2019-2020
TEAM HANDBOOK

PURPOSE
We AIM to share the hope, love and joy of a Christ-centered life through competitive cheerleading.

1. By offering a quality cheer program that is committed to excellence and teaching cheerleading skills in a positive, encouraging, inclusive environment.
2. By building relationships that provide opportunities to share the good news of God’s love.
3. By encouraging and mentoring these young individuals to become positive role models in their communities.

And I pray that you, being rooted and established in love, may have power, together with all saints, to grasp how wide and long and high and deep is the love of Christ . . . Ephesians 3:17-18

SEASON OVERVIEW

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>March 18 - July 8</td>
<td>Monday Night Tumbling Classes 5:30 pm/6:30 pm</td>
</tr>
<tr>
<td>April 15</td>
<td>Registration Opens</td>
</tr>
<tr>
<td>July 1 &amp; 8</td>
<td>Returning Cheerleaders - Mandatory Parent Meeting / Uniform Fitting</td>
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<tr>
<td>July 22 &amp; 25</td>
<td>Open Practices - FREE Trial</td>
</tr>
<tr>
<td>August 1</td>
<td>Registration Deadline / Mandatory Parent Meeting / Uniform Fitting</td>
</tr>
<tr>
<td>August 2 - 3</td>
<td>Mandatory FCC Kick off Camp @ Tri-City Christian</td>
</tr>
<tr>
<td>Aug. 16-18 &amp; 24-26</td>
<td>Mandatory Choreography</td>
</tr>
<tr>
<td>August 5</td>
<td>First Practice / Skills Evaluation</td>
</tr>
<tr>
<td>January 18</td>
<td>Team Pictures (tentative date)</td>
</tr>
<tr>
<td>March 7</td>
<td>End of the Season Party</td>
</tr>
</tbody>
</table>

COMPETITION DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>November 2</td>
<td>Pre-Season Cheer Classic @ Tri-City Christian</td>
</tr>
<tr>
<td>November 23</td>
<td>Competition</td>
</tr>
<tr>
<td>December 7</td>
<td>JAMZ Competition</td>
</tr>
<tr>
<td>January 24 - 26</td>
<td>JAMZ Nationals las Vegas NV</td>
</tr>
<tr>
<td>February 1</td>
<td>FCC West Coast Championships APU Azusa</td>
</tr>
<tr>
<td>February 15</td>
<td>Competition</td>
</tr>
<tr>
<td>March 1</td>
<td>Special Performance @ CenterPointe Church</td>
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OUTREACH DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>October 14 &amp; 17</td>
<td>RMH Craft Night / Serve Dinner ( Pick 1)</td>
</tr>
<tr>
<td>December 10</td>
<td>Christmas Outreach</td>
</tr>
<tr>
<td>March 1</td>
<td>Cheer Family Sunday</td>
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</tbody>
</table>
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PRACTICES

Cheerleaders must be at every practice on time and prepared – fully dressed in appropriate practice attire, including hair pulled back, jewelry removed and proper cheer shoes on. (Cheer shoes are to be worn at practices and performances ONLY.) Parents and other family members may view practices from the designated viewing areas ONLY. It is important for the cheerleaders to remain focused during practices. Practices will be held 2 times a week for 1 ½ to 2 hrs. ALL PRACTICES ARE MANDATORY.

• Wear designated practice attire with cheer shoes
• Pull hair up in a ponytail
• Remove ALL Jewelry
• Bring a water bottle
• Apply tape or braces prior to start time

ATTENDANCE

Competitive cheerleading is a team sport. The full squad is necessary at every practice to determine spacing alignment and visual appeal. More importantly, all members are needed at each practice to maintain safety standards while practicing all stunts. Each squad member plays a key role in these stunts. Practice attendance is vital and the following attendance policy will be strictly enforced. Any cheerleader accruing more than 3 absences will result in dismissal from the team with NO REFUND. Due to the commitment level of the cheerleader and commitment and flexibility required of the parents, we HIGHLY recommend you consider your child’s current schedule and activities before committing to competition cheer.

COMPETITION

Attendance at all competitions is mandatory.
A parent or designated chaperone MUST accompany each cheerleader at each competition. Cheerleaders are required to be present for competition awards. Please plan accordingly.

TEAM UNITY

Cheerleaders and parents need to promote team unity by showing respect for one another. Positive dialogue and encouragement should be exhibited at all times. Derogatory comments about other cheerleaders / coaches will NOT be tolerated. Treat others the way you want to be treated. If you have a concern, please contact the coach or coordinator. Do not cause unwarranted chatter amongst the team parents or cheerleaders. Talk with someone who can make a change or address your concern.
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SAFETY

As with any athletic activity, cheerleading jumps, tumbling and stunts involve risk of injury. Every cheerleader should be 100% attentive at all times. Talking and side activities create distractions and negatively impact the team. If the coach is working with another group, the information is relevant for all. SAFETY IS FIRST PRIORITY!

INJURIES

All injuries must be reported to a coach immediately and an incident report completed. If medical attention is required, it is the parent’s responsibility to provide the coach/director with a doctor’s note including any special instructions or limitations. Injured cheerleaders are expected to attend practices and performances to observe and support her teammates.

