



# NORTH ROCKLAND YOUTH CHEER



## 2025 CHEERLEADING PAPERWORK

### **REGISTRATION DOCUMENTATION CHECKLIST**

**CHILD'S NAME:** \_\_\_\_\_

- ☐ Player ID Card
- ☐ Wallet Size Photo
- ☐ Birth Certificate (*pull certified copy from 2024 book, if applicable*)
- ☐ Physical Form – Section 1 & 2
- ☐ Participant Contract & Parental Consent
- ☐ Family Agreement: Cheerleading
- ☐ Nationals Commitment Letter: Cheerleading
- ☐ Attendance Policy: Cheerleading
- ☐ June 2025 Report Card- *Log onto your parent portal to get a copy of the June report card*
- ☐ Uniform Contract
- ☐ Uniform Deposit Check: *Post Dated 10/15/2025 & Made out to NRYFC*

***For children who go between two households, the participation agreement and all policies need to be signed by both parents to ensure everyone understands the commitment to our program and policies.***





## 2025-2026 YOUTH PARTICIPANT MEDICAL HISTORY FORM

**Special Note:** This form must be completed thoroughly and honestly, and signed by the youth participant's parent or legal guardian. It is to be completed and dated after January 1, 2025. This form applies to the 2025 Fall – 2026 Spring season and needs to be submitted to your LOCAL Pop Warner organization. This form and its contents will be available to authorized Pop Warner personnel and kept confidential. **By signing this form, the parent or legal guardian agrees to the terms and conditions outlined below.**

### **Section I: POP WARNER AFFILIATION**

League: \_\_\_\_\_ Association: \_\_\_\_\_

### **Section II: YOUTH PARTICIPANT INFORMATION (must match birth certificate)**

Last: \_\_\_\_\_ First: \_\_\_\_\_ Middle: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Male ☐ Female ☐ Sport: Football ☐ Cheer/Dance ☐

### **Section III: PRIMARY AND SECONDARY CONTACT**

*Primary Contact: Parent or Guardian*

Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile Phone No: \_\_\_\_\_ Alternate Phone No: \_\_\_\_\_

Email: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_

*Secondary Contact:*

Last: \_\_\_\_\_ First: \_\_\_\_\_

Mobile Phone No: \_\_\_\_\_ Alternate Phone No: \_\_\_\_\_

Email: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_

### **Section IV: INSURANCE INFORMATION**

Primary Insurance Company: \_\_\_\_\_ Primary Group/Policy #: \_\_\_\_\_ / \_\_\_\_\_

Does primary insured have Medicaid? Yes ☐ No ☐ Does primary insured have Medicare? Yes ☐ No ☐

Family Doctor Name: \_\_\_\_\_ Doctor Phone No: \_\_\_\_\_

### **Section V: MEDICAL HISTORY OF THE YOUTH PARTICIPANT**

Please identify and elaborate on any medical conditions which we should be aware (if none, write none):

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## 2025-2026 YOUTH PARTICIPANT MEDICAL HISTORY FORM

Please list any medications currently being taken (if none, write none):

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In the past 24 months, has the participant been tested, diagnosed and/or treated for a concussion: Yes ☐ No ☐

If yes, provide the specific date and detail on the diagnoses/treatment and the outcome:

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List any known allergies (if none, write none):

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Date of last Tetanus Toxoid Booster: \_\_\_\_\_

*The purpose of the above information is to ensure that medical personnel have details of any issues which may interfere with or alter medical treatment.*

### **Section VI: PARENT/GUARDIAN CONSENT AND MEDICAL RELEASE**

Recognizing the possibility of serious injury, illness or death, and in consideration for Pop Warner Little Scholars, Inc. and its members accepting my child as a participant in its official programs, I consent to my child participating in Pop Warner tackle football, flag football, cheer and / or dance. Further, I hereby release, discharge, and otherwise indemnify Pop Warner, its member organizations and sponsors, their employees, associated personnel, and volunteers, including the owner of fields and facilities utilized for the Programs, against any claim by or on behalf of my child as a result of participating in the Pop Warner programs.

