



# Fort Washington Area Recreation Council – Boys & Girls Club

## Fort Washington Area Recreation Council-Boys & Girls Club (FWARC-BGC) Cheerleader Manual

### CONTACT INFORMATION

#### Commissioners

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### REQUIREMENTS

To cheer for the FWARC-BGC, you must be between the ages of 4-16, able to follow directions, able to speak clearly, and not be disruptive to others.

Cheerleading has two sessions during the calendar year. The first session runs from August through November for Football season and the second session runs from January through March for Basketball season. Each year, the girls participate in fundraisers and a Cheerleading Competition in November. It is **MANDATORY** for your child to participate in fundraising.

### **Registration – You must be registered before you can practice!!!**

- The following is necessary to participate:
  - A copy of birth certificate (for new members only)
  - A white card (for new members only) completely filled out with applicable signatures
  - A yellow card with a small photo of the child
  - Payment of \$75 registration fee
  - A completed registration form
- You can register on-line at the website above (select “Register” and complete the form and send in the required information to PO Box 44149, Fort Washington, MD 20749) or you may come in person to our office at the Potomac Landing Community Center which is located at 12500 Fort Washington, Road, Fort Washington, MD. The office is open on Saturdays between 10:00 AM –1:00 PM.
- Parents will need to provide an e-mail address, home, business, and cell phone number, if applicable.



## REFUND POLICY

- **Once uniforms are issued, there will be no refunds.**

CHEERLEADING SQUADS: We have the following squads

- Pee Wee (4-6)
- 8 & Under (7-8)
- 10 & Under (9-10)
- 12 & Under (11-12)
- 14 & Under (13-14)
- 16 & Under (15-16)

Squads may be combined depending on number of registrants in a particular age category.

## CODE OF CONDUCT

Cheerleaders are reminded that while in uniform (practice or game), they are held accountable to the squad, the Club, and the sport in season. In addition, coaches, parents, and players must adhere to the Prince George's County Code of Conduct (See Attachment A). The uniform consists of any items or clothing or gear that associates you with the squad, Club, and the sport. Cheerleaders represent the spirit and staff of FWARCBGC, so wear the uniform appropriately, smartly, and professionally.

Cheerleaders will be under the direction of the coaches during practice time and game performances. There is absolutely zero tolerance for any cheerleader who disrespects a coach. This is ground for immediate dismissal. The FWARCBGC Ethics Committee makes the final decision to remove a cheerleader from the squad due to conduct.

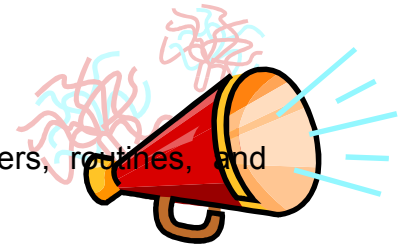
## GENERAL GAME GUIDELINES:

1. **NO** smoking, **NO** drinking, **NO** swearing, **NO** public displays of affection, **NO** unsportsmanlike cheers or behavior, **NO** responding to taunts, and **NO** suggestive body language.

## CHEER ETIQUETTE:

1. Have a basic understanding of the sport for which you are cheering.
2. Know the team name.
3. **DO NOT** cheer when the opposing cheer team is performing a cheer/stunt.
4. Respect the injured players by refraining from negative remarks and remember to always applaud upon their recovery.
5. Cheerleaders cheer until the final whistle, regardless of score and atmospheric temperature.
6. Most importantly, always remember the role cheerleader's play; we impact the success of the team by controlling the spirit on the field or on the court.

## PRACTICES



**Coverage** Practice will consist of warm-ups, exercise, cheers, routines, and stunts.

### **Protocol**

**All cheerleaders** must have an adult sign them in and out of practices.  
**PLEASE ARRIVE ON TIME.**

### **Schedule**

For the summer, practice will be held at Riverview Field on Riverview Rd. Once Prince George's County Public Schools start the upcoming school year, practice will be held on various locations on various evenings. Watch for updates to the practice schedule and location for off-summer sessions.

Practices shall be limited to the Coaches, cheerleader parents, Club officials, and **FWARC-BGC cheerleaders only!**

**Parents**, if you do not wish to stay for the entire practice, you can leave your child for the duration of the practice under our care, and simply return promptly at the end of practice to pick up your child. See practice times above and/or the practice schedule provided on the first day of practice.

PLEASE PRACTICE AT HOME AND TAKE TIME TO REHEARSE THE CHEERS WITH YOUR CHILD. EACH CHEERLEADER IS EXPECTED TO KNOW THE CHEERS AND ROUTINES FOR THE UPCOMING EVENTS (GAMES, COMPETITION, ETC.)

