

South Portland Fire Cheering (SPFC)

Parent & Athlete Handbook

Welcome and Mission

South Portland Fire Cheering (SPFC) is a non-profit organization dedicated to teaching the fundamentals of cheerleading, developing strong athletes, and building character. Our mission is to:

- Encourage physical and mental growth in young athletes.
- Build confidence, sportsmanship, and good citizenship.
- Prepare athletes for higher levels of cheerleading, including the South Portland High School program.
- Provide a safe, positive, and supportive environment for all participants.

Communication

- Weekly Team Updates - Families will receive a weekly email from the Head Coach with practice reminders, updates, and upcoming events. Emails will be sent consistently each week so you know when you expect them.
- Contact Information - Parents are expected to notify the Head Coach of any changes to email or phone number. Important updates (such as cancellations, weather changes, or emergencies) will be sent by email and/or Band.
- Questions and Concerns - For routine questions, please contact your athletes coach. For larger concerns, reach out to the program Directors.

Attendance and Commitment

- Practices, Competitions and Performances: Athletes are expected to attend all scheduled practices, competitions and performances. Absences affect the whole team's progress.
- Illness or Injury: Notify your coach as soon as possible if your athletes cannot participate.

Athlete Expectations

- Arrive on time and ready to participate - hair up, jewelry removed, proper shoes/clothing).
- Demonstrate good sportsmanship at all times.

- Support teammates and respect coaches, staff, and officials.
- No use of inappropriate language, bullying, or negative behavior.
- Phones should be put away during practice.

Parent Expectations

- Support all athletes, not just your own.
- Cheer positively and avoid negative comments towards athletes, coaches, or officials.
- Ensure your athlete attends practices and events consistently.
- Respect team decisions and coaching staff authority.
- Address concerns privately with coaches/directors, not during practices or competitions.
- Be available for our Mandatory Volunteering day for the Fire Invitational.

Safety and Injury Procedures

- Athlete safety is our top priority.
- If an injury occurs at practice and the athlete does not return to activity, an incident report will be completed.
- Coaches are required to follow up with parents the next day to check on the athlete.
- If medical care is sought, documentation may be required before the athlete returns to participation.

Emergency Contacts

- Parents must provide accurate emergency contact information and update it as needed.
- Coaches will have access to this information at every practice and event.

Transportation Policy

- Athletes should not be transported alone in a coach's personal vehicle.
- In the rare case a coach must provide a ride, there must be at least one other athlete present.
- Families are encouraged to coordinate carpools with each other whenever possible.
- If your family needs assistance with transportation, please let your coach know as soon as possible.

Program Policies

- Zero Tolerance for Bullying or Harassment - Any behavior that undermines the safety or well-being of an athlete or coach will not be tolerated.
- Conflict of Interest - SPFC coaches may work with other programs but must disclose potential conflicts to directors. Families can be assured routines and instruction are designed fairly for each team.
- Weather or Cancellation Notices - Announcements will be sent by email/Band as soon as possible. Coaches will make every attempt to find coverage before cancelling practice.

Game Day and Competition Day Expectations

- Arrive at the designated time in full uniform. Hair, shoes, and bows should be performance ready before arrival (unless otherwise instructed).
- Athletes should stay with the team at all times.
- Parents should not approach athletes or coaches in the warm-up or competition areas.
- Parents should ensure timely pickup at the conclusion of any event.

South Portland Fire Cheering (SPFC)

Parent and Athlete Code of Conduct

Purpose

South Portland Fire Cheering (SPFC) is committed to providing a positive, safe, and supportive environment for all athletes, families, and coaches and has part of our membership with the Maine Youth Cheer Coaches Association, must have every athlete and their guardian agree to a Code of Conduct. This Code of Conduct outlines the standards of behavior expected from everyone involved in the program to ensure that all athletes can grow, learn, and succeed.

Athlete Code of Conduct

As a member of SPFC, I agree to:

1. Show respect for all coaches, teammates, and officials.
2. Be a positive team member and support my teammates.
3. Give my best effort at every practice, performance, and competition.
4. Arrive on time and prepared with a positive attitude.
5. Use appropriate language and behavior; avoid bullying, gossip, or negativity.
6. 6. Keep my phone put away during practice and team events.
7. Care for my SPFC owned uniform and equipment.
8. Communicate with my coach if I am sick, injured, or unable to attend.
9. Represent SPFC with pride in the community and on social media.
10. Follow all safety instructions and avoid attempting new skills without a coach's supervision.

Parent/Guardian Code of Conduct

As an SPFC parent/guardian, I agree to:

1. Promote good sportsmanship and a positive environment for all athletes.
2. Respect all coaches, event staff, and volunteers.
3. Address any concerns privately and respectfully, not during practices or events.
4. Refrain from coaching athletes from the sidelines or stands.
5. Ensure my athlete arrives on time and is picked up promptly.
6. Read weekly team emails and stay informed about updates.
7. Keep my contact and emergency information current.
8. Support all SPFC athletes and teams equally.

9. Help maintain a safe, inclusive, and encouraging atmosphere free from negativity.
10. Model respectful, responsible behavior in person and online.

Consequences for Misconduct

Failure to adhere to this Code of Conduct may result in:

- A verbal or written warning.
 - A meeting with the Directors, Youth Sports Coordinator, or Recreation Deputy Director.
 - Temporary suspension from team activities.
 - Removal from the program without refund.
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Acknowledgement of Understanding

We have read and understand the SPFC Parent and Athlete Code of Conduct. We agree to follow these expectations throughout the season and understand that failure to do so may result in disciplinary action.

Athlete Name

Athlete Signature

Date

Parent/Guardian Name

Parent/Guardian Signature

Date