My child has received a physical examination by a licensed health care provider within the past two years and has been found physically capable of participating in the sport of football and/or cheerleading & dance. I have provided written notice, which is submitted in conjunction with this release and attached hereto, setting forth any specific issue, condition, or ailment, in addition to what is specified above, that my child has or that may impact my child's participation in the programs. I give my consent to have an athletic trainer and/or licensed health care provider, including a medical doctor or dentist, provide my child with medical assistance and/or treatment and agree to be financially responsible for the reasonable cost of any such assistance and/or treatment.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## 2025-2026 PARTICIPANT CONTRACT AND PARENTAL CONSENT FORM

**Special Note:** This form must be completed, signed by the youth participant's parent or legal guardian, and dated after January 1, 2025. The form applies only to the 2025 Fall – 2026 Spring season. It needs to be submitted to your LOCAL Pop Warner organization prior to participation in any programs. **By signing this form, the parent or legal guardian agrees to the terms and conditions outlined below.**

### **Section I: POP WARNER AFFILIATION**

League: \_\_\_\_\_ Association: \_\_\_\_\_

### **Section II: YOUTH PARTICIPANT INFORMATION (must match birth certificate)**

Last: \_\_\_\_\_ First: \_\_\_\_\_ Middle: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Male ☐ Female ☐ Sport: Football ☐ Cheer/Dance ☐

### **Section III: PARENT/GUARDIAN INFORMATION**

Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile Phone No: \_\_\_\_\_ Alternate Phone No: \_\_\_\_\_

Email: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_

### **Section IV: EMERGENCY CONTACT INFORMATION (if parent/guardian cannot be reached)**

Name: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_ Phone No: \_\_\_\_\_

### **Section V: PARENT/GUARDIAN PERMISSION AND WAIVER**

1. **PERMISSION:** I am the parent or legal guardian of the above-named participant. I acknowledge that my child is in good health. I give permission for my child to participate in any and all Pop Warner national, regional, league/conference, association and team/squad activities, including transportation to and from the activities. I give permission for, and assume any and all risk of my child's use of various playing surfaces including natural and artificial grass, cheer mats, hard dirt, and under varying conditions, including, dry, wet and muddy, and I hereby understand that any surface may be regular or irregular.

2. **RISK INFORMATION:** I acknowledge the inherent risk and danger of participation in any sport and I understand that participation in football, cheerleading and/or dance may result in **BODILY INJURY, including by not limited to PARALYSIS, BRAIN INJURY, PERMANENT DISABILITY AND/OR DEATH.** I acknowledge that protective equipment does not prevent all participant injuries and Pop Warner makes no representations or warranties regarding the equipment or its fitness for use. I release, indemnify, hold harmless and waive any claim against the coaches, local, league and regional Pop Warner organization(s), Pop Warner Little Scholars, Inc., and any and all organizers, sponsors, supervisors, participants, and persons transporting my child to and from activities, for any injury to my child whether the result of negligence or for any other cause.



