



TEAM INFORMATION PACKET

Welcome to Ultimate Youth Cheerleading. Where we will give you the **ULTIMATE** experience in Youth Cheerleading. In this packet you will find everything you need to know about our Youth Cheerleading program. If you have any questions after you have read through the entire packet, please contact UA at 507-272-6896 or email at ultimateathletics@yahoo.com.

ULTIMATE YOUTH CHEERLEADING

Sign up: May 24-25, 2011
5:30 – 8:00pm
UCR Regional Sports Complex
Fieldhouse, Court C
For directions please go to www.UAcheer.com and visit the UYC page.

Requirements: Age Requirements
3rd Grade – 8th Grade
(3rd graders will cheer for 4th grade games)
Skill Requirements
No skills requirements
Coaching Requirements
You need to be willing to get AACCA Certified. (1 class)

Registration: You will need to fill out and sign the Registration form. You can find these on the website at www.UAcheer.com and visit the Ultimate Youth Cheerleading page. These forms will also be supplied at sign up. Registration cost and clothing will be due at time of registration.

Coaches AACCA Certification:

Date: TBA
Time: TBA
Volunteers will be notified on dates
Ultimate Athletics Gym
1252 60th Ave
Rochester, MN 55901
For directions please go to www.UAcheer.com and visit the contact us page.

Coaches Clinic: July 9, 2011
11:00 – 1:00pm
This is for all, new and returning, coaches

Practice Kick off: The week of July 11, 2011
Your coach will be in touch with you regarding your practice days, time and location.

Cheerleaders

Stunt Clinic: July 23rd
10:00 – 1:00pm
Ultimate Athletics Gym
1252 60th Ave
Rochester, MN 55901
(\$5.00 per cheerleader)

First Game: September 10, 2011
Specific game times will be handed out during your practice

Picture Day: September 10, 2011
Pictures will be scheduled before your game. Times will be announced when the game schedule is announced.

Playoffs: October 22, 2011
Based on how your team places, will you move onto the finals the following week. Please be available for the chance you will be cheering.

End of the Year Party: November 11, 2011
7:00 – 11:00pm
Mayo Civic Center
Exhibit Hall III
For directions please go to www.UAcheer.com and visit the UYC page.

RCTC North Star Bowl Game

Performance: November 19, 2011
2:00 – 3:30pm
2:30pm game
You will perform at halftime.

Cost: Registration: \$100.00
Clothing: \$75.00 (*one time fee*)
Clothing cost includes: performance sweatshirt, skirt (built in briefs), poms and ribbon.
Registration fee and clothing cost is due at the time of sign up.
You will be responsible to pay a \$35.00 fee for any checks returned for non-payment.

What you will

Need to practice: T-shirt or tank top
Cheer shorts/practice shorts (no slippery material)
Hair must be pulled back in a pony tail (hair out of face)

No jewelry
No gum chewing

Team Placement: All teams will be formed based on enrollment, age, location and coach availability.

Team Skill Level: Each team's skill level will be based on the ability of the team as a whole. Each coach will be AACCA certified, and go through training. We also offer the cheerleaders a Stunt Clinic to help teach and expand their skill level as an individual and as a team.

Eligibility: Any 3rd – 8th grader living in Rochester or surrounding areas. If you live in Dover, Stewartville, or Kasson you will cheer for the football teams from that city. Any other cities, you will cheer for Rochester teams.

Attendance: All athletes will be expected to attend all practices and games. This is a team sport and each person is important. If you are not there, the teams cannot practice the skills necessary. If you miss a game, the teams' performance will be affected.

If you know you will be gone, you must inform your coach at least 7 days prior to missing practice or a game. If you get 5 unexcused absences, the coach has the right to pull you out of the routine for the remainder of the season.

Examples of Unexcused Absences: absent without a 5 day notice, family celebrations, birthdays, homework/studying, work, vacations without the proper notification, no ride. (Please plan accordingly)

Examples of Excused Absences: family wedding, birth or death, graded school events, illness over 100 degrees or vomiting, Pink eye or Lice, Summer Vacation (with the proper notification)

If you are not sure, please discuss any absences with the coach.

