

What is competitive cheerleading?

Cheerleading is one of the fastest growing sports in Canada. Competitive Cheerleaders do not cheer for a specific school or sport team. They cheer for themselves and the love of the sport. Cheerleaders work hard to perfect a 2 ½ minute routine, which includes acrobatic stunting, tumbling, jumps and dance. Competitive cheerleading is a great way to improve your strength, flexibility, endurance and coordination. Being a member of the Xtreme Outlaws team is the best way to build self-confidence and develop social skills. Competitive cheerleading is the ultimate team sport, as it relies on every member to be successful. Cheerleaders work *Xtremely* hard to reach their goals. Being a part of the Xtreme Outlaws will be a fun and rewarding experience.

Communicating with your coach will make for a successful year. Absences must be reported to their coach within 24 hours, or as soon as you know so that adjustments can be made to the practice plan.

NO absences during the month prior to competition. It is imperative to have all cheerleaders at practices. Cheerleaders that miss a practice during these months may be pulled from the competition. Each situation will be assessed on an individual basis.

We encourage all parent/cheerleaders to discuss any potential conflicts with their coaches prior to registration including vacations, special events, school trips, other sport teams. Cheerleaders who train at a competitive level and are on other teams are required to contact us prior to registration to discuss potential conflicts during the year. This may also assist in determining which team the cheerleader will be best suited for.

Communication

Xtreme has gone paperless. All information of any kind will be emailed to each of our parents/cheerleaders and posted on the website (www.xtremeoutlaws.ca). Please make sure that we have both the parent email and the cheerleader's email.

Safety

Safety is top priority at all times. At competitions, a coach must know where you are at all times and must be told in advance. The buddy system is to be used at all times. Jeopardizing safety to yourself or another Xtreme member is grounds for disciplinary action or dismissal.

Supervision

Cheerleaders will be supervised during practices and competitions, however the parent is responsible for their cheerleader/s immediately following each event.

Attendance

Xtreme Outlaws are successful because of our MANDATORY attendance policy. Other sports that conflict with Xtreme practices are NOT excused. Cheerleaders will know their schedule prior to this fall season, if a conflict with another activity arises, cheerleaders must choose before the fall season starts. This is a crucial part of the program for both practices and competitions equally. If you cannot make a scheduled practice or competition, **you must notify the coaching staff 24 hours prior to your absence from practice (or a month before competition)** so we are aware and can rearrange stunt set-ups, dance routines etc. If you have a heart beat “please” be there. Sick or injured athletes are still expected to attend practice and participate when possible (the athlete and coach will discuss this at the beginning of practice). Absent cheerleaders are required to come in outside of their regularly scheduled practice time to learn (from their coach) what they have missed. A fee will be required to cover the time spent teaching the athlete missed material.

Unexcused absences include hair appointments, baby sitting, shopping, town dances etc., Repeated tardiness or absences hinder the team’s progress and may necessitate position changes or may result in disciplinary action. Three or more unexcused absences are grounds for dismissal. Athletes must also understand that being on a competitive team means they must manage their time appropriately. This means completing school projects, essays, etc. in

advance as absence from practice due to any of the above reasons will be deemed as unexcused. We understand that exam periods are a very busy time for our high school aged athletes and we will have an altered practice schedule during that time period to accommodate for the athletes' challenging schedule.

Competitions

Members are required to attend all competitions. All cheerleaders must arrive on time with the proper attire as directed by the coach. Times and place to meet will be given to the parents/cheerleaders via email prior to competitions (usually the final schedule is posted 3 days prior to competition). The website (www.xtremeoutlaws.ca) will also contain information in this regard, as well as links to the competition websites so that parents may obtain additional information from the source.

Parent Volunteers

This is a highly important and necessary group. We are looking for parent volunteers to assist us with fundraising efforts, planning and hosting our Winter Fest and year end Awards Banquet.

Transportation to events and competitions

Transportation to competition and events is up to each cheerleader/parents. Carpooling will be organized whenever possible. Transportation to the U.S. (for travelling teams only) will be discussed at our parent meeting.

Cheerleading shoes

Cheerleaders are required to have proper cheerleading shoes which are designed specifically with the needs of the cheerleading and stunting in mind. All cheerleaders participating in the program must have an indoor pair of cheerleading shoes/runners. **No outdoor shoes will be accepted.** For competition, a clean white pair of runners (no contrasting colours) with white laces will be needed. Flyers are required to have cheerleading-type shoes (see coaches for further details).

Uniform - Practice

The practice uniform consists of team shorts and a team t-shirt. It is mandatory that each cheerleader has this uniform and that she/he wears it to each practice. No exceptions (other than Xtreme wear). Failure to follow these rules will result in the athlete staying after practice to complete additional conditioning presented by the coach, or asked to sit out of practice. Cheerleaders will be sized at the registration night.

Uniform - Competition

The competitive uniform: Xtreme uniform Top, Shorts and Bow. It is mandatory that each cheerleader own their own uniform. Cheerleaders will be sized at our teams parent registration night.

Xtreme Outlaws clothing order form will be available in September.

Only Xtreme wear is to be worn during practice & competitions.

