



# PACIFIC CHEERLEADERS

*Limited*

## 2010 Handbook

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- Rules and Regulations





Orewa Santa Parade



## **ABOUT PACIFIC CHEERLEADERS LIMITED**

### **What It Means To Be A Pacific Cheerleader**

Pacific cheerleaders are self motivated in all aspect of life. Our athletes have personal drive. They work hard and achieve their goals. Pacific cheerleaders have a positive attitude, are team players and are upstanding role models.

### **Mission**

Pacific Cheerleaders Limited strives to help each athlete achieve their goals and reach their potential as a cheerleader and as an individual. Our athletes will learn life skills such as teamwork, responsibility, goal setting, self confidence, trust in their self and others, and leadership. Our goal is to create champions in and out of the gym!

### **Staff**

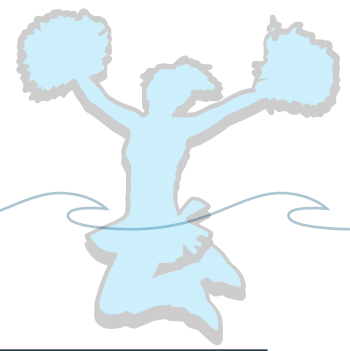
At Pacific Cheerleaders Limited all of our coaches are trained to follow the USASF rules and regulations and are taught how to safely coach the skills required for each level before they ever step into coaching that level team or class. All coaches working with school teams are also trained under AACCA, which specializes in school cheerleading programs and safety. Pacific coaches are required to be first aid certified as well as sports injury certified, which means they will know how to asses injuries as well as how to deal with them.

Our staff work to share their love and passion for cheerleading with others. Anyone can teach someone the skills, but it takes some with real enthusiasm to be an amazing coach and to pass on the excitement and pure enjoyment of cheerleading.

Our staff maintains an open and a professional relationship with all athletes and parents. All administrative staff and coaches are approachable and available to discuss any problems or concerns. We are here for you!

## **CONTACTS**

Name	Position	E-Mail	Phone
Debee van Kuijk	General Administration & Fees	office@pacific-cheer.com	09 428-3013
Selena Duncan	Head of Coaching	selena@pacific-cheer.com	
Ashleigh Constable	Coach	ashleigh@pacific-cheer.com	
Megan Bigsby	Coach	megan@pacific-cheer.com	
Martien van Kuijk	Marketing and Promotions	martien@pacific-cheer.com	



## PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday
<b>Open Gym</b> Stanmore Bay School 5:00 - 6:00pm	<b>Junior Level 1</b> Stanmore Bay School 4:30 - 6:00pm	<b>Junior Level 2</b> Stanmore Bay School 5:30 - 7:30pm	<b>Open Tumble Class</b> Silverdale Gym 6:15 - 7:30pm
<b>Conditioning</b> Stanmore Bay School 6:00 - 7:00pm	<b>Senior Level 1 &amp; 2</b> Stanmore Bay School 6:00 - 8:00pm		

Conditioning is a requirement for this class.  Conditioning is optional for this class, but highly recommended.

## CLASS FEES

1 hour per week	= \$100/Term	4 hours per week	= \$220/Term
1.5 hours per week	= \$120/Term	4.5 hours per week	= \$240/Term
2 hours per week	= \$160/Term	5 hours per week	= \$260/Term
2.5 hours per week	= \$170/Term	5.5 hours per week	= \$280/Term
3 hours per week	= \$180/Term	6 hours per week	= \$300/Term
3.5 hours per week	= \$200/Term	6.5 hours per week	= \$320/Term

### Payments

All payments are due by the 2nd class of each term. This payment covers the cost of training only and includes GST.

### Family Discount

10% off each child's fees when they are enrolled in a Pacific Cheerleaders Team (excludes school teams).

### Late Fees

If payment has not been received by the 2nd class of each term, participation is not allowed until payment has been made.

### Class Attire

There is no specific uniform for practice; however we ask that you wear athletic shoes, socks, t-shirt, sports shorts & hair tied back. Please no loose fitting clothing, zippers, or hoods (this is for safety considerations).

Pacific Cheerleaders gear is available for purchase if so desired.

### Payment Options

We accept Cash, Cheque or Direct Debit. Cheques made payable to: Pacific Cheerleaders

Direct Debit: Pacific Cheerleaders Limited – 030419-0160767-00

Please quote student number as a reference on all deposits.

