



## **Klein Sweethearts Parent Handbook 2020**

### **ABOUT OUR TEAM**

The Klein Sweethearts is a cheer and dance team, consisting of young girls who support the Klein Rams football teams. During the games, we cheer on the sidelines and perform learned dance routines at halftime. At the end of the football season, we compete in the AAYFDT Drill Team Competition.

The Klein Sweethearts consist of three teams: Seniors, Juniors, and Mascots. Both the Senior and Junior teams are determined by age and/or by grade level. The Mascot team is created for preschool, must be potty-trained, and kindergarten-aged girls. Competition is mandatory for all teams, and team participants. The Mascots do not get judged on their performance at competition.

Our mission is to teach our girls the basic fundamentals of cheerleading and dance in a fun, yet competitive environment. We strive to provide an environment that fosters leadership, integrity, confidence, and team unity. This program is about developing and inspiring the next generation through teamwork, discipline, and dedication. We encourage them to be good sports, responsible individuals, and to take pride in themselves and what they do.

### **METHOD OF COMMUNICATION**

Communication for the Sweethearts will be done via Facebook, email, and/or by text. Information will be sent out in an accurate and timely manner to each team member.

\*Please join the Sweetheart Facebook page: AAYFDT – Klein Sweethearts

Detailed instructions for each game, including arrival time, location, directions, changes in uniform attire, etc., will be sent out a few days prior to game day. This information can change due to unforeseeable events such as bad weather or game cancellations. Please make sure that you routinely check our communication methods for any last-minute changes.

If you do not have access to any of our communication methods, it is YOUR RESPONSIBILITY to contact the Drill Team Mom Coordinator each week for updates on practices, schedule, location changes, and any new information.



Please note that you may or may not receive an immediate reply if trying to communicate with us during practice and/or on game days. This is due to the increased volume of activity on these days. We will make every effort to quickly reply to all messages.

### **ATTENDANCE POLICY**

Attendance is *extremely important* and vital for Sweetheart success!

Each girl plays an important role in the choreography of our dance and cheer routines; therefore, at every practice and at every game, attendance is expected. There is a risk of falling behind if a practice is missed, mostly due to the constant learning of new cheers and dance segments. Empty spaces in cheer and dance formations cause confusion for the rest of the team when a member is absent. *Please respect* your child's teammates and coaches by attending all practices and games.

The attendance rules are governed by the AAYFDT. In January 2020, the attendance policy was revised, updated, and additions were added to the Rules of Competition. (The entire football and drill team Rules of Competition are located on the AAYFDT website: [www.aayfdt.org](http://www.aayfdt.org).)

The updated attendance policy is included in the back of this Handbook. A signed attendance policy agreement must be turned in and kept on file per AAYFDT league rules.

If you have any questions about the attendance policy, please contact the Drill Team Director or the Drill Team Mom Coordinator.

### **EXCUSED ABSENCES**

Absences from practices and/or games will be excused only in the event of illness (doctor/parent note required), a death in the family, a religious obligation, a school-sponsored function, or reasons previously arranged at the Drill Team Director's discretion. ALL absences must be reported in advance to the Drill Team Director and/or Drill Team Mom Coordinator.

### **UNEXCUSED ABSENCES**

Unexcused absence reasons include, but are not limited to: homework, social opportunities, non-mandatory extracurricular activities. Members will receive demerits for unexcused absences and may be excluded from cheering and dancing at the next game.

### **TARDINESS**

Being tardy is considered ten (10) minutes after start time or more. Arriving late (tardy) to practices and/or games is disruptive to the team and is not acceptable. If extenuating circumstances arise that will cause you to be late to a practice or game, you must contact the Drill Team Director and/or Drill Team Mom Coordinator. Members will receive demerits for being tardy and may be excluded from cheering or dancing at the next game.



## **MERITS AND DEMERITS**

Using merits and demerits is our way of holding all Sweethearts accountable for their behavior during the season.

We have positive incentives built into our program to reward the team accordingly. Rewards such as "Sweetheart of the Week" and "Spirit Girl of the Week" are designed for fun; however, it also stresses the importance of the conduct we expect.

