



BeFit Cheer Squad 2020

January 13 - March 21

PARENT PACKET

Welcome to City of Costa Mesa's BeFit Cheer Squad! This packet contains general information, along with rules, regulations, and policies.



Important Information:

- ♦ Your assigned coach will be contacting you the week of December 16th, prior to Winter Recess, to introduce themselves.
- ♦ Practices will be held twice a week.
 - ♦ C Division (1st - 2nd grade)
 - ♦ B Division (3rd - 4th grade)
 - ♦ A Division (5th - 8th grade)
- ♦ Performances to cheer for basketball will be on Saturdays between the hours of 8:00am-5:00pm at the following locations:
 - ♦ The Downtown Recreation Center - DRC (1860 Anaheim Avenue)
 - ♦ TeWinkle Middle School -TMSG (3224 California Street)



For more information,
please call (714) 754-5084

Important Dates:

Week of January 13th

Practices Begin/Receive
Performance Schedule

Saturday, February 1st

1st Performance

Saturday, February 8th

2nd Performance

Saturday, February 15th

3rd Performance

February 17-21st

Presidents' Recess/No Practice

Saturday, February 22nd

4th Performance

Saturday, February 29th

5th Performance

Saturday, March 7th

6th Performance

Saturday, March 14th

7th Performance

Saturday, March 21st

8th Performance

End of Season

****The date for Picture Day is to be determined.****

General Rules

- ◆ Exhibit good sportsmanship, teamwork, and cooperation at all times.
- ◆ Show respect towards all staff, peers, equipment, and follow all directions.
- ◆ Be responsible for all personal belongings. The Youth Sports Program is not responsible for anything that is missing or damaged.
- ◆ Follow the **HFO Rules**- Keep your **Hands**, **Feet**, and other **Objects** to yourself at all times.
- ◆ No rude behavior, foul language, spitting, biting, harassment, bullying or fighting of any kind will be tolerated. These actions may result in an automatic suspension or expulsion, depending on the severity.
- ◆ Illegal or inappropriate material will result in a suspension or expulsion.

Disciplinary Procedures

Failure to comply with the Youth Sports Program rules will result in disciplinary action. The level of disciplinary action is at the discretion of the Youth Sports Director. Please note, disciplinary action may result in an **automatic** suspension or expulsion, depending on the severity of the infraction regardless if the participant has had a verbal warning and/or a written disciplinary action form.

The Following is the Youth Sports Program's Disciplinary Process:

Verbal Warning - If a participant displays inappropriate behavior, a staff will give the participant a verbal warning. Staff will review the rule(s) broken and inform the participant that future inappropriate behavior will result in a consequence.

Second Occurrence - Will result in a consequence. This can include: time-out, removal from the activity, parent notification, etc.

Written Disciplinary Action Form - After one verbal warning and a consequence, or if the original infraction is severe enough, the participant will receive a written Disciplinary Action Form. Parents/Guardians will be contacted and informed of the written disciplinary action. The participant will be sent home for the remainder of the practice or game.

Suspension/Expulsion- A **second** written Disciplinary Action Form will result in a suspension for a specified amount of time or possible expulsion from the program depending on the infraction. Parents/Guardians will be informed of the suspension/expulsion and the participant will be sent home for the remainder of the practice or game or season. A letter will be sent to the parent/guardian by the staff to inform them of the suspension/expulsions.

Expulsion - A **third** written Disciplinary Action Form will result in an expulsion from the program for the remainder of the season. The participant may return back to the program the following season. Parents/Guardians will be contacted, informed of the expulsion, and the participant will be sent home.

Parent Code of Conduct

The Costa Mesa Parks and Community Services Youth Sports Program seeks to instill positive character-building traits in our communities' youth through the demonstration of good sportsmanship, respect for others, responsibility, fairness, caring, and good citizenship. We ask that parents and their guests attending games and practices will help us by reflecting these character traits.

When attending Youth Sports Events, I agree:

1. I will be responsible for my behavior as well as for the behavior of those who attend the game and/or practices as my guest.
2. I hereby pledge to provide positive support, care, and encouragement for my child participant in youth sports by following this Parent's Code of Conduct.
3. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports events.
4. I will place the emotional and physical well-being of my child ahead of the personal desire to win.
5. I will be in control of my emotions.
6. I will remain in the spectator area during games and practices.
7. I will support the coaches and the officials working with my child, in order to encourage a positive and enjoyable experience for all.
8. I will not advise the coach on how to do their job.
9. I will remember that the game is for our youth—not the adults- and that participation in youth sports is a privilege and not a right.
10. I will show respect for all of the participants at all times.
11. I will not instruct my child to harm any other participants.
12. I will not coach my child during the game or practices.
13. I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
14. I will not make insulting comment to players, parents, officials, or coaches of either team.
15. I will thank coaches, officials, and other volunteers who have conducted the event.
16. I will remember, coaches coach, players play, and fans cheer.

Behavior Guidelines for Players

1. Abide by the official's calls, whether you agree with it or not. If you do not agree with a call, talk to your coach, and have them handle the situation when appropriate.
2. Do not abuse sports equipment/facilities or exhibit other forceful action. Treat all sports equipment and facilities with respect at all times.
3. Exhibit good sportsmanship, teamwork, and cooperation at all times.
4. Treat officials, coaches, teammates, opponents, and spectators with respect at all times.
5. Do not use overly aggressive tactics in a game against any opposing player that is unnecessary and may cause an injury.
6. Do not use inappropriate language, profanity or inappropriate gestures.
7. If you are experiencing any problems with the program, talk to your coach/parents so we can do everything possible to make your experience more enjoyable.
8. Always shake hands with every member of the opposing team after a game (win or lose).
9. Remember, you are here to have fun!
10. I understand that I can be removed from the Youth Sports Program if my behavior is disruptive and detrimental to myself, the team, or others involved in the program.

