

# TOPSAIL JR PIRATES CHEERLEADING

Dear Cheerleading Families,

My name is Ellen Tomerlin. I am the cheerleading commissioner for the Topsail Jr. Pirates. I have experience as a cheerleader and have been a dance instructor for the past 23 years. I plan to bring my expertise to each of the squads and will be working closely with all the coaches to ensure your child will learn the proper techniques to become a great cheerleader. I will be very accessible by telephone or email during the entire season to answer any questions or concerns you may have. I would like to have an email contact for everyone, because this has proved to be the most efficient way of communicating. Please try to check your email on a regular basis, especially on practice and game days so that you will be sure to get any last minute announcements. I will be at the practice field for every practice. My **phone # is 910-274-3007**, I am available at that # at all times. My email is [marktomerlin@yahoo.com](mailto:marktomerlin@yahoo.com).

I want to welcome you all to Topsail Jr. Pirates Cheerleading! 2009 promises to be another year of growth and achievement, not only for our association but also for all of its participants. We are going to continue our tradition of FUN, SUCCESS and COMMITMENT. Pop Warner cheerleading is a big commitment and it is important that before you and your child become a part of our program you be aware of our policies and plans.

This program is for the veteran cheerleader as well as the beginner. We will do our best to strengthen any skills your cheerleader may already have, and we will teach new skills and techniques to new cheerleaders, as well as veterans. We stress safety, fun, sportsmanship, teamwork and commitment! Cheerleading IS a sport and our cheerleaders are all athletes. We will treat them as athletes and expect you to do the same!

The following pages will outline all rules and policies required by the Pop Warner Organization. Please be sure you read and understand all this information.

I, along with all the coaches, am looking forward to having your child as part of one of our squads!

Ellen Tomerlin  
Topsail Jr. Pirates  
Cheerleading Commissioner

## 1. BEHAVIOR:

We expect all cheerleaders to behave appropriately, coming to practice with a good attitude and a willingness to learn. There will be NO name calling or disrespecting other cheerleaders, football players and/or especially coaches.

- Discipline problems may be dealt with by ANY or ALL of the following methods: Coach will discuss problem with cheerleader and/or parent, cheerleader may sit out on any part and/or remainder of practice/game, cheerleader may not participate in half time routine.
- REPEAT discipline problems will be addressed by the following sequence:
  1. Coach discussion with cheerleader
  2. Coach discussion with cheerleader and parent present
  3. Cheerleader may be dismissed from Team, **NO REFUND TO BE ISSUED**

As Cheerleading is a team sport, every cheerleader's behavior and attitude will be aimed at promoting team spirit and cooperation. If the coach feels that the cheerleader is displaying a negative attitude, uncooperative, and/or causing a safety hazard by their actions, they will be subject to the discipline stated above.

## 2. PRACTICES/GAMES:

The coaches' aim is to equally involve every cheerleader in all aspects of cheerleading. A cheerleader's position in stunting, tumbling, jumping and dance routines will be determined by the coach based on their opinion and analysis of the cheerleaders' ability, amount of experience in that area, and attendance at practice and games. Cheerleaders will **NEVER** perform and/or practice stunting or tumbling without a coaches direct supervision and permission. Stunting should **NEVER** be performed at home and/or at school without parent knowledge and consent.

- The head coach of each team will establish a parents area. No one is allowed on the practice field during practice unless they have filled out a volunteer application. Coaches must be NYSCA certified to be on the field. Please make sure siblings are kept out of practice area. This may cause a distraction and result in an injury of the participant and/or sibling.
- If you wish to apply bug spray (recommended) to your child (we are not permitted to do so), you should do so prior to practice or games.
- **Sign in/out at every practice and game with coach or team parent.** No child may be dropped off or picked up from a practice/game without their parent's initials on the attendance sheet. If you are dropping your child off, please leave a phone # where you can be reached in case of emergency. No child will be allowed to leave with a different adult, other than a parent or guardian, without a note. When you sign your child out, the sign out sheet will list any notices you should receive on that day. Please adhere to this rule for your child's safety as well as our ability to get communications to you. We will not give handouts to the children to give to you.
- **Cheerleaders must be brought and picked up ON TIME.** Practices are not

optional, they are mandatory! However, the coach may be made aware of some previous commitments. If a cheerleader continues to miss practices, there will be a discussion with her parents about the seriousness of her commitment and possible removal. We only allow 3 unexcused absences. If there are more than 3 unexcused absences, you may be benched for a portion of a game and not be able to perform the half time routine at the game. Attendance has been a problem in the past and we will be correcting that this year. The cheerleaders work as a squad, a group, a team. They depend on each other to be there. The coaches work very hard to put together routines and need 100% from all cheerleaders.

