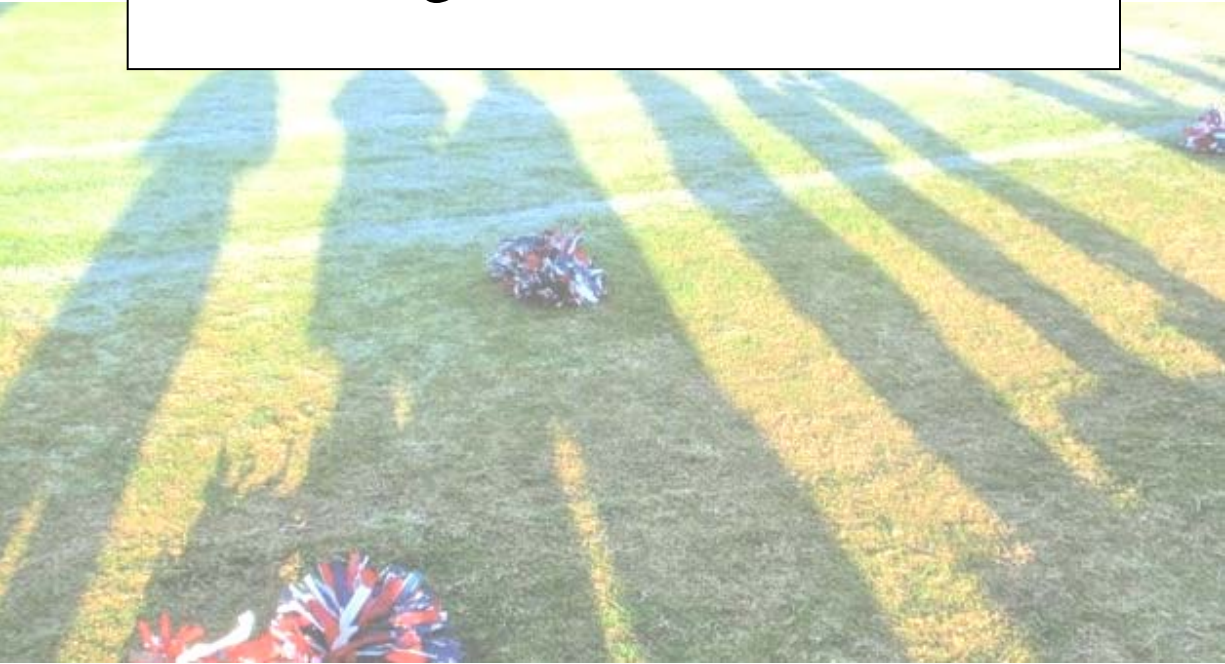




*ASA Cheerleading
2011 Coaches Handbook*



ASA CHEERLEADING

FALL 2011 TIMELINE

April 30	ASA Cheer “Open House”, 9-11 am, Bolin Elementary
May 1	Regular Registration Opens
May 20-22	NCA Coaches Conference
May 20	All Cheer Team Rosters Due to the ASA office
May 23	Mandatory Cheer Coach Meeting (time & location TBD)
May 23	ASA Cheer Fundraiser Begins (Info available at coaches meeting)
May 30	Regular Registration Closes
May 31	Late Registration Opens (On a space available basis)
June 4	Cheer Coach Training (Time & Location TBD)
June 12	Late Registration Ends
June 17	Cheer Rosters Finalized
July 16	Positive Coaching Alliance Workshop, 12:30 pm, LHS Auditorium
Aug. 6	ASA Cheer Camp—Day #1
Aug. 13	ASA Cheer Camp—Day #2
Aug. 20	Pre-Season Jamboree
Aug. 27	Regular Season Begins
Sept. 3	Labor Day Weekend—NO GAMES
Sept. 10	Picture Day
Sept. 16	Souvenir Program Advertising Deadline
Oct. 8	SMU/Stadium Weekend
Oct. 22	End of Regular Season
Oct. 29	Play-Offs (D1-D6)
Nov. 5	Cheer Off—All Divisions (Times & Location TBD)
Nov. 5	Superbowl—D1, D2 & D3
Nov. 12	Superbowl—D4, D5 & D6
Nov. 16 B	Banquet Ticket Orders Due
Nov. 18	End of Season Cheerleading Banquet - Eagle-D5, Southfork Ranch
Nov. 19	6th Grade Cheerleading Brunch, Southfork Ranch

