



It is very important for parents and candidates to review all the material contained herein. If you have questions or concerns, please email the contact below.

If you decide to participate in the Windham Youth Football and Cheerleading program, then you agree to everything in this packet and must sign the indemnity form and the constitution agreement.

You must then adhere to the rules and regulations set forth by this program. You must understand the consequences if the rules and regulations are not followed.

Cheerdirector@windhamyfc.org

WHO IS ELIGIBLE FOR WINDHAM YOUTH FOOTBALL AND CHEERLEADING?

ANYONE living in Willimantic, Windham Center, North Windham, South Windham, Chaplin, Hampton, Scotland, Franklin, Lebanon, & Mansfield in grades Kindergarten thru 8.

MINI SQUAD: Any child in kindergarten, grade 1 or 2

MICRO SQUAD: Any child in grades 3 and 4

JUNIOR SQUAD: Any child in grades 5 and 6

SENIOR SQUAD: Any child in grades 7 and 8

WHAT IS EXPECTED IF YOU BECOME A WINDHAM YOUTH CHEERLEADER?

REGISTRATION \$120 (\$70.00 with discounts) Covers insurance (after personal insurance), borrowing uniforms, and miscellaneous league overhead. No one is paid, we are 100% volunteer run. Game day Referees and EMTs are paid as they are not part of our organization. Registration fee is paid online or at the registration days.

UNIFORMS: The basic uniform of skirt and vest will be provided by the league. Parents are responsible to purchase navy blue boy shorts, long sleeve Navy body suit, sneakers, white no-show socks, and navy blue leggings. It is mandatory for all girls to have a gym bag or book bag to carry their things to practices and games. It is strongly recommended to have a dedicated practice bag and a dedicated game bag labeled with her name on it. Approximate cost to parents is \$100.*

MANDATORY UNIFORM FITTING to be determined

SNEAKER, BODYSUIT, AND BRIEF INFO: Will be sent with paid registration. All purchases MUST BE MADE by August 15th

SCHEDULES: Cheerleading practices will be held every **Monday, Wednesday, and Friday** beginning July 31st **until the middle of November**. ALL practices are mandatory. Illness will be the only accepted excuse for missing practice. Practice time is from 6:00pm to 8:00pm. When we are inside, practice times may be adjusted and will be announced. Additional practices 4 weeks prior to the competition will be added and are mandatory. Plan on 5 days a week to practice.

PEEWEE (formerly called Mini) games are either Sunday morning at 8am or Saturday afternoon at 2pm (8U football program)

MICRO games are either Sunday morning at 10am or Saturday afternoon at 4pm. (10U football program)

JUNIOR games are either Sunday at Noon or Saturday evening at 6pm. (12U football program)

SENIOR games are either Sunday afternoon at 2pm or Saturday night at 8pm. (14U football program)

TRANSPORTATION: Parents will provide all transportation to all away games. We do travel out of state as well. Westerly, Rhode Island is one of our opponents.

FOOTBALL GAMES begin at the end of August and will run 8-10 weeks. If we have a successful season, we will play games into NOVEMBER with playoffs and championships. Cheerleaders are required to be at all play-offs and championship games.

CHEERLEADING CHAMPIONSHIP will be held in mid to late November.

FUNDRAISING: All fundraisers are mandatory for EACH participant in the PROGRAM. Failure to participate will result in removal from the team. We will be keeping track of who participates in each one. You must choose 2 to participate in to fulfill your obligation.

Volunteer policy: During ALL home games and home field practices we need help in the concession stand. Parents of the cheerleaders MUST volunteer for 2 hours this season. There are many volunteer possibilities including Chains during any game (home or away counts), concession stand helper, field set- up and take- down, etc. Volunteers can be any adult volunteering in said child's name. There are some opportunities for teenaged siblings to volunteer toward the families hours, if they would like to help out.

Please note: if you want to change your scheduled volunteer time, YOU MUST find a replacement.

INSURANCE; Part of the registration fee goes to pay insurance. This insurance is used as a BACKUP TO YOUR OWN INSURANCE. Your individual insurance would take first priority and any balance would be covered by the league insurance, after a deductible has been met.

