

# **GREATER BUFFALO ELITE HEAT Cheerleading**

## **2011-2012 Cheer Parents Handbook**

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[www.buffalogymcenter.com](http://www.buffalogymcenter.com)

**Welcome! We are pleased to have you join our program.** This year our facility celebrates its 19<sup>th</sup> anniversary. The Greater Buffalo Gymnastics & Fitness Center is New York State's ONLY all-inclusive health and child-care complex. Our expanded 40,850 sq. ft. facilities are home to Greater Buffalo Gymnastics & Fitness Center, Tink's Pro-Shop, Spezio's Dance Dynamics, Four Seasons Child Care & Pre-School and, the newly constructed corporate offices and museum/showroom of National Automotive Enclosures Inc.

This state-of-the-art development features a widespread child care and activity environment allowing all members of the family to stay active and healthy. The Greater Buffalo Gymnastics Center remains one of the most comprehensive facilities in New York State that caters to the physical and mental well being of children as well as adults. We are located at 1641 & 1639 North French Road in the Town of Amherst, just west of the 990 exit #4.

### OUR PROGRAMS INCLUDE:

- Team-Up (Ages 18 months to 3 years old, accompanied by an adult)
- Pre-School gymnastics classes (Ages 3 years old to Pre-K)
- Pre-School Summer Camp (Ages 3 years old to Pre-K)
- Recreational gymnastics classes for boys (Ages 5 years old and up)
- Recreational gymnastics classes for girls (Ages 5 years old and up)
- USA Junior Olympic Competitive Programs for boys
- USA Junior Olympic Competitive Programs for girls
- Cheerleading & Tumbling classes
- Greater Buffalo Elite Heat Competitive Cheer Teams
- Birthday Parties
- Full Day Summer Camps - (includes gymnastics, tennis, swimming, field trips & more)
- Private Instruction
- Adult Fitness Center, Certified Personal Trainer

**Our Mission:** *The Greater Buffalo Gymnastics & Fitness Center strives to be a positive educational force in the community. Our goal is to allow every child to have the opportunity to feel like a champion. We strive to introduce life skills that will enrich children and produce success.*

**OUR** philosophy at the Greater Buffalo Gymnastics and Fitness Center focuses on the education of children – our most vital resource for the future. We believe that young people can learn to develop coordination, motor skills and body control, as well as the more important mental qualities; self-esteem, self-confidence, and self-awareness through physical activity. Motivation, problem solving, and patience are qualities that will be emphasized at the Center. Most importantly, young people will learn to develop respect for themselves and others. Our coaching staff reflects this philosophy of teaching and uses a positive approach to place the emphasis on the individual. We will teach the students to accept individual differences in skill levels and success rates.

At the Greater Buffalo Gymnastics & Fitness Center, proper staff selection and development is the key to ensuring that a high quality activity, such as cheerleading, creates a positive learning experience. Our trained staff will use the sport of

cheerleading as an avenue to develop positive personal qualities in all the participants in our program. These qualities, nurtured at an early age, will be utilized in all areas of the individual's future. We are confident that our staff will be able to help each athlete reach her potential, have **FUN** while doing so, and enjoy all aspects of the cheerleading program.

The decision to enter competitive cheerleading is an important and exciting step in the life of your child! You are being congratulated because you are taking the time to think through the prospect of team membership. Many parents are so thrilled when their child is asked to be on a team, they do not take the time to assess the level of commitment. This is not a recreational program but a serious, competitive team and needs to be taken seriously. Competitive cheerleading is an exciting sport requiring the backing and support of the family for any cheerleader to be successful. Therefore, when making the selection for the team, we also look at the team parents. Can they make a commitment to the program? A 100% commitment must be made physically, mentally, and financially so please read this packet very carefully before making the decision to join our program.

