

**WEST LINN YOUTH CHEER
HANDBOOK**



**PROGRAM RULES,
REGULATIONS & EXPECTATIONS**

PROGRAM STANDARDS & POLICIES

PRACTICE, GAME AND PERFORMANCE STANDARDS

All WLYC Members are expected to attend and be on time to all practices, games and other scheduled activities. The participation of all team members is required for safe, proper and effective performances and for the **TEAM** to be complete.

1. Be on time.
2. Have a positive attitude.
3. Be respectful to yourself and others around you.
4. Team members may not let others use their current in season gear. This includes practice shirts, poms or any part of your uniform. **Current uniforms may only be worn by members of West Linn Youth Cheer.**
5. No jewelry of any kind may be worn during game days, practices, tumbling classes, camps, competitions or events.

ATTENDANCE

1. Attend and be on time to all practices, games and other scheduled team activities.
2. The coaching staff sets the summer schedule. Summer practices are required if you are in town. Exceptions will be made with a 2-week notice.
3. Any team member who is too sick to attend practice must notify the coaches IMMEDIATELY.
4. Any team member who is out ill and misses practice may be removed from the upcoming game or performance at the discretion of the coaches. **The athlete is still required to attend in uniform and support their teammates.**
5. Any team member who misses choreography without prior arrangement or discussion may be removed from a performance at the coaches discretion.
6. Any team member who is absent during the season may be removed from an upcoming performance or game at the discretion of the coaches.

INJURIES

1. It is the team member's responsibility to notify the coaching staff of an injury as soon as it occurs.
2. Any team member who is injured must have a doctor's note, sidelining the team member.
3. Team members are responsible for following doctors' orders at all times.
4. Any injured/sidelined team member will need a doctor's written release of full participation, in order to resume participation.
5. Any limitations on participation may keep the team member sidelined and the team member may have to sit out of an upcoming performance.

SAFETY RULES

1. All team members are required to follow and adhere to all safety guidelines, procedures and directions given by the coaches.
2. Participants must not chew gum or have candy in their mouths during practice or performance.
3. Jewelry of any kind is prohibited. **Do not get a new piercing. You will be asked to remove it before participating.**
4. Hair must be tied up and secured off the face as a safety precaution.
5. Fingernails must be kept short, near the end of the fingers.

TRANSPORTATION

ALL team members will need to provide their own transportation to and from team practices, events, games, camps, clinics, competitions, etc.

COMMUNICATION

1. Team members/families are expected to check the TeamSnap schedule for any changes and or updates on a regular basis.
2. Team members/families are responsible for all information posted to TeamSnap.
3. If at any time a team member has an issue that needs to be addressed, please have the first point of contact be directly from the team member to their Coach.
4. Parents and team members should communicate directly with the coaching staff regarding illness, absences, team issues and time commitment. Asking another teammate to inform a coach they will not be at practice or have quit the team is UNACCEPTABLE.
5. If there is a more serious situation that needs to be discussed, please contact the Program Director and then a parent meeting can be arranged.

THE 24 HOUR RULE

We understand that at times there may be a situation that you or your athlete may want to address. We ask that you give it 24 hours, allowing time to think about the situation. Discuss the issue with your athlete and determine the best way to approach it. If after 24 hours you feel that the concern needs to be addressed with your athletes coach or the Program Director, please request a meeting time for you and your child to talk with their coach or the Program Director. Discussions just before, or immediately after a practice or game will not be allowed unless previously arranged. If you have any questions, concerns or comments, we have an open-door policy. You can contact the Program Director at westlinnyouthcheer97068@gmail.com

Submitting your registration is your acknowledgement that you, as a parent/guardian, and your cheerleader have read this document and agree to abide by these standards.

PARENT COMMUNICATION

At West Linn Youth Cheer, we value open and respectful communication between parents, coaches, and athletes. To ensure a positive and productive environment for everyone, we ask that all parents adhere to the following communication expectations.

Our Role as Coaches

Our job as coaches is to develop the team as a whole while helping each athlete grow within the program. Every decision we make is based on what is best for the entire team, not just one individual. While we always have our athletes' best interests at heart, we ask that parents trust our experience, judgment, and the structure of our program.

Your Role as Parents

As a parent, your role is to support your athlete, encourage good sportsmanship, and foster a positive attitude toward the team and the sport. We appreciate your involvement and enthusiasm, and we ask that all communication with coaches be respectful and appropriate.

Acceptable Communication Practices

- ✔ Respect the Chain of Communication – If you have a question or concern, please reach out directly to the coaching staff at an appropriate time. Avoid discussing concerns during practice, games, or competitions, as coaches need to focus on the athletes.
- ✔ Use Appropriate Channels – We encourage email or scheduled meetings for discussions that require time and attention.
- ✔ 24-Hour Rule – If an issue arises, please wait 24 hours before reaching out to discuss it. This allows time for emotions to settle and for a more productive conversation to take place.
- ✔ Stay Positive & Constructive – Negative talk about coaches, athletes, or other parents (whether in person or on social media) is not appropriate. Let's foster a positive environment for our athletes.
- ✔ Encourage Your Athlete to Communicate – If your child has a question about their role, skills, or placement, encourage them to speak with a coach. Part of their development is learning how to communicate and advocate for themselves.

Unacceptable Communication Practices

- ✘ Coaching from the Sidelines – Please allow the coaching staff to instruct the athletes. Mixed messages can confuse and distract your child.
- ✘ Confronting Coaches at Practice or Games – These are not the right times for discussions. If you need to talk, please schedule a meeting.
- ✘ Disrupting Team Decisions – All decisions regarding team placement, skills, routines, and game day roles are made with the team's best interest in mind.
- ✘ Negative Talk or Gossip – Any form of gossip, complaints, or negativity (in-person or online) that affects the team environment will not be tolerated.