## 2025-2026 PARTICIPANT CONTRACT AND PARENTAL CONSENT FORM

3. **EMERGENCY MEDICAL AUTHORIZATION:** I give permission for emergency medical/dental treatment or first aid to be administered to my child for any illness/injury/accident resulting from participation in Pop Warner activities.
4. **EQUIPMENT RESPONSIBILITY:** I acknowledge my responsibility for any and all equipment/uniforms loaned to my child and I agree to promptly return, upon request, the uniform and other equipment in good condition except for normal wear and tear. If I fail to comply, I will be responsible for the cost of such equipment/uniform.
5. **INSURANCE DISCLOSURE:** I am aware that my local Pop Warner organization carries group accident medical insurance which is secondary or excess to my insurance which is considered primary insurance. Further, I agree to notify in writing my head coach and local Pop Warner organization of any medical claim from participation in Pop Warner as soon as reasonably possible. I understand that the registration fee is not premium for insurance and that deductibles may apply.
6. **SCHOLASTIC FITNESS:** I confirm that my child is scholastically fit, having met the requirement of 2.0/70%, or that I have completed the scholastic eligibility form or the Home School Eligibility Form and will adhere to all rules and regulations therein. Further, I authorize my child's school to release grades, report cards, and all other scholastic information to the local Pop Warner organization in order to comply with scholastic fitness requirements.
7. **FINANCIAL RESPONSIBILITY:** I acknowledge that my rights, if any, to a refund depends on the local Pop Warner Organization policies, and I have also been advised of my fundraising obligations for the entire season and agree to fully comply with those obligations.
8. **COMMUNICATIONS, PROMOTIONS, AND CONSENT:** As a condition to my child's participation, I consent to receive communications by email and mail from Pop Warner Little Scholars, Inc. and its sponsors. I understand that Pop Warner Little Scholars does not sell its contact list. Communications may contain program information or special offers. I may "opt out" by instruction in the communication or by my written request to the Pop Warner National Office. Further, I grant Pop Warner the right and permission to make, reproduce, broadcast or otherwise use in perpetuity my child's name and likeness including photograph, films, videos, recordings, or other depictions or images in any form or media throughout the universe, for promotional material, advertising, editorial, trade or other purpose. To the extent that any benefit may accrue therefrom, I forever waive any interest in or claim to such benefit and acknowledge that Pop Warner is under no obligation to exercise any rights granted herein.
9. **ADHERENCE TO POP WARNER RULES AND PROCEDURES:** I understand that it is my responsibility to comply with all rules and regulations of Pop Warner Little Scholars Inc and its affiliated organizations and understand that non-compliance may be cause for discipline and/or dismissal of my child, myself, and/or other persons affiliated with me or my child. I further understand that my child must meet Pop Warner age and/or weight requirements on their official certification date as established by Pop Warner without exception and that the decision of the Weigh Master is final. I agree to furnish an authentic certified copy of my child's birth certificate to local Pop Warner officials and understand that valid proof of age, a current calendar year's signed medical form, scholastic fitness form and this form must be presented by date of certification in order to participate in Pop Warner activities. I hereby hold Pop Warner harmless of any financial loss as the result of any disciplinary action.
10. **DISPUTE RESOLUTION POLICY; SEVERABILITY:** I understand and acknowledge that all disputes with Pop Warner and all affiliated parties will be subject to binding arbitration in Langhorne, PA in accordance with Pennsylvania law. I hereby agree that this binding arbitration shall be in lieu of any litigation. I also understand and agree that if I contest any decision or ruling of Pop Warner and seek other recourse, that I will reimburse Pop Warner for all legal fees and expenses it reasonably incurs. If any portion of this form shall be deemed unenforceable, the reminder shall remain in full force and effect.



## 2025-2026 PARTICIPANT CONTRACT AND PARENTAL CONSENT FORM

### **Section VI: GENERAL CODE OF CONDUCT**

Pop Warner Little Scholars, Inc. is committed to cultivating a safe and welcoming environment for its regional and national events and programs that encourages and promotes good sportsmanship by student-athletes, parents, coaches, administrators and other spectators. We ask that event participants and attendees cooperate in being respectful at all practice and competition venues, partner hotels and/or ancillary venues throughout the course of the event. All those involved with the event are expected to refrain from the following behaviors:

1. Acting in a way that is unruly, disruptive or illegal in nature.
2. Intoxication or other signs of impairment that may potentially result in bad behavior.
3. Excessive use of profanities and other vulgar language that that interfere with other attendees' ability to enjoy the event.
4. Using bigoted, demeaning or abusive or other disruptive and intimidating language and/or gestures.
5. Verbal or physical harassment of officials, participants and coaches before, during and following the competition.
6. Disrupting the progress of competition (including physically entering or throwing objects onto the playing field or competition mat).
7. Interfering with or failing to abide by security or emergency procedures or response
8. Displaying signs that contain offensive language, or any graphic art that may be deemed disrespectful.
9. Defacing, destruction or theft of property associated with the event, including property of the opposing team or other participants, including officials, as well as official venues.
10. Violence or threats of violence against other individuals at any official venue.
11. Publicly criticizing or making derogatory statements of an official, opposing teams, event personnel or its policies, or other individuals associated with the event. This includes comments with respect to their conduct, character, competence, integrity or appearance. Note: social media is deemed a public forum.
12. Failing to follow instructions of event personnel.
13. Any behavior which otherwise violates conduct codes set by partner venues, hotels or ancillary venues including but not limited to theme parks, as enforced by those properties.

Failure to abide by these expectations are grounds for removal from competition. Pop Warner reserves the right to remove individuals or the entire team. Depending on the infraction, a one-year ban from Pop Warner events and programs will be considered. A repeat offense of the same infraction may result in a permanent ban. All removals will be without refund.

