



2021-2022

Competition Season

Information Packet

Email: southamptonknightscheerleading@aol.com

Website: www.southamptonknightscheerleading.com

Facebook: <https://www.facebook.com/southamptonknightscheer>

Instagram: <https://www.instagram.com/southamptonknightscheerleading/>

Welcome to Southampton Knights Cheerleading!

Parents and cheerleaders,

We would like to thank you for your interest in Southampton Knights Cheerleading. We are a growing organization that focuses on developing the best cheerleaders possible both on and off the mat or field. All cheerleaders will learn cheers, stunts, jumps, and tumbling as well as how to be a part of a team, work hard, and reach goals.

Cheerleading is an intense sport that requires hard work and dedication from both the parents and cheerleaders. It is important that parents support their children and coaches in every way. Each cheerleader's position on the team is important and when working together, all can achieve!

This packet is filled with all the information that we currently have available. Please ensure that we have you and your athlete's contact information, so we can continue to keep you up to date on this season's practices, activities, games, competitions, etc.

We are happy that you have decided to join us in this year's journey!

Thank you,

SKC Board of Directors

Laura Martin, *Director of Cheerleading*

Nicolle Donnelly, *Assistant Director of Cheerleading*

Lexie Viola, *Director of Merchandise*

TEAM ASSIGNMENTS AND TRYOUTS

All cheerleaders will be assigned to teams based upon age and skills.

- The 8U Team will consist of athletes ages 6 to 8*.
- The 12U Team will consist of athletes ages 9 to 12*.
- The 14U Team will consist of athletes ages 11 to 14* based upon their individual skillsets and how those skills fit within the team as a whole.

**Athlete ages as of August 31, 2021.*

If your athlete is interested in trying out for the 14U Team, tryouts will be held on June 7th to the 9th at the Upper Southampton Community Center from 6 pm to 8 pm. Material will be taught on the 7th and 8th and official tryouts will occur on the 9th. Prior to attending tryouts, all athletes must be registered via the SKC Website.

Tryouts will assess skills such as jumps, flexibility, flying, basing, back spotting, attitude and more to create the most cohesive team. We would like for the 14U athletes to possess most if not all Level 3 skills.

	Level 1	Level 2	Level 3
Tumbling	<ul style="list-style-type: none"> • cartwheel • round-off • forward roll • backward roll • front walkover • back walkover 	<ul style="list-style-type: none"> • standing back handspring • round off back handspring • front/back walkover connected to handspring 	<ul style="list-style-type: none"> • standing or running with multiple back handsprings • round off back handspring tuck/layout/full • front walkover round off back handspring tuck/layout/full
Stunting	<ul style="list-style-type: none"> • prep • full up to squish 	<ul style="list-style-type: none"> • two-foot extension • full-up to prep • inversion to squish 	<ul style="list-style-type: none"> • extended single leg • extended body position • full-up to extension • inversion to prep

Please note: If you demonstrate tumbling during tryouts, you are expected to maintain that skill throughout the season.

PRACTICE SCHEDULE

Summer Practices: June to August

8U

JUNE	Tuesday	06.15.21	6:00 pm to 7:30 pm
	Tuesday	06.22.21	6:00 pm to 7:30 pm
	Tuesday	06.29.21	6:00 pm to 7:30 pm
JULY	No practice this month		
AUGUST	Tuesday	08.03.21	6:00 am to 7:30 pm
	Tuesday	08.10.21	6:00 am to 7:30 pm
	Tuesday	08.17.21	6:00 am to 7:30 pm
	Tuesday	08.24.21	6:00 am to 7:30 pm
	Tuesday	08.31.21	6:00 am to 7:30 pm

