

# Licking Heights Youth Sports League 2025 Football, Cheerleading & Camp Calendar

Mark your calendars!! Be part of a winning tradition!!



REGISTER ONLINE AT [www.lhysl.org](http://www.lhysl.org)

Registration open til early July

## 2025 IMPORTANT DATES "TENTATIVE"

### LHYSL ONLINE REGISTRATION OPEN NOW!!!

FB Camp ends 6/17, Football ends 7/6, Cheer ends 7/13  
Register online at [www.lhysl.org](http://www.lhysl.org) for all programs.

### SUMMER SUNDAYS WORKOUTS June 1<sup>st</sup> to July 20<sup>th</sup>

VOLUNTARY for all LHYSL youth football players and cheerleaders. Schedules will be random from each division.

**Where:** Mainly LH Middle Fields **Days/Time:** Various times

### LHHS VARSITY CHEER CAMP – JUNE 16<sup>th</sup> & 17<sup>th</sup>

Available to ALL students entering grades K to 6<sup>th</sup>. \$60 fee.  
The proceeds benefit the LH Varsity Cheerleading.

**Where:** Licking Heights High School

**Time:** 5:00 – 8:00 pm



### LHHS FOOTBALL CAMP JUNE 16<sup>th</sup> & 17<sup>th</sup>

Available to ALL students entering grades 1st-6<sup>th</sup>. Proceeds benefit the LH Varsity Football.

**Where:** LH High School Stadium & Fields

**Days/Time:** Mon/Tues; Check in 5:30, 6-8:00

*\*No workouts during camp days\**



### LHYSL FOOTBALL COMBINE JULY 8<sup>th</sup> to 9<sup>th</sup>

Evaluation/conditioning, highly recommended for all registered youth football players. All outstanding registration fees must be paid for participation.

**Where:** LH Middle School Fields

**Time:** Check in 5:30, 6:00 - 8:00 pm each day

**Bring:** Water bottle and wear cleats

### DRAFT DAY (if needed) by JULY 11<sup>th</sup>

Coaches will notify football players and/or cheerleaders which team/squad they are on after the draft and what time to pick up their equipment and meet their new coach.

**Where:** Football / Cheer Directors residence

**Time:** Evening (TBD)

### FOOTBALL EQUIPMENT PICK-UP JULY 10<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>

Athletes will come pick up their required equipment for football, game jersey fitting and meet their coach. *All outstanding registration fees must be paid before the equipment hand out.*

**Where:** Prestige Storage, Unit 14

**Time:** Saturday 9:00am – 12:00pm (team specific schedule)

Weekdays 6:00pm – 7:00pm (open)

### CHEER UNIFORM FITTING/HANDOUT July 19<sup>th</sup>

Required for ALL cheerleaders to attend fitting. *All outstanding registration fees must be paid prior to uniform hand out.*

**Where:** LH Middle School **Time:** Team specific schedule

### FOOTBALL PRACTICES BEGIN JULY 21<sup>st</sup>

Required for all LHYSL youth football players. Team practice schedules will be published with coaches for the season.

**Where:** LH Middle School Practice Fields

**Days/Time:** Mon, Tues, Wed, Thurs, 6:00 - 8:00 pm

### CHEER PRACTICES BEGIN Week of JULY 21<sup>st</sup>

Cheerleaders will start workouts and receive squad practice schedules will be published with coaches for the season.

**Where:** LH Middle School Area **Time:** 6:00 – 8:00 pm

### MANDATORY ALL PARENTS MEETING Wed, JULY 30<sup>st</sup>

Required for all parents of LHYSL youth football players and cheerleaders to review the program and policies.

**Where:** LH Middle School Auditorium

**Time:** 6:30pm to 7:30pm (during Practice)



### OPENING DAY / HIVE NIGHT AUG 9<sup>th</sup> All Day

All 3 divisions have scrimmages early then later the festival with Inflatables, Food trucks and Music!!

**Where:** LH Middle School Stadium (behind the Middle School)

**Time:** 10:00 am to 2:30 pm then 5:00 to 8:00 pm

### PATASKALA PARADE AUG 16<sup>th</sup> in Pataskala

All LHYSL football and cheerleaders to walk the parade.

**Where:** Pataskala **Time:** 10:00 am to 2:00 pm.

### FOOTBALL/CHEER PICTURE DAY Date TBD

Team and Individual pictures.

**Where:** LH Middle School **Time:** TBD

### FOOTBALL/CHEER SEASON OPENER AUG 23<sup>rd</sup> or AUG 24<sup>th</sup>

First games of the LCLYF season, home and away.

