

NEW FAIRFIELD FALCONS CHEER RULES 2009

The following rules apply to ALL teams, Tiny Mites through Midgets.

Cheerleading Program Goals: Promote values of teamwork, friendship, leadership and self-discipline.

Practice the ideals of sportsmanship, scholarship, and physical fitness. Promote respect and civic pride.

Teams: Cheerleaders will be placed on a team by the cheer coordinators and in direct compliance with Pop Warner rules. **Every cheerleader is expected to perform all aspects of cheer, to the best of their ability!(basing, back-spotting, front spotting, jumping, tumbling and flying if possible).** The Head Coach and the coordinator will determine what position a cheerleader will have on the team and everyone that signs up will cheer. If there is a physical reason your child cannot comply with this rule, it must be noted on her original Pop Warner 2009 physical form.

Attendance/Practices/Camps: Practice begins **Monday, August 3 @ 5:30 PM**, and will end promptly at 8:00 PM. All cheer squads practice 4 nights per week for the entire month of August. Practice nights are **Monday, Tuesday, Wednesday, and Thursday**. Practice may be scheduled on Fridays to make up any cancelled practices due to unfavorable practice (weather/field) conditions. **All required paperwork must be handed in by 7/18/09.** No child will be allowed to "watch" practice due to lack of the proper paperwork.

Please note: Cancellations will be posted on our voicemail and website **AFTER 4:30 PM.**

Website: **NFFALCON.ORG** voicemail: **778 7090.**

All practices are mandatory. Attendance will be recorded at every practice/game. A Falcon Cheerleader is required to complete **42 hours of practice** before he/she is eligible to participate at a game or competition. If a cheerleader fails to meet the required number of practice hours he/she will attend all events, in full uniform and sit with the coaches. Credit will be given for this time. Credit (hours) will be given for attending the WCPW Cheer Clinic.

Practice Attire: Black shorts (no pockets) plain white t-shirt (tucked in) are required at all practices. cheerleading practice sneakers (tied), socks and hair securely up in a ponytail wearing team practice bow. Cotton Sweats (no hoods or zippers) are acceptable in cooler weather. If wearing pajama pants to practice you must wear shorts underneath. **Last practice of each week, 2009 practice clothes are required (black star shorts and matching top).**

Absolutely NO: Jeans, shorts or tops with pockets, strap tops, nylon clothing, long pants, wearing any type of jewelry (exception: medical medal, must be taped to body) or beaded hair ornaments. Fingernails must be kept short. No Polish. Please **remove jewelry at home; this includes all braided bracelets, anklets etc.**

For safety purposes any cheerleader not dressed in compliance with the above Pop Warner rules will not practice and hours will not be counted. **Cheerleaders must turn off their cell phones at practice and games**

Practices/Games After Labor Day: Each team will practice 3 nights per week, 2 hours per night, times and locations (indoors) to be determined by availability. **A responsible adult must walk-in with and return to the practice area to pick up their child.** Please note: up to 30 minutes maybe added to the practice to allow for setting up and putting away of the mats. **Parents: Mats are extremely bulky and heavy please make every effort to help roll-up and return mats to their storage area.**

No cheerleader will leave before all equipment is properly stored.

Unexcused absences will not be tolerated. 2 unexcused absences (practice and/or game) and a cheerleader will be removed from the squad. Registration fees will be forfeited. This attendance practice is based on the football schedule. If the games begin before Labor Day this rule is in effect.

Example of unexcused absences:

1. Cheerleader attends school, does not come to practice. 2. Failure to notify head coach of an illness prior to practice or game. 3. Failure to notify/discuss with head coach any family commitment in advance (**at the beginning of the season**). 4. Leaving a practice or game to try-out or participate in another sport/activity. All activities, dance, gymnastics, and/or attending an all-star gym are encouraged but Falcon practice and games must be the first priority. **Anyone not attending the last practice before a game will not participate in the half-time routine.**

To be eligible to cheer at a competition a cheerleader is required to attend the all of the practices 2 weeks prior to each competition. There will be no exceptions!

Discipline: As a Falcon Cheerleader, use of drugs, smoking, drinking, inappropriate language or disrespect to our staff and/or opposing towns will not be tolerated. Good sportsmanship and a spirit of cooperation are expected at all times. Discipline problems will be dealt with immediately. The Head Coach will place a call to the parents. They will be required to attend the next practice with their child and speak with the Head Coach and the Coordinator. This will be the only warning. If the problem continues action will be taken to rectify the situation. Failure to follow any of the Falcon rules is considered grounds for removal from the squad.

