



LPAR Cheer Team Informational Packet

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Table of Contents

- Pages 2-3 Cheer Team Rule Book
- Pages 4-5 Cheer Guidelines and Season Expectations
- Page 6 Uniform Overview
- Page 7 Team Descriptions
- Page 8 Uniform Order Form

Cheer Team Rule Book

1. Purpose & Philosophy

Our recreational cheer program is designed to build confidence, teamwork, and physical fitness in a fun, supportive environment. We believe every child deserves the opportunity to develop skills, create friendships, and enjoy the spirit of cheerleading. Our philosophy emphasizes sportsmanship, inclusion, and personal growth over competition.

2. Safety Guidelines

- All cheer activities will follow USA Cheer and NFHS safety standards.
- No stunting is allowed without certified coach supervision.
- Participants must wear proper footwear and attire during all practices and games.
- Any injuries must be reported immediately. An accident report will be completed within 24 hours.
- Participants must bring water to every practice and game to stay hydrated.

3. Participation & Attendance

- Practices are held twice a week. Schedules will be provided at the beginning of the season.
- Participants are expected to attend all practices and games. Absences should be reported to the coach at least 24 hours in advance.
- Unexcused absences may affect placement in routines or overall team standing.
- Tardiness disrupts the team and may result in reduced participation during games.

4. Conduct & Communication

- Participants, parents, and coaches are expected to maintain respectful communication at all times.
- Parents must discuss any concerns directly with the coach in a private setting.
- Negative comments, gossip, or confrontations at practices or games will not be tolerated.
- Participants and families must follow the Code of Conduct provided at registration.

5. Escalation Procedures

1. Speak directly with the coach regarding any issue.
2. If unresolved, contact the Cheer Program Coordinator.
3. For issues involving safety, harassment, or repeated misconduct, escalate to the Parks & Recreation Supervisor.

6. Team Placement & Tryouts

- All children who register will be placed on a team. This is a no-cut program.
- Placement decisions will consider age, experience, and team balance.
- Some participants may be grouped based on skill level to ensure safety and appropriate challenge.
- Changes in placement can occur if necessary to meet program needs.

7. Uniforms & Appearance

- Participants must wear the full official uniform to games and designated events.
- Hair must be neatly styled away from the face and secured with the team bow.
- No jewelry, gum, or non-uniform accessories allowed during practice or games.
- Uniforms must be cared for and remain in pristine condition.

8. Fees, Costs & Financials

- Tuition fees cover two hours of practice a week not events.
- Tuition fees are due monthly on the first date of the class.
- Tuition refunds are only issued if the program has not started.
- Uniform payment is due in full before uniforms are distributed.
- Uniform refunds are only issued if a participant withdraws before uniforms are ordered.
- Additional costs may include optional team photos, spirit wear, or end-of-season celebrations.

9. Fundraising & Volunteer Expectations

- Families may be asked to assist with program fundraising efforts.
- Volunteers are needed for snack schedules, game-day assistance, and special events.
- All volunteers working directly with children must complete a background check.

Cheer Program Guidelines & Seasonal Expectations

General Guidelines (Applicable to All Seasons)

- Participants must attend all scheduled practices and performances.
- Arrive on time and in proper attire.
- Show respect to all coaches, teammates, and officials.
- No bullying or inappropriate behavior.
- Follow the social media policy outlined in the general program agreement.
- Participants must wear the appropriate uniform or practice attire as detailed in the program agreement.
- Bring water and maintain proper hygiene and grooming.
- Notify the coach 24 hours in advance of any practice absences and 1 week in advance for events or performances.

Winter Season - Basketball Season November-February

- Duration: November - February
- Focus: Cheerleading at Lufkin Youth Basketball Games
 - Number of games per season: 4
- Christmas Parade (walking in the parade procession)
- Participants must be available for Saturday games.
- Emphasis on sideline cheer and court presence.

