

Lincroft Flag Football League Cheer Information

Cheer Director: Meredith McGee

Mission Statement: Cheerleading is an awesome opportunity for youth to learn how to work as a team. They should have the ability to learn skills, techniques, and rules of the sport while engaging in a safe and supportive environment with encouraging coaches who truly seek education, growth, and fun for all involved. Our program seeks to be inclusive of children of all abilities and experience. Our goal is to expose children to the aspects of cheerleading, while allowing them to have the time to explore a multitude of interests, and work collaboratively with peers, finding the joy of the sport.

Practices:

- Recommended Cheer Clinic (full day with stunting, cheer review, dance) TBA maybe 7/18
- Preseason practices last week of August at coaches' discretion
- Please practice cheers with video! <https://youtu.be/pcO-laSAGFY>
- During the season, practice will be before games. Your coach will give a report time, that is the practice **start time** (about 15-60 minutes prior).
- Please remember sunscreen and bug spray as needed before practice/games.

Games:

- Schedule will be provided. Season is from September 1-November 30. Games are typically Sunday mornings (8:30/9:45/11:15 am) **with practice 15-60 minutes prior to game time.**
- Please bring water in a labeled water bottle. (Please no food or other drinks on the sideline or while cheering).
- We will cheer in the rain unless it is downpouring. If the football players play, we will cheer.
- Please allow cheerleaders space to cheer and be seen, spectators should be back approximately 8 feet.
- We expect cheerleaders to attend the full practices and games. **Please UPDATE TEAM SNAP and email lfflcheer@gmail.com with any extenuating circumstances prior to the start of practice/games.**
- All cheerleaders, coaches, parents, and spectators are expected to practice and be examples of good sportsmanship.

What to Expect:

- Practices will begin with stretching and conditioning.
- Water breaks will be provided.
- Cheerleaders will learn sportsmanship and encouragement.
- Cheerleaders will learn and practice arm motions, as well as jumps, with proper names/terms.
- Cheerleaders will learn and perform cheers.
- Cheerleaders will learn and perform a Hello Cheer and Half-Time Dance.
- Coach(es) will support, teach, and supervise cheerleaders.
- Parents/guardians will be asked to provide medical treatment in the event of injury or illness.
- Parents/guardians will be asked to take their child to the bathroom if needed during a game.
- Eat a light breakfast prior to games.
- Stunts will be taught in progression with coach discretion.

Uniforms:

- Full Uniform required to cheer and provided by league- Shell and Skirt
 - Must be returned at the end of season in order to get refund check back
- Red Bloomers/Briefs and white no-show socks must be worn with uniform at all times! **These may be ordered through Cheerables and will be kept by cheerleader.**
- White Mock Turtleneck Crop Top and optional White Leggings should be worn when coach(es) alert you due to cooler weather. **These may be ordered through Cheerables and will be kept by cheerleader.**

- White cheer shoes/sneakers should be worn as part of the uniform. ***Please purchase these on your own, coach(es) can advise.***
- Hair will be in a high ponytail with bow facing front (***Bow will be ordered through Cheerables and kept by cheerleader***). Pink bows are optional for Pink Out Games!
- Raincoats are permitted with the uniform as weather deems necessary. ***Please purchase these on your own.***
- Pom poms are part of the uniform! Please bring these to every event. ***Cheerleader will keep these and they can be ordered through Cheerables.***
- A cheer bag is recommended to hold all items. ***Options are available on Cheerables.***
- Uniforms can be washed in cold water, and air dried. They can be dry cleaned and/or ironed.
- Uniforms will be collected following the last game of the season, probably at or before the Super Bowl. We will find you the best fit each season.
 - Damage to uniform and/or not returning the uniform will result in your check being cashed.
- We recommend your child does not eat in uniform!