Games: Falcon Cheerleaders are required to attend and cheer at all pep-rallies, football games and competitions. **This includes all regular and postseason games, home and away.** Games may be scheduled to begin the week before Labor Day weekend. Falcon Cheerleaders will cheer at all games regardless of weather conditions. If our football team plays, we cheer. All team members will arrive at least 1 hour prior to the scheduled kick-off, **dressed appropriately** and report directly to their head coach. They will remain with the team for the entire game. Cheerleaders late for warm-up will not participate at half time.

Attire/Games: Skirt, vest, practice cheer sneakers, cheer socks, briefs, game bow and in cooler weather, body liner. Hair is up **securely** in a high ponytail, make-up kept to a minimum. **No Jewelry, earrings/belly button rings, nail polish or glitter allowed.** When the weather requires a jacket, only **the jacket from the Falcon wind suit** is allowed. Additional layers may be worn underneath the jacket. Please do not alter the appearance of the wind suit. Exceptions: **National Patches may be sewn on the sleeves.** If you would like to wear gloves or a something to keep your ears warm, they must be red, black or white. **Each cheerleader is required to bring their entire uniform, including body liner and wind suit to all games. All equipment/supplies will be carried in a black zippered bag, labeled with the cheerleaders name and team.** Any cheerleader not in the required uniform will not cheer that day.

Game Conduct: Team members will remain with their squad during all games (including half-time) and competitions. Please do not ask to take your daughter to the "Snack Shack" to feed her. Make sure she has eaten before the games or competitions. Only a planned snack will be allowed. The coaches will issue a snack list at the start of the season. This rule is for all teams.

When Cheerleaders attend a game that they are not scheduled to cheer at they will remain in the stands and off of the field and/or track.

Water bottles are allowed and encouraged at all practices and games. Please label them and dispose of them when finished. Cheerleaders will not be dismissed from the game or practice area until is has been cleaned up for the next squad.

You will find directions to the games on our website. ALLOW ENOUGH TIME FOR TRAVEL. Please note: Each town provides us with directions to their fields, some are less than accurate. **Check Them.**

Uniforms: Uniforms will be distributed on Sunday August 23th. Cheerleaders must be present to try on the uniform. A \$200.00 deposit (post dated check) is required. Upon completion of the 2009 season uniforms will be returned to the Falcons and your check will be returned to you. Uniforms must be returned clean. Anyone not returning or damaging or altering our uniforms will be billed the replacement cost for the uniform. Washing instructions will be included with the uniform. **DO NOT DRY CLEAN UNIFORMS.**

Competitions: Competitions are a lot of fun. This is the time for all of our cheerleaders to shine. All the squads (including the Tiny and Mitey Mite teams) will perform at our local competition. Tiny and Mitey Mites are considered exhibition only. We encourage all of our teams to do their best. If you feel your child would be uncomfortable competing or your family cannot commit to the competition dates or practices, please speak to your child's coach or the coordinator as soon as possible (**at the beginning of the season**). We can suggest an alternate plan for your child. **Please remember the games and competitions coincide with school breaks for Labor Day, Columbus Day, Veterans Day and Thanksgiving. Plan accordingly.**

The Staff and Coaches of the Falcon Organization are all volunteers. They donate countless hours of their time to our children. They need your support and cooperation at all times. **Do not interrupt the coaches during a practice, game or competition.** If you have any concerns regarding your child please speak to the **HEAD COACH or Cheer Coordinator** after the event. For everyone's safety only rostered coaches and cheerleaders are allowed in the practice or competition area or on the football field.

Important Dates (dates subject to change)

May 21 ... Sneaker (supplies) Order Night @ Company A Firehouse ...Times TBA

August 3 Practice begins at 5:30 sharp, **Parents Meeting @ Galante Stadium 7:00 PM**

August 22th WCPW Cheer Camp ... Pomperaug

August 23th Sunday ... Uniform Pick-up @ TBA, Times will be assigned

October (date to be announced) Parent's Preview

October 10th Pasta/ Hair setting Party @ Company A Firehouse

October 11th Western CT. Pop Warner Competition @ Pomperaug High School

October 17th ... Pop Warner CT. State Competition @ New Haven Field House.

November 7th or 8th ... New England Regional Semi-Finals@ Mass Mutual Center in Springfield Mass.

November 21st ... New England Regional Championships in Worcester, Mass.

Questions: voicemail: 778-7090

Email: nffalconscheer1@aol.com

Website: www.nffalcons.org

NEW FAIRFIELD FALCONS CHEER
ACCEPTANCE OF RULES AND REGULATION 2009

Date: _____

I _____ have read and understand the attached rules and regulations of the New Fairfield Falcons Cheer Squads.

Failure to follow any of the Falcon and/or Pop Warner National 2009 rules will result (as stated) in the dismissal of my daughter/son _____ from the 2009 squad.

Registration fees will be forfeited.

signature of parent or guardian

telephone number
