

Welcome to LPYF Cheer

The goal of LPYF Cheer is to offer quality cheer instruction to youth athletes and work towards building a strong and dynamic youth program that will be long-lasting and provide a foundation for upcoming Lew-Port youth interested in cheerleading.

Cheerleading is a team sport for girls and boys in Kindergarten through 8th grade. No experience is necessary to make a squad. All that is necessary is ENTHUSIASM and SPIRIT! Cheerleading offers young athletes a chance to learn cheerleading skills involving motions, jumps, stunting, tumbling, and dance — possibly to pursue high school cheerleading. Squads are organized by AGE and skill level to ensure team compatibility, safety, and skill development.

Please read this handbook, as it will be strongly enforced. Rules change from year to year so please read each section carefully. When registering online, you will be asked to acknowledge that you have reviewed and understand the LPYF Cheerleading Handbook. We expect the cheerleaders, the parent(s)/guardians, and other family members to follow the rules and guidelines within. We understand other activities and sports may interfere with the LPYF schedule, so **if you cannot dedicate the time, please do not sign up.**

If you have any comments, questions, or concerns throughout the season please contact your Cheer Coordinators at cheercoordinator.lpyf@gmail.com or thru Sports Engine.

Best Regards,



Kristine Hotchkiss & Maren Vigil
LPYF Cheer Coordinators
& the LPYF Board of Directors

Lewiston-Porter Youth Football

PO Box 893
Lewiston, New York 14092

Dedication | Commitment | Pride | Teamwork

Lewiston Porter Youth Football & Cheer Rules and Protocols

Refunds:

LPYF does **NOT** issue refunds. Please ensure that you and your child have reviewed this handbook and are fully committed before registering.

Cheer Grade (Age) Requirements:

Teams may change due to enrollment. Cheerleaders must be of age by July 1st of the current year.

Squires Kindergarten ONLY (Age 5)

Knights 1st & 2nd Graders (average age 5/6*-7)

Rams 3rd & 4th Graders (average age 8-9)

Chargers 5th & 6th Graders (average age 10-11)

Spartans 7th & 8th Graders (average age 12-13/14*)

*(*5 turning 6 by October 31, 2023, of the current year & *13 turning 14 after April 1, 2023, of the current year)*

Placement: We have 5 possible squads; Squires, Knights, Rams, Chargers, and Spartans. No squad placement is guaranteed. **All cheerleaders must have a current physical, birth certificate, and signed medical/registration form before they can participate in any LPYF activity.** Squad capacity for Knights, Rams, Chargers, and Spartans is 25 cheerleaders, Squires is 15. Placement is first come, first served and you must be registered and paid in full by the registration deadline of July 1st to be placed on a squad.

Practices

Practices start the last week of July and they will be held 2-4 nights a week (at the discretion of the Cheer Coordinators/Coaches) from approximately 6 pm-8 pm for all squads at Richard F. Soluri Park until Peach Fest Competition. Once school starts practices will reduce to 1-2 days a week and be held at Lew-Port PEC, IEC, or MS gyms. **Parents will not be permitted in the gym for indoor practices.** Parents will need to arrive during the last 10 minutes of practice for pick-up. You need to physically come inside for your cheerleader to be dismissed.

Practices are held rain or shine, except during lightning. A practice can only be canceled by the Coordinator, check Facebook and Sports Engine for cancellations, and communication will be sent. These practices will be held to master cheers and chants, and to build on teamwork.

Practices may be subject to change during the season.

Practice the week before a competition is mandatory, NO EXCEPTIONS. This is a strict safety rule. All cheerleaders must attend these practices and no excuses are accepted.

NEYSA mandates that all cheerleading participants are required to attend every practice once the official school year commences unless a participant is absent due to a legitimate excused absence (ie: vacation or medical reasons) provided to and reviewed by the Head Coach and/or Cheer Coordinator. After two unexcused absences from practices, games, or competitions, the Head Coach and/or Cheer Coordinator shall determine if the participant is eligible to participate in the next scheduled NEYSA-sanctioned activity. Any cheerleader, whose poor attendance is negatively impacting their squad, may be subject to dismissal from the squad after review by the Head Coach and Cheer Coordinator.

Our league follows the USA Cheer/AACCA Rules for cheerleading safety and we follow these rules at all LPYF events. Please familiarize yourself with the rules at www.aacca.org.

Absences

Please consider other school sports, religious instruction, dance, and gymnastics obligations before signing up for cheerleading. Absences for these reasons are not excused absences. Cheerleading is a team sport in which each cheerleader needs to make a commitment and be dedicated to the team.

If a cheerleader is late or leaves early from practice 10 minutes or more, 5 times they will be benched for half a game. Parents will be notified of excessive absences. If the absences become regularly excessive the cheerleader may be excused from the squad after review by the cheer coordinator. If you are dismissed there is no refund, trophy, banquet, or competition. Attendance is taken at all practices and games. Practices the week of the competition are MANDATORY to be able to participate.

If you are unable to attend a game or practice a **parent** must notify a **Team Parent** at least one hour before the practice or game. Excused absences include a family vacation, doctor appointments (with a doctor's note), and school events. If you go to school you are expected to be at practice. School dances, sporting events, or parties are not an excuse.