12U

JUNE	Monday	06.14.21	6:00 pm to 8:00 pm
	Wednesday	06.16.21	6:00 pm to 8:00 pm
	Monday	06.21.21	6:00 pm to 8:00 pm
	Wednesday	06.23.21	6:00 pm to 8:00 pm
	Monday	06.28.21	6:00 pm to 8:00 pm
	Wednesday	06.30.21	6:00 pm to 8:00 pm
JULY			
No practice this month			
AUGUST			
AUGUST	Tuesday	08.03.21	6:00 pm to 8:00 pm
	Tuesday	08.10.21	6:00 pm to 8:00 pm
	Tuesday	08.17.21	6:00 pm to 8:00 pm
	Tuesday	08.24.21	6:00 pm to 8:00 pm
	Tuesday	08.31.21	6:00 pm to 8:00 pm

14U

JUNE	Monday	06.14.21	6:00 pm to 8:00 pm
	Wednesday	06.16.21	6:00 pm to 8:00 pm
	Monday	06.21.21	6:00 pm to 8:00 pm
	Wednesday	06.23.21	6:00 pm to 8:00 pm
	Monday	06.28.21	6:00 pm to 8:00 pm
	Wednesday	06.30.21	6:00 pm to 8:00 pm
JULY			
JULY	Monday	07.19.21	6:00 pm to 8:00 pm
	Tuesday	07.20.21	6:00 pm to 8:00 pm
	Wednesday	07.21.21	6:00 pm to 8:00 pm
AUGUST			
AUGUST	Monday	08.02.21	6:00 pm to 8:30 pm
	Wednesday	08.04.21	6:00 pm to 8:30 pm
	Monday	08.09.21	6:00 pm to 8:30 pm
	Wednesday	08.11.21	6:00 pm to 8:30 pm
	Monday	08.16.21	6:00 pm to 8:30 pm
	Wednesday	08.18.21	6:00 pm to 8:30 pm
	Monday	08.23.21	6:00 pm to 8:30 pm
	Wednesday	08.25.21	6:00 pm to 8:30 pm
	Monday	08.30.21	6:00 pm to 8:30 pm

Official Season Practices - September to February*

8U: Tuesdays and Thursdays – 6:00 pm to 7:30 pm

12U: Tuesdays and Thursdays – 6:00 pm to 8:00 pm

14U: Monday and Wednesdays – 6:00 pm to 8:30 pm

Sundays: 8:30 am to 12:00 pm

**Practices will most likely change in late December/early January to 4:00 pm to 7:00 pm. We will share an updated practice schedule once basketball requests gym time.*

FINANCIAL COMMITMENTS

2021-2022 Fee Breakdown

	8U	12U	14U
Registration	\$ 175.00	\$ 175.00	\$ 175.00
Camp	-	\$ 100.00	\$ 310.00
Choreography	\$ 50.00	\$ 50.00	\$ 200.00
Insurance	\$ 50.00	\$ 50.00	\$ 50.00
Music	\$ 50.00	\$ 50.00	\$ 50.00
Competitions	\$ 175.00	\$ 175.00	\$ 100.00
Choreography Cleanup	-	-	\$ 50.00
TOTAL	\$ 500.00	\$ 600.00	\$ 935.00

Payment Plans

8U

Payment Option	Cost
Paid in Full	\$500.00
Registration plus Monthly Tuition	\$175.00 and \$65.00 per month from July to November
Monthly Tuition	\$100.00 per month from June to October

12U

Payment Option	Cost
Paid in Full	\$600.00
Registration plus Monthly Tuition	\$175.00 and \$85.00 per month from July to November
Monthly Tuition	\$120.00 per month from June to October

14U

Payment Option	Cost
Paid in Full	\$935
Registration plus Monthly Tuition	\$175 and \$152.00 per month from July to November
Monthly Tuition	\$187.00 per month from June to October

END OF SEASON COMPETITION

The goal for the 14U team is to attend Nationals in Disney. NHSCC will be held February 11-13, 2022. For those planning on flying to Disney, you have the option to book your own flight or join the SKC flight, we will have more information on this in August 2021. Please plan on spending \$350 to \$400 per seat.

