



FARMINGTON COMPETITION CHEER TEAMS ELEMENTARY INFORMATION PACKET 2019-2020

Welcome to the Farmington Competitive Cheer Program. The competitive cheer program is offered through Farmington Community Education and represents our community and Farmington High School at the Junior Varsity and Varsity levels. By participating in a team, you are expected to abide by the guidelines and standards set by the coaches and community education. Being involved with our sport requires a commitment from both cheerleaders and their parents.

Community Education Mission Statement:

The mission of Farmington Area Community Education, the essential link between the community, schools, and home is to inspire each individual to grow and reach their highest potential throughout their lifespan by:

- Offering opportunities to spark passion, encourage exploration and cultivate collaboration through shared experiences.
- Preparing and nurturing learners for academic and life success in an ever-changing world.
- Progressively and dynamically reaching out to our diverse community.
- Establishing meaningful, lasting and productive relationships between and within schools and the community.

Overall Goals/Expectations of the program

- To grow/progress skills of each athlete, introducing active conditioning, strength training, and skill development opportunities
- Increase levels of difficulty as the season progresses, both at an individual level, and a team level
- Cultivate an atmosphere where youth feel accepted, belonged, and are able to fail with support. The atmosphere should generate an excitement for cheer and support an athlete's passion for the sport.
- To grow the program through public recognition, at high school and community events, and among other cheer programs. Participate in more statewide cheer initiatives.
- Encourage and support social and emotional growth, both in cheer and in personal development
- Build a cohesive team and program, with a strong emphasis on teamwork - communication, resilience, trust, respect, and encouragement. The Farmington Competition Cheer Team should generate cohesiveness in its entirety, fostering interaction and relationship building between teams.
- Equip a team of coaches to lead athletes in a positive direction, through professional development training in social and emotional learning, building positive team culture, and specific skill training. Coaches should proactively participate in cross-team idea sharing and mentorship. Coaches will share positive and constructive feedback with athletes, in a developmentally appropriate way, and be consistent with expectations. Coaches will be encouraged to build relationships with all coaches and athletes, actively listening to others' ideas and contributing to the idea sharing.
- Strengthen program through increased communication, at the athlete level, team level, program level, and parent and booster level. Communicate the "Why".
- Foster leadership opportunities for older athletes, by mentoring younger athletes, or participating/teaching in younger team practices.

Elementary Teams (2nd-5th Grades Fall 2019):

The Elementary competition teams will compete in competitions from mid-October through early February. The teams will practice once a week (August) and twice a week (September through January).

The purpose for the two Elementary competition teams is to allow more athletes to be involved in the program and advance their cheer skills. Division of teams is based on the athlete's skill level and focus. This allows coaches to be developmentally appropriate with each athlete, to maximize their growth potential.

Black

This is a novice-intermediate level team that will focus on developing a love for cheer, learning new skills, improving current skills, and will train in technique for jumps, motions, stunting, and dance. Skills performed will be more novice-intermediate level (preps level stunts and progressing to possible extended stunts as the season progresses). They will compete in the elementary novice division with the possibility to advance to the elementary division at the end of the season.

Orange

This is advanced level team that will focus on developing a love for cheer, learning new skills, improving current skills, and will train in technique for jumps, motions, stunting, and dance. Skills performed will be more advanced in level (extended stunts, one legged stunts, etc). This team has a higher commitment level, attends additional competitions and requires higher skill, more focus and drive from the athletes. This team will compete in the elementary division.

Elementary Black and Orange Placements

All athletes will be taught motions, jumps, a new cheer and a short dance at the beginning of the season. The athletes will be evaluated on technique of those skills as well as tumbling skills, stunting position, focus, drive and work ethic. Teams will be divided following those evaluations.

Elementary Game Day Team (Grades 2-6 Fall 2019)

Athletes placed onto our Elementary Orange team and our 6th graders from our Middle School team are invited to join our Elementary Game Day team! Practices will start in September (once a week). Game Day teams compete a band dance, situational cheer, crowd leading cheer and the FHS School Song. Registration will be on the Community Education website.

Elementary Information Meeting

We will be having an Elementary informational meeting on Wednesday, July 10 at 7pm in Room 212 of the ISC. Open to anyone interested in the elementary teams!

Elementary Team Registration

All athletes on the Elementary teams will need to be fully registered for the team with Community Education prior to participating.

Registration is available on www.FarmingtonCE.com or by calling the CE Office at 651-460-3200.

FREQUENTLY ASKED QUESTIONS:

Q: How are the Black and Orange teams decided?

A: All athletes will be taught motions, jumps, a new cheer and a short dance at the beginning of the season. The athletes will be evaluated on technique of those skills as well as tumbling skills, stunting position, focus, drive and work ethic.

Q: I've never cheered before, can I still cheer?

A: YES! NO EXPERIENCE is necessary!

Q: When are practices?

A: July 31 – January 29 – Wednesdays 6-8pm
September 7 – February 1 – 9:30-11am (except competition days)

Q: When are summer camps and are they required?

