

Platinum Cheer Association

2023 HAND BOOK

**Platinum Cheer Association
14007 S. Bell Road #188
Homer Glen, IL 60491**

www.platinumcheerassociation.com

email us at: platinumcheerinfo@gmail.com

Platinum is the element that holds us all together and up! We are built on it as a symbol of strength, determination, resistance, and endurance.

WHERE PCA BEGAN

Platinum Cheer Association was founded in 2018.

PCA was started by a group of local women devoted to the sport of cheer and believe Cheerleading enhances character, independence and social interaction in addition to maximizing each individual's potential. Creating an environment that allows each athlete to grow and learn in Competitive Cheerleading, while keeping it at a recreational level making it accessible to the community.

The Board of Directors making up PCA are volunteer parents who are experienced in the sport of Cheer and committed to a successful organization promoting athletics, community outreach and fun!

We welcome all athletes in our Kindergarten level up to 5th Grade. Evaluations will be implemented moving forward for the fall 2023 season for grades 4 and 5. Details can be found on the Platinum Cheer website. - There will be cuts held on levels of 4 and 5.

Our Jade/Emerald/Diamond 6th-8th grade team(s) are a Super Rec tryout team. We believe all athletes at this age level should be focused on advancing their skills to the next level in preparation for HS Cheer.

Our Mission

Platinum Cheer Association is an organization offering competitive recreational cheer. Cheerleading enhances character, independence and social interaction in addition to maximizing each individual's potential. It is the mission of Platinum Cheer to develop each athlete physically and socially through competitive recreational cheerleading and to create role models and individuals with a sense of leadership within the surrounding communities.

Promoting and encouraging our young athletes in the values of teamwork, learning, confidence, dedication and sportsmanship through the sport of Cheerleading.

The coaching staff at Platinum strives to help each athlete achieve their greatest potential with cheer and personal development through community outreach, events and cheer competition.



PCA is a proud member of Illinois Cheerleading Association (ICA) and follows all ICA rules. Our Coaching staff is experienced in Recreation cheer. With a Coaching staff collectively earning over 75 first place finishes at ICA Qualifying Competitions, making it to Top3 at the IRCA State Championship 5 years in a row on varying levels, and Earning 10 State Championships in 2018-2021!

All athletes cheer on one of our gem teams *Sparkle, Opal, Topaz, Turquoise, Sapphire, Onyx, Jade, Emerald* leading up to our Varsity *Diamond* team!
Be Fierce. Be Brilliant. Be Platinum!

PCA Cheerleading Program

Platinum Cheer Association (PCA) is a 100% Nonprofit organization 501(c)(3) focused on recreational competition cheer and community outreach. Serving multiple communities in the south suburbs of Chicago for ages Pre-K through 8th grade. Our Organization is run by volunteer Parents, Coaches and Jr. Coaches. PCA cheerleaders will also be focusing on community outreach and services through our 'Giving Back' requirements.

Fees/Registration. ALL FEES ARE NON-REFUNDABLE

Ruby Cheer Abilities: \$500 **Monthly Payment Plan Available**

Cost Includes:

2 Day a week Practice

1 Practice T-shirt

1 Cheer Bow

End of Year Athlete Gift

End of Year Banquet Ticket for Athlete

1 ICA Exhibition Performance

STATE ICA Performance

Indoor Practice Facility with Full Cheer Mats

ICA Cheer University Trained Coaching Staff

Sparkle Program: Kindergarten \$500 **Monthly Payment Plan Available**

Cost Includes:

2 Day a week Practice

1 Practice T-shirt

1 PCA Tank Top

1 Rebel Shorts

1 Cheer Bow

End of Year Athlete Gift

End of Year Banquet Ticket for Athlete

1 ICA Exhibition Performance

Indoor Practice Facility with Full Cheer Mats

ICA Cheer University Trained Coaching Staff

1st-8th Grade: \$1095 Registration Cost * Monthly Payment Plan Available**

\$155 State Fee

\$100 Mandatory Fundraiser - Cash Bash

\$150 Volunteer Check Per Family - Refundable after volunteer hours

\$50 Athlete Gift - To be used during season for Athletes

Registration Cost Includes:

2 day a week 2 hour practices

1 Practice Tshirt

1 Rebel Tank

1 Practice bow and 1 Competition

Rebel Ruthless Cheer Shoes

Choreography

Competition Music

3 ICA Competitions

End of Year Athlete Gift

End of Year Banquet Ticket for Athlete

Indoor Practice Facility with an additional Full Cheer Mat for 2022 Season

ICA Cheer University Trained Coaching Staff

Family Showcase

Dedicated Tumbling and Stunts Practice weekly

All Athletes have the opportunity to raise money through sponsorships and fundraising to offset costs of the program through our [Cheer For Free Program!](#)

[Cheer For Free Program](#)

PCA wants to give all Athletes an opportunity to join our sport! We offer multiple ways to earn money towards your registration cost, uniform cost and State Fees.

Cheer For Free Program: This is a "Get Your Money Back" program offered by PCA. All fees for registration and uniform (\$1095 For Competitive Teams and \$500 for Ruby and Sparkle Team) need to be paid in full by TBD to be eligible. **[You will be reimbursed by TBD for the sponsorship/fundraising you have achieved.](#)** This amount can never exceed the cost of the cheerleading program.

[ATHLETE SPONSORSHIPS](#)

Seek Sponsorships to have all, or part of, your fees reimbursed. An "Athlete Sponsorship Cover Letter" can be printed and filled out by the athlete. Turn this in along with the "Athlete Sponsorship Letter" to the business you are seeking sponsorship from. Both forms can be found on our website below.

See 'Athlete Sponsorship Letter' on what you can earn. If you obtain more than one sponsorship we will add those amounts together to see which level the athlete qualifies for. For example, if the athlete obtains six separate \$100 sponsorships the total amount acquired is \$600. This amount qualifies the athlete to reach the Bronze level and receive \$250 off fees. Please note that each individual business remains at the specific \$100 donation level. Please see the Athlete Sponsorship letter for details. **[Athlete Sponsorships for Fall 2023 Cheer are due TBD.](#)**

*We will have practices at one inside and dedicated location and **safety** will be our #1 focus. Each practice we will be on **competition mats** that will allow coaches and cheerleaders to maximize their time in practice.*



MPX Elite will be the home to our PCA Practices
15301 S. Bell Rd, Homer Glen

PCA PRACTICE

- PCA Practices are pick up and drop off. All practices are CLOSED practices and only Coaches and Jr. Coaches are allowed in the practice area.
- Be respectful of space within MPX during pick up and drop off. If your athlete is old enough to go in and out alone into the space drop off and pick up outside the facility.
- If you have come in to pick up your child please stay to the side of the front desk to allow all using the facility to work out a clear path to the front desk and stairs.
- Limit your speed in the parking lot to 10 mph.
- Whenever possible, carpool with friends and neighbors to alleviate traffic within the parking area.
- Be respectful of the practice area. This is a rented facility by PCA.

Please notify family members, friends or anyone else dropping off or picking up your child of our facility and practice guidelines.

- All Practices are mandatory beginning 07/17/23
 - Only 3 Absences, of any kind, are allowed per season. Any athlete exceeding 3 unexcused absences will not be eligible to compete for the remainder of the season. Any exceptions must be submitted to the Executive Board.
 - 2 Tardies = 1 Absence
- Parents are reminded that schedule changes can occur. PCA attempts to give advance notice when possible, but sometimes unforeseen circumstances arise. Parents and athletes need to be flexible to these schedule changes during the season. Failure to adhere to the above could result in your child's dismissal from the program.
- If you cannot attend a practice, or will be late, you are expected to email and/or call your coach in advance.

- All practices 2 weeks prior to a competition are MANDATORY. If your athlete misses a practice two weeks prior to a competition, they will not be competing in the upcoming Competition.
- Please do not be late for drop off or pick-up at practice.
- Wear shorts, PCA tanks/t-shirts, PCA Practice bow and gym shoes (double tied) with a high pony.
- Clothing should appropriately fit children. NO jeans or skirts, no oversized sweatshirts, no jewelry, no gum, no food unless medically necessary.
- Jewelry is a safety threat to all and should be removed prior to practice. If it cannot be removed, it must be taped down.
- Use the bathroom before practice begins.
- NO cell phone usage (water breaks are meant for you to drink water, not text).
- Children that are NOT in the program can NOT be dropped off with cheerleaders at practice. We can NOT be responsible for their safety.
- We will work as a team. You will treat your teammates and/or coaches with respect.
- There is to be NO negative comments to each other, your coaches, or anyone within the PCA Organization, surrounding recreational programs or the IRCA up to and including any derogatory or slandering remarks on any social media site.
- If a parent/guardian has questions or concerns, they should speak directly to the Head Coach.
- Remember you represent the PCA Organization, both on and off the field.

