



FARMINGTON COMPETITION CHEER TEAMS 2025-2026

PROGRAM HANDBOOK

OUR MISSION

1

At Farmington Competition Cheer Teams (FCCT) our goal and mission is for every athlete that comes to our program to be taught, trained and developed to become a better athlete and competitor as well as a better person. The director, staff, parent and athlete can help all reach these goals by:

- To grow/progress the skills of each athlete
- Increase levels of difficulty as the season progresses, both at an individual level and a team level
- Cultivate an atmosphere where youth feel accepted, belong, and are able to fail with support. The atmosphere should generate an excitement for cheer and support an athlete's passion for the sport.
- Encourage and support social and emotional growth, both in cheer and in personal development
- Build a cohesive team and program, with a strong emphasis on teamwork - communication, resilience, trust, respect, and encouragement.
- Foster leadership opportunities for older athletes by mentoring/coaching young athletes

FARMINGTON COMMUNITY EDUCATION

The Mission of Farmington Area Community Education, a participate centered, collaborative culture that weaves possibilities for limitless experiential growth, is to ignite each individual and family to continuously achieve one's highest aspirations throughout their lifespan through a system distinguished by:

- Life-long learning
- Individual passion
- Personalized growth experiences
- Anticipating the needs of our communities
- Meaningful and trusting relationships

WELCOME TO FCCT!

ATTENDANCE & APPAREL

ATTENDANCE

We understand that you have families and many of you enjoy spending time away on vacation or for holidays, and we want to ensure that you can do that! To similarly ensure the progress and success of our teams, we will use the following guidelines for attendance and absences:

ABSENCES SHOULD BE ADDRESSED AHEAD OF TIME, never the day of. Please try to plan your vacation during our scheduled closing dates. In the event that your athlete will miss for a vacation, school event, etc. please email your team coach as soon as possible.

EXCUSED ABSENCES

Include grade related school based events and illnesses where the athlete has also missed school.

UNEXCUSED ABSENCES

Include regular medical appointments, non-school concerts/festivals, fairs, parties, etc.

INJURED ATHLETES

Athletes are expected to attend all practice(s) during their recovery time. ***Athletes that are injured and seen by a doctor MUST provide a doctor's note in order to return to participation.***

COMPETITIONS

Attendance at **ALL** competitions is **MANDATORY**. Competition schedules will be provided in mid-summer.

TEAM BONDING & OTHER EVENTS

All athletes should plan on attending all team bonding events and/or other events as scheduled.

Please understand that our Staff may replace missing Athletes in parts of routines if an athlete has excessive absences. These changes may be temporary or permanent.

PRACTICE APPAREL

Athletes should be dressed in either the assigned practice apparel (if applicable) or acceptable workout attire. Shirts must not have hoods, pockets or strings. Shorts/pants must not be slippery. Athletes **MUST** have cheer/athletic shoes.

UNIFORMS

All athletes are required to purchase their own uniform. Please take care of your uniform! Families are responsible for the full cost of replacement pieces if lost or damaged.

New uniforms will be ordered and paid directly to Varsity Spirit in the summer months. Full payment is due about a week after sizing is completed and due by the established deadline to prevent delivery delays for the entire team. Used uniforms may be available for purchase on the [Used Uniform BAND Group](#).

SHOES

All athletes are required to provide their own **WHITE** shoes and white socks. A cheer shoe is required for all athletes on the Middle School or High School teams. Cheer shoes are recommended for all other athletes, but not required. Cheer shoes can be purchased online (amazon.com, varsity.com, cheerleading.com, nfinity.com, etc).

COMPETITIONS

COMPETITION DATES

Due to various district scheduling policies, many events can't officially be scheduled until mid-summer. Once we have confirmed dates, the competition schedule will be released. Please note the schedule is subject to change and we will notify you as soon as we are made aware of any changes.

We try to have approximately 1-2 events (local teams) and 1-3 events (travel teams) PER MONTH during the competition season. Minnesota competitions start in mid-October (travel teams) and mid-November (local teams) and run through the end of January. Travel Teams will compete until early February. Competitions are typically held on Saturdays, with an occasional Sunday.

