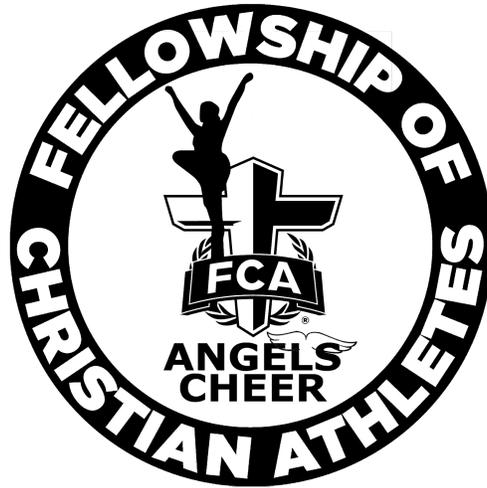


Welcome to FCA Cheer!



FCA Cheer is a competitive cheerleading program in the north county, coastal area of San Diego. FCA stands for the Fellowship of Christian Athletes and its purpose, at its absolute core, is to combine people's passion for sports with their passion for Christ, and teach them that these two worlds do not have to be separate. FCA wants to give meaning to the athletic nature with which all of us are born and use it for something that stretches beyond sports.

Reaching the heart of these athletes is the primary goal at FCA Cheer. Integrity, compassion, loyalty, teamwork and service are what we desire to teach them in a loving, Christ-centered environment. In addition to our regular practice, we have weekly ministry messages and each month we have an opportunity to come together for fellowship in a Team Huddle. The FCA Cheer Huddle Program is designed to bring together all of our athletes and provide the opportunity to be encouraged, equipped and empowered to use cheer to impact their world for Christ.

Commitment to our cheer program requires a commitment to FCA's core values of teamwork, excellence, integrity and service. We expect all of our athletes to have a desire to grow in each of these areas. At FCA, we provide the platform our athletes need to become all that God desires for them.

Statement of Faith

Every person involved with FCA Cheer, from our guest speakers to our student demonstrators, have a signed Statement of Faith on file and all of our coaches, directors and team parents are FCA-approved Ministry Leaders.

- We believe the Bible to be the inspired, the only infallible, authoritative Word of God. (2 Timothy 3:16-17)
- We believe there is only one God, eternally existent in three persons: Father, Son and Holy Spirit. (Matthew 28:19)
- We believe in the deity of Christ (John 1:1), in His virgin birth (Matthew 1:18, 25), in His sinless life (Hebrews 4:15), in His miracles, in His vicarious and atoning death through His shed blood (Hebrews 9:15-22), in His bodily resurrection (1 Corinthians 15:1-8), in His ascension to the right hand of the Father (Acts 1:9-11) and in His personal return in power and glory (Hebrews 9:27-28).
- We believe that for the salvation of lost and sinful men (women), regeneration by the Holy Spirit is absolutely essential. (John 3:16; John 5:24; Titus 3:3-7)
- We believe in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life. (John 14:15-26; John 16:5-16; Ephesians 1:13-14)
- We believe in the resurrection of both the saved and the lost, they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation. (Matthew 25:31-46; 1 Thessalonians 4:13-18)
- We believe in the spiritual unity of believers in our Lord Jesus Christ. (Philippians 2:1-4)

All coaches, directors, team parents, ministry partners and any person in a leadership role at FCA Cheer are required to apply and be approved as a ministry leader with the Fellowship of Christian Athletes. Our primary goal is to be a resource for our athletes and families for ministry purposes and to be aligned in our beliefs as stated above.

The Fellowship of Christian Athletes supports and oversees the ministry aspects of our program. For more information, please go to fca.org.

FCA Cheer Huddles

Team Huddles take place on the first practice of each month. Our speaker will focus on a different topic relevant to the athletes. Some examples of topics we cover are: self-esteem/body image, integrity, teamwork, purity, serving others, etc. Our guest speaker will make these messages age-appropriate, however, there will be times when we split the athletes into two or three groups to discuss more in-depth information.

Huddles are very important to attend and is a great bonding experience for the athletes. We feel that all families should make it a priority to make sure your child is attending the entire huddle.

Birthdays – We celebrate all of the birthdays that are taking place that month at our huddle. They will receive a goodie bag and get a special Birthday Song from their teammates. You are welcome to bring gluten free goodies to practice if your child's birthday falls on a practice day.

