

NYAA CHEERLEADING RULES



NORCROSS YOUTH ATHLETIC ASSOCIATION

General Cheerleading Information



PLEASE READ THIS INFORMATION CAREFULLY

NYAA CHEERLEADING RULES



WELCOME

Welcome to the Norcross Youth Athletic Association (NYAA) cheerleading program. The NYAA program is governed by the Gwinnett Football League (GFL). This season we will practice and cheer with the motto of **"Lead by Example"**. This means that at all times we will strive for perfection in every area. Our goal this year is to learn the true meaning of togetherness, and how to display a pleasant attitude. Our mission is to help your daughter(s) learn and apply these lessons throughout their everyday life. All we ask is that you assist us with reaching these goals; as we "Strive for Perfection".

Thanking you in advance,

Norcross Youth Athletic Association

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REGULATIONS AND OBLIGATIONS

The use of drugs, alcohol, or tobacco products is strictly prohibited on any of Gwinnett County Parks and Recreation properties. Violation of this rule could result in parents or spectators being banned from county properties as well as your cheerleader being removed from their squad. In addition, Law Enforcement Authorities could become involved.

Our staff is comprised of very hardworking volunteers, and courtesy toward them is expected and appreciated. Parents are asked to display a respectful attitude of conduct toward all members of the cheerleading staff, cheerleaders and parents as specified in the NYAA and GFL Codes of Conduct. **They are asked to speak privately and tactfully should they have questions or concerns. There should be no confrontations by parents in front of our children or other adults.** Any unresolved matters or concerns may be brought to the attention of the Coach/Team Mom, Team Coordinator, Assistant Director, Cheer Director or other Cheerleading board members (in that order).

Remember "It's all about the Kids" so, through-out participation in this program, we must behave responsibly in order to set a good example for them. Any display of unsportsmanlike conduct by parents or spectators will be addressed by the GFL representative at the field.

Parents are responsible for relaying the information in the NYAA and GFL Codes of Conduct to their daughters.

The cheerleaders are to demonstrate exemplary behavior when they are in their NYAA uniform. Remember, we are representatives of the Norcross Cluster.

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PRACTICE AND GAME OBLIGATIONS

Being on a cheerleading squad takes practice, the same as with other sports and all children will be expected to attend practices. Practices are held three times a week (Monday, Tuesday, Wednesday, Thursday or Friday). Days and times are based on individual squads.

The last practice of the week is very important because this is the day that the game day activities, lineup, and half-time routine are set. If your cheerleader misses the last practice, it will affect the game routine and may result in your cheerleader not performing at half time. In the event the last practice is missed, the cheerleader should meet with another squad member to learn the routine and setup for the next game or may be asked to sit out during the routine, event, or cheer that they don't know.

It is important that your cheerleader be on time for practices and games. If your cheerleader must miss a practice or game, you are asked to call your Coach or Team Mom prior to the event.

No cheerleader will be asked to sit out an entire game due to parent's inability to ensure they are on time for practices and games. However, if the cheerleader is late to the game, they will be asked to sit out the time remaining in the current quarter and/or not be allowed to participate in the half-time routine. It would be helpful if you would make arrangements to accommodate your cheerleader's schedule during the season.

Should you work out carpooling arrangements, your Coach and Team Mom will need phone numbers where a parent can be reached in case of an emergency.

In the event you are late in picking up your child without notification to the Coach or Team Mom, starting with the 2nd occurrence, you will be notified by the Assistant Director of Cheerleading.

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If weather becomes inclement during a practice, parents should report to the practice location immediately to pick up their child.

