

Welcome to Upward Cheerleading!

In Upward Cheerleading, ***Every Child Is A Winner.***

This season, you will participate in a league that will redefine the word *winner*.

Today's sports culture has created a "win at all cost" mentality. However, in Upward, success is not based on wins and losses. Coaches are trained that success is determined by how they convey salvation, character, and self-esteem to each child. Upward defines winning as ***learning and/or teaching lessons in the game of life.***

Be a Winning Parent!

As a parent, you play a very important role in building the self-esteem and character of your child and every child in this league. Cheerleaders look to their parents and coaches as models for sportsmanship, respect for authority, and positive attitudes. Through your positive participation in this league, you can provide a lasting effect in these children that will live well beyond the end of the season.

What you can do to ensure a meaningful experience for your child:

- Make sure your child arrives on time to practices and games.
- After each practice, ask your child about the practice devotion and Scripture that was shared.
- Look for positive actions during practices and games that you can praise your child for.
- During practices and games, support the coach by allowing him or her to give any instruction or feedback to the squad. Directions from multiple sources can cause confusion to the cheerleaders.
- Cheer for both teams and all cheerleading squads. This helps create an environment in which every child is supported.
- Support the volunteer referee with positive comments only. They are giving their time to the children of this league.
- After the game, join your child's squad and cheer for each cheerleader as stars are distributed.



**FLAG FOOTBALL CHEERLEADING
PARENT ORIENTATION FLYER**



Practices

- You will be contacted in the coming weeks with information about your child's coach and practice night.
- There will be a one-hour practice per week.
- Your child's cheer items will be distributed by the coach at one of the first practices.
- During each practice, a coach will deliver a short devotion to the cheerleaders.
- Children will have the opportunity to learn Scripture verses together, and will be rewarded for their participation.

Games

- Every squad will cheer for one game a week. Each game lasts about one hour.
- Following each game, squads and parents gather together as each cheerleader is awarded a star. Cheer for each child as stars are distributed.
 - › The blue star represents *Effort*
 - › The gold star represents *Spirit*
 - › The gray star represents *Cheers*
 - › The red star represents *Leadership*
 - › The white star represents *Christlikeness*

Upward Cheerleading Format

- Before every game, the referee will lead both football teams and cheerleading squads in prayer at midfield.
- All cheers learned will be used to encourage both teams that are playing. No negative cheers are permitted. Squads will refrain from using such terms such as beat, kill, fight, defeat, etc.
- No squad will have a specific team that it cheers for every Saturday. Cheers will encourage all players ("Go, Upward!" "Touchdown!" "Go, Purple and White!" etc).
- All cheerleading squads will wear identical uniforms.
- Squad divisions are determined by age. In most cases like age groups will be cheering together.
- Cheerleaders will perform on the field during substitutions and at halftime.
- Cheers and chants will be done on the sideline during the game.

