

Pelham Parks & Recreation

We believe our job is to find success in every child.

Because your child's future matters to us.

Pelham Youth Cheer Practice/Attendance Guidelines

Cheer Camp: July

- Cheer Camp is led by the Pelham High School Cheerleaders.
- Cheer Camp is all week, typically from 6-8pm at Pelham High School.
- Each Cheer squad will learn a cheer, chant, and the half time dance routine at this camp.
- Participation is **very important**.

Cheer Practice -end of July - Late September

(2 per week; 1 to 1 hour 15 minutes)

- Focus on sideline cheers and halftime routines
- Squads are encouraged to focus primarily on football game cheers and halftime performances.
- Halftime performances are often used for competition, sometimes altered, so this is also a good soft preparation for competitions while focusing on game cheers and performances.

Competition Practice- Late September - Early November

(2-4 per week; 30 minutes to 1 hour devoted to football cheers, 30 minutes to 1 hour devoted to competition prep ONLY following the first hour of cheer practice)

- COMPETITIONS OPTIONAL. Please let your coach know ASAP if your cheerleader does not wish to compete.
- Hours for practice may vary per squad.
- Parks and Recreation provides squad fee for ONE (1) competition per season. Any individual fee/or squad fees for any other competition are the responsibility of the parent.

***Note: Practice time/length/intensity varies per time of season**

Practices

PPRD will schedule:

- Two practices per week for the duration of the cheer season
 - One practice will be scheduled on a weeknight time slot at an outside location in Pelham City Park
 - One practice will be scheduled on Sunday afternoons INSIDE the Pelham Recreation Center.
 - Once football regular season begins, there will be one game per week on Monday, Tuesday, or Thursday evening. Extra games are rare, but possible due to cancellation/rescheduling.

Competition-Focused Practices (allowed for a duration of 30 minutes to 1 hour after a game focused practice, beginning in late September, through the end of competition season/early - mid November)

- Squads will still be scheduled 2 practices per week, with potential to add up to 2 practices.
- Squads will focus on game cheers and performances during the first period of practice (one hour), while focusing on competition performances and cheers for the second period (thirty minutes to one hour). Cheerleaders who are not participating in competition will not be asked to stay for the remainder of practice after the first period (one hour).
- Squads may practice for up to one extra hour for competition performance.

Mat Guidelines

Parent/Coaches:

- Mats will be used for Sunday indoor practice only.
- Squads who choose to stunt and tumble will be allowed to use mats for 1 hour per Sunday. Timeslots will rotate among squads weekly.

Coaches:

- Squads will rotate mat/gym space per hour on Sunday afternoons. Times will be scheduled by PPRD and may be changed if agreed upon by squad(s) and PPRD.
- Mats will be moved out of storage closet by PPRD staff, but not unrolled. Squads must unroll mats at their desired use.
- Squads must roll and stand up mats and place near bleachers/closet, off the basketball court at the conclusion of the cheer practice day.
- Mats will be returned to storage closet by PPRD staff.

Attendance Guidelines

DISCLAIMER: Exceptions may occur.

PPRD would like to emphasize the importance of attendance with regards to the safety and best practices of our cheerleaders. While we understand situations occur, it is important that your cheerleader attends all practices and games when possible. Beginning with the 2023 season, PPRD will implement the following attendance guidelines. These guidelines are in place for practices and games.

Game-Focused Practices/Games – Each cheerleader regardless of grade, will receive a total of TWO (2) “free” absences from scheduled attendance (practices and/or games). An email, text, or call notification to your coach is required with at least 24 hours’ notice for an absence to be counted as free.

Excused Absence – Excused absences are granted with permission from the coach with at least 48 hours’ notice (or ASAP if the absence is for multiple games/practices or planned prior to the season). In addition, excused absences will be counted for sickness, injury, family emergency, travel plans prior to registration (previous travel plans must be communicated with the coach at the first practice). An absence involving a sickness or injury must be reported as soon as possible with a doctor’s note. Parents are asked to report sickness or injury occurring the day of a practice or game to the coach as soon as possible. ALL injuries that occur in practice, game, or competition must be reported to both the coach and PPRD in writing **as soon as possible**.

Any other absences not reported to a coach under these guidelines will be considered UNEXCUSED and may result in loss of participation in a game/competition performance. Loss of participation may be determined by each coach following the guidelines below:

1-2 unexcused absences result in loss of participation in halftime routine.

3+ unexcused absences result in suspension for an entire game.

A parent may request a meeting with the squad coach to discuss any absence deemed unexcused. The absence may be subject to review by PPRD after the meeting if requested by the parent or coach.

Competition-Focused Practices/Competition – Cheerleaders who commit to participating in competitions must attend all scheduled practices with exceptions of injury, sickness with doctor’s excuse or family emergency. If a cheerleader misses more than one competition focused practice, performance participation is at the coach’s discretion.

- Note that competition participation is optional, and parents/cheerleaders can opt out of a single competition if they will not be available. However, participation is highly encouraged in all practices for those commitment to competition.

Extra events/activities for Pelham Youth Cheer – yearly activities for Pelham Youth Cheerleaders aside from games, practices, and competitions:

Homecoming Parade – Youth cheer/football teams will be invited to participate in the high school homecoming parade. If your squad chooses to participate, parents may be asked to help create a themed float, and cheerleaders will throw candy while riding the float during the PHS Homecoming Parade.

Youth Homecoming Nights – Each squad will have a grade level Homecoming. This is separate and might be held at a separate time from PHS Homecoming. Each cheerleader is escorted by a family member during the Halftime Homecoming Ceremony and will exchange gifts with the football team after the game.

Youth Night With PHS Varsity Cheer/Football – Pelham High School Varsity Cheer/Football invite our youth cheer and football teams for a pre-game recognition ceremony on the field at one PHS football game during the season. All cheerleaders receive free admission to the game in their uniform while parents may purchase tickets for admission for approximately \$11. Exact date announced closer to season.

City Christmas Parade – Optional event by Pelham Strong; squads must register floats on their own. Pelham Strong would love to have youth cheer a part of this holiday event.