



# Sertoma Cheerleading - 2010

Dear Prospective Coach,

Attached is a coach application form. If you are interested in becoming/returning as a coach for the 2010 season, **you must fill out the application completely and complete the background check for coaches that are over the age of 18 or it will be denied.** Return the completed form by mail to the address listed below. All information will be confidential. Please keep in mind the fact that you were a coach in the past does not guarantee you will have a team again. All coaches must complete training before acceptance.

**This application must be returned asap if you want to return to the same team or we will assume you are not coming back and your team will be considered open.** All applicants will be contacted via mail, e-mail concerning the decision made by the Sertoma Cheerleading Committee. If you have any questions or concerns, feel free to contact us.

We are very excited about the upcoming 2010 year. We appreciate all the hard work and dedication that the Team Manager, Assistants, and Coaches have given in the past. Without this type of support, our program would not have grown and been nearly as successful.

We hope this year will be as rewarding and fun as the past years have been. After all, it is the cheerleading objective to teach the art of cheerleading and develop good sportsmanship, responsibility and dependability as well as instilling self-confidence.

Sincerely,

Sertoma Club of Summerville  
PO Box 2461  
Summerville, SC 29484  
(843) 821-9708  
[www.summervillesertoma.org](http://www.summervillesertoma.org)

### **TINA R. BLACK CHEER SCHOLARSHIPS:**

Sertoma awards two college scholarships for high school seniors that have cheered/coached for the Sertoma Cheerleading Program for at least 3 years. Forms will be available in their school guidance office. If you cannot find forms, please contact the Sertoma Club of Summerville.



# Coach Application Sertoma Cheerleading - 2010

Name: \_\_\_\_\_ Parent Name (If under 18): \_\_\_\_\_

Current Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ School \_\_\_\_\_

Previous Address: \_\_\_\_\_

(if at current less than 3 years)

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_ Driver's License #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

(This information is for background check and **must** be supplied)

Date of Birth: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

**General Information:** League applying for:

A – League (5, 6 & 7)

B – League (8, 9 & 10)

C – League (11 to 15)

Number of years as a Cheerleader: \_\_\_\_\_ Number of years as a Coach: \_\_\_\_\_

Please list the names of other teams or organizations you have worked with and the number of years:

Team Name: \_\_\_\_\_ Years: \_\_\_\_\_

Team Name: \_\_\_\_\_ Years: \_\_\_\_\_

## **References**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Thank you for applying. We will contact you as soon as we have the results of your application.  
**You must fill out the application completely and complete the attached background check if you are 18 years of age or older or it will be denied.**



# Sertoma Cheerleading - 2010

**Team Preference:** Team Names may change\* Please list first, second and third choices. This is the current Team Structure – Please note this is subject to change depending on the football program.

League	Team Name
A, B, C	Cowboys
A, B	Falcons
A, B, C	Jaguars
A, B, C	Packers
A, B	Panthers
A, B,	Redskins
A, B, C	Steelers
A, B	Vikings
A, B, C	Giants
A,	Buccaneers
A, C	Raiders
A, B	Jets

## Dates to Know

\*\*\* These are tentative dates and may change \*\*\*

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Event</i>
June 17 <sup>th</sup>	6pm – 8pm	Gahagan Field	Cheer Registration
June 26 <sup>th</sup>	9am – 12noon	Gahagan Field	Cheer Registration
July 12 <sup>th</sup>	6pm – 8pm	Gahagan Field	Cheer Registration
July 13 <sup>th</sup>	6pm – 8pm	Gahagan Field	Cheer Registration
July 14 <sup>th</sup>	6pm – 8pm	Gahagan Field	Cheer Registration
July 15 <sup>th</sup>	6pm – 8pm	Gahagan Field	Cheer Registration
July 26 <sup>th</sup>	6pm – 8pm	Woodland High School	Cheer Registration
July 27 <sup>th</sup>	6pm – 8pm	Woodland High School	Cheer Registration
July 28 <sup>th</sup>	6pm – 8pm	Woodland High School	Cheer Registration
July 31 <sup>th</sup>	9am – 12noon	Doty Field	Cheer Registration & Fitting Day
<i>Any Fundraiser's must be tured in by July 31<sup>st</sup>.</i>			
August 7 <sup>th</sup>	9am – 12noon	Doty Field	Final Cheer Registration & Fitting Day
<i>All uniforms must be paid in full by August 7<sup>th</sup>.</i>			
<i>Anyone not fitted by the last fitting date will not receive a uniform, no other make up days will be offered.</i>			
Week of August 16 <sup>th</sup>		TBD	Cheer Practice Begins
September 11 <sup>th</sup>	TBD	Gahagan Field	Jamboree
October 2 <sup>nd</sup>	8am – until ?	Azalea Park (Gazebo)	Cheerleader Picture Day



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## BACKGROUND CHECK INSTRUCTION

The Sertoma Club of Summerville is proud to announce a working partnerships with National Cancer for Safety Initiatives and USA Football through which we will Engage in a comprehensive background screening program.

This new confidential safety program uses the Nationally recognized National Center for Safety Initiatives. This program includes a comprehensive Background screening using the Center's Check It Twice product and a Simple "Red Light /Green Light" clearance report issued in accordance with the Recommended Guidelines published by the National Council of Youth Sports. This is part of a national movement towards the standardization of safety programs for youth-serving organization in this country.