EVENT INFORMATION SHEETS & ORDER OF COMPETITIONS

First draft Event Information Sheets and Order of Competitions will typically be posted to team BANDS on TUESDAYS. The Order of Competition is likely to change. Any updates to the schedule, last-minute updates, etc will be posted as they occur.

Event Information Sheets will include all team meet times, hair styles, make-up and uniform details. The "Check In" time listed on the Order of Competition IS NOT the team's Meet Time. Meet Times are typically 60-90 minutes before the team does "Check In" for warmups.

Please plan on all competitions being full morning AND afternoon events. Plan on each competition taking from approximately 7AM - 5PM as we do not receive Order of Competitions until the week of each competition in most cases. Please ensure that athletes are on time and fully ready at their team meet time.

ALL COMPETITIONS and SHOWCASES are REQUIRED.

Cheerleading is very much a team sport. If one member is absent the ENTIRE team loses out on their hours of practice time. Routines may have to be rearranged prior to or at the event and some athletes may not be able to perform the skills they've been working on due to absences.

Athletes are expected to be present for all Farmington teams competition performances, except due to schedule conflicts. The Tiger vibe every time a Farmington team performs is huge to us. Thanks for helping make our competition day atmosphere like no other!

NO JEWELRY

No jewelry is allowed at competition as per USA CHEER and NFHS rules. Athletes will be required to remove all jewelry prior to warm up. Please note this for timing if getting new piercings, etc.

FINGERNAILS

Must be trimmed to a safe length. Long nails, whether real or fake, will not be allowed due to the safety issues it causes for the athlete and other athletes on the floor. Coaches will trim nails if necessary to keep athletes safe.

POST PERFORMANCE PICK UP

Parents of Elementary, Pee Wee and Mini athletes are required to promptly pick up their athlete at the assigned location following each performance. Coaches often have many other teams they are responsible for at each event and their schedules tend to be very tight. Middle School athletes and above will be released by coaches following each performance.

AWARDS

At the competition, the first priority is that we are there to compete. Please wait to make plans with family/friends until you have a final schedule. **Awards are NOT OPTIONAL.** All athletes should be present in full uniform unless the staff indicates otherwise.

GYM POLICIES

CLOSED PRACTICES

All practices are closed to family and friend viewing, except for advertised viewing dates. This is to minimize distractions and to offer the athletes a safe place to fail without the added pressure of parents/other parents watching them.

LOCKERS & LOST AND FOUND

Belongings are to be kept in assigned lockers. Athletes must not enter anyone else's locker. FCCT is not responsible for lost or stolen items. A lost and found is kept at the gym. All unclaimed items at the end of the season will be donated.

PICKUP

Once released from practices, athletes are no longer under the supervision of the FCCT Staff. Please be prompt when picking up your child.

ROUTINE POSITIONS

All decisions on stunt positions, skill sets, placements in the routine, mat spots/time, etc. are based on what is **best for the team** as a whole. Athletes and parents must accept that **positions and roles in a routine may change** from year to year and during the course of the season. Positions may change due to choreography changes, attendance, injury/illness, safety, division changes, etc. and may not be directly influenced by your athlete.

Athletes are selected for specific stunting roles based on several factors including:

- Build, height, flexibility & body control
- Experience, safety, focus & ability
- Cooperation, dependability & work ethic
- Team makeup/dynamics & comfort level

TRANSPORTATION

Transportation to all practices, events and competitions will be the responsibility and liability of the parents, including any out-of-state travel (if applicable). Coaches are not allowed to transport non-family athletes to/from cheer events in their personal vehicles.

NATIONAL SAFETY RULES

The program will follow all rules established by the competition hosts and will follow all rules established by USA Cheer/NFHS and UCA. A copy of these rules can be found at usacheer.org or at varsity.com/uca

ATHLETIC LETTERING

Varsity and Adaptive athletes are eligible to earn an athletic letter from Farmington High School. In order to letter, an athlete must have:

- Attended all competitions, unless excused by a coach due to illness, family emergency, etc.
- Not have more than 1 unexcused absence
- Maintain at least a 2.5 GPA and be making progress towards graduation
- Not received a written warning for behavior or conduct
- Not have a Chemical violation per the MSHSL rules.
- Participate in the Homecoming Parade and Pepfest *Varsity Only
- Complete 15 hours of service back to the program (helping with younger teams, cancer walks, parades, Cheer Peer, etc.) *Varsity only

EMERGENCY PROCEDURES

In the unlikely event a medical emergency occurs; the following procedure will be followed:

- 1) First Aid will be administered, including calling 911 if needed.
- 2) Parents will be contacted
- 3) In the event that we are unable to make contact with you, we will contact the emergency contact listed upon registration.

