

Little Tigers Football/Cheer Club

Cheer Coaching

Requirements and Expectations

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Mission Statement

To provide a positive and supportive environment for youth to develop skills and winning attitudes, improve character and sportsmanship, while competing in a fun and challenging atmosphere.

Philosophy

By explaining, demonstrating, and using repetitive drills, our coaches will focus on proper body positions and proper fundamentals of each skill, and will encourage our athletes to repeat these fundamentals. Our coaches will focus on developing self-esteem and confidence by believing in our athletes and giving them positive reinforcement.

Purpose

By becoming a part of Edwardsville Little Tigers Football, youth will experience:

- An improvement of self-esteem and self discipline
- A renewed respect for authority
- A respect and concern for others through sportsmanship
- An inclination to give 100% effort to all endeavors
- A respect for teamwork, team spirit, and building friendships

General Coaching Qualifications

The Little Tiger Football Club has high expectations for the coaches that will be entrusted to teach the game of football and the sport of cheerleading to the youth of the Edwardsville and Glen Carbon communities. Little Tiger coaches will possess the following characteristics and qualifications:

- Passion for Cheerleading.
- Desire and ability to teach cheerleading and life skills.
- Win with class and lose with dignity.
- Respectful to Edwardsville Little Tigers Football Club members, game officials, and opposing teams showing good sportsmanship in all situations.
- Available for the time commitment required to coach cheerleaders.
 - Head Coaches - approximately 10-15 hours per week during the season.
 - Assistant Coaches - approximately 5-10 hours per week during the season.
- Be in control at all times including intense game situations and parent exchanges.

- Adhere to all Little Tiger Football Club club rules (as provided in this pamphlet and throughout the season).
- Provide the signed application and pass the mandatory background check.
- Attend required coaches meetings. Head coaches see below.
- Recognize the “winner” in each child encouraging their strengths.

Head Coaching Qualifications

In addition to the basic qualifications for every coach, head coaches will possess the following characteristics and qualifications:

- Great decision making skills.... always puts the TEAM first.
- Great communicator with cheerleaders, coaches, club officials, and parents.
- Great organizational skills.
- Great delegation skills.
- Great team building skills.
- Great Leader, who leads by example.

Coaching Style

Each Head Coach will have their own style and expectations that should be shared with their coaching staff, cheerleaders, and parents. The Little Tiger Football Club will not mandate a certain style but will expect the coach’s style to support the Little Tiger Mission Statement and Philosophy.

- Evaluate each cheerleader’s strengths and weaknesses, but boost self-confidence and self-esteem in all cheerleaders.
- Put each cheerleader in the best situation to be successful recognizing the “winner” in every child.
- Be fair to each cheerleader and make impartial decisions. Decisions should be based on the best interest of all cheerleaders on each team.
- Make cheerleading a fun and enjoyable experience.
- Don’t use abusive language or berate or belittle cheerleaders in any way.
- Understand that voice volume may be raised only to ensure that the cheerleader(s) being addressed can hear for proper understanding, or to offer strong encouragement.
- Never use profanity or foul language. Use of foul language and profanity is grounds for suspension from the club’s coaching staff.
- Remember that you are working with children who will often make mental and physical mistakes.
- Be positive, smile, and enthusiastically encourage cheerleaders.
- Always act in a manner to be an excellent role model for all Little Tiger Football

cheerleaders.

- Choose the proper attitude remembering that people care more about what you do than they do about what you say.
- Support the game officials with positive comments in front of players and cheerleaders. Your lead will instill respect for authority and create a positive atmosphere for all that participate and watch.
- Never question a judgment call of an official.
- Practice the circle of affirmation. See Attachment 1.
- Reinforce the motto "win with class and lose with dignity."
- Support the football coaches by helping control crowds.

Coaching Staff

Edwardsville Little Tigers Football Club will assist head coaches in selecting assistant coaches with the input of the head coach.