### **PARENTS – PLEASE NOTE**

The area of safety in our gym is our most fundamental coaching concept. We have put safety in the highest regard to not only make our program safer, but also, more enjoyable for our students. It cannot be denied that the most important part of a safe cheer program is the coaching staff and their ability to implement the safe practices of teaching and coaching cheerleading. Our staff is continually learning new and improved techniques of teaching and spotting to help guarantee the safety of your child.

### **GYM RULES AND POLICIES:**

**Please read over the following rules and policies carefully. They were designed for your information, your child's safety and well-being, and the overall success of a high quality program for children.**

1. Watch the **Cheer Team Board**, located in the lobby of the building, the oak display board for our calendar of events and closings. The newsletters and emails from the staff are our main sources of communication with parents. Issues regarding practices, fees, and other administrative matters will all be communicated via email so please check them frequently.
2. There is a \$40 non-refundable registration fee due every year for every person who participates in any program at Greater Buffalo Gymnastics & Fitness Center. This fee will cover you for the entire season including any other programs you may want to participate in at the facility.
3. For the 2011 - 2012 season, our program is based on 10 months, July - April. **Seasonal tuition** is divided into 10 equal monthly payments, **regardless of gym closings, holidays, competitions, or absences**. Our registration fee covers insurance, but it is not an accident policy- (each student must be covered by his/her own health insurance). Payments may be made in Cash, Check made payable to the Greater Buffalo Gymnastics and Fitness Center (GBGFC), Master Card, Visa, or Independent Health Flex Fit Family and are due **the first of the month** regardless of the day of the week that the first falls on. An additional \$5 per child late fee is due if payment is not received by the 10<sup>th</sup>.

A \$25.00 fee will be charged for all returned checks. There is a drop box provided for monthly tuition checks and cash payments. Checks may also be mailed to the Center. Please be sure your child's full name (and team) is on the front of your check. If you have a problem making a payment, please call the office *before* fees are due, at 639-0020.

3a. While a member of our competitive team, all tuition is due on time each month of the year. Tuition for summer is slightly different from the rest of the season, due to a difference in hours per week that are available. Tuition is required to hold the cheerleader's place on team. Continuous payment of tuition is required regardless of illness or injury.

3b. If tuition is unpaid for a *full* month, the following month your child will not be able to attend practice, competitions, or any other cheer activities. Once all financial commitments have been met, she may return. Please do not put us in the position of taking your daughter out of practice.

3c. Information regarding competition fees will be provided to you from the Elite Heat Booster Club.

3d. Family discounts that apply to children enrolled in classes do not apply to children on the cheer team.

4. There is no food, gum, or drinks, except reusable water bottles, allowed in the gym area, locker rooms or on the second floor. Please do not send any of these items with the girls to practice.
5. Children are not permitted to sit on the sinks or hang on the partitions in the locker rooms. Anyone found doing so will be excused from practice that day.
6. Parking or Standing in front of the building, around any of the curbs or alongside the retention pond is strictly **PROHIBITED!** The Town of Amherst now considers these areas emergency access aisles for the building next door and must remain unobstructed at all times. For the safety of all children, parents should park in a designated space and escort children in and out of the facility. Do not ask your child to leave the building and meet you at your car.
7. The Center will not be responsible for lost items or articles of clothing. Please do not allow your child to bring valuable jewelry, clothing or other items to the gym. Label clothing so it may be returned if it is misplaced. Students may not bring in cell phones, IPODS, or other valuables to the gym. There is a lost and found bin in the Parent's Waiting Room. Please check there for lost items.
8. **PARENTS OR UNREGISTERED CHILDREN ARE NOT PERMITTED TO ENTER THE GYM AREA AT ANY TIME.** If you need assistance, please come to the Pro Shop. Parent viewing is always available from the Parent Waiting Room on practice days. Upstairs Observation Days will be noted in upcoming newsletters, on the front hall calendar, and on the sign by the stairs - watch for these dates. During upstairs observation time, parents, siblings, and friends may watch practice from the second floor viewing area. Parents are reminded to keep all small children away from the stair cases, balcony and off the balcony railing. Parents are responsible for the safety of siblings during Watch Days. Your children must be with you, in the watch room or on the balcony, *at all times*. Please note, as per USA Gymnastics, no flash pictures are permitted in the gym during practice time to ensure the safety of all participants. A reminder – ***No Food or Drink is allowed upstairs.***
9. **Closing of the Gym**- Should the gym close due to weather or emergency related conditions, it will be announced on WKBW TV Channel 7, WBEN 930 AM, KISS 98.5 FM, STAR 102.5 FM, and posted on our website. **Please note, there will not be a make up practice for any weather related or emergency closure days, as these circumstances are beyond our control.**
10. **Unattended Children.** Children may not be left without adult supervision at any time in the Center. This includes the Parent Waiting Room, the balcony and hallways. Parents using the Fitness Center, or with children in a class, may not leave other children unattended. We are unable to provide supervision for them and cannot guarantee their safety.

