

Greensboro Parks & Recreation

REDZONE

PARKS & RECREATION YOUTH FOOTBALL

2024



CHEERLEADING BY -LAWS

Policies, Rules & Guidelines

Program Contact:
Antwoinette "Toni" Byrd: (336) 373-2794

MISSION STATEMENT OF YOUTH SPORTS

The mission statement of the Athletics Section of the Greensboro Parks & Recreation Department is to create a positive environment for youth by:

- Emphasizing each individual's right to participate
- Teaching life skills, sportsmanship and game fundamentals
- Stressing FUN and ENJOYMENT above all else

R.E.D.ZONE FOOTBALL/CHEER PROGRAM PURPOSE - is a joint collaboration between Greensboro, High Point and Thomasville Parks and Recreation Departments. This new concept uses practices and games to promote **R**ecreation, **E**ducation and **D**evelopment. To provide a positive opportunity for youth ages 5-13 to participate on an organized team, and structured activity that parallels the Football program during the Fall season. Emphasizing safety, correct fundamental skills, teamwork, good sportsmanship and positive body image. Participants will learn socialization skills from adult role models and Coaches.

Accessibility Accommodation Request: The City of Greensboro Parks & Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs, and is committed to complying with the ADA by providing reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, accommodation requests should be received at the time of registration.

PROGRAM DESCRIPTION

The Youth Cheerleading Program is organized and run by the Parks & Recreation Athletics Section at recreation centers that sponsor a youth football program. Cheerleaders are taken on the team regardless of experience **on a first come/first serve basis**. Participants do not try out for spaces on a team. Cheer is open to participants 5 to 13 years old. The registration fee for the program is \$50 per participant. A late fee is assessed after the deadline to register.

REGISTRATION INFORMATION

- As with Football / Basketball and other youth sports, age requirements must be met on each squad. Parents may register their child from ages 5-13 years old. The age cutoff date for youth cheerleading is September 1. **Mascots are NOT allowed in the Greensboro Parks & Recreation Youth Cheerleading Program.**
- **No one that is not registered or has not submitted a completed background check can be at practice.**
- All participants must be registered on a Parks & Recreation Department Youth Cheerleading Registration form. These forms constitute the cheerleader/ team's legality.
- Cheerleaders can register at any of the 6 Recreation Centers offering **R.E.D.ZONE** Football Cheer this season: Glenwood, Leonard, Lewis, Peeler, Warnersville, and Windsor Recreation Centers.
- Registration: April 8 – July 26 (\$50 per participant).
- In order to complete early or late registration, parents will also need to provide a copy of the child's birth certificate and a copy of a current PAYS card. Parents of children participating in a Greensboro Parks & Recreation team sport for the first time must complete the PAYS program (see PAYS section).
- **NOTE: PARKS & RECREATION ATHLETIC STAFF RESERVE THE RIGHT TO ASSIGN CHEERLEADERS TO TEAMS, AND COMBINE TEAMS IF NECESSARY.**

GREENSBORO PARKS AND RECREATION REFUND POLICY

The Greensboro Parks and Recreation Department reserves the right to cancel a program at the sole discretion of the department, including when a program's minimum enrollment is not met. In the event of a program cancellation, the department will endeavor to provide as much advance notice as possible to participants. In addition, the department reserves the right to alter schedules, fees, and instructors as necessary. In the event that the department cancels a program or event, registration fees are 100% refundable except in cases when an alternative refund policy has been provided in writing to registrants at the time of registration.

Program withdrawal and refund requests initiated by participants will be processed in accordance with the criteria set forth below. All requests for a refund of program fees must be received by the department in writing. Refund requests are processed according to the guidelines included below and generally take 2-4 weeks to process, with the exception of payments made by check, which may take additional processing time. The refund check will be mailed to address provided on the written refund request.

Prior to Program Start Date: Fees **are** refundable less a \$10 processing fee – per registration.