PHYSICALS: All cheerleading candidates **must have a physical prior to participation**. Parents will sign the waiver indicating the child is physically fit to participate in the program. You are responsible to inform your child's coach if they have any physical or cognitive conditions that may need to be taken into account.

NAME CHANGES; The cheerleaders name must match on all forms. Children who have been adopted or have had a name change need to include legal proof of adoption and/or name change IF their birth certificate hasn't been updated yet.

WINDHAM YOUTH FOOTBALL AND CHEERLEADING CONSTITUTION

PURPOSE

- *Cheerleaders shall promote and uphold team spirit. *Cheerleaders shall develop a sense of good sportsmanship among the crowd.
- *Cheerleaders shall strive to promote unification of the crowd's involvement at games.
- *Cheerleaders shall strive to build better relations between teams. *Cheerleaders shall strive to uphold the highest personal as well as cheerleading standards.

UNIFORMS

- *Care---"Excellent" at all times. Clean as soon as possible when uniform has been soiled, INCLUDING SNEAKERS. Uniforms must be covered while eating or drinking in them. Carry a hand towel to put over your top while eating/drinking anything except water.
- *Hair shall be in a "high" ponytail for practices and a sock bun for all games. *NO JEWELRY, Medical medals may be worn only if they are taped to the body under uniform. Religious jewelry may be taped down under the uniform but NOT WORN AROUND THE NECK.
- *No makeup/colored nail polish/fake nails/long nails. Nails must be short, clean, and natural.

GAMES

- *All Cheerleaders MUST perform at every game. *A cheerleader may not perform in half time if she shows up late for pre-game warm up and practice. *The coach has the right to bench any cheerleader who does not show up for scheduled games. *If a cheerleader is unable to attend a game, she must NOTIFY HER COACH IN ADVANCE so they can prepare to change the routines.

PRACTICES

- *All practices are MANDATORY. *cheerleading sneakers and socks. * Additional practices and days will be added the last four weeks of the season to prepare for competition, plan on five days a week. Days, dates and times to be announced. *If a cheerleader is to be late to practice, or unable to attend, they must NOTIFY HER COACH IN ADVANCE of the practice.
- *If a practice is missed unexcused, the cheerleader may not cheer half-time of the next game. She will be allowed to cheer sidelines. She will receive a demerit. (see Demerit System)

CONDUCT AND RESPONSIBILITY

- *Cheerleaders must conduct themselves properly at all times. *Cheerleaders shall not display undesirable behavior at any time.
- *Cheerleaders shall not display bad habits such as improper language or gestures. *Cheerleaders shall display good sportsmanship at all times. *Cheerleaders shall cooperate with the coaches, advisors, volunteers, other squad member, other cheerleaders and game officials. *During a game, cheerleaders must be spirited, well groomed and in control of any situation that may arise (injury time-outs, half-time, etc.) *Cheerleaders may not eat, drink (except water) or chew gum while in uniform. ****The coach has the power to suspend, bench or drop from the squad any cheerleader for the following: A)undesirable behavior B) sloppy appearance or habits (drinking or smoking in or out of uniform) C) undesirable language or gestures D) undesirable clothing (t-shirts with suggestive sayings: logos, alcohol, drugs, etc) E) disrespect for coaches and or other cheerleaders (This includes ALL SOCIAL MEDIA).

THE NO'S OF CHEERLEADING

NO JEWELRY....NO GUM, FOOD, OR DRINK (except water or white gatorade) WHILE IN UNIFORM.....NO TALKING TO FRIENDS DURING A GAME....NO HAIR IN THE FACE...NO COLORED NAIL POLISH.....NO LONG OR FAKE NAILS....NO MAKEUP.....NO DYED HAIR (EXCEPT ALL OVER NATURAL COLOR).....NO GOING ON TO THE FIELD DURING A GAME.....NO UNSPORTSMANLIKE CONDUCT...NO LAUGHING AT YOUR (OR ANYONE'S) MISTAKES.

