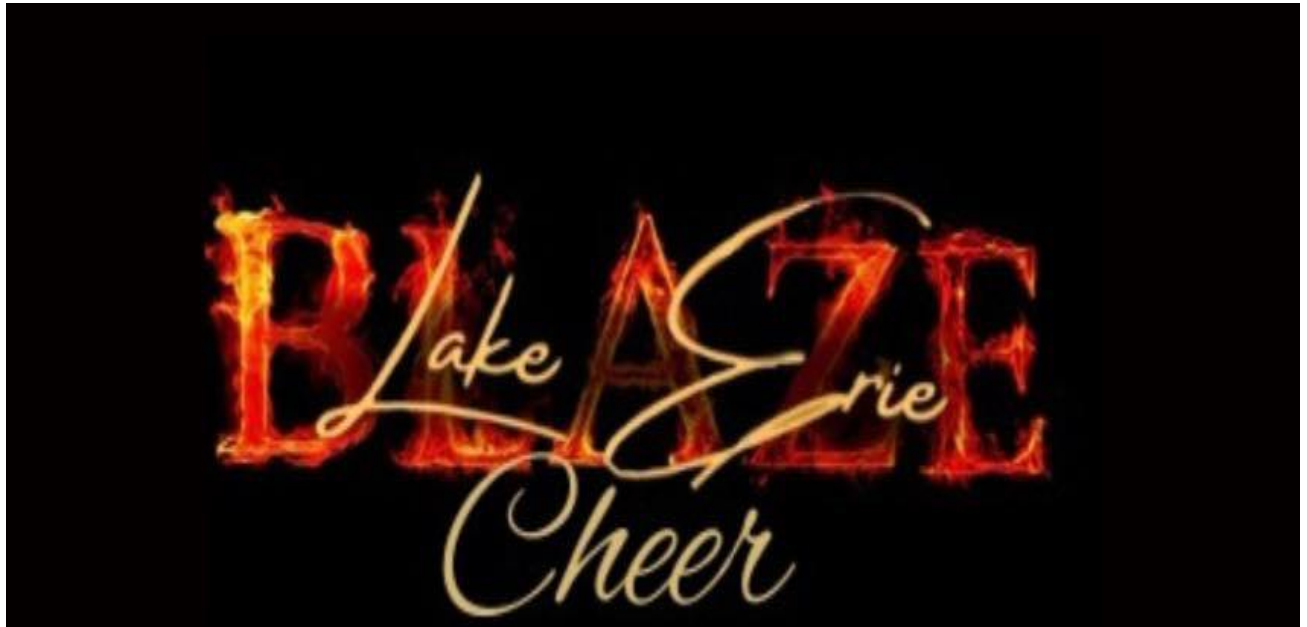


LAKE ERIE BLAZE CHEER  
2024-2025  
SEASON



## **ATTENDANCE POLICY AND PROCEDURES:**

Attendance is extremely important to the overall success of the individual athlete, as well as the team. To be competitive in our division, it takes a lot of practice and training to perform a winning routine properly and safely. This sport fully embraces the “TEAM” concept and utilizes every athlete at once. There are no substitutes! Athletes must attend all practices and competitions as a TEAM.

After registration, you are making a commitment for the 2024-25 season. Please understand that even one team member missing from practice adversely affects the entire team and excessive absences will not be tolerated.

Although will strive to keep extra practices to a minimum please expect there to be some extra practices, especially as we get close to competitions, and all extra practices are mandatory.

Attendance is not required at all events. If one athlete misses a competition it severely affects our performance, scorecard, and placement at the competition. Therefore, we **MUST** know in advance so we can work the routine adjustments. If you do not choose to participate in an event you must notify a coach **4 weeks** in advance by filling out the absence form. Your child will participate in the routine but will not be assigned to a stunt group. **If you are a no show or notify a coach less than 2 weeks before a competition you will be not attending and it isn't due to an emergency (i.e. accident, injury, death) it will result in automatic dismissal from the team for a NO SHOW and or a 3-month suspension from competing for notice less than 4 weeks prior to the competition.**

Athletes are permitted **5 EXCUSED** absences throughout our season. **ALL PRACTICES WEEK OF A COMPETITION ARE MANDATORY IF ATTENDING. Athletes may not miss practice the week prior to a competition. Athletes missing either of the above will be required to pay a re-choreography fee of \$50 for each occurrence.** All absences must be reported to the athlete's coach prior to the start of practice to be excused.

### **EXCUSED ABSENCES:**

1. Contagious illness i.e., fever over 100 degrees, diarrhea, vomiting.
2. Family emergency
3. Required school activity that results in a grade
4. pre-planned family vacation, this must be submitted for approval must be filled out 4 weeks prior and can be found on the website under forms.

Athletes are permitted **2 UNEXCUSED** absences throughout our season. **Absences are NOT allowed the week prior to competition. No exceptions.**

### **UNEXCUSED ABSENCES:**

1. non-contagious illness
2. Homework
3. Transportation problems

4. Birthday, party, school dance, etc.
5. Extra-curricular activities

## **INJURY POLICY**

Cheerleading is a very physical and strenuous sport. At Lake Erie Blaze Cheer, team practice will be highly physical and demanding. We expect all our athletes to work hard to be in top physical condition. This includes strength, stamina, flexibility, and endurance. If need be, we may require an athlete to take an additional conditioning class or spend extra time in the gym stretching. In addition, all athletes are expected to take care of their bodies by eating right, drinking enough water, getting adequate rest, and refraining from any activities that may put them at unnecessary risk for injury during the competitive cheerleading season. Parents and athletes should be aware that cheerleading is a highly competitive and dangerous sport that carries with it an inherent risk of danger. Stunting, tumbling and all other aspects of cheerleading and training can lead to injury. At Lake Erie Blaze Cheer we take every precaution to limit injuries; However, as with any competitive sport, the possibility of injuries occurring is always present.