Communications

The Head Coach should work closely with the Squad Manager to communicate team news, Edwardsville Little Tigers Football Club news, and special events to the team parents. The Head Coach should also communicate their expectations to the cheerleaders, the parents, and coaching staff when the teams are determined. Email is the preferred communication tool but team or parent meetings can also be scheduled before or after practice. Regular meetings with the coaching staff are also encouraged.

Keep lines of communication open with parents. After each practice, you should gather parents for announcements and communicate issues related to the team. Communicate to parents that unruly or inappropriate comments from the sidelines during a game may result in penalties for the team. Cheer Coaches should help the Football Head Coach manage the conduct of a team's fans on the sidelines. Any issues related to conduct of fans should be immediately be communicated to the Cheer Director, Athletic Director and/or President.

All comments or complaints from parents or otherwise should be channeled to through the Head Coach. If issues cannot be resolved, then comments should be channeled to the Cheer Director, and then the Board of Directors of Edwardsville Little Tigers Football Club.

Club Participation

The Little Tiger coaches are the face of the organization. In addition to coaching cheerleading our coaches are expected to be active participants in club events during the season and off-season. Events include registration, equipment handout, parades, Tiger Trivia and the awards banquets. The Little Tiger Football club is a volunteer organization that requires participation from all the club members. Due to family or work commitments it is difficult to participate in all

events. However, we expect the coaches to make every attempt to attend the majority of events when volunteers are needed or send representation from your team.

Each Coach should consider putting together a video of pictures and video for their squad for the awards banquets. Many squads work together with the Football Team Manager to create one all-inclusive video. Communicate with managers early in the season to set appropriate expectations. Edwardsville Little Tigers Football Club will not video each game or the cheerleaders. Video presentations at the awards banquets are the responsibility of each cheer squad.

Coaching Meetings

Head coaches are expected to attend all coaching meetings scheduled by the club. If you are unable to attend you will need to contact the Cheer Director and send representation from your team. Coaches are also welcome and encouraged to attend the monthly Little Tiger board meetings. Assistant coaches are expected to attend any mandatory meetings for all coaches and at least 50% of all other mandatory coaching meetings.

Practice Format

Cheerleading requires practice time to be successful. The key to success is preparation and execution. Practice time is critical to the development each cheerleader.

The overall success of each cheerleader, your team, and the Little Tiger Football Club is dependent on productiveness of each and every practice. Practice time is limited so make every minute count. Your team will cheer the way they practice!

- Normal practices are scheduled for 90 minutes per session. Each team will practice during times designated by Edwardsville Little Tigers Football Club and will not exceed 2 hours per session. Any exception to the regular practice schedule should be reviewed with the Cheer Director.
- An extra practice session can be scheduled if additional preparation is needed for an upcoming game. Any “extra” practice should be light, instructional, have purpose, and be well communicated to the parents. Field availability will be limited outside the regular practice schedule designated by Edwardsville Little Tigers Football Club. Any exception to the regular practice schedule should be reviewed with the Cheer Director.
- The head coach should have a backup plan if she is unable to attend practice. Practice should never be canceled because the head coach is unavailable. An assistant coach should be prepared to practice the team in advance or on short notice.
- Each head coach should prepare a written practice plan/schedule for each practice.

- Short water breaks should be taken on a regular basis throughout practice to keep cheerleaders hydrated. Take no chances with heat exhaustion, NO EXCEPTIONS! Let cheerleaders take a break in small groups to minimize disruption that could impact the flow of practice.

Injuries

The safety of each child will be the top priority of every coach. Take each incident seriously and never joke or harass a cheerleader who says they are unable to participate. Never force a cheerleader to cheer or practice against their will.