DEMERIT SYSTEM

The following point system is to be used for all cheerleaders. When a cheerleader has accumulated three (3) demerits, the cheerleader will be dismissed from the squad. The cheerleader will be given a chance to explain any special circumstances that might have caused the demerits. If the cheerleader does receive three (3) demerits and is dismissed from the squad, she will have to return her uniform immediately to the Windham Youth Football and Cheerleading Program. All decisions made by the cheer director are final.

DEMERIT

- 1 Not attending a game or practice (unexcused) ***
- 1 Not executing duties assigned by coach
- 1 Leaving a game or practice without the permission of a Coach
- 1 Using language unbecoming of a cheerleader (swearing)
- 1 Non-participation at practice (not working to potential, not paying attention, excessive talking, etc)
- 1 Poor sportsmanship towards officials, other players, other cheerleaders and coaches
- 1 Excessive talking with the crowd, team, or each other during a game
- 1 Wearing jewelry to practices or games. (Medical medals may be taped to the body under uniform/shirt)
- ½ Late arriving and/or leaving a practice or game (unexcused and more than 15 minutes)
- 1 Hair not tied back with an elastic (includes long bangs)
- ½ Chewing gum during practices or games
- 1 Eating food or drinking while in uniform without a towel over the uniform.
- 1 Wearing undesirable clothing (t-shirts with undesirable logos/sayings)
- 1 Not performing at a practice or game.
- 1 Not wearing/bringing proper uniform to games and competitions.
- 1 Wearing a uniform for a function other than a football game or cheerleading competition. (Halloween-NO)
- 1 Not taking responsibility for the care of uniforms at games or competitions.
- 1 Not turning in fundraising materials on time. PARTICIPATION IS MANTAORY.
- 1 Not paying fees or returning signed forms on the specified due dates.
- 1 Disrespectful or rude behavior toward any coach, volunteer or adult.
- ½ Wearing makeup to a game.
- 1 Body shaming or bullying

ABSOLUTLEY NO DRINKING OR SMOKING!!!! IF A MEMBER OF THE SQUAD IS SEEN IN OR OUT OF UNIFORM DOING EITHER, THEY WILL BE DISMISSED FROM THE SQUAD IMMEDIATELY.

******The only acceptable excuse for missing practices or games is illness. You must notify your coach IN ADVANCE of the practice or game if you are unable to attend. Working, attending parties, family gatherings, vacations, school events and participating in another sport are NOT ACCEPTABLE EXCUSES.**

WINDHAM YOUTH FOOTBALL AND CHEERLEADING PROGRAM CONSTITUTION AND AGREEMENT

Student's Name _____

I HAVE READ THE ATTACHED CONSTITUTION AND DEMERIT SYSTEM, STATING THE INHERENT RISKS INVOLVED IN CHEERLEADING, AS WELL AS THE DUTIES AND RESPONSIBILITIES OF CHEERLEADING. I AGREE TO ABIDE BY THE SETFORTH RULES AND REGULATIONS. I UNDERSTAND THAT FAILURE TO COMPLY WITH THE ESTABLISHED RULES AND REGULATIONS WILL RESULT IN MY EXPULSION FROM THE WINDHAM YOUTH FOOTBALL AND CHEERLEADING PROGRAM. I FURTHER UNDERSTAND AND WILL AGREE THAT THE DECISION OF THE DIRECTOR IS FINAL AND I WILL ABIDE BY THEIR DECISION.

STUDENT'S SIGNATURE _____

Signed the _____ day of _____, 20_____.

Parent:

I GRANT PERMISSION FOR MY CHILD _____ TO PARTICIPATE IN THE WINDHAM YOUTH FOOTBALL AND CHEERLEADING PROGRAM. I HAVE READ THE ATTACHED CONSTITUTION, DEMERIT SYSTEM, AND RELEASE AND INDEMNITY AGREEMENT. I AGREE THAT MY CHILD MUST COMPLY WITH THE ESTABLISHED RULES AND REGULATIONS IN ORDER TO PARTICIPATE IN THE WINDHAM YOUTH FOOTBALL AND CHEERLEADING PROGRAM. I FURTHER UNDERSTAND THE INHERENT RISKS AND HAVE SIGNED THE RELEASE AND INFEMNITY FORM. I ALSO UNDERSTAND THAT IF MY CHILD DOES NOT ABIDE BY THE RULES AND REGULATIONS, SHE/HE WILL BE REMOVED FROM THE PROGRAM FOR FAILURE TO COMPLY WITH THE RULES AND REGULATIONS. I FURTHER UNDERSTAND THAT THE DECISION OF THE CHEER DIRECTOR IS FINAL AND I WILL ABIDE BY THEIR DECISION.

