

UNITY Thunder Cheerleading

Welcome Packet

2013-2014



UNITY Thunder 2013 CHEERLEADING SEASON

Welcome to the UNITY Thunder Intramural Cheerleading Program. For those of you who are returning, we thank you for your continued support. To our newest members, we welcome you and look forward to you becoming a very important part of our organization.

Our Cheerleading program's mission and long-term vision is to promote physical and mental development, to assist in building leadership skills and teamwork, develop socially through cooperation, competition and appropriate standards of behavior, set an example of good behavior and sportsmanship at all times (whether in uniform or not) and promote the development of lifelong values and skills. But in addition to all of these goals, we want every participant to have fun and grow individually.

Our goal is to build a fun and structured cheerleading program. Your daughter will be placed with an age appropriate squad and will learn the basics of cheerleading and dance. Our goal is to have every girl enjoy the sport and to build positive attitudes toward themselves and others. We as coaches all understand that every young lady is different and has varied abilities and skills, which makes every girl unique and we will work with each one to accentuate their talents. This is the basis of our program and will help us become more successful each year.

Being a member of the UNITY Thunder Cheer program is a truly rewarding experience for the cheerleader and parent. We strive to teach each cheerleader how to work well with many different types of people and build lifelong relationships, find their inner strength and gain perspective about their abilities. They will learn to accept honor and defeat with grace and humility. This is a **family** commitment that involves physical, emotional and mental support. This will help our cheerleaders as they grow into well-rounded adults.

C -Character: Cheerleaders will develop and follow a high degree of honesty, integrity and teamwork.

H -Humility: Cheerleaders will demonstrate modesty and be courteous and respectful to everyone.

E -Excellence: Cheerleaders will strive to do their very best in ALL endeavors.

E -Enthusiasm: Cheerleaders will have high energy and eager involvement.

R -Respect: Cheerleaders will be polite and considerate of others.

The Mini Storm and Youth Twisters practice once a week during the intramural season. The intramural season goes from August through November 2nd for Mini Storm and August through November 16th for Youth Twisters. The Youth Twisters will also participate in three competitions. Competition season is based on the criteria discussed further down in this document and runs from November through February. **Days and times of practice will be determined in July and communicated to parents.**

The Junior Lightening and Lady Thunder practice twice a week during the intramural season. The intramural season goes from August - November 16th. Both squads will participate in three competitions. Competition season is based on the criteria discussed further down in this document and runs from November through February. **Days and times of practice will be determined in July and communicated to the parents.**

PARENTS MEETING

A parents meeting is scheduled for August 13th at Partnership Hall at 6:30pm-8:30pm

MANDATORY CAMP

There will be a Mandatory Camp held on August 17, 2013 and August 18, 2013 at the Laurel Armory on Montgomery St. Also, the Junior Lightening and Lady Thunder (Squads 3 & 4) will attend a camp at University of Maryland - This camp is conducted by a professional group and the cost of the camp is included in the registration fee. It will be one weekend in September - date is to be determined but it is mandatory for those squads if they want to go to competition.

UNIFORMS

Each cheerleader will be given a uniform at the beginning of the season. There is no charge for the uniform. In addition, each child is required to purchase the following:

- Cheer shoes
- Bloomers
- Crop Top
- Bows
- Socks
- Practice Uniform
- Raincoats
- Warm-up suit (for all squads except Mini Storm)
- Bag (for all squads except Mini Storm)

All gear is purchased through cheer vendors. Once you register your child for the program, you will purchase the basic items in person (socks, bow, bloomers and crop top). All other items are specialty and you will fill out an order form and place your orders with the coach. All orders must be placed by August 16th. **Please note all cheer gear payments are CASH ONLY.**

UNIFORM FITTINGS

Uniform fitting will be the week of August 12th (*Time and location to be determined*)

Mini Storm - August 15th

Youth Twisters - August 15th

Juniors Lightening - August 15th

Lady Thunder - August 14th

***A deposit check (\$150.00) will be required at the time of fitting. This check will NOT be cashed unless the uniform is returned damaged or in poor condition. **Please note a name and address must be preprinted on the check. We will not accept starter checks.**

COACHING STAFF

UNITY has a dedicated team of coaches who are CPR/First Aid and Cheerleading Safety Certified. The coaching staff has experience working with recreational, all star, high school and college cheerleading. Most importantly the coaches at UNITY are dedicated to mentoring and providing a foundation for all young ladies and men to learn the sport of cheerleading, team work and commUNITY service.