- Always err on the side caution if a cheerleader is sick, hurt, or injured.
- If a cheerleader says she is sick or hurt then a coach should stabilize the cheerleader and monitor her condition. A cheerleader should not return to action until she says she is ready. Communicate each incident with the parent.
- Injuries are generally more serious than a bump, bruise, or sick stomach and should never be taken lightly. Ice should always be used for injuries that could result in swelling. The parents and club President should be notified immediately when a serious injury has occurred.
- Each coach should have a medical kit in their coaching bag to handle minor injuries such as cuts and scrapes.
- Each team should have ice bags, a water jug, and water bottles at each game.
- Injuries can often be avoided by inspection of practice and game fields. Before beginning to cheer in either a practice or game, inspect all fields to ensure that they are safe.
- If a cheerleader is diagnosed with a concussion, they will not be allowed to play or practice until a release is received from a doctor.

Cheerleader Discipline

For the safety of the cheerleader and their teammates, each cheerleader is expected to participate in practice unless they are injured, has a school activity, or has an excused absence from the coaching staff. At the coaches discretion, if the cheerleader has two unexcused absences in the same week then the cheerleader will be ineligible to participate at the next game. The coach will need to inform the parent of the one game suspension.

Any cheerleader who is suspended from school will be ineligible to participate in practice or

games during the duration of the suspension. Any additional discipline should be reviewed with the Cheer Director and club President.

Fighting, cussing, insubordination, unruliness, and any act that takes away from the cheerleading experience for the other cheerleaders will not be tolerated in practice or games. The head coach should address the problem immediately and inform the parent if the problem persists.

Discipline does not include touching a cheerleader when you are angry.

Equipment Management

The Head Coach is responsible for the collection of uniforms and other equipment at the end of the season. The Head Coach is also responsible for collection of uniforms and equipment from any cheerleader that leaves the program prior to the end of the season. The club will provide an inventory sheet to each team that will be used to track the uniform and equipment of each cheerleader. There will be a designated collection day the week following the last game and one makeup date. The Head Coach should contact any cheerleader who does not return her uniform or equipment during one of collection dates and schedule a special collection for that cheerleader. The Cheer Director should be notified if all the equipment is not collected a week prior to the awards banquet.

Coaching Life Skills

The football field is a one of a kind classroom that teaches our cheerleaders many of the life skills that will be important as future adults, parents, spouses, coaches, and employees. Leadership, Integrity, Loyalty, Teamwork, Respect, Discipline, Determination, Courage, and Pride are some of the skills that are characteristics of many cheerleaders. Little Tiger coaches will discuss the meaning and importance of these life skills with the cheerleaders throughout the season. If the coaches make it important then it will become important to your cheerleaders.

Tobacco, Alcohol and Drug Use

Illegal drugs will not be tolerated. Use of excessive alcohol or use of tobacco in the presence of players or cheerleaders will not be tolerated. As a coach, you will not use alcohol or tobacco in the presence of players or cheerleaders, on-field or off-field during the course of the season (the sole exception is an informal gathering at a private residence that is not sponsored by Edwardsville Little Tigers Football Club). You will not consume alcohol in any quantity prior to or during: practices, games, or other official team gatherings, including post- game/season gatherings. You will not use tobacco or alcohol on school property and municipal facilities since it is against Illinois law, and you may be subject to immediate removal as a coach if you do. You will not use illegal drugs or substances. You will not wear any clothing that promotes firearms, alcohol, tobacco products or bars; always dress professional. If (a) you fail any drug test, (b) we have reason to suspect that you are using (or have used) illegal drugs, (c) we have reason to

suspect that you are intoxicated while in contact with children participating in Edwardsville Little Tigers Football (whether during club activities or otherwise), we may remove you as a coach or volunteer within Edwardsville Little Tigers Football Club.

Coaches Pledge

Edwardsville Little Tigers Football Club's goal is to help develop youth beyond the lines of the football field and cheerleading megaphone by providing an environment where they will have fun and develop the values of sportsmanship, teamwork, commitment and hard work. Winning is not the goal. We expect coaches to be consistent and caring role models with positive qualities. The following are not suggestions. We expect coaches will act as role models. Therefore, you agree and pledge that:

1. Little Tigers Mission and Philosophy.

All my actions and decisions will support the mission, philosophy, purpose, requirements and guidelines set forth in the pamphlet entitled "Little Tiger Cheer Coaching Requirements and Expectations."

