

LONG VALLEY RAIDERS CHEERLEADING ASSOCIATION

2016

LONG VALLEY CHEERLEADING INFORMATION PACKET



LONG VALLEY CHEERLEADING ASSOCIATION RULES AND REGULATIONS

EXPECTATIONS AND COMMITMENT:

Before your child registers for cheerleading, please discuss with him/her the commitment required to be on a cheerleading squad. If your child participates in another sport or activity, they should make every effort to make cheer his/her priority. The choreography of our cheer/dances is designed to the specific number of members on each squad. We do not have 'substitutes' that we can ask to 'fill in' if a cheerleader is absent or late. Therefore, in order to have an effective practice and perform stunts at a football game, all cheerleaders must be present. Also, please note that due to various reasons beyond our control, practice days and/or times may change. If squads are not ready for a game, extra practices may be scheduled.

PLEASE ADHERE TO THE RULES AND REGULATIONS AS OUTLINED IN THIS DOCUMENT.

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SPIRIT CAMP:

Attendance at Spirit Camp is **MANDATORY** for all squads, Pre-Clinic through Varsity. Spirit Camp will be held at Northern Elite, Flanders, NJ through Varsity, and instructors will be from the Northern Elite Gym. Spirit Camp will be held on the following dates and the following times:

Squad	Dates	Times
Varsity	Aug. 2 nd , 3 rd , 4 th	6:00 – 9:00 pm
JV	TBD	TBD
Pee Wee	Aug. 2 nd , 3 rd , 4 th	12:00 – 3:00 pm
Super Pee Wee	Aug. 2 nd , 3 rd , 4 th	9:00 am – 12:00 pm
Clinic*	Aug. 2 nd , 3 rd , 4 th	3:00 – 6:00 pm
Pre-Clinic*	Aug. 2 nd , 3 rd , 4 th	3:00 – 6:00 pm

STUNT (SKILLS) EVALUATION:

There will be one Stunt (Skills) clinic per squad (Pre-Clinic through Varsity). This clinic will be utilized to evaluate the squad's ability prior to of the routines. The clinic will be held at Northern Elite, Flanders, NJ through Varsity. The schedule is listed below:

Squad	Dates	Times
Varsity	Thurs. June 9 th	6:00 – 7:30 pm
JV	TBD	TBD
Pee Wee	Wed. June 8 th	4:30 – 6:00 pm
Super Pee Wee	Thurs. June 9 th	4:30 – 6:00 pm
Clinic*	Wed. June 8 th	6:00 – 7:30 pm
Pre-Clinic*	Wed. June 8 th	6:00 – 7:30 pm

*Clinic and Pre-Clinic will have both their Spirit Camp and their Stunt (Skills) Evaluation together.

PRACTICE SCHEDULE:

In order to be prepared for the start of the football game schedule (which begins with the Kick off Game, typically held either the 3rd or 4th weekend of August but is not confirmed at this time), **practices are a critical component** of our program.

The official 2016 Practice Schedule for all level football squads **begins August 1st**. Spirit Camp is the first week of August, and practices will run through the end of the football Season. Attendance at practices during this time period is **MANDATORY**. **MOST** practices for each squad will be held on Tuesday and Thursday evenings (or based on the discretion of the coaches, a late afternoon timeframe may apply but will be discussed with the individual squad ahead of time). If a third practice is deemed necessary by the coaching staff during a given week or period, it will be assumed that the cheerleader will make this a priority and will be expected to attend. Again, it is important that the cheerleaders are ready when the football game season begins which will be with the **Kick off Game** either the 3rd or 4th weekend of August. **(Traditionally it is held the weekend before Labor Day.)**

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Flag Squads will practice on Wednesday early evenings beginning the first full week in August. Specific time(s) will be decided upon at the discretion of the coaching staff.

All practices will be held at Rock Spring Park until conditions mandate they be moved indoors. Practices will then be moved to the Long Valley Middle School or one of the elementary schools. Please note that the days for practice once we move indoors will continue to be Tuesday and Thursday but times/location will not be confirmed until the Board of Education completes their facility scheduling in September 2016.

Cheerleaders must be on time for all practices. We ask that you notify the coach ahead of time if you will be late as this is necessary information for the coaches to know when planning a practice schedule. This will count, however, as a late according to the Attendance Policy unless otherwise determined by the board.

