

# FLEMINGTON FALCONS CHEER TIME & COMMITMENT CONTRACT 2023

The following points will stress that participating with the Flemington Falcons is a team sport. It is important that both participant and parents are aware of the time and personal commitment involved with this team sport. Read the following and **sign** in recognition of this commitment prior to the first day of practice.

## **General**

- Please remember the coaching staff are volunteers.
- If there is a problem or an issue, please follow the chain of command: Team Head Coach first, then Head Cheer Coach, then Cheer Commissioner, and if necessary, the Executive Board.
- Coaches should never be interrupted during practice and/or games. Concerns should be directed to the Head Coach after practices or games.
- No profanity, vulgar, or abusive language will be allowed or tolerated at practices or games.
- All squad routines are at the discretion of our coaching staff. Players are put in positions where they will succeed both individually and for the team. We ask that you trust our staff and their decisions.
- Anyone threatening to quit or pull their child from the team will result in dismissal of the athlete.
- It is the parents' responsibility to know what is going on within the Falcon organization and team. Please check the Falcon website, [www.flemingtonfalcons.com](http://www.flemingtonfalcons.com), email, and the SportsEngine App.
- **If your child is going to be absent from a practice or game due to illness, religious or any other reason, you are to notify the Head Coach immediately and prior to the scheduled event.**
- Withholding a child from practice should never be used as a form of punishment. You are not only punishing your child, but every other athlete, parent, and coach on that team.
- Flemington Falcons athletes are prohibited from participating on All Star teams and squads per Pop Warner rules.
- We reserve the right to add, change, or remove rules at any point.

Initials: \_\_\_\_\_

## **Code of Conduct**

- The Flemington Falcon program is highly regarded for their sportsmanship and class. We expect our parents and athletes to uphold our wonderful reputation at all practices, games, and competitions. Parents are held to the Pop Warner Rule Book Parent Code of Conduct at all events. Parents are also reminded that they represent the organization when they travel with the team.
- Flemington Falcons are present on social media platforms including Facebook and Instagram in an effort to celebrate our athletes' accomplishments as well as highlight events throughout the season. We expect all parents and athletes to be respectful on these pages. Any negative posts on any platform may result in a dismissal from the team.

Initials: \_\_\_\_\_

### The Season

- The official Pop Warner season begins August 1, 2023. All Falcons Cheer Teams will start their practices on Monday, August 7th, 2023, to align with HCRHS.
- Cheering with the Flemington Falcons is a team sport where there are no try outs. Athletes are placed on teams in accordance to their age/grade and may change annually.
- Athletes must be prepared to participate at every game, in September, October and possibly going into November. The regular season consists of 8 games; typically, 4 away games and 4 home games played at Hunterdon Central Regional High School.
- Typically, games will be the same day and time from week to week but occasionally this will change. Game times and locations will be given to the team as soon as they are known.
- The season is not over until every playoff and bowl game has been played.

Page 1

Initials: \_\_\_\_\_

### Mandatory Paperwork

On or before the first day of practice the following must be handed in or brought to the first day of practice:

- Pop Warner 2023 Physical Release form, dated in 2023, has been handed in to the Falcons.
- Pop Warner Consent Form
- Current year final report card which displays the full year of grades (3 copies are required).
- **Original birth certificate with a copy.** The copy will be certified by a notary and original returned. *This is not required for returning athletes who have attended Nationals.*

## Attendance/Practices

**NEW FOR THE 2023 SEASON - ATHLETES WHO HAVE THREE UNEXCUSED ABSENCES WILL BE MOVED TO GAME DAY ONLY!** Cheerleading is a team sport and in order for a team to perform their best, every member needs to be present at all practices, games, and competitions.