PARENT'S SIGNATURE _____

Signed the _____ day of _____, 20_____.

PLEASE FILL OUT THE FOLLOWING INFORMATION:

MOTHER'S NAME _____

PHONE _____

FATHER'S NAME _____

PHONE _____

HEALTH INSURANCE INFORMATION:

COMPANY NAME _____

POLICY # _____

DOES YOUR CHILD HAVE ANY ALLERGIES? _____ YES _____ NO

LIST ANY/ALL

ALLERGIES: _____

PERSON TO CONTACT IN CASE OF EMERGENCY (OTHER THAN PARENTS)

NAME _____

PHONE _____

WINDHAM YOUTH FOOTBALL AND CHEERLEADING PROGRAM

RELEASE AND INDEMNIFICATION AGREEMENT

READ CAREFULLY BEFORE SIGNING

I am the parent or guardian of _____ . My child is a potential candidate for the WINDHAM YOUTH Football and Cheerleading Program. I have read the rules, regulations and demerit system pertaining to the cheerleading program. I hereby further acknowledge that participation in the Windham Youth Football and Cheerleading Program carries with it potential hazards. My child could fall, be knocked over, run into, or bumped, receive bruises, broken bones, concussion and serious injury as a result of some of the gymnastic and/or acrobatic stunts practiced or performed as part of the cheerleading program.

It is essential that coaches, parents, and cheerleaders understand as well as appreciate the inherent risks faced in cheerleading and develop a POSITIVE attitude toward safety, minimizing risks as much as possible.

WARNING: IMPROPER CONDUCT IN CHEERLEADING CAN BE DANGEROUS, RESULTING IN CATASTROPHIC INJURY, PARALYSIS, OR EVEN DEATH!

I hereby attest and verify that my child is physically fit, and agree that my child get a physical prior to the first practice. I further agree to let my child participate in the Windham Youth Football and Cheerleading Program. I hereby release the Windham Youth Football and Cheerleading Program Cheerleading Coaches, staff and parent volunteers from any liability, whether or not caused by negligence, resulting in injury or death as a result of my child's participation in the Cheerleading Program.

In further consideration of the acceptance of my child in the Cheerleading Program:

1. I hereby agree to comply with all the rules and regulations applicable to the Cheerleading Program, as well as encourage my child to comply.
2. I hereby agree that by not following the rules and regulations set forth for the participation in the Cheerleading Program it will mean the dismissal of my child from the program.
3. I hereby Waive and Release any and all claims that I may have against the Windham Youth Football and Cheerleading Program, Coaches, Staff and Parent Volunteers from any liability including any and all claims for damage caused by the negligence of any of them, resulting from or arising out of my child's participation in the Cheerleading activities.
4. I FURTHER HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the releases of each of them against any such claim for injury, damage or costs, including attorney's fees, arising from, related to, or otherwise occurring as result of negligence of any of the, in connections with any child's participation in the Windham Youth Football and Cheerleading Program.
5. AND I FURTHER HEREBY CONSENT to allowing my child to receive medical treatment (in an emergency), which may be deemed advisable in the event of injury, accident, and/or illness, resulting from or arising out of my child's participation in the Windham Youth Football and Cheerleading Program.

SIGNATURE OF PARENT OR GUARDIAN:

Signed the _____ day of _____, 20_____.

THE APPLICATION PACKET MUST BE TURNED IN TO THE COACHING STAFF TO BE PLACED ON A TEAM. IF A CURRENT COMPLETED PACKET IS NOT TURNED IN TO THE COACHING STAFF, YOU MAY BE PLACED ON A WAITING LIST FOR PARTICIPATION IN THE PROGRAM.