

LHYSL – Licking Heights Youth Sports League

Sideline and Competition Cheerleading Program Info Sheet

LHYSL Terms, Disclosures, and Conditions on page 3 below

Welcome to the LHYSL Sideline and Competition Cheer Season! Our program is designed to offer young athletes in **1st through 6th grade** a fun, energetic, and educational introduction to the exciting world of cheerleading. Through our supportive and team-focused environment, your child will build **confidence, discipline, athleticism, and leadership skills** while creating unforgettable memories and lifelong friendships.

Why Choose LHYSL Cheerleading?

Our cheerleading program focuses on both **Sideline Cheer** and **Competition Cheer**, giving athletes the best of both worlds: the excitement of cheering on our Licking Heights youth football teams at all home and away games and the thrill of performing polished routines at local competitions. Cheerleaders and their families receive outstanding value that includes coaching, gear, event participation, and experiences that foster personal growth and athletic development.

Cheer Program Highlights:

- ❖ **Expert Coaching** from trained, background-checked coaches certified in Concussion and Cardiac Arrest Awareness
- ❖ **Development of cheer fundamentals:** motions, chants, jumps, tumbling, and beginner stunting
- ❖ **Team-building** activities to promote unity and spirit
- ❖ Opportunities to **perform** at local games and community events
- ❖ **Character-building** focusing on sportsmanship, confidence, and positive attitudes

Divisions by School Grades:

- ❖ Mini Division: 1st & 2nd Grade
- ❖ Junior Division: 3rd & 4th Grade
- ❖ Senior Division: 5th & 6th Grade

Sideline Cheer Benefits:

- ❖ Cheerleading uniform (shell & skirt): loaned
- ❖ Set of Pom-Poms: loaned
- ❖ V-neck long sleeve crop: *yours to keep*
- ❖ Spanks: *yours to keep*
- ❖ Sideline cheer gameday bow: *yours to keep*
- ❖ Breast cancer awareness gameday bow: *yours to keep*
- ❖ Breast cancer awareness player socks: *yours to keep*
- ❖ Raincoat: *yours to keep*

Competition Cheer Enhancements:

Cheerleaders opting into competition cheer in addition to the Sideline Cheer program receive additional benefits that make this opportunity even more exciting:

- ❖ Custom Competition bow: *yours to keep*
- ❖ LH Logo Item: *yours to keep*
- ❖ Paid Entry into 3 Local Competitions (Heath Expo, SWLYFC Competition, Licking Heights Competition)
- ❖ Use of Team Signs and Megaphones for elevated performances
- ❖ Choreographed Competition Routine including stunts, jumps, and sharp formations

While the LHYSL core cheerleading program items are covered, coaches may request additional purchases for their squad throughout the cheer season including but not limited to premium bows and socks, senior gifts, or warm-ups, which can be funded through team fundraising or parent contributions. This does include end-of-the-season events.

Sideline and Competition Cheerleading Program Info Sheet (Cont.)

Sideline Cheer General Information:

The LHYSL sideline cheer and football programs are associated with LCLYF (Licking County League Youth Football); games are played both home and away weekly with other teams in Licking County. As a LHYSL sideline cheerleader, athletes will assist in pre-game greetings of their football teams', perform crowd engaging cheers and chants during the game, execute a hello cheer/routine for the opposing team and/or during halftime, and participate in the end of game huddle with the football team. Each cheerleader is encouraged to attend every game. Additional opportunities to cheer and/or participate in local events during the football/cheer season will be communicated as they become readily available. Additional information can be found below:

❖ **Each cheer squad should have:**

- **One Head Coach** responsible for planning and leading all practices, games, and events.
- **1 or 2 Assistant Coaches** who will support the Head Coach in leading, organizing, planning cheer practices, games and events.
- **1 or 2 Team Parents** who will serve as the primary liaison(s) between coaches and families. They will coordinate team communications through the BAND application, organize team events, and assist in fundraising efforts when needed.

❖ **Sideline Cheer practices:**

- Before the start of the school year: 3-4 practices per week.
- Start of the school year: 2-3 practices per week.
- Practice days and location will be determined by the Head Coach and/or Cheer Director(s).

❖ **Transportation** to and from practices and games are the responsibility of the Parents/Guardians.

- Parent/Guardians are required to remain on the school grounds during practice and games. If a parent/guardian is unable to stay, please make arrangements for someone to watch your child.