All home games will be at the LH Middle School Stadium

### LCLYF CHAMPIONSHIP WEEKEND OCT 25<sup>th</sup> & OCT 26<sup>th</sup>

LHYSL is hosting the County League Tackle Football championship games for all divisions.

All champ. games will be at the LHHS Football Stadium

### CHEER COMPETITIONS NOV – Dates/Times TBD

Heath, SWLYFC, & LHYSL will host cheer events.

## LHYSL FOOTBALL



### **How do I register my son/daughter?**

All our registration is online.:

1. Register and pay online at [www.LHYSL.org](http://www.LHYSL.org)
2. All required waiver forms will be in the online process.

### **Does my child have to attend the LHYSL Football combine?**

We do require all participants to attend the combine although we know there are other things that may interfere. Please notify the league at [lhys.hornets@gmail.com](mailto:lhys.hornets@gmail.com) if your son cannot attend at least 1 day of the combine. This 2-day activity is where we perform many drills and teach fundamentals of football for our coaches to evaluate all participants prior to the team draft for each division. Attendance at the combine on July 8th 9th and/or July 11th is required to allow for proper evaluation of players to determine skills.

### **Does my child have to attend the LH Football Camp?**

Your child does not have to attend the LH Camp on June 16th and 17th, though the LHYSL encourages them to attend, camp instruction is provided by the LHYSL coaches and LH football players and is a great opportunity to learn new skills, brush up on the fundamentals, and interact with the high school players. The camp will be from 5:30 pm to 8 pm each day for a cost of \$38.00 per child. Located at the LHHS High School stadium and registration payable through the lhysl website.

### **Can my child attend camp but not register for football?**

Yes. Your child can attend camp without registering for the 2025 tackle football season. Camp instruction is provided by the LHHS coaches & football players.

### **What do I need to buy my football player?**

Your registration fee covers a league provided helmet, chin-guard, practice jersey, game jersey, game pants. You will need to provide a mouth guard, maroon game socks, practice pants, and football cleats. Most kids will go through several mouth guards in a season, so if you can get them in multi-packs. Also all athletes must have practice pants. Athletes are not to wear their game pants for practice.

### **When does practice start and how long do they last?**

Football practices will begin appx week of July 21st Before the school year starts, football will practice 4 days per week. Once classes begin, practices are 2-3 days per week (not on Fridays) and last up to 2 hours, depending on daylight. Days of the week and actual times are determined by each team's head coach. Typically, football practices are M,W,Th from 6-8 p.m.

### **Where will practices be held?**

Practices for football will be held at LH Middle School fields or surrounding areas around Licking Heights Middle School. This will be the location for the combine, practices, opening day, and home games.

### **What team will my football player be on?**

After the mandatory Combine (July 8th to 11th), the head coaches have a draft where the teams are selected. The draft will be held by July 15th in the evening, then the Head Coach will contact each of his players that day or following day. There usually is at least one team per division. If registration numbers are high enough there will be multiple teams per division. Equipment will then be handed out July 19th in the morning (exact time TBD). Other equipment hand out days will be announced as we get closer.

### **When will football, equipment be given out?**

Football equipment handout (Helmets, Shoulder Pads, Game Pants, Practice jerseys, & Game jersey fitting) will happen the morning of July 19th. Time will be 9am to 12pm with a specific time for your kids team. This will be held at Prestige Storage (on Broad St.), unit 14. Kids will be weighed, fitted for all equipment including Game jerseys. Fitting for game jerseys and number determination is critical for ordering jerseys on time, so it is important that you attend. Two secondary pickup times may be set on (Date./Time TBD) to accommodate anybody who cannot make the July 19rd date.

## LHYSL FOOTBALL (cont.)

### **Do I, as a parent, need to attend the All-Parents Meeting?**

Yes!! The mandatory All Parents meeting most likely will be held at the LH Middle School auditorium the week of July 28th , 6:30pm to 7:30pm usually during practice. All parents are required to attend. *Failure to do so without notification will result in their youth athlete sitting out the 1st half of the first game of the season.*

### **What Division is my child in?**

The League Divisions are divided as follows: Mini division is 1st and 2nd grade, Junior division is 3rd and 4th grade, and Senior division is 5th and 6th grade. These are based on what entering grade the child will be the upcoming fall.