After Program Begins: No refund is available **except** in extenuating circumstances as determined by the program supervisor.

After Program Ends: **No refunds granted.**

PAYS PROGRAM (Parents Association for Youth Sports)

The Parents Association for Youth Sports (PAYS) is a membership association of the National Alliance for Youth Sports (NAYS). The purpose of PAYS is to educate and motivate parents to create the ultimate youth sports environment to make the child's experience safe, positive and meaningful. PAYS encourages good sportsmanship, positive participation and keeping youth sports in a proper perspective among members.

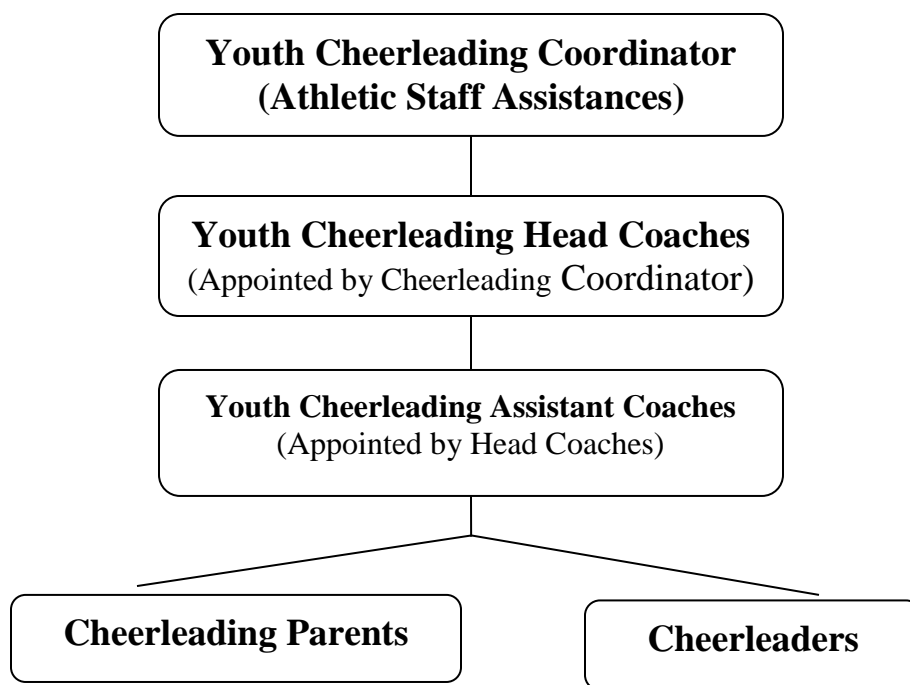
The membership process includes watching a 34-minute video, signing a "Parents Code of Ethics," talking to a PAYS clinician and paying a \$5 membership fee, which covers five years of participation in Greensboro Parks & Recreation programs.

Choose from a variety of ways to obtain a PAYS membership:

- Visit the NAYS website and click on the PAYS logo. Follow instructions and use Code #1141 for Greensboro Parks & Recreation.
- Attend a PAYS clinic that is conducted especially for your group or organization.
- Watch the PAYS video at the Greensboro Parks & Recreation Athletics office, 2400 16th Street. (Provided by appointment)

ORGANIZATIONAL FLOW CHART

This flow chart will be used as a guideline for each cheerleading squad at each recreation center.



