cheerleaders should arrive at each competition in full uniform including sneakers, greenies, socks, bodysuit if applicable. All cheerleaders should check with their Division Coordinator regarding hair style and should come to each competition with their hair done. We ask this because we have very little time before each competition and we cannot possibly fix all of the girls hair in the short amount of time allotted.

Behavior

1. In the past we have had a few behavior problems and unfortunately this issue has to be addressed. If your child refuses to cooperate with their coaches, team mothers and team, you will be called and they will be asked to leave practice. The second time they are asked to leave practice they will be removed from the competition team. No refunds will be issued.
2. For Safety purposes any child who leaves the practice area without permission from the Division Coordinator/Team Mother

will result in immediate removal from the team!!! **NO EXCEPTIONS!!!**

3. Under no circumstances is your child allowed to bring a friend to practice. If this occurs you will be called and your child will be asked to leave practice. We cannot be responsible for children not participating in our program.

We know this a very demanding program, please remember that we are all volunteers and only interested in helping the children in our community. Our program is one of the largest on the island and we hope to see it grow every year. We look forward to spending time with you and your children and would appreciate any help you would like to give.

Thank you for your cooperation.

Kathy Tavormina - 225-6851
Jeanine Hovanec - 226-1226
Denise D'Angelo - 957-4696

Visit our website at Lindybulldogs.com for the latest league information. Anyone having pictures for the leagues webpage please give them to your Division Coordinator.