All National packages include a resort room, hopper pass to the parks, and access to ESPN World Wide Sports for the National Competition performance and award ceremony. For a 5 day, 4 night package in a quad (maximum four people to a room) plan on spending \$800 per person. (Costs will be higher if less than 4 are in a room).

Once we receive a bid at a Regional competition, we will have the specific prices and payment due dates, which we will share and schedule a meeting to discuss.

FINANCIAL POLICIES

All monthly payments will be made via the Parent Portal. If your payment is not made by the 15th of the month due, a \$15.00 late fee will be applied to your invoice. If the payment is not rectified by the 30th of the month, your cheerleader will be asked to sit out of practice. NO EXCEPTIONS!

Parents are expected to pay costs of travel expenses and entrance to competitions to watch. We encourage you to participate in individual fundraisers and obtain sponsors to help offset the cost of the season.

Please keep in mind that if you do not pay on time, it affects the entire team and our ability to pay for competitions. If you are late and have not made arrangements with the board, your cheerleader may be asked to sit out of practice until the account is managed and an arrangement has been made.

**There will be NO REFUNDS to anyone who quits or is asked to leave the program. All fees and monies paid will be forfeited.*

CHEER BANKS

All cheerleaders who participate in individual fundraisers will have the monies earned deposited into their accounts, we refer to these as cheer banks. These monies can be used to pay for tuition, SKC inventories gear, National expenses, etc. If your athlete does not use all their funds earned in a season, they will be able to roll their fundraised monies to the next season.

** If your athlete does not return the following season, those monies will be moved to the SKC Operating Account and used for program expenses.*

PRACTICE AND COMPETITION UNIFORMS

In addition to tuition, every cheerleader will need to purchase practice uniforms. Depending on what team your athlete is assigned will determine what practice uniforms they need to wear. Please see the charts below. Some items will be need to be purchased on the order form and returned to Coach Lexie and some items need to be purchased on our Champion Teamwear site.

Orders due by June 23, 2021

Competition uniforms are the property of Southampton Knights Cheerleading and will be lent to your athlete for the season. Each cheerleader will be asked for a \$350.00 deposit check written to SKC and postdated for 03.01.2022. Uniform fittings will take place the week of June 14th. All deposits are due by August 15th.

IMPORTANT DATES

We are currently scheduling camp and choreography for the 8U and 12U team.

14U will be attending Overnight Cheer Camp from July 24th to July 26th at Harcum College in Bryn Mawr, PA. Choreography will the weekend of October 2nd and 3rd at the upper Southampton Community Center. More details to follow.

We will share the sideline game scheduled once we receive it from the Southampton Knights Football program.

14U Practice Outfits

Sunday



Black SKC Bra



Fear the Bow Tee



Black Spandex



Purple Bow

Monday



Black SKC Bra



Purple Arrow Tank



Black Spandex



Purple Bow

Wednesday



Purple Cheer Bra



White Knights Tank



Black Spandex



Purple Bow

Other:



Sneakers



Competition Socks



Competition Bow

Southampton Knights Cheerleading

14U Gear Order Form

1. Every member of the 14U Rec team must have at least one of each of these items that fits them, is in good condition, and they can locate.
2. If you need any of the items that are listed as SKC under Order, please return this form with your payment in full to Coach Lexie at practice by Wednesday, **June 23, 2021**.
3. If you need to order something that says Champion, please log on to <http://coachsassistant.gtmsportswear.com/SHKnightsCheer?lockerid=57586> and choose what you need and pay online, this portal will only be open until **June 23, 2021**.