2. Preparation.

I will prepare for all practices and games.

- a. I will strive to be organized and be efficient with my time having practices and drills planned out, written out and timed.
- b. I will make drills game relevant.
- c. I will adhere to the rules, programs and guidelines for practices and games of Edwardsville Little Tigers Football Club.

3. Safety.

I will do my best to ensure that cheerleaders have a safe experience while cheering and practicing.

- a. I will provide cheerleaders plenty of water breaks. I will take no chances with heat exhaustion, NO EXCEPTIONS!
- b. I will take no chances with injuries. I will always err on the side of caution.
- c. I will inspect all playing areas to ensure that they are safe for cheering and practice.
- d. I will be consistent, set parameters and will not let cheerleaders go outside them.
- e. I will never touch a cheerleader in any private area.
- f. I will never touch a cheerleader when I am angry or appear angry. I will only make contact when necessary. For example, when demonstrating a drill or technique.
- g. If a cheerleader is injured and down, especially if a cheerleader appears to have a head or neck injury, I will not move the cheerleader except when instructed to do so by a medical professional or until I am absolutely sure that a cheerleader's

injuries do not affect her head or neck.

4. Fun and Positive Experience.

I will do my best to ensure that all cheerleaders have a fun and positive experience while cheering and practicing.

- a. I will strive to always have fun and keep it simple.
- b. I will not use abusive language or berate or belittle cheerleaders or players in any way.
- c. I understand that voice volume may be raised only to ensure that the cheerleader(s) being addressed can hear for proper understanding, or to offer strong encouragement.
- d. I will not use profanity or foul language and I understand that it will not be tolerated by the Edwardsville Little Tigers Football Club.
- e. I will remember that I am working with children who will often make mental and physical mistakes.
- f. I will be positive, smile, and enthusiastically encourage cheerleaders.
- g. I will always act in a manner to be an excellent role model for all Little Tiger Football cheerleaders.
- h. I will make decisions based on the best interest of all on the cheer squad.
- i. I will strive to instill self-esteem and boost confidence in all cheerleaders.

5. Sportsmanship.

I will encourage sportsmanship, team work, hard work and class at all times.

- a. I will choose the proper attitude remembering that people care more about what I do than they do about what I say.
- b. I will support the game officials with positive comments in front of players and cheerleaders. I understand that my lead will instill respect for authority and create a positive atmosphere for all that participate and watch
- c. I will not argue with officials or opposing coaches.
- d. I will practice the circle of affirmation as set forth in the pamphlet entitled "Little Tiger Cheer Coaching Requirements and Expectations."
- e. I will always reinforce the motto "win with class and lose with dignity."

6. Alcohol, tobacco and drug use.

- a. I will not use alcohol and/or tobacco when in the presence of cheerleaders or players, on-field or off-field during the course of the season (the sole exception is an informal gathering at a private residence that is not sponsored by Edwardsville Little Tigers Football Club).
- b. I will not consume alcohol in any quantity prior to or during: practices, games, or other official team gatherings, including post-game/season gatherings.
- c. I will not use tobacco or alcohol on school property and municipal facilities since it is against Illinois law, and I may be subject to immediate removal as a coach if I do.
- d. I will not use illegal drugs or substances.

- e. I will not wear any clothing that promotes firearms, alcohol, tobacco products or bars; always dress professional.