GENERAL GUIDELINES AND INFORMATION

- Although the cheerleading groups meet in the City's recreation centers, the cheerleading program is supervised by the Athletics Section. All questions and concerns must be addressed by the Greensboro Parks & Recreation Athletics staff.
- The size of each individual squad shall be no less than 6 or more than 15 girls. If more than 15 girls sign up and additional advisors are available, a second squad should be formed. If additional advisors are not available, extra participants may be directed to other recreation centers.
- The parents of all cheer participants must complete the PAYS program.
- All coaches/Team mom/dads' must complete and pass a coaches' background check.
- Coaches/advisors must be knowledgeable of the Donations Policy and of First Aid and Emergency Management. (See respective sections).
- At the end of the season each of the cheer squads will participate in the end of season Cheer Showcase. The Showcase is not a competition but an event designed to highlight the skills and sportsmanship of each team.
- **THE ATHLETIC DIVISION RESERVES THE RIGHT TO PLACE A CHEERLEADER BASED ON THE NEEDS OF THE PROGRAM.**

DIVISION OF RESPONSIBILITIES

The Parks & Recreation Athletics section will be responsible for the following items:

- Collecting cheerleading registrations, PAYS card information, and verifying birth certificates
- Order and purchase uniforms
- Scheduling cheerleading team pictures

The cheerleading coaches for each team will be responsible for the following items:

- Ensure the supervision and safety of all participants during games and practices
- Organize parents and participants to fit uniforms, and pass information on to Cheerleading Coordinator to order uniforms.

For questions about other responsibilities, please contact the Cheerleading Coordinator.

UNIFORMS

Cheerleaders will be measured for uniforms.

Uniforms will be provided as part of the registration fees: Included are Shell and Skirt

Accessory items will not be included in registration. It is the responsibility of the parent to purchase accessories, but you can purchase package at extra \$50 cost through COG. (briefs, socks, bows, and poms) Warm-Up suits are an extra \$50. (Jackets \$25, Pants \$25)

AWARDS

The Parks & Recreation Athletics Section will provide awards for cheerleaders who have completed registration and to the head and assistant coaches. The awards will be ordered midway through the basketball season so they can be given to the coaches and participants at the End of the Season Showcase

JOB DESCRIPTIONS AND RESPONSIBILITIES

CHEERLEADING ATHLETIC COORDINATOR – is assigned by the Athletic Superintendent to coordinate all Parks & Recreation cheerleading activities. The Cheerleading Coordinator has the final decision on all matters related to all cheerleading activities.

Duties will include, but not limited to:

- Organize, Supervise, and Administer the program
- Communicate with Center Supervisors to set up practices at the recreation centers
- Order Uniforms
- Schedule all games and activities for the cheerleaders in accordance with the Youth **R.E.D.ZONE** Football Program.
- Schedule and coordinate meetings, practices, team pictures and post season events

HEAD CHEERLEADING COACHES – Head Coaches are the supervisors of the cheerleading program in each center and report directly to the Cheerleading Coordinator. All Head Coaches and Assistants must pass background check and is appointed by the Cheerleading Coordinator. The Head Coaches will keep the Cheerleading Coordinator apprised of all cheerleading activities. Head Coaches can be dismissed by the Cheerleading Coordinator. Their responsibilities include:

- Helping the Cheerleading Coordinator with program registration
- Ensure the safety and well-being of the cheerleaders during practices, games and other events
- Teaching the cheerleaders how to safely perform cheers, dances and simple stunts
- Supervise Assistant Coaches and the Parent Activities Coordinator on how to organize parents for successful cheerleading support and to maintain an open and consistent flow of information between the coaches, parents and cheerleaders

ASSISTANT CHEERLEADING COACHES – Assistant Coaches report directly to, and work with the Head Coaches in directing the cheerleaders and parents, also should step in as Acting Head Coach whenever the Head Coach is not present. All assistant coaches will be appointed by the Cheer Coordinator or Head Coach and can be dismissed by the Head Coach or by the Cheer Coordinator.

PARENT ACTIVITIES COORDINATOR/ TEAM MOM/DAD - The Parent Activities Coordinator will work as a liaison between the coaches and the parents and will coordinate snacks and help distribute information to the other parents. The Parent Activities Coordinator / Team Mom will be voted in by Head Coach, will take supervision from the Head and Assistant Coaches, and can be dismissed by the Head Coach or the Cheerleading Coordinator.