Summerville Sertoma Club has worked with National Center for Safety Initiatives to ensure that this process is convenient, secure and confidential.

Complete these simple steps:

- Step 1: Go to: <http://www.ncsisafe.com> and click on "Background Check Self Registration" on the left side of the web page
- Step 2: Enter Self Registration Number: 12989990
- Step 3: Enter your information as required
- Step 4: Provide Legal Authorization and Certification
- Step 5: Provide Payment Information (Visa / MasterCard)

"Red Light / Green Light" Results will be sent to Sertoma Club of Summerville. National Center for Safety Initiatives will contact you directly of there are any Questions, problems or issues related to your specific information.

***THE CHECK CAN TAKE UP TO 14 DAYS SO DO NOT DELAY.***

It is important when entering your name, you use your full legal name as written on your birth certificate or driver's license. Please also verify that your social security number was typed correctly. Using nicknames or failing to type a correct social security number may delay or invalidate your background check. Through a grant from USA Football we are able to offer this program at a reduced rate of \$16.00.

If you have any questions or problems submitting your information, please call The National Center for Safety Initiatives at (866) 833-7100 x 109.

Thank you for your continued participation and your cooperation in this Important process. We are excited to offer world-class programs, working with World class people!



# Sertoma Cheerleading - 2010

## Coach Rules and Regulations

Coaches will not be able to coach and cheer on a team.

Only two coaches per team are allowed. Coaches can only coach for *one* team during the season.

Coaches represent the Sertoma Club of Summerville, serve as role models to our cheerleaders and play a major supporting role to the Team Moms. Therefore, Coaches are expected to conduct themselves accordingly during all team activities.

Coaches must be at least 15 years of age as of September 1. The Cheer Committee, regardless of age, must approve all Coaches annually.

No alcoholic beverages, smoking, drugs, profanity or verbal abuse will be tolerated at any time.

Good sportsmanship is required at all times. Disrespect towards cheerleaders, parents, Team Moms, or any other teams will not be allowed.

Never accept money, as it is required to be receipted by the Team Manager or a member of the Cheer Committee of the Sertoma Club of Summerville.

No boyfriends/girlfriends are allowed around the team during team activities.

Any first aid required should be directed to and handled by the Team Manager or Assistant Team Manager

There should be no yelling at or disciplining of the team. The Team Manager should handle any disciplinary action.

Since tardiness and absences may be disruptive to the entire team, Coaches are required to plan their availability for team activities with the Team Mom and notify her in advance when not available.

If a cheerleader or coach under the age of 18 becomes pregnant during the cheer season, they will automatically be removed from the team. If a cheerleader is suspended from school he/she will also be suspended from the cheerleading activities for the duration of the suspension with no refunds of any money paid.

If a coach quits or is removed from a team they will not be allowed to coach for another team for that season.

If a problem occurs and you feel that you can not talk to the Team Manager, please call your League Commissioner so it can be handled ASAP, not at the end of the season.

No tank tops with spaghetti straps or sports bras are to be worn during any cheerleading event by cheerleaders, coaches or team moms (i.e.: practice, games, etc.). Only tennis shoes/sneakers with socks are to be worn by cheerleaders during any cheerleading event (i.e.: practice, games, etc.). Chewing Gum is not allowed at practice, games or competitions.

**\*\*Team Manager means Team Managers or Assistant Team Managers\*\***

**SAFETY RULES: These are samples. Please follow the National Rules and Regulations**

All pyramids and partner stunts are limited to two persons high. Two high is defined as the base (bottom person) having at least one foot on the ground.

Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered part of the squad.

Pyramids and partner stunts utilizing a person (not standing on the ground) as a balance or brace must not be in position of support in a majority of the top person's weight. The top person must have their leg bent or be in a heel stretch position.

Vaults over, under, or through partner stunts or pyramids are prohibited.

Basket tosses or any type of toss must be performed from the ground level and must be dismounted to a cradle position by the original two bases plus an additional spotter (scoop in back). You may not jump, flip, or diver over, under, or through partner stunts or pyramids or over or under individuals from basket tosses or other tosses from hands.

Cradle dismounts from double-based partner stunts or any pyramids over shoulder stand level must use three catchers (either the bases and spotter or three spotters). Cradle dismounts from single based partner stunts over shoulder stand level must use two catchers (the base and the spotters, or two spotters).

Suspended rolls (where the person flipping is continually holding the base's hands) are allowed as long as the base or bases have their feet on the ground.

Helicopter tosses are prohibited.

Dive rolls are prohibited (A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground).

Single based split catches are prohibited.

Triple full twists are prohibited.

Knee drops, front, back, or side tension rolls are prohibited.

A forward three quarter flip to the seat is prohibited.

A forward roll or swan dive from any type of toss, partner stunt, or pyramid is prohibited.

Toe pitch flips are prohibited.

The use of mini-tramps, springboards, or any other height increasing apparatus is prohibited.

You may not tumble over, under, or through partner stunts, or individuals.

Please refer to ACCA rules for more detailed safety guidelines.