Huddles overlap practice times so your child may be asked to stay later on Huddle days. There may be additional activities offered following the Huddle at the facility throughout the year, like community service preparation, etc.

Prayer Box

We provide a prayer request box for all of our parents and athletes. If you would be interested in becoming a prayer partner, please contact Jamie Hand.

PCA Bible Study

PCA (Parents of Christian Athletes) Bible Study is on Tuesday mornings. We will have two 8-week studies per season. If you are interested in joining the PCA bible study contact Jamie Hand.

Community Service

Community service is a very important part of our program. We participate in many service events during the season. We expect the girls to participate in these events and if requested, community service hours will be awarded.

FCA Commitment to Competitive Teams

Competitive cheerleading is a team sport. It is vitally important for every family, especially those families new to the sport of competitive cheer, to realize that our routines are designed and coordinated around EVERY team member's presence. There is no second string in competitive cheer; all team members have a significant role on their team and their teammates rely on them..

A single athlete's absence has a negative impact on the entire team.

ATTENDANCE: All absences must be submitted to their coach two weeks prior and by 2PM the day of a last minute emergency. **You may not participate on any other athletic team during the cheer season.**

EXCUSED ABSENCES:

Contagious Illness

School Function that Affects Grade

Family Emergencies

Planned Vacations from June 2-July 14

UNEXCUSED ABSENCES:

Too tired

Too much homework

Too much traffic

Don't have a ride

Birthdays

Menstruation

ABSENCES: 3 unexcused absences will result in potential removal from the team. All absences will be documented in the parent portal. If your child is removed from the program for excessive absences, there are no refunds for any fees paid and you will still be responsible for full payment of camps, uniforms, and practice wear.

TARDIES: When an athlete is late for practice, they miss warm-ups and then have to spend time that they should be working on their routine warming up- then the coach has to stop what they are doing to help catch up the tardy athlete. It puts a lot of pressure on the coach and their teammates who now are unable to move forward with the routine

until the missing athlete has been brought up to speed. Tardies will be recorded in the parent portal.

BLACKOUT PRACTICES: These are the practices scheduled the week prior to each competition and showcase (and the TWO weeks prior to Nfinity/US Finals in May.) We understand that kids get sick or there are extenuating circumstances and absences happen. Please contact us immediately and we will do our best to work with you. However, we need to be able to have "whole team" practices before competitions. If your athlete misses a blackout practice, they may be pulled from the routine and the coach will rework the routine without them in it. This will only be for the competition and the coach will work the athlete back into the routine the following week.

If you have a religious conflict with a competition date, your child will still need to attend practice and tuition is still due! Tuition is not a monthly cost- we just split the cost for a season of cheer over 11 months to make it easier for you financially.

COMPETITION DATES: Please do not plan any other activity, travel plans, etc. on the day of competition. Times for warm up and performances are not set until the week prior to the competition. Not all of the dates have been set by the event producers. Some dates are estimated based on last year's date. If there are any changes to the dates, we will notify you immediately. We reserve the right to change any competition date and add/replace any competition with another.

2019 -2020 Preliminary Competition Dates (schedule may change)

11/2 Showcase - Tri City Christian

11/9 UCA - Anaheim

12/8 USA - Anaheim OR 12/14 Jamz Holiday

1/18 WCC- Glendale

2/1 FCC and/or 2/2 WCC

3/7 Cheersport - Ontario

4/5 or 4/6 American Showcase

5/2 NRG HYPE only

5/9 US Finals (if bid received) OR Nfinity Championships CREW only

TEAM PLACEMENTS

Team placements will be announced on June 2nd. Prior to an athlete being placed on a team, we evaluate not only their age and athletic ability, but, **attendance and dedication over the past seasons**. Please note that tumbling skills alone will not get an athlete placed on a higher level team. We also base our decisions on whether it is the right fit for the social and spiritual growth for your child. Please remember, this is a ministry first organization. The success of your athlete is not measured on their abilities, but by the content of their character. We are raising up these kids together in partnership with you. We spend a great amount of time in prayer to make sure that your children are going to get the most out of their experience at FCA Cheer. It is important that all parents trust that we will place the athletes accordingly.

