

Ephrata Youth Cheerleading Program



Address: 38 3rd Street, Akron, PA 17522

Phone: 717-723-9002

Email: Ephratayouthcheering@gmail.com

Website: www.ephratayouthcheer.org

Mission Statement:

Our mission is to empower and inspire young athletes through the sport of cheerleading by fostering teamwork, discipline, and confidence. We are committed to creating a positive and inclusive environment where every participant can develop their skills, build lasting friendships, and grow both as individuals and as leaders. Our organization promotes dedication, respect, and a strong sense of community, while encouraging a love for the physical activity and spirit of sportsmanship.

EYCP Board Members:

Kayla Teeples—EYCP President

Alicia Solis—EYCP Vice President

Valerie Wagner—EYCP Treasurer

KellyAnn Wissler—EYCP Secretary

Thank you for your interest in Ephrata Youth Cheerleading Program. This packet outlines the Rules & Regulations that are followed by all Cheer Coaches and are expected to be followed by all cheerleading participants, parents, and guardians.

Eligibility Requirements:

- Student entering Kindergarten through 8th grade for the '25/26 school year
- Be in good standing with EYCP
- Complete all registration forms & waivers by deadline

Communication:

EYCP will be utilizing the **BAND** App for all communications. All schedules, due dates, fundraisers, and practice/game notifications will be posted in each Squads BAND group.

- BAND App is expected be checked prior to ALL practices & games for any last-minute updates and changes
- All Board members are part of every Squad BAND group and can be messaged directly via the app.

Program Costs & Fundraisers

Registration Fee:

- \$50/child (\$5 discount /each additional cheerleader if registering multiple participants)
- Due at time of registration and is a non-refundable fee
- Cash/Check/Credit Cards (additional services fees may apply) are accepted, returned checks have a \$35 fee and will be expected to pay the registration fee and return check fee with cash or credit card

Program Fundraising/Events:

The EYCP program will do year-round fundraising to help bring funds into the program. These fundraising events will continue to support the ability of financial costs to our EYCP families as low as possible. We ask that you share with friends, family and on social media to help make these events a HUGE success.

1. Mandatory Program Fundraiser—Domino's Pizza discount cards
 - a. Each cheerleader is required to sell 5 cards (\$10 each)
 - b. \$50 fundraiser deposit due to uniform fittings

Individual Cheerleader Fundraisers:

Each cheerleader is expected to participate in the fundraisers during the season. If you do not wish to participate, a \$25 opt-out fee will be available. The cheerleaders get a portion of profits from these fundraisers, and this can be applied directly to uniform costs or towards spirit wear store.

Practices & Games:

- Summer practices begin in July—Monday & Wednesday evenings 6-8 pm
- Fall practices (school in session)—Wednesday evenings 6-8 pm
 - Will adjust end-times as needed
- Football games start in September, Labor Day Weekend is the first game
- Football games can be Saturday or Sunday
 - Last minute changes can happen, be sure to always check the communication app from coaches
- Kindergarten students, “Mini Mounts”, will have modified practice & game obligations
- B & C Squad season can extend into November if they make the playoffs
- Attire:
 - Practices are outdoors- please dress appropriately
 - No jeans, jean shorts, crop tops or spaghetti straps
 - Must wear sneaker
 - Hair should be pulled up
 - No jewelry
- Be sure to have enough water
 - Please no carbonated drinks—this attracts bees
- Please be sure your child uses the bathroom before practice/games.
 - If your child needs to use the bathroom at high frequencies, a parent/guardian may be asked to stay.
 - Coaches cannot stop practices/games for repeat bathroom trips

Attendance Policy

1. Attendance/Tardiness

- a. Unapproved absence from practice or game, without prior notice.
 - i. Notice must be received by coach and board (via Band app) at least 2 hours prior to practice and/or game
 - ii. If notice is not received for a practice prior to a game, the cheerleader will not participate in the game or halftime routine, but will be required to attend the game, in full uniform.
 - iii. If notice is not received for a game, the cheerleader will not participate in the next game or halftime routine, but will be required to attend and fully participate in practice, as well as, being required to attend the next game in full uniform.
- b. Sick for Practice or Game
 - i. Parent needs to notify coach and board (via Band app) at least 2 hours prior to practice and/or game
 - ii. If notice is not received, protocol and discipline is as stated in section a, above
 - iii. Cheerleader needs to be 24 hours fever free to return to practice/game
- c. Vacation Time
 - i. Vacation calendar will be distributed at ice cream social and must be submitted to coach/board, no later than the first day of practice (July 7, 2025)
 - ii. Vacation requests will NOT be accepted after the game schedule comes out.
- d. Practices and games are MANDATORY, all requests for time off must be submitted by July 7, 2025

