Registration

- On-line registrations are available from September 1st — October 26th @ www.suffolkva.us/parks/
- On-site registration begins September 4th through October 26th (Monday - Thursdays 5:30pm-7:30pm)
  *Saturday-Oct. 5th, 12th, 19th, & 26th at Creekside and Mack, Benn, Jr. Recreation Centers Only (10:30am-1:30pm)*

  **LATE REGISTRATION**—October 21st — 26th. ($15 late fee will apply)

- Please register your child/children at the desired practice Region. Games may be held at multiple Recreation Centers. Practice will begin the first full week in December for Youth Cheerleaders.
- PomPom practice will begin the first 30 minutes of each game. Practice/games will begin on January 4th @ Mack, Benn, Jr. Recreation Center.
- The practice sites for the different Regions are:
<table>
<thead>
<tr>
<th>Region #1</th>
<th>Region #2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creekside Recreation Center</td>
<td>Kings Fork Recreation Center</td>
</tr>
<tr>
<td>Northern Shores Recreation Center</td>
<td>Mack Benn, Jr. Recreation Center</td>
</tr>
<tr>
<td></td>
<td>Booker T. Washington Recreation Center</td>
</tr>
</tbody>
</table>

- **Spaces are limited at each location per division.** Each recreation location has limited teams per division. Maximum of 10 cheerleaders per squad. Participants are placed on squads through a blind draft in an effort to create equality on each squad.

Registration Fees:

- Registration fee is due upon registration. No partial payments will be accepted. Slots will not be held.
- Please make Money Orders and Cashier Checks payable to: Ronald H. Williams, Treasurer.
  
  *Cash/Personal Checks WILL NOT BE ACCEPTED.*

<table>
<thead>
<tr>
<th>League</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pom Pom Squad</td>
<td>$40.00</td>
</tr>
<tr>
<td>Novice, Pee Wee &amp; Midget</td>
<td>$60.00</td>
</tr>
<tr>
<td>Non-resident</td>
<td>$10.00 will be added to additional league fee</td>
</tr>
<tr>
<td>Late registrations</td>
<td>$15.00 will be added to additional league fee</td>
</tr>
</tbody>
</table>

Eligibility:

- Proof of age is required at the time of registration which includes: valid government ID card, medical records, a letter from the child's school on school letterhead and the signature of the school's administrator.
- Proof of residence is required at the time of registration which includes: driver's license, utility or electric bill, etc. (officially addressed letters only, no hand written letters accepted)
- Participants must be born in the following years below to be eligible for league play. **Participants must be the appropriate age by December 3, 2019.**
- If a participant is one year younger than the next age division, they have the option of playing in the higher division.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Age as of Dec. 3, 2019</th>
<th>League Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5</td>
<td>4</td>
<td>Pom Pom</td>
</tr>
<tr>
<td>6-7</td>
<td>6</td>
<td>Novice</td>
</tr>
<tr>
<td>8-10</td>
<td>8</td>
<td>Pee Wee</td>
</tr>
<tr>
<td>11-15</td>
<td>11</td>
<td>Midget</td>
</tr>
</tbody>
</table>
Youth Cheerleading
Frequently Asked Questions

What is the Youth League Cheerleading and PomPom Squad Program?
The Suffolk Parks & Recreation Department Youth Cheerleading League and PomPom Squad is a recreational youth league serving the City of Suffolk and its surrounding communities. The Youth Cheerleading and PomPom Squad are children between the ages of 4 through 15 years old. We emphasize good sportsmanship, the development of individual skills and the importance of teamwork.

When do signups begin and end?
Registration begins September 1st Online, and September 3rd for onsite registration. Regular registration ends October 26th 2019. Late registration begins on October 21st and ends on October 26th ($15 late fee will apply).

How do I register my child to play?
You may register online @ http://www.suffolkva.us/parks and click on the online registration link. You may also register onsite at various recreation centers between the hours of 5:30pm-7:30pm Monday – Thursday. Saturday registrations will be held on October 5th, 12th, 19th and 26th from 10:30am-1:30pm at Mack Benn, Jr. Recreation Center (1253 Nansemond Parkway, Suffolk, VA 23434), and Creekside Recreation Center (1000 Bennett’s Creek Park Rd., Suffolk, VA 23435).