Spring Season-March-May

- Duration: March - May
- Focus: Performances at the following events:
 - Baseball Opening Day - March 21, 2026
 - Easter Eggstravaganza - March 28, 2026
- Perform at Lufkin Youth Soccer Games
 - Number of games: 2
- Performance at the Soccer Season Tournament - May 22, 202

Cheer Program Guidelines & Seasonal Expectations

Summer Season – June & July

- Focus: Skill Camps, and Team Building
- Emphasis on training, bonding, and developing leadership
- Optional Travel Opportunities for Exhibitions or Guest Appearances
- Team Try Outs
- Practice for Recital

Fall Season – August, September & October

- Duration: August-October
- Focus: Youth Soccer Games
 - Number of games: 2
- Performance at the Texas Forest Festival (Summer Season Required for Eligibility)
- Performance at the Soccer Season Tournament

Acknowledgment of Expectations and Season Outline

I acknowledge that I have read and understood the cheer program guidelines and expectations outlined for each season.

By signing below, I agree to adhere to the rules, requirements, and responsibilities as a participant in this program.

Participant Name: _____

Parent/Guardian Name: _____

Signature: _____

Date:

Uniform Overview

To ensure consistency, team unity, and preparedness for all performances, the following requirements apply to every athlete in the program:

Required for All Teams:

- Uniform Package – \$275
Includes: Bodysuit, Skirt, and Bow
 - This is a mandatory purchase for all cheerleaders.
 - The uniform design updates every three years.
- Practice Attire (One Required Option):
All cheerleaders must wear official team apparel to every practice. You may choose one of the following:
 - Practice Set – \$50 (Bra and Shorts)
 - Team T-Shirt – \$25
- Annual Requirements:
 - Each year, athletes must purchase:
 - A New Team Shirt
 - A New Cheer Bow

These items change annually and are part of the current season's team brand.

Optional Add-Ons:

- Team Jersey – \$50
- Team Tracksuit – \$100 (Includes pants and jacket)
- Team Jacket – \$50
- Team Backpack – \$50
- New Full Skirt – \$100 (Optional replacement or second skirt)

Additional Notes:

- Seasonal Items:
Additional items may be added throughout the year for special performances, city events, or themed routines. These will be communicated in advance.
- Lufkin Sweethearts (Show Team):
As our elite performance team, Dynasty may require extra outfits or performance-specific uniforms for:
 - Recitals
 - City showcases
 - Special appearances
 - End-of-season “Show Off” events

Cheer Team Descriptions

Twilight (Ages 4–6)

Twilight is our youngest recreational cheer team, designed to introduce 4 to 6-year-olds to the exciting world of cheerleading. This team focuses on the fundamentals of cheer, including:

- Basic motions and jumps
- Introductory chants and cheers
- Beginner tumbling and dance

Twilight is all about building confidence, coordination, and a love for performance in a fun, age-appropriate environment.

Eclipse (Ages 6–12 – Beginner Level)

Eclipse is our beginner-level cheer team for participants ages 6 to 12. This team is perfect for athletes who are new to cheer or still developing their foundational skills. Eclipse focuses on:

- Learning simple dances and sideline cheers
- Mastering beginner tumbling skills
- Gaining experience in local performances and community event.

This team helps cheerleaders grow in technique, rhythm, and teamwork.

Nova (Ages 6–12 – Advanced Recreational)

Nova is a more advanced team for athletes who have mastered beginner-level skills and are ready for a greater challenge. This team includes:

- More complex dance choreography
- Stronger emphasis on tumbling and stunting
- Increased performance opportunities

Nova cheerleaders push their abilities with higher expectations in execution, strength, and showmanship.

Lufkin Sweethearts (Show Team – City of Lufkin Performance Team)

The Lufkin Sweethearts Show Team is the elite performance and show team, representing the City of Lufkin at major community events and special appearances. This team is audition-based and requires:

- Tryouts and coach approval
- High levels of skill in stunting, tumbling, and performance
- A strong commitment to practice, attitude, and representation

The Lufkin Sweethearts are the leaders and ambassadors of our cheer program, showcasing the highest level of dedication and talent.

10. Coaches & Volunteer Guidelines

- All coaches must pass a background check and attend safety training.
- Coaches are responsible for supervising all participants until they are picked up.
- Coaches will hold a preseason meeting to introduce themselves and review expectations.
- Coaches will communicate regularly with parents through email or the team communication app.

