



Dear Parents and Interested Participants,

Hello! Welcome to the 2010-2011 Evergreen Falcon Competition Cheerleading season! Evergreen Falcon All-Star Cheer has a team for every age and talent level – from beginner to advanced ages 10 years old and up. For eligibility purposes for 2010-2011 season is based on age as of August 31, 2010. Team tryouts are May 8 & 22, however, if you are unable to attend tryouts, please call Evergreen Athletics to set up a private tryout time. 425-486-7429.

Evergreen Falcon All-Stars takes pride in attending the best competitions available and there are no hidden costs or ridiculous mark ups! You'll love the attention and service you will get being a part of the Falcon family. Evergreen Falcon All-Stars is a fun yet focused program where our goal is make every athlete in our gym feel like they are part of our great family.

This packet is just to give you an overview of the requirements, financial obligations, and involvement needed to be a member of the Falcon Cheerleading Competition Team. This information should allow you to make a more educated decision concerning the commitment required to be part of a competition cheerleading team. Use it to help you decide whether or not to pursue the endeavor of being part of the Falcon Competitive program.

Being a competitive cheer team member involves more than just participating on the squad and training for performances, exhibitions and competitions. EVERGREEN FALCONS competitive team members are expected to be at all required practices, fund-raising events, performances, exhibitions and competitions, community events, team activities and any other scheduled team event. This involves prioritizing involvement in other activities in order to ensure 100% commitment to the Falcon Cheerleading Competition Team. Competition cheerleading is a "TEAM" sport. When your cheerleader is not in attendance it profoundly affects the entire team. Falcon Cheerleading Competition Team members are part of a performing and competing team and ALL MEMBERS NEED TO BE PRESENT for the group to work smoothly and effectively. When scheduling appointments or out of town trips, not only team members, but PARENTS must also be aware of the event and competition schedules so team members do not miss activities. It is important, should conflicts arise during the year, that communication between the coaches and team members' parent/guardian remain open and, whenever possible, excused absences arranged in advance of the conflicting times and or dates.

Details for Shooting Stars Special Needs Team:

Pricing: \$350.00

This cost covers uniform, shoes, hair bow and pom poms. Gym space is donated by Evergreen Athletics, all coaches are volunteers and cheer competition companies waive registration fees for Special Needs teams. Payment plans can be set up for uniform cost. Once a uniform is purchased it can be used for future seasons.

Practice Schedule:

Practices will begin July 6 and during the summer months will be held Tuesday 4:00-5:00 at Eastside gymnastics.

The week of Sept 21 we will add a second weekly practice.

Weekly practices will be Tuesday and Thursday 4:00-5:00

Competitions:

The team will perform in approximately 5 competitions beginning in December. Special Needs teams are not judged and all participants receive awards and recognition for their participation. There was an article recently published in the Washington Post detailing the merits of Special Needs cheerleading. I would be happy to provide you a link to the article and videos upon request.

Details for Junior, Senior and International College Teams

COMMITMENTS – Financial and Time

The following are time and financial obligations of the EVERGREEN FALCONS Cheerleading Competition Team Members.

1. Tryouts-

- a.* Tryouts will be held May 8 & 22. Participants who wish to try out should plan on attending one or both.
- b.* Team members will be accepted through the June 24th date. Walk on tryouts will be available each Thursday during the month of June between the hours of 6:00-8:00 pm at the Eastside Gym. Anyone wishing to tryout should bring a release form and tryout application that can be found on our website <http://cheer.eastsidegymnastics.com/>
- c.* All cheerleaders and Parents are required to attend the competition team registration. At this time new cheerleaders will be fitted for uniforms, all cheerleaders will fill out necessary paperwork and there will be time for team members to get acquainted. It is necessary for a parent to attend this registration as parental signatures will be required in order to participate. This registration takes place