How much does it cost to register my child and what is included?
Regular registration fees are $60 for Suffolk Residents and $70 for Non-Suffolk Residents. After the regular registration dates have passed there is a $15 late fee additional per child.

The fee includes participation within the league, a uniform (shell, skirt, socks, briefs, and ribbon) which the child keeps at the end of the season, practices, games, and an individual participation trophy.

When does the season begin and end?
The Youth Cheerleading League begins practices the first full week in December and continues practicing throughout the season. The games begin Friday, January 3rd and Saturday January 4th (Pom Pom Squad cheer on Saturday mornings). Games continue each week and usually conclude by the middle of March weather permitting.

Will my child practice at the site where I sign them up?
Yes. However, there are times when we have to merge teams together from different centers within the same region.

What are the Different Regions?
On the Northern side of Suffolk, we have Region 1. Region 1 consists of Creekside Recreation Center and Northern Shores Recreation Center.

On the Southern side of Suffolk, we have Region 2. Region 2 consists of Mack Benn, Jr. Recreation Center, Booker T. Washington Recreation Center, and Kings Fork Recreation Center.
**How are the teams formed?**
We compile information from the registration forms and place children on squads based on registration forms.

**My child is a good athlete for his/her age, or is taller than most other children. Are they able to move up divisions?**
Parents may sign their child up for the next division up if and only if the child is 1 year younger than the minimum age for the division they wish to place them in (example: a child who is 10 may move up from Pee Wee to Midget). Children may not cheer in younger divisions if they are older.

**When are practices and how often do they practice?**
The Cheerleading League practice one day a week, Monday – Thursday for a maximum of one and a half hours after school beginning at 6:00 pm & 7:30 pm. The earliest practice times are usually reserved for the novice divisions and then according to division ages from youngest to oldest. (Example: Novice, Pee Wee, and Midgets practice latest).

The PomPom Squad will practice the first 30 minutes of each game (each game is 1 hour, first 30 minutes is practice and the last 30 minutes is Coach assisted cheerleading).

**Where are practices held?**
All practices are held within our Recreation Centers such as Creekside, Northern Shores, Mack Benn, Jr., Booker T. Washington, and Kings Fork.

**Where are the Games Played?**
Games are played at the Kings Fork Recreation Center which is attached to Kings Fork Middle School, Mack Benn, Jr. Recreation Center which is attached to Mack Benn, Jr. Elementary School, and Creekside Recreation Center which is attached to Creekside Elementary School.

PomPom’s games are at Mack Benn, Jr. Recreation Center which is attached to Mack Benn, Jr. Elementary School.

**Do you provide transportation?**
No, we do not provide transportation. Parents and Guardians are responsible for the safe travel of their respective children to and from practices and games.
REGISTRATION FORM

Please place a check in the box by registration location.

<table>
<thead>
<tr>
<th>Region 1</th>
<th>Region 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Creekside &amp; Northern Shores Recreation Center)</td>
<td>(Booker T. Washington, Mack Benn, Jr., Kings Fork Recreation Center)</td>
</tr>
</tbody>
</table>

Participant Name ____________________________________________________________

Age by Dec. 4th ________ Date of Birth ________________ Gender (circle one): Male Female

Address _______________________________________________________________________

City __________________________ State _______________________ Zip Code ______________

Home Phone __________________________ Grade __________ School __________________________

**Uniform Size**

Please Check the Appropriate Box

<table>
<thead>
<tr>
<th>Divisions</th>
<th>Youth Small</th>
<th>Youth Med</th>
<th>Youth Large</th>
<th>Adult Small</th>
<th>Adult Med</th>
<th>Adult Large</th>
<th>Adult XL</th>
<th>Adult XXL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pom Pom Squad (Ages 4-5)</td>
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<tr>
<td>Coed Novice (Ages 6-7)</td>
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<tr>
<td>Coed Pee-Wee (Ages 8-10)</td>
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<td></td>
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<tr>
<td>Coed Midget (Ages 11-15)</td>
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</tr>
</tbody>
</table>