## **CHEERLEADER RULES AND POLICIES:**

The decision to join the Greater Buffalo Elite Heat Competitive Cheerleading team is a big one and reflects a commitment to the team for an **ENTIRE SEASON**. Cheerleaders do not move on and off the team based on illness, injury, or other conflicts. You are either on the team or you are not. You are expected to act with respect towards all Elite Heat team members and coaches. If any individual's behavior interferes with progress and teamwork, the coaches have the right (without notice or refund) to ask that individual to leave the team. The following are guidelines which all team members are expected to follow. Athletes, please initial after each bullet point:

- Each cheerleader is required to attend all regularly scheduled practices and be on time to all practices! That means on the floor ready to workout when practice begins, (not talking in the bathroom or hanging out in front). **If for some reason you will be late or absent, we ask that the cheerleader call the office to notify the coaches so that they may adjust the practice accordingly.** X \_\_\_\_\_
- Proper workout attire is a must. This includes any "Elite Heat" t-shirt or tank, black or red cheer shorts, hair in a ponytail, and cheer sneakers. Please do not wear uniform sneakers outside! Make sure you wear a different pair to the gym and change into your uniform shoes here. NO JEWELRY, INCLUDING STUD EARRINGS or tie on string bracelets, may be worn during practice. Anyone not in proper attire may be asked to sit out of practice. X \_\_\_\_\_
- No food, drink (except reusable water bottles), or candy is permitted in the gym. X \_\_\_\_\_
- Cheerleaders may not leave the gym without expressed permission of the coaching staff. Alert your coach when your body is telling you to slow down or stop. If you are sick, on medication, or are injured we need to know, and you need to listen to your body. Pain is the body's way of telling you to stop. X \_\_\_\_\_

## **CHEERLEADER BEHAVIORAL EXPECTATIONS**

- Work hard and try your best. This is all that we will ever ask of you and this is always what you should demand of yourself. Do not compare yourself with other cheerleaders. Only concern yourself with things that YOU can control which are YOUR ATTITUDE, YOUR EFFORT. . . YOUR CHEERLEADING! X \_\_\_\_\_
- Treat your coaches and teammates with respect. There is no place in the gym for rude or belittling comments, displays of anger, disgust, or talking back to coaches or other adults. X \_\_\_\_\_
- No gossip about any child, parent, coach, or staff member will be tolerated. If you have concerns about a team member, please speak with someone privately to have the issue addressed. X \_\_\_\_\_
- It is understood that being a member of the Greater Buffalo Elite Heat Team, I am representing not only myself, but the Greater Buffalo Gymnastics Center. It is imperative that I represent my team in the best way possible and be a good example to those in the community. All-star cheerleading is not just about the physical skills, we need a positive attitude at every practice and competition, as well as a commitment from you. Team members and/or their parents that create a negative atmosphere, will be removed from the program forfeiting all money and fees collected. This decision is at the discretion of the coaching staff and/or gym owners. X \_\_\_\_\_
- No team member is allowed to use alcohol, drugs or to smoke! Any cheerleader found participating in such activities will be asked to immediately leave the program and no refunds will be provided. X \_\_\_\_\_
- Understand you are making a yearlong commitment to this team. Not participating in all practices, competitions, fundraisers, etc. is disrespectful to those team members who are fully committed. Your participation and behavior reflect that of the entire team. X \_\_\_\_\_
- Team rosters will be determined by coaches. Variables such as carpools and friends cannot be considered. X \_\_\_\_\_
- Cell phones are not allowed during practice. It is recommended that phones be left at home but if they are brought into the building, they must be left in the locker room, on silent. X \_\_\_\_\_
- The head coach reserves the right to remove any team member at any time without notice. X \_\_\_\_\_