Communication:

- We will hold a parent meeting with uniform pick-up.
- Communicate with the coach(es). **EVERYTHING WILL BE SENT THROUGH TEAMSnap, we expect parents/guardians to update availability on TeamSnap at least 3 days before games and practices. Updates can be made on this platform as well. Please download the app! You can also set your notifications to be email, text, and app based. The coaches and cheer director will use TeamSnap to communicate information.**
- Please use the lfflcheer@gmail.com e-mail for any communication to the director with any concerns you have.

Health and Safety:

- We MUST consider safety first and will make decisions regarding safety and the best interest of the team.
- Please indicate health/safety needs on registration form and discuss with coach(es).
- PLEASE be timely with drop-off and pick-up. We are volunteers, we have to stay until each child is picked up, please respect that we have family and work obligations as well.
- Please inform the coach(es) if anyone other than a parent/guardian is picking up your child.
- **COVID-19** (subject to change per guidelines of CDC and State)
 - Cheerleaders will be spaced with cones at approximately 6 feet apart; spectators are asked to keep a distance of 8 feet from the cheerleaders.
 - If deemed necessary by State and/or local guidelines cheerleaders will be notified about masks during practices and games. Parents may always elect to require their child to wear a mask and/or face shield.
 - Cheerleaders and/or spectators that are feeling ill and/or have any symptoms of COVID-19 are expected to stay home. Please inform the league of possible exposure.
- Stunting
 - If and when cheerleaders are taught skills for stunting, they will be taught in a progression with National Spirit Guidelines in consideration.
 - Cheerleaders will be closely monitored by coach(es).
 - Stunting should only take place on safe surfaces and with supervision.
 - Cheerleaders may not wear jewelry (including post earrings) when stunting.
 - Cheerleaders may not wear colored nail polish when stunting (clear only).
 - Please use hair spray and/or gel for keeping hair in place. Please do not use bobby pins or clips, these are a safety hazard. **DO NOT SAFETY PIN UNIFORM!**
- Tumbling
 - Cheerleaders are able to tumble unless otherwise stated by parents/guardians via writing or e-mail. Tumbling is not required!

- Cheerleaders will be closely monitored by coach(es).
- Tumbling should only take place on safe surfaces and with supervision.
- First Aid and Care
 - Coaches are volunteers. The Cheer Director is certified in CPR/AED, First Aid, Epipen, Inhaler, Heat Related Illnesses, Concussion Protocol/Return to Play, and Youth Athletics. Coaches have attained some training, however, **a parent/guardian is expected to be onsite at all events in order to care for the health of their child.** Coaches will bring any ill or injured child to the parent/guardian and if necessary, the child should cease participation until they are well.
- Photography and Social Media
 - Please e-mail LFFLCheer@gmail.com if you **do not want** your child's photograph to appear on our website, Facebook, Instagram and the like. We will not use the names of children without your consent.
 - In signing this handbook, you are aware that images, videos, and the like may be taken during games and other events; you are allowing consent for your child to be photographed and the child's image to be shared on these outlets, unless you e-mail and notify us. We will confirm receipt of your e-mail.
- Participation Waiver
 - Part of registration is the completion of our LFFL Football/Cheer Waiver. Please read this thoroughly and contact us with any questions.

HAVE FUN AND BE SAFE! This is a great experience for your children, filled with teamwork and learning experiences! We are so excited for this season!

Price Breakdown:

Returnable check payable to LFFL for damaged or not returned uniform (\$100)

Included in online registration (\$155)-

- Uniform (will be returned to league)
- Insurance
- Permits
- League Fees and Team Snap Fees

Additional Items (varies and will be kept by Cheerleader/****new cheerleaders or reorders***)

- Pom-poms
- White Mock Turtleneck Crop Top
- Red Bloomers
- White sneakers or cheer shoes (purchase on own)

Recommended Items

- Cheer Bag
- White Sweatshirt
- White Leggings
- White No-Show Socks
- White Gloves

All orders are made here: <https://www.cheerables.com/387.html>

*Please note- white items are for CHEERLEADERS ONLY