June 24

5:00-7:00 Registration and Uniform fitting

7:00-8:00 Parent and Team meeting

Evergreen Athletics Woodinville

2. Participation Fees –

- a.* There is a \$150.00 registration due at the June 24th registration as well as the June tuition payment. The registration fee covers the cost of insurance, administrative costs, coach training and end of season event. Scholarships are available to cover a portion of the fees for competition cheerleading. To request a scholarship application contact Julia at Julia@evergreenathletcis.com
- b.* New cheerleaders will need to purchase a uniform. The cost for the uniform is \$425.00. This price includes complete uniform, cheer bag, briefs, shoes, make-up and hair bow. Uniform payment plans are outlined in the team cost sheet. International College team member uniforms are included in their Monthly dues.
- c.* Monthly dues: Junior and Senior team members pay a monthly fee of \$150.00 due payable on the first day of each month from June-April. International team pays monthly fees of \$175.00 for the months of June-August and \$150.00 per month September through April also payable on the first day of each month. This amount may be paid by check and mailed into the EVERGREEN FALCONS address or paid by automatic monthly credit card payment. (We accept all major credit cards.) You will be asked at the orientation meeting to register your preferred method of payment. The monthly fees are defined on the 2010-2011 cost sheet.
- d.* There are approximately 6-8 competitions scheduled for the 2010-2011 season. You will be provided with a schedule by mid-summer once all competition dates are posted.
- e.* We take pride in the fact we travel out of state for at least one competition each year. Cheerleaders would be responsible for purchasing their own meals when we travel and are also asked to contribute toward gas for their chaperone.

3. Miscellaneous –

- a.* Spectator fees for family members at competitions
- b.* Food and gas money for competitions – especially if you utilize a car pool
- c.* Team Pictures
- d.* Spirit Accessories

4. Parental Support –

- a.* Parents must provide transportation to and from practices and competitions. It is the responsibility of the parent to ensure that the cheerleader arrives on time to all events.
- b.* Parents will be needed to help chaperone camp and competitions. For the safety of our cheerleaders, any parent who desires to chaperone or participate in group activities will be subject to a Washington State Patrol background check.
- c.* Parents who provide carpool assistance for any EVERGREEN FALCONS function will be required to provide proof of auto insurance.
- d.* Parents are **STONGLY** encouraged attending the cheer competitions. You have no idea how much better the girls perform when they have a crowd there to cheer them on.

- e. Parents are encouraged to organize the booster portion of our group. There are many ways you can support the team. Providing decorated water bottles at competitions, planning team building activities outside of cheer, organizing holiday and end of season parties, creating and ordering parent shirts to wear at competitions, making banners and signs...etc etc.
- f. Over the course of the season, you as parents will be given deadlines for payments, paperwork, responses...etc. Meeting these deadlines is crucial. It creates an excessive amount of work for us when we have to make repeated requests for required items.

Schedule

Just like any competing and performing team there is a significant time commitment involved. Below is a general idea of the time commitment and requirements in being on the Falcon Cheerleading Competition Team.

1. Cheer Camp

- a. Junior and Senior team Private Cheer Camp ~ this day camp is mandatory for all cheerleaders on the team unless there is a significant pre-planned event. The cost of this camp is included in your monthly payments.
 - August 4 – 6
 - Junior team 9:00-noon
 - Senior team noon-3:00
- b. There will be additional day workshops held throughout the summer. These dates will be announced at the parent meeting.

2. Practices –

- a. Summer practices at Evergreen Athletics

Junior and Senior teams

Begin June 3rd

Thursday team practice 6:00 – 8:00 PM

International team

Summer practice schedule to be determined

All Teams

Beginning June 22

Tuesday tumbling practice 5:00-6:15 or 6:15-7:30

Cheerleaders will be assigned a specific time for

Tumbling class based on ability. Cheerleaders will be individually informed of their assigned tumbling time.

- b. Regular schedule will begin August 31st for Junior and Senior teams.

Tuesday & Thursday

5:00 to 8:00

International team practice schedule is to be determined

- c. Special Practices

There will be times when we will need to have special practices at the gym in order to prepare for upcoming competitions or to work with guest coaches. You will be notified in advance when these practices are scheduled.

3. **Competitions –**

- a. Approximately 6-8 local/regional competitions – Day travel required
- b. 1 competitions requiring overnight stay

There are times where an athlete may need to miss school to attend away events. All athletes are responsible for attending all practices and competitions. When one athlete is not present, the whole team suffers. Please make every attempt to attend all practices and scheduled events.

4. **Absences**

The EVERGREEN FALCONS competition season spans over many months and we recognize that most cheerleaders are going to experience some sort of absence during that time. As stated, it affects the entire team when a single cheerleader is gone. It is discouraged for Falcon competition team cheerleaders to participate in any other extra curricular activity. The following are guidelines on absences:

Excused Absences:

- Absence must be called in to coach by a parent 1 hour prior to practice start time
- Each EVERGREEN FALCONS competition cheerleader is allowed 5 excused absences for the entire season.
- Absences must be for one of the following reasons
 - Illness or injury (with exceptions)
 - Family emergency
 - School homework (with exceptions)
 - Prearranged family vacations
 - Cheerleader job schedule

Unexcused Absences:

- Unexcused absences are any absence that does not fall in the above mentioned category.
- Each EVERGREEN FALCONS competition cheerleader is allowed 2 unexcused absences
- Practices the week prior to a competition.
- Excess of 2 unexcused absences can result in a loss of eligibility to participate
- Non participation in a competition due to an unexcused absence will result in immediate termination from the team.