The Elite Heat All-Stars are COMMITTED to promoting a healthy lifestyle and enjoyable activity for all of its participants. Conduct and behavior that does not reflect this philosophy may result in immediate dismissal from the All-Star Program.

**I HAVE READ AND UNDERSTAND EVERYTHING LISTED ABOVE IN THE CHEERLEADER RULES AND POLICIES AND BEHAVOIR EXPECTATIONS.**

Athlete Name: (Please Print) \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name: (Please Print) \_\_\_\_\_

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

Date: \_\_\_\_\_

**PARENT COMMITMENT:**

- I understand that all decisions are left to the discretion of the coaches and owners. My opinion about decisions made may be considered but ultimately judgments are left up to the staff and ownership of the Elite Heat All-Stars and Greater Buffalo Gymnastics & Fitness Center. **X**\_\_\_\_\_

- Please make sure your cheerleader attends regularly scheduled practices, competitions, and scheduled functions. If your child must miss a practice for any reason, please have her call the office. Communicate with the coaches regarding any problems or concerns. **X**\_\_\_\_\_
- Please do not put us in the position of having to remove your daughter from practice, a competition, or the program due to your action or inaction:
  - COMPLAINING TO OTHER PARENTS CANNOT SOLVE THE PROBLEM, NOR CAN WE SOLVE THEM IF WE DO NOT KNOW ABOUT THEM. **We feel that the support of our parents is important for team morale and unity. Any gossip or negative talk by parents may result in you and your child's dismissal from the program.** Talking negatively about the program in front of your child can only hurt their progress, participation, and self esteem. **X**\_\_\_\_\_
  - Ultimately, you are financially responsible for your child's participation in our program. Please carefully review the expected expenses for our 2011-2012 season and understand that we cannot make exceptions for your financial obligations. **X**\_\_\_\_\_
- Check the cheer board, cheer mail handed out at practice, and email regularly to stay current with cheer activities. Email will be the main form of communicating updates or schedule changes. Please give us as many email addresses as you like! It is your responsibility to inform the gym if your email address changes. We cannot be held liable for information you did not receive because we had incorrect or outdated contact information. **X**\_\_\_\_\_
- Please do not coach your child. Your comments detract from what the coach is doing by giving the cheerleader another thing to think about. It interferes with the development of the coach/athlete relationship which is critical for long-term success. Please stay in the waiting room and out of the gym while waiting for your child. **X**\_\_\_\_\_
- Parent Watch Weeks in the balcony are a privilege. Do not look at this as an opportunity to comment to the coaches and cheerleaders during their practice. This not only distracts from valuable practice time but also puts the safety of your child and the entire team in jeopardy. Doing so will be cause for you being asked to leave the viewing area. **X**\_\_\_\_\_
- Please let a coach know before practice if you think your child might have a problem due to illness, medication, or injury. **X**\_\_\_\_\_
- Attendance at parents meetings held throughout the year is mandatory. These meetings will allow open lines of communication between parents, coaches, and staff and will also permit time for questions and concerns. **X**\_\_\_\_\_
- Understanding and committing to our Elite Heat Team is of the utmost importance. As a parent of a cheerleader we ask that you help us teach respect, commitment, and follow through. Enabling your cheerleader to quit because something did not go their way or pulling them from the program because of a disagreement with coaches and/or staff does not help foster these ideals. If you threaten to quit, you already did. **X**\_\_\_\_\_
- By signing this form you are committing to the Elite Heat All-Stars and all activities that entails. While education must come first, please do not allow your child to use schoolwork as an excuse to miss practice or other events. Everyone is in the same boat and everyone has schoolwork. We expect time management to be learned and practiced. We ask that you make this team your number one extracurricular commitment. Missing Elite Heat events for other activities will not be tolerated. This is a team sport and attendance is vital for the greater good of the team. **X**\_\_\_\_\_
- Like you, our main focus is making sure the children have a safe, fun environment in which to cheer. By following the outlined policies we believe we can create an atmosphere that benefits the well being of our athletes before all else. **X**\_\_\_\_\_