Parents are required to volunteer at least 4 hrs to the Cheerleading Program and or Club during the season.

## GAMES

### **Coverage**

Ideally, we would like to have a squad for each sport's weight class so that each team would have an opportunity to have cheerleaders at the games. Having a squad for each game played will depend on the number of cheerleaders registered for each age group being played.

**Parents**, if you choose not to stay for the entire game, please return promptly at the end of the game to pickup your child.

## PROTOCOL

**All cheerleaders** must have a parent/guardian/adult sign them in and out of games each time your child enters and leaves the compounds. If you are staying at a game after you have finished cheering for your scheduled team, the coaches or Team Administrators (TA) will need to have a written note from the parent or guardian indicating that you have permission to stay on your own and that no one will be picking you up immediately after your cheering duties are over.

**Coaches will inform each squad of the time to arrive prior to game start time**

### **Schedule**

Once we receive the game schedule, we will provide copies to each cheerleader with a schedule that lists when each squad is scheduled to cheer. We will not receive the game schedules until approximately 3 days prior to the first game.

\*\*\*\*\* A Safety Note:

Today's world is a different place then how it used to be years ago. Child engulfed events like; sporting events are places where parents, coaches, and guardians need to pay close attention to each child under their care. With that said, there are simply too many people at these events for coaches to be held responsible for after the normal times scheduled for an event. Our cheerleading coaching staff will do everything in their power to be safe, we simply ask for the same in return from parents.



## ATTIRE

### **Practice**

#### Summer/Early Fall Cheerleading

Practice attire shall consist of white tee shirts, dark shorts, white socks, and tennis shoes. These items are the responsibility of each cheerleader. **No jeans.**

#### Fall/Winter Cheerleading

Practice attire shall consist of white tee shirts, dark sweats, white socks, and tennis shoes. These items are the responsibility of each cheerleader. **No jeans.**

### **Game**

All cheerleaders will wear the Club-issued uniform with the following items specified by the Commissioner to be purchased by each cheerleader:

- 1 Briefs
- 2 White socks
- 3 Royal Blue/and or White hair ribbons
- 4 White sneakers
- 5 Cheerleader turtlenecks (sports turtlenecks)

The standard hairstyle for our cheerleaders will be hair pulled up neatly in a ponytail. If this presents a problem, please see the coaches for alternatives.

**Note: Strict rules apply for competition. No Exceptions because uniformity is key!**

**Uniforms will be passed out one to two weeks prior to the first game.**

## ATTENDANCE POLICY

No cheerleader can miss more than two Competition practices without approval by the head coach and still participate in the Competition event. No cheerleader can miss any mandatory competition practices. The Cheerleading Commissioner makes the final decision on who can attend competition if a coach request that a cheerleader not participate in competition due to attendance.

## FUNDRAISERS

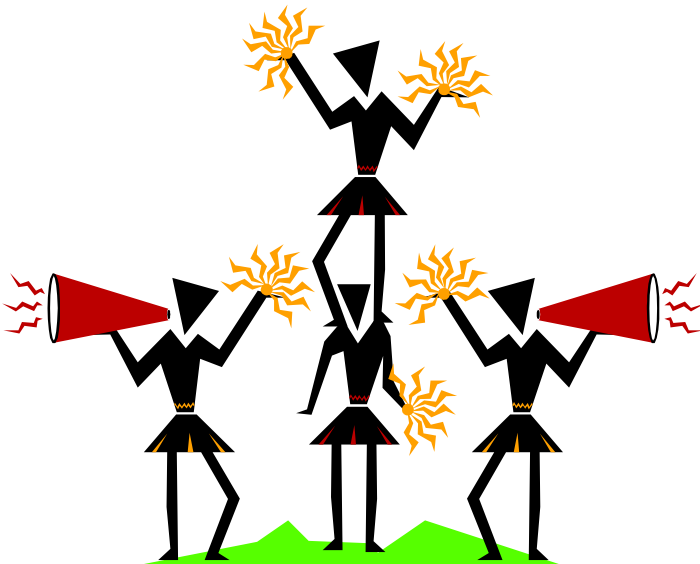
The Cheerleading program will sponsor two to three fundraisers per year. Each cheerleader must participate in the fundraisers, giving it her all to enhance the Club's programs.

## CAMPS

Any cheerleading clinic/camp costs are in addition to the registration fees for joining FWARC-BGC. In the event there is a camp after the squads have participated in the fundraisers, excess funds can be supplemented by the proceeds received during fundraisers. In order to have your camp cost supplemented by the proceeds received during fundraiser; your child must participate and produce proceeds towards our goal of curbing these costs.