7. Club Administration.

- a. If I am a head coach, I will assist football head coaches manage the sideline and parents on my team.
- b. I will bring issues related to sideline conduct to the attention of the Cheer Director, Athletic Director or President.
- c. I will always keep communication with parents open.
- d. If I am a head coach, I will immediately retrieve and return uniforms and equipment of any cheerleader that quits, and I will return uniforms and equipment as directed by the Edwardsville Little Tigers Football Club at the end of the season.
- e. I will complete required paperwork and attend mandatory meetings, club events and clinics.
- f. I will channel any comments or complaints through the Head Coach then the Cheer Director, then the Board of Directors of Edwardsville Little Tigers Football Club.

8. Club and School Support.

- a. I will support (and not bad mouth) the Edwardsville Little Tigers Football Club, District 7 Schools, athletic programs of District 7 Schools, fellow coaches.
- b. Dissension will tear the program apart and I will not participate in dissention.
- c. I will support the activities and decisions of Edwardsville Little Tigers Football Club.
- d. Cheerleaders are expected to cheer and coaches are expected to coach if LTF football players are on the field without exception regardless of participant attendance or weather.

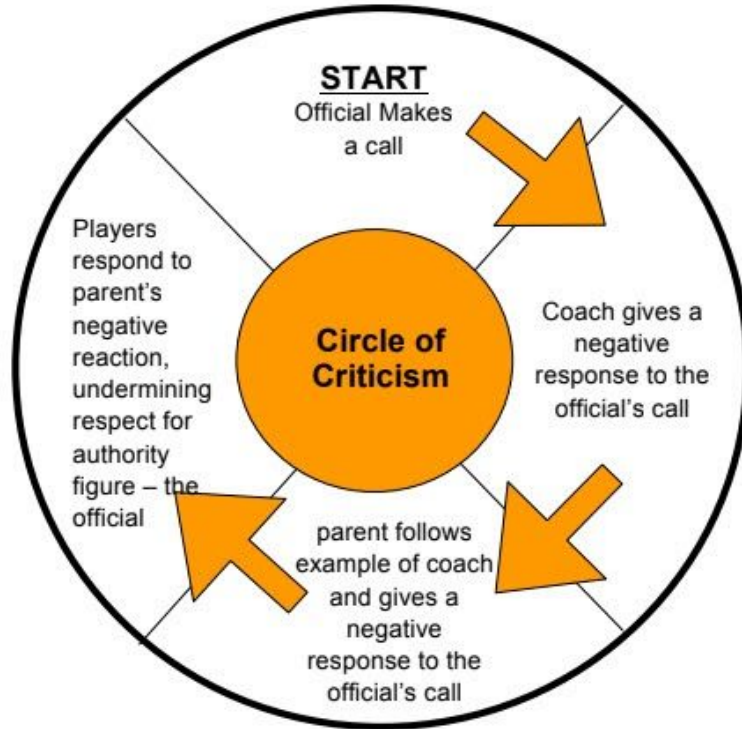
Attachment 1

Game Day Attitude

One of the key points in becoming an effective coach is choosing the right game day attitude. Actions and reactions on the field will have a lasting effect on kids. The Circle of Criticism and Circle of Affirmation are simple concepts that illustrate the results associated with negative and positive feedback given to the game officials/referees. We expect coaches and game officials/referees to work together as a unified team.

What happens in the Circle of Criticism?

- The Circle of Criticism begins when a coach responds negatively to a right or wrong call made by the referee.
- The coach's example gives the parent the implied permission to react negatively toward the referee.
- A parent's example causes the child to assume that it is acceptable to react in the same way. The result can be a negative attitude toward the referee, who represents authority on the field.



What happens in the Circle of Affirmation?



- The Circle of Affirmation begins when the coach gives a positive response to a right or wrong call made by the referee.
- The coach's example influences the parent to react positively toward the referee.
- A parent's example encourages the child to give a positive response. The result is a positive attitude toward authority.
- The Circle of Affirmation goes beyond the referee. A coach's affirmation of players and cheerleaders inspires encouragement and positive comments from parents, family members, and other players and cheerleaders.

Practicing the Circle of Affirmation makes the game a better experience for everyone involved.