### **Section VII: PARENT/GUARDIAN AUTHORIZATION**

In consideration of participation in Pop Warner activities and by my signature below, I confirm that I have read, fully understand and voluntarily agree to be bound by all of the above and that all information provided by me is true and accurate.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_







# NORTH ROCKLAND YOUTH CHEER



## 2025 CHEERLEADING FAMILY AGREEMENT

### **COMMITMENT:**

Cheerleading requires commitment. Each participant on the team is an asset. When one person is missing it negatively affects the entire team. Commitment to your team is expected from all participants. The cheerleading practice and game schedule must take precedence over your other sports/activities. Athletes cannot miss a practice, competition, or cheerleading event due to other sports/activities. Commitment is also required by the participants family. Parents are responsible for ensuring their child is at every practice, game, event and competition. All parents must agree to fulfill these responsibilities and support their child's participation in cheerleading.

Initial Here: \_\_\_\_\_

### **PAPERWORK:**

No child will be allowed to practice until **ALL mandatory paperwork has been turned in** – There will be no exceptions! In order for your child to participate you must provide a copy of birth certificate, recent photo, medical clearance form (provided by the league) and June 2025 report card on or before the first night of practice.

Initial Here: \_\_\_\_\_

### **TEAM PLACEMENT/ ATHLETE'S ROLE:**

Pop Warner guidelines establish eligibility for teams based on a participant's age. North Rockland Youth Cheer reserves the right to assign athletes to teams according to these guidelines. Once placed on a team, each athlete is expected to play the position determined by the coach, based on what is safest and most advantageous for the team. Coaches make these decisions with the team's overall success and safety in mind. Athletes may be assigned to positions such as Flyer (go up in lifts), Base (holding lifts), Backspotter/Frontspotter (spotting lifts), Tumbler, etc., as needed for the team.

Initial Here: \_\_\_\_\_

## **CHEERLEADING SEASON OVERVIEW:**

### ***JULY/AUGUST: Cheerleading Season Begins July 15<sup>th</sup>!***

- Practices will begin on or after July 15<sup>th</sup>.
- Paperwork Collection & Uniform Try On Date(s): **TBD**
- Practices are held outside during the summer months.
  - Summer Practices: plan to practice Tuesday, Wednesday, Thursday (weather permitting)\*
    - *\*We reserve the right to change the practice schedule based on the weather forecast.*
- \$125 Competitive Fee is due no later than August 1, 2025.

### ***SEPTEMBER:***

- Practices will continue multiple days a week, with the addition of some weekend practices.
  - Practices can be held Monday-Friday nights based on indoor space availability.
- *\*Possibility of cheering at some High School Football Games.*

### ***OCTOBER: Competition Season begins in October!***

- **Rockland County Cheer Showcase:**
  - **All teams** will participate in the Rockland County Cheer Showcase. Teams that place 1st, 2nd, and sometimes 3rd will advance to the Eastern Region Championship.
- **Empire State Classic Competition:**
  - **All teams** will participate in the Empire State Classic Competition.
  - Traditionally held in upstate NY- this trip will require a mandatory hotel stay. Each family will incur their own travel expenses.

### ***NOVEMBER:***

- **Eastern Region Championship Competition:** *Only teams who advanced to this competition will participate.*
  - Traditionally held in Trenton, NJ- this trip will require a mandatory hotel stay. Each family will incur their own travel expenses.
  - Teams that place 1st and 2nd **automatically** advance to Nationals.
  - Teams placing 3rd, 4th, 5th at Regionals **may** advance to Nationals if they score 80 and above AND are within 5 points of the 1st place team.

### ***DECEMBER:***

- **Pop Warner National Championship:** *Only teams who advance to this competition will participate.*
  - This competition is held in Charlotte, NC.
  - **All participants and coaches must purchase the Pop Warner Nationals Package with a requirement that all expenses be paid upfront within a week of the Regional Victory. All travel expenses are your responsibility.**
- **Rockfest Cheerleading Showcase:**
  - Historically held at North Rockland High School the 2nd weekend in December.

### ***FEBRUARY:***

- **YCADA Globals: February 26-28, 2026, Atlantic City, NJ**
  - Teams who receive a partial or full paid bid throughout the season will be eligible for this competition.
  - This trip will require a mandatory hotel stay. Each family will incur their own travel expenses.