CHOREOGRAPHY

We sometimes bring in outside choreographers and “cleaners” to come in and scrutinize our routines for possible routine violations and deductions. They work with the athletes count by count to sharpen and rearrange the choreography to make the routine look its best. This is often a time of distress for many athletes. Many times athletes are moved to the back of a routine just because of where they were coming from just prior. Sometimes, athletes are required to switch stunt groups or positions. Please make sure to encourage your child if they are feeling unimportant that this is a TEAM and every single person is important no matter where they are places on the mat. If they weren't important, we wouldn't stress attendance so much. Another note, our routines change constantly. Whether it's because we have an injured athlete, a missing athlete, or a rules change midseason, the choreography is always in flux.

COMPETITIONS

Sometimes we attend competitions where we don't have any other teams to compete against. In these situations we try and encourage them to “Hit Zero”. Hit Zero is a big deal in the cheer world. It means that the team did not receive any deductions in their performance. It does not mean they had a flawless, perfect performance, it just means they didn't have any tumbling touches or falls, or stunt bobbles or falls. They can come in last place and still Hit Zero. If the team hits zero at a comp, we usually have a little party for them.

FCA Communication Protocol

Communication between the coaches, staff, and families of FCA is the key to a successful season. Please familiarize your family with the following channels of communication utilized by FCA.

BAND: FCA uses BAND as its primary form of communication. You will need to download the BAND app from the app store or on your computer. You will be invited to two separate BANDS, one for the entire FCA Program and one for your team. When posting on BAND, **please ask yourself who the intended audience is.** Do not post to the entire program that your child will be a little late for cheer, send a private message or text your coach directly. If you have a question SPECIFIC to your team, then ask it on your team BAND page. Please do not reply with a heart or thumbs up to BAND posts. We try to keep the disruption of BAND messages very minimal.

CALENDAR: The programs main calendar is located on the Program BAND page only. Check BAND regularly for important information regarding the team schedules. We will not be using any other form of communication! No email or text messages will be used to communicate important FCA Cheer program information.

PHONE/TEXT/EMAIL: Your child's coach will provide their personal contact info to their team members and/or parents to be used for emergency communication only (eg last minute inability to attend practice, for an unexpected tardy, or to communicate an injury to a parent.) The coach will provide further detail directly to their team in this regard at the beginning of the year. It is the parents responsibility to make sure they have the coach's contact information, including phone number and email address.

Program Rules

It is always our intention to teach our athletes how to be loving, respectful and forgiving. We have developed a set of rules to protect our athletes and our coaches from abusive situations. **We, as coaches and directors have full authority to remove any child, at any time we feel our program is being compromised by their behavior, attitude or poor decision making skills.**

NO CELL PHONE ACCESS DURING PRACTICE! If you have an emergency, please contact your child's coach directly.

- NO GOSSIP about any other team. NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches and staff.
- NO BULLYING at any time! Bullying of any athlete, coach or staff member will result in immediate dismissal from the program.
- Anyone threatening to quit or to pull their child from a team may be dismissed from the program immediately.
- No taking classes or attending programs at other competitive cheer facilities.
- No profanity or abusive language on the FCA premises or in social media posts.
- Athletes must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST! On time means hair is up, shoes are on and tied!
- No color other than natural colored hair is allowed.
- FCA Cheer practice clothing must be worn to every practice. FCA Cheer practice clothing is available for purchase all season. If your child shows up to practice without the required attire, they will be asked to sit out.
- Never post any negative comment about FCA or any other cheerleading program or individual online! Violation of this rule may result in immediate dismissal from the program.
- Any profanity, abusive language or acts of bullying found on athlete's social media pages may result in dismissal from the program.
- Any child that has been suspended/ expelled from school will be immediately dismissed from the team.
- Any child that is under the influence of drugs or alcohol will not be allowed to participate in any FCA practices or events and may be dismissed from the team.
- There will be no arguing with or questioning the coaching staff about their decisions at practice or competitions.
- FCA cheerleaders and their family members and friends are to show good sportsmanship at all times.

FCA Dress Code

Practice Wear: All athletes must wear FCA approved practice wear. Any practice wear purchased from past seasons may be worn. There will be occasions when we ask all of the athletes to wear all navy practice wear, white shoes and bow provided at beginning of season. Cheer bow and white cheer shoes must always be worn.

Under NO circumstances are the girls to wear only a sports bra when entering or leaving the cheer facility, they must put a shirt or jacket on over the sports bra.