The participants must come dressed in proper practice attire, which includes shorts, t shirt, and support sneakers with laces. No sports bras worn alone will be permitted. Sweatshirts (without hoods), sweatpants, sweaters or jackets may be worn if weather demands. Gum, jewelry, or false nails of any kind are all prohibited at all practices and games. Natural nails must be active length.

The expectation is that all cheerleaders will be picked up promptly at the end of practice. If you have a situation where you know ahead of time this will not be possible, please make every effort to make other arrangements for your child's pickup. The coach(es) need to be informed of who will be responsible for your child if you are not going to be picking him/her up. If you are on the road, please call another parent or a coach's cell phone to make us aware of the situation. Excessive neglect of this request will be presented to the Cheer Board and disciplinary action may be taken. We ask for your consideration of our time.

GAMES:

The Long Valley Raiders Football program is part of the Morris County Midget Football League. Game schedules and standings within the league can be found on the league's website at www.mcmfl.org or the on the Long Valley Raiders Football website at www.lvcanj.com. All game schedules will also be posted to our own website at www.lvcanj.com.

Note: The exact dates and times for the football games will be determined by the Long Valley Raiders Football Association and may not be confirmed until mid-August. Cheerleading coaches will post on website as soon as the schedule is confirmed for the season.

As stated above our game season will begin with the Kick Off Game, opponent TBD, which is scheduled for mid-August (dates and times will be given out at a later date once they are set by football.) We cannot guarantee what the schedule of that weekend will be but please keep the entire weekend open. We will determine whether the flag teams will be playing at the Kick Off Game and contact the flag squads as appropriate.

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Our regular season game schedule (which has historically begun the weekend after the first day of school) will be played as follows. Again, we cannot guarantee these days and times until the football schedule is set, however, the following provides an example of what the past schedules have been:

>Flag Squads	Saturdays; times for each squad's games will vary
>Pre-Clinic	Saturdays; time fluctuates
>Clinic	Saturdays at 8:30 am
>Super Pee Wee	Saturdays at 10:00 am
>Pee Wee	Sundays at 12:00 noon
>JV	Sundays at 1:30 pm
>Varsity	Sundays at 3:00 pm

Game times may be changed by 15 to 30 minutes due to scheduling conflicts. We will update the website once the schedules and times are finalized.

All Home games will be played at Rock Spring Park. Away Games are all played within the Morris County area and directions for the Away games will be posted to our website.

PLEASE NOTE THAT THE TIMES AND DATES MAY CHANGE, INCLUDING THE SCHEDULING OF NIGHT GAMES. WE DO NOT HAVE CONTROL OVER THIS AS WE FOLLOW THE FOOTBALL ASSOCIATION SCHEDULE! WE DO ANTICIPATE SEVERAL NIGHT GAMES FOR THIS UPCOMING SEASON. IF THIS OCCURS, THE SCHEDULE FOR NIGHT GAMES IS AS FOLLOWS:

>Clinic	Fridays at 6:30pm
>Super Pee Wee	Fridays at 8:00pm
>Pee Wee	Saturdays at 5:00pm
>JV	Saturdays at 6:30pm
>Varsity	Saturdays at 8:00pm

NOTE: To show spirit for all of the football squads, cheerleaders may choose to wear Long Valley Raiders apparel to school on each Friday before a scheduled football game.

Additionally the following squads are required to participate in the Central Conference games: Pee Wee, JV and Varsity. These games are played during the week. It is mandatory that each of these squads cheer at all of our **home** Central Conference games (NOT the away games) in addition to their regularly scheduled football games. When a squad cheers at a **home** Central Conference game, cheering at that game will take the place of one regularly scheduled practice for that week. Each coaching staff will be responsible for obtaining the home dates from their respective football coaches. This schedule will not be set until early September.

GAMES AND RAIN:

If a game is home, and the football teams are playing, cheerleaders will go to the game, and then a decision will be made accordingly as to whether or not the squad should cheer. If the football team is playing an away game, the township where the game is being played will determine whether the field is safe for playing conditions. Cheerleading coaches will be in contact with the football coaches and a decision will be made accordingly. The coaches will notify the cheerleaders of any changes and/or cancellations of games as soon as possible. Generally, if the team is playing, the cheerleaders are expected to be there as well.