Competition Cheer General Information:

LHYSL competition cheerleaders will participate in the Heath High School Expo, the SWLYFC competition, and the Licking Heights competition. 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. Competition cheerleaders will advance their athletic and performance skills with:

- ❖ Sharp Motions and Formations
- ❖ High-Energy Dance Routines
- ❖ Age-Appropriate Jumps (toe touches, pikes, hurdlers)
- ❖ Introductory Stunts (thigh stands, shoulder sits, assisted extensions)
- ❖ Choreographed Cheer and Chant Sequences timed to music
- ❖ Confidence, Showmanship & Teamwork

Additional competition information can be found below:

❖ **Competition Cheer practices:**

- Begins in early September through November
- Practice days and location will be determined by the Head Coach and/or Cheer Director(s)
- NEW THIS YEAR: Full performance 42x42 mat will be available for some practices and will be scheduled by the Cheer Director(s)

Keep in mind if you register for Competition Cheer, attendance to additional practices and events will be required in order to participate in cheer competitions.

The above is informational ONLY. Refer to the LHYSL for additional information needed.

LHYSL Consent, Disclosures, and Terms & Conditions

INFORMED CONSENT / RELEASE OF LIABILITY: I/We accept and understand that the activity (Tackle Football / Cheerleading / Wrestling / Flag Football) above involves certain inherent risks, dangers, and hazards that may cause serious personal injury necessitating long term care and significantly impairing enjoyment of life or life activities. I/We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport. I/We accept and understand that certain activities, such as the acts of tackling and wrestling, carry with them a greater inherent risk of injury. I/We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. I/We have reviewed all of these risks and understand and appreciate them, and still desire to participate in the activity. I/We certify that (registering athlete) has no medical or physical conditions that could interfere with or compromise his/her safety in participating in this activity. I/We authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the registering athlete.

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist.

In the event it becomes necessary for Licking Heights Youth Sports League (LHYSL) volunteer staff to obtain emergency medical care for the above-named athlete, I/We understand that neither the volunteer staff member nor the LHYSL organization assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances. I/We certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named athlete.

FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, assume full responsibility for my registering athlete. WE HEREBY RELEASE AND HOLD HARMLESS LHYSL and its participants all of the above.

I/WE HAVE READ THE STATEMENTS ABOVE, ACKNOWLEDGE THAT I/WE HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY ATHLETIC PROGRAM. I CERTIFY THAT WE HAVE READ, UNDERSTAND, AND AGREE ON BEHALF OF MYSELF AND MY MINOR CHILD TO BE BOUND BY THESE TERMS.

CONCUSSION AWARENESS I/We Hereby Acknowledge that I/we read The Concussion Fact Sheet , and understand that I/we have a responsibility to report my child's symptoms to coaches, administrators and health care provider. I also understand that my child must have no symptoms before returning to play can occur.

CARDIAC ARREST I/We acknowledge availability of information about Sudden Cardiac Arrest in youth athletes and Lindsay's Law.

CODE OF CONDUCT By accepting the terms as the Parent/Guardian of the child(ren) participating in the LHYSL program I have registered my child for, I confirm that I have read and acknowledge the information herein and agree to all stipulations outlined in our Parent/Guardian Code of Conduct and Player Code of Conduct. I/We agree that by accepting, I/we am responsible for our entire family, children, relatives, and my guests that are present at LHYSL events, practices, games or matches.

MEDIA WAIVER I/We hereby grant the LHYSL permission to use, and/or publish in its own or in external publications in print or on line, photographs, pictures, film, video or other similar media (collectively, "Photographs") taken of the participating child in whole or in part, individually or as part of a group for any purpose whatsoever; including, but not limited to, illustration, promotion, art, editorial and advertising.

FEES / FUNDRAISING I/We understand and agree that there is an initial sign-up fee at the time of registration for all participants in LHYSL. I/We also understand and agree that there will be NO League fundraiser obligation for EACH participant. I/We do understand that there will be Team/Squad fundraisers (not mandatory) for each team or squad to support that team's or squad's activities such as the end of season party. All Team/Squad fundraisers must be approved by the LHYSL board. All apparel used for these fundraisers must have a LHYSL logo integrated. I/We also understand that it is our responsibility to volunteer and assist the League in activities such as Concession Stands and/or Press Box.

CANCELLATION / REFUND POLICY. No late fees will be refunded. Refunds may take up to 30 days to be processed and issued.

FOOTBALL / CHEER / WRESTLING: If a refund is requested before LHYSL equipment pickup, then 100% of the fees will be refunded. If a refund is requested after the start of equipment pickup but prior to the first game or match, then 50% of the fees will be refunded. Refund requests made after the start of the first game or match of the season, then no refund will be issued.

FLAG FOOTBALL: If a refund request is made before (3) three days after the first camp session (before shirt order), then 100% of the fees will be refunded. If a request for a refund is made after the third day (after shirt order), then 50% of the fees will be refunded. Refund requests made after the start of the 2nd camp session, then no refund will be issued.

If a refund request is made because a player was suspended for the remainder of the season by LHYSL, then no refund will be issued regardless of when the player was suspended.