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ASA Cheer Board Contacts


Position	Name	Phone	Email
Commissioner	Holly Cromack		cheerleading@allensports.org
Secretary	OPEN	OPEN	cheerleading@allensports.org
Treasurer	OPEN	OPEN	cheerleading@allensports.org
Eagle League Director	Stacey Salas	214-682-1296	Stacey.Salas@balboainsurance.com
D1 League Director	Jada LaVeaux	214-293-5613	Jades1977@yahoo.com
D2 League Director	Gil and Ginger Taub	469-667-7606	gilandginger@yahoo.com
D3 League Director	Michelle Drawert	214-770-8568	m.drawert@verizon.net
D4 League Director	Heather Claytor	214-497-5904	Heather.claytor.asacheer@gmail.com
D5 League Director	Angela Corbett	214-334-6555	acorbett29@yahoo.com
D6 League Director	Erika Montgomery	469-247-5088	esmontgomery@hotmail.com


All positions on the ASA Cheer Board are volunteer positions. If you are interested in volunteering for the cheer board please contact Cheer Commissioner Holly Cromack at cheerleading@allensports.org or Sports Specialist Jennifer Hasko at jennifer.hasko@allensports.org.

Coaches Rules and Requirements


 The recommended cheerleader squad size is 8-12 members.


 Squads cannot exceed 12 members except in the following conditions:


 Registration in the division is high and it is necessary for teams to have more than 12 members.


 The Board has to align squads with more than 12 members due to shortage of coaches in the division.


 Grandfathered squads.


 A squad is considered grandfathered if the cheerleaders on the squad are returning cheerleaders and those cheerleaders total more than 12 members.


 Squad members are grandfathered not squad size. For example, if last year you had 14 squad members and this year only 12 cheerleaders return, you cannot recruit 2 new squad members as you are at the maximum squad size of 12.

 Coaches are allowed to bring their own team. In order to form your own team, the Fall Squad Roster must be filled out by the head coach to ensure all players will be placed on the appropriate roster. Forms should be submitted to the [League Directors](#) and can be submitted electronically via email. All players listed on this form **MUST** be registered during the corresponding player registration period in order to be guaranteed a spot on the official team roster. (Excluding players requesting to play up) Players included on this team roster who are not registered during the required registration period will **NOT** be allowed to play.










 Head Coach and Assistant Coach must complete an Application and all new coaches must attend an ASA coach certification class.

 Criminal background check will need to be completed and passed before coaching begins.

 Head Coach and Assistant Coach must sign and abide by the Coaches Agreement and attend all Certification and Training classes.

 Head Coach and Assistant Coach must sign and abide by the Game Day Rules.

Coaches Rules and Requirements Continued

-  Head Coach or Assistant Coach must be present at all Cheer Camps and other training events.
-  Head Coach and/or Assistant Coach and Cheerleaders are expected to participate in the Jamboree, All Season Games including Play Off Games, Cheer Off, Super Bowl, and Inter-League Games.
-  Head Coach and Assistant Coach will be responsible for teaching the rules and Fundamentals of cheerleading as taught at the Cheer Camp.
-  All teams will have a certified Head Coach and an Assistant Coach if possible.
-  Head Coach and Assistant Coach must wear their badges so that they are visible during cheerleading activities.
-  Head Coach will be responsible for seeing that their Assistant Coaches and Cheerleaders conduct themselves in a manner that is supportive and positively reflective of the ASA organization.
-  Head Coach will work with the Football Coaches to coordinate team events.
-  Head Coach and Assistant Coach will be responsible for teaching cheers, chants, and dances that are provided by ASA to their squads. Coaches may also teach any other appropriate cheers, chants, or dances to their squads. If there are any questions regarding the appropriateness, they must be approved by the Cheer Commissioner and/or the League Directors.
-  Building pyramids and stunting is only approved for D4 – D6 squads only.
-  D3 squads may perform Thigh Stand stunts **ONLY**.

Coaches Rules and Requirements Continued



Head Coach and Assistant Coach will treat all cheerleaders equally and will stress the fact that cheerleading is a team sport. Head Cheerleader (or Captain/Co-Captain) will be rotated weekly and each Cheerleader will be Head Cheerleader (or Captain/Co-Captain) at least once.



Head Coach and Assistant Coach will make sure that the surface, location, lighting and weather conditions will be taken into consideration before engaging in physical activity.