Has your child ever participated in an organized Cheering League? YES or NO

Years of experience? _______ Years _______ Months

With Parks & Recreation Yes or No Most recent year of participation ______ What Division? _______

**Parent/Guardian Information**

Parent/Guardian Name __________________________________________________________

Home Phone ______________________ Work Phone ______________________

Cellular Phone __________________ Email __________________

Emergency Contact ____________________________________________________________

Relationship to Participant __________________________________________________

Home Phone ______________________ Work Phone ______________________

Cellular Phone __________________ Email __________________

Please list any medical conditions or allergies your child may have:

________________________________________________________

________________________________________________________

REMINDER: Staff or volunteer coaches cannot store or administer medications to participants.

**PLEASE READ BACK OF FORM**
Suffolk Department of Parks and Recreation takes pride in providing inclusive recreational opportunities for all. In order to best serve and meet the needs of each participant, please provide any special needs, disabilities or accommodations so that our team can provide successful participation within our programs.

Primary Diagnosis/Condition: ________________________________________________________________

Special needs and Accommodations: __________________________________________________________

Level of Severity or Disability: □ Mild □ Moderate □ Severe □ Other

> Comments:

Participant primarily uses/requires (please explain):

□ Special Assistance - □ Assistive Technology - □ Accessibility Equipment -

> Wheelchair (if applicable): □ Manual Wheelchair □ Power Wheelchair □ Walker □ Other -

*For programs and events that require specific participant accommodations and special needs, advance registration and assessment is required from our Certified Therapeutic Recreation Specialist.

Release and Waiver: In consideration of being permitted to participate in any way in Youth Cheerleading League, I for myself, my heirs, personal representatives or assigns, do hereby release, waive, and forever discharge the City of Suffolk, its Council members, officers, employees, and agents for liability from any and all claims, demands, rights and causes of action of whatever kind resulting in, but not limited to, bodily injury, accident or illness (including death), and property damage sustained by me and my agents, representatives, employees, or family members arising from participation in Youth Cheerleading League.

Indemnification: I shall indemnify and hold harmless the City of Suffolk, its Council members, officers, employees, and agents from and against any and all claims, losses, damages, fines, penalties, suits and costs, including injury and death penalties imposed by any authority which arise out of any violation of law by, and all acts and omissions caused by me, my employees, subcontractors, and agents, or representatives during the participation in Youth Cheerleading League.

I give consent that I have read and understand the waiver, indemnification, and photography contents. I also consent that I have read and received the Parent Information and Frequently Asked Questions Sheets.

Signature: ____________________________________________

Office Use Only

Proof of Age (Birth Cert. #) __________________________________________ Birth State/Country ____________________________ Proof of Residence ____________________________

Amount Paid ___________ Date Registered _______________ Receipt # _______________ Staff Name ____________________________
**PARENT'S CODE OF ETHICS**

-I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents’ Code of Ethics Pledge.

-I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

-I will place the emotional and physical well-being of my child ahead of a personal desire to win.

-I will insist that my child play in a safe and healthy environment.

-I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

-I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

-I will remember that the game is for youth-not for adults.

-I will do my very best to make youth sports fun for my child.

-I will ask my child to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.

-I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.

-I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

-I will read the NYSCA National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

-I understand that any violations of any sort will result in the appropriate disciplinary actions of either me or my child.

**Release and Waiver:** In consideration of being permitted to participate in any way in Youth Basketball League, I for myself, my heirs, personal representatives or assigns, do hereby release, waive, and forever discharge the City of Suffolk, its Council members, officers, employees, and agents for liability from any and all claims, demands, rights and causes of action of whatever kind resulting in, but not limited to, bodily injury, personal injury, accident or illness (including death), and property damage sustained by me and my agents, representatives, employees, or family members arising from participation in Youth Basketball.

**Indemnification:** I shall indemnify and hold harmless the City of Suffolk, its Council members, officers, employees, and agents from and against any and all claims, losses, damages, fines, penalties, suits and costs, including injury and death penalties imposed by any authority which arise out of any violation of law by, and all acts and omissions caused by me, my employees, subcontractors, agents, or representatives during the participation in Youth Basketball League.

_________________________________________________________  ________________________
Parent Signature                                              Date