NYAA Cheerleading Code of Conduct

- ⊙ We expect EVERYONE from the coaches, cheerleaders, and parents to represent Norcross with good sportsmanship. Kind comments only: Do not bring personal conflicts to practices or games. Attitude must be positive and upbeat!
- ⊙ You must always be willing to work and cooperate at both practices and games. No moaning, complaining or whining. Please be willing to do what is necessary.
- ⊙ Every cheerleader should have a water bottle at any NYAA function. Please do not put soda, sports drinks or sugar drinks in your bottles, they attract bees and no one wants to get stung.
- ⊙ No Jewelry (other than for religious reasons) is allowed while cheering. If jewelry is worn to practice or games, the NYAA requires the coach to ask the cheerleader to take it off or sit out. Do not go get ears pierced during the season. This includes stud earrings, shoe charms, body jewelry, and hair wraps. We will enforce this rule during practice and games. The coaching staff cannot be responsible for holding any jewelry. This rule is for the safety of the kids.
- ⊙ Attendance at practice is mandatory for each cheerleader. Practice time is when new cheers, chants, dance routine, jumps, stunts, and friendships are formed. Information is also passed out during practice time. If you must miss practice, please contact someone on the coaching staff and let us know you will not be there. If attendance becomes a problem, for example missing 3 or more practices without a reason, the cheerleader may be asked to sit out a quarter of the next game or miss half-time.
- ⊙ Unacceptable behavior will not be tolerated. Unacceptable behavior is disrespectful and/or disruptive towards another child, adult, coach, or team mom. We will give the cheerleader two warnings, and inform the parent of the situation. After the third warning, disciplinary actions will take place. The child may be asked to sit out of the current activity. If the behavior continues, the child will sit out one quarter of the next game.
- ⊙ Uphold safety rules at all times. No stunting or tumbling without a coach present. You must have permission and the proper training for stunting and tumbling. You can get hurt building the simplest of stunts.
- ⊙ Please wear proper practice attire: T-shirts and cheerleading shorts. Wear sizes that allow you to move comfortably and freely, but NO baggy clothing should be worn for stunting. Shorts should be at an acceptable length, showing only leg from behind. On "Pep Rally Days"

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cheerleaders should wear camp clothes. Always wear a T-shirt over a sports bra.

- ⊙ Please wear athletic tennis shoes at all times. No fashionable platform or backless tennis shoes.
- ⊙ Hair should be worn away from face during practice and in ponytails at games. Hair beads are NOT allowed.
- ⊙ For stunting safety, nails must be at athletic length. No nail polish.
- ⊙ Please call your coach or team mom if you are going to miss an event or be late. THIS IS MANDATORY! Each role is important. Dance routines and stunts have to be rearranged if cheerleaders are missing. This takes planning ahead.
- ⊙ Cheerleading is a physical sport that requires cheerleaders to eat proper meals and to drink plenty of water prior to practice and games. Please don't skip breakfast prior to a game; this may cause you to become weak and/or faint...Especially during the hotter months.
- ⊙ No Gum or Food allowed at practice or during games. You must remain with your squad and your coach at all times. A parent or guardian must inform the coach or team mom directly that you are leaving.
- ⊙ This applies to all events...games, practices, pep rallies, bathroom trips, and parties. Do Not leave your squad or coach without parent or guardian. This is for your safety. If you are going home with someone other than your parent/guardian, your parent/guardian must notify the coach/team mom in writing prior to the event. Parent/guardian should arrive at least 15 minutes prior to scheduled end of squad event. Warming up is a MUST! You must participate in warm-up in order to cheer, dance, or stunt.
- ⊙ No improper Language; No Vulgarity: No "shut-up". No Fighting. Be dedicated. Have a working knowledge of all cheers, chants, dances, halftime routines etc. This means practicing at home.
- ⊙ Listen to your coaches/team moms. Accept constructive criticism.
- ⊙ Act age appropriate at pep rallies and other events involving the football players. No inappropriate behavior is allowed.
- ⊙ Remember that your coaches/team moms have volunteered to work with you and your squad. Show respect for them. If a problem or concern arises, work with the adults instead of discussing it with your squad mates.
- ⊙ **Most Importantly...HAVE FUN**

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I have read and understand the rules and consequences listed in the NYAA cheerleading constitution. I know being on the cheer squad for the season means, I will be asked to follow all the policies and must be able to communicate with the coach and all squad members any problems or concerns I may have as a NYAA cheerleader.

I understand the consequences for missing or being late to practices, activities, or events. I agree to let the coach know as well in advance as possible if a practice, activity, or event will be missed for any reason. I also understand there may be responsibilities not included in the rules that may apply for a NYAA cheerleader. Other responsibilities may be assigned by the coach as needed during the school year (For example, decorating, pep rallies, fence and wall signs, community service opportunities, or other activities). In addition, I understand that failing to abide by any of the rules of this cheerleading squad or student/athlete handbooks may result in dismissal from the squad.

Please turn in this packet and form with the appropriate signatures at registration and/or by the first cheer practice.

Parent Signature _____ Date _____

Printed Name _____

Player Signature _____ Date _____

Printed Name _____