Head Coach and Assistant Coach will not allow any cheerleaders to leave the field during the game without a Coach, Assistant Coach, Team Parent, or that said cheerleader's parent/guardian with them. Cheerleaders should only leave the field in case of an emergency or restroom break.



Coaches should make copies of all forms and give the originals to your League Director. Below are the forms that will need to be turned in.





Game Day Rules





Medical Release Form (Optional)


Coaches Rules and Requirements: Game Day Rules

 Only certified coaches with badges and registered ASA Cheerleaders and Football players are permitted on the field.

 At Lovejoy, Allen High School, Curtis Middle School and the Allen Band Field, the “field” consists of any area contained within the chain fence including the track, sidelines, and end zones. Non-ASA cheer squads are not allowed to meet as a group on the “field” during football/cheer events.

 At Ford, Jupiter Fields, the “field” constitutes the entire park property. Non-ASA cheer squads are not allowed to meet as a group on park property during football/cheer events.

 Following games at Ford and Jupiter, non ASA registered spectators are allowed on the fields for post game spirit tunnel run-throughs.

 Coaches will not allow or condone non-ASA cheer individuals participating in ASA as part of a squad in any fashion, for any reason at any time.

Coaches Agreement


I, _____, hereby acknowledge I have read the Coaches Rules and Requirements and will abide by all guidelines outlined in this document as well as any amendments made by the ASA Cheer Board during the season.


I acknowledge that my squad will participate in and the squad's Coach and/or Assistant Coach will be present at the following ASA sponsored events below:


- Coaches Meetings _____ (Initial)
- Cheer Camp _____ (Initial)
- Jamboree _____ (Initial)
- All Regular Season Games _____ (Initial)
- Play Off Games _____ (Initial)
- Super Bowl _____ (Initial)
- Inter-League Games _____ (Initial)
- Cheer Off _____ (Initial)

Signature _____ Date _____


Coaches Conduct

 The ASA Cheer Board regards “poor sportsmanship” as intolerable. The ASA Cheer Board regards “poor sportsmanship” as intolerable. The sportsmanship and behavior of all coaches, assistant coaches, cheerleaders, parents of cheerleaders, and spectators is subject to the Allen Sports Association Uniform Code of Conduct found at: www.allensports.org


 Head Coaches and Assistant Coaches are constantly being observed by the public community and are considered role models. Thus they will be held to a high standard of expectation.


 All ASA Cheer coaches are required to demonstrate positive sportsmanship in respect to their cheerleaders, parents, coaches, spectators and game officials. Coaches who are unable to demonstrate positive sportsmanship will be suspended from further coaching in the ASA Cheerleading program until a conduct review meeting is held with the ASA Cheer board.


 Any coach who is ejected from a game for un-sportsmanlike conduct will be required to leave the field of play and will be unable to attend practice for the next week, or coach in the next scheduled game. The coach will be required to meet with the ASA Cheer Board in order to resume coaching. The continued demonstration of improper sportsmanship may constitute suspension from any number of practices and games as the ASA Cheer Board deems necessary.

 Head Coaches and Assistant Coaches are responsible in assisting referees with the sportsmanship of all-playing and non-playing team members, as well as spectators and fellow coaches.

Uniforms

 Uniforms should be similar in colors to the football team the squad is aligned with. Stomachs and bottoms are not to be shown at any time.




 Parents/Guardians of cheerleaders are responsible for purchasing their uniforms and any other approved accessories. Teams can use fundraisers, sponsorships or individual contributions to pay for their uniforms.

 Uniforms must be neat and clean at all times and cheerleaders must have their hair secured in a pony tail or with clips. No jewelry, except stud earrings, may be worn during games or practices. At special events attended by ASA cheerleaders, ALL cheerleaders in attendance will be dressed in theirfull dress uniforms **NO EXCEPTIONS**.

Uniforms are not included with the registration fee




All teams provide their own uniforms. Parents should not be requested to spend more than \$125 per player for uniform expenses. Uniform expenses over \$125 should be covered by team sponsorships & fundraisers.

Uniforms should include the following:

-  Be similar in color to the football team the squad is aligned with (color match is not required)
-  Cover tummies and bellies of all cheerleaders (mandatory)
-  Shell (top), skirt (shorts or skorts also acceptable), bloomers and pom poms

Uniforms do not have to be custom made and should not be too expensive. If uniforms will cost more than \$125 per cheerleader squads must work together to raise funds to cover the extra expenses.