The following behaviors will not be tolerated and will earn demerits as follows:

1. Uncooperative or disrespectful behavior towards staff or team members – 3 demerits
2. Using any type of profanity – 2 demerits
3. Not following instructions or failing to give 100% effort at practices and/or at games – 1 demerit
4. Leaving the stands during game time without permission from the Drill Team Director or Drill Team Mom Coordinator – 3 demerits
5. Unexcused absence or tardiness to practice and/or game – 1 demerit
6. Improper practice and/or game attire, including unkempt uniforms – 1 demerit
7. Failure to bring appropriate equipment (including a good attitude) – 1 demerit
8. Gum chewing at practice and/or during a game – 1 demerit
9. Bringing food to eat in the stands at a game – 1 demerit  
No food is allowed in the stands at games. Snacks and drinks will be provided for the entire team at their designated snack time.
10. Bringing forbidden items to practices and/or games – 1 demerit  
This includes, but not limited to: make-up, candy, toys, jewelry, playing with a cell phone and/or other electronic devices *during* practices and/or games.

Any of the above issues that are a '1 demerit' offense, except for unexcused absences/tardiness can be "run off" at practice with laps, and erased. Anything that earns two or more demerits, or an unexcused absence/tardy, a note will be signed by both child and parent and will go towards the demerit total for the week.

Cooperation and respect for the Director, Team Mom, Board Members, and volunteers is a must. If disciplinary action is necessary, it will be discussed with the Director and Team Mom and handled fairly and consistently on a case-by-case basis.



**If a Sweetheart receives three (3) demerits in one week, she will not be allowed to cheer or perform at that weekend game. She will still be required to attend, as attendance is mandatory.** If negative behavior continues, the Klein Rams Board and the AAYFDT Board will be notified and the ultimate action will be at their discretion, including and up to dismissal from the team.

## **FINANCIAL INFORMATION**

### **Required Expenses**

#### **Registration \$175**

Please see the AAYFDT website for payment options: [www.aayfdt.org](http://www.aayfdt.org)

This is the AAYFDT required amount for each league participant. It pays for league and team fees, practice and game day fees, competition costumes, team competition ads, poms, backdrops, banquet expenses, and any other expenses associated with daily practices, games, and/or competition.

#### **Fundraising Buyout \$150**

Buyout is due at Registration. Team fundraising is done before the start of the season.

This is the AAYFDT required amount for each league participant. There are team fundraising opportunities to fulfill this requirement. Please refer to the Policies and Procedures located on the Klein Rams and Sweethearts website, [www.kleinrams.com](http://www.kleinrams.com), for more information about fundraising. It pays for game day referees, the use of all facilities including fields, insurance, and any other club expenses.

#### **Equipment Rental Deposit**

Deposit due at Registration or Parent Meeting

Klein Sweethearts charge a \$200 equipment rental deposit fee. This includes the use of certain uniform accessories, poms, competition poms, certain competition costumes, and anything else that is Sweetheart property.

Equipment deposits will be collected at the Parent Meeting (if not collected at registration), and held by the Rams Treasurer until the end of the season in December. The deposit will be returned when the equipment is returned in good condition, and in a timely manner at the end of the season.

#### **Volunteer Deposit**

Deposit due at Registration or Parent Meeting

Klein Sweethearts charge a \$250 volunteer deposit. Each Sweetheart parent is responsible for 15 credits/hours of "volunteer time" to help ensure the success of our team. There will be *many* opportunities to sign up for volunteer duties throughout the season.



Volunteer deposits will be collected at the Parent Meeting (if not collected at registration), and held by the Rams Treasurer until the end of the season in December. The deposit will be returned if the parent fulfills the required volunteer credit/hours.

**Accessory Fee \$160/\$80**

Due at Parent Meeting. This fee must be paid on or before the first day of practice. This is the AAYFDT required amount for each drill team participant in the league. It pays for the required team uniform accessories for the season. This includes the uniform shell top, uniform skirt, bloomer shorts, game hair bow, game socks, pink hair bow, pink socks, travel bag, water bottle, and practice uniform.

For returning Sweethearts: this year you will be reusing your uniform. If it still fits, your fees will be \$80. If you need to order any part of the uniform, it will cost extra. If you cannot wear it, or do not wish to return, you can resell it for \$35. The business of reselling uniforms is strictly between the buyer and the seller. The cost of cleaning and any alterations that may be done to ensure a proper fit are the responsibility of the parent.