Jewelry: No jewelry is allowed except for medical bracelets. No earrings are allowed. Please do not allow fresh piercings during the cheer season. We will not allow earrings to be taped over.

Nails: Nails must not be longer than the tips of the fingers. No artificial nails of any length.

Hair: Must be worn in a high ponytail with cheer bow to every practice. Your child will be considered tardy if practice starts and hair is not up. Rubberbands will be available for purchase for \$5 each. If hair is died an unnatural color, it must be dyed back to original color for competitions.

Deodorant: ALL CHILDREN should wear deodorant. If we have to ask a child to put on deodorant, it will be humiliating for them and hard for us. Don't second guess whether you think your child smells yet, they do... trust us!

FCA Conflict Resolution

STEPS TO RESOLVE CONFLICT Occasionally, during the course of the season, misunderstandings or problems may arise between the coach and an athlete, coach and parent, parent and the gym, or any one of several possible areas. This is often the result of a lack of communication between those involved. Also, due to our human nature, we may at times offend each other, resulting in misunderstandings or disagreements. In Matthew 18:15-17, Jesus gives His formula for solving person-to-person problems.

“If your brother sins against you go and show him his fault, just between the two of you. If he listens to you, you have won your brother over, but if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church, and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.” - Matthew 18:15-17

1. Again, if you would like to contact a coach, please contact them via text or email. NO coaches will be pulled off the floor during gym hours, unless it is a TRUE emergency. Please email them and they will contact you at their earliest convenience.
2. All questions, problems or complaints should be brought promptly to the involved coach, staff member, or FCA parent directly, via email, before anyone else is contacted.
3. If the situation is not cleared up at this level through direct contact, it should then be brought to the Head Coach of that team or Team Parent, depending on the situation, via email.
4. From there, if it is not resolved, the matter may be taken up with the FCA Director, Tami White tami@fcacheersd.com
5. Disagreements between athletes are handled with this same protocol. They are instructed to first attempt conflict resolution directly with the other athlete before approaching a parent, team parent, or coach. This is an extremely important life skill we want them to learn.

FCA Protocol for Injuries

Hundreds of athletes sustain acute injuries everyday while participating in sports. An acute sports injury is one in which there is a specific mechanism of injury (hit by something, plant and twist, collision with another athlete, falls) and an immediate onset of symptoms including swelling, pain, bleeding, and possible deformity.

A number of types of sports injuries can be considered acute including:

- Sprains (injury to ligaments)
- Strains (injury to muscles)
- Contusions (bruise)
- Subluxation (partial dislocation that reduces itself)
- Dislocation
- Fractures

In the event of an injury, the coach shall contact the athletes parent immediately by text and/or phone call and fill out an injury report that will be signed by the athlete and sent home for the parent's review. The coach will provide minor medical care for injuries, including, icing and bandaging if necessary. We will also provide ibuprofen or Tylenol at the parent's directive.

If there are signs or symptoms of a serious injury (deformity, severe swelling and/or pain), emergency first aid should be provided while keeping the athlete calm and still until emergency service personnel arrive on scene.

Concussions:

All of our coaches have been trained through the CDC Heads Up Concussion initiative in youth sports and by NFHS. We are trained in preventing, recognizing, and responding to a concussion.

A concussion is a type of [brain injury](#). It involves a short loss of normal brain function. It happens when a hit to the [head](#) or body causes your head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in your brain. Sometimes it can also stretch and damage your brain cells.

Sometimes people call a concussion a "mild" brain injury. It is important to understand that while concussions may not be life-threatening, they can still be serious.

Concussions are a common type of [sports injury](#). Other causes of concussions include blows to the head, bumping your head when you fall, being violently shaken, and car accidents.

Symptoms of a concussion may not start right away; they may start days or weeks after the injury. Symptoms may include a headache or neck pain. You may also have nausea, ringing in your ears, dizziness, or tiredness. You may feel dazed or not your normal self for several days or weeks after the injury. Consult your health care professional if any of your symptoms get worse, or if you have more serious symptoms such as

- Convulsions or seizures
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Confusion
- Slurred speech
- Loss of consciousness

To diagnose a concussion, your health care provider will do a physical exam and will ask about your injury. You will most likely have a neurological exam, which checks your vision, balance, coordination, and reflexes. Your health care provider may also evaluate your memory and thinking. In some cases, you may also have a scan of the brain, such as a [CT scan](#) or an [MRI](#). A scan can check for bleeding or inflammation in the brain, as well as skull fractures.

