

USAG Kaiserslautern Youth Sports & Fitness 2010 Cheerleading

1. **PROGRAM DESCRIPTION:** Cheerleading serves ages 5-15.
2. **SPORTS REGISTRATION FEES:** The cost of the Cheerleading Program is \$36.00 for the first child. A 10% sibling discount will offered to families with more than one child participating in the same sport season. The over all cost of the sports program is subsidized 66% for all participants in order to keep program costs affordable. If you have special circumstances and need a further reduction of fees, please contact Central Enrollment Office for necessary paperwork at DSN 493-4516 or Civ 0631-3506-4516.
3. **AGES:** Cheerleading serves ages 5-15.
Peewee 5-8yrs.
Minors. 9-11yrs.
Juniors. 12-15yrs.
4. **PHYSICALS:** Annual health physicals are mandatory for all ages in order to participate in the Fall Cheerleading Program. **The physical must be presented at the time of registration and current through the sport season. i.e. March 15, 2010. CHILDREN WILL NOT BE PLACED ON A TEAM WITHOUT A CURRENT PHYSICAL.** If a physical is needed, call Pediatrics Clinic at Landstuhl Regional Medical Center to make an appointment (DSN 486-5300 or CIV: 06371-86-5300). Please make sure to your Physician completes the CYS Services Health Assessment/Sports Physical (AE form 608-10-1A May 2009). This and other Forms are available on the CYS Services website mwrgermany.com.
5. **MANDATORY PARENTS MEETING:** Parents' meeting will be held **20 Nov 09 @ 1800 in the Landstuhl Elementary School Gym**. Team rosters, practice and game schedules, sports philosophy, rules, regulations and more will be covered!
6. **GAMES:** All cheerleading performances will be preformed on Landstuhl Post. Coaches will notify you of any changes to the practice or game schedule. If you are unsure of practice or game times, please contact your coach or the Youth Sports Office (DSN 486-8375). In case of inclement weather, listen to AFN radio for game cancellations; call your coach or the Youth Sports Office. All games take place during the week and on Saturdays.
7. **COACHES:** All volunteer coaches will be certified in First Aid, have a background check, and be certified by a Youth Sports Clinician through the National Youth Sports Coaches Association (NYSCA). The NYSCA teaches the fundamentals of physiology and psychology of youth, basic sport skills, sportsmanship, and emphasizes participation rather than winning. **All training and certification is provided by Landstuhl Youth Sports & Fitness free of charge. See scheduled times and dates on reversed side. Coaches must attend.**
8. **TRANSPORTATION:** Transportation to practices and games is the sole responsibility of the coaches and parents except for the U.S. Forces Tournament.
9. **REFUND POLICY:** **Your sports registration fee may be refunded IF you decide to withdraw your son/daughter from the sport before his/her second practice of the season or in the event of documented medical problems.**

10. REQUESTS: Every attempt will be made to honor special requests; however, there is no guarantee that all requests will be met.

DATES TO REMEMBER: Cheerleading

EVENT	TIME	DATE	DAY	LOCATION
Cheerleading Registration	9:00-5:00	Begins 13 Oct 09	Mon-Fri	Central Enrollment Bldg. 2898 Pulaski Barracks & One Stop Shop @ the Landstuhl Post Library
Parent Meeting	6:00-7:30	20 November	Friday	Landstuhl Elementary Gym
Coaches Clinic MANDATORY	9:00-5:00	14 November	Saturday	Landstuhl School Age Services Bldg.3851
Practice begins the week of	5:00-9:00	14 December	Monday	Landstuhl Elementary Gym
First day of games	9:00	9 January 2010	Saturday	Landstuhl Post Gym

**FOR ANY FURTHER ASSISTANCE, PLEASE CONTACT THE LANDSTUHL SPORTS & FITNESS STAFF, ANTHONY BROCCOLI OR KURT NUSSHAG AT LANDSTUHL YOUTH SPORTS OFFICE AT DSN 486-8375 or
E-MAIL: kurt.nusshag@us.army.mil**

WE ARE LOOKING FORWARD TO A FUN PACKED SEASON.