Cheerleader Name: _____

Item	Cost	Need?	Size	Name	Order
Black Knights Bra	\$ 25.00	<input type="checkbox"/>			SKC
White Knights Tank	\$ 20.00	<input type="checkbox"/>			SKC
Competition Bow	\$ 15.00	<input type="checkbox"/>			SKC
Purple Bow	\$ 7.50	<input type="checkbox"/>			Champion
Black Spandex	\$ 25.00	<input type="checkbox"/>			Champion
Fear the Bow Tee	\$ 15.00	<input type="checkbox"/>			Champion
Black SKC Bra	\$ 25.00	<input type="checkbox"/>			Champion
Purple Cheer Bra	\$ 25.00	<input type="checkbox"/>			Champion
Purple Arrow Tank	\$ 20.00	<input type="checkbox"/>			Champion
Sneakers	\$ 60.00	<input type="checkbox"/>			Champion
Competition Socks	\$ 7.50	<input type="checkbox"/>			Champion

If you have any questions, please reach out to Coach Lexie at southamptonknightscheerleading@aol.com

12U Rec Practice Outfits

Tuesday



Black SKC Bra



Purple Tank



Black Spandex



Purple Bow

Thursday



Purple Cheer Bra



White Knights Tank



Black Spandex



Purple Bow

Other Items



Sneakers



Competition Socks



Competition Bow



V Neck Body Liner

Southampton Knights Cheerleading

12U Gear Order Form

1. Every member of the 12U Rec team must have at least one of each of these items that fits them, is in good condition, and they can locate.
2. If you need any of the items that are listed as SKC under Order, please return this form with your payment in full to Coach Lexie at practice by **June 23rd, 2021**.
3. If you need to order something that says Champion, please log on to <http://coachsassistant.gtmsportswear.com/SHKnightsCheer?lockerid=61109> and choose what you need and pay online, this portal will only be open until **June 23rd, 2021**.

Cheerleader Name: _____

Item	Cost	Need?	Size	Name	Order
Black Knights Bra	\$ 25.00	<input type="checkbox"/>			SKC
White Knights Tank	\$ 20.00	<input type="checkbox"/>			SKC
Competition Bow	\$ 15.00	<input type="checkbox"/>			SKC
Purple Bow	\$ 7.50	<input type="checkbox"/>			Champion
Competition Socks	\$ 7.50	<input type="checkbox"/>			Champion
Black Spandex	\$ 25.00	<input type="checkbox"/>			Champion
V-Neck Body liner (for sideline uniform)	\$ 25.00	<input type="checkbox"/>			Champion
Purple Cheer Bra	\$ 25.00	<input type="checkbox"/>			Champion
Purple Tank	\$ 20.00	<input type="checkbox"/>			Champion
Sneakers	\$ 60.00	<input type="checkbox"/>			Champion

If you have any questions, please reach out to Coach Lexie at southamptonknightscheerleading@aol.com

SU Rec Practice Outfits

Tuesday



Black SKC Bra



Purple Tank



Black Spandex



Purple Bow

Thursday



Purple Cheer Bra



White Knights Tank



Black Spandex



Purple Bow

Other Items



Sneakers



Competition Socks



Competition Bow



V Neck Body Liner

Southampton Knights Cheerleading

8U Gear Order Form

1. Every member of the 8U Rec team must have at least one of each of these items that fits them, is in good condition, and they can locate.
2. If you need any of the items that are listed as SKC under Order, please return this form with your payment in full to Coach Lexie at practice by **June 23rd, 2021**.
3. If you need to order something that says Champion, please log on to <http://coachsassistant.gtmsportswear.com/SHKnightsCheer?lockerId=63999> and choose what you need and pay online, this portal will only be open until **June 23rd, 2021**.

Cheerleader Name: _____

Item	Cost	Need?	Size	Name	Order
Black Knights Bra	\$ 25.00	<input type="checkbox"/>			SKC
White Knights Tank	\$ 20.00	<input type="checkbox"/>			SKC
Competition Bow	\$ 15.00	<input type="checkbox"/>			SKC
Purple Bow	\$ 7.50	<input type="checkbox"/>			Champion
Competition Socks	\$ 7.50	<input type="checkbox"/>			Champion
Black Spandex	\$ 25.00	<input type="checkbox"/>			Champion
V-Neck Bodyliner (for sideline uniform)	\$ 25.00	<input type="checkbox"/>			Champion
Purple Cheer Bra	\$ 25.00	<input type="checkbox"/>			Champion
Purple Tank	\$ 20.00	<input type="checkbox"/>			Champion
Sneakers	\$ 35.00	<input type="checkbox"/>			Champion