### **DISCIPLINARY ACTION:**

The rules and policies which govern the cheerleaders and their parents have been outlined here in the Cheerleading Handbook. In the event that there is an ongoing pattern of disruption or rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation. The list and procedures below are not intended to

be all-inclusive. They are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our cheerleaders and cheer parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances:

1. The cheerleader may be asked to sit out for the remainder of practice.
2. The coach may request a meeting with the parent.
3. The cheerleader may be suspended from the team for one or more days or may be taken out of a competition. Please note that if a cheerleader is suspended from a competition due to poor attendance, a poor work ethic, or negative attitude, the competition fee is non refundable.
4. The cheerleader may be asked to leave the program if we cannot get her to conform to the expectations of the team, the coach, or the gym, without any refund.

The first item on the above list is fairly common and we will not generally communicate these disciplinary actions to the parent of the cheerleader. The development of the coach/cheerleader relationship is paramount. We cannot and will not run to the parents every time we have a problem. We will attempt to build our own relationships with our athletes.

The second item, requesting a conference, signifies a need to work outside the coach/athlete relationship. In this instance, we need your help to overcome a situation that is too large for us to accomplish on our own here in the gym. The final two items on the list are reserved for the most serious violations of our rules and policies. They are reserved primarily for times when there is an ongoing problem with disruption and disrespect within the gym that has proven resistant to improvement. We will not let the bad attitude of one cheerleader bring down the spirit and work ethic of the entire team. It is also possible that a cheerleader will have to leave our program due to the action or inaction of her parents. While we never want to punish the girl for the actions of her parents, we will not tolerate parents who, by their words and actions, do not support the policies and values of our cheer program.

### **COMPETITION SCHEDULING:**

At the beginning of the season, a preliminary schedule of competitions and dates will be given to the cheerleaders. Competitions may be added, changed, or cancelled at the discretion of the coaches or by the teams hosting the competition. Since cheerleading is a team sport, **ALL COMPETITIONS ARE MANDATORY!**

Competition information will be handed out to the cheerleaders, by the Booster Club, as soon as it is made available. This information will include competition location, days, times, admission costs, and hotel information if applicable. All hosts to these competitions set a deadline date by which the Booster Club must register the teams. After that deadline date, the host will put together a final competition schedule depending on the number of teams entered. It is very common for the hosts to send a final schedule as late as two days before the competition with the last minute changes. It is a good idea to clear out the whole day on a competition day on the chance that there will be last minute changes that could conflict with your previous plans. Competition length varies based on the size (number of teams entered). Competitions are usually broken up into morning and afternoon sessions, with awards for the morning session in between sessions.