COACHES RULES

PRACTICES - as a reminder practices are closed.

- **Practices** are left up to the Head Coaches discretion as to amount and # of times in a week.
- **No Parents, Spectators who have not submitted and passed a background check, or other children who are not registered in the program.**
- Coaches and participants are expected to attend all practices and be on time and ready to practice.
- We need the participants to pay attention to their coaches, and practice at home between practices.
- Also, coaches during practices/games please have a coach or team mom escort the girls when going to the restroom.
- Bring your own water bottle with your name on it.

CHEERS, CHANTS & MOVEMENTS

- The City of Greensboro will not tolerate negative cheers, chants or movements. These behaviors go against the Philosophy of Youth Sports and the Cheerleading Program Mission.
- Movements such as pelvic thrusts and suggestively shaking the body will not be allowed.
- Stunts will be restricted to level of skill of the cheerleaders and to the degree in which they can be taught properly by the coach.
- Cheer but NEVER jeer. Cheers should be used to positively encourage the team and spectators and to promote sportsmanship.
- When both teams start a cheer at the same time one squad needs to stop.
- Appearance: Clean neat ponytails/Uniform(s).

SEASON SCHEDULE

- **Regular Season Games:** Each Cheerleading Team / participant is required to cheer at least once a week; and at least 6 regular season games (if possible per schedule). More if Head Coach and parents agree, and if there are not enough cheer squads for the amount of football teams at your location.
- **Post – Season/ League Playoff:** At the conclusion of the regular season, a Championship play-off tournament will be conducted to determine a City Champion in each division. Each Cheerleading Participant / Team is required to cheer in all playoff games that the teams they cheer for are scheduled to participate in from beginning until the end of the game.
- **End of Season CHEERLEADING SHOWCASE:** At the conclusion of the regular Youth Football Season there will be an END OF SEASON CHEERLEADING SHOWCASE. Each participant / team is required to participate. (details will be provided) But, under no circumstance should the teams not cheer for the regular season or post season games to practice for the showcase. The games are the priority.

Only cheerleaders that have completed registration will receive a trophy. The head coach and up to (3) assistant coaches will receive a plaque.

Coaches and Parents should make sure that cheerleaders drink plenty of water or sports drinks

COVID-19 PROCEDURES FOR R.E.D.ZONE CHEER

Greensboro Park and Recreation's fall 2024 Youth Football/Cheer Season will follow DHHS recommendations and adhere to safety guidelines set forth by the State of North Carolina and the City of Greensboro.

Participation and attendance with youth sporting events may include possible exposure to illness from infectious diseases including, but not limited to MSRA, influenza and COVID-19. While guidelines, safety rules and personal discipline may reduce the risk of infectious diseases, the chance of serious illness and death does exist.

Safety of all participants is our highest priority and adjustments to these protocols can be expected based on further guidance from Federal, State and Local agencies.

- All Participants are required to sign a Player Registration / Waiver form prior to participating in youth activities.
- Do not come to a facility if you have any Covid-19 symptoms: fever (**100.4 or higher**), cough, sore throat, difficulty breathing, or have been exposed to someone with Covid-19 within the last 14 days. Wellness checks are required for all participants (coaches, players, umpires) during practice and games. Anyone that does not clear the screening will not be allowed to participate.
- Parents or Spectators are encouraged to sit in their cars during practice. Parents cannot stay in the facility during practice.
- Games will be scheduled to include adequate buffer times between games to allow cheerleaders, players, coaches, parents and spectators to enter and exit the facility with limited interaction.
- Only the necessary personnel will be permitted on the playing fields and cheer area during games. (Certified Coaches, Participants, Umpires, and Parks & Recreation Staff)
- Cheer participants must bring their own labeled water bottle. Make sure cheerleader's full name is on the water bottle. Be sure to have enough water to last the duration of your practice or game.
- Cheer participants are prohibited from having gum, sunflower seeds or candy during any practice or game.