Clothing: Ultimate Youth Cheerleading requires that each athlete wear the same uniform. Required articles of clothing are the performance sweatshirt, skirt, ribbon and poms. ***This is a one-time purchase, you will not need to purchase another uniform, unless you want to, or grow out of it!***

Other articles needed are shoes. You will be required to wear white shoes. You can purchase your own white shoes. The shoes you purchase may not be bulky or loose. If your athlete is a flyer, the coach may ask that they have appropriate "cheer" shoes. This is to help with stability and safety.

If you own the clothing from the previous year, you are not required to purchase clothing for the next season.

Optional clothing you can purchase includes, but is not limited to; leggings, mittens, ear muffs. Ask your coaches if it is acceptable prior to purchase.

UYC Code of Conduct:

As Ultimate Youth Cheerleading begins a new season we ask each athlete to uphold the reputation of Ultimate Youth Cheerleading and Ultimate Athletics; to show role model behavior in all you do. This is the code you are expected to live by during the season. UYC feels this is important to abide by this code in your off season as well. Remember you are an athlete regardless of where you are and what you are doing.

- I will attend all practices, events and competitions and understand that I must come dressed and ready in proper athletic attire, hair pulled back, no gum or jewelry.
- If I am unable to attend practice I understand it is my responsibility to contact the coaches with a 7 day notice.
- I will show good sportsmanship, manners and respect towards others including teammates, coaches, instructors and trainers, parents, other teams, and myself.
- I will be responsible for my belongings, uniform and clothing, as well as any facility we use.
- I will maintain a minimum of a 2.5 grade point average and maintain or improve throughout the season.
- I understand that cheerleading has many risks involved and I may get hurt, therefore I will not stunt, tumble or perform any other skills without the presence of a certified coach, instructor or trainer.
- I understand that Ultimate Youth Cheerleading is part of the "ULTIMATE FAMILY" and will never talk about other cheerleaders or teams and their performances in a negative manner regardless of placement or ability.
- I will support all of our teams at an event, or performance as well as show good sportsmanship for other teams.
- I will respect my teammates and myself and in return, they will respect me.

UYC believes that parents and guardians play a major role in the success of this organization. Therefore in order to maintain a positive reputation, we not only ask the athletes to follow this code, but we ask the parents and guardians to uphold this code as well.

- As a parent/guardian, I agree to support my athlete and to attend as many games as possible.
- I will show respect and serve as a good role model for the program, athletes and other fans and will express myself in a courteous manner.
- I understand that it is not allowed for parents or siblings to be on the field at any time, and if I need to speak with the coach, I will do so, prior to or after practice, or game.
- I agree to cover all registration and clothing cost.
- I understand the importance of my athlete's position on the team and agree to get my athlete to all practices, events or performances, on time and pick up on time.

- I will avoid putting pressure on my athlete to fly, base, tumble, or be the star of the team. I will also support the coaches' decision to place my athlete in the position best for the team.
- I understand that cheerleading has many risks and my athlete may get hurt. I agree to sign all waivers and forms allowing Ultimate Youth Cheerleading to take any necessary steps to ensure the well being of my athlete.
- I understand that emails and the website are the primary source for information and communication and will check for updates on a regular basis.
- I understand that the coaches' job is to coach my athlete. If I have comments or concerns, I will address them after practice or at a more appropriate time, with the understanding that the coach makes the final decision.

Ultimate Youth Cheerleading follows the Minnesota State High School league drug and alcohol policy, which states: "Any person charged with a "minor" will receive half season suspension from the team." Furthermore, any person caught using illegal drugs, tobacco, and/or alcohol, that has been sighted by a parent, but was not charged with a "minor", will receive a two-week suspension. Any person caught using illegal drugs, tobacco, and/or alcohol, while wearing, or in any way, representing UYC will be asked to leave for the remainder of the season.

Thank you for taking the time to read through the information packet. If you have any questions please feel free to contact us at ultimateathletics@yahoo.com.

Ultimate Youth Cheerleading

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