### **Are the football games competitive?**

Yes! The LHYSL is part of Licking County League Youth Football (LCLYF) and play other schools within the county. All games are played on official fields with official referees and scoreboards. There is a regular season followed by a 3-week playoff system that will determine a county champion in each division. This league is very competitive. The LHYSL wants our athletes to have fun, learn the fundamentals of the sport, and learn sportsmanship and what it means to be part of a team. We also want our athletes to win! We are very proud of the winning tradition of the LHYSL in all divisions over the last 16 years!

### **How many games will we play?**

The regular season includes a scrimmage game day ("Opening Day"), and then appx. 6 official games. There is a 3-week playoff bracket that ends with the league championship game.

### **What is Opening Day?**

LHYSL opening day is a scrimmage day for our football teams and cheer squads. This will be held on Saturday, Aug 9th at LH Middle School stadium from appx. 10am to 2pm and is open to parents, families and friends. All football players and cheerleaders will be introduced over the PA system. Each team will have a short scrimmage with a running clock. There will be a Hive Night festival later that same day from 5pm to 8pm at the LH Middle School stadium offering inflatables, food trucks and music.

### **When are the games and where are they played?**

Games are played one time per week on a Saturday or Sunday at fields throughout Licking County. Our home games are at LH Middle School stadium, behind Middle school. Game locations can be found on the LCLYF website and our own LHYSL website. Your child's coach will provide you with the game schedule as soon as it is available (usually mid-August).

### **Will I have to do fundraising?**

There will be NO mandatory league fundraiser (Candy bar & raffle tickets) thus no \$50 charge. Each team may have team fundraiser where proceeds can support end of year party or team shirts. "Team Fundraising" for each team is organized by each Team Parent or volunteer and is NOT mandatory. These fundraisers are used to raise money for items such as team t-shirts and the team season end party.

### **Will I have to volunteer during the season?**

Yes. Volunteering is a very key component of the LHYSL and every parent is expected to volunteer to serve in the concession stand during one game or work the chains and/or press box during one game. Concession shifts are never during your child's game, so you will not miss seeing him/her participate. Working the chains is usually during your child's game, so many enjoy this task to be up-close and personal with the action. During playoffs, parents are responsible for filling these spots in addition to the regular season volunteer shift. Your team mom will approach you with a schedule.

### **Who do I contact to become a volunteer coach or assistant?**

When you are registering your child online there is a section of available volunteer positions, just fill that out and the LHYSL board will automatically be notified, and you will hear from us usually within days. You can also just email us also.

### **What requirements do I need to become a volunteer coach or assistant?**

We are looking for people who have a good knowledge and experience of football or cheerleading. All candidates will need to take a background check, child abuse awareness online seminar, and online concussion protocol and cardiac courses.

### **Do I have to provide team snacks?**

Most teams do have a snack after the games. Team Parent will issue a schedule so that usually each parent is assigned one game. Typically, one parent is assigned a healthy snack and another parent is assigned a drink.



## LHYSL SIDELINE CHEER



### Frequently Asked Questions

#### How do I register my son/daughter?

All our registration is online.:

1. Register and pay online at [www.LHYSL.org](http://www.LHYSL.org)
2. All required waiver forms will be in the online process.

#### Does my child have to attend LH Varsity Cheer Camp to cheer?

The LH High School Cheer squad is hosting a cheer camp on June 16th and 17th. While attendance is not mandatory, we strongly encourage your child to participate. Camp instruction will be led by the LHHS coaches and cheerleaders, providing an excellent opportunity to learn new skills, reinforce fundamentals, and engage with the high school cheerleaders & coaching staff. The camp will run from 5:00 PM to 8:00 PM each day at LH High School. The cost is \$60.00 per child. To register, go to: [Licking Heights Hometown Ticketing](#).

#### Can my child attend camp but not register for cheer?

Yes. Your child can attend camp without registering for the cheer season. Camp instruction is provided by the LHHS coaches & cheerleaders, which is a great opportunity to learn new skills, brush up on the fundamentals, and interact with the high school cheer staff & coaching staff.

#### What is the Sideline Cheer program?

Our sideline cheer program focuses on introducing young athletes to the exciting world of cheerleading. Through a team focused environment, you child will build confidence, discipline, athleticism, and fundamentals of cheer combined with the excitement of sideline cheering on our Licking Heights youth football teams at all home and away games.