Other items that may be used by cheerleaders/cheer squads during the season but are not mandatory are:

-  Cheer buckets
-  Poms
-  Megaphones
-  Spirit Sticks/Shakers
-  Cow Bells
-  Cheer Bags


These items are also **NOT** included in the registration fee and parents may be asked to provide these items or help contribute to a team fund to help cover the cost of these items. Squads should consider fundraising to help cover the costs of these items.


Vendors

Below you will find information on uniform vendors. For those vendors that coaches utilized, we have feedback regarding those vendors.

 A Town Sports 972-727-4434

 BSN Sports www.bsnsports.com

 Carly Collins 972-484-9484x7160 - CCollins@SportSupplyGroup.com

 Cheerleader & Danz Team (CDT) - <http://www.nationalspirit.com>


 Varsity <http://www.varsity.com>, Kris DePalma 469-467-8478, kdepalma@varsityspirit.com

 Cheerleading America - www.cheerleadingamerica.com

 CHEERLEADING COMPANY, <http://www.cheerleading.com> - 1-800-411-4105


 High Five – Juliet 972-396-0555


 Kirkpatrick's Active Wear - Mandy Kirkpatrick - mandykirkpatrick@sbcglobal.net

 Spirit Athletics - Chris Henson 972-731-5888 chris@expresscheer.com

 Spirit Innovations 214-948-5552 - <http://www.spiritinnovations.com/rep.asp> - info@spiritinnovations.com

 Team Cheer - Thresa Brado 585-243-8403 - www.teamcheer.com or thresa.brand@teamcheer.com


 Team Leader – Tara Love 1-877-365-7555 x229 - www.Teamleader.com - Tara@Teamleader.com


 Unique Cheerwear – Heather Madrid 972-571-1196 - hmadrid@frenchcurvedesigns.com
<http://uniquecheerwear.com/>


 XO Sports <http://www.xosport.com> John 1-866-496-4327

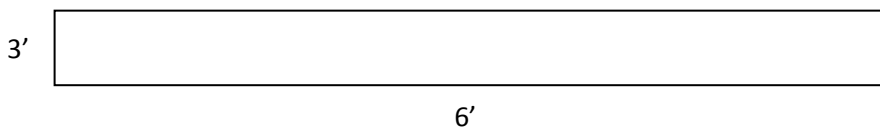
Sponsorships


 Sponsorship forms can be found online at: <http://www.allensports.org/baseball/forms/bbsponsor.pdf>


 Sponsorships of \$500 and above will be allowed to place banners at the field for the team they sponsor. For example, if your team plays games at Jupiter Field, your sponsor may place their banner at that field for the day.


 Sponsors are responsible for providing the banners.

 Banners cannot exceed 6' x 3' and should be placed horizontally. See diagram below.





 Sponsors are responsible for placing and removing the banners at the given field the day of the game.


 Banners may not be placed on goal post or score boards.


 Banners supports must be provided, installed, and removed by a representative of that team sponsor.


Fundraising

 Fundraising can be used to raise money for Uniforms, Banners and Banner Materials, Homecoming Mums, Homecoming Gifts, Team End of the Year Party, and other items. Below you will find some suggestions for fundraising. These are all optional. Many suggestions can be found on Ms. Pineapple's Cheer page, <http://www.mspineapple.com/funds.html>

 Have a team Bowl-A-Thon. Have each cheerleader get donations per pin. If they donate 50 cents per pin and the cheerleader bowls a 75, then the donor would pay \$37.50. This could go straight to your squad.

 Sponsor a car wash and get donations for the wash. If cheerleaders are young, parents can wash the cars and the cheerleaders rinse them.

 Hold a Bake Sale and the proceeds go straight to your squad.

 Sell raffle tickets for an item purchased or donated.

Purchase Orders

Teams using ASA for their accounting will be required to utilize a "Purchase Requisition" form with EVERY PURCHASE.