## COMPETITION

It is our intent and goal to participate cheerleading competitions. Every hard working cheerleader has an equal and fair opportunity to participate in this competition. However, only those who are serious and have a real interest in perfecting the competition routine will be afforded the opportunity to participate. It would not be fair to cheerleaders who put their heart and soul into this to share this event with another cheerleader who is not serious or has an attitude. Each squad must have at least 6 cheerleaders in order to participate in cheerleading competitions. You must be at least 5 years old to participate in competition.



# FWARC-BGC UNIFORM AND EQUIPMENT RETURN FORM

CHEERLEADING UNIFORMS AND EQUIPMENT ISSUED

\_\_\_\_\_ Uniform Top      Uniform # \_\_\_\_\_

\_\_\_\_\_ Uniform Skirt      Uniform # \_\_\_\_\_

\_\_\_\_\_ Pom Poms      Pom # \_\_\_\_\_

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Youth's Name \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Coach's Name and/or Team \_\_\_\_\_

Equipment Issued By: \_\_\_\_\_

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# Rules Regulating Uniform and Equipment

All uniforms have been issued in new, excellent, or good condition. All uniforms must be returned clean, without debris, stains or any damage. If the uniforms are not returned in excellent or good condition, the parent or guardian is required to compensate the Club for said damage.

, If your child has not returned all of her equipment and uniforms within ten (10) days after the season ends (season usually ends when the County championships begin), then she will be immediately suspended from any sport participation with the FWARC - BGC until items are returned or paid for. Your child will not receive any trophies or any other rewards awarded by the Club.

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For Parents and Guardian(s) Only

I will accept full responsibility to return all equipment and uniforms for any sport my child is participating in with the Fort Washington - BGC. Failure to comply will result in my child not being able to participate in other sports offered by the Club. I have read the "Rules Regulating Uniform and Equipment Return" and will comply with those procedures.

**Signature** of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

## CHEERLEADING UNIFORMS AND EQUIPMENT ISSUED

\_\_\_\_ Uniform Top                      Uniform #/Size \_\_\_\_\_

\_\_\_\_ Uniform Skirt                      Uniform #/Size \_\_\_\_\_

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Youth's Name \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Coach's Name and/or Team \_\_\_\_\_

Equipment Issued By \_\_\_\_\_

# MANUAL AGREEMENT

I agree to abide by all the Rules and Regulations of Prince George's County Boys and Girls Club (PGCBGC) and FWARC-BGC Cheerleading Program.

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

Date \_\_\_\_\_

I acknowledge that I have read, understand and explained to my child all the Rules and Regulations of FWARC-BGC Cheerleading Program. I also agree to abide by all the Rules and Regulations of Prince George's County Boys and Girls Club (PGBGC) and FWARC-BGC Cheerleading Program.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

## Attachment A

### **Prince George's County Boys and Girls Club** **Sports Program, Code of Conduct**

To ensure safe, supportive and respectful sports programs, the M-NCPPC, Department of Parks and Recreation will have a zero tolerance for unsportsmanlike behaviors of patrons, participants, coaches and fans. The Department's **Code of Conduct** requires that participants in Sports Programs (with or without a reasonable accommodation) conduct themselves in a rational and reasonable manner in accordance with the rules and regulations established by the M-NCPPC. Unsportsmanlike behaviors exhibited by patrons, participants, coaches and fans will not be tolerated. Failure to abide by the terms of the Code of Conduct may result in notification of Park police and/or expulsion or suspension from the Sports Programs, M-NCPPC Community Centers and other Park property.

#### **Individuals may forfeit their privileges for failure to abide by the following:**

- Arguing with official's decision(s) or call(s). The Captains and/or Coaches may approach Officials for clarification of decision(s) only.
- Interfering with any Commission employee acting in the course of his/her official duties.
- A person requested to leave Commission property by authorized personnel must do so immediately.
- The possession, use or distribution of weapons, instruments used as weapons, fireworks or explosives is prohibited.
- Fighting, theft and vandalism
- Refrain from indecent, obscene or hate language or conduct, including the use of profanity, derogatory gestures and intimidating comments.
- Physical or sexual assault, battery or improper touching will result in suspension and will be reported to the authorities.
- Possession, use or distribution of alcohol, illegal drugs or controlled dangerous substances is prohibited, as is the use of tobacco products in Commission facilities.

Proper supervision and safety precautions will be taken at all times; however, the athlete participates at his/her own risk. Prince George's County, M-NCPPC, or their employees will not assume liability for injury.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_