PRACTICES -

All Practices will start the week of August 12, 2013, unless otherwise stated by the coach. **Please note all days and times are tentative and are subject to change. The final schedules will be issued by the end of July.**

Squad 1 - Mini Storm (5-6 year olds)

Practice once a week

Wednesday from 6:30pm-8:00pm at the Laurel Municipal Swimming Pool Meeting Room for the month of August

Monday from 6:30pm - 7:30pm at Partnership Hall September through November

Squad 2 – Youth Twisters (7-8 year olds)

Practice once a week

Wednesday from 6:30pm-8:30pm at Partnership Hall for the month of August

Wednesday from 6:30pm-8:00pm at Partnership Hall September through November

Squad 3 – Junior Lightening (9-11 year olds)

Practice twice a week

Wednesday from 6:30pm-8:30pm at Laurel Armory for the month of August

Mondays and Wednesdays from 6:30pm-8:30pm at Scotchtown Elementary School September through November

Squad 4 – Lady Thunder (12-17 years old)

Tuesdays and Thursdays from 6:30pm-8:30pm at Laurel Armory for the month of August

Tuesdays and Thursdays from 6:30pm-8:30pm at Scotchtown Elementary School September through November

Practice location addresses

Laurel Armory is located at 422 Montgomery St. Laurel, MD 20707

Laurel Municipal Swimming Pool Meeting Room is located at 9th and Main Street, Laurel, MD 20707

Partnership Hall is located at 811 Fifth St. Laurel, MD 20707

Scotchtown Elementary School is located at 15950 Dorset Rd, Laurel, MD 20707

OTHER CONSIDERATIONS

Parents should consider the impact to the team as a whole when choosing activities that interfere with scheduled cheerleading events. Cheerleading is a team sport requiring the support of the children, coaches, and parents.

SCHOOL AND GRADES

School is a PRIORITY and schoolwork should come first. Homework should be done before practices. If you start to have problems with your child's grades and, as a result, start missing practices regularly, a coach/parent meeting will be conducted to discuss the best alternative for the child and the squad. We are requesting to see progress reports and report cards at the end of each marking period.

WEATHER

Our Program follows the Prince Georges County School closing policy. When the school system closes early or is closed for the day due to inclement weather, there will be no practice. On game day, the commissioner will make the decision whether squads will cheer or not at games.

GAMES

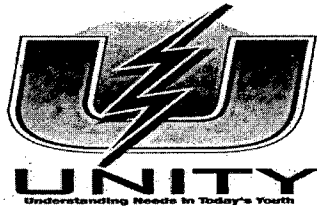
Games are held on Saturdays. We travel throughout Prince Georges, Montgomery County, DC and Northern Virginia.

COMPETITIONS

Youth Twisters, Junior Lightening, and Lady Thunder will be competing in three competitions at the end of the season. Your coach will hand out details at your first practice. Evaluations will be conducted and young ladies will be invited to continue on for competition. Evaluations are based not only on skill level but also enthusiasm, willingness to learn, progress in school, fundraising, community service and parent involvement in program activities.

PARENT INVOLVEMENT

Parent Involvement is important to the success of the UNITY Thunder Cheer Program. All parents must participate with assisting the UNITY coaching staff with various aspects of the program. This will include but not limited to Team Parent, Attendance Parent, and Snack Coordinator. All parents will be responsible for bringing snacks to games and practices. Also, parents will need to devote at least 2 hours during the season to the home game concession stand.