NOTE – Please remember that medical and personal information given to the coaches by the parents is confidential information and should not be shared with others.

INCLEMENT WEATHER

In the event of inclement weather on game days, please call the Parks & Recreation rain line at **(336-373-2366)** after 4pm on weekdays and 8am on weekends. This number will be located at the top of all game schedules. If no cancellation details are available, teams should report to the specified game fields indicated by the game schedule.

In the event of inclement weather on non-game days, please call the Recreation Center that your child is playing for. The Recreation Center Staff will be able to inform you on your teams practice status.

If it rains after arriving at the fields, the decision to play or cancel will be determined based on Parks and Recreation Staff and or the Game Officials on the field.

Lightning Policy

If lightning has been detected within 10 miles of a given facility, play shall be suspended, and staff, officials, participants, and spectators should seek shelter immediately. At this time, the **30-Minute Rule** shall go into effect. Play is suspended for at least 30 minutes after each lightning strike that occurs within a 10-mile radius. Any subsequent lightning that is detected restarts the 30-minute countdown to an all-clear notification for play to resume.

Staff will continue to monitor conditions and utilize real-time information to assist in determining if conditions are safe to resume play. If the all-clear is received prior to the game time limit, staff and officials will determine whether or not to continue play. Games may be cancelled and rescheduled for a later date.

DONATIONS AND FUND-RAISERS

All monies collected by the Athletic Coordinator and/or Cheerleading Coordinator will be placed in to the City of Greensboro Donations Account set up for each recreation center cheerleading squad. All coaches and advisors will adhere to the following guidelines:

- All cheerleading coaches must report all fund raisers to the Cheerleading Coordinator and to the Center Supervisor well in advance of the event.
- All funds must be deposited into the donations account as soon as it is collected. Donations received from a business, or organizations will also be placed in the donations account.

Once an item is ready to be purchased, the coach or advisor will contact the Cheerleading Coordinator and submit all information needed to place the order. This information should include:

- Company name, address and phone number
- Company contact person
- Item number, quantity of items and price of items (including shipping)
- Date items are needed

After the order has been placed, the Cheerleading Coordinator will give the coach or advisor a copy of the order invoice and all related information. Any and all problems with orders must be immediately reported to the Cheerleading Coordinator. Contact the Cheerleading Coordinator immediately for any questions concerning donations and fund raisers.

BEHAVIOR OF COACHES AND CHEERLEADERS

- All coaches **MUST** act as role models for their cheer squads and should exhibit positive behavior at all times. Coaches will not encourage disrespectful behavior toward other coaches, cheerleaders and spectators.
- All coaches are responsible for the behavior of their cheerleading squad during games and practices. Cheerleaders should be formally released to a parent or an authorized adult before they are allowed to leave the facility.
- Cheerleaders should be assigned a buddy if they must leave the group to get water or go to the restroom during practices. All cheerleaders should be under authorized adult supervision at all times during games.
- The “home” team is expected to serve as the HOST TEAM.
- During sideline cheers the Home team cheers first, should include a HELLO Cheer, then the visiting team cheers, and that is how it continues during the entire game. Please be respectful of each squad.
- The “visiting” team will perform first at half time while the “home” sits quietly and await their turn. Groups are expected to be courteous to each other at ALL times.
- Coaches and advisors will handle all internal problems within their own group. Disciplinary actions for those situations **WILL NOT** include physical actions such as pushups, sit ups or running laps.
- **Bullying, Cursing or using profanity will not be tolerated. At minimum two-game suspension will be enforced if coaches or cheerleaders are reported or observed using negative or disrespectful behavior. Fighting and or possession of a weapon may require more severe action.**
- **Coaches and cheerleaders who do not abide by these rules will be suspended or dismissed from the program.**

DISCIPLINARY ACTION AND DISMISSAL

The following steps will be taken by the Cheerleading Coordinator if disrespectful and unacceptable behavior is reported by Coaches, another squad, by spectators, or observed by an athletics staff person:

- On the first offense, the individual or group will be given a verbal or written warning by the Cheerleading Coach and or Cheer Coordinator.
- On the second offense, disciplinary action, which may include suspensions, will be enforced. The degree of disciplinary action will depend on the severity of the offense.
- Subsequent offenses will result in dismissal from the cheerleading program.