Injuries

1. **PCA will follow the 80% rule with all stunting.**
2. Any athlete injured during cheer season that requires medical attention must have a signed doctor's release to participate in subsequent practices or games for the current season. This release must be turned in to the Cheer Director or Head Coach. **If an athlete can not participate in practice due to injury two weeks prior to a competition, the athlete will be pulled from the upcoming competition.
3. Any child who contracts an infectious disease (other than a cold or the flu) during a cheer season must have a signed doctor's release to participate in subsequent practices or games. This release must be turned in to the Cheer Director.
4. It is the responsibility of the parents to contact the Cheer Director to obtain league medical forms in the event that there's an injury during a PCA practice or event. This should be done immediately following the injury and before the end of the season. This insurance is a secondary policy to offset costs not covered by your insurance. There is a co-pay with this secondary insurance.

*You are on a team. **It's a family.** Even through all the difficult times your team will always be there for you and you should be there for them. **You compete as one, not as individuals.** Everyone should try harder every practice. **Win or lose as a team. Rise or fall as a team.***

Conduct of PCA Athletes and Families

- PCA Families will be respectful to all coaches, parents, and teammates. Any disrespect or inappropriate behavior will result in expulsion from practice and dismissal from the program.
 - PCA will implement the 24 hour policy for the 2022 season. No Parent/Athlete can reach out to a Coach within 24 hours of a competition.
- Discrimination, Gossiping or bullying to other team members or other teams within surrounding areas is not allowed at any time. This includes in person, over the phone or on the Internet (i.e. Facebook, Twitter, etc.). Any families involved in this activity will be asked to leave the organization.
- Any athlete dismissed from a team due to behavior or attendance will not receive a refund of any kind.
- Cheerleading is a team sport with an inherent risk of injury. To minimize this risk, safety rules and respect for each other and your coach's direction, must be adhered to at all times. During the course of the cheerleading season, the girls will be practicing stunts and pyramids, which consist of other girls standing on their shoulders or back or being lifted into the air. I give my permission for my athlete to participate in this stunting.
- All Athletes, Parents, Fans, and Coaches are to use good sportsmanship and conduct. If any issues arise during the year that cannot be worked out privately with the coach or appropriate Board Member, the issue should be immediately brought to the attention of the full Board of Directors. The Directors will review the complaint and determine the best course of action. PCA will provide all the rules and policies of the organization on its website in the posted PCA Handbook. It is the parent's responsibility to read and be familiar with this information as it can change from year to year.

SOCIAL MEDIA

- Who you are on social media IS and DOES reflect upon who you are on a team. We work too hard to make a good name for cheerleading in our community to let the bad and irresponsible decisions of one or a few people affect and diminish the program.
- ANY negative social media, such as language, bullying, etc will result in an automatic one day suspension, pending further action based on the decisions of the Head Coach and Executive Board.
- All coaches will be given access to any athlete's social media accounts, if asked.

Participation in any PCA program, camp, clinic or any other program offered by or affiliated in any way with PCA is subject to all rules and regulations established, implemented or utilized by the The PCA Board of Directors shall have the full and final authority for approval and decision making.

Somewhere behind the **athlete** you've become and the hours of practice and the **coaches** who've pushed you is the little girl who fell in love with the sport and never looked back. Perform for her.

PCA CODE OF CONDUCT FOR COACHES

Objective: To promote and instill self-confidence, good sportsmanship, and camaraderie, physical and mental development while learning the techniques of cheerleading.