A: We host a UCA Home Camp every summer for athletes going into 2nd-5th grades! The two day camp features UCA Staff members teaching new cheers, stunts, jumps, dance and also fun games! Athletes also have the opportunity to tryout for UCA All American. The camp is **OPTIONAL**. Camp dates are July 22 & 23 at Boeckman Middle School. Registration is available through Community Education. Deadline is June 7th.

Q: What competitions do we attend?

A: A final competition schedule will be provided in late spring/early summer. All competitions are **required** and are Saturdays or Sundays starting in mid-October through early-February. We want to create a presence in the Twin Cities and we try to create a strong schedule while also balancing family time. Many factors are taken into account when choosing events to attend, such as: participant cost, date of event, location of event, event reputation, fairness of judging, event management, size of event, etc. The FCCT staff is not in control of which other teams attend competitions, nor the size of our particular divisions at each event.

Q: Are there any fundraising available?

A: Yes! The FCCT Booster Club offers many fundraisers, both individual and group, throughout the season to help offset eligible costs. It is possible to fundraise to cover all of the expenses that go through the Booster Club. It is highly encouraged that all families participate in all available fundraisers, both individual and booster club, to minimize or reduce these expenses. Funds raised through the booster club cannot be applied toward Community Education tuition expenses.

Q: Are there any additional classes we can take or items that can be purchased?

A: Yes, we offer tumbling, flexibility, jump, conditioning, etc. classes through Community Education throughout the year.

Optional athlete and parent apparel will be available through the FCCT Booster Club.

Q: What is the commitment level?

A: It is extremely important that ALL team members be at ALL practices and competitions. Due to the nature of our sport, the team cannot practice to their full potential if team members are missing. Parents must communicate all absences in advance to the coaches.

Q: Looking into the future, will Varsity become a tumbling team?

A: Yes! Our goal as a program is to transition the Varsity team into a tumbling team. Currently, our Varsity team competes in the non-tumbling division. The amount of tumbling coming up through the program will mean that we will be able to field a tumbling Varsity team! Our goal is to make the switch in the next couple of years.

Q: Who do I contact if I have any questions?

A: Please contact Program Director Jen Kroshus.
jkroshus@isd192.org or 612-716-4875.

Coaches contact info will be sent at a later date.



FARMINGTON COMPETITION CHEER TEAMS ELEMENTARY FINANCIAL INFORMATION 2019-2020

Costs to Participate

Competition cheerleading is a fully participant funded program. Athletes are required to purchase their own uniform and apparel. Costs cover the required items for participation on each team for the duration of the 2019-2020 season (approx. 6 months).

Costs below are approximations. Final cost will be determined by the number of athletes on each team.

ELEMENTARY	
<p>Community Education Tuition \$540</p> <p>3 payments of \$180 (At time of Registration, September 15 & October 15)</p> <p>Includes coaching, administrative costs, building costs, equipment, music, competition fees, and coaches competition fees.</p>	<p>FCCT Booster Club Approx. \$115 - 190</p> <ul style="list-style-type: none"> Uniform – approx. \$115 (July 17) Orange Fee – approx. \$75 (late fall/early winter) *Orange team only <p>Please see the Booster Club handout for more details</p>

What is the “Orange Fee”?

As a way to offer families a way to fundraise for some of their more expensive competition entrance fees, we have developed the Orange Fee. Athletes may choose to either pay the booster club for the Orange Fee, fundraise to cover the entire expense, or a combination of the two.



FARMINGTON COMPETITION CHEER TEAMS POLICIES 2019-2020

Communication

Majority of communication will come via email. It is your responsibility to read the information completely. Check your email, FCCT Booster Club website and social media regularly. If you are not receiving emails, please contact the Program Director – jkroshus@isd192.org or jkroshus@farmington.k12.mn.us. Please make sure the email address you provide on your Community Education profile at registration and on the medical form is current and correct.

Attendance

Attendance is required for all athletes at all practices and competitions. All absences may result in changes to positions during the routine, not being allowed to perform at the next competition or being placed as an alternate (Junior Varsity or Varsity teams only). Excessive absences may result in removal from the team. Withholding your child from practice should not be used as a form of discipline. This is unfair to the rest of the team.

Closed Practices

To minimize distractions during practices, all team practices are closed. Parents will be allowed to watch the last 5 minutes of each practice. Parents will be allowed to watch full practices on advertised parent viewing days.

Parental Supervision

After your child is released from practice/competitions, they are no longer under the supervision of the cheer coaches. Please be prompt when picking your children up from practice/competitions.

****NEW**** Athletes on the Mini, Pee Wee and Elementary teams will be required to be signed in and signed out by a parent/guardian at all competitions. Athletes at the Middle School, Junior Varsity and Varsity levels must also be signed in/out at all competitions, but parents can choose to allow their athlete to sign themselves in/out at local competitions (must be signed out by an approved adult during Nationals).

Stunting/Tumbling

Athletes are not allowed to stunt or tumble without a coach present and they must ask permission first.