- **Coaches should always be notified if the cheerleader is going to miss a practice or game.**
- **Water bottles (with their names on them) are a must at all practices and games!!! Light colored Gatorade is okay, but no soda please.**
- **Attire for practice is t-shirt (no tank tops), cotton gym shorts and sneakers that tie.** No jewelry is allowed at practice or games, not even earrings. Nails are to be short and no nail polish please. Hair needs to be pulled away from your face, if possible up in a high ponytail. Uniforms are supplied by Topsail Jr. Pirates and are to be kept in good condition. You will be required to purchase Shoes (the girls have been fitted), long sleeve leotard, hair bows and two pair of socks. **THE COST OF ALL ACCESSORIES IS \$60.50. PLEASE MAKE CHECK PAYABLE TO EPCPWA.**
- Everyone is responsible for their own garbage on the practice field. It is a privilege that we are able to use Kawanas Park. Please keep our practice area clean so that we may continue to be extended this privilege.
- **Practice schedules will be as follows:**

<b>Tiny Mite</b>	Tues and Thursdays	6-8
<b>Mighty Mite</b>	Monday and Thurs.	6-8
<b>Jr. Pee Wee</b>	Mon , Tues. Thurs	6-8
<b>Pee Wee</b>	Mon ,Tues. Thurs	6-8
<b>Midget</b>	Mon, Tues. Thurs	6-8
- **Cheerleaders must be present ½ hour before each game, if not, she will not participate in the half-time routine.**

### 3. COMMITMENT:

Our program is for girls (and boys) between the ages of 5-15. Every child will be placed on the squad appropriate for her age and past experience. The younger age groups (flag, mighty mite) are taught the basics of cheerleading and stunting. Their primary commitment is to attend the football games and cheer their teams to victory. They will also be given the opportunity to participate in the annual local cheer competition for their age groups (exhibition only, not competing for a trophy)

For the older groups, the commitment becomes more serious. Not only is it mandatory for the girls to attend all the football games and cheer their teams to victory, but they also compete in the yearly Conference Cheerleading Competition.

Your child can be part of a team and choose not to participate on the competition squad if the commitment becomes too difficult. That decision must be made at the beginning of the season and you must inform your head coach of your decision so that she can plan accordingly. We also ask that once she makes the commitment, she see it through to the end. **OUR GIRLS PERFORM FORMATIONS AND STUNTS THAT REQUIRE TEAMWORK; THEREFORE, IT IS NECESSARY TO HAVE THE ENTIRE TEAM AT ALL THE PRACTICES AND GAMES.**

**4. COMPETITION:**

At the end of the season, every Pop Warner Organization participates in a local Cheer off (competition), ours is usually held in Wilmington (more info to follow). Please note, however, that Tiny Mite and Mighty Mite are exhibition only, whereas Jr. Pee Wee, Pee Wee is and Midget will actually compete for a place and trophy. If the squad scores a certain amount of points and/or receives 1<sup>st</sup> or 2<sup>nd</sup> place, they will be invited to the Regional Competition in Charlotte to be held Thanksgiving Weekend, where they will compete against other states, therefore, commitment is important and more practices will be scheduled. If any football teams, Jr. Pee Wee and up, are invited to a Bowl game, then the cheerleaders for that team **MUST** attend the bowl as well.

**5. TRANSPORTATION:**

Children are responsible for arranging their own transportation to and from games and practices. Inform a coach of any transportation problems. **PARENTS MUST PICK UP THEIR CHILDREN PROMPTLY AT THE END OF PRACTICES AND GAMES AND MUST SIGN THEM OUT WITH THE COACH OR TEAM PARENT.**

**6. GAMES:**

A definite schedule will be provided as soon as possible. Games are on Sat. at Ogden Park. Our first game is Sept. 5<sup>th</sup>. All cheerleaders are expected to be at the field ½ hour before the game. Make sure you see your child's coach before taking your child from the game.

**7. FUNDRAISING:**

Topsail Jr. Pirates is a non-profit organization and relies heavily on fundraisers to provide uniforms and safety equipment for our teams and to run this association to benefit your child. We thank you for your cooperation so far with fundraising and hope you continue to support our efforts.

**8. CHEER UNIFORMS AND CARE:**

See a coach or Cheer Commissioner if there are any problems or concerns with uniforms issued. Care instructions:

- A) Wash in cold water. Do not use chlorine bleach.
- B) Hang to dry. Skirt pleats will fall in place if hung dry.
- C) Do not iron

D) Do not have dry cleaned. Dry cleaning will ruin the fabric.

**Do not cut, sew or alter the skirt and shell in any way! Make sure Pop Warner patches are secured properly.**

**9. PARENT CONCERNS/QUESTIONS:**

We ask that you please follow our chain of command when discussing any concerns. Cheer questions should be addressed to your team mom first, then to your head coach. For further questions, clarifications and issues not resolved, speak to **Cheer Commissioner, Ellen Tomerlin (274-3007), then Vice President, Tom Potts (620-6933) and then President, Cliff Gaither (538-9495).** We want to know your opinions and concerns in order to provide a better program and environment for your child.

**10. VOLUNTEERS:**

We are still in need of tremendous amounts of help to keep this organization successful and functioning. You do not have to have any experience in cheerleading. We will train you and in most cases the Head Coach has a lot of knowledge but needs help with paperwork, additional adult support, etc.

We also still need some coaching assistants. If you would like to help out in any way, please see Ellen after the meeting to sign up.

THANKS IN ADVANCE!!!

We do still need help each night in the concession stand at Kawanas. Please see Nicki Montague to sign up for this.

Also, our organization will be responsible to man the concession stand at Ogden Park one Sat. during the season. You will be asked to help out if you can.

**WE LOOK FORWARD TO A GREAT YEAR!!!!!!!!!!!!!!**

**IMPORTANT NOTE!!!!!!!!!!!!!!**

**PLEASE SIGN BY YOUR CHILD'S NAME ON THE ROSTER SO THAT WE KNOW YOU ATTENDED THIS MEETING. THIS WAY WE WILL KNOW WHO DID NOT GET THE INFORMATION.**