If your child has an injury or becomes injured, they must submit a doctor's note detailing the nature of their injury, restrictions and the time of recovery recommended. This **must** be submitted before practice, so we have time to adjust the layout of practice. If an athlete is injured, they must still attend practice, although they may sit out of some or all activities in accordance with doctors' orders. A doctor's note with clearance is required when returning to fully participate in practice.

## **GYM DRESS CODE**

"Practice" clothes must be worn to all practices. Athletes are to wear **Black** sports bra, **Black** spandex shorts or leggings, **Any Blaze** T shirt or **Blaze** tank top, and socks. No offensive attire. No jewelry and/or gum is permitted. We will be sizing for cheer shoes the first official week of the season. Cheer shoes must always be worn in the gym (clean soles only, do not wear cheer shoes outside). Hair must be pulled away from face and up in a high bun on top of head. Fingernails must be kept short, no artificial nails.

## **TEAM/FAN GEAR**

Team/Fan gear will be available to purchase. T-shirts, Sweatshirts, sweatpants, leggings, tank tops... All items associated with Lake Erie Blaze Cheer are the property of Lake Erie Blaze Cheer and may not be sold or produced without proper written consent from Lake Erie Blaze Cheer. Any violation of this may result in legal action. (Ex: Logo, name, etc.).

## **PARENT VIEWING**

Lake Erie Blaze Cheer is a "closed" practice gym. Practices need to be conducted with zero distractions. This is for the safety of your child as well as the safety of others. Not being able to view practice will also give you the opportunity to see your child progress each time you do see them perform. We do understand the concerns of parents not being able to see what is going on during practice and with that we will allow parents to view the last 5 minutes of any scheduled practice. If too many distractions occur this may be limited. Parents are allowed to view all classes and private lessons.

## **EARLY TERMINATION**

Lake Erie Blaze Cheer is both a time and financial commitment. Someone quitting midseason causes multiple problems for their team. When someone quits, instead of their team spending their limited practice time on improving, time is spent re-choreographing their routine. It is a severe setback and hardship for everyone else on the team that has worked hard and is fulfilling their commitment. Early termination for a team does not mean that your payments end early. Any athletes who decide to quit the program after August 15<sup>th</sup> will incur a \$250 withdrawal fee. If a replacement athlete is needed to fill your spot, you must return your uniform to the gym within 2 weeks or 1 week before our next competition which ever come first.

## **COMPETITIONS**

Competitions are fun, exciting, and sometimes stressful. To keep things as organized as possible the following policies are in place. Arrival time will be based on the competition schedule. We will need everyone on time to check in, stretch, and head off to warmups.

Athletes must arrive competition ready. Hair, shoes, uniform. No lotions or oils are to be used on athletes' skin within 12 hours of check in time. No fingernail polish allowed. Only no-show black socks are to be worn. Clear or nude bra straps are allowed (no other colors) and of course no jewelry.

Good sportsmanship is the ability to look past one's own team and to honestly admire the skill and talent demonstrated by other teams and squad members and to sincerely hope that all competitors perform well. Lake Erie Blaze Cheer, parents, friends, spectators, and competitors are held to this expectation. As representatives of Lake Erie Blaze Cheer, we ask that you always exhibit good sportsmanship, say only positive comments, and act with class when interacting with other teams and competitors.

## **COMMUNICATION**

Communication is key to any operation, and we have an open-door policy for all athletes as well as parents. As a parent, you will be receiving information in ways such as email or on our gym BAND page.

## **LAKE ERIE BLAZE CHEER 2024-2025 IMPORTANT DATES:**

August 5<sup>th</sup> Comp Season begins!  
Registration closes July 12<sup>th</sup>.  
Uniform Sizing July 22<sup>nd</sup> - Mandatory

### **Gym Closure Dates:**

September 2<sup>nd</sup> Labor Day  
December 23<sup>rd</sup> – January 1<sup>st</sup> Winter Holiday Break

## **POTENTIAL 2024-2025 COMPETITION SCHEDULE:**

Athletes will compete in 8-10 competitions between November and April. We will be competing at competitions in PA, OH, WV, and possibly NY. All competitions require a waiver form. This will need to be filled out one time for the season forms will be emailed, they will come from reg champ genie. We will compete at Champion Cheer Central, 1 Aloha Showdown and 1 Shout Cheer & Dance local competition.

\* As soon as we have confirmation of dates from the event producers, we will have this information out to you.

Millcreek Fourth of July parade. We are planning on walking at this event. Official date and more information to come. Possible other parades-Labor Day, Saint Patricks' Day Parade

## **FUNDRAISERS**

We will be doing 3 fundraisers. Fundraising helps keep costs down for you and helps buy equipment for our gym. Please refer to the cost and fees document for more information.

Fundraising options to raise money to help with tuition fees are available if interested.

## **REFERRALS**

Refer a friend to Lake Erie Blaze Cheer and receive a \$20 credit. Referral must sign up for a team to get credit. This must be done before the close of registration.

## **WEBSITE AND SOCIAL MEDIA**

No videos of our routine are allowed to be shared or posted until after the competition season is over!

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

Follow us!

[www.Facebook.com/lakeerieblazecheer](http://www.Facebook.com/lakeerieblazecheer)

[www.instagram.com/lakeerieblazecheer](http://www.instagram.com/lakeerieblazecheer)

I have read and acknowledge Lake Erie Blaze Cheer's handbook for the 2024-25 season.

\_\_\_\_\_ Date \_\_\_\_\_