UNITY Thunder Cheerleading Registration Form

CHILD'S NAME

STREET ADDRESS

CITY, STATE AND ZIP CODE

MOTHER//GUARDIAN'S NAME

HOME PHONE

CELL PHONE

EMAIL ADDRESS

FATHER/GUARDIAN'S NAME

HOME PHONE

CELL PHONE

EMAIL ADDRESS

AGE AS OF AUGUST 31, 2013

NEW OR RETURNING TO PROGRAM

DATE OF BIRTH

SCHOOL ATTENDING & GRADE IN THE FALL

DATE OF REGISTRATION

HOW DID YOU HEAR ABOUT THE PROGRAM?

ANY HEALTH CONCERNS

By signing this registration form I agree that the information above is correct and I will abide by all rules and regulations of the Unity Thunder Cheerleading Program. I have received and read the code of conduct and medical release forms.

UNITY Thunder Cheerleading Registration Form
Payment Information page
(To be completed by Coaching Staff ONLY)

Payment #1:

Name: _____ Date: _____

Amount: _____

Cash: _____ Money order: _____ Credit Card: _____ Check: _____ (include check number)

Receipt #: _____

Balance: _____

Processed by: _____

Payment #2:

Name: _____ Date: _____

Amount: _____

Cash: _____ Money order: _____ Credit Card: _____ Check: _____ (include check number)

Receipt #: _____

Balance: _____

Processed by: _____

Payment #3:

Name: _____ Date: _____

Amount: _____

Cash: _____ Money order: _____ Credit Card: _____ Check: _____ (include check number)

Receipt #: _____

Balance: _____

Processed by: _____

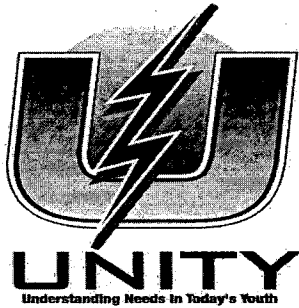
Other Information:

Early Bird: _____

Refer-a-friend: _____ Friend's Name: _____

City of Laurel voucher: _____

Multiple Child: _____ Siblings Name: _____ Sport: _____



UNITY Thunder Cheer Program Code of Conduct

UNITY Thunder strives to provide an opportunity for youth to participate in a group activity, to make new friends, and take something positive with them through participation in our sports programs. UNITY Thunder is committed to the following standards:

ALL COACHES, PARENTS and TEAM MEMBERS WILL:

1. Comply with the philosophy, policies and procedures of UNITY Thunder. Respect all participants, coaches, officials and volunteers involved in the program at every game, practice or youth sports event and encourage our children to do the same.
2. Help our children enjoy the youth sports experience by doing whatever possible, including behaving in a respectful manner, refraining from abusive or inappropriate language and allowing the coach to guide and instruct the team members throughout the game.
3. Treat all opposing team's team members, parents, coaches and spectators with respect and good sportsmanship.
4. Demand a sports environment that is free from tobacco products, drugs and alcohol at all youth sporting events, practices, and games.
5. Remember that the game is for youth – not adults.
6. Team members will be on time to all practices and games, with the appropriate and required equipment.
7. Physical contact with other spectators, officials, coaches or team members is never allowed.
8. Abide by a doctor's decision in all matters of team members' health, injuries, and ability to play.
9. Let the coaches conduct practices and coach the games without interference. Be part of the game by positive cheering.

If a parent or spectator is ejected for any reason as dictated by club and league rules, he/she may not be permitted to attend the next two games. If a parent or spectator is ejected a second time or acts out physically toward another individual, he/she will not be allowed to attend any UNITY Thunder sponsored event for at least one year from the date of the incident. If such action is taken, the individual must meet with the UNITY Thunder Director and/or Board Member prior to returning to any event.

If a team member is removed from practice or a game for violation of this Code of Conduct, he/ she will be suspended from practice and could be suspended all together from games. The Coach has the discretion to determine the outcomes of Code of Conduct violations by the team members.

