

New Fairfield Falcons Cheer Rules 2011

The following rules apply to ALL teams

Cheerleading Program Goals: Promote values of teamwork, friendship, leadership and self-discipline. Practice the ideals of sportsmanship, scholarship, and physical fitness. Promote respect and civic pride.

Teams: Cheerleaders will be placed on a team by the cheer coordinators and in direct compliance with Pop Warner rules. **Every cheerleader is expected to perform all aspects of cheer, to the best of their ability (including and not limited to basing, back-spotting, front spotting, jumping, tumbling and flying).** The Head Coach and the coordinator will determine what position a cheerleader will have on the team and everyone that signs up will cheer. If there are physical reasons your child cannot comply with this rule, it must be noted on her original Pop Warner 2011 physical form.

Attendance/Practices/Camps: Practice begins **Monday, August 1 @ 5:30 PM**, and will end promptly at 8:00 PM. All cheer squads practice 4 nights per week for the entire month of August

Please note: Cancellations will be posted on our voicemail and website **AFTER 4:30 PM.**
Website: **NFFALCON.ORG** voicemail: **778 7090.**

Practice: Before Labor Day

Practice nights are **Monday, Tuesday, Wednesday, and Thursday**. Practice may be scheduled on Fridays to make up any cancelled practices due to unfavorable practice (weather/field) conditions. **All required paperwork must be handed in by 7/20/11.** No child will be allowed to "watch" practice.

All practices are mandatory. Attendance will be recorded at every practice/game. A Falcon Cheerleader is required to complete **46 hours of practice** before he/she is eligible to participate at a game or competition. If a cheerleader fails to meet the required number of practice hours she/he will attend all events, in full uniform and sit with the coaches. Credit will be given for this time. Credit (hours) will be given for attending the WCPW Cheer Clinic.

Practice attire (required for the entire season) **Black shorts (no pockets) plain white t-shirt (tucked in) are required at all practices. Cheerleading practice sneakers (tied),** socks and hair securely up in a ponytail wearing team practice bow. Cotton Sweats (no hoods or zippers) are acceptable in cooler weather. If wearing pajama pants to practice you must wear shorts underneath. **Last practice of each week, 2011 practice clothes are required.** Practice clothes must be purchased at Sneaker Night. **You may wear this uniform to any /all practices. Practice uniform is required when attending a facility as a team to practice** (example: a gym other than our schools).

Absolutely NO: Jeans, shorts or tops with pockets, strap tops, nylon clothing, long pants, wearing any type of jewelry (exception: medical medals, must be taped to body) or beaded hair ornaments. Fingernails must be kept short. No Polish. Please **remove jewelry at home; this includes all braided bracelets, anklets etc.** For safety purposes any cheerleader not dressed in compliance with the above Pop Warner rules will not practice and hours will not be counted. **Cheerleaders must turn off their cell phones at practice and games.**

Water bottles are allowed and encouraged at all practices and games. Please **label them** for your child. This is for health reasons! Bottles must be disposed of them when finished. Cheerleaders will not be dismissed from the game or practice area until is has been cleaned up for the next squad.

Practices/Games After Labor Day: Each team will practice 3 nights per week, 2 hours per night, times and locations (indoors) to be determined by availability. **A responsible adult must walk-in with and return to the practice area to pick up their child.** Please note: up to 30 minutes maybe added to the practice to allow for setting up and putting away of the mats. **Parents: Mats are extremely bulky and heavy, please make every effort to help roll-up and return mats to their storage area.**

No cheerleader will leave before all equipment is properly stored.

In-Season unexcused absences will not be tolerated. 2 unexcused absences (practice and/or game) and a cheerleader will be removed from the squad. Registration fees will be forfeited. This attendance practice is based on the football schedule.

The official season begins with the 1st football game and may begin before Labor Day. This rule is will be enforced. **Rules remain in effect until the end of the season!**

Example of unexcused absences:

1. Cheerleader attends school, does not come to practice.
2. Failure to notify the **head coach or cheer coordinator** at **least 60 mins prior to the scheduled practice or game regarding an illness.**
3. Failure to notify/discuss with head coach any family commitment **in advance** (**at the beginning of the season**).
4. Leaving a practice or game to try-out or participate in another sport/activity. All activities, dance, gymnastics, and/or attending an all-star gym are encouraged but Falcon practice and games must be the first priority. **Anyone not attending the last practice before a game will not participate in the half-time routine.**

To be eligible to cheer at a competition a cheerleader is required to attend the all of the practices 2 weeks prior to each competition. There will be no exceptions!