Proper Dress code

Please wear comfortable, properly fitting clothing, sneakers (NO CROCS), and socks to practice. No jeans, thin strap tank/crop tops, school clothes, shoes, or sandals. You will be sitting on the ground and must be ready to practice. Your hair and bangs must be pulled back away from your face in a ponytail for all practices and games. Hair shorter than shoulder length must be pulled ½ way up. **No jewelry (piercing in any place), fake nails, phones, or toys.**

DO NOT get new piercings during cheerleading season. You will need to remove them for practices, games, and competitions or you will not be able to participate.

The coaches and parents will not be responsible for watching your things. If you are unable to practice due to improper dress this will count as an unexcused absence.

Games

As soon as we receive the schedules from NEYSA we will update our website, FB page, and Sports Engine. The schedule comes out approximately two weeks before the first game. Each cheerleader is required to attend **ALL** games and stay for the full game. **NO LEAVING AT HALFTIME.** If the players stay on the field to play so do the cheerleaders **NO EXCEPTIONS.** The only way you should leave a game is if the game is canceled due to weather. **If a cheerleader leaves early it will count as an unexcused absence.** If a competition is a day or evening before or after a game the cheerleader is still required to attend, with no exceptions.

Cheerleaders are required to arrive approximately 45 minutes before the game at your squad's pre-designated meeting place to sign in. You need to be at the meeting location on time, not just at the field. Be early, this way there are no problems.

Full uniform is required for all games:

Girls - shell, bodyliner, skirt, shorts, a bow, socks, and **WHITE** sneakers

Boys - top, pants/shorts, socks, and **WHITE** sneakers

And Warmups depend on the weather.

Please bring a bodyliner even to warm-weather games. We suggest keeping all items in a duffle bag. This reduces the chance of lost items. Added options in bad weather include black winter headbands and/or gloves, and **ONLY** the LPYF warmup suit for outer attire. Dress appropriately.

No food at games, only water. If you plan on staying after your game is finished, please bring a change of clothes.

Appropriate Behavior:

No gum chewing at any time during games or practices. No smoking, drug use, alcohol use, or fighting at any function sponsored by LPYF. Please show respect to all coaches, teammates, other squads, parents, and adults. Respect and discipline are important. Coaches need to respect the girls and visa-versa. Screaming, yelling and foul language is not acceptable. Bullying of any type **WILL NOT** be permitted. **NO EXCEPTIONS.**

Cheerleader Discipline Protocol; Please see LPYF by-laws; [Website will be linked here.](#)

Volunteers

We need 2-3 team parents per squad. If you would like to be a team parent please send an email (cheercoordinator.lpyf@gmail.com) to the Cheer Coordinators before the first practice. Coaches and team parents will need to sign a waiver for an independent, closed information background check. All coaches and team parent volunteers are eligible for and highly encouraged to take advantage of, LPYF-paid CPR/AED/first aid training. Our goal is to keep all our kids safe. Team parents need to be at all games and practices. Their duties include team management, supervision, and clerical duties.

Competitions

We will attend Peach Fest Competition, NEYSA Fall Fest (mid to late October), and possibly one additional competition to be added at the Coordinator's discretion. **Squires will only attend the NEYSA Fall Fest due to division age requirements.** *The cost of the competition is covered by the cheerleader's registration fee.* The Coordinators reserve the right to pull a cheerleader from competition for any reason she feels has a negative impact on the squad as a whole, including but not limited to; behavior, injury, and poor attendance (excused or unexcused). **Attendance for competitions is MANDATORY.**

Injuries

Cheerleading is a sport and even though all precautions are taken to insure the safety of your child, injuries do occur. In case of an injury during a game or practice the onsite trainer, team parent, LPYF Board member or Cheer Coordinators will attend to your child. Parents will be notified immediately. If the parents are not available treatment will be at the discretion of the trainer, Coordinator, or board member. No cheer stunting or gymnastics should be attempted outside of practice or at practice without a coach helping the group. The medical waiver online form must be signed at registration.

If a cheerleader is injured and required to sit out of activities they must provide a doctor's note clearly stating the date they are able to return to practice. A cheerleader that is sitting out injured but plans to return to practice during the season is required to attend all practices and watch.

Uniform

A uniform is issued to each cheerleader, which **MUST** be returned at the end of the season and/or departure from the program. Families are fully responsible for the uniform if it is lost, stolen, or damaged. By signing the handbook acknowledgment online when you register you agree to the responsibility of keeping the uniform clean and in the condition in which you received it. You agree to pay the **full price** if it is lost, stolen, or damaged in any way. Failure to do so will result in your cheerleader's inability to participate in future LPYF seasons until the

uniform has been returned or the invoice paid. A \$10 cleaning charge will be applied to uniforms returned wet or dirty.

The uniform cost is; Custom Shell/Top (\$65), Skirt (\$30), and Bodyliner (\$30). Warmups are required and are an added cost. Spanks, socks, bow, and sneakers are included in registration and are the cheerleaders to keep.

To wash: UNIFORM: Use the gentle cycle, cold (NO BLEACH), and hang dry.

BOW CARE: Be sure not to crush your bow, use a separate hair band to style hair, then add the bow. If lost, the cheerleader will be charged a fee for the replacement \$27.

Makeup is not required for games or competitions. If one chooses to wear makeup it is to be light and natural. NO BRIGHT COLORS. Nail polish MUST be removed for competitions.

Check the website [Lewiston Porter Youth Football](http://www.lewistonporter.org/youth-football) and follow our Facebook page <https://www.facebook.com/LewPortYouthFootballCheer> for more information about events and news!