## ***MARCH/APRIL:***

- **End of the Year Celebration:**
  - Date: TBD
  - Typically held at Break Point Bowl & Entertainment.
- **Uniform Collection:**
  - Date: TBD
  - All Uniforms are **required** to be returned, clean, dry, and labeled with the athlete's name on it.
- **Tumbling Clinics:**
  - Date(s): TBD
  - NRYC is committed to offering off season work outs and tumbling classes to support our athletes in achieving new skills even in the off season.

## ***SHOWCASE PERFORMANCES/EVENTS:***

- At any point throughout the competition season, NRYC reserves the right to have teams exhibition at a local High School competition.
- Teams may also be required to participate in local community events throughout the season.
- Fundraising Events will be planned throughout the season. Participation is Mandatory.

Initial Here: \_\_\_\_\_

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## **PRACTICE:**

All athletes are expected to come to practice **prepared**, which includes wearing appropriate practice attire, refraining from wearing jewelry, having their hair pulled back in a ponytail, and bringing a drink, preferably water. Athletes must be dropped off at practice **on time**, and parents should arrive 10 minutes before the end of practice to pick up their child. ***If athletes are not picked up on time, they will not be able to remain in the program.***

Head coaches will share the team's practice schedule as it becomes available. **Practices will be held 2-3 times a week for approximately 2 to 2 1/2 hours.** North Rockland Youth Cheer reserves the right to adjust practice times when needed, and parents will be notified of any changes. Practice days, times, and locations may vary throughout the season depending on the availability of gym space in the community. Please note that we are subject to the availability of facilities, and last-minute changes to the practice or event schedule may occur without prior notice. While these changes can be stressful for both parents and coaches, we will communicate any updates as quickly as possible.

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## **FOOTBALL CHEER:**

At this time, NRYC does not have affiliated football teams. We may have the opportunity to participate at High School Football Games, if permitted by the school district. We would participate in home games only. These games would take place on Friday evenings or Saturday mornings/afternoon.

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## **COMPETITIVE CHEER:**

All competitive teams will collect an additional \$125 Competitive Fee per athlete in August. The competition season begins in October with the Rockland County Cheer Showcase. If teams place 1st, 2nd, or have a qualifying score, they will continue to advance to the next Competition Level. The competition season has the potential to go until December/February if teams advance to Nationals in Charlotte, NC or YCADA Globals in Atlantic City, NJ.

Several competitions will require a mandatory overnight stay, these expenses are your responsibility. For teams who qualify for Nationals, **all participants and coaches must purchase the Pop Warner Nationals Package with a requirement that all expenses be paid upfront within a week of the Regional Victory. These expenses are your responsibility.** The league will do their best, along with your participation, to fundraise in an attempt to defer any costs that may be incurred for the participant moving on to represent NR and the Eastern Region at Nationals.

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## **UNIFORMS:**

All cheerleaders will receive one uniform. There is a \$350/400 (depending on team) uniform deposit collected at the beginning of the season. You will be held responsible for the condition of the uniform while your child has it. They are not to be dry-cleaned. You may write a check and we will hold the check as your deposit until the end of the season, however NRYC reserves the right to request a cash deposit for the use of a uniform that will be given back to you when the items are returned in good condition. Our expectation is that the uniform is washed & turned in clean at the end of the season, otherwise, a \$15.00 cleaning fee will be charged. In addition, you will be required to purchase cheer sneakers and a competition bow (approximate total of additional expenses –\$80-\$120).

Initial Here: \_\_\_\_\_

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## **VOLUNTEER RESPONSIBILITIES:**

North Rockland Youth Cheer (NRYC) is a **100% volunteer-run organization**, and the success of our program depends on the active involvement of every family. To support our athletes and maintain a smooth, safe, and successful season, each family is expected to contribute their time in the following ways:

- **Mat Setup & Breakdown:** For all indoor cheer practices, families are responsible for assisting with **unrolling and rolling up mats** before and after practice.
- **Chaperoning & Fundraising:** Families are expected to **chaperone at coin drops** and actively **participate in all fundraising events** throughout the season.

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## **ABSENCES AND TARDINESS:**

Cheerleading requires commitment from all participants and their families. We have a short but intense season, and all athletes are essential to the team's success. Cheerleading does not have a bench and a missed practice negatively affects the entire team.