- **Practices and games are not optional.** Please plan for weather conditions of heat, cold and/or rain and snow. Despite the temperature or weather, your child is expected to stay to the end of the practice or game. You will be notified of cancellations.
- All practices prior to Labor Day will be at Copper Hill School. After Labor Day, practices will move indoors at the Nest, the home of Falcons Cheer. Times may vary.
- Practices may be changed or added at any time during the season.
- As per National Pop Warner rules, all athletes are required to complete 20 hours of continuous conditioning/practice during the first and second week of August. Missed hours must be made up by the athlete.
- Prior to Labor Day, practices will be 10 hours per week Monday through Thursday from 6:00 to 8:30pm. Flag Cheer will practice from 6:00 to 8:00pm. Fridays will be used as make-up days in the event of a weather cancellation.
- After Labor Day, the practice schedule will be reduced to 6 hours per week. Practices will be held two weekdays per week and on Saturdays.
- Athletes must arrive to their practice ON TIME. Promptness is crucial for a successful practice session. Plan to arrive 15 minutes before the start of practice.
- Athletes are required to arrive at games before the time designated by their coach, but no later than a half hour before the start of the game for warm-ups.
- Practice is mandatory to participate in any game. This is to ensure the safety of all team members. Missed practices will result in ineligibility for games and half-time performances until the athlete has satisfied the Head Coach and program's safety concerns.
- If the Head Coach determines there is a safety issue, that athlete will be removed immediately from participating until there is resolution to the satisfaction of the organization.
- Competitions begin mid-October and go through mid-December. Athletes on a competitive level squad are expected to be at ALL practices leading up to the competition as well as the competition itself. Excess absences will result in dismissal from the competition program.
- **Team members heading to Pop Warner Nationals in December cannot leave for Florida until after the last scheduled team practice in New Jersey.**

I acknowledge that I have read and understand the new attendance policy.  
Initials : \_\_\_\_\_

### **Safety**

- Safety is our number one concern. Under no circumstances will an athlete be allowed to participate in a game without the required uniform, completion of a minimum of 20 hours of conditioning, adequate practice participation and/or medical clearance to return to participation after an illness or injury. If the Head Coach determines that there is a safety issue, that cheerleader will be removed from participation immediately until the safety issue has been satisfactorily resolved – NO EXCEPTIONS.
- If coaches suspect or determine an athlete has a concussion from practice/games, the parent must take the child to the family physician or a chosen medical professional. The child can restart practice with the team with clearance from the physician. A written letter/note should be presented to the head coach.

### **Equipment and Uniforms**

- The Falcon organization provides the competition uniforms for the athletes which MUST be returned at the end of the season. This includes: top and skirt. You will be asked to purchase other necessary items at the beginning and throughout the season. Game day uniforms are purchased by each family prior to the beginning of the game day season. The Cheer Commissioner will communicate the required pieces of the game day uniform to all families.
- At equipment return, the competition uniform must be freshly washed. The uniform MUST be placed neatly in a labeled, Ziploc bag. Failure to take proper care and return all pieces of the uniform by the end of the season will result in forfeiture of the uniform bond.
- Please do not cut size tags off of the uniform top or skirt. This is the only way we know what size the uniform is. Under no circumstances can you alter the uniform. If the top or skirt does not fit properly please tell your team commissioner or head coach and they will handle any alterations that need to be done.

### **Fundraising/Volunteering**

- Registration only covers a portion of the Falcons annual operating budget. As a result, there will be fundraising activities throughout the season to support Cheer and Football.
- The annual calendar raffle and the annual prize based raffle are mandatory fundraising activities which do not include post season requirements. The calendar raffle is typically in August/September and the prize based raffle is typically in October/November.
- Parents are REQUIRED to volunteer 8 hours of their time to the organization for the first participant, 12 hours for 2 children and 15 hours for 3 children in the program. The organization relies on everyone to be involved for the benefit of the children.
- Notification for volunteer positions will be through the Falcon website and email.

**NOTE:** Additional/post season fundraising will be available from/by the Flemington Falcons if your athlete proceeds to Nationals. Additional fundraising is optional. If there is to be any type of reimbursement to you through the Flemington Falcons, fundraising is

absolutely necessary. Reimbursements are paid out from the Falcons Treasury in March/ April of the following year. Not only does fundraising count towards partial athlete reimbursement of costs back to you, but also supports additional post season organizational costs such as facility rental.

- **You are responsible** for your child's cost to participate in Nationals if her squad reaches this level of competition. This cost is approximately \$1,000.00 per person.
- Fundraising activities will be tracked for each athlete.
- If you choose not to participate in post season fundraising you will not receive any reimbursement.

Initials: \_\_\_\_\_  
Page 3

YOUR COMMITMENT TO FLEMINGTON FALCONS CHEER  
**2023**

SIGNATURE PAGE

**Please remember that Cheer is a team sport.**

By signing this form and initialing each of the pages prior pages, I represent that I have read this form thoroughly and understand my commitment and my child's commitment for the season which includes general rules, duration of the season, attendance, practices, volunteer hours and fundraising during the season and post season.

Parent/Guardian Signature: \_\_\_\_\_

Player Signature: \_\_\_\_\_

**PLEASE SIGN ANDE RETURN BEFORE THE FIRST DAY OF PRACTICE.**