

**HANDBOOK**

**FOR**

**EGLIN**

**YOUTH SPORTS**



**CHEERLEADING PROGRAM**

**FALL/WINTER 2020**



**OUR MISSION:** is to help Active Duty Military personnel and Department of Defense (DOD) civilians perform their duties more effectively with less concern for the wellbeing of their children. For children to develop Physical, Social, Emotional and Cognitive and Abilities and experience Achievement, Leadership, Friendship and Recognition. To provide Boys and Girls the opportunity to play on teams with their peers and receive equal playing time without regard to their Ability, Creed, Sex, Race or Economic Status. To have fun, compete and challenge themselves to improve.

### **Eglin Youth Center Code of Conduct**

1. Common Sense and Common Courtesy! This will be most important rule to follow.
2. Safety is everyone's responsibility! Learn to be conscious of your surroundings and the potential for danger.
3. Profanity (language, attire, or gestures) is not acceptable. Express yourself in a positive and friendly manner.
4. Abuse or destruction of property is not acceptable. Take pride in your surroundings.
5. Appropriate attire is required ...shirts and shoes are to be worn. Swimsuits do not meet our dress code.
6. Telephones are available for calling parents/guardians and for official business. Ask permission from staff to use phones.
7. Horseplay, running and tag are not acceptable behavior in facility. Areas will be designed for active participation.
8. Drugs and alcohol are not permitted in or around Youth Center or activities sponsored by Eglin Youth Programs.
9. Professional Eglin Youth Program staff members will make decisions in the best interest of the youth programs. Appropriate behavior is the responsibility of every individual. Set the example and be a leader ...find ways to resolve differences.
10. Above all enjoy your time, contribute as you can and ...

**‘WELCOME TO THE WORLD FAMOUS EGLIN YOUTH CENTER!’**

## **1. CLASSIFICATIONS**

- a. Ages 5 / 6: Cheerleading 5 prior to 29 Nov, but not 7 prior to 25 Feb of following year
- b. Ages 7 / 9: Cheerleading 7 prior to 29 Nov, but not 10 prior to 25 Feb of following year
- c. Ages 10 / 12: Cheerleading 10 prior to 29 Nov, but not 13 prior to 25 Feb of following year

## **Mascots are not allowed**

## **2. GAME PROCEDURES:**

- a. All cheers will be done in a positive manner. No negative remarks. (i.e. Miss it, Look who is behind, You can't shoot, etc.).
- b. No signs on the walls during basketball season.
- c. No beating or slapping on the mats, walls or bleachers.
- d. The Home Team cheer squad will cheer the first quarter of every game. The Visiting Team will cheer the entire second quarter. During halftime the home team cheers first and then the visiting team will perform for a period of 8 minutes (4 minutes for each Cheer team). At the conclusion of halftime the home team will cheer from the third quarter on.
- e. Mounts can only be performed with the assistance of and in the presence of Cheer Coach.
- f. Absolutely no pyramids or partner stunts higher than the hips will be performed.
- g. Gymnastics is not allowed in the gym.
- h. There will be no fundraisers conducted or sponsorships for any teams in any sport unless approved by the Youth Fitness and Sports (YSF) Director.
- i. Each cheerleader will be afforded the opportunity to be the Cheer Team Captain for a week during season.

## **3. GAMES AND PRACTICES:**

- a. Games and practices are limited to 3 meetings per week not to exceed one hour for 5 – 8 year olds and 1 hour 30 minutes for 9 and above.
- b. During football and basketball season, practices will be held inside the Youth Center whenever possible

## **4. UNIFORMS**

- a. Appropriate undergarments must be worn when in uniform.
- b. Items such as hair ribbons and shoe strings may be purchased by the parents.

## **5. COACHES RESPONSIBILITIES:**

It is not the intent of the Youth Sports Program to not influence the coaching programs; however, certain procedures relative to the welfare and morals of the cheerleaders and their parents must be recognized:

- a. Coaches must ensure that players and parents are informed of scheduled practice and game times.
- b. **Never leave a player or group unsupervised!! If the Head Coach or Assistant is unable to attend practices or games they must be postponed or cancelled. Parents are not allowed to supervise the event in their absence.**
- c. **COACHES ARE NOT ALLOWED TO TRANSPORT PLAYERS HOME OR TO PARTIES, PRACTICES OR GAMES.**
- d. All activities / meetings must be held on Youth Center property only.
- e. Maintain favorable relations with parents. Coordinate team events. Have parents meetings prior to your first practice to discuss your policies, especially for resolving differences of opinions. Ask parents to please not confront you with a problem in front of any child.
- f. Always remember that your primary objective is the safety of the children for whom you accept responsibility. Your next objective should be that the players and all connected with the team have fun.
- g. No coach can communicate proper athletic principles and values to children unless they exemplify these qualities both on and off the field or court
- h. Dress appropriately.
- i. Do not enter into any event without the approval of the YSF Director

**NOTE: ALL PRACTICES AND MEETINGS MUST BE HELD ON YOUTH CENTER PROPERTY. NO ACTIVITIES OR END OF SEASON PARTIES CAN BE SCHEDULED AT ANYONES HOME.**

## **EMERGENCY ACTION PLAN PROCEDURES**

Staff and volunteers have specific responsibilities related to the safety and welfare of young athletes. Everyone involved in the Eglin AFB Youth Sports Program should be familiar with these precautions. Please review them carefully.

In the event of an emergency or accident, the following steps should be taken:

1. Assess the situation. DO NOT PANIC. Administer first aid only if qualified.
2. Have an adult stay with the injured person at all times.
3. If additional assistance is needed, CALL 911, if you are on EGLIN AFB give location immediately. Provide the dispatcher with the following information.
  - a. Your name and position.
  - b. Exact location including street access, entry gate, building location and /or best access route to scene.
  - c. Victim's condition.
  - d. Nature of the injury and circumstances surrounding emergency.
  - e. Stay on the phone until you are told to hang up.
4. Return to the injury scene in case you are needed for other assistance.
5. Meet the emergency vehicle.
6. Immediately call parent or guardian and advise them of the circumstances.
7. Report accident to Youth Programs Manager (882-8212 / 5074) and complete AF form 1187 if required.
8. Call the child's parents or guardians to make sure everything is okay the evening of the accident.

### **REMEMBER:**

1. At NO TIME should you offer a diagnosis or express personal opinion as to the extent of the injury.
2. Coaches are responsible for keeping emergency numbers and medical information on each of their players at all times.
3. Coaches are responsible for having a first aid kit at all practices and games. Do not rely on others for ice packs, etc. If you are running low in your first aid kit, ask YSF Director for more before it's too late. Regularly check the supplies in the first aid kit.