**If an athlete is going to be late or miss practice, parents are responsible for communicating this information to a coach as soon as you know, but definitely BEFORE the practice begins. Failure to communicate may result in removal from the team.**

NRYP reserves the right to remove athletes from the team who have excessive absences. This sport requires 100% commitment from all athletes on the team.

\*Please refer to our Absence Policy for more details.

Initial Here: \_\_\_\_\_

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## **TRANSPORTATION:**

Parents/guardians are responsible for providing **reliable transportation** for their child(ren) to and from all cheer-related events, including practices, games, fundraisers, and competitions. **It is not the responsibility of coaches or staff to transport athletes.** All athletes are expected to arrive on time and be picked up promptly at the conclusion of each event. Timeliness is crucial to ensure the success of the team and the safety of all participants. Please plan accordingly and communicate in advance if there are any transportation concerns.

Initial Here: \_\_\_\_\_

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## **MEDIA RELEASE AUTHORIZATION:**

I hereby grant permission for photographs and/or videos of my child(ren), taken during North Rockland Youth Cheer activities, to be used by NRYP for promotional purposes, including but not limited to the league's website, social media, and printed materials.

Initial Here: \_\_\_\_\_

## **FUNDRAISING:**

North Rockland Youth Cheer is a non-profit 501(c)(3) and as such must follow guidelines established by the IRS. While we collect a registration fee that covers part of our expenses, it is necessary to raise funds to keep our organization vibrant, healthy and moving forward. Throughout the season, fundraisers will be offered, and it is our expectation that **all** families will participate in **each** fundraiser.

### ***Allocation of Raised Funds:***

- Fifty percent of all funds raised will go to the administrative costs of the league. This money will be used to offset registration loss and equipment purchases.
- Fifty percent of all funds raised will go towards those that advance to Nationals. This board feels it is appropriate to assist those that have brought honor to our association in representing NRYC at the National level. Only teams that travel to Nationals will receive a Nationals Reimbursement. In the event that no team travels to Nationals, these monies will be placed in the general fund and used to sustain NRYC for the future.

### ***Nationals Reimbursement:***

Reimbursement for Nationals will be based on **individual participation** in each fundraiser.

Reimbursement for Nationals will not exceed the cost of the trip. **If you do not participate fully and uphold the mandatory fundraisers you are ineligible to receive a refund.**

Fundraisers may include, but are not limited to:

- Coin Drops- ***\*Mandatory\****
- Fundraising Events (ex. Pocketbook Bingo)
- Spirit Wear Sale
- Dine to Donate Events
- **Grand Prize Raffle - *\*Mandatory\****
  - *All 10 tickets must be sold. No Exceptions. Families will pay for half of the tickets up front and the remainder of the money is due when the tickets are turned in.*

Under no circumstances are athletes and families allowed to organize individual fundraisers to fund their trip to Nationals. All fundraising efforts must be through our organization. **Misrepresenting North Rockland Youth Cheer by running your own fundraiser will result in removal from the team.**

Initial Here: \_\_\_\_\_

## **ADULT CODE OF CONDUCT:**

In order to uphold the goals of Pop Warner and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Pop Warner events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times. Additionally, all participants and parents MUST wait a minimum of 24 hours after an incident before addressing issues with any coach or board member. This is done in an effort to allow for a “cooling” off period and to ensure the athletes aren’t exposed to any inappropriate behavior. The coach is NOT expected to speak with you prior to the 24 hour cooling off period.

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## **ATHLETE CODE OF CONDUCT:**

North Rockland Youth Cheer strives to provide a safe and productive environment for all athletes within our program. We expect all athletes to conduct themselves in an appropriate and respectful manner with regard to the welfare of their teammates and coaches within our organization. Athletes will be subject to disciplinary action, up to and including removal from the team and program if they violate the code of conduct.

Violations include but are not limited to;

- Use of threatening language or behaviors towards their teammates or coaching staff.
- Insubordinate behavior at a practice, game, competition or NRYC hosted event.
- Assault or physical injury of a teammate or coach.
- Bullying of a teammate or coach.

NRYC is only responsible for situations that happen within our program. If issues arise at school or outside events NRYC is not responsible.