It must be acquired and APPROVED PRIOR to making the purchase

Approval is granted BY OFFICE STAFF only

- 1) Obtain Purchase Requisition Form - This form serves as the official purchase order
- 2) Fill out the form completely, Note the necessary items for purchase should have been included in the approved season's budget. If they were not, the purchase is not guaranteed to be approved.
- 3) Return the completed form to a Sport Specialist at the ASA office BEFORE you make the purchase

All Forms & Procedures are available at:

-ASA office

-ASA website – <http://www.allensports.org/cheerleading/forms.html>

Sport Specialist










Jennifer Hasko: Baseball, Cheerleading, Football, Lacrosse, Roller Hockey, Softball

Contact Information:

Jennifer.Hasko@allensports.org

972-727-9565 ext. 206

Practices

-  Prior to school starting and during school breaks/holidays, teams may have unlimited practices.
-  Each squad shall schedule at least one practice per week.
-  Practices should be a minimum of one hour in length.
-  Squads may practice a maximum of four hours per week.
-  Two weeks prior to the team's Cheer Off competition, the squad may practice a maximum of six hours per week.
-  While practicing, the conditions of the cheerleaders must be watched, especially during hot weather. Frequent water breaks should be provided throughout practice. Practices should be held in a suitable location for cheerleading activities, away from excessive noise and distractions.
-  Practice will be halted immediately if, in the coach's opinion, deteriorating weather conditions (lightning, excessive heat, or wind, etc.) might pose risk to participants.
-  If a cheerleader misses a practice during the week prior to a game, the coach has the option to sit the cheerleader out for one half of the game.
-  If a cheerleader misses two consecutive practices, the coach has the option to sit the player out the entire game. Coaches must notify their League Director at least 24 hours prior to the game if a player's time is being reduced.

Field Information

Jupiter Park

510 South Jupiter Road
Allen, TX 75002

On Jupiter between Main and Bethany

Ford Park

632 Park Place Drive
Allen, TX 75002

Between Jupiter and Allen Heights

Cougar Stadium at Curtis Middle School

1530 Rivercrest Blvd.
Allen, TX 75002

On Malone between Main & Angel Parkway

Eagle Stadium at Lowery Freshman Center

120 North Jupiter Road
Allen, TX 75002

On the northeast corner of Jupiter and Main

Allen Band Field at Allen High School

300 Rivercrest Blvd.
Allen, TX 75002

Off of Greenville/HWY 5 and Exchange

Lovejoy Stadium at Lovejoy High School

2350 Estates Parkway
Lucas, TX 75002

Off of Main, east of Angel Parkway

Allen Field Condition Hotline

(214) 509-4809

Game Day



Coaches and cheerleaders must be at the field 30 minutes before game time to properly warm-up and setup.



Cheerleaders may lineup in the box between the goal line and the 20 yard line.

Sideline Assignment – **Jupiter South**

The Home Team is on the East Sideline facing the scoreboard.

Sideline Assignment – **Jupiter North**

The Home Team is on the North Sideline facing the scoreboard.

Sideline Assignment – **Ford East**

The Home Team is on the East Sideline facing the scoreboard.

Sideline Assignment – **Ford West**

The Home Team is on the West Sideline facing the scoreboard.

Sideline Assignment – **Eagle and Lovejoy Stadiums**

The Home Team will be on the sideline that is closest to the home team press box.

Sideline Assignment – **Allen Band and Curtis Stadiums**

Each team will equally share the track area in front of the stands. The Home Team will lineup on the side closest to the scoreboard





Cheerleaders must remain along the sidelines performing cheers and chants throughout the football game.




At least one “banner run-through” per game must be performed by the cheerleaders at each game. This should take place 10 minutes before the game is scheduled to begin and if desired prior to the second half of the game. The wording on banners must be in good spirit and cannot include words such as: Kill, Murder, Skin, Behead, etc.


Game Day Continued


 At halftime, cheerleaders will perform their halftime performance. The visiting squad will perform first, then the home team. The halftime performance will be at each coach's discretion. Acceptable performances include: choreographed dance routines, cheers, or chants.


 All music played at ASA events, games, competitions, etc., must be appropriate. If the music is deemed inappropriate by the Cheer Board, the music may no longer be used.

 All music, dance and cheers performed by ASA cheerleaders should be in good taste.

 Any performance including inappropriate expressions or movements will be immediately halted.

 Each cheerleading squad will form a "Spirit Tunnel", for their team to run through, after congratulating the opposing team. The "Spirit Tunnel" will consist of cheerleaders, coaches and parents.

 It is encouraged that at the end of each game cheerleaders meet with the football team.

 Cheerleaders should perform an end of game chant or cheer and will then be released by the coaches and they should not leave before that time.