Parent Signature

Date

UNITY Thunder Cheerleading

2013 Participant Waiver

Parental Consent for Participation:

I hereby give my permission for my child to participate in the UNITY Thunder youth cheerleading program. I understand that he/she will be expected to abide by ALL of the rules of the program. I personally assume all risks, hazards and responsibilities incidental to my child's participation in the program. I understand that cheerleading is a sport and therefore I understand that there is a possibility of injury. I further agree to that I will not hold any officer, manager, coach or volunteer responsible for injuries or other accidents experienced by my child while participating in the cheerleading program (this includes incidents that occur while traveling to and from, or being transported to the activities).

Parental Acknowledgement of Code of Conduct:

UNITY Thunder cheerleading organization is a private organization formed to promote a positive family experience for its participants. To that end, all potential registrants must be aware of the Thunder Code of Conduct. As a condition of participation with the Thunder, all participants - coaches, volunteers, players, parents, guests and spectators - are expected to strictly abide by the this code of conduct. The Thunder reserve the right to restrict participation due to any past or present violation of its code of conduct.

During the first week of practice, a signed Parent Code of Contact will need to be signed by a parent or guardian for each participant and turned into their respective coach.

Volunteer

UNITY Thunder is a non-profit organization made up entirely of volunteers that are responsible for every facet of the program's operation. We rely exclusively on our parents, family members and friends to provide volunteer support to the organization for things such as fun day, staffing our fundraisers, and field spotting for games and assisting with snacks and other activities. These activities are critical to the program's success and a great participant experience. Each family participating in the UNITY Thunder Cheerleading program will be assigned volunteer time at least once throughout the season.

Equipment Responsibilities:

I will accept full responsibility for all equipment and uniforms issued to my child and will take all requested actions to ensure it is properly cared for and maintained during the season, including routine cleaning. During equipment hand-out in late July, an Equipment Deposit in the form of a check for \$150 will be collected and upon return of all equipment at the scheduled equipment turn-in, this deposit will be returned.

Failure to return the equipment in clean condition as specified by the head coach or the program Equipment Manager will result in forfeiture of the Equipment Deposit.

Fund Raising:

In order to keep our registration fees in-line with other programs in the local area, while providing a great experience for all of our youth participants, we will conduct several fund-raising activities throughout the upcoming season. We expect all of our participating families to share in this to help us continue to make the UNITY Thunder youth sports program successful.

Parent Signature

Date

Child's Name



UNITY Thunder Cheer Program Program Guidelines and Rules

SCHOOL AND GRADES

School is a PRIORITY and schoolwork should come first. Homework should be done before practices. If you start to have problems with your child's grades and, as a result, start missing practices regularly, a coach/parent meeting will be conducted to discuss the best alternative for the child and the squad. We are requesting to see progress reports and report cards at the end of each marking period. Failing grades may result in your cheerleader sitting out of games or not participating in the program.

WEATHER

Our Program follows the Prince Georges County School closing policy. When the school system closes early or is closed for the day due to inclement weather, there will be no practice. On game day, the Director of Cheer will make the decision whether squads will cheer or not at games.

GAMES

Games are held on Saturdays. We travel throughout Prince Georges, Montgomery County, DC and Northern Virginia.

You will be responsible for transporting your child to and from game. A game schedule will be provided as soon as they are available. Games usually start the second week of September. **Girls must meet ½ hour before game time unless otherwise stated by the coach.** If your cheerleader is late she may have to sit out for the first quarter or half-time.