### **COMPETITION ETIQUETTE FOR CHEERLEADERS:**

- Cheerleaders should arrive at the competition site at the time set by the coach. The girls should wear their shell tops and skirts with warm up suits, hair done, and makeup done. After arrival, there is minimal time to get things together, only time to warm up.
- Cheerleaders must remain in the designated competition warm up area throughout the course of the warm ups and competition.
- Be courteous, respectful, and polite to all judges, competitors, and coaches.
- Cheerleaders will stay with the team until awards are over and the coach releases them. All teams are accompanied by a coach or designated parent from the original meeting time until parental pickup at the determined pick up location for the venue which will be communicated at drop off. The girls may want something to eat or to visit with family after their performance. That is allowed but the girls **MUST** regroup at the meeting time and place set by the coaches to get them together for the awards ceremony. Parents must sign their cheerleader out with the coach if leaving the venue prior to the awards ceremony.
- Uniforms and/or warm ups **MUST** be worn throughout all competitions. Any athlete out of uniform after the performance will not be allowed on the floor for awards.

### **COMPETITION ETIQUETTE FOR PARENTS:**

Team spirit is a big help...wear team colors or better yet, one of our team t-shirts! Please show proper respect to all judges, competitors, and coaches at every competition. They are all there for one reason, to support your child's interest in cheerleading. **UNDER NO CIRCUMSTANCE SHOULD YOU ATTEMPT TO CONTACT ANY JUDGE ON THE FLOOR**

**BEFORE, DURING OR AFTER THE COMPETITION.** Judges decisions are final. The coaches receive score sheets with feedback on the team's performance. The coaches will go over the score sheets with the **CHEERLEADERS ONLY**. Please leave it up to the coaches to work with the girls on going over the score sheets and following up on their performance, it is their job and responsibility. If you have questions about an occurrence at a competition, talk to the coach after you have returned to the gym and have had time to reflect. Regardless of the outcome of the competition, your encouragement and support to your child is a necessity. Let your cheerleader know their hard work is recognized. In any competition, parents, friends, and relatives of the cheerleader **ARE NOT ALLOWED** onto the competitive floor. **YOU MUST** remain in the spectator's area along with all other relatives and friends. In case of an injury during warm up or competition, **YOU MUST** stay in the spectator area until your coach flags you onto the floor. **DO NOT** coach your child. Coaches should coach, everyone else should encourage and be supportive. Injury may result from changing the cheerleaders focus away from the coach's advice. Even the most helpful comment from you could have disastrous consequences.

### **EXPECTATIONS:**

Problems occur when a parent expects too much from an athlete who is new to the competitive arena. It takes a number of years of quality competition for a cheerleader to develop the poise and grace to continuously take top honors at a cheerleading competition. Some parents seem to have developed their own system of evaluating their child/team performances. When the team gets 1st place at a competition, the parents tend to walk around with the look and attitude, "YES my cheerleader is hot!" If their child's team receives 2nd or 3rd place, the parents start to wonder what needs to be fixed in the routine. Obviously this is an over-simplification of what happens and not all parents react in this manner. The key is to recognize when your child is working up to his/her potential. If the performance is flawless, that is a winning performance no matter what place the team comes in. Comments from you should be congratulatory and positive. No mention should be made at that time of what she can do better, that would lessen the effect of this "victory" for the cheerleader. The week after the competition, the coach will go over the elements that need work and commend the team on elements that were done correctly.

### **Some guidelines for parents feeling stress:**

We know that you are excited about your child's participation in cheerleading and want her to be successful. As a parent you actually have the least amount of control over your cheerleader's performance. This combination of high emotional stake in the performance with little or no direct control over the outcome can produce stress and can lead to some bizarre behavior. Danger signs: Watch out for these. If you recognize yourself in these descriptions, you probably need to reevaluate your actions, your role, and your attitudes:

- \* Wanting to observe every practice intently.
- \* Praising or punishing your child for what you see during observations of practice.
- \* Finding your sense of worth and happiness dependent upon the success of your cheerleader.
- \* Constantly comparing your child and her progress to others on the team or in competition.
- \* Verbally abusing the gym, coaches, and the program while still placing your child under their care and control.