Phones

Athletes are not allowed to be on their phones (social media, texting, calling, etc.) at practice. All phones must be placed in the team box at the beginning of all practices (or safely stored with your belongings in a locker).

Valuables/Lost and Found

FCCT is not responsible for lost or stolen items. A lost and found is kept just inside the gym doors.

Transportation

Transportation to all practices, events and competitions will be the responsibility and liability of the parents, including any out-of-state competitions for Varsity & JV. Coaches are not allowed to transport athletes to/from cheer events in their personal vehicles. A transportation waiver will need to be signed for nationals travel.

Routine Positions

Respect the coaches' decisions on the routines and choreography. Athletes are selected for specific stunting roles based on several factors including size/height, body control, experience, focus, ability, cooperation, dependability, work ethic and comfort level. All decisions on stunt positions, skill sets, placements in the routine, etc. are based on what is best for the team as a whole. Athletes (and parents of the athletes) on any FCCT team must accept that positions and role in a routine may change from year to year and may change during the course of the season.

AACCA/NFHS Rules

The program will follow all rules established by the competition hosts and will follow all rules established by AACCA/NFHS. A copy of these rules can be found at www.cheerrules.org.

Questions & Concerns:

If you have any questions, please ask. Do not make assumptions about anything. Authoritative information will only come from the coaches and the Program Director. **Information for other sources may not be factual.** Questions and concerns, etc. should always be directed to your child's coaches or the Program Director first – email, phone call, meeting, etc. Please remember that there is an appropriate time and place to address concerns – in front of your child, other athletes and in public are not acceptable times/places.

Athlete & Parent Expectations

We have high expectations for attitude and behavior from both athletes and parents. Everyone is expected to represent the program positively. Always be an example of good sportsmanship, positive conduct, and professionalism at all competitions, practices and events.

Keep all conversations, and posts/comments via social media/group messages/chats, etc. positive. Please do not engage in negative discussions or gossiping about athletes, parents, teams, coaches, staff, etc. are not tolerated. If a parent/athlete engages in negative discussions/gossiping they may be asked to leave the program.

Athlete Consequences

If an athlete does not meet behavior expectations or violates the contract and responsibilities, coaches may have the athlete to sit out or leave the practice depending on the situation. If the attitude/behavior becomes detrimental to the team, and not resolved using the protocol below, the athlete will be dismissed from the program.

1. Issue is addressed with the athlete
2. A parent/athlete/coach meeting will take place
3. A parent/athlete/coach/CE meeting will take place and a written warning will be issued
4. Dismissal from the team.

Injury or Medical Concern

It is the responsibility of the cheerleader and parents to notify the coaching staff of any injury incurred at practice, competition or elsewhere, that may impact the cheerleader's health or ability to safely participate in the program. Follow all medical advice given by your doctor. Please make sure the injury is being taken care of by the athlete at home and at school. **If an injury requires a visit to a physician, written permission from the physician is required in order to return to participation in practice/competitions.**

Emergency Procedures

In the unlikely event a medical emergency occurs; the following procedure will be followed:

- 1) First Aid will be administered, including calling 911 if needed.
- 2) You will be contacted using the emergency contact information you provide on your Medical Release Form.
- 3) In the event that we are unable to make contact with you, we will contact the emergency contact names, medical staff and hospital that you have listed on your Medical Release Form. Due to these reasons, it is of utmost importance that we have current medical information on file.

Refunds

All payments to Community Education and the FCCT Booster Club must be made on time in order to participate in practices and/or competitions. Failure to pay fees may result in removal from the team. All fees paid to Community Education are non-refundable. All money paid to the FCCT Booster Club and earned through fundraising are subject to the FCCT Booster Club Refund Policy.

Use of Name & Logo

Athletes and parents are not allowed to create and/or use email accounts, social media pages/accounts, groups (secret, closed, or public), clothing/apparel, etc. with the Farmington Competition Cheer Teams name, logo, abbreviations (FarmCompCheer, FCCT, etc.), etc. without the express consent of the Program Director.

Lettering

Varsity and Adaptive athletes are eligible to earn an athletic letter from Farmington High School. The program will present a cheerleader with one chenille letter, if it is their first letter earned. In order to letter, an athlete must have:

- Attended all competitions, unless excused by a coach due to illness, family emergency, etc.
- Maintain at least a 2.5 GPA and be making progress towards graduation
- Not received a written warning regarding behavior/attitude
- Not have excessive excused (grade related events, contagious illness, family emergencies, family vacations) or unexcused (sports game/concert, fairs, no ride, etc.) absences.
- Not have a Chemical violation per the MSHSL rules.
- Complete 15 hours of service back to the program (helping with younger teams, cancer walks, parades, Cheer Peer, etc.) *Varsity only

Social Media

Facebook (Program)	Farmington Competition Cheer Teams
Facebook (Booster Club)	FCCT Booster Club
Twitter	@FarmCompCheer
Instagram	FarmCompCheer
Website (Community Ed)	www.farmingtonCE.com
Website (Booster Club)	www.fcctboosterclub.com