



## **Troy & Dollie Smith Family YMCA**



## **2025 Cheer Parent Handbook**

**(405) 273-4386**

Dear Parent:

Thank you for enrolling your child into our sports program.

We are dedicated to the development and well-being of your children. We will provide your children with compassion, patience, learning opportunities and love. In turn, we ask that you, as the parent, help us by letting us know of any questions, concerns or ideas at any time. In this way, coaches and parents can function as a team that is oriented toward helping children. The YMCA is a place for families and it is our intent to do everything possible to help strengthen and support your family.

Welcome!

Sincerely,

Cheer Coaches

### **YMCA Mission**

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

### **Our Goal**

Is to provide a welcoming and safe environment to our cheerleaders where they can have fun, enjoy cheer, and learn how to team bond and the importance of teamwork. We want your child to feel included and feel confident in themselves and in others.

# About The Coaches

## Reese Nowlin- Head Cheer Coach

### Background

- I attend Bethel High School
- I'm a senior at Bethel
- I've been cheering for 4 years
- This is my 5<sup>th</sup> season coaching at the YMCA
- I've been tumbling for 13 years

## Adysyn Cagle – Assistant Cheer Coach

### Background

- I attended Shawnee High School
- I am in my first year at Seminole State College
- I cheered for 2 years
- This is my 2<sup>nd</sup> season coaching at the YMCA.

## **Rules and Expectations**

- We expect all cheerleaders to be on time to practices and games.
- We ask parents to come inside the practice room to drop off your child then leave and come back at least 5 minutes before practice ends to pick up your child if parent chooses to leave during practice.
- If a parent chooses to stay for the practice, we ask that you be respectful of the practice and try to keep any loud noises or talking very minimal to avoid distractions or the room getting too loud.
- We are not allowed to drive your child to or from any practices, games, or other cheer related activities, or babysit your child for any reason. These rules are set in place for the safety of your children which is our top priority.
- Parents and cheerleaders are asked to be respectful of coaches, cheerleaders, any YMCA faculty, and other parents.
- We DO NOT tolerate any negative words or actions from parents, guests, or cheerleaders. If noticed, one warning will be given the first time to not let it happen again. If it happens again we will ask both the parent and cheerleader to leave the practice or game for the day. If the issue continues any further, it will be taken to the Sports Director to determine proper course of action which may include ending the season early for the cheerleader or prohibiting an adult from further game and practice attendance.
- Parents are responsible for paying and taking care of your child's uniform.
- If a piece of uniform goes missing, you will be responsible for purchasing another uniform through the YMCA.
- Come to practice in proper attire. Cheerleaders are expected to come in a t-shirt, shorts, leggings, or sweats, and tennis shoes. NO CROCS or any other type of shoe that will easily slip off.
- Cheerleaders are expected to listen and respect the coaches during practice.

- We expect good behavior from the cheerleaders both as a team and individually. We will give one warning, if there is further misbehavior, there will be consequences. As a team, after one warning is given and there is still misbehavior, we will have them do light conditioning (jumping jacks, push-ups, or laps). Individually, after one warning is given, if the cheerleader still chooses not to listen, he or she will be asked to sit out for 5 minutes.

### **Cheer Uniform Fitting/ Costs**

Will be used season after season (amount due when uniforms arrive)

\$60 for youth skirt and shell

\$70 for adult skirt and shell

\$20 for bloomers/shorts

### **Communication**

All communication between parents and coaches will be done through Group Me. We will communicate with you during the whole season and if any changes are made to schedules, we will let you know as soon as we find out. We also ask that you communicate with us at any time, we are willing to work with you and be flexible, but you will need to communicate to us for that to happen. If for some reason your child will not be able to make it to practice please let us know as soon as possible, and communication for anything else will need to be done at least 12 hours in advance. \*\*We must be informed if your child will not be at a game or practice\*\*