**WAVE CHEERLEADING**

Partnered with Impact Cheerleading

**2023-2024 Handbook/Code of Conduct**

**Philosophy:**

Our philosophy is to build Christ like characteristics into the lives of each cheerleader. God can operate through the cheerleading to produce desired character qualities of leadership, loyalty, love, and faithfulness. They will learn to be under authority as well as in authority. They will be aware of their individual responsibility to each other. We are all one body; when one hurts, we all hurt, and when one rejoices, we all rejoice. Each girl will learn what it means to make a commitment to the squad.

**Attendance Policy:**

Competitive cheerleading is a team sport, which requires regular attendance by all team members. We expect all team members to attend all scheduled practices. All practices and competitions are mandatory. After three ***unexcused*** absences, your athlete may be dismissed from the program without refund. Birthday parties, school holiday festivals etc are not considered excused. Band/Chorus concerts etc would be excused if coaches know well in advance. None of this will be excused for Competition day so please communicate dates to anyone that needs them (teachers, admin, coaches etc).

We understand there are sometimes legitimate reasons for an athlete to miss practice. If the parent feels that it is in the best interest for the athlete to miss practice, we ask that the parent contact the head coach immediately to discuss the situation. We believe that with adequate lead time, we will be able to resolve conflicts that arise.

All athletes must arrive on time and are expected to stay the entire length of practice. All athletes must arrive ready to practice (shoes on, hair up, etc) in correct practice wear and with water for breaks. Not being on time and in correct practice wear will result in extra conditioning.

Because competitive cheerleading is a team sport and requires all athletes to be in attendance for every practice, we ask that you do not over commit your child in other traveling sports during the season. No exceptions will be made to allow for absences, late arrivals, or early departures for participation in other sports and/or activities.

If the athlete is going to be absent, you must contact the head coach 24 hours beforethe scheduled practice time.

* If a cheerleader is injured, she is still required to attend competitions and practices to support squad even though she is unable to cheer herself. This is a tough sport, bumps and bruises are to be expected and worked through. An injury would be something serious that prevents ability to practice.
* If a cheerleader is too sick to cheer, she must not attend practice.

ALL practices, unless otherwise stated will be **CLOSED** to allow the best focus and practice time. Please drop girls off at the door and pick up there as well. We do have an upstairs lobby that you can sit in; however, no siblings are allowed unless they are completely quiet and seated working at a table. We need to consider it similar to a Library up there as the church is always in use and we do not want to interrupt.

**Dress Code:**

All athletes must arrive to practice in the proper practice attire. The practice schedule will also include a specific clothing schedule. Spandex, under shorts, are required for everyone at every practice. Once practice wear and bows are received, specific practice shirts/bows will be required for practice. Cheer shoes are to be worn and no one can practice barefoot at any time. Hair is to be pulled back out of the face and cheer bow worn, jewelry removed, and nails properly trimmed. This is for the safety of your athlete and other athletes. Please do not get any new piercings. Camp in June requires all jewelry is out NO MATTER WHAT as a National Rule. Please know jewelry cannot be worn at any time in season practices and camps etc.

NO Jewelry or nail polish permitted at competitions.

\*\*The competition uniform items should not be worn outside of competitions unless otherwise communicated\*\*

Please use great caution when washing uniforms. I recommend putting them inside out in a lingerie bag that you can purchase at Walmart or Amazon, etc (they both have sweater size bags). **NEVER wash with other items, always separately and NEVER DRY IN DRYER**. This will prolong the life of sequins/bling and keep it nice and bright white! Please never show up in dirty uniforms! When traveling with uniforms, we recommend storing them in Ziploc or garment bags to keep them clean! If you get a stain from makeup etc, Dawn Dish soap will remove it 99 percent of the time. Please treat stains and wash uniforms within 24 hours of wear to prevent smell and stains from lingering.

**Competitions:**

Please make yourself familiar with [www.impactcheerleading.com](http://www.impactcheerleading.com). You can find competition and Nationals info on this site. Competition schedules will be on this site at 5pm MONDAY of the week of comp! I won't know the schedule before this either so please check there each comp week for the info.

Details about each competition will be sent out prior to each competition. This will include information such as parking, competition ticket information, address and schedule for the competition/event. Another great way to have the most updated schedule at your fingertips at ALL times is to download the FCC app.

Please arrive on time. Each team must be on time for warm-ups at every competition or the team WILL LOSE their warmup time before competing.

You should plan for each competition to last all day. If a parent is unable to be/stay at the competition until the END of the awards ceremony, it is up to each parent to arrange alternate transportation and guardianship for your athlete.

Before any awards are presented, a message and worship set will be done at each competition. The girls will remain with their team during this time. NO athletes phones will be allowed on the mat during this time.

Team pictures will be taken at the each competition after the awards ceremony. There will also be time for parents to take individual photos of their child with any awards that may have been received at the competition. Once all pictures are taken, your teams will be dismissed to their parents. Please never leave before permission is granted.