Initial Here: \_\_\_\_\_

### ***And Now a Word From the Coaches...***

Since cheerleading does not have a “second string”, we ask that your child attend all practices and games. It is common courtesy to come prepared to all events and not to be late. These rules and expectations are for the “good of the team”. While we understand that sometimes extenuating circumstances do occur, please keep in mind that your child’s absence impacts the entire team. Please remember, cheerleading is a “SPORT”. We hope that all of our athletes will give 100% each and every day! We in turn will do our best for your children! We want to foster an environment where our athletes learn the true meaning of “TEAMWORK” and realize that there is nothing they cannot do. Together we can accomplish anything!

### **PARENT/GUARDIAN AGREEMENT:**

I have read this Family Participation Agreement with my child. We agree to support the expectations and abide by the conditions described herein.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Child’s Name:** \_\_\_\_\_ **Child’s Team:** \_\_\_\_\_





# NORTH ROCKLAND YOUTH CHEER



## 2025 NATIONALS COMMITMENT LETTER

**Goal:** Pop Warner National Championships

**Destination:** Charlotte, North Carolina

At NRYC, our mission is to bring out the **very best** in our athletes and motivate them to reach their **highest potential** throughout the season. We are committed to creating an environment where athletes embrace the true meaning of **TEAMWORK**, and recognize that together, there is nothing they cannot accomplish.

### Nationals Eligibility:

- Teams that place **1st or 2nd** at Regionals will **automatically advance** to Nationals.
- Teams placing **3rd, 4th, or 5th** may also advance **if they score an 80 or above** and are **within 5 points of the 1st place team**.
- **All Level 4 teams** receive an **automatic bid** to Nationals, regardless of placement.

### Travel & Payment Requirements:

- All participants and coaches attending Nationals are **required to purchase the Pop Warner Nationals Package**, which includes a **minimum 3-night stay**.
- **All expenses must be paid in full within one week** of winning Regionals.
- Failure to meet the payment deadline may result in the **entire team's reservation being jeopardized**.

***\*Please note:** Sample pricing from a previous season is provided on the next page for reference only.*

*Pricing for the current season has not yet been released.*

### Important Information:

- **All travel expenses are the responsibility of each family.**
- Families are welcome to bring additional members or share accommodations with another participant's family. However, **any issues arising from personal room-sharing arrangements are not the responsibility of NRYC.**
- NRYC and its families will work together on **fundraising efforts** to help offset some of the costs for athletes advancing to Nationals. Your participation is encouraged and appreciated.

### Team Commitment:

- Please understand that if your child **does not attend Nationals**, it impacts the **entire team**.
- NRYC expects that all athletes who commit to the season will **complete the full season through Nationals**, if their team qualifies.

***This is for reference only!***

## **\*2024\* Pop Warner Room Packages for Nationals**

### **In 2024, the Hotel Package Included:**

- **Transportation** - shuttle style bus transportation to/from competition venues. **This does not include Airport Transportation.**
- **Event Admission** - One (1) event admission ticket into competition venues for athletes, coaches & spectators booked within the package for all of the event days.
  - \*Event admission tickets are non-transferable and non-refundable; if lost, there will be a \$10 replacement fee.
- **Hotel Lodging** - This price includes the cost of your hotel room for all guests based on the number of nights you are staying.

- **Understanding the Pricing Grid -**

- If you are a total of 3 People; 1 athlete and 2 spectators, you will pay the 3 person occupancy rate for an athlete x 1 and the 3 person occupancy rate for a spectator x 2.
  - **Example:** If your room choice was a "King Bed with Full Sleeper Sofa - Studio" @ the Westgate Lakes Resort and Spa, for 3 nights; the cost for this family would be:
    - Athlete: \$568 x 1 Athlete
    - Spectator: \$329 x 2 Spectators
    - **Total: \$568 + \$329 + \$329 = \$1,226**

# Westgate Lakes Resort & Spa

Address:	9500 Turkey Lake Rd
Breakfast:	Not Included
Parking:	Free

Room Type is Found Here

		King Bed with Full Sleeper Sofa - Studio						
		Occupancy	3 Nights	4 Nights	5 Nights	6 Nights	7 Nights	8 Nights
4	Coach / Athlete	1	\$870	\$1,017	\$1,164	\$1,312	\$1,459	\$1,606
		2	\$644	\$717	\$791	\$865	\$938	\$1,012
		3	\$568	\$617	\$667	\$716	\$765	\$814
		4	\$531	\$568	\$604	\$641	\$678	\$715
	Spectator	1	\$631	\$778	\$925	\$1,073	\$1,220	\$1,367
		2	\$405	\$478	\$552	\$626	\$699	\$773
		3	\$329	\$378	\$428	\$477	\$526	\$575
		4	\$292	\$329	\$365	\$402	\$439	\$476

