



# Cheerleading

## 2020-2021 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 (Tentative)

July 6	Summer Session Begins
July 20-23	Optional FCC Overnight Camp - Fullerton CA
July 24-25	Optional FCC Day Camp
August 27	Mandatory Virtual Parent Meeting
August 31	Registration Deadline / Uniform Fitting by Appointment
September 3	First Practice / Skill Evaluations Begin
18-20 or 25-27	Mandatory Choreography
<b>December 5</b>	<b>Team Pictures</b>
March 21	Cheer Family Sunday @ CenterPointe Church
April 10	End of the Season Party

### COMPETITION DATES (Tentative)

November 7	Pre-Season Exhibition @ Tri-City Christian
January 9	SHARP Regionals @ APU Azusa
January 31	FCC West Coast Championships APU Azusa
February 20	ALOHA @ San Diego Convention Center
March 13/14	SHARP @ Knott's or March 27 SHARP Nationals @ APU Azusa
March 21	Special Presentation @ CenterPointe Church





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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 unexcused absences will result in dismissal from the team with NO REFUND.**

Unexcused absences are defined as any absence that is not directly related to a contagious illness and documented by a licensed physician. 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.



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### 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

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

All teams will be participating in Operation Christmas Child and CenterPointe Church Family Sunday. In addition, each team will dedicate one regular practice time to a team community outreach.

### RESIGNATIONS /DISMISSALS

I/We hereby understand that if my/our child is dismissed or chooses to leave the program for any reason, no fees will be refunded, no exceptions. Competition fees, choreography, uniform costs, etc. cannot be refunded. I/We understand that we are entering a contract commitment for the entire cheer season.

### 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](mailto:chuck@centerpointecv.com)

Impact  
Director: Lisa Rheam

[lrheam@hotmail.com](mailto:lrheam@hotmail.com)

619-995-4907



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### FEES & PAYMENT PLANS

**Registration Fee:** \$150 (waived for summer session participants)

**Includes:**

Cheer Shoes  
Practice T Shirt  
Shorts & Bow

**Season Cost:** \$600 (plus registration fee)

**Includes:**

Complete Uniform  
Competition Bow  
Cheer Socks  
Competition Make Up  
Competition entry fees - for cheerleader  
End of the Season Gift

Team Music Mix  
Team Choreography  
Devotional Booklet  
Stuff Pack Bag  
Souvenir Gift (Pin)

**Payment Plan:** \$150 Registration plus \$150 Monthly x 4 Months (September, October, November, December)

**Additional Cost:**

Parking and Spectators Admission to Competitions

Hotel for Nationals (Las Vegas, NV)

Travel to and from Competitions

Awards Banquet Meal

**Optional Cost:**

FCC 4 Day/3 Night Overnight Camp - \$390

FCC 2 Day Kick Off Camp - \$150

Jacket - \$50

Pants/Capris - \$25

Backpack - \$25

Travel Bag - \$30

Picture Package - \$25

I, parent/legal guardian of the participant agree to be solely responsible for the above mentioned cost and payment schedule. I understand that all payments made are non refundable.





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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 through fundraisers may be used to cover the cost of the 2020 - 2021 CenterPointe Church Panthers Cheer expenses. Examples: Air Fare, Hotel Accommodations associated with the 2020 - 2021 Cheer season.

Monies left over at the end of the 2020 - 2021 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)