#### What do I need to buy my cheerleader for sideline cheer?

Your registration fee covers the league provided cheerleading uniform (skirt & shell), v-neck long sleeve crop, spunks, & sideline cheer game-day bow. In addition, this year, your registration fees will cover October's breast cancer awareness socks & bow. You will need to provide all white socks (ankle or no show only), and all white tennis shoes (cheerleading shoes). Please note, while the LHYSL core cheerleading program items are covered, coaches may request additional purchases for their squad throughout the 2025 season which can be funded through team fundraising or parent contributions.

#### When does practice start and how long do they last?

Sideline cheerleading practices will begin appx week of July 21st. Before the school year starts, sideline cheerleading practices are 3-4 days per week. Once classes begin, practices are 2-3 days per week (not on Fridays) and last up to 2 hours, depending on daylight. Days of the week and actual times are determined by each squads head coach.

Starting week 4 or 5 (as determined by Head Coach) practices will change to 1 day: sideline practice and the other 1 or 2 days: competition practice. Come September (or as determined by Head Coach), all practices will shift to competition practice only. Please note, if your child is not enrolled in competition cheer, they will not be required to attend competition practices.

#### Where will practices be held?

Practices for cheer will be held at LH Middle School fields or surrounding areas around and inside of Licking Heights Middle School (AUX gym). This will also be the location for opening day and home games. Practices for cheerleading will move indoors mid-September/beginning of October so location and times may change.

#### Do I, as a parent, need to attend the Parent Meeting for cheerleading?

Yes!! The mandatory All Parents cheerleading meeting will be held at the LH Middle School auditorium on Thursday, July 17<sup>th</sup> from 6:00pm – 8:00pm. Cheerleaders are welcome to attend as there will be an opportunity for them to learn some cheers in advance and do some team building activities. *Failure in attendance without notification will result in their youth athlete sitting out the 1st half of the first game of the season.*

#### What Division is my child in?

The League Divisions are divided as follows: Mini division is 1st and 2nd grade, Junior division is 3rd and 4th grade, and Senior division is 5th and 6th grade. These are based on what entering grade the child will be the upcoming fall.

#### What squad will my cheerleader be on?

Your cheerleader will be placed on the squad specific to her/his incoming grade level. If numbers allow, a division may have multiple squads. If the Cheer Director(s) makes such a decision, a draft with the Head Coaches will take place to determine the cheerleaders for each squad. Parents will be notified by the Head Coach immediately following the draft or day after.

## LHYSL SIDELINE CHEER (cont.)

### **When will cheerleading uniforms and/or equipment be given out?**

Cheerleading uniform fittings and pick-up day is scheduled for Saturday, July 19<sup>th</sup>. The location will be at LH Middle School. Mini division: 11am-12pm, Junior division: 12pm-1pm, & Senior division: 1pm-2pm. Attendance is required for all cheerleaders as uniform fitting is crucial for both performance and safety. It allows for a full range of motion, prevents discomfort, and ensures the uniform stays secure during stunting and tumbling. **Please arrive at your designated time.** A secondary pickup time may be set on (Date./Time TBD) to accommodate anybody who cannot make this date.

### **Are the football games competitive?**

Yes! The LHYSL is part of Licking County League Youth Football (LCLYF) and play other schools within the county. All games are played on official fields with official referees and scoreboards. There is a regular season followed by a 3-week playoff system that will determine a county champion in each division. This league is very competitive. The LHYSL wants our athletes to have fun, learn the fundamentals of the sport, and learn sportsmanship and what it means to be part of a team. We also want our athletes to win! We are very proud of the winning tradition of the LHYSL in all divisions over the last 16 years!

### **How many games will we cheer for?**

The regular season includes a scrimmage game day ("Opening Day"), and then appx. 6 official games. There is a 3-week playoff bracket that ends with the league championship game. Cheerleaders competing in competition and the expo will continue post season until mid-November.

### **What is Opening Day?**

LHYSL opening day is a scrimmage day for our football teams and cheer squads. This will be held on Saturday, Aug 9h at LH Middle School stadium from appx. 10am to 2pm and is open to parents, families and friends. All football players and cheerleaders will be introduced over the PA system. Each team will have a short scrimmage with a running clock. There will be a Hive Night festival later that same day from 5pm to 8pm at the LH Middle School stadium offering inflatables, food trucks and music.

### **When are the games and where are they played?**

Games are played one time per week on a Saturday or Sunday at fields throughout Licking County. Our home games are at LH Middle School stadium, behind Middle school. Game locations can be found on the LCLYF website and our own LHYSL website. Your child's coach will provide you with the game schedule as soon as it is available (usually mid-August).