**Optional Expenses**

**The Sweethearts have several activities, fundraisers, and extra expenses throughout the year. The following expenses are optional. These costs are estimates.**

**AAYFDT Cheer/Dance Clinic**

*April*

This clinic is hosted by AAYFDT, and is open to all girls in the league and their guests. The cost is between \$30 and \$35 per child. Attendance is highly encouraged. The girls learn cheers, chants, a dance, tips on jumps, and motion techniques. They will also receive a T-shirt for attending.

**Navy Blue Chairs**

At every game, the Sweethearts sit in a specific area. This area is either on the stadium track or on a grassy field next to the track. The Sweethearts bring their matching chairs with them to each game. You may either purchase a chair, or use one that is Sweetheart equipment. These chairs are available at Academy Sports & Outdoors for \$5.99. (Logo armchair, navy blue)

**Pictures**

*August/September*

Team and individual pictures are taken at the beginning of the season. Ordering is completely optional and can cost anywhere from \$15 to \$75 or more, depending on what package(s) you order.

**Big Sis/Lil Sis***All Season*

Each girl will be paired with another member of the team as a Big Sis or a Lil Sis. This is a fun way for the girls to get to know, support, and mentor each other. The girls bring special treats for their Big Sis/Lil Sis at certain events throughout the season. These special treats can be anything from store bought, homemade, or handmade.

**Raffle Basket***August/September*

There are four themed baskets that are raffled off at our Pep Rally. Donating items and/or selling tickets for the raffle are ways to help with this popular fundraiser.

**Pep Rally***August/September*

To kick off the season, the entire Rams and Sweethearts organization unites and participates in a pep rally. The board members, teams, volunteers, coaches and sponsors are introduced. Fun fan gear will be available for purchase as well as concessions.

**Competition Ads***October*

Competition ads are messages of support for an individual and/or team. These ads are printed in the Competition Book that each girl receives at competition. The cost for an ad is anywhere from \$25 for a ¼ page to \$100 for a full page.

**Flowers***October*

You can order flowers for your daughter for competition, usually around \$10-\$25.

**“Pomming”***November*

Pomming is a fun and exciting pre-competition tradition. A basket full of goodies is passed around, in secret, within the team for good luck. Goodies can be anything from store bought, homemade, or handmade. If you choose to purchase your goodies, the maximum amount is \$15.

**AAYFDT Competition***November*

Admission to competition is usually \$10 per person. Sweethearts are free.

**Banquet***December*

This end-of-the-year gathering celebrates the season, and highlights the team's accomplishments. Girls are free; however, family members must buy a ticket. Tickets are usually \$10-\$20.



## **Sweetheart Game Day Volunteer Jobs and Descriptions**

### Set Up/Tear Down

You will arrive early to the game to coordinate and assist with setting up the Sweetheart area at each stadium. This involves setting up tents, helping with Sweetheart chairs, and organizing Sweetheart equipment. At the end of the 2<sup>nd</sup> game halftime performance, once Sweethearts are dismissed, you will help with taking it down and packing it up.

### Company Mom

You will be responsible for a small group of girls. Duties include: escorting girls to the restroom, and helping them if they need assistance during the game.

### Water Bottle Brigade

You will be responsible for bringing chilled water to the game for the girls' water bottles.

### Halftime Announcer

You will be the "voice" of the Sweethearts halftime show. Working in the press box, you will announce the team, and start/stop their performance music. An announcement script and music will be provided for you before each game.

### Game Day Snacks

You will be responsible for bringing snacks and drinks for each girl on game day. These duties can be split and shared with another volunteer.

### Game Day Snack Helpers

You will help distribute snacks and drinks at the designated snack time. You will also help the girls if they need assistance, and clean up the snack area when finished.

### Spirit/Gift Basket

On game days, the 'home' drill team gives the 'away' drill team a spirit gift. This is usually a cute decorated basket filled with candy, etc. You will be responsible for putting the gift/basket together and bringing it to the game.



**Other Volunteer Opportunities**

There will always be opportunities to help throughout the season.