You are provided the competition schedule months in advance, please do not make plans for your child to be absent the week prior to a competition. This is the most crucial practice time and an absence can affect the entire team.

5. Academics

Academics are a very important to EVERGREEN FALCONS Cheer. Though we do not require a certain GPA for team members to participate as a non-school affiliated team, we do ABSOLUTELY encourage and promote healthy attitudes and work ethics towards school and academics...current and future. EVERGREEN FALCONS Cheer coaches are willing to actively get involved in helping members build on their academic strengths and strengthen their academic weakness with mandatory study halls during travel.

6. Expectations

As coaches, we believe in an environment of mutual respect. We will respect your cheerleader and they should in turn respect the coaching staff and the entire team. We believe the best way to accomplish this is through communication. We all have bad days, if there are circumstances in your child's life that may affect their ability to effectively practice or perform effectively please be sure to let your coach know. It will help all of us understand each other a little better. Below is a list of the ABC's of expectations that I have of each cheerleader on the competition team:

- **A**rrive at practice on time. When you are on time it shows respect for your team mates and coaches. (Parents, please pick up on time, the coaches can not leave until all cheerleaders have been picked up)
- **A**ttitude.... Bad is good but Rude is not! Cheer attitude is what it's all about. How you practice is how you will perform. I always want to see enthusiasm and excitement. Sour Attitudes need to be checked at the door when you arrive.
- **A**ttire.... Each cheerleader should arrive at practice in their assigned practice wear for that day. Shoes should be lace up athletic shoes that are tied tightly. Hair should be pulled back in a pony tail. Inappropriate attire will result in the loss of ability to practice with the team. Cheerleaders should not assume that there will be mat room practice and should always wear appropriate shoes.
- **B**ring it! When you are at practice treat it as though there are judges watching. How would they score you? Always make the best use of your time every time. Work hard because every minute counts.
- **B**ack stabbing, gossip, ridicule and bad mouthing will tear down your team and prevent success. Look for the positive, show team pride, accept and recognize differences, and continue to show team spirit. This should carry over to areas outside of cheer as well. Any team mate difficulties must immediately be resolved. Coaches are always available to assist with any conflict resolution. Inside and outside the gym you are a team. In our gym there is no such thing as a stab in the back... only "I've got your back!"

- **Be kind to your body.** Always go through your warm up and stretch routine before attempting to do any cheer activity. If you are running late, do warm up activity at home or in the car so you will not be delayed.
- **Bling stays at home.** Cheerleaders may not wear any kind of jewelry to practice. It creates an extreme safety hazard. If you choose to get any part of your body pierced during the competition season you will be required to remove your jewelry for ANY practice or competition. It is the rules of the USASF and there will be no exceptions made.
- **Come to all practices.** The only way to be our best is to be at practices.
- **Chewing gum and cheerleading don't mix.** Gum is not allowed during practice. We don't want to use our CPR if we don't have to.
- **Careful!!!!** Practice Safety at all times. Stunt and tumble only on appropriate surfaces and only when supervised by a coach. Do not do any stunt that you have not been progressed to. Stunting at home is not acceptable. You should only stunt in the presence of a coach.
- **Conversation is great before and after practice but is not a good use of practice time.** Make sure that all chatting during practice is cheer related. Also make sure that it is building up your team not tearing it down.
- **Cell phones must be turned off during practice.** If there are special circumstances then please make prior arrangements with the coach. Parents... please do not call your child during practice time. There will be no tolerance for phone calls or texting during practice time.
- **Coaching your team mates!** Peer coaching is not allowed unless requested by a coach. For the safety of all cheerleaders all instruction is to be done by the coaching staff unless specific permission is granted.
- **Communication is the key.** If you or your cheerleader is experiencing difficulty, please talk to me or a board member about the problem. Please do not involve other cheerleaders or parents. Allow the coaches and board to help you work it out in the appropriate manner. We are all very approachable and will do what we can to help.
- **Community ~** As Falcon cheerleaders you are a representation of our program both on and off the competition floor. In all areas of your life you should show your organization respect. A specific example of this is Myspace/Facebook etc. Every Falcon competition cheerleader with a Myspace/Facebook etc. page will be required to allow the coaches to be on their friends list. Myspace/Facebook etc. pages are watched closely for content. It is required that all cheerleaders have no material on their Myspace/Facebook etc. page that is profane, immoral, illegal, disrespectful or unkind. There

should be no references to drugs, alcohol or tobacco. All photographs should be appropriate and not be revealing and any photograph in a EVERGREEN FALCONS uniform should represent our organization with the highest respect.

