

Livonia Junior Athletic League (LJAL) Cheer

Operation

- The LJAL Football and Cheer program is divided into **four Units** based on boundaries outlined at www.ljal.com:
 - Blue Jays
 - Eagles
 - Falcons
 - Orioles
- The **Cheer program** is organized and overseen by **Cheer Directors**. The number of Cheer Directors per unit is determined by the needs of each Unit.

Cheerleader Expectations

- **Respect:** Cheerleaders must be respectful to each other, Junior Coaches, Coaches, Cheer Directors, and Football Directors.
- **Game Attendance:** Cheerleaders are required to cheer at all games, including sideline cheers and halftime routines.
- **Practice Attendance:**
 - Attendance at every practice is expected. Cheerleading is a commitment that requires consistent participation for team success.
 - If absences, late arrivals, or early departures become frequent, a meeting will be held with Parents, Cheer Coaches, and Cheer Directors.
 - Continued attendance issues may result in the **Cheer Directors** deciding on participation for the next game day's halftime routine.
- **Community Support:** Cheerleaders are encouraged to participate in community service activities, as schedules allow.
- **Have Fun!**

Volunteer Requirements

- **Mandatory Participation:** LJAL is a volunteer organization. All families are required to fulfill volunteer duties within their Unit each season to maintain veteran status.
- **Volunteer Roles:** May include concession stand operations, field set-up/break down, clean-up, 50/50 raffle sales, and other duties as determined by each Unit.
- **Raffle Fundraiser:** Participation in a mandatory raffle fundraiser within each Unit is required. Ticket sale requirements vary by Unit.

Uniform

- **Provided Items:** Each cheerleader will receive a cheer skirt and shell for the season.
 - Items must be returned **clean and in good condition** at season's end.
 - If items are **not returned or damaged**, families will be billed for the total cost of the uniform.

Cheer Camp Pack

- **Mandatory Fee:** A **cheer camp pack fee** is due at the start of each season, in addition to the LJAL registration fee. This fee covers items that are sized for each cheerleader and kept throughout the season.
- **Included Items:**
 - Bow

- o Crop/Body Suit
 - o Briefs
 - o Cheer Shoes
 - o Event T-Shirt
 - o Cold Weather Item (e.g., sweatshirt or jacket)
- **Additional Items:** Units may provide additional items at their discretion.

Cheerfest

- **Eligibility and Participation:**
 - o All cheerleaders enrolled in the LJAL Cheer Program are eligible for Cheerfest.
 - o Participation is **optional**.
- **Purpose:** Cheerfest offers cheerleaders a chance to experience cheer and pom at a competitive level.
- **Row Assignments:** Determined by knowledge of the routine and overall performance as evaluated by the Cheer Coaches and/or Cheer Directors.
- **Practice Attendance:**
 - o Attendance at Cheerfest practices is **mandatory**.
 - o Missing more than **three (3)** practices will result in removal from Cheerfest.
 - o Individual Units may have additional attendance policies.

Rules

- **Compliance Requirements:**
 - o Follow **Official SMYFA Cheerleading and Cheerfest Rules** (available at www.smyfa.com).
 - o Adhere to the **LJAL Football & Cheer Codes of Conduct**.
 - o Comply with the **LJAL Social Media Policy**.

High School Camps (If offered)

- **Voluntary Participation:** Open to all cheerleaders.
- **Purpose:** Focus on fundamentals such as cheers, stunting, and formations.
- **Restrictions:** Routines taught at camps are **not** eligible for use in Cheerfest competitions.
- **Facilitators:** Camps are conducted by high school staff/students. LJAL adult coaches may assist if needed.

Coach Expectations

- **Practice and Routine Guidelines:**
 - o Follow approved practice plans and guidelines.
 - o Teach fundamentals and routines, including:
 - Traditional unit cheers
 - Current season unit cheers
 - Family Day/Homecoming routine
 - Cheerfest pom routine
 - Cheerfest cheer routine
- **Music Selection:**
 - o Music for Cheerfest requires **Cheer Director approval** before routine creation.

- Music must be **age appropriate**. Changes may be required if deemed inappropriate.
- **Certification and Training:**
 - Attend Coaches Clinics.
 - Complete required online cheer coach certifications.
- **Communication:** Notify Cheer Directors of any absence from practices or games.

Junior Coach Expectations

- **Selection and Approval:** Cheer Directors select and approve Junior Coaches and determine their involvement level.
- **Participation Rules:**
 - Junior Coaches are allowed at each level, with numbers determined by each Unit's needs.
 - Guidelines for attendance, dress codes, cell phone use, and code of conduct are provided by each Unit.
- **Responsibilities:**
 - Assist in teaching skills to cheerleaders.
 - **No disciplinary authority** over cheerleaders.
- **Role Model:** Junior Coaches serve as role models and are encouraged to enjoy their experience while positively influencing younger cheerleaders.