

LYCL Cheerleading Handbook 2025

CHEERLEADING 2025

Welcome to the 2025 cheerleading season. The Lindenhurst Youth Cheerleading League's program is structured to instill good sportsmanship, teamwork, community spirit and fun for our cheerleaders. After the past few seasons, we are determined to offer our full experience to the community.

Please read this handbook carefully and explain the rules to your child so there will be no misunderstandings during the season. We are looking forward to working with you and your child and we are anticipating another very successful season.

Please note this is a competition cheer league. Attendance at every competition is mandatory. If you are planning a vacation during the cheer season please do not join the competition league. Any absence at a competition can result in being off the comp team.

General Rules

Parents, your cooperation is necessary to have a safe, smooth running program. Thank you in advance!!

1. Do not drop off your child at any practice, game or competition if there is no adult present.
2. Parents are **not** permitted on the field. Please watch from the bleachers during summer practices. To ensure your child's safety, we cannot allow parents to come to gym practices.
3. Any cheerleader leaving practice, a game, or competition without permission from their Division Coordinator will be removed from their team permanently. **NO EXCEPTIONS!**
4. **ABSOLUTELY NO FRIENDS ARE TO BE BROUGHT TO ANY PRACTICE AT ANYTIME!!!!!!!!!!!!!!**
5. In the past, we have had behavior problems. Inappropriate behavior **will not be tolerated** and will result in immediate dismissal from the competition team.
6. Absolutely no smoking by any cheerleader.
7. At no time should a parent approach the coach with any problems. It is the Division Coordinator's position to act as liaison between you and the coach. Please remember that our coaches are teenage/young adult girls who volunteer their time for your children.
8. Please return all forms and money to your Division Coordinator or Team Mother. Coaches are not permitted to accept money or paperwork from you.
9. If your child takes any medication on a regular basis or has allergies of any kind, please notify the Division Coordinator. Also please inform your Division Coordinator of any medical problem your child may have that could affect their safety or the safety of others. All information is kept strictly confidential.

10. Please give your division Coordinator any emergency #'s, in case we need to reach you during a practice, game or competition (cell phone).

Practice Attire

1. Girls are expected to dress appropriately. Sweats, shorts, socks and good supportive sneakers are acceptable. No jeans, platform shoes or sandals. Hair should be tied back in a tight ponytail. Please no clips, headbands or bobby pins.
2. **NO JEWELRY OF ANY KIND.** Including earrings, necklaces, bracelets, rings, belly rings, nose rings etc. Please do not allow your child to wear jewelry to practice!!!! The Division Coordinators/Team Moms will not be responsible for lost jewelry!!! National Federation Rules state that band-aids covering earrings are not acceptable so it may be best to wait until cheerleading is over before piercing anything. **If your child does come to practice or games with jewelry on she will be unable to participate and this will result in an absence.**
3. Flyers should be especially conscious of the type of sneakers they wear to practice. Sneakers with sharp ridges on the bottom make it very difficult for a base to hold their foot. Whenever possible a cheerleading sneaker should be worn or a sneaker with a smooth bottom.
4. For the consideration of your teammates, please arrive at all practices, games and competitions showered and properly attired.

Field and Gym Practices

1. Practice starts in July.
2. Practice during the summer is 2-3 times per week. July dates will be determined based on space availability. Beginning in August practices will be 2-3 days a week. Choreography will be in August for a week based on choreographers availability.
3. No cheerleader may leave the field without permission from the Division Coordinator/Team Mother. Anyone leaving the field without permission will be removed from the team and no refund will be issued.

4. **Rain: WE NEVER CHEER IN THE RAIN!!** If it starts raining during practice, please pick up your child as soon as possible. There is no shelter at the field.

5. **Heat:** on days we practice by the water at Venetian Shores, it's usually at least 5 - 10 degrees cooler than the rest of Lindenhurst. If there is a heat advisory chances are it will not affect Venetian, and we may still practice. Attendance that day is up to the parent's discretion.

Fall Practices

1. Gym practices will be held 2 times per week **minimum**. If gym space is available, possibly 3 or 4 times per week for our older groups. Although every effort will be made to avoid it, practice can possibly run until 10:00 pm for our older teams, depending on gym availability.

2. The place and time of practices will be determined when we get the gym permit confirmations from the school district. We will try to accommodate Religion Classes. We cannot work around other activities our children are involved in i.e. Dance, Girl Scouts, All-Star teams, gymnastics, etc. Unfortunately, we do not have control over the days and times assigned to us by the school district.

3. Only water bottles are permitted in the gym. The school district does not allow Gatorade, soda, juices or anything other than water. No snacks/food are permitted.

4. When dropping off your child at gym practices you must use the appropriate doors to enter the building. Please do not walk through the school.

5. Please do not drop off your child in the parking lot of the gym. Please escort her in to an adult.

6. For the safety of our children, parents will not be permitted to be in the gym during practice time. This causes distractions and we have found that the girls are more focused when there are less people in the gym. Parents will be admitted to the gym 10 minutes before practice ends at the division coordinator's discretion.