## FUNDRAISING

In addition to class fees, athletes will be required to pay for their team uniform and competitions fees. These are extra costs that can be covered with fundraising. We will be offering help to anyone that would like to fundraise. If you are interested in fundraising or have any suggestions please contact us at [fundraising@pacific-cheer.com](mailto:fundraising@pacific-cheer.com)



## IMPORTANT DATES

### School Terms

Term One:	February 2nd - April 1st
Term Two:	April 19th - July 2nd
Term Three:	July 19th - September 24th
Term Four:	October 11th - December 14th

### Pacific Cheerleaders

January 30th	Hibiscus Coast Hot Rod Show
February 2nd	Term One Starts
March 20th	Cheer Clinic & Judges Course
March 21st	Coach Credentialing Course
March 27th	HBC Soapbox Derby
March 28th	Whangaparaoa School Gala
April 1st	Last Day of Term One
April 19th	Term Two Starts
June 7th	Queen's Birthday (No Monday Classes)
July 2nd	Last Day of Term Two
<b>July 4th</b>	<b>NZ Cheerfest Competition</b>
July 19th	Term Three Starts
August 4th	<i>Pacific Cheerleaders 2nd Birthday!</i>
<b>August 7th</b>	<b>Northland Cheer &amp; Dance Invitationals</b>
September 24th	Last Day of Term Three
<b>September 26th</b>	<b>NZ Cheer &amp; Dance Internationals</b>
October 11th	Term Four Starts
October 25th	Labour Day (No Monday Classes)
December 10th	Last Day of Term Four
December (Day TBC)	Special Childrens' Christmas Party
December 11th	Pacific Prize Giving Picnic



## TENTATIVE PERFORMANCE & COMPETITION DATES

Pacific Cheerleaders will attend several events during the year. Competitions are listed under the heading "Important Dates" above. *Competition dates are tentative and will be confirmed closer to the event.* Other special events will occur during the year, and these dates will be announced as they come up. Each athlete will be required to purchase a Pacific Cheerleaders t-shirt to be worn at all of these performance events.

*School Gala Performance*





## **RULES AND REGULATIONS**

I hereby understand that each time "Pacific Cheerleaders" is mentioned throughout this contract it is meant to be all inclusive of Pacific Cheerleaders Limited, Pacific Cheer, its officers, shareholders, agents and employees.

### **General**

1. Only registered athletes are allowed on the practice mat.
2. Siblings, family members, friends, etc are not allowed on the practice mat.
3. All spectators must remain in the designated area and keep the noise level down at all times.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. No food, drinks, or gum are permitted on the practice mat.
6. All rubbish must be disposed in the appropriate rubbish bins
7. Cell phones and pagers must be put on silent mode or left outside the practice area.
8. Pacific Cheerleaders is not responsible for any personal items lost or stolen.
9. The Pacific Cheerleading website and emails must be checked daily for any and all updates. There is no excuse for being uninformed or irresponsible when the information has been provided.
10. All completed forms or information needed by Pacific Cheerleaders must be returned by applicable due date.
11. A Pacific Cheerleaders Owner must approve any privately monogrammed clothing bearing the Pacific Cheer name. Anything created without approval will not be acceptable and cannot be worn or sold separately

### **Teams**

#### **Pacific Cheerleaders retains the right to:**

1. Place its athletes on the team(s) it feels will best suit them and the programme.
2. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to:
  - A) Attendance
  - B) Conduct
  - C) Skills
  - D) Finances
  - E) Parent conflicts
3. Decide if an athlete may participate on more than one team.
4. Decide the roles and/or positions an athlete will have/play on their team(s). e.g. base, flyer, back spot, tumbler, dancer, alternate, etc
5. Request that an athlete or team take additional classes or camps to improve their skills.
6. Request that an athlete or team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.

#### **Athletes that elect to participate on more than one Pacific team must:**

1. Be willing and able to fulfill all the responsibilities required by each team.
2. Be responsible for any additional entry fees they incur beyond their first team.