Cheer Off

Cheer squads will compete against the other cheer squads in their division, this is mandatory for all squads in all divisions. First, Second, and Third place trophies will be awarded in each division, all non-placing teams will receive an ASA Cheerleading participation trophy at the Cheer Off. After all squads in a division have performed, the judges will tally the votes to be used to award the trophies. There will be a trophy presentation after each division performs where all teams will have their place and scores announced. In the event of a tie the winner will be determined by adding up the best 4 out of 6 scoring categories for each of the teams tied. The team with the highest score will be determined the winner. Below you will find the rules for the Cheer Off as well as the scoring points.

CHEER OFF RULES

- Performance must consist of cheer(s) and dance.
- Maximum time per squad is 2.5 minutes (Deductions will be taken if squad performs over the allotted time.)
- Utilizing audience participation is acceptable (Please use good sportsmanship)
- Props are allowed with the exception of the following:
 - ❖ No Paint
 - ❖ No Fire
 - ❖ No Silly String
 - ❖ No Water
 - ❖ No Mats
 - ❖ No Mini Tramps
 - ❖ No Confetti
 - ❖ No Shaving Cream
- No stunting or building allowed for Eagle Division – Division 2.
- Stunting and building are allowed for Divisions 3 – 6. All stunts and builds must be within ASA guidelines outlined below. No coach spotting allowed.
- Tumbling is allowed. No coach spotting allowed.
- No tumbling while holding props (Exception: Pom Poms)
- Dances may be choreographed by an outside source.
- No one is allowed on the floor except Cheerleaders. (Coaches will have a specific area)
- The Cheer Floor is 42' x 42'.

Stunting Rules

Eagle-2: One foot needs to be on ground with any formation.

(No pyramids)

Div-3: Thigh stands are allowed however must have back spot. (No other Stunts allowed)

Div 4-6 All Stunts are allowed with modifications below.

Extensions must have front and a back spotter. No one legged extensions allowed.

Anything at prep level must have back spot: Exception is shoulder sets.

No twist dismounts.

NO BASKET TOSSES ALLOWED.

Cheer Off Continued

Deductions

2 point deduction for coach assistance D2-D6

2 point deductions per stunt infraction

.5 point deductions for a bobble

If squad performs over time allotted

- 3-5 seconds is a .5 point deduction
- 6-10 seconds is a 1 point deduction
- 11+ seconds is a 2 point deduction

Tumbling Rules

Standing Tumbling

No tucks allowed

No aerials

No twisting while airborne, for example a Full (Exception: Roundoff)

Running Tumbling

No aerials

- Coaches may not participate in any cheers or dances on the performance area. Coaches are allowed in front of or to the side of the performance area. Eagle through Division 1 coaches can instruct cheer performances.
- Cheerleading Uniforms or costumes may be worn at the Exhibition. No tummies and not bottoms should be showing in uniform/costume.
- Tennis Shoes must be worn at all times during performance. No bare feet are allowed.
- Music Selection
 - ❖ Music must be tasteful and contain no profanity.
 - ❖ To ensure that a variety of music is used in the Cheer Off, only one squad per division will be allowed to use any one song during Cheer Off.
 - ❖ To ensure that music is tasteful and not already in use, you must submit your music selection to the league director a minimum of 30 days prior to your performance date. Music will be approved on a first come, first serve basis. If your music selection is already chosen by another squad, you will be informed and need to pick a new song.
 - ❖ A physical copy of the music must be provided to the ASA Cheer Board prior to the Cheer Off at a date to be determined. Music must be turned in on a CD to the board and that CD will be used the day of Cheer Off. Coaches must bring one back-up CD with them to the Cheer Off in case technical difficulties.

Cheer Off Continued

Scoring

First, Second, and Third place trophies will be awarded based on the teams' final scores from the judges. All judges' decisions are final. Below you will find the scoring sheet the judges will use to evaluate each performance. Coaches will receive copies of their score sheets from ASA within one week after the Cheer Off. This will allow for a more timely flow of the Cheer Off program. The maximum score that can be obtained for Eagle – Division 2 is 50. The maximum score that can be obtained for Divisions 3 – 6 is 60.

Eagle Division 1- Division 2

Divisions 3 – 6

➤ Execution: Motions, Sharpness	10	➤ Execution: Motions, Sharpness	10
➤ Tumbling	5	➤ Stunts/Pyramids	5
➤ Jumps	5	➤ Tumbling	5
➤ Transitions	10	➤ Jumps	10
➤ Showmanship and Performance	10	➤ Transitions	10
➤ Spirit and Vocal	10	➤ Showmanship and Performance	10
		➤ Spirit and Vocal	10
Total	50	Total	60

CHEER OFF PARTICIPATION

If a cheerleader misses more than 2 Cheer Off practices for any reason besides illness or death in the family, the coach is authorized to not allow the cheerleader to participate in the Cheer Off. If a coach chooses not to allow a cheerleader to participate, they must notify their League Director 48 hours prior to the Cheer Off if a cheerleader is not allowed to participate.