Games

1. Games are normally on Sundays, with an occasional Friday or Saturday evening.

2. Cheerleaders are to arrive in uniform 30 minutes prior to game time. This time is used to warm up and review half-time cheers. If you are late and are unable to practice for half-time you will be unable to participate in the half-time performance. Dress your child appropriately for the weather. Coats, gloves and hats are suggested.

3. **ABSOLUTELY NO JEWELRY, ARTIFICIAL NAILS OR MAKE-UP IS PERMITTED.**

4. Games Schedules will be given out as soon as we receive them from the football division.

Competition

1. Competitions are held in October and November.

2. Being a member of a competition team is very demanding. All cheerleaders participating in our program are part of the competition team.

3. Attendance at all practices and competitions is mandatory. Any cheerleader who misses a competition without Board approval will be removed from the competition team permanently and will not be eligible to be on a competition team in future years.

4. Remember being a member of our Competition Team is a privilege. We expect our cheerleaders and parents to respect the rules and to show good sportsmanship at all times.

5. You will be notified of competition dates and times as soon as we receive notification from the hosting towns.

6. Please never approach a judge or hosting town coordinator. If you have any questions, please address your Division Coordinator.

Choreography

Each team will have choreography for a week during the month of August Platinum Athletics in Wantagh (subject to change). Although practice attendance in the summer is more relaxed, choreography attendance is mandatory. Schedules will be distributed as soon as they are available. A competition spot is not guaranteed if

there are absences from choreography. After August, choreography will continue one day a week in addition to the gym practices.

Attendance

1. After September 1st each cheerleader is allowed a **maximum** of 3 excused practice absences. **The 4th absence will result in removal from the competition team. NO EXCEPTIONS!!!!!!**
2. Your Division Coordinator must be notified in advance of any/all absences.
3. An excused absence includes illness or family emergency. Attendance at alternate activities will not be accepted as an excused absence.
4. If your child is not at the majority of the practices scheduled in August, she will not be guaranteed a spot on the competition team.
5. If your child is absent during the week prior to a competition your child may have to "sit out" of that competition.
6. If you are absent from a practice it is the RESPONSIBILITY of each cheerleader to find out what they missed prior to the next scheduled practice.
7. Please be on time to pick up your child from practice. Often other groups use the gym after we do and we are forced to wait outside until you arrive.
8. **VERY IMPORTANT!!! If you are planning to be on vacation between August 1st and November 26th, please do not join the competition team unless you speak with a coordinator.** Competition routines cannot be altered to accommodate long absences at that time of the season.
9. **ALL CHEERLEADERS MUST BE AT COMPETITIONS ON TIME. IF YOU ARE LATE TO A COMPETITION, IT MAY RESULT IN REMOVAL FROM THE COMPETITION TEAM!**
10. Late nesses more than 15 minutes to practice will count as an absence unless you have received approval from your coordinator.

Uniforms

1. Each Cheerleader will be issued 1 or 2 uniforms. This league does not require you to purchase your own uniforms. However, we do require that you leave a post-dated check for \$100.00. When you return your uniform(s) clean and in the same condition as they were issued we will return your check to you. Failure to return your uniforms will result in the league cashing your check.
2. Each uniform costs approximately \$150.00, therefore we ask that you do not allow your child to wear their uniform to school or to use it as a Halloween costume. Please **DO NOT PUT THE UNIFORMS IN THE DRYER!** We ask that you hang them to dry.
3. All cheerleaders should arrive at each competition in full uniform including white sneakers, spunks, socks, and crop top. All cheerleaders should check with their Division Coordinator regarding hair style and should come to each competition with their hair done. We ask this because we have very little time before each competition and we cannot possibly fix all of the girl's hair in the short amount of time allotted.

Behavior

1. In the past we have had a few behavior problems and unfortunately this issue has to be addressed. If your child refuses to cooperate with their coaches, team mothers and team, you will be called and they will be asked to leave practice. The second time they are asked to leave practice they will be removed from the competition team. No refunds will be issued.
2. For Safety purposes any child who leaves the practice area without permission from the Division Coordinator/Team Mother will result in immediate removal from the team!!! **NO EXCEPTIONS!!!**
3. Under no circumstance is your child allowed to bring a friend to practice. If this occurs, you will be called and your child will be asked to leave practice. We cannot be responsible for children not participating in our program.

LEAGUE COACHES:

The coaches that volunteer their time for our league are all qualified cheerleaders, most are or have been JV/Varsity cheerleaders who came up through the league. They must complete safety training in order to coach on any of our teams. They are teenagers or young adults, many of whom are learning to coach/teach your children. Many of them will be first year coaches. We ask that if you have any issues regarding

the coaches on your child's team to let us know, but to keep in mind that they are putting in many hours of volunteer work to teach our children the sport of cheerleading. Without them there would be no league.

Since we are a competitive league, our program is very demanding. Please remember that we are all volunteers and only interested in helping the children in our community. Our program is one of the largest on the island and we hope to see it grow every year. We look forward to spending time with you and your children and would appreciate any help you would like to give.

Thank you for your cooperation.

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