If you have any questions, please reach out to Coach Lexie at southamptonknightscheerleading@aol.com

TEAM POLICIES AND EXPECTATIONS

Attendance Policy:

Cheerleading is a team effort which requires all members to be present. We expect for each cheerleader to dedicate 100% to their team. This means that ATTENDANCE IS MANDATORY and when someone is missing, the whole team suffers. A practice missed by one cheerleader has a significant impact on the whole team, particularly that cheerleader's stunt group who would be unable to practice without each member present.

We will follow a "3 strikes and you're out" policy. Attendance will be reported at the end of each practice day. If your cheerleader has 3 unexcused absences, she will be eligible for dismissal from the program.

Examples:

Excused Absences:

- Death in the family
- Mandatory school functions
- Religious obligations
- Contagious illness

Unexcused Absences:

- Family vacations if not reported to coaches prior to 4 weeks before vacation
- Other sports games
- Homework
- Dances/parties
- No ride to practice

Arriving more than 15 minutes late to practice will be documented by a coach. If a cheerleader is late or departs early 3 times, it will count as 1 unexcused absence.

Vacations June 1st through August 31st will be excused given notice. All practices from June to August may be deemed excusable under the COACHES' discretion if notified ahead of time.

Vacations or absences during competition season (September-March) will result in removal from the routine should they conflict with practices and/or competitions. Coaches hold the right to decide what is considered excusable and what is not.

Practice Expectations:

- All practices will be closed to parents and relatives
- CHEERLEADERS (not parents) must contact the coach ahead of time to let them know they are missing practice and what the reason is. Any reason other than above will be considered unexcused. Anyone who fails to contact their coach if they will not be there will be excused from the team
- All cheerleaders must come to practice ready to work. Be on time. If practice begins at 5:45 pm plan to be there by 5:30 pm.
- All cheerleaders will order practice wear, they are expected to wear the correct outfit at every practice. A schedule will be handed out once the season has officially started and the camp/practice wear has been received. All cheerleaders must wear sneakers and hair needs to be pulled up.
- Jewelry, gum, long nails are not allowed
- Please bring water to every practice

Behavior Policy:

For teams to be successful, they need to act like a team. Personal issues need to be kept out of the gym and other team activities. Respect your teammates and coaches. We will not tolerate pettiness among the teams. You are an athlete, act as such. Social media (Snapchat, Twitter, Instagram, Facebook, etc.) are to be upheld in a respectful manner as a representative of Southampton Knights Cheerleading. Social media should not be used, in any case, for bullying purposes. Social media CAN be used for communication with other team members.

Injury Policy:

Because cheerleading is a dangerous sport, we expect full attention of everyone, especially during stunts. If any member of the team is failing to do their job CONSISTENTLY, the coaches reserve the right to reconsider that member's eligibility for the squad.

Injury: Please be aware that all injuries that require an athlete to sit out REQUIRE a doctor's note that must be handed in to the coach. When that athlete is cleared, the note clearing them must be handed in as well. A coach will not allow any athlete to participate at all without a clearing note. Athletes must still attend all functions regardless of injury to sit out.

Competition Rules and Regulations:

- ALL COMPETITIONS ARE MADATORY! If you cannot attend a competition, the cheerleader's position on the team will be in jeopardy
- Parents are responsible for providing transportation to all competitions - arrive on time and to the correct location – allow extra time for traffic, parking, and inclement weather
- Arrive with all expected uniform items: uniform, bow, shoes, cheer socks, hair as directed, water bottle, snacks
- ALL WAIVERS for competitions need to be submitted in a timely matter – waivers will be sent via email prior to competing