

Welcome to Junior Varsity Cheer

-Head Coach: Rachael Vander Meulen

- Assistant Coach: TBD
- Junior Assistant Coach: Gabby Quigless
- Team Mom: Cristina Balder
- Cheer Coordinator: Crystal Villarreal

Team Vision & Mission

As your coaches this season it is our vision to develop a strong, unified & successful team together. We will be setting high standards & expectations for all our athletes and staff. Through this experience your children will learn work ethic, accountability, commitment, teamwork, mutual respect & self-confidence. We are dedicated to building a team that we can be proud of that will represent our community in a positive light.

It is our mission to build your children into true athletes within a team that can perform successfully. It's very important that we stress to you that cheer is a SPORT. Part of our mission is to develop, condition & advance your child, while giving them a safe place to express themselves and learn life skills. Through this season we will uphold pride, spirit, strength & integrity in all that we do.

Do's & Don'ts

-DO

- Be on time
- Be consistent
- Be committed
- Be positive
- Be respectful
- Be coachable
- Be open minded
- Be trusting
- Communicate
- Follow instructions

-DON'T

- Be late
- Be negative
- Be disrespectful
- Body shame
- Name call
- Curse
- Disobey
- QUIT

Expectations

• ATHLETE

You will be expected to be on time to all practices, games & competitions. To attend all scheduled practices. Must participate in all workouts, drills, conditioning, tumbling, stunts, cheer, etc. (unless a doctor's note is provided). All athletes will run/jog 1-2 laps each practice. It is your responsibility to come to practices and games prepared. This includes bringing water to stay hydrated as well as an appropriate sweater/jacket for the colder weather. You will also be responsible in communicating any issues you're having to your coach. If you don't tell us, we won't know. Your highest expectation will be to give your 100% every day and promise to commit to your team till the end of the season.

• PARENT

You will be expected to be on time and provide adequate transportation to all practices, games & competitions. (Please communicate any transportation needs in advance so we can provide accommodations.) If your child will not be competing, we will need to know in the beginning of the season. You must be committed to having your child attend all scheduled practices. If your child is sick, there is a family emergency, urgent matter or school function you must advise the head or assistant coach as soon as possible. Each child will be assigned a game day to provide HEALTHY snacks & drinks for the entire team. The team mom will let each parent know what date their child will need to provide these. If for any reason you are unable to make it to your schedule game, you will still be responsible for

providing the snack and will need to make arrangements with the team mom. If you are still unable to fulfill your commitment you will need to find a replacement and communicate who will be taking over for you to the team mom. It's very important that you as well communicate directly to either Head or Assistant Coach of any issues. We do follow a chain of command and want to be the first to know so that we may take the proper steps in order to handle and or correct the issue. No issues will be discussed before or during practice. I will gladly speak to anyone after practice or schedule a time to meet.

Competitions

As a team we will be competing in four competitions this season.

-WCC Cheer and Dance Competition (Locals)

- Sunday, October 9th
- La Costa Canyon High School

-WESCON (Regionals)

- Sunday, November 6th
- Long Beach Arena

*FL Nationals TBD

-JAMZ Holiday Showcase (additional cost)

- Saturday, December 17th
- Anaheim Convention Center

-JAMZ Nationals (additional cost)

- January 19th-21st
- Orleans Arena, Las Vegas
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Fundraising

The season comes with additional costs, and we are committed to provide plenty of opportunities to fulfill this financial obligation. If you are actively participating in these fundraisers, we are confident you will earn the funds needed to cover these costs. If for any reason you are struggling with the fundraising, please communicate with your head coach. We will make other opportunities and adjustments if you're

willing to fundraise and take the time. Below is a list with cost & due dates so that you have a better understanding of how these are calculated and needed by.

- \$40 Music Fee (competitions require licensed music, a fee is charged & we split it evenly amongst the team)
- \$25 Competition Glam Kit (includes red lipstick, blush, silver eyeshadow & makeup bag)
- \$150 End of the year party & gifts
- \$55 JAMZ Competition Fee
- \$150 JAMZ Nationals Competition Fee
- JAMZ Holiday Show Case Cost:TBD

If you choose to do a “buy out” we can invoice you and send you a payment plan. If you choose to do fundraising, you will need to comply to the schedule and earn enough within that timeline or pay the difference.

