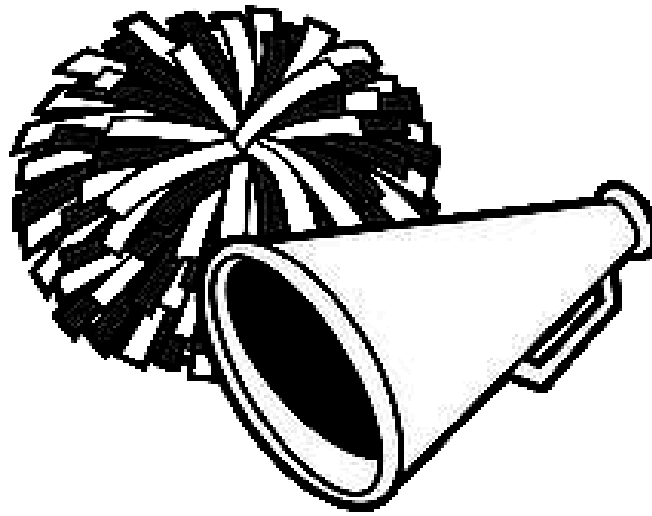


2026
Rome-Floyd Parks and Recreation
Cheerleading
Coaches Handbook



IMPORTANT DATES FOR THIS FALL – 2025

Sunday, August 9th Regular Registration Ends

Monday, August 10th Last Chance Registration Begins

Sunday, August 16th Last Chance Registration Ends

Thursday, Aug 6th **Mandatory Coaches Meeting for All Head Coaches – Thornton Center**

Monday, August 10th Practices may begin. (All teams must follow wet bulb protocols)

Saturday, Sept 12th Unified Football Jamboree (Pending Referees) (Pee Wee and Mites Only)

Tuesday, Sept 15th **Projected** Regular Season Games Begin (All Age Divisions)

October 13th – 17th Fall Break – No Games this week.

Thursday, Oct 22nd **Projected** End of Regular Season Play

Monday, October 26th **Projected** Beginning of Playoffs (Pee Wee and Mites Only)

Thursday, October 29th **Projected** Heritage Bowl Championship Games (Pee Wee and Mites Only)

****ANY DATE COULD CHANGE PENDING WEATHER/MAKE UPS/REFEREE AVAILABILITY****

CHEERLEADING HANDBOOK - 2026

PHILOSOPHY OF YOUTH ATHLETICS

The Rome-Floyd Unified Football/Cheerleading (UFC) Committee was established in 1992. The committee is made up of eight members, four from the staff and Board of Directors of the Boys & Girls Clubs of Northwest Georgia, four from the staff and Board of the Rome-Floyd Parks and Recreation Authority. The Executive Director of the Boys & Girls Clubs of Northwest Georgia and the Director of the Rome-Floyd Parks and Recreation Authority appoint these members yearly. The committee has the responsibility of overseeing all aspects of the Rome-Floyd UFC rules and regulations.

It is the intent of the Rome-Floyd UFC Committee to offer this youth cheerleading program on an equal opportunity basis. All individuals wishing to participate in the program must not be disqualified or discouraged from doing so. Teams will be organized to accommodate all that register and wish to play. Participants are assigned to teams according to the school district in which they attend. All cheerleaders dressed out in each game must participate, according to the program's participation policy. Participation is most important in building character and confidence in youth. The UFC Committee hopes to make every athletic activity serve as a training ground for life.

Coaches are members of the program organizational team. Cooperation is required to maintain a quality experience of the participants. Coaches must establish a good working relationship with parents, players, and the Parks and Recreation Authority and Boys & Girls Clubs of Northwest Georgia. Children tend to use their coaches as role models. What coaches say and do has a tremendous effect on their personality development and self-confidence level. This philosophy has been developed to give volunteers a clear understanding of how important youth are to Floyd County. By following this philosophy, coaches will become valuable volunteers and tremendous assets to our community.

PROGRAM OBJECTIVES

- That each participant learns and understands the basic fundamentals of cheerleading, safety procedures, good sportsmanship, and team concept, as it relates to cheerleading and its fundamentals.
- To embrace the principles of cheerleading by always supporting your teammates, including those on the opposing team, with a positive and energetic attitude.
- That each team has a great experience and successful season.

ELIGIBILITY

- All cheerleaders must pay the registration fee and be registered by the deadline in order to participate in the program.
- There are NO try-outs. A coach CANNOT deny or "cut" a cheerleader from the team.
- Children meeting age and registration requirements may not be prohibited from participating based on creed, national origin, gender, or any other factors. We promote equal opportunity.

- All participants must be of age group (minimum of five years old) prior to September 1, 2022.

PROCEDURE

- **NO Cheerleaders may practice before they have registered.**
- Only the Unified Football and Cheerleading Committee can implement mandatory cheerleading practices/events.