SUSPENSION POLICY

The Suspension Policy is designed to control individual behavior at athletic activities for the purpose of maintaining a positive environment and wholesome recreational atmosphere at events. The following outlines the procedure for disciplinary action toward an individual (participant, coach, parent, or spectator), or team who violates Parks and Recreation Department rules, regulations, and applicable by-laws. Suspensions will be tracked and monitored by parks and recreation staff. Individuals who have been suspended will be placed on probationary status for the remainder of the current season, possibly longer depending on the severity of the infraction. Depending on the severity of the infraction, some suspensions may prohibit the offender(s) from participating in activities in any way, including attending as a spectator, for a designated length of time or number of games. In addition, a suspension may carry over to other future programs the offender chooses to participate.

Factors Considered in Disciplinary Actions

When reviewing an ejection/suspension and deciding what action is most appropriate in a given situation, Parks and Recreation staff will take into consideration a variety of circumstances including, but not limited to the following factors:

- Blatant disregard for the rules and policies set forth by Greensboro Parks and Recreation
- Violation of code of conduct (if applicable)
- Number of offenses on file
- Remorse or acknowledgement of behavior
- Endangerment of other participants, coaches, parents, or spectators
- Violation of law
- Prior complaints

WELLNESS TIPS AND EMERGENCY RESPONSE PROCEDURES

Emergency Response Plan

Statement of Purpose – Though we attempt to avoid accidents and emergencies by adequate planning and training, as well as maintaining safe facilities and equipment, these situations may still occur. For that reason, the entire leadership who is involved in every aspect of the Athletic programming including professional staff, part-time employees, officials and volunteers must have a clear understanding and follow this emergency response plan.

Hot Weather Precautionary Measures

When practicing in hot weather or when exercising in a hot climate, the body is usually able to maintain a safe temperature with the evaporation of sweat. A young athlete can lose as much as two (2) quarts of sweat each hour of practice or competition. This water must be replaced or the body becomes dehydrated and does not function well. The water level can be maintained in most sports by:

- (a) Drinking 1 to 2 cups of water before practice or competition,
- (b) Taking frequent drinks during the activity (water breaks)
- (c) Continuing to drink after the game or practice.

Should a Red Ozone Alert and/or Orange Ozone alert occur; coaches should take precautions.

Players should be given frequent scheduled water breaks.

Coaches should watch all participants closely for heat illness related problems. If a child is having trouble, every precaution should be taken to ensure that the participant remains safe and healthy. Do not deprive athletes of water under any circumstances since it risks heat exhaustion during intense activity. Limiting water breaks should **never** be a form of discipline!

In Case Of Emergency

For major emergencies, follow ALL steps.

For minor emergencies, follow the **BOLD** items ONLY.

1. **Assess the injury.**
2. Activate the medical response plan / emergency action plan.
3. Send a “phone runner” to call emergency medical personnel and to call or locate the injured person’s parents if under age.
4. **Administer basic first aid.**
5. Send another person to direct the arriving emergency medical personnel.
6. Prepare the injured person to be transported. **Do not move the injured person until emergency medical personnel arrive or if the scene becomes unsafe.**
7. Designate someone to go to the hospital with the injured person if parents, spouse or relative are not available.
8. **Field/gym supervisors, coaches or staff on duty must interview witnesses and fill out an Accident Report. This report is due in the Athletic Director’s office within 24 hours of the emergency or accident.**

Emergency Phone Number (for Rescue, Fire or Police) – Dial 911