



FARMINGTON COMPETITION CHEER TEAMS HIGH SCHOOL INFORMATION PACKET 2019-2020

Welcome to the Farmington Competitive Cheer Program. The competitive cheer program is offered through Farmington Community Education and represents Farmington High School at the Junior Varsity and Varsity levels. By participating in Team Placements you are expected to participate on the team you are placed. Once chosen to be on 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.

Team Placements:

Workshop clinics for all athletes interested in Junior Varsity or Varsity are on **April 8 & 9, 6-8pm** at the Cheer Gym. No prior experience is required to participate. Athletes will learn a cheer and dance and will also work on their jumps, tumbling and stunting skills. Athletes will be evaluated throughout the workshops on an informal basis. The Medical Release form is due on April 8.

A final formal evaluation will take place on Thursday, **April 11 at 6pm**. Please wear a white shirt, dark shorts and cheer/tennis shoes. Hair should be half or all up with a bow. No jewelry. Results will be posted at 4pm on Friday, April 12th via Facebook/Twitter and email.

Team Placement Registration:

All athletes participating in Team Placements must be registered for Team Placements through Community Education prior to attending workshops. Cost is \$30 which covers coaches, gym time, administrative costs and insurance. Registration and information can be found at www.farmingtonCE.com.

Teams:**Junior Varsity Tumbling Competition & Game Day Teams* (7th-12th Grades Fall 2019)**

This team will compete in both competition and Game Day divisions. The team will practice twice a week (April through July) and three times a week (August through early February). This team has a REQUIRED choreography camp July 15-17. This is a travel team with mostly Minnesota competitions, but also requires travel out of state. This team will compete at the 2020 UCA Nationals in Orlando, Florida if they qualify at a UCA Regional competition.

Varsity Non Tumble Competition & Game Day Teams* (8th-12th Grades Fall 2019)

This team will compete in both competition and Game Day divisions. The team will practice twice a week (April through July) and three times a week (August through early February). This team has a REQUIRED choreography camp July 15-17. This is a travel team with mostly Minnesota competitions, but also requires travel out of state. This team will compete at the 2020 UCA Nationals in Orlando, Florida if they qualify at a UCA Regional competition.

*****NEW*** JV & Varsity Game Day teams will also be open to additional athletes.**

Athletes involved with the FHS Sideline cheer program and FCCT Middle School team athletes will be able to participate on the high school Game Day teams!

Team Placements for Game Day teams will take place during comp team practices on May 14 & 16. Game Day expenses for comp athletes are included in their comp team tuition (with the exception of the additional Game Day participation fee for Nationals). Those athletes not on a JV or Varsity competition team will have a Game Day tuition due to Community Education. Game Day teams will continue to be a part of the FCCT program and coached by FCCT Staff.

*Please note that athletes on Junior Varsity and Varsity MUST be MSHSL eligible to compete for Farmington High School. Please see Coach Jen if you have questions on eligibility.

*****NEW*** Alternates**

This year when selecting the Varsity and JV teams, additional individuals may be added to the team, but will not be guaranteed to compete at every competition. It will be determined by work ethic, performance of skills, health, school performance and team needs. No individual will have the specific title of "alternate" for the season. All team members are considered full team members. All team members are expected to know all parts of the routine and most will learn more than one stunting position. It will be at the coach's discretion who will compete each week.

For example, if it is determined that Varsity would be most successful in the Small division, 13-15 team members may be selected to the team, but only 12 will compete at some events. There will be times, at the coach's discretion, that the team will compete up a division so that all athletes can compete.

FREQUENTLY ASKED QUESTIONS:

Q: What is the difference between Junior Varsity and Varsity this season?

A: The Junior Varsity team will continue to compete in a tumbling division this season. Varsity will continue to compete in a non-tumbling division this season. Once our program can field a tumbling team that is ready to compete at the Varsity tumbling and stunting levels, then we will add a Varsity tumbling team. We are hopeful this will happen soon!