Rules & Regulations

No smoking, drinking of alcoholic beverages, drug use or energy drinks (eg. Red Bull) Challenging the authority of the coach or personnel in charge by an athlete or parent will be an automatic dismissal from the Xtreme Outlaw Program. Abusive behaviour, lying or any negative conduct is grounds for dismissal

Internet

No member will post any negative comments directly related to Xtreme, its members, staff or coaches on any chat board, blog or any other media. Nor shall any member post negative comments regarding any other gym or cheerleaders. Xtreme members shall not post routines or practice videos on the internet (ie. You Tube, Face book etc.,) No member shall post pictures of Xtreme athletes while in uniform or in their practice uniform unless prior permission is given by an Xtreme coach or parent.

Leadership

Each person must know that they do not have the right to be part of the Xtreme Outlaws, it's a privilege. Each athlete and parent must be aware of the commitment they are making to the team. Each athlete must realize that the manner they conduct themselves while representing the Xtreme Outlaws, directly reflects the entire program. Each member must cooperate with and be helpful with the coach or personnel in charge... Each athlete will work hard, take direction and strive for excellence.

Expectations

Each athlete will maintain the highest level of behaviour. Athletes will maintain the proper appearance, with no inappropriate apparel. Athletes will be on time for ALL activities, practices, competitions etc., Athletes will do everything in their power to meet personal and team goals and are responsible for finding out any missed information supplied by the coaches.

Fundraisers

Fundraising is a vital part of our program. It is what helps keep the cost of competitions to a minimum and provides for other costs the squad incurs. We have a few fundraisers each year to give everyone an opportunity to help raise money for the squad, and to meet new people. We welcome new ideas for fundraisers. In the event your child is unable to participate in certain fundraisers due to prior commitments, we would appreciate parents helping out.

Sponsorships

Sponsors play a vital role in our program. In addition to the fun raising efforts, sponsors donations help keep the cost of competitions to a minimum and provides for other costs the Outlaws incur. If anyone is interested in sponsoring the squad or who may know a potential sponsor please let us know.

Tumbling

Tumbling is an asset to cheerleading as it helps with balance, fitness, strength and is an important part of our program. Xtreme is offering tumbling classes during the summer months and during the 2011-2012 Cheerleading season. For more information regarding our tumbling sessions, please check out information posted in the gym or visit our website.

Jewellery & Hair Accessories

NO jewellery, including earrings are to be worn to practices or competitions as it poses a safety risk. New piercings must be covered prior to practice or competitions. Some competitions (Cheer Alliance) insist on the “removal of all piercings“. No metal clips, barrettes or hard head bands will be permitted. Only covered elastics or scrunchies to hold a pony tail.

Early Dismissal

Cheerleaders will be released early from practice **only** if prior permission has been provided and will only be released to an adult unless stated.

Make-up/fingernail polish

No fingernail polish is to be worn at practices or competitions. This is a safety concern that in the event of an injury that may prevent us from being able to make an accurate **assessment** of your condition. Fingernails should be no longer than the fingertip in length and clean. No acrylic nails are

allowed. Failure to follow these rules will result in sitting out at practices and or competitions.

Conduct

Remember, while in uniform and out of uniform you are representing your squad the Xtreme Outlaw family.

Gum Chewing/Drinks

No gum is allowed during practices or competition. Beverages such as Water or Gatorade style drinks and juices are strongly recommended, but must be kept outside the gym.

Rules for Parents & Fans

Please leave the coaching up to the coaches. At competitions parents are NOT allowed in the practice area except for team mom's do not approach judges or officials at a competition to discuss rules or fairness. Xtreme has A "closed door" policy for practices, as parents, friends can distract the athletes or the coaches. Parents wishing to speak to a coach should do so before or after practice.

Giving back to the team

A deal on hotel cost
Items to raffle
Fundraising ideas
Bus Driver license
Business owners to sponsor t-shirts, awards etc.,
Equipment etc.
Parent volunteer

To mention a few, please let us know how you can help your cheerleader's team.

Parents & Fans

Cheerleading is not only a team event, it's a family event. We have always had a great group of supportive parents and it means so much to the cheerleaders to have their family members in the crowd cheering them on. Parent t-shirts are available for \$15.00 plus HST. Select competitions will have incentives for the best sign, or most Xtreme fan, go ahead, be creative. Without dedicated parents we would not have such dedicated cheerleaders. Thank you.

Holiday Closing & PD Days

Canada Day	Family Day
Labour Day	Good Friday
Thanksgiving	Easter Sunday
Winter Break	March Break

Competition & Competition Fees (dates to be confirmed)

Breath Of Life / Cheer 4 The Cure
Cheer Evolution Provincials/Nationals
OCF Regional's / Provincials

U.S.A. Competition (if the team(s) are ready)

This schedule is tentative and subject to change.....

Payment & Terms & Conditions

Please make all cheques payable to the Xtreme Outlaws Cheerleading Inc.. Post dated cheques should be payable on the 1st of each month. Please include the cheerleader's name on the memo section of the cheque for reference. Returned cheques will incur a \$25.00 fee that will be due at the next practice.

Options: Tuitions paid in full at registration - 10% discount
4 months post dated cheques, no savings.

Sibling Rates

Cheerleading is a great sport for the ENTIRE family. To make cheerleading more affordable for the family we would like to offer a \$10.00 deduction off the 2nd cheerleader's monthly tuition fees.