Other very important rules that will make it a more enjoyable season and must be adhered to:

- ❖ All participants must display a positive attitude.
- ❖ Everyone is expected to be courteous and respectful at all times. Your conduct is reflected on the club, your coaches, and parents.
- ❖ Gum chewing is not allowed at practices, games or any other activities.
- ❖ All cheerleaders must have a clean and neat appearance. Hair should be in a ponytail/pigtails. Uniforms must be clean and presentable. Shoes should be white. Shoes should only be worn to practice, games and any other cheer activities. If a cheerleader is not in full uniform for games, she will not be able to cheer.
- ❖ Once cold weather approaches, all squads will wear their Unity warm up suits, white head wraps and white gloves at the games, except at half time. The only exception is Squad 1 – the cheerleaders for Squad 1 need to have black or Gray sweat pants.
- ❖ **All Practices are CLOSED to parents, siblings, friends and others. Eliminating distractions during practice is essential to provide a safer and more productive session. We do understand everyone's need to be informed as to their child's progress. Please discuss an opportune time for you to visit your child's practice. Squad 1 Parents – you will be given an opportunity at the end of practice to come in and watch practice for the last 15 minutes.**
- ❖ All girls must be on time to practice. This limits disruption and the need for coaches to take time away from the other girls. If a cheerleader is late to more than three practices she will be asked to sit out of the next upcoming game.
- ❖ If more than three practices are missed, there is a possibility that the cheerleader will not be able to participate in the competition at the end of the season or be considered for the extended competition season.
- ❖ Girls must be at the practice before a game in order to perform at half time.

- ❖ A Guardian or other responsible adult **MUST** walk their girl into and out of practice. Please make sure one of your coaches sees you before you leave your child for practice. Please be considerate and be on time to pick up your child. A 10 minute grace period is allowed for pick up after practice. If you are more than 10 minutes late, you will be required to pay \$1.00 per minute. This money is due at the time you pick up your child.
- ❖ If anyone other than a parent is pickup or dropping of a child, the coach must have a list of all authorized persons and be given notice that someone else is picking the child up.
- ❖ All girls are required to wear the appropriate practice uniform to practice. Shorts, T-shirts that cover the midriff, tennis shoes with ankle support, and sweat pants (not lycra or velour) are allowed. There should be shorts under sweatpants to allow for stunts. **NO JEANS OR JEAN SHORTS.**
- ❖ **NO JEWELRY.** If jewelry is worn you will be asked to remove it. The coaches are not responsible for any lost or stolen items so please leave your jewelry at home.
- ❖ **TENNIS SHOES MUST BE WORN. NO SANDALS OR DRESS SHOES.**
- ❖ Water bottles should be brought to each practice.
- ❖ **NO GUM or NAIL POLISH**
- ❖ **NO CELL PHONES, IPODs, MP 3 players**

COMPETITIONS

Our Youths, Juniors and Seniors will be competing in 1-3 competitions at the end of this season. There are different requirement for each age group. Your coach will hand out details at your first practice. Evaluations will be conducted and young ladies will be invited to continue on for competition. Evaluations are based not only on skill level but also enthusiasm, willingness to learn, progress in school and parent involvement in program activities.

Parents are responsible for fundraising to help offset the cost and paying the additional amounts at the deadlines if they want their children to participate in activities that require travel and overnight stay.

**please note additional practices will be required

FUNDRAISING

Fundraising **IS NOT** optional. It is an important part of the program and assists us to build the program and purchase new uniforms in the future.

Parent Signature

Date

Cheerleader Signature

Date



***UNITY Thunder Cheer Program
Publicity Release
2013-2014***

Throughout the season, the UNITY Thunder Cheerleading Program will conduct activities that may be publicized through local or national news media. These activities may include interview sessions with news reporters; photographs of individual cheerleaders or squads for newspapers or other club publications including newsletters, calendars, and brochures; the use of Cheerleading photos or video on the UNITY Thunder website; and videotaping for local and national television new programs, cable programming, and UNITY Thunder promotional videos.

Please **check one** of the two statements below. **Sign and return** this document to your daughter's coach.

I/we grant permission for my/our child's name, voice, and photographic likeness to be used by the Unity Thunder coaches, or reporters, journalist, or photographers employed by news media.

I/we do not give permission for my child's name, voice, and photographic likeness to be used by the Unity Thunder coaches, or reporters, journalist, or photographers employed by news media.