****NEW**** Varsity athletes will also have a required 15 hours of service back to the program as one of their lettering requirements.

Q: Will there be Game Day teams?

A: Yes! Athletes on the Junior Varsity or Varsity comp teams will also be competing on the Game Day teams. The Game Day teams will compete at more local competitions this season and will also be attending the UCA Nationals in 2020.

****NEW**** Game Day teams will also be open to athletes from the FHS Sideline teams or the FCCT Middle School team that want to compete in Game Day. Team Placements for those athletes will take place May 14 & 16 during comp team practice.

Q: Which teams will be attending UCA Nationals in Orlando, Florida?

A: All Junior Varsity, Junior Varsity Game Day, Varsity and Varsity Game Day teams will be attending the National High School Cheerleading Championships in Orlando, Florida in early February 2020! This trip is subject to qualifying at a UCA regional competition in the fall/early winter.

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

A: YES! NO EXPERIENCE is necessary!

Q: How are teams selected? Will I make a team?

A: Teams will be selected based on many factors, including, but not limited to: ability, age/grade, positions, character, work ethic as well as past performance for returning athletes.

Athletes that are currently in middle school, that are not placed onto a JV or Varsity team will be placed on the Middle School team. Not making a higher level team is not an indication of being a "bad" cheerleader, it may simply be based on numbers, projections, a better fit somewhere else, etc.

Q: When are team practices?

A: Junior Varsity

- April 23 – July 30 – Tuesdays & Thursdays 6-8pm
- August 1 – Feb 4 – M 6:30-8:30pm, T/Th 6-8pm (tentative)

Varsity

- April 23 – July 30 – Tuesdays & Thursdays 6-8pm
- August 1 – Feb 4 – M/T/Th 7-9pm (tentative)

- Q: When are summer camps and are they required?
A: JV and Varsity teams will have REQUIRED Choreography sessions on July 15, 16 & 17 at Boeckman MS. Plan on being at camp from breakfast to dinner. These sessions will fulfill our camp requirement for nationals bid eligibility.
- 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. ***By participating in team placements, you are fully committing to the team you are placed on for the entire 2019-2020 season.*** Teams are created with you in mind, if you decide to quit after Team Placements, you have now changed the make up of your team and have denied another athlete from participating at that level.
- 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 HIGH SCHOOL 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. 10 months).

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

JUNIOR VARSITY & VARSITY	
<p>Community Education Tuition approx. \$1320</p> <p>6 payments of \$220 (April, May, June, July, August, September) due on the 15th</p> <p>Includes coaching, administrative costs, building costs, equipment, music, competition fees, Game Day competition fees and coaches nationals.</p>	<p>FCCT Booster Club Approx. \$1800</p> <ul style="list-style-type: none"> Camp – approx \$350 (May 1st deposit/June 1st balance) Practice apparel – approx. \$75 (July 1st) Uniform – approx. \$140 (May 21st) UCA Nationals – approx.. \$1500 (fall/winter installments) <p>Please see the Booster Club handout for more details</p> <p>Recommended</p> <ul style="list-style-type: none"> July – Warmup Jacket approx. \$55

What is included in the UCA Nationals cost?

- UCA Travel Package
 - o 5 Nights DOUBLE OCCUPANCY at a Disney value hotel (All Star or POP Century)
 - o UCA Night at a Disney Theme Park
 - o Celebration Party at a Disney Theme Park
 - o Roundtrip airport transfers via Disney's Magical Express
 - o 4 Day Disney Park Hopper Theme Park tickets
 - o 3 Day admission into ESPN Wide World of Sports complex
 - o 1 counter service meal voucher (entrée, side and beverage)
 - o UCA motorcoach transportation to all NHSCC events
 - o All taxes & gratuities
 - o Game Day/second routine fee
- Airfare & Baggage Fees
- Booster Club Package
 - o Team Meals
 - o Clothing
 - o Etc.



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