1. Practices are mandatory for each cheerleader.
2. Practices will be held at MPX Elite in Homer Glen. Only PCA athletes can attend practice.
3. Coaches are expected to hold each athlete to the same level of expectations as others on the team. Treat the athletes equally and fair – make decisions based on **what is best for the group as a whole.**
4. Only a board member can cancel practice, coaches cannot cancel.
5. Document any warnings given to cheerleaders.
6. Coaches are expected to set good examples for the athletes – No swearing, no poor sportsmanship, no alcohol, and no slandering on any social media sites. “Different points of view discussions” must be held away from the girls.
7. Do not release an athlete to anyone other than a parent unless prior notification has been given.
8. Safety is a priority. Make sure you have an emergency plan. Make sure new stunts are spotted properly when being learned – check out practice area before each practice – be aware of athletes with asthma and/or medical conditions. Use the 80% rule before putting a stunt into a routine.
9. Be sure to take attendance – both girls and HS coaches (for community service hours).
10. Be sure athletes, parents and all coaches are respectful of facilities used for indoor practices..
11. Jr Coaches – no texting, no phones during practice.

Gold medals aren't really made of gold. They are made of **sweat, determination** and a hard to find alloy called **guts**.

Showcase

Our yearly showcase will take place during the month of October. All teams will participate in this event from the Sparkle to Diamond team. Family and friends are encouraged to attend this special event in the season, where all athletes will be recognized.

Cheerleading Competition

The Squad will compete in (3) ICA competitions. Those Squads that receive a State Competition Bid will be required to pay additional costs for this Competition. There are fundraising opportunities to offset the cost of State Competition, if you choose to participate.

Teams

Team composition will be composed by year in school and based on registration numbers. At close of registration, teams will be announced.

Participation

Each athlete will compete in every competition up to and including State. Attendance policy will be followed by every level within PCA. You must be able to compete in every Competition to be eligible.

Practice

All practices will be held at MPX in Homer Glen, IL. Kindergarten^t-8th Grade levels will practice Monday – Thursday between the times of 5:00p – 9:00p. Once team rosters have been established, team coaches will notify each athlete with information on their specific practice dates/times.

Coaches reserve the right to hold additional practices at a different facility, with board approval.

Camps:

Choreography Camp: This is a required camp for all athletes. This camp will be working on competition routines and dance. If you're unable to attend this mandatory event your position in the routine may be affected. Coaches will communicate your designated choreography dates and times by the first week of practice for planning purposes.

Awards Banquet

The organization will hold an end of year banquet for all levels to attend. There will be recognition of all athletes along with additional recognition within teams.

Reservations are needed for this banquet. Information and costs for the banquet will be distributed/mailed to each participant/family. (Time/Location TBA)

This is an additional cost for families to attend, athlete ticket WILL be included in registration costs.

General

- Alcohol is prohibited at PCA practices and competition with the children present.
- Possession or use of illegal drugs or abuse of prescription drugs is prohibited.
- Any spectator, person, parent, guardian or participant in violation of the PCA Policy can be removed from practice, competition or event. Violators can be removed from the program.

Should you have any questions or concerns, the Board members are here to assist you. Board members are at all practices and competitions. Should a situation arise and you need to speak to someone immediately, their names are listed below.

Executive Board Members and Position

Director	Lisa Lechtenberg
Director	Jen Kubiszyn
Director	Tanya Giordano
Director	Claudia DeSantis

Open Positions for Fall 2023

FALL 2023 Board Member (1)

All Board meetings are open to the Public. Anyone wishing to request to be scheduled to speak or make a general presentation to the Board may submit their request through any Board member to be forwarded to the Director of Communication, or, by e-mail platinumcheerinfo@gmail.com Requests will be scheduled/confirmed by the Director of Communication or Director of Operations.

Notes

The PCA web site will be updated throughout the year with important information, competitions, events, maps, etc. Visit us at www.platinumcheerassociation.com. **Participants are required to ensure PCA has current email addresses so information can be distributed via email. Team Coordinators and Coaches will utilize email for all pertinent information throughout the course of the season. It is the parent or guardian's responsibility to ensure they are receiving these emails. ANYTHING NOT COVERED IN THIS PACKET WILL BE DEALT WITH ON A CASE, BY CASE, BASIS BY /DIRECTORS AND BOARD MEMBERS.**

