



Come run with the pack!

Cheerleading Parent Handbook and Code of Conduct

The Prairie Ridge Jr. Wolves is a not-for-profit youth recreational cheer program for grades K-8. Our 2-8 grades teams also compete in cheerleading competitions. This Parent handbook will help familiarize you with our ways of working. Please reference the website at www.jrwolvesfootball.com for updated dates and information. Cheerleading is a team sport which requires every cheerleader to know their position and perform as part of a TEAM. Our goal is to teach the sport of Cheer along with the importance of teamwork, respect, safety and good sportsmanship. The Jr. Wolves Cheer program is a member of and follow the rules of the IRCA (Illinois Recreational Cheer Association) www.recreationalcheer.com.

The biggest assets of our organization are our volunteers. We are very fortunate to have a group of dedicated volunteer Coaches and Jr. Coaches. The success of our program relies heavily on our volunteers and parents. Anything you can do to assist your team throughout the season would be greatly appreciated.

Games/etiquette

Games are typically 90 minutes long. Flag games (Mascots) are 60 minutes. Scheduled games will be communicated via coaches as soon as the schedule is published. Please be patient as schedules are usually posted only 1-2 weeks prior to the games. All games are posted by the TCYFL (The Chicagoland Youth Football League) www.tcyfl.net. Football games are every weekend and may require a short travel distance to away games. We could potentially cheer on Labor Day and Columbus Day weekends but will be at the Directors discretion.

Behavior at games should at all times uphold the image of the Jr. Wolves and will NOT being tolerated.

- Cheerleaders are expected to make the Jr. Wolves organization proud by displaying outstanding conduct and sportsmanship at all times.
- Arrival at games 30 minutes prior to warm up in full uniform per coach's communication. Bring water.
- Cheerleaders, parents and spectators should conduct themselves with team spirit and show good sportsmanship.

Jr. Wolves Cheerleading - Come Run with the Pack!!!

- Lewd language or showing disrespect to coaches or the crowd will result in being removed from the game to sit with parents for the remainder of the game. This includes: Talking back, eye rolling, showing disrespect to a fellow team members, lack of participation or poor attitude.
- Concentration and listening to coaches is required at all times for safety.
- Games are played in sun, rain and snow (rarely cancelled) – the girls are expected to be there.

Attendance/Practices:

Being team sport, attendance is essential to the success of the team(s). Each Cheerleader's 100% commitment is required as each position on the squad is dependent on the other. When one member is absent it prevents us from being able to stunt safely. In order to fair to other athletes and ensure their safety, excessive absences at practices or games will be taken into consideration for competition choreography and half time performances. This will be at the coaches' discretion. Acceptable absences include the following: sickness, family emergencies, mandatory school events and planned vacation.

- Practices are 2 days/week, Mascots will practice 1 day/week when indoor.
- Bring water to all practices.
- Hair must be pulled back, away from face.
- No jewelry for safety purposes.
- No gum chewing, eating or soft drinks allowed during practice.
- No jeans or loose fitting pants.
- Wears appropriate practice clothing and sports bra/cami as needed. No flip flops.
- Respect our practice facility
- Notify coaches of any conflicts, planned vacations or illnesses in advance.

Uniforms

It is an honor to wear a Jr. Wolves Cheer uniform and it is your responsibility to treat it with care.

- Full Uniforms are to be worn during the entire game. Girls cannot perform if they are wearing only a partial uniform. All teams are expected to look in sync (all wearing warm up jackets/leggings or none). We following the standard set by the HS cheerleaders.
- Uniforms are not to be worn except to a Jr. Wolves activity.
- If cheerleaders plan to stay to view another game following theirs, they **MUST** remove their entire uniform and change into something else.
- Wash uniforms in cold water, inside out and hand to dry. No ironing or bleach.
- Do **NOT** put them in the dryer.
- Poms are property of the Jr. Wolves and should be used as directed by the coaches. They are to be brought as part of the uniform to each game and practice. Damaged or lost poms will be a replacement fee of \$6 per pom.

Safety

Safety is our utmost importance when performing various skills during practices, games and competitions. We will adhere to the rules and regulations outlined per the IRCA.

To ensure athletes are safe, annually the Jr. Wolves requires that prior to beginning the season, all athletes aged 10 and above obtain a Baseline Concussion Test.

Competitions (2-8 grades)

Our competitive cheer teams will compete in 3 IRCA Cheer Competitions along with the possibility of going to the State competition if the team earns a bid. Our competition routines only work when every athlete is present. It is MANDATORY that everyone attend the choreography practices in August to identify their position and learn the routine. Please see the competition dates. Cheerleaders are advised to practice the routine at home. Coaches will provide videos as needed. Following each competitions, teams will continue to refine and improve their routines in preparation for the next.

Communications

The majority of all communications will be done via email; please make sure we are supplied with the all pertinent email addresses. For those on Facebook, some coaches may utilize this as a channel for communications in addition to emails. Coaches are the first line of communication of information and will make sure you are informed with all important dates and activities.

Jr.Wolves Cheerleading Code of Conduct and Pledge

As in any sport, it is important that we encourage our athletes to demonstrate the spirit of a team, respect and good sportsmanship. Being part of the Jr. Wolves requires a commitment and dedication from both the athletes and parents. We expect each athlete and parent to read and following the below Code of Conduct:

- I understand that Cheerleading is a commitment of my time and energy and will make every effort to attend all practices and games.
- I will notify my coach in advance of any absence.
- I will dedicate myself to this sport during the season in a positive manner.
- I will support the Jr. Wolves and my team.
- I will be kind and respectful to others at all times.
- I will encourage good sportsmanship.
- I will listen and be respectful to Coaches and Jr. Coaches in order to learn and build on my skills.
- I will keep a positive attitude regarding position assignments on my team.
- I will not post competition videos on any form of Social Media.
- I will practice safety at all times and only stunt when coaches are present.
- I will abide by all guidelines and regulations at all Jr. Wolves events.