

# SKGAA CHEERLEADING



# Parent Handbook

---

# Seckinger Athletic Association Cheerleading

---

**Purpose:** To build and equip kids with leadership, friendship, social, and athletic physical skills

---

**Values:** To be kind, courteous, confident, active, and positive

---

We are happy that you have chosen to have your child participate in the SKGAA Cheerleading program. Our cheerleaders have a fun filled season ahead of them! Our goal is to provide a training ground for the Seckinger High School Cheerleading program and to represent SKGAA with pride and dignity. LETS GO JAGS!

## Age Requirements

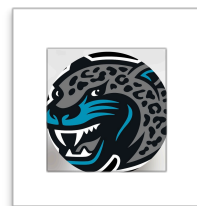
Our program is designed for girls in 1<sup>st</sup>-8<sup>th</sup> grade. We do accept a limited number of kindergarten mascots. All cheerleaders **MUST** cheer for the grade level she will be entering in the upcoming school year. In the event a cheerleader signs up for the incorrect grade level, SKGAA will take action to place the child in the correct grade level. This is a rule of the Gwinnett Football League and SKGAA will enforce all such rules.

## Transportation Requests

Due to the size of our association, ride share requests do not guarantee that the cheerleaders will be on the same squad. **SQUAD PLACEMENT:** There is no guarantee of squad placement. Please do not assume that your cheerleader will be with the same coach as the previous year. If there is more than one squad, we will hold an evaluation for that grade level and cheerleaders will be divided between teams. We must follow the GFL guidelines to set up our teams. We are proud of all of our teams and several combine for Cheer Off. They will be spending time practicing together.

## Physical Fitness

**A physical form signed by a doctor is required every year.** All cheerleaders should be in good physical condition to complete the required jumps and movements. Please let your coach know about any limitations.



## **Parent Support**

The success of any youth program depends on the active support and participation of each parent/guardian. We encourage you to attend games and special functions to SUPPORT the teams, coaches and all volunteers in a POSITIVE manner. Should you choose not to attend practice, games events, etc., it is YOUR responsibility to out about upcoming events.

## **Coaching Concerns**

If you have a concern about your coach, please meet with them directly to express your concern and find a resolution. You should not go to other parents and gossip as this causes division on the squad. If you do not feel that your concern is being addressed, please contact Cheerleading Director. We will be happy to assist you and handle the situation directly with your coach.

## **Parent Volunteer Obligations**

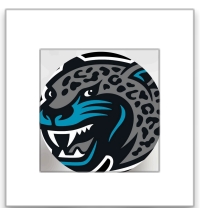
Parents will be asked to work gate duty shifts for home games when we start hosting home games. If you do not select a shift, your coach/team mom will assign you one. Coaches and team moms are exempt. Their hours are spent coaching the team. Snacks and other responsibilities are separate from shift work.

## **Practice, Camp, Clinics, and Game Attendance**

These functions are all mandatory for each cheerleader. Please make sure that your cheerleader will NOT have scheduling conflicts with SKGAA Cheer events. If you MUST miss a practice, for a valid reason, it is up to the parent and child to find out what was missed. Please contact a squad coach to let them know you will not be in attendance. If you MUST miss a game for a valid reason, you must let the coach know well in advance of game day. Cheers and half-time routines must be adjusted for a missing cheerleader. Thank you for your cooperation in this area.

## **Practices**

Each coach along with the SKGAA Cheer Board will decide on their practice area. Practices are 2 days a week for 2 hours. No practice will be held on Sundays. **Please make sure the your cheerleader uses the restroom prior to coming to practice and that they have a light snack.**