Forms – Game Day Rules



Only certified coaches with badges and registered ASA Cheerleaders and Football players are permitted on the field.



At Lovejoy, Allen High School, Curtis and the Allen Band Field, the “field” consists of any area contained within the chain fence including the track, sidelines, and end zones. Non-ASA cheer squads are not allowed to meet as a group on the “field” during football/cheer events.



At Ford and Jupiter, the “field” constitutes the entire park property. Non-ASA cheer squads are not allowed to meet as a group on park property during football/cheer events.



Following games at Ford and Jupiter fields, non ASA registered spectators are allowed on the fields for post game spirit tunnel run-throughs. Coaches will not allow or condone non-ASA cheer individuals participating in ASA as part of a squad in any fashion, for any reason at any time.

I, _____, hereby acknowledge I have read the Game Day Rules and will abide by all guidelines outlined in this document.

Signature

Date

ASA Cheerleading Medical Release Form

This completed form will enable health facilities and ASA cheerleading volunteers to provide prompt care to your minor child.

Player's Name _____ Birth Date _____

Guardian's Name/Relationship _____

No Yes Allergic Reactions (drugs, food, asthma...) _____

No Yes Taking any medication at this time _____

Date of last tetanus shot _____

In Case of Emergency _____

Father Home Telephone _____ Father Work Telephone _____

Mother Home Telephone _____ Mother Work Telephone _____

Other Emergency Number (List person to contact) _____

Your Insurance Company _____ Policy # _____

Name of Policy Holder _____

Any instructions regarding your insurance _____

I/We, the undersigned hereby certify that I (we) am (are) the parent or legal guardian of the player. I hereby give permission for the volunteers of the ASA Cheerleading league to seek during the period of the cheerleading season appropriate medical attention for the player and for medical attention to be given and for the player to receive medical attention in the event of accident, injury, or illness. I (we) will be responsible for any and all costs of medical attention and treatment.

I/We, the undersigned, for ourselves and as the guardian's of _____ (Player's Name) understand that cheerleading is an active, physical sport, and that injuries can take place during play. I/We understand that, as with any sport, injuries can occur, and we hereby acknowledge that our child is physically fit and mentally capable of participating in football activities.

I/We also understand that it is my/our responsibility in caring for the Player listed above, and to be assured that he/she is fully capable of engaging in this sport's activity, and I/we are confident that he/she is able to engage in such a sport. I/We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge ASA Cheer, its coaches, board members and others working with my child, from all rights and claims for damages, injury, or loss to person or property which may be sustained or occur during participation in football activities, whether or not damages, injury, or loss is due to negligence.

Signature of Parent or Guardian _____ Date _____

Spirit Items – Banners

Recommended Materials:

- * Two (2) solid wooden dowels / rods / PVC, recommended at least 1" diameter [HOBBY LOBBY, MICHAEL'S, HOME DEPOT, LOWES]
- * Roll of white (or colored, if desired) butcher paper, recommended 3' wide [OFFICE DEPOT]
- * Quick-drying, colored paint(s) usable on paper (colors as desired) [HOBBY LOBBY, MICHAEL'S]
- * Paintbrush(es), various sizes / widths (as desired) [HOBBY LOBBY, MICHAEL'S]
- * Strong, clear tape, for example packaging tape

Optional Supplies:

- * Pencil(s) or mechanical pencil(s)
- * Yardstick
- * Alphabet stencils (as desired); recommended 8" to 12" height of letters / characters *

* Pre-cut stencils are available in most hobby and office supply stores (for example, Hobby Lobby, Office Max, Office Depot, and Staples). However, they can be expensive and sometimes aren't available in sizes large enough to be featured on banners (8 inches to 1 foot letter / character height is recommended to ensure visibility), or in pleasing styles / fonts. You can also, however, make your own stencils, using cardstock and scissors, X-Acto Knives or box cutters, to ensure you have templates on-hand in the sizes and styles you prefer.

