



Decatur-DeKalb YMCA Youth Basketball Cheerleading Program



Cheerleading Handbook

2009-10

Dear Parents,

Welcome to the Decatur-DeKalb YMCA Youth Basketball Cheerleading Program. I am very committed to creating an environment where kids can grow, develop, learn the value of team work and most importantly, have lots of fun. As a parent you can also help make your child's YMCA Youth Basketball Cheerleading Program a special and successful experience. Team parents are always needed. If you are interested in helping, please contact the Sports Department.

I am very excited about the upcoming cheerleading season and hope that you and your child will enjoy this experience. Please let me know if you have any special concerns, suggestions or questions.

Thank you for participating in the Youth Basketball Cheerleading Program, I look forward to a fun-filled safe season.

Sincerely,

Michael N. Duncan
Sports Director

Contact Information

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Michael N. Duncan – Sports Director
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YMCA Website: ddy.ymcaatlanta.org

Weather Hotline: (404) 687-2518

StatusMe Service: www.statusme.com



Decatur-DeKalb YMCA

YOUTH BASKETBALL CHEERLEADING PROGRAM GOALS AND OBJECTIVES

The goals of Decatur-DeKalb YMCA sports are:

- **To build self-esteem**
- **To teach social skills, values, communication, and human relations**
- **To teach physical skills, fitness, and health**
- **To develop responsibility and decision making skills**
- **To enhance leadership skills in youth and adults**
- **To build relationships among peers and between parent and child**
- **To support and strengthen family life**
- **To create a fun experience for children and their families**

YMCA Youth Sports Programs are designed to meet these specific program objectives:

- **To grow personally**
- **To build character values**
- **To improve personal and family relationships**
- **To appreciate diversity**
- **To become better leaders and supporters**
- **To develop specific sport skills**
- **To have fun!**



YOUTH BASKETBALL CHEERLEADING PROGRAM

GENERAL INFORMATION

1. Selection of Cheerleading Squads

- All cheerleading squads are randomly grouped together by age except for special requests. Special requests may be made for a specific coach or to be placed on the same team with another participant.
- The YMCA policy is to promote fun and friendship during youth sports. This is why we try to grant all wishes from individuals to be with a friend or on a certain coach's team.

2. Communication

- Communication between coaches, parents, and the sports director is an important quality of a good cheerleading program. It is very important that all parents keep in communication with their team's coach. Coaches are required to supply an email address and phone number to the Sports Director and to their team for communication purposes.
- Coaches need to contact all participants and welcome them to their team once they receive their roster. Accurate phone numbers and emails should be collected as mistakes can happen during the typing of rosters.
- Coaches need to send out emails or make phone calls on a regular basis to inform participants of upcoming practices, cheerleading games schedules, or a change of any sort. The more informed the participants and/or parents are the more involvement you will have.

3. Practice and Game Venues (*Please note that dates and times are subject to change*)

- The cheerleading squads will practice on **Tuesdays & Thursdays from 6:30 p.m. – 8:00 p.m.** at the Decatur-DeKalb YMCA.
- Practices will start on **Tuesday, December 1, 2009 and run through February 11, 2010.** The Youth Basketball season runs from **Saturday, December 12, 2009 until Saturday, February 13, 2010.**
- No practices will be held during the Christmas Holiday. The holiday break will be from **Monday, December 21, 2009 through January 3, 2010.** Practice will resume on **Tuesday, January 5, 2010.**
- All cheerleaders will practice together, but will be grouped according to ages and teams.
- A game schedule will be given out letting parents know what time their child's cheerleading squad will cheer during the season.

4. Uniforms

- Uniforms will be issued to each participant.
- Each participant will be issued their uniform by **Tuesday, December 8, 2009.**

5. End of Season Awards Program

Trophies will be given to all participants at the end of the season awards program. The program will be held at Decatur-DeKalb YMCA Conference Room. More information will be given at a later date.

6. Facility Policy

- Restrooms are available to all participants in the youth locker rooms. **Children are not allowed in the adult locker rooms.** Drinking fountains are also available in the locker rooms and in the main hallway.
- No food or drinks, except water, is allowed in the gym during practices or games. Snacks are allowed only on game days.
- No gum allowed in the gym. Please ask all participants to dispose of gum before practice starts. This is for the safety of the child and to preserve the gym floor.
- Please clean up any trash or materials left after games and practices.
- A Gym supervisor will be present during all practices and games. If you have any problems or concerns please address the Gym Supervisor.
- If a participant or coach is injured during practice or a game please notify the gym supervisor or front desk immediately. An incident report must be filled out at the time of the incident. Ice and medical supplies are available at the front desk.
- On game days, parents will be required to sign in at the basketball table if they are not facility members. Parents and guest of participants that are not facility members are only allowed to be in the basketball gym during practices and games. They are not allowed in any other area of the facility.

7. Inclement Weather

- The Sports Director will make all decisions if games or practices will be cancelled due to inclement weather. Coaches and parents will need to call the Community Sports weather hotline in cases of inclement weather to see if games/practices are cancelled or delayed. **The weather hotline will be updated after 3:30 p.m. on weekdays, 8:00 a.m. on Saturdays.**
- The weather hotline phone number is **#404-687-2518**
- You will not be allowed to conduct practice or play a game if they are called off due to weather conditions even if the YMCA is still open. This is a safety precaution and must be abided by.
- It is the Coaches responsibility to make sure parents are aware of the weather hotline and how to access and use it.
- If a coach decides to cancel a practice it is their responsibility to contact their players and parents.

StatusMe Service

Decatur-DeKalb YMCA has a new service that will *instantly* let you know the gym status for practice and games. An email or text message will be sent to you the moment a gym status has changed. ***This is a free service to the Decatur-DeKalb YMCA Facility and Program Members.***

Members using the *StatusMe Network* enjoy the following benefits:

Member Benefits

- Have gym status information come to you the instant it changes rather than continually checking the YMCA web page or the weather hotline.
- Have status updates sent to all the email addresses and/or cellular text messages (SMS) you specify.
- Keep your email private from others. StatusMe sends emails and cellular text messages (SMS) individually to each person rather than in bulk.
- Opt In to receive information for only the club and the club facilities you select.
- Get status for "away" games from other StatusMe network clubs. Simply sign up for opposing club facility notifications for just the weekend of your away game.
- Opt In and Opt Out of club status information any day, any time.
- Use one system to receive notifications from all of your family's clubs using the StatusMe network.

It is very simple to set-up. You will go to the StatusMe website: www.statusme.com

Click on ***Join Now*** and follow the steps. Within a few minutes you will be set-up on the system. Once you are set-up, every time the gym status changes, you will be sent an email or text message.



IMPORTANT DATES YOUTH BASKETBALL CHEERLEADING PROGRAM 2009-10

(Please note that dates and times are subject to change)

August 31, 2009	Youth Basketball Cheerleading Registration Begins
November 14, 2009	Last Day to Register for Youth Basketball Cheerleading Program
November 16, 2009	Late Registration Begins (\$10.00 Late Fee will be Assessed)
November TBA, 2009	Parents Meeting The meeting will start at 7:00 p.m. YMCA Conference Room
December 1, 2009	First Day of Practices
December 4, 2009	Game schedules will be posted to website by this date
December 8, 2009	Uniforms will be available for pick-up during practice
December 12, 2009	1 st Game of the Season
Dec. 21 – Jan 3, 2010	HOLIDAY BREAK – No Practice or games during this time
January 5, 2010	Practice Resumes
February 13, 2010	Conclusion of Youth Basketball Season (May vary by age Group)