Most people recover fully after a concussion, but it can take some time. Rest is very important after a concussion because it helps the brain to heal. In the very beginning, you may need to limit physical activities or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games. Doing these may cause concussion symptoms (such as headache or tiredness) to come back or get worse.

Should your child sustain a concussion or any injury requiring medical care at any time during the season, they must be cleared by a medical doctor to be able to return to cheer.

2019-2020 Program Fees Competitive Cheer

All estimates are based on the 2018-2019 season and are subject to change. We have fundraising opportunities available.

Full Season (July-May) 11-Months

Registration/Choreography/Music \$150

Monthly Team Tuition* Includes team tumbling class. Additional classes, \$25.

1 hour/wk \$85

2 hours/wk \$100

3 hours/wk \$150

4 hours/wk \$175

Practice Wear \$150 (2 shorts, 2 tops, backpack, bow, FCA program T-shirt) - white practice shoes must be purchased separately

Uniform \$170 (Uniform, Comp Bow) - white competition shoes must be purchased separately

Competition Fees**

\$500 (\$450 for ages 6-8)

Camps

July 8-12: Conditioning camp, 9:30- 12, Moonlight Beach with Coach Derek

July 15-17: WWC Choreography Camp, ages 9+, 9-4 House of Air

July 28 - 30: Away camp, ages 9+ Westin, Rancho Mirage COST \$200

August 2-3 FCC, ages 6-8, Tri City Christian, COST \$100

* Tuition is due on the 25th of each month for the following month, credit cards and bank drafts are accepted. Tuition will be automatically debited from your account on file. Failed payments will incur additional \$25 fee. Please make sure you keep your credit card updated in the parent portal.

Please Note: Tuition is NOT a monthly fee- we just split the cost for a season of cheer over 11 months to make it easier for you financially. You are welcome to pay for the entire season up front, or split it up in any way that works for your family. Some months will have more practices than others. There are no discounts for months with breaks. There are no pro rations for cancelled practices and we will not charge you for extra practices. Tuition is applied to extra choreography fees, summer camp coaching costs, competition day coaches fees, extracurricular costs, music, and miscellaneous team expenses not otherwise charged.

**Competition fees do not include travel, accommodations, parking or spectator entrance fees.

FEE SCHEDULE

June 1, 2019- Evaluation Day

\$150 Registration Fee

\$150 Practice Wear (Waived for returning athletes): Includes 2 shorts/capri's, 2 tops, Program T-shirt, Bow, Backpack

50% Camp Deposit

\$170 Uniform Fee (Waived for returning athletes): Includes Uniform, Comp Bow

June 25, 2019

July tuition due (due each month on the 25th for 11 months)

50% Camp Balance due

Sept 25, 2019

\$250 Comp Fees

\$225 8U Comp Fees

Jan 25, 2020

\$250 Comp Fees

\$225 8U Comp Fees

If your child chooses to crossover to compete on another team, crossover competition fees will apply.

Refunds

If your child drops from the program for ANY reason, there are NO refunds for any amount already paid! If your family is asked to leave the program for ANY reason, there are NO refunds for any amount already paid! There are NO refunds for cheer gear you purchased, although we will do what we can to buy back your uniform. There are NO refunds for tuition already paid. There are NO refunds for comp fees already paid. There are NO refunds of camp deposits. There are NO refunds for registration fees. If your child drops before the 15th of the month, you will not be billed the following month. This money gets paid out at the beginning of the season and we cannot get it back for you.

First Day of practice is July 8th, 2019!

Last Day of practice is May 22, 2020!

Summer Schedule

We understand the value of spending some time off with family over summer break, however, it is very important that the athletes attend our home camp and/or our away camp. Our conditioning camp and home camp is included in July tuition. Our overnight camp is for ages 9 and up.

July 8-12

Beach Conditioning Camp: 9:30-12 Moonlight Beach Encinitas

July 15-17: 9-4 pm

Choreography Home camp

July 28-30:

Overnight Camp - Westin, Rancho Mirage (**Required for all CREW athletes unless special circumstances prevent attendance**) Families who have younger children that may not be comfortable staying the night can make arrangements to either have parent stay in the Hotel with the athlete or offsite.

July 29: Regular season practice begins- Absence policy starts

Full calendars with competition dates will be available May 27th.