UNIFORM

Designated practice and team uniform pieces (including bows, make up and accessories) must be kept clean, organized and accessible. Cheer shoes are NOT to be worn outside the gym. They are used for practices and performances ONLY until after the season.

HAIR, MAKE UP, NAILS & JEWELRY

Cheerleaders will wear matching hairstyles and make up for all performances. Nails must be kept trimmed to an athletic length. Please REMOVE nail polish prior to performances. Only matching nail polish will be allowed for performances. Jewelry of any kind is strictly prohibited at practices, and performances.

CELL PHONES / ELECTRONICS

Cell phone and other electronic devices are to be silenced and put away during practice and other team activities. These electronics become a distraction from staying focused on team building. The coach will collect them to be picked up by the parent after practice when necessary. In the case of an emergency, please call the coach or director.

ATTITUDE

Cheerleaders are expected to come to practice with an “I can” attitude.” I can’t” will result in extra laps or conditioning. Come to practices and performances with an attitude of cooperation, realizing that what is best for you personally may not be best for the whole team.
Tumbling drills and skills will be a regular part of our practice schedule. Each cheerleader is highly encouraged to receive additional training in tumbling. Tumbling skills are a crucial part of competitive cheerleading. The more participants that tumble, the higher the score in tumbling and execution will be.

COMMUNITY OUTREACH

We are planning on doing 3 outreach events during the season. These will include:

1. Christmas caroling in a facility for the elderly
2. Serving a meal & doing a craft with the families at the Ronald McDonald House
3. Performing at CenterPointe Church on Cheer Family Sunday

CONTACTS

CenterPointe Church
3441 Main Street Suite 106
Chula Vista CA 91911
Contact by Phone: 619-737-9765
Contact by Mail: PO BOX 210805 Chula Vista, CA 91921

Pastor: Chuck Rheam               chuck@centerpointecv.com
Impact Director: Lisa Rheam       l.rheam@hotmail.com       619-995-4907
Coach: Lynsie Pecina             lysie.pecina@gmail.com     619-995-8117
## 2019-2020
### TEAM HANDBOOK

### FEES & PAYMENT PLANS

#### Payment in full by July 15, 2019
- **Tiny Team** (Ages 5 - 6) $650
- **Youth & Junior Teams** (Ages 7 - 14) $800

#### Monthly Payment Plans

<table>
<thead>
<tr>
<th>Team</th>
<th>Monthly Payment Plans</th>
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</thead>
<tbody>
<tr>
<td><strong>Youth &amp; Junior Teams</strong> (Ages 7 - 14)</td>
<td>$105 8 Monthly Payments&lt;br&gt;$121 7 Monthly Payments&lt;br&gt;$142 6 Monthly Payments&lt;br&gt;$171 5 Monthly Payments</td>
</tr>
</tbody>
</table>

**Includes:**
- Complete Uniform
- Cheer Shoes & Socks
- Cheer Bow
- Competition Make Up
- Competition entry fees - for cheerleader
- Team Music Mix
- Team Choreographer
- 2 Day FCC Kick Off Camp (Youth & Junior Teams)
- Practice T Shirt, Shorts & Leggings
- Instructional & Music Drop Card
- Stuff Pack Bag
- Devotional Booklet
- Souvenir Gift 
- Pin
- End of the Season Gift

### Additional Cost:
- Parking and Spectators Admission to Competitions
- Hotel for Nationals (Las Vegas, NV)
- Travel to and from Competitions
- Awards Banquet Meal

### Optional Cost:
- Jacket - $50
- Pants/Capris - $25
- Backpack - $25
- Travel Bag - $30
- Picture Package - $25
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FUNDRAISING GUIDELINES

ALL fundraising events must be approved by the impact director.

10% of profits raised will go directly to the team account, the remainder of the profits will be divided as follows:

Events such as Petco Park Padre Games, Car Wash or Bake Sale:
10% of profits go directly to the team account then remaining profits will be divided equally towards cheer expenses of those who participate in the fundraising event.

Fundraising Sales such as a Raffle, Meal or Candy Sale:
10% of profits will go directly to the team account then the remainder of the profits will be divided according to how much each individual sells.

Monies earned though fundraisers may be used to cover the cost of the 2019 - 2020 CenterPointe Church Panthers Cheer expenses. Examples: Air Fare, Hotel Accommodations associated with the 2019 - 2020 Cheer season.

Monies left over at the end of the 2019 - 2020 season may roll over to the next cheer season or be donated to the team account. If a cheerleader is not returning for another season, ALL LEFT OVER FUNDS WILL ROLL OVER INTO THE TEAM ACCOUNT.

If a cheerleader quits or is dismissed for any reason, all monies raised will go directly to the team account.

NO REFUNDS WILL BE GIVEN FOR ANY REASON

ACKNOWLEDGEMENT

We the parents and cheerleader acknowledge that we have read and understand the policies outlined in this handbook. We have received a copy of all 6 pages. We agree to follow the above mentioned policies and understand that failure to do so may result in:
1. Cheerleader assigned extra laps or conditioning
2. Cheerleader sitting out at a practice or performance
3. Cheerleader removed from the team with no refund of monies paid

____________________________________________________  __________________
(Parent’s Signature)       (Date)

_______________________________________  __________________
(Parent’s Signature)       (Date)

____________________________________________________
(Cheerleader’s Signature)  (Date)