### **Will I have to do fundraising?**

There will be NO mandatory league fundraiser (Candy bar & raffle tickets) thus no \$50 charge. Each squad may have team fundraiser where proceeds can support end of year party or team shirts. "Team Fundraising" for each squad is organized by each Team Parent or volunteer and is NOT mandatory. These fundraisers are used to raise money for items such as team t-shirts and the squad season end party

### **Will I have to volunteer during the season?**

Yes. Volunteering is a very key component of the LHYSL and every parent is expected to volunteer to serve in the concession stand during one game or work the chains and/or press box during one game. Concession shifts are never during your child's game, so you will not miss seeing him/her participate. Working the chains is usually during your child's game, so many enjoy this task to be up-close and personal with the action. During playoffs, parents are responsible for filling these spots in addition to the regular season volunteer shift. Your team mom will approach you with a schedule.

### **Who do I contact to become a volunteer coach or assistant?**

When you are registering your child online there is a section of available volunteer positions, just fill that out and the LHYSL board will automatically be notified, and you will hear from us usually within days. You can also just email us also.

### **What requirements do I need to become a volunteer coach or assistant?**

We are looking for people who have a good knowledge and experience of football or cheerleading. All candidates will need to take a background check, child abuse awareness online seminar, and online concussion protocol and cardiac courses.

### **Do I have to provide team snacks?**

Most squads do have a snack after the games. Team Parent will issue a schedule so that usually each parent is assigned one game. Typically, one parent is assigned a healthy snack and another parent is assigned a drink. Another option is the Team Parent will collect funds from each family on the squad and be responsible to provide weekly snacks and drinks to the squad. Either option, please ensure you are aware of each athletes allergies.





## LHYSL COMPETITION CHEER



### Frequently Asked Questions

#### How do I register my son/daughter?

All our registration is online.:

1. Register and pay online at [www.LHYSL.org](http://www.LHYSL.org)
2. All required waiver forms will be in the online process.

#### What is the Competition Cheer program add on?

Our competition cheer program focuses on introducing youth athletes to the exciting world of competitive cheerleading. It emphasizes skill-building, teamwork, communication, discipline and personal growth in a fun, supportive environment. Athletes learn what it means to train with purpose, perform with confidence, and compete with heart.

Competition cheer is a great way to showcase the squads hard work from the season and an opportunity to be rewarded for a job well done. Each team receives 4-5 minutes to complete a choreographed routine that will be judged by a panel of experienced judges. This routine is a combination of cheers, chants and a customized routine/dance set to selected music. Competition cheerleaders and their families understand that opting to participate in competition cheerleading requires 100% commitment & participation for all practices and expo/competitions events.

#### Does my child have to be registered for LHYSL Sideline Cheer if he/she only wants to do competition?

Yes. You must be enrolled in sideline cheer to add on competition cheer.

#### I registered for sideline cheer only; is it too late to add on competition cheer?

Competition cheer registration ends August 15th 2025. If the deadline has passed, please reach out to your Head Coach and the Cheer Director(s).

#### What skills does my child have to have to participate in competition cheerleading?

To join our competition cheerleading program, your child must have a **big heart**, **team spirit**, and a **willingness to learn**.

#### Will my cheerleader need tumbling or stunting experience?

While tumbling and stunting are exciting parts of cheer, we start with entry-level instruction, making our program perfect for beginners. We believe every athlete has the potential to grow—no prior experience is required. What we're really looking for are:

- Enthusiasm and energy
- A positive attitude
- Coachability and a desire to improve
- Team-mindedness and encouragement of others
- A love for movement, rhythm, and performing

#### What do I need to buy my cheerleader for competition cheer?

Your registration fee covers the all sideline cheer benefits along with additional perks including LH spirit gear and a custom competition cheerleading bow. Please note, while the LHYSL core cheerleading program items are covered, coaches may request additional purchases for their squad throughout the 2025 season which can be funded through team fundraising or parent contributions.

#### How many competitions do the cheerleaders compete in?

Three. There is one expo and two competitions.

#### Where are the expo & competitions located at?

1. Heath High School hosts the annual expo.
2. Southwest Licking Youth Football Cheer hosts the first competition typically at Watkins Middle School or Watkins High School.
3. Licking Heights Youth Sports League hosts the last competition either at LH Middle School or LH High School.

#### What squad will my cheerleader be on for competition cheer?

Your cheerleader will remain with their same squad from sideline cheerleading.