During regular season

- Maximum of 3 practices are allowed weekly.
- No practices on Sunday.
- Cheerleaders can only miss 1 practice weekly and still be eligible to cheer at the following game, unless approved by coach.
- Practices cannot exceed 1 hour and 30 minutes.
- All practices should end no later than 8:30 p.m.
- It is **mandatory** that at least 24 hours' notification be given to the Cheerleading Coordinator for any cancellation of games or events.

BANNERS/SIGNS

- Banners, spirit sticks, and signs are permitted providing all debris is removed from the area before each game begins and disposed of after each game ends.
- You may obtain a sponsor to offset the costs of team uniforms. Sponsors can be displayed on uniforms, coaches shirts, or team run through banners.

UNIFORMS

- Uniforms may be ordered from the head coach's vendor of choice but must adhere to all uniform guidelines. NO EXCEPTIONS. If any coach does not abide by the uniform guidelines, disciplinary action will take place.
- A matching uniform is required - Top, Bottom, Bloomers, a bow and Pom-Poms - **Nothing other than the uniform is mandatory to purchase.**
- The most ONE uniform can cost (top, bottom, bloomers, and pom-poms, shoes and bows) is \$125.00. (Unless agreed upon by each parent associated with team.)
 - Any thing over this must be agreed upon by each cheerleaders parent or legal guardian prior to the coach ordering anything over the \$125.00 uniform limit.
 - We highly encourage coaches to have a written record of parent approval if spending more than the \$125.00; text messages, group chat, paper agreement, etc. to show where each parent agreed to the costs associated with the extra uniform costs.
- Accessories can NOT be labeled as required and should be optional. (Sweatshirts, sweatpants, pink out gear, socks, duffle bag, etc.)
 - If cheerleaders choose to wear "cold gear", pink-out-gear or other shirts/sweatshirts/sweatpants during their half time routines, they must all match to maintain uniformity.

FUNDRAISING

- Fundraisers are sole discretion of the coaches and the team as a whole. Things such as “fill my bow” or calendar fundraisers have been successful in past years for participants to raise their own funds to cover the rising costs of uniforms.
- **Each head coach MUST show receipts of monies collected and where it was spent. Get this to us as quickly as possible after you purchase uniforms, accessories, etc.**
- **It is highly recommended to NOT do cash, instead do Venmo, PayPal, cashapp, etc. to have a paper trail of transactions.**

CHEERLEADERS RESPONSIBILITIES/EXPECTATIONS

- Being part of a squad is a commitment. Cheerleaders are expected to attend practices, games, etc.
- Cheerleaders are responsible for having transportation to and from practice, games, and events.
- They are responsible for their own behavior. Disrespectful or disruptive behaviors will not be tolerated. If disruptive behavior occurs, proper disciplinary action will take place as set in place by individual team rules.
- Always show good sportsmanship to all squads as they perform. Support and encouragement are a constant in cheerleading.

DISCIPLINARY PROBLEMS

- All disciplinary problems *are to be reported* to the Cheerleading Coordinator.
- Incidents should be typed up, detailing all pertinent information of the situation and either emailed or given in person.
- No cheerleader will be penalized or dismissed from the team without the permission of the Unified Football & Cheerleading Committee.
- If a conflict arises amongst parents and coaches, attempts should be made to resolve and address the conflict amongst the involved parties first. If no resolution can be made, either party may contact the Cheerleading Coordinator for assistance with the matter. The situation should be type-written in detail concerning all areas of the matter.
- Disrespectful or disruptive behaviors will not be tolerated from the coaches, parents, or youth participants. If a child is disrespectful or displays disruptive conduct, the coach will be allowed to restrict that cheerleader from participation for the next game, upon approval from the Unified football and Cheerleading Committee. A child may not be disciplined in any way because of school related matters, or any other activity unrelated to the team practice and games.

HALFTIME ROUTINES

- **All music must be screened and approved by the Cheerleading Coordinator PRIOR to being played at the Boys & Girls Club or at the Levee.** We do not use CD's much anymore so it is best to put your cheer routine music on your smart phone and we will connect it via Bluetooth at the games.

- All coaches must provide the press boxes with the approved music CD/phone and information on the needed track number. ***IF YOUR PHONE HAS A SCREEN LOCK THE SUPERVISOR NEEDS THIS PASSCODE BEFORE YOU GO BACK DOWN TO THE FIELD.***
- It is the responsibility of the coaches to bring the approved music CD/phone to the games.
- NO explicit or suggestive language/dance will be tolerated in halftime routines. If deemed inappropriate, the squad will get **only one** warning to change/alter their dance.
 - If you get a warning, the coach MUST schedule a time for the Cheerleading Coordinator to meet and watch the routine for approval.
 - If the coach fails to do this and/or the squad continues to perform the warned inappropriate routine, the squad will lose all privileges to