- Music fee due by September 1st (1st fall season fundraiser may cover this cost)
- Glam Kit due by September 15th (2nd fall season fundraiser may cover this cost)
- End of the year party & gift (homecoming & competition booth may cover the cost if you donate and or volunteer)
- JAMZ completion fees (combination of pancake breakfast, Black Friday & other fundraisers to be determined will cover the costs)

-PRACTICE

- Red, black, white or silver top and black bottoms (Examples: spansks, leggings, fitted tank tops, fitted shirts & sports bras)
- Official cheer shoes (must wear socks ankle or no show only)

- All hair must be tied back into a ponytail or bun
- Trimmed fingernails, below the finger (no acrylic nails)
- NO hoodies, sweatshirts or jackets with pockets or any type of jean clothing
- ABSOLUTELY no jewelry, including earrings. (DO NOT get any new piercings during the cheer season. You will have to remove the jewelry during all practices, games and competitions, no exceptions)
- If eyeglasses are required, MUST wear glasses sport strap (glasses retainer)

-GAMES

- Official Game Day Uniform (must be clean)
- Black Cheer Shoes (wiped down clean)
- Black no-show socks w/ruffled cuffs
- Hair in a tight high ponytail (curls are optional) no flyaways
- Cheer bow (must be the official team cheer bow, pink team bow in October)
- Trimmed fingernails, below the finger. NO nail polish or acrylic nails
- ABSOLUTELY no jewelry, including earrings. Failure to comply will result in sitting out for the game.
- Pom Poms (must use pink pom in October)
- If eyeglasses are required, MUST wear glasses sport strap (glasses retainer)

-COMPETITION

- Official Competition Uniform (must be clean)
- Black Cheer Shoes (wiped down clean)
- Black no-show socks w/ruffled cuffs
- high ponytail w/hairpiece if needed (no flyaways)
- Competition cheer bow
- Trimmed fingernails, below the finger. RED nail polish, no acrylic nails.
- Red lipstick, blush & silver glitter (included in the “competition makeup kit”)
- ABSOLUTELY no jewelry, including earrings. CAN NOT compete if jewelry is not removed.
- Pom Poms (if required)
- If eyeglasses are required, MUST wear glasses sport strap (glass retainer)

TEAM RULES

(Other than the information mentioned above)

- **All athletes are required to help put out and away mats**
- **Zero tolerance for physical violence**

- No bullying (body shaming, name calling, etc.)
- No taunting opposing teams
- No cell phone usage during practices or games
- No food or drinks during games (coaches will give water breaks, food can only be consumed during half-time break)
- No gum, mints or candy
- Always practice safety precautions
- No sitting during games, must be in ready position
- Parents must not distract athletes when they are in their cheer lines
- Respect all elders (Parents, volunteers, coaches, etc.)
- Clean up after yourself
- Respect yourself and others
- Come prepared
- Uniform must be clean
- Ask to use the restroom

Disciplinary Actions

- Any stunt group who drops an athlete will do 25 squats and or pushups as a group
- Any athlete unprepared will do 25 VPW Jumping Jacks
- Any athlete late to practice will run a lap
- Any athlete not in dress code will do 15 Burpees
- A warning will be given for not listening, a second occurrence will earn them 25 squats at practice, if there is a third occurrence they will be asked to sit out.
- For any other rule listed above that is broken then any off the disciplinary actions could be implemented

If one of the major rules are broken for example physical violence or bullying, there will be additional disciplinary actions

Contact Information

Rachael Vander Meulen (Head Coach): 864-621-3789

Cristina Balder (Team Mom): 760-978-5290

Crystal Villarreal (Cheer Coordinator): 760-212-2163

Maggie Quigless (VPW President): president@vistapopwarner.com

Athlete Signature

Date

Parent Signature

Date