Behavior Expectations

EYCP is committed to fostering a positive, respectful, and safe environment for all participants, coaches, and families. Cheerleading requires teamwork, discipline, and good sportsmanship. To maintain these standards, the following guidelines outline expectations for behavior and the steps taken if inappropriate behavior occurs.

Expected Behavior

All participants are expected to:

- Show respect to coaches, teammates, officials, and opponents.
- Use positive language and display good sportsmanship at all times.
- Follow instructions and attend practices and events on time.
- Maintain a positive attitude and encourage others.
- Care for equipment, uniforms, and facilities.

Examples of Inappropriate Behavior

Inappropriate behavior includes, but is not limited to:

- Disrespectful language, gestures, or actions toward others.
- Bullying, teasing, or excluding teammates.
- Physical aggression or unsafe conduct.
- Repeated tardiness or unexcused absences.
- Disregard for safety rules and coach instructions.

Disciplinary Actions:

The above Behavior Expectations are to be followed by all participants within the Ephrata Youth Cheerleading program. If they are not, the following steps will be taken:

- **1st Warning:**
 - Verbal warning to cheerleader (parent/guardian will be notified).
- **2nd Warning:**
 - Written warning sent home with cheerleader to be signed by parent/guardian. Cheerleader may not return to practice until the notice is signed and returned to the coach.
- **3rd Warning:**
 - Meeting scheduled with cheerleader, parent, coach, and EYCP Board Member(s). The cheerleader will participate only at the coach/and or cheer board's discretion.
- **4th Warning:**
 - Dismissal from cheer squad for remainder of the season.

**EYCP Board reserves the right to bypass any warning level or move for immediate dismissal of a cheerleader from the program if deemed necessary.

Ephrata Youth Cheerleading Program Cheer Packet Acknowledgement

Thank you for taking the time to review the 2025 Ephrata Youth Cheerleading Program packet. Please check the boxes below to acknowledge that you have read the program guidelines.

- ☐ I understand and acknowledge that communication will be done via BAND app.
- ☐ I understand and acknowledge the Program Fundraising requirements
- ☐ I understand and acknowledge Practice & Game schedules
- ☐ I understand and acknowledge the Attendance Policy
- ☐ I understand and acknowledge the Behavior Expectations
- ☐ I understand and acknowledge the Disciplinary Actions

Printed full name of cheerleader(s)

Printed full name of Parent or Legal Guardian

Signature of Parent of Legal Guardian

Date

Ephrata Youth Cheerleading Program Waiver, Release of Liability and Indemnification Agreement

Cheerleaders Full Name: _____

I, the undersigned parent or guardian of the above-named minor, acknowledge, agree and understand that:

1. The above-named minor is in good health and proper physical condition to participate in cheerleading.
2. There are certain risks and hazards involved in the above-named minor participating in cheerleading that may result in injury to the minor or other players including, but not limited to those hazards associated with, playing conditions, equipment, and other participants.
3. I hereby release, discharge and agree not to sue Ephrata Youth Cheerleading Program, or their owners, officers, agents, servants, associations, employees, or any person or entity connected with Ephrata Youth Cheerleading Program for any claim, damages, costs or cause of action which I have or may in the future have as a result of injuries or damages sustained or incurred by the above named minor from whatever cause including but not limited to the negligence, breach of contract or wrongful conduct of the parties hereby released.

I ACKNOWLEDGE THAT I HAVE READ AND THAT I UNDERSTAND EACH AND EVERY ONE OF THE PROVISIONS IN THIS WAIVER, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT AND AGREE TO ABIDE BY THEM.

Name of parent or guardian (print)_____

Address_____

Email Address_____ Phone_____

Signature of parent/legal guardian _____ Date_____

Health insurance Company/Policy #_____