## **Games (Football)**

Game Schedules are provided by GFL, we do not create the schedules. It is not unusual to receive the schedules just prior to the start of the season. Once posted, schedules are provided at <http://www.gflsports.com/>. Updates will also be posted on the GFL Facebook page. Schedules typically start with 1<sup>st</sup> grade in the morning and go on throughout the day until the 8<sup>th</sup> grade in evening: However, this not a guarantee. We play all over the county. Please allow plenty of travel time to the games. Your coach will ask you to arrive anywhere from 30 minutes to 1 hour prior to your scheduled start time. Please contact your coach if you are running late. **IF A CHEERLEADER ARRIVES AFTER THE GAME IS STARTED, THEY MAY BE ASKED TO SIT OUT A QUARTER OR AT HALFTIME.** Please be aware that the games sometimes run behind. Please remain with your child for the entire length of the game. Football games do continue, during rain, sleet, and cold weather. **IF THE FOOTBALL TEAM IS PLAYING THE CHEERLEADERS WILL BE CHEERING.**

Please keep a clear rain jacket or poncho handy. GFL will advise if the game is cancelled. Cheerleaders are expected to cheer the entire game. We allow water breaks. Parents are not allowed on the sidelines and girls are not permitted to leave unless it is an emergency.

## **Food, Drinks, Gum**

No food, drinks (other than water) and/or chewing gum is allowed during any cheer function. Please make sure that your cheerleader had eaten prior to the start of their practice/game, especially if their game is around lunch or dinner time. **All cheerleaders must have water with them at every cheer function.** During very hot days, cheerleaders may bring cold towels too.

## **Dress Code**

Clean uniforms and proper attire are required for all cheerleaders and coaches. Practice attire must be suitable for cheering, jumping, and stunting. **NO JEWELRY** of any kind can be worn. Please do not have your child's ears pierced the month before camp. This is for their safety. Coaches will ask the cheerleader to remove all items. It is not the responsibility of the coach if the items are lost. Nail polish is not allowed and makeup, worn should be light and age appropriate.



### **Cheer Shoes (Grades 4-8th)**

Should only be worn to games NOT school, play or practice unless asked by the coach.

### **All Coaches, Assistant Coaches, Team Moms, and High School Coaches**

These staff members are all volunteers to our program. Please respect that they have families and other responsibilities too. You must be on time for camp, practice, and games.

### **No Cell Phones**

No cell phones should be used during practices by the cheerleaders. Please limit socializing to water breaks only.

### **Sportsmanship**

Cheerleaders and parents are expected to always exercise good sportsmanship. We MUST be courteous to all squads, opposing teams, officials, and board members. Violation of this policy will result in fines from GFL.

### **Cheer Off**

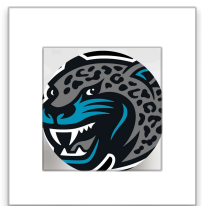
Please see calendar for Cheer-Off date and location. If any extra practices are needed, coaches will discuss this with parents in a timely manner.

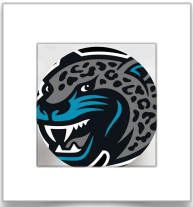
### **Sponsors**

We welcome sponsors. You can reach out to our Cheer Director to obtain more information and the sponsorship documents. The money will go directly towards your child's squad and/or SKGAA Cheerleading. This helps offset team and association expenses such as banquet gifts, banner supplies, pep rallies, etc.

### **Cheerleader Responsibilities**

As a SKGAA Cheerleader, please make sure to conduct yourself with dignity, respect and showcase your leadership values and qualities. As a SKGAA Cheerleader please be respectful to your coaches, parents, teachers, volunteers and your squad. Please refrain from doing anything that will jeopardize your reputation as a SKGAA cheerleader. Our goal is to learn the fundamentals of being a cheerleader and to have fun while doing it. Please choose to be kind and encourage your squad and carry yourself as a Proud Lady Jags Cheerleader.





# SKGAA CHEERLEADING PROGRAM

## PARENT HANDBOOK ATTESTATION FORM

I, (Parent) \_\_\_\_\_ and  
(Cheerleader) \_\_\_\_\_ have reviewed the Parent Handbook and  
will abide by the guidelines set forth.

Date \_\_\_\_\_

Cheerleader Name \_\_\_\_\_

Cheerleader Signature \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_