Our Shared Goal

We all want the best for our athletes, and by working together with respect and understanding, we can create an incredible experience for them. Let's keep communication open, positive, and focused on what truly matters, which is helping our cheerleaders grow, learn, and succeed!

If you have any questions or concerns, please reach out appropriately, and we will be happy to address them. Thank you for being a part of West Linn Youth Cheer and for supporting our athletes in the best way possible!

Submitting your registration is your acknowledgement that you, as a parent/guardian have read this document and agree to abide by these standards.

SOCIAL MEDIA AGREEMENT

Being a part of West Linn Youth Cheer means representing yourself, your teammates, and our program with respect, both in-person and online. Social media is a powerful tool, and we want to make sure it's used in a way that reflects the values of our program. By submitting your registration, you commit to using social media responsibly and positively as it relates to our program.

Represent the Team with Respect

- ✔ Think before you post—your words and actions online reflect on you and the program.
- ✔ Keep posts, comments, and messages positive and encouraging.
- ✔ Show good sportsmanship—never speak badly about teammates, other teams, or coaches.

Keep It Safe & Kind

- ✔ Be respectful in all interactions—bullying, negativity, or inappropriate content is never okay.
- ✔ Do not share personal information (yours or your teammates') publicly.
- ✔ If you see something hurtful or concerning, report it to a trusted adult.

No Drama, No Negativity

- ✔ Avoid engaging in online arguments or drama.
- ✔ If you have a team-related issue, talk to a coach in-person instead of posting about it.
- ✔ Remember that deleted posts can still be saved or shared. Always think before you post.

Keep It Fun & Positive

- ✔ Use social media to celebrate achievements, encourage teammates, and share your love for the sport.
- ✔ Tag the team in positive posts and support your teammates online.
- ✔ Represent West Linn Youth Cheer and the West Linn community with pride!

Consequences for Violating This Agreement

If social media is used in a way that goes against these guidelines, the following actions may be taken:

1. A warning and discussion with a coach.
2. A conversation with parents/guardians.
3. Dismissal from the program, depending on the severity of the issue.

We hold the cheerleaders representing our community to high standards and expect nothing but respect from them when posting on public apps or websites.

Agreement

I agree to follow these social media guidelines and understand that my actions online have real-world consequences. I will use social media responsibly and always represent West Linn Youth Cheerleading with respect and integrity.

Submitting your registration is your acknowledgement that you, as a parent/guardian, and your cheerleader have read this document and agree to abide by these standards when using social media.

FUNDRAISING

FUNDRAISING AND DONATIONS

The West Linn Youth Cheer program is funded through personal payments, fundraising and sponsorships. Our goal is for 100% participation. These funds are necessary for the success of the program. Funds raised will go towards operational costs associated with registration.

Why Fundraising Matters: The Key to a Stronger, More Successful Team

Fundraising is more than just raising money. It's about creating opportunities for our young athletes to grow, compete, and thrive. When families participate in fundraising, they help ensure that every athlete has the chance to experience the best of youth sports without financial barriers.

The Impact of Fundraising

- ✔ Lower Costs for All Families – Fundraising helps offset the costs of facility rentals, coaching fees, insurance, taxes/accounting fees, admin fees, making sports more affordable for everyone.
- ✔ Better Equipment & Training – With additional funds, our athletes have access to safe practice spaces, and coaching that enhances their development.
- ✔ More Opportunities & Experiences – From training clinics and camps to team bonding events, fundraising gives athletes the chance to experience more than just the sideline.
- ✔ Building Team Spirit & Community – When families come together to support fundraising efforts, it strengthens our team's sense of unity and pride. Athletes learn teamwork not just at practice or on the sideline, but in their community as well.
- ✔ Life Lessons for Our Athletes – Fundraising teaches responsibility, leadership, and perseverance, skills that go far beyond sports. Athletes learn to work toward a goal, communicate with others, and give back to their team.

How You Can Help

- ♦ Support & Promote Events – Share fundraisers with family, friends, and local businesses to increase participation.
- ♦ Volunteer Your Time – Even small efforts, like working a shift at an event or helping with setup/cleanup, make a big difference.
- ♦ Participate in Team Fundraisers – Whether it's selling raffle tickets, attending a dine out night, collecting bottles or securing sponsorships, your participation directly benefits the program.

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ACKNOWLEDGEMENT OF PARTICIPATION

1. I will maintain open communication with the coaches at all times regarding scheduling conflicts, illness, injuries, and absences.
2. I will follow the instructions given by the coaches. I understand and agree that coaches make all program decisions.
3. I understand that coaches are happy to discuss any athlete's strengths and weaknesses to help them improve, but that the coach must also consider what is best for the team as a whole.
4. I understand and agree to the payment plan and will stay up to date with my own cheer account.
5. I understand that once any uniform or gear items have been purchased, no refunds are guaranteed to be issued for these items.
6. I understand and agree to the calendar given and realize changes can be made.
7. I understand that I am responsible for learning cheer material from missed practices using the videos provided, on my own, outside of practice times.
8. I understand that jewelry of any kind is not allowed to be worn while at cheer practices and events. I also understand that if I get a new piercing, I must remove it for **all** cheer practice and events, and that I cannot tape/band aid over my new piercing or use spacers.

Submitting your registration is your acknowledgement that you, as a parent/guardian, and your cheerleader have read this document and agree to abide by these standards.