All the ABC's are your guideline for success and the success of your team. When you break these rules you let down yourself, your coaches and your team mates. Take on each day with a goal to honor these ABC's and we will all experience great success. If a cheerleader should have difficulty with any of the ABC's then it will be handled in a three part manner:

- a. We reward publicly but discipline privately so we will have a private conversation with the cheerleader letting her know the area in which we need to see improvement.
- b. If there is no resolution then we will contact the parents to seek additional support to help find resolution.
- c. If there is still not resolution then the cheerleader will no longer be eligible to participate on the competition team. If this extreme circumstance should take place, there would be no refund of any monies paid or earned toward the EVERGREEN FALCONS competition team.

7. Sportsmanship

There is a quote from Jessie Owens that sums up sportsmanship...

"In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete demand of the fundamentals. Then it takes desire, determination, discipline and self sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow competitors. Put all these together, and even if you don't win, how can you lose?"

Sportsmanship is a requirement not an option. Each coach, parent and cheerleader is expected to focus on respect of each other, other teams, the judges, coaches and parents. If we give respect we get it.

8. Safety, Health and Nutrition

Safety is becoming more and more a hot topic in the world of competition cheerleading. Because of this the competition coaching staff has become Safety Certified on a state level by the WSCCA and nationally by AACCA. We are also first aid and CPR certified. Safety is extremely important to the entire coaching team and the EVERGREEN FALCONS board of directors. This does not ensure that there will be no injuries. There are several steps that we will take in order to prevent injury.

- a. Medical release. Each cheerleader will be required to provide to EVERGREEN FALCONS a release to participate from their medical practitioner. This is due no later than June 22nd.

- b. Warm up and Stretching routine. Each cheerleader will be trained professionally on how to stretch properly and be expected to perform this warm up and stretching routine prior to any cheerleading activity.
- c. Stunt Safety and progression. Each cheerleader will not be asked to do a stunt they do not feel comfortable with nor will they be allowed to do a stunt they are not qualified to do. We will practice stunt safety and stunt progression per the AACCA guidelines. A progression book will be kept on site and signed off by the cheerleader and the coach before the cheerleader may move on to the next stunt.
- d. Injury drills. We will periodically perform injury drills so in the event of an actual injury, every cheerleader will know exactly how to respond. Cheerleaders will be instructed on how to respond if a team mate or coach is injured. They will also be instructed on how to respond if the injury is to them. This will avoid chaos and allow for the quickest medical treatment. All injuries must be reported to the coach immediately.
- e. Injury reporting. It is the responsibility of the cheerleader to inform any of the coaches if they experience any kind of injury during practice or competition. We must also be made aware of any injury that a cheerleader may have sustained outside of cheerleading.
- f. Nutrition and hydration. These are key to staying healthy. **DO NOT COME TO PRACTICE ON AN EMPTY STOMACH!!** A good combination of protein and carbohydrate is important to have in your system prior to coming to practice. Each cheerleader should also come with water. A daily healthy diet is very important. Parents, it is your responsibility to make sure that your child comes to practices well nourished.

9. Hygiene

As a cheerleader, your cheerleader works in very tight spaces with their team mates, especially when stunting. It is important that each cheerleader practices good hygiene before practices and competitions.

10. Assessing if Competition Cheer is right for your family

By now you have come to realize that competition cheerleading is a big commitment of both time and resources. Now it is time to make a determination as to whether it is right for your family. Here are a few thought provoking tips to help you make your decision.

- a. Write down why you would like your child to do this. Have them do this also. If the two answers are not similar then listen to what your child has to say.
- b. Is our coaching philosophy one that you and your child can agree with?
- c. Are you willing and able to make the personal and financial commitment?
- d. Is your child equipped to handle the stress of competing?
- e. How is your child with change and adjustment?
- f. Can your child sleep away from home?

Thank you very much for your interest in EVERGREEN FALCONS Competition Cheerleading program. Please feel free to contact me at any time with questions. We look forward to having you as part of the EVERGREEN FALCONS Cheer Family.

Deana Harris
Program Director/ Head Coach
EVERGREEN FALCONS
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