### **Attendance/Injuries**

#### **All athletes must:**

1. Arrive at least 15 minutes early to all Pacific Cheerleaders activities.
2. Notify Pacific Cheerleaders immediately when an injury occurs.
3. If absent from a practice, it is the athletes responsibility to notify their coach and learn any material missed.
4. Be prepared for class prior to the class starting; hair up, shoes on, dressed appropriately and use the facilities if needed.



## Practice Dress Code

### All athletes must:

1. Maintain a well-groomed appearance and good personal hygiene at all times.
2. No loose clothing items are to be worn. No zippers or hoods allowed while participating in any Pacific Cheerleaders activity. Preferred clothing to be a t-shirt and shorts.
3. Athletic shoes and socks must be worn at all times while participating in any Pacific Cheerleaders activity. No dance or gymnastics slippers allowed.
4. Hair must be kept out of the face, including fringes (if possible in a high ponytail).
5. Nails must be kept shorter than fingertips when participating in any Pacific Cheerleaders activity.
6. No jewelry (other than approved medical ID tags), is allowed when participating in any Pacific Cheerleaders activity.
7. No tattoos or inappropriately dyed or cut hairstyles should be visible when wearing any Pacific Cheerleaders apparel.

## Competition/Performance Dress Code

### By each team's scheduled meeting time and place:

1. Athletes must be dressed as specified below unless otherwise instructed by their coach.
2. Hair and make-up must be complete as per coach's request.
3. All jewellery (except approved medical ID tags) and coloured nail polish must be removed.
4. All non-uniform items such as sunglasses, cell phones, CD players, iPods etc must be put away.
5. Any bracing or tape needed to perform must be supplied by the athlete and put on before going to warm up mat.

### After competing:

1. Athletes may only change into their official Pacific Cheer competition t-shirt and warm up uniform.
2. Socks and sneakers must be worn at all times.

During awards ceremonies, athletes must be in full competition uniform and may not wear backpacks, warm ups or any other item.

## Sportsmanship/Conduct

### All athletes AND parents must always:

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. Schedule an appointment to speak with a coach or other staff member to discuss any issues that may arise.
4. Refrain from gossiping or any form of verbal or physical confrontation.
5. Refrain from celebrating the misfortune or defeat of another person, team or program.
6. Show respect and support for other cheerleaders, teams and programs associated and unassociated with Pacific Cheerleaders.

## Health

### All athletes must:

1. Provide Pacific Cheerleaders with current emergency contact information.
2. Inform Pacific Cheerleaders of ALL medical conditions that may limit or prevent ability to participate in any Pacific Cheerleaders activity.
3. Notify Pacific Cheerleaders of any injuries sustained as a result of an athlete's participation in any sanctioned Pacific Cheerleaders activity.
4. Provide valid information (written documentation if applicable) explaining the reason(s) and the duration for which an athlete may be limited or unable to participate in any Pacific Cheerleaders activities.
5. Provide Pacific Cheerleaders with a list of any medications that an athlete is currently taking.
6. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.



## Travel/Competitions

### All athletes and their families must:

1. Arrive to competition by the designated check-in time and will check-in with the coaches/staff accordingly.
2. Find competition dates, venues and itineraries on the Pacific Cheerleaders website. All this information will be released as soon as we have that information available.

## Financial Obligations

### All athletes and parents understand that:

1. Payments are due at the start of each term, and no later than by the 2nd class.
2. Fees cover trainings only. It does not cover the cost of merchandise, competition fees or travel.
3. Classes do not run on holidays or scheduled gym closed dates, unless otherwise specified.
4. All payment due dates must be met.
5. All athletes accounts must be current and in good standing to participate in classes and events.
6. Pacific Cheerleaders reserves the right to deny an athlete participation in any Pacific Cheerleaders activity for failure to keep up with financial obligations.
7. Any monies received from an athlete/parent will be applied first to any overdue fees.
8. All fees must be paid at ordering of any Pacific Cheerleaders merchandise.
9. If an athlete chooses to leave or if asked to leave Pacific Cheerleaders for any reason, any and all funds are completely non-refundable.
10. Pacific Cheerleaders reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.

## CHECKLIST

All athletes must submit the following documents to the Pacific Cheerleaders Office before permission to participate in any Pacific Cheerleaders activity is granted. Thank you in advance for your cooperation!

- REGISTRATION FORM
- MEDICAL WAIVER
- SIGNED LAST PAGE OF THE RULES AND REGULATIONS CONTRACT