

WELCOME TO BERLIN BEARS YOUTH FLAG CHEERLEADING PROGRAM

We are so excited to have your child as part of our Berlin Bears Football & Cheer Program! To ensure a safe, positive, and successful season for all athletes, we ask that all families review and follow the expectations below.

ATTENDANCE & COMMITMENT

By signing up to be a Berlin Bears Flag Cheerleader, you are agreeing to commit to:

- Attending minimum of 2 (out of 4) mandatory summer practices beginning August 3rd (evening)
- Attending a possible cheer refresh - mandatory for new cheerleaders at the end of July TBD
- Attending all seasonal practices and games
- Participating in any Berlin Bears youth football and cheer events that may require cheerleader attendance
- Arrive on time (as noted in GameChanger) and stay for the full practice

All practices are mandatory in the summer and fall, especially in preparation for games

- If your child will be absent, you must notify a coach through the GameChanger app
 - Excessive absences may impact an athlete's ability to participate on the sidelines at games
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TEAM

Flag Cheer Athletes: Kindergarten, 1st, and 2nd Grade (Cheers for Competition Flag Football 1st and 2nd Grade)

Per our league (AYC), teams are divided by grade. Your child's grade is determined by the grade they are in as of July 31 of that year.

Maximum number of cheerleaders per team: 25

ReferenceOnly:

A-Team: 6th, 7th, and 8th Grade (Cheers for 7th and 8th)
B-Team: 4th and 5th Grade (Cheers for 5th and 6th)
C-Team: 2nd and 3rd Grade (Cheers for 3rd and 4th)

ATTIRE

WHAT IS PROVIDED BY THE LEAGUE

1. Pom-poms (for Practice and Games) - must be returned at the end of the season
2. Registration shirt (for Practice and Games)
3. One (1) cheer bow (for Practice and Games)

WHAT IS REQUIRED FOR PURCHASE

1. One pair of white gym sneakers for practices/games (no brand restrictions)
 2. White ankle socks for practices/games
 3. Cheer shorts for practices/games (available for ordering - dates TBD)
 4. Cheer sweatshirt and sweatpants for cold games (available for ordering - dates TBD)
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GAMES

- Games are held on Sunday mornings with a 1 (one) or 2 (two) held on Saturdays or Friday nights
 - Attendance is mandatory
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Practices

SUMMER

- Athletes missing more than one (1) week of practice may not be eligible to participate in the season
- 4 evening practices will be scheduled in August, 2 of which are mandatory for athletes to attend in preparation and safety of the upcoming season

FALL

- Practices are held 1 day a week on Saturday mornings for 1 hour 9-10AM
 - Repeated game-day absences may result in your athlete being removed from the halftime performance
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COMMUNICATION

All program communication will take place through the GameChanger App, including:

- Practice updates/changes
- Game-day arrival times
- Special Event details
- Team reminders and announcements

Please ensure notifications are turned on and that you check the app regularly.

UNIFORM APPEARANCE & EQUIPMENT

PRACTICE

- White gym sneakers preferred with laces secured
- Berlin Bear shirt and shorts must be worn (over white or black long sleeve if cold)
- Athletes choice of black or gray shorts or leggings (or sweatpants if cold)
- No jewelry of any kind is allowed
- Hair must be pulled back and secured away from the face & done prior to arrival
- Must bring pom-poms and water bottle

GAMES

- White gym sneakers shoes must be worn with laces secured & white ankle socks
 - Berlin Bear shirt and shorts must be worn (over white or black long sleeve if cold)
 - Athletes choice of black or gray shorts or leggings (or sweatpants if cold)
 - No jewelry of any kind is allowed
 - Hair must be pulled back and secured away from the face prior to arrival. *Standard style- hightop ponytail (Half up in hightop ponytail - if hair shorter than shoulder length)
 - Must bring pom-poms and water bottle
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ATHLETE BEHAVIOR EXPECTATIONS

- Show respect to coaches, teammates, and themselves
 - Listen and follow directions
 - Come prepared, focused, and ready to work and have fun!
 - Bullying or disrespect of any kind will not be tolerated
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PARENT & GUARDIAN/SIDELINE EXPECTATIONS

- Be supportive of coaches and athletes
 - Refrain from coaching or giving instructions from the sidelines
 - Follow all game-day rules for arrival and cheerleader breaks
 - Allow a 24-hour cool-down period before contacting a coach or director
 - Address concerns privately and not during practices or events
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QUESTIONS

For questions, please contact:

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