Discipline: As a Falcon Cheerleader, use of drugs, smoking, drinking, inappropriate language or disrespect to our staff and/or opposing towns will not be tolerated. Good sportsmanship and a spirit of cooperation are expected at all times. Discipline problems will be dealt with immediately. If there is a situation, the Head Coach will place a call to the parents of the child or children involved. The parents will be required to attend the next practice with their child and speak with the Head Coach and the Coordinator. This will be the only warning. If the problem continues action will be taken to rectify the situation. **Hazing, bullying and/or disrespecting a member of your squad, a coach or another town or their members, via email, text messaging, facebook etc. will result in immediate dismissal from the squad.**

Games: Falcon Cheerleaders are required to attend and cheer at all pep-rallies, football games and competitions. **This includes all regular and postseason games, home and away.** Games may be scheduled to begin the week before Labor Day weekend. Falcon Cheerleaders will cheer at all games regardless of weather conditions. If our football team plays, we cheer. All team members will arrive at least 1 hour prior to the scheduled kick-off, **dressed appropriately** and report directly to their head coach. They will remain with the team for the entire game. Cheerleaders late for warm-up will not participate at half time.

Attire/Games: Skirt, vest, practice cheer sneakers, cheer socks, briefs, game bow and in cooler weather, body liner. Hair is up **securely** in a high ponytail, make-up kept to a minimum. **No Jewelry, earrings/belly button rings, nail polish or glitter allowed.** When the weather requires a jacket, **only the jacket from the Falcon wind suit** is allowed. Additional layers may be worn underneath the jacket. Please do not alter the appearance of the wind suit. Exceptions: **National Patches may be sewn on the sleeves.** If you would like to wear gloves or a something to keep your ears warm, they must be red, black or white. **Each cheerleader is required to bring their entire uniform, including body liner and wind suit to all games. All equipment/supplies will be carried in a black zippered bag, labeled with the cheerleaders name and team.** Any cheerleader not in the required uniform will not cheer that day.

Wearing part of the uniform is never allowed. Either change completely or leave on your entire uniform. **No tank top and uniform combination is allowed. Spankie pants are not considered shorts.**

Game Conduct: Team members will remain with their squad during all games (including half-time) and competitions. Please do not ask to take your daughter to the "Snack Shack" to feed her. Make sure she has eaten before the games or competitions. Only a planned snack will be allowed. This rule is for all teams.

When a cheerleader attends a game that they are not scheduled to cheer at they will remain in the stands and off of the playing field and/or track.

You will find directions to the games on our website. ALLOW ENOUGH TIME FOR TRAVEL. Please note: Each town provides us with directions to their fields, some are less than accurate. **Check Them.**

Uniforms: Uniforms will be distributed on Sunday August 21. **Cheerleaders must be present to try on the uniform.** A \$200.00 deposit (post dated check) is required. Upon completion of the 2011 season uniforms will be returned to the Falcons and your check will be returned to you. Uniforms must be returned clean. Anyone not returning or damaging or altering our uniforms will be billed the replacement cost for the uniform. Washing instructions will be included with the uniform. **DO NOT DRY CLEAN UNIFORMS.**

Competitions: Competitions are a lot of fun. This is the time for all of our cheerleaders to shine. All the squads (including the Tiny and Mitey Mite teams) will perform at our Local/State competitions. Tiny and Mitey Mites are considered exhibition only. We encourage all of our teams to do their best. If you feel your child would be uncomfortable competing or your family cannot commit to the competition dates or practices, please speak to your child's coach or the coordinator as soon as possible (**at the beginning of the season**). We can suggest an alternate plan for your child.

*** Travel arrangements must be made through the proper channels when it is designated by the Falcons, New England Pop Warner, or the National Office. Failure to do so may cause disqualification.**

Please note: when a team qualifies for post season it is the responsibility of the parent(s) to check with the coach regarding practice times prior to making travel arrangements.

This includes Regional and National Competitions.

Please remember the games and competitions coincide with school breaks for Labor Day, Columbus Day, Veterans Day and Thanksgiving. Plan accordingly.

The Staff and Coaches of the Falcon Organization are all volunteers. They donate countless hours of their time to our children. They need your support and cooperation at all times. **Do not interrupt the coaches during a practice, game or competition.** If you have any concerns regarding your child please speak to the **HEAD COACH or Cheer Coordinator** after the event. For everyone's safety only rostered coaches and cheerleaders are allowed in the practice or competition area or on the football field.