REFUNDS

All payments to Community Education and the FCCT Booster Club must be made on time in order to participate in practices and/or competitions. Failure to pay fees may result in removal from the team. All fees paid to Community Education are non-refundable. All money paid to the FCCT Booster Club and earned through fundraising are subject to the FCCT Booster Club Refund Policy.

COMMUNICATION

COMMUNICATION METHODS

Communication is very important to us. We have a variety of methods of communication and ways that information will be relayed to you. We will relay information through:

- BAND - Each team will have their own BAND group and will be the main communication method used by coaches, Program Director and Booster Club.
 - You may Direct Message your coach(es), Program Director and Booster Club on your team BAND.
- PHOTOCIRCLE - Each team will have their own PhotoCircle to share pictures. A link will be provided in each team BAND group at the beginning of the season.
- WEBSITE - Visit Farmington.CE.eleyo.com to register for teams and classes throughout the season.
- FACEBOOK - @FarmingtonCompetitionCheerTeams
- INSTAGRAM - @farmcompcheer

The FCCT Booster Club also communicates with families

- EMAIL - please add the following email addresses to your address book
 - fcctboosterclub@gmail.com (President)
 - fcctbc.treasurer@gmail.com (Treasurer)
- WEBSITE - www.fcctboosterclub.com/
- ONLINE STORE - fcct-booster-club.square.site/
- FACEBOOK - @fcctboosterclub
- INSTAGRAM - @fcctboosterclub

STANDARDS OF BEHAVIOR

FCCT has high expectations for cheerleaders both in and outside of cheer. You are a direct representation of your team, program and school/community. ***Having the opportunity to be a part of FCCT Cheer is a privilege, NOT a right.*** Athletes who do not uphold behavioral standards will be subject to disciplinary action or will be removed from the program.

ATHLETE STANDARDS

Athletes are expected to:

- Be on time to all practices, competitions and events.
- Be dressed appropriately with athletic/cheer shoes.
- Be respectful of coaches and teammates
- Participate with complete effort
- Have acceptable activity on all forms of personal and team social media/communication.
- Represent the program in a positive manner

PARENTAL STANDARDS

Parents are expected to:

- Have my athletes on time to all practices, competitions and events and dressed appropriately.
- Provide positive support, care and encouragement for my athlete, participants, coaches and officials.
- Keep winning in perspective. Encourage my athlete to learn to lose with dignity and win with grace.
- Help my athlete understand how to treat teammates, coaches, officials, other parents and spectators with respect, regardless of race, age, sex, creed, talent or ability.
- Support coaches' decisions and understand they are making the best decisions for the team, the program and all athletes as a whole.
- Represent the program in a positive manner including at practices, competitions, events and on social media.
- Follow the appropriate communication chain of command should concerns arise. Concerns should be sent individually first and not to the team. Coaches -> Program Director -> Community Education.

PROCEDURE FOR STANDARDS VIOLATIONS

- **1st Offense:** Issue is addressed with the athlete
- **2nd Offense:** A parent/athlete/coach (plus possible CE administrator) meeting will take place. A written warning may be issued.
- **3rd Offense:** Dismissal from the team

CONSEQUENCES FOR MSHSL CONDUCT VIOLATIONS

MSHSL violations will be carried out to the fullest extent, along with any additional consequences the coaches decide on. This includes (but not limited to):

- Drugs, Alcohol, or Vaping violations (2 weeks or 2 competitions - whichever is longer)
- Social Media violations - you must keep your social media (Facebook, Twitter, Instagram, Snapchat, etc) clean from any comments, photos or videos that could be detrimental to the character of this program and to your teammates (consequences at the discretion of the staff)