Child's Name

Squad

Signature of Parent or Guardian

Signature of Parent of Guardian

Date

**2013 UNITY Thunder Cheerleading Program
Parent Volunteer Form**

Cheerleader Name _____

Guardian/ Parents' Name:

Mother _____

Occupation/Employer _____ E-mail _____

Work Phone _____ Home _____ Cell phone _____

Father _____

Occupation _____ E-mail _____

Work Phone _____ Home _____ Cell phone _____

Parent Involvement is important to the success of the Cheer Program. Please review the list below and check off any jobs you would like to volunteer to do. All parents must participate. After reviewing all the forms, I will e-mail or contact each parent to discuss their role:

_____ **Team Parent** – comes to every practice – assists with warm-ups, cool downs, stunts (spotting), bathroom breaks. At games assist with crowd control, motivating the girls, line up and other tasks as assigned by the coach – (I will need 3-4 parents)

_____ **Attendance/Information Parent** – comes to every practice and takes attendance prior to practice (5 minutes before), hands out information, collects forms, money, etc – communicates any messages the coach needs to get out to all parents.

_____ **Call Parent** – Calls parents when there are changes and emergencies.

_____ **Snack Coordinator** – Sends out reminders – ensures snacks make it to practice and to games.

_____ **Events Parents** – assists with Homecoming Activities, Community Service, Fundraising Distribution and Banquet. (I will need 4-5 parents)

_____ **Fundraising Coordinator** – Collects Money for program fundraisers, gives out information and develops a fundraiser for the Squad for the end of the year party

_____ **Jack of All Trades** – will to do or step in to any of the roles above

_____ **Concessions Parent** – Works at the concession stand for UNITY home games.

In addition to the above volunteer assignments, parents will also be responsible for practice and game snacks. Also, each parent will need to devote at least 2 hours during the season to the home game concession stand.

I understand that by signing the form below, I will fully accept the responsible assigned to me by the Coach or the Director of the UNITY Thunder cheerleading program.

Parent Signature

Date

UNITY Thunder Cheerleading
Emergency Contact and Medical Release Form

This form must be completed, dated and signed by a physician after June 1, 2013

Medical Release

Please print clearly. It is important that this information is legible. Medical release **MUST** be signed by your Doctor or Nurse Practitioner

Child's Name

Date of Birth

Age as of June 1, 2013

Parent/Guardian's Name

Parent/Guardian's Email

()

()

Home Phone

Work Phone

()

Cell Phone

Date of Examination

I certify that the above patient has had a physical examination at our office and is cleared to participate in the UNITY Thunder 2013-2014 Cheerleading season.

Physician's Name

Physician's Signature and stamp

Alternative Emergency Contacts

Primary Emergency Contact

()

()

Home Phone

Cell Phone

Address

City, ST ZIP Code

Attach Photo Here

Medical Information

Physician's Name

Phone Number

Insurance Company

Policy Number

Allergies/Special Health Considerations

Allergies: _____

Medications: _____

Last Tetanus Shot: _____

Inhaler or Epi Pen: _____

Learning Disabilities: _____

Hearing Issues: _____

Other Health Concerns: _____

I authorize all medical and surgical treatment, X-ray, laboratory, anesthesia, and other medical and/or hospital procedures as may be performed or prescribed by the attending physician and/or paramedics for my child and waive my right to informed consent of treatment. This waiver applies only in the even that neither parent/guardian can be reached in the case of an emergency.

Parent's/Guardian's Signature

Date

Order placed by: _____ Phone #: _____

Receipt #: _____ Amount Paid _____ Processed by: _____

(THIS SHEET SHOULD ONLY BE USED ONCE. ANY ADDITIONAL ORDERS MUST USE NEW ORDER FORM)

I agree on the sizes being order for my child: _____ Date: _____

(Parent or order's signature)

**Any exchanges for sizes on custom items (T-Shirt) you will be charged a return fee and shipping cost.
Embroidered item cannot be returned.**