## LHYSL COMPETITION CHEER (cont.)

### **When does practice start and how long do they last?**

Sideline cheerleading practices will begin appx week of July 21st. Before the school year starts, sideline cheerleading practices are 3-4 days per week. Once classes begin, practices are 2-3 days per week (not on Fridays) and last up to 2 hours, depending on daylight. Days of the week and actual times are determined by each teams head coach.

Starting week 4 or 5 (as determined by Head Coach) practices will change to 1 day: sideline practice and the other 1 or 2 days: competition practice. Come September (or as determined by Head Coach), all practices will shift to competition practice only. Please note, if your child is not enrolled in competition cheer, they will not be required to attend competition practices.

### **Are there any extended practices I should be aware of?**

Yes, this will be determined by the Head Coach. The Head Coach can schedule an extended practice for the team on a weekend day that is not on the same day as a game day. Extended practices should be communicated in advance to allow parents as much notice as possible. It is suggested that extended practices include a break and lunch/snack during this time. Historically some squads have hosted 1 or 2 extended practice from 9am – 3pm (with a few breaks & lunch break in between).

### **Where will practices be held?**

Practices for cheer will be held at LH Middle School fields or surrounding areas around and inside of Licking Heights Middle School (AUX gym). This will also be the location for opening day and home games. Practices for cheerleading will move indoors mid-September/beginning of October so location and times may change.

### **Are practices and attending the expos/competitions mandatory?**

Yes. Competition cheerleaders and their families understand that opting to participate in competition cheerleading requires 100% commitment & participation for all practices and expo/competitions events.

### **Why is participation 100% mandatory?**

As we understand circumstances can arise; the routine does not work if we are missing one cheerleader at any time during a practice or at the competition. Depending on the cheerleaders “part in the routine” this could potentially cause us to lose out on practice time for that piece of the routine, rewriting the routine/or parts of it, or restructuring other cheerleaders to help support pyramids and/or group stunts. Failure to miss more than 2 practices may result in being removed from the competition routine and will be determined by the Head Coach & Cheer Director(s).

### **Who creates the routine for competition?**

Creating a competition routine is a complex task for our volunteer coaches that is why it is important they know at the beginning of the season how many cheerleaders are participating as they will build a 4-5 (2:30 max for the dance/music portion) minute routine that includes formations, transitions, dance movements, tumbling, stunting that is all timed to selected music. Additional volunteer support is always welcomed & encouraged from Team Parents. Please reach out to your Head Coach and the Cheer Director(s) if you are interested in helping to choreograph your teams routine.

### **Are there any registration/entry fees for the cheerleaders at the expo/competitions?**

Yes. Each squad participating does pay a registration fee to join in the festivities. New this year, squad entry fees were covered you're your registration fees.

### **Are there admission costs to families attending the expo/competitions?**

Yes. Each expo/competition may have an admission cost per person as these funds are used to help support the program season after season. Please be on the lookout for those amounts as competition gets closer.

### **How should I do my child's hair and makeup for the day of the expo/competition?**

The Head Coach will make the decision on how his/her squads uniformed appearance will be for that day; this includes hair style, desired makeup, glitter on face, or sparkly hair. Nail polish: plain, white, or gold only. No long nails, or press-on nails.

### **Will I have to volunteer for competition cheerleading?**

Volunteering is a very key component of the LHYSL and much needed for the day of the expo/competition event. The coaches may need support prior to the event with practices, building the routine, selecting the music, creating a chant or cheer. For the event days, assistance may be needed in doing hair & makeup for the squad, providing snacks & drinks, carrying cheerleading equipment, taking photos and more. Your team parent and coaches will provide a list of needs to help fulfill.



## **LHYSL COMPETITION CHEER (cont.)**

### **Who do I contact to become a volunteer coach or assistant?**

When you are registering your child online there is a section of available volunteer positions, just fill that out and the LHYSL board will automatically be notified, and you will hear from us usually within days. You can also just email us also.

### **What requirements do I need to become a volunteer coach or assistant?**

We are looking for people who have a good knowledge and experience of football or cheerleading. All candidates will need to take a background check, child abuse awareness online seminar, and online concussion protocol and cardiac courses.

### **Do I have to provide team snacks?**

Most squads do have a snack during the expo and competition events. This can be long days so keeping the athletes hydrated and well-nourished is important. Team Parent will issue a schedule so that usually each parent is assigned one event. Typically, one parent is assigned a healthy snack and another parent is assigned a drink. Another option is the Team Parent will collect funds from each family on the squad and be responsible to provide snacks and drinks to the squad. Either option, please ensure you are aware of each athletes allergies.