**Fundraising Committee**

**Pep Rally Committee**

**Spirit Signs**

**Game Day Committee**

**Concessions Committee**

**Homecoming/Spirit Committee**

**Dress Rehearsal/Practices**

**Costume Coordinator**

**Competition Coordinator**

**Competition Committee**

**Props/Backdrops**

**Banquet Committee**

***\*\*You are required to complete a total of 15 volunteer hours. If you do not complete the 15 hours you will not receive your volunteer check at the end of the season.\*\****





**Klein Rams**  
**2020 Game Schedule**

**August 22<sup>nd</sup> – Game #1**

**August 29<sup>th</sup> – Game #2**

**September 5<sup>th</sup> – Labor Day Weekend**

**September 12<sup>th</sup> – Game #3**

**September 19<sup>th</sup> – Game #4**

**September 26<sup>th</sup> – Game #5**

**October 3<sup>rd</sup> – Game #6**

**October 10<sup>th</sup> – Bye Weekend (Weather Make-up)**

**October 17<sup>th</sup> – Game #7**

**October 24<sup>th</sup> – Game #8**

**October 31<sup>st</sup> – Playoff Game #1**

**November 7<sup>th</sup> – Playoff Game #2**

**November 15<sup>th</sup> – Superbowl**

**General Game Times**

Freshman: 9:00am-10:30am (Arrive at 8:15am)

Sophomore: 10:30am-12:00pm

Junior: 12:00pm-2:00pm (Arrive at 11:15am)

Senior: 2:00pm-4:00pm

**HOME GAMES: The Sweethearts will perform during the Freshman and Sophomore halftimes.**

**AWAY GAMES: The Sweethearts will perform during the Junior and Senior halftimes.**



### Important Dates for 2019 Rams Football and Sweethearts

<b>April 4<sup>th</sup></b> Saturday	AAYFDT Cheer/Football Clinic 9:00am-12:00pm Willow Wood Junior High
<b>May</b>	Parent Meeting Day, time, and location TBD
<b>June 1<sup>st</sup></b>	Last Day for Drill Team Registration
<b>July 20<sup>th</sup> – 23<sup>rd</sup></b> (Mon – Thurs)	Football Conditioning Camp 6:00pm-7:30pm Benfer Elementary School
<b>July 20<sup>th</sup></b> Monday <b>July 22<sup>nd</sup></b> Wednesday	Cheer/Drill Team Conditioning Camp 6:00pm-7:00pm Benfer Elementary School
<b>July 27<sup>th</sup></b> Monday	Football Practice Begins Benfer Elementary School
<b>July 27<sup>th</sup></b> Monday	Cheerleading Practice Begins Benfer Elementary School
<b>August 8<sup>th</sup></b> Saturday	Football Scrimmage #1 Location and Time TBD
<b>August 15<sup>th</sup></b> Saturday	Football Scrimmage #2 Location and Time TBD
<b>August 21<sup>st</sup></b> Friday	Pep Rally Time and location TBD
<b>November 14<sup>th</sup></b> Saturday	AAYFDT Drill Team Competition Klein Oak High School
<b>December</b>	Sweetheart Banquet Day, time, location TBD

These dates, locations, and times are subject to change.



## **Sweetheart Practice Information**

### **Preseason**

Benfer Elementary School: Fields behind the school  
Monday, Tuesday, Thursday  
Times TBD

### **School Season**

Benfer Elementary School: Fields behind the school  
Days and Times TBD

\*October and November practices will be indoors  
Days, times, and location TBD

## **Sweetheart Practice Expectations**

- Dressed in practice uniform attire: shirt, shorts, white socks, and tennis shoes (not game day shoes)
- Hair in a pony tail, pulled out of the face
- Use the restroom before practice-ESPECIALLY DURING PRESEASON PRACTICE...NO RESTROOMS AVAILABLE OUTSIDE ON THE FIELDS
- Bring cheer bag with: water only (NO JUICE-attracts ants), and practice poms
- During preseason practice, you may bring a towel to stretch on. You may also bring a sweat towel since we will be practicing outside. Please bring bug spray.
- NO JEWELRY (except for those wearing piercing studs) - may cause injury and it could get lost.
- Check IN AND OUT at every practice!



**Approved Snacks for games:**

Plain crackers

Plain popcorn

Plain chips

Grapes

Fruit snacks/rice cakes

Lunchables (no sauce)

Clear Gatorade

Clean Capri Sun

Water

**NOT Allowed snacks:**

Nachos

Hard candy/gum/chocolate

Pizza

Hot dog with condiments

Anything with colored dye

No Peanut Products

Anything that is messy!

**\*\*Please let us know if your child has any food allergies.\*\***



**2020 Klein Rams and Sweethearts**

**Board of Directors**

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