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ATTENDANCE POLICY:

Stunt Evaluation (Skills Clinic) and Spirit Camp are the critical first steps in preparing our squads for the upcoming Season. The learning that begins at Stunt Evaluation and Spirit Camp continues through summer practices, Skills Clinic(s), Pep Rally, games and fall practices. In order to have safe, effective and productive environment at all practices, events and games mentioned above, all girls must be in attendance. **Attendance at Spirit Camp by ALL girls on ALL squads where applicable is expected. No exceptions.**

We recognize and respect the fact that many of the girls are involved in other activities, however, whenever reasonable, we expect the girls to make cheerleading their priority. In order to address the conflicts that inevitably arise each season, we have instituted an Attendance Policy, which we deem to be fair and equitable to all.

An absence for any event by any cheerleader will be defined as Excused or Unexcused. An example of an excused absence would be illness. An absence due to vacation, another activity commitment or non-notification to the coach of any absence would be an unexcused absence. PLEASE NOTE, these are only a few examples of each and are not limited to these examples.

The following Procedure applies for all absences.

- 1. If there is a conflict with any scheduled practice, game or event outlined herein from Stunt Clinic in May/June and Spirit Camp in August through the last game of the season in early November, the parent(s) must send written notification of this to the Coach and President via email or in written form, minimally 24 hours before the absence or as soon as that conflict is defined.**

The LVCA Board will review and either excuse or not excuse the absence and that outcome will be communicated, either verbal or in writing, back to the parent(s) via the coach or designated member of the Board in a timely manner. The decision of the Board will be final.

- 2. Failure to submit written notification of a conflict/absence prior to 24 hours of the absence/conflict will result in the absence being an automatic unexcused absence. This action could result in other consequences such as benching or your child's immediate removal from the squad.**

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The LVCA Board has built in to each cheerleader's season two (2) absences unexcused in nature.

Absences which are unexcused in nature will be applied as follows:

Stunt Clinic Absence = 1 absence

One (1) Game Absence including Kick Off Game = 1 absence

Pep Rally Absence = 1 absence

Two (2) Practice Absence(s) = 1 absence

Two (2) Late Arrivals** to practice or game = 1/2 absence

** Late arrivals occur any time a cheerleader arrives after the set practice has begun whether it is a weekly practice or practice prior to a game.

Once a cheerleader has reached the Two (2) Unexcused Absence(s) built in, the parent(s) will receive a written letter of notification from the Board. If the cheerleader has a 3rd Unexcused Absence, the Board will immediately request the cheerleader's uniform. THE OUTCOME STANDS!

Please note that these guidelines have been implemented to ensure that we have a consistent policy relative to participation and attendance in our program, a policy that is fair and equitable to each child.

CODE OF CONDUCT

As a member of the LVCA organization, an individual commitment to respect, communication and the Rules and Regulations herein is an expectation. Each participant, parent and coach is required to sign a Code of Conduct. **Any issues are automatically presented to the Board. Consequences cannot be avoided by removing a child from the event. They must be honored before returning to participation on the squad.**

DISRESPECT:

Disrespect is defined as, but is not limited to: rudeness to a coach, parent or other cheerleader, poor sportsmanship, cursing, refusal to participate, incomplete uniform or destruction of school or any property.

Cheerleaders will receive a verbal and/or written warning at the first incident with a benching of a practice or game, or partial thereof, based on the degree of the offense which will be determined by the coaches of that level.

If a second incident occurs, appropriate action will be determined by the Board and may include a benching from practice/games for a one week period or more, or in extreme situations the cheerleader may be removed from the squad for the remainder of the season. If this removal occurs, participation as a cheerleader for LVCA for the following year will be at the discretion of the Board.

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Football Cheerleaders must come to all games, the Pep Rally and any other “cheer event” they may participate in required full uniform. Required full uniform consists of the following: turtleneck shirt, shell, skirt, socks, bloomers, regulation sneakers, hair bow and bag filled with pom-poms, leggings, gloves and ear muffs and Raiders jacket. If a cheerleader comes to any applicable event not in adherence to above, she may receive a verbal warning and/or a benching or partial benching.

COMMUNICATION:

Our primary means of keeping children and parent’s informed throughout the season is by squad email and via our website at: www.lvcanj.com. Coaches will distribute information as necessary, however, please get in the habit of visiting our website for information about practice schedules, game schedules, Spirit Camp, etc. If you do not have email access it is your responsibility to keep in touch with the coach(s) for updates. Thank you!

NOTE:

Every year we are faced with new challenges. The LVCA Board is often asked to review an individual situation, which is in conflict, in part or in whole, to our Rules and Regulations. All Board members at a Board Meeting will discuss any matter requiring the Board’s attention. Once a decision has been made, the **OUTCOME STANDS!**