Important Dates (dates subject to change)

May 25 ..Wednesday .. Sneaker (supplies) Order Night Senior Center

August 1.... Monday.... Practice begins at 5:30 sharp check-n begins at 5:15 PM

August 20Saturday WCPW Cheer Camp

August 21th Sunday ... Uniform Pick-up Place and time TBD

October (date to be announced) ... Parent's Preview

October 15th Pasta/ Hair setting Party

October 16th Sunday.... Western CT. Pop Warner Competition @ Water-Oak

October 29th ... Saturday ... Pop Warner CT. State Competition @ New Haven Field House.

November 5 or 6th ... New England Regional Semi-Finals@ Mass Mutual Center in Springfield Mass.

November 19 Saturday ... New England Regional Championships in Worcester, Mass.

Questions: voicemail: 778-7090

Email: nffalconscheer1@aol.com

Website: www.nffalcons.org

Please initial, sign, and date the following. When completed return with your registration paperwork.

Discipline: As a Falcon Cheerleader, use of drugs, smoking, drinking, inappropriate language or disrespect to our staff and/or opposing towns will not be tolerated. Good sportsmanship and a spirit of cooperation are expected at all times. Discipline problems will be dealt with immediately. If there is a situation, the Head Coach will place a call to the parents of the child or children involved. The parents will be required to attend the next practice with their child and speak with the Head Coach and the Coordinator. This will be the only warning. If the problem continues action will be taken to rectify the situation. **Hazing, bullying and/or disrespecting a member of your squad, a coach or another town by email, text messaging, or facebook etc. will result in immediate dismissal from the squad.** _____ (parents initials)

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_____(Parents Initial)

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Wearing part of the uniform is never allowed. Either change completely or leave on your entire uniform. **No tank top and uniform combination is allowed. Spankie pants are not considered shorts.** _____
(parents initial)

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*** Travel arrangements must be made through the proper channels when it is designated by the Falcons, New England Pop Warner, or the National Office. Failure to do so may cause disqualification.** Please note: when a team qualifies for post season it is the responsibility of the parent(s) to check with the coach regarding practice times prior to making travel arrangements.
This includes Regional and National Competitions. _____(parents initial)

Failure to follow any of the Falcon rules is considered grounds for removal from the squad.

I _____ parent/guardian of _____

Have read, understand and agree to the 2011 rules of the New Fairfield Falcons.

Parent/Guardian Signature

Date

New Fairfield Falcons 2011

Youth Demonstrators and Student Volunteers Rules

Placement: all demonstrators and volunteers will be assigned to a team by the cheer coordinators

Rostering: youth demonstrators must be 15 or older by 7/31/2011 and have submitted all of the proper paperwork by 7/15 to be rostered to a team. A team is allowed 4 demonstrators. Student volunteers under 15 must submit the players contract and will not be listed on the roster. Only rostered demonstrators are allowed to accompany the team in the "back" during a competition. If you are a volunteer the Falcons will purchase your ticket for the competition but you must remain in the audience.

Duties: to assist the adult coaches in demonstrating basic cheer skills and stunts, to help the adult coaches in putting together a routine for competition. The Head Coach must approve any and all materials the cheerleaders are taught. The demos and/or volunteers will accept the decision of the Head Coach and/or Cheer Coordinators as the final word regarding any aspect of cheer, stunts, etc.

Demo's or Volunteers will not in any way shape or form discipline any member of the squad. .

Demo's and volunteers are under the direction of the Head Coach of the team.

One rostered Demo will be appointed to report to the Head Coach and assign duties to the other Demos/Volunteers.

*Dress: All volunteers will be dressed appropriately at all practices and games. T-shirts, shorts, sneakers (**NO SANDALS or BAREFEET ALLOWED**) hair pulled back from face preferably in a ponytail. All jewelry will be removed when working with the squads. Nails must be short. **Cell Phones will be placed on silent vibrate or turned off completely. If you must make or take a call (in case of an emergency) please inform the Head Coach and walk away from the teams that are practicing.***

If you have friends that you need to speak to at practice/game again inform the head coach and leave the area. Only Falcon Coaches and youth staff members are allowed on the field for practice and/or games.

Attendance: We understand that you are involved in other schools sports and activities. If you are going to miss a practice/game or will be late, notify your head coach.

Travel: If you decide to attend a competition that requires an overnight stay, a responsible adult (over 21) must accompany demos and volunteers. The Falcon Coaches are not allowed to transport youth demo's/volunteers to practices/games or competitions. Exception: the youth demo/volunteer is related to the coach.

Being a youth demonstrator or volunteer is a huge commitment. The Coaches and team count on you to be at every practice and game. Please consider our fall schedule before you sign-up. If you feel you can only commit to the 1st couple of weeks of August, just tell us. We will consider you as a volunteer and you will receive your hours for community service.

The Coaches and Staff of the NF Falcons