### **CHEERLEADING INJURY POLICY:**

During the 2011-2012 season, there will be competitions that the cheerleaders will be required to attend. **Each competition has a fee for participation, which is not refundable due to illness or injury after the deadline for submission has passed.**

**There are no make-up classes for team members for any reason. If the cheerleader becomes injured and needs to take time to heal, the following will apply:**

- A. Minor injury requiring rest of a body part for up to two practices. The cheerleader will then be expected back in the gym for flexibility and strength training of all healthy body parts.
- B. If an injury requires more than two practices off, then a physician's note must be obtained and brought to the office for our records. This note must contain a diagnosis of injury, and a list of all areas of the body that may still be trained for strength and flexibility. (ie. broken wrist will still permit splits and assisted shoulder stretch, as well as strength training for abs and legs.) The cheerleader is expected to return to the gym after diagnosis so that she may maintain as much of her strength and flexibility as possible.

- C. In the event of a serious injury requiring full time away from the gym, a meeting with Torey Hirsch and your child's coach must be arranged.

The sport of cheerleading is one of the most demanding on the human body, and injuries do require time to heal. No child will be asked to perform activities that put the injured area in danger of further injury.

Any injured cheerleader that has been seen by a physician must bring in a **full release** of restrictions from their physician before being allowed to return to regular training. If any restrictions are listed by the physician, then a release date or return visit to the physician must be in writing. The gym will not allow a cheerleader to begin full training until said release is received by the office and discussed with the coaching staff.

The time that a cheerleader spends away from the gym is time that she is losing two fold. Not only is she missing progression, but she will also start to lose strength and flexibility very quickly once the body is at rest, which makes the return to team practice after an extended absence very difficult.

- Injuries are an unfortunate occurrence in our sport and must be handled quickly and effectively so that the cheerleader's recovery can begin immediately. A doctor's consultation is recommended if the pain, ache, or discomfort has not lessened within 48 hours of the injury. If the cheerleader has still not recovered from the injury after one week, a doctor's visit should be considered **mandatory** before returning to practice or competition. **X**\_\_\_\_\_
- After any doctor's consultation due to an injury or illness, please contact the gym with the doctor's evaluation.  
**a).** Please notify the gym as soon as possible if your child is injured outside the gym or is diagnosed with any communicable diseases (i.e. chicken pox, mumps, conjunctivitis, fifth's disease, etc.) and will be missing an extended number of practices.  
**b).** Medical releases are **REQUIRED** before returning to practice for any child who has been seen by a doctor or under medical care for any injury or illness. **NO** child will be allowed to participate at practice until the gym receives the release. **X**\_\_\_\_\_

### **EMERGENCY PROCEDURES:**

In the unlikely event of a medical emergency involving your child, the following procedure will be followed:

- A. Emergency first aid will be administered, including requesting of emergency medical technicians and an ambulance if needed.
- B. You will be contacted using the emergency contact information you provided to us on the annual cheer registration form. Your instructions will then be followed. If any information, (address, phone number, email) changes throughout the season, please notify the office.
- C. In the event we are unable to make contact with a parent, we will attempt to contact the medical staff and hospital you indicated as preference as well as continuing to try to contact you.

We hope that you find this information packet helpful as you and your child are welcomed into the Greater Buffalo Elite Heat family of Competitive Cheerleading. This was specifically designed for a number of reasons, including safety. Please follow the policies and guidelines set forth so that we all experience the most successful season possible!

\*\*\*\*\*We hope this Parent's Handbook provides you with the necessary information to make this upcoming season fun and successful. Should you have any questions, please feel free to contact the gym office at 639-0020. Thank you for your anticipated cooperation and for being a valued member of our programs here at Greater Buffalo Gymnastics & Fitness Center. Have a great Cheerleading season!