**Conduct and Sportsmanship:**

Negative remarks towards other team members, coaches, or other teams will NOT be tolerated from athletes or parents. Being a member of WAVE Cheerleading requires athletes and parents to present themselves in a respectful manner at all times. Sportsmanship and team unity are very important to our organization.

Please do not speak negatively about any person, decision, or result. This includes all social media (internet, message boards, Facebook, Twitter, and Instagram). Parents please help your kids with this.

We strive to create a positive, encouraging, loving, and pleasant learning atmosphere for our athletes. Discipline will be carried out fairly and equally at the coach’s discretion. The best interest of the whole team will be considered prior to enforcement of individual consequences. A child can be dismissed from our team due to the parent’s actions.

Parents, friends, relatives, and cheerleaders are NOT allowed to speak with competition judges for any reason.

The dismissal/addition of a cheerleader is solely the Head Coach and Program Director’s decision.

**Choreography:**

All music, dances, stunts, and any choreography presented to athletes during practices are to remain confidential. They should not be taught or given to others outside of the Wave Cheerleading Program. We do not wish for our material to be compromised by sharing with friends, schoolmates, athletes or parents outside of the Wave Cheer program. You may not use any material for school/recreation sports teams.

**Choreography is mandatory!**

If your family has an out of town vacation already planned during that time that cannot be changed please let me know and we will see what we can do. However, not being at choreography does impact the placement of your child in formations etc.

**Tumbling Classes:**

We encourage everyone to continue to work on developing and improving tumbling skills. Please get in a class at a gym or private lessons when possible.

Coach Amanda holds private lessons each week in the off season, you can text her to sign up.

Once the season starts we understand classes may be a lot to add to your schedule so please train hard in the summer/off season months!

**Travel:**

Each athlete will be responsible for their own travel to and from all practices and competitions. Any overnight accommodations are the responsibility of the parent to book and pay. Travel expenses are not included in the season fees.

\*\*Nationals room rates at Rosen Shingle Creek Resort run at $159/night (may vary). Rooms book QUICKLY and each year, the resort is SOLD OUT for FCC Nationals. Link will be provided to all parents ASAP. It is NOT required that you stay at the Rosen Shingle Creek, but is 100 percent recommended due to the level of fun we have at the resort and the convenience of everything taking place there!

**Community Service:**

As mentioned, this program is about more than just the sport of cheer. Yes, we will excel in cheerleading skills and competitions, but we also will give back to our community with a focus on servant leadership. Wave Cheer is sponsored by Wave City Care, a community outreach of Wave Church. Wave City Care’s vision is partnering with others to educate, equip & empower our community, one life at a time. Wave Cheer believes in helping to achieve this vision. We invite the whole family to participate, not only to give back to the community, but also because these events are excellent team bonding opportunities for the cheerleaders and their families.

**Payment Plan:**

All payments are due upon scheduled collection dates as shown on the website, and in the app, upon registration. Credit cards should be placed on file at registration, and they will be auto-charge on the 1st of the month (as defined in the Payment Schedule below). All parents will be informed before each due date of the remaining balance for their athlete(s) via the Wave Cheer GoMotion app. All payments are non-refundable, even if the child does not continue with the team. Any questions regarding payments should be directed to April Sherman, our Administrative Director at 757-714-7264.

**Payment Schedule:**

The entire account balance for each athlete must be paid in FULL by October 1st 2023.

$225 (**Registration**) Secures spot and IS **NON REFUNDABLE** – Due ASAP upon Registration

$125 charged on April 1, 2023

$125 charged on May 1, 2023

$125 charged on June 1, 2023

$125 charged on July 1, 2023

$125 charged on August 1, 2023

$125 charged on September 1, 2023

$125 charged on October 1, 2023

If registration occurs after April 1, you will be charged the Registration plus the Monthly charges that would have occurred to that point.

Example: Register May 15, 2023.

$225 will be charges at Registration on May 15, 2023

$475 will be charged on June 1, 2023 (125 4/1, 125 5/1, 125 6/1)

$125 will be charged on July 1, 2023

$125 charged on August 1, 2023

$125 charged on September 1, 2023

$125 charged on October 1, 2023

**I HEREBY GIVE WAVE CHEER PERMISSION TO PHOTOGRAPH MY CHILD DURING THE SEASON AND UNDERSTAND PHOTOS MAY BE USED FOR PROMOTIONAL MATERIAL. \_\_\_\_\_\_(initials)**

**Contact INFO:**

Program Director: Amanda Beery

757-478-0411

amandaleighfcc@gmail.com

Program Administrator: April Sherman

757-714-7264

Theshermans4@verizon.net

By signing you are stating that you have both read and agree with the information provided and will be committed to the operation of Wave cheerleading under the above policies.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE - DATE