Instructions:

[1] Ensure you have a good space to work in. A long table or flat surface (like a wooden floor) is preferred to spread out the butcher paper. You may need to have heavy objects (paperweights, or even hardcover books will do) available to make sure the paper doesn't roll up on itself while you're in the middle of measuring, drawing, or painting.

[2] Unroll the butcher paper and secure it (make it so it doesn't roll up on its own) using the heavy objects mentioned above, so that you can begin measuring and planning your banner. It is recommended that game day banners be at least eight feet (8', or 96") in length, but no longer than twelve feet (12', or 144") – if the banner's too short, there won't be enough room for the football team to run through it; too long, and the banner will be difficult for the cheerleaders to manage and pull taut in even the mildest breeze.

Banners- Continued

[3] Plan your banner layout. Team name letters should be at least 12" tall, to ensure that they're visible to observers across the field; other words / characters should be no less than 8" tall. As mentioned above, you can use homemade or pre-cut stencils or 'freehand' it if you like. But even if you decide to paint by hand, it's a good idea to use pencils and a yardstick to outline what goes where, to make sure you have enough space for the team name and slogan, or other message, you intend to feature on the banner.

What goes on the banner is up to you (tastefully, of course). You can have just the team name ("COUGARS", let's say), or maybe a simple slogan ("GO COUGARS!"). You can even decide to do some sort of rallying cry.

[4] Paint the banner! It's recommended that the "background" (space between the paper's edges and the text / graphics, as well as the spaces between each letter) NOT be painted, because it adds too much weight to the banner and makes the entire paper difficult to re-roll. Other than that, colors and how you use them are entirely up to you.

[5] Using the clear (packaging or other) tape, attach the butcher paper (once all the paint has dried) to the wooden dowels on either side. Make sure the tape is on the dowels firmly. On game day, when it's time to unfurl the banner, cheerleaders will hold the dowels on either side and will continue to hold the banner fast, just above the ground, as the football team runs through it.

OPTION: North Texas is famous for its high winds. It is recommended that small (1" – 2") slits be cut into the completed / painted banner, using an X-Acto knife or box cutter, every few feet to allow air to pass through the "fabric". This can help reduce the possibility of a strong gust of wind tearing the banner.

Spirit Items – Buckets

Recommended Materials:

5 or 10 Gallon Bucket [HOME DEPOT]

Foam Padding/ Round Pillow Form [HOBBY LOBBY, MICHAELS, JOANNE FABRIC]

20" x 20" square of material in like team colors

2" to 4" Vinyl, Self-adhesive Numbers and Letters [HOME DEPOT, HOBBY LOBBY, MICHAEL'S]

Various Cheerleading and Spirit Stickers (designs as desired) [HOBBY LOBBY, MICHAEL'S, GARDEN RDG]

Instructions:

[1] For each bucket, place a Vinyl number on the inside of the lid and on the bottom of the bucket. Be sure the numbers on the lid and bottom of the bucket match. This will ensure that cheerleaders always have the pieces to their own bucket.

[2] Use the Vinyl letters and place each cheerleaders name on the outside of the bucket. Be sure you leave an equal amount of space above and below the name on the bucket.

[3] Provide cheerleaders with the stickers. Allow them to decorate their buckets with the various stickers.

[4] Cut foam padding or use round pillow form, place on top lid of bucket, cover with material that matches your team colors and secure with either Velcro or glue (hot glue or fabric glue work best)

EXAMPLES:



Spirit Items – Spirit Sticks

Recommended Materials:

PVC Pipe .75" to 1" diameter [HOME DEPOT]

PVC Tube Cap [HOME DEPOT]

Masking Tape

Spray Paints (colors as desired) [HOME DEPOT]

Streamers

Instructions:

[1] Cut PVC into 12" long pieces. You can ask your store to cut these for you as well.

[2] If the PVC contains writing on it, take a base color and apply to entire PVC. This can be white or your team's primary color. When spray painting work outside if possible and place the PVC within an empty box. This will prevent paint from getting on the ground.

[3] Plan your spirit stick design. Use the masking tape to cover the sections you do not want covered with your first color. Once the tape is applied, apply the paint to the stick within the empty box. Allow plenty of time to dry. Once dry, remove the masking tape. At this point you can use masking tape in designated areas to apply other colors. Remember to allow plenty of time between paintings for the paint to dry.

[4] Once all colors are applied to the stick and it is dry, you will add the tube caps. Use a mallet to attach one cap to each end. Once attached, you can either paint the ends or use colored thumb tacks to place streamers at the end.

EXAMPLES:

