



IGNITE CHEERLEADING

PARENT HANDBOOK

Orientation / Parent Information

Park District Locations: New families only need to register on [Ignitecheerleading.com](https://www.ignitecheerleading.com)

Classes:

• Our cheerleading program consists of 2-3 divisions based on your child's age, which may be combined if there are insufficient participants in each division. • Each division conducts one 55-minute practice session per week. • The program has two sessions, and at the conclusion of each 14-week session, locations within our company will engage in a friendly competition. • No tryouts are required, and prior cheer or dance experience is not necessary. • Please note that our coaches always try to learn every athlete's name. With larger locations, 14 practices, and new athletes joining each session, this can sometimes be challenging. Some coaches are quicker with names than others, but please know that everyone is doing their best to build connections with each athlete. Our top priority during each 55-minute class is ensuring athletes are actively working, learning skills correctly, and that routines are progressing and up to par. We truly value our athletes and appreciate your understanding as we balance individual attention with productive, high-quality training for all.

Sessions:

• Our program features 2 sessions and 2 competitions. The final practice will always include a dress rehearsal. • The competitions will take place on the following Sunday of the last practice, within a 90-minute drive from your practice location. • Videos will be posted on the group's Facebook page, allowing athletes to practice at home throughout the session.

Merchandise:

• Ignite merchandise will be released via an online ordering link, typically during the second month of the session. All orders must be paid for online. • **Items will be distributed by the last practice or earlier if available.** • Some items might be on back order or have a mistake, please give us one week to replace and we will have the item ready for pick up at competition. • Parents are not permitted to create their own merchandise using the Ignite logo, mascot, or team names. • Any items intended as gifts for the team that include the team's name must be approved before production. • Even if the logo is not used, any item featuring the team's name must still receive prior approval.

Competition Attire:

• For those participating in competitions, the uniform purchase will include a top, skirt, hairbow, briefs, and poms. • White cheer shoes and no-show white socks must be bought separately. • All athletes must purchase a new hairbow in September as we change out hairbows once a year. • For the Spring session only new athletes that register for the Spring will need to purchase the hairbow. • Families have until sizing day to confirm their athlete's intent to compete. Otherwise, they can take part in all classes and the dress rehearsal. • If your athlete isn't entering the competition, we suggest purchasing a t-shirt/pom for the dress rehearsal, although it's not mandatory. While non-competing participants will be included in the full

routine, they may not be involved in stunting as per the competition routine but we will add them to the side of the formations • Buy/Sell FB marketplace link is in the Ignite Welcome email.

Uniforms:

- Inform the site manager/coach if your athlete will be competing.
- Uniform Orders: Sizing will only be conducted during the assigned class.
- If you miss this date, you might be asked to drive to another location to be sized.
- All payments must be made at the time of sizing (Credit card or check ONLY).
- We will not be charging stored cards, so please bring your credit card or check for any uniform pieces needed.
- Even for a hairbow, attendance at class during sizing day is mandatory for payment.
- During sizing week, kits will be available, but a parent's approval for sizes is required.
- The parent or guardian authorizing the order is accountable for both sizes and payment.
- Uniforms will not be processed unless payment is made AT THE TIME OF SIZING.
- Ensure you have a credit card or check on the day of sizing.
- Once ordered, no size exchanges will be permitted unless there is a default in the sizing cuts from the manufacturer.
- Uniforms will be distributed to participating cheerleaders' parents.
- In the event of quitting the program after ordering a uniform, it will be held for one session only, after which it will be forfeited.
- Sizes cannot be guaranteed if the athlete does not try on the sizing kit.
- Note that uniforms are not tailored to individual body types.
- Poms: Poms will be distributed directly to parents with a tag attached.
- It is your responsibility to write your athlete's name on the tag.
- While we will do our best to ensure poms are returned to the correct owners if they get mixed up, we cannot be held responsible for lost or misplaced poms.
- Adding your athlete's name to the tag will help prevent this issue.
- Please note that uniform orders are non-refundable.
- All used uniform sales regarding purchases are solely between parents; Ignite bears no responsibility for payments or sizing issues.

Practice Expectations:

Attendance: Only 2 excused absences are allowed, and athletes cannot miss the last 2 practices before the competition unless communicated and approved with the coaches prior to the miss. • Regular attendance is crucial for our recreational program as we also compete. • It is important for team cohesion and performance improvement that every athlete attends every practice. • If you anticipate exceeding the absence limit, please consult with your coach in advance. • All missed practices must be communicated to your coach.

Behavior: At Ignite, all athletes and parents are expected to always treat athletes and coaches with respect. • Coaches may not see or hear every interaction, so we ask parents to report any concerns directly to their coach. • If inappropriate behavior is observed or reported, Ignite will speak with the parent and athlete. • A second incident after this conversation will result in removal or suspension from the program.

Safety Protocol: Parents should walk their athlete into the practice location and pick them up inside. • For safety reasons, athletes will not be allowed outside without a parent unless there is a designated pickup line where they are visible. • Drop off and pick up should not be more than 5 minutes early or late. • Coaches need to leave promptly after practice, so please ensure your athlete is picked up on time.

Preparation: Athletes should bring a water bottle and visit the bathroom before class. • Dress comfortably with hair pulled back. Attire should include comfortable clothing such as t-shirts, shorts or cloth pants. Jeans, jean shorts, flip flops, sports bras, and winter boots are not allowed. We ask that you please purchase white cheer shoes and wear them to practice by the 2nd practice. NO bulky Nike, adidas, ect for any athlete.

Weather Conditions: In case of severe weather resulting in school closures, please check our Facebook page and your email by 5:00 PM for any practice cancellations.

Payment: Athletes with outstanding balances will be asked to sit out until the balance is settled. We will apply a \$5 late charge each week if there is no communication or payment arrangement.

Parent Attendance: Parents are encouraged not to stay during practice as it can be distracting to the cheerleaders. Given the limited practice time of 55 minutes once a week, full attention is essential. Parents may wait in the hall (if allowed by school) or parking lot until the class is dismissed.

Dress Rehearsal: Held on the last 10 mins of the last practice.

Routine Adjustments: Coaches reserve the right to change and edit the routine as needed. Adjustments may be made to simplify motions, especially in the case of missing athletes. We do not communicate every time we have to make adjustments unless an athlete has been in a spot for half of the session and it's a major change that isn't working. No changes will be made in the 2 weeks leading up to the competition unless needed, **which is up to the coach**. Non competition athletes will be placed on the side of the routine so it doesn't affect those that are competing.

Communication:

Newsletters will be e-mailed to each family as well as posted at the front desk of all locations for each session. These newsletters will contain very important information. ALL information is also on the schedule which is emailed to each parent and posted on the group FB pages. It is the parent's responsibility to make sure they are receiving emails and checking the schedule, FB or website for reminders. We don't know who is not getting emails unless you inform us. Please check your spam.

Parent Reminder: IMPORTANT

This program is designed to teach basic cheer and dance skills to team members. Each group receives only 55 minutes per week for instruction. There are no tryouts for this program, so it is essential to ensure fairness to all team members and create a performance that is achievable for everyone. If you have any questions or concerns during the session, please reach out to your athlete's coach or site manager. It is recommended to address these issues with the coach through communication via telephone or email. All comments and concerns should be communicated in a constructive and professional manner. If your concerns are not adequately addressed, you can contact Kelly Stewart for further assistance. Please note that routine adjustments may be made during the session if team members are struggling to grasp the moves. We try not to make changes closer to competition but it's the coaches' discretion if any motions need to be adjusted. Larger groups may require additional time to get into their positions as they may forget quickly. While this is a recreational team, majority of our athletes participate in competitions, therefore they aim to make the experience enjoyable but if the group is misbehaving, not paying attention, or consistently forgetting their positions, we will need to enforce stricter measures. In some cases where specific athletes are causing issues, we may request that their parents come in to provide assistance and support to help us focus on teaching the rest of the group effectively.