**2025 Nationals Details Have Not Been Released!**

### **Parent/Guardian Agreement:**

By signing below, you acknowledge and agree to the expectations set forth in this Nationals Commitment Letter. Your commitment ensures that we can continue to support a successful and unified program.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Child's Name:** \_\_\_\_\_ **Child's Team:** \_\_\_\_\_



# NORTH ROCKLAND YOUTH CHEER



## 2025 ATTENDANCE POLICY

Cheerleading is a team sport that requires **100% commitment** from every athlete. Our season is **short and intense**, with multiple practices per week—including weekends—especially during **August, September, and October**. Because of the nature of the sport, **every team member is essential** at every practice.

### Why Attendance Matters:

- Cheerleading is not a sport with substitutions or a bench.
- When one athlete is absent, it affects the **entire team**—especially **stunt groups** and **pyramid formations**.
- Each athlete plays a **crucial role** in the routine; absences disrupt practice and progress for everyone.

### Expectations:

- **Attendance at all practices is mandatory.**
- If you cannot make cheerleading a priority, this may not be the right sport for you.
- **All athletes must be available for practices and competitions** unless there is an emergency or prior approved absence.

### Communication:

- If an athlete will be **late or absent**, parents must **notify the coaching staff as soon as possible**, and **always before practice begins**.
- Failure to communicate an absence in advance may result in disciplinary action or **removal from the team**.

### Vacation Policy:

- During July/August, no more than **three excused absences** are permitted for planned vacations.
- All vacation plans must be communicated to coaches **in advance**.

### In-Season Attendance (September-End of Season):

- From September on, attendance becomes **even more critical**. **Avoid missing practices at all costs.**
- **Excessive absences** (excused or unexcused) may lead to **removal from routines or dismissal from the team**.

### **Extenuating Circumstances:**

- We understand emergencies and unforeseen situations arise.
- **Open and honest communication** with the coaching staff is essential to ensuring a successful season for all.

### **Parent/Guardian Agreement:**

I have read and agree to the terms outlined in this Attendance Policy.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Child's Name:** \_\_\_\_\_ **Child's Team:** \_\_\_\_\_



# NORTH ROCKLAND YOUTH CHEER



## 2025 CHEERLEADING UNIFORM CONTRACT

This agreement outlines the responsibilities and conditions associated with the use of the North Rockland Youth Cheer uniform. **By signing below, you acknowledge and accept the terms of this contract.**

### Uniform Policy:

- The uniform you are receiving is the property of North Rockland Youth Cheer.
- No alterations or adjustments may be made to the uniform unless express permission is granted by NRYFC.
- Uniforms must be washed according to the instructions on the garment tag.
- A **deposit check** made payable to **NRYC** is required before receiving the uniform:
  - **\$350** for **Tiny Mite & Mitey Mite Teams**
  - **\$400** for **Jr. Pee Wee, Pee Wee, Jr. Varsity, Varsity Teams**
- NRYC reserves the right to request the deposit in **cash** instead of a check.

### Uniform Return:

- All uniforms must be returned on the designated date, which will be announced toward the end of the season.
- Uniforms must be returned **washed** and placed in a **plastic zip lock bag** clearly labeled with your child's name.
- Once the uniform is returned in acceptable condition, your deposit check will be returned.
- If the uniform is **damaged** or **not returned**, your deposit check will be **cashed**.
- If the uniform is returned but **not clean**, as determined by NRYC, a **\$15 cleaning fee** will be assessed. This fee is payable in **cash only**.

### Additional Responsibility:

1. You are responsible for purchasing a **Competition Bow** for your child. The bow may be reused for multiple seasons.
2. If the bow is **lost**, you will be required to purchase a **replacement**.

### Parent/Guardian Agreement:

I have read and agree to the terms outlined in this Uniform Agreement Contract.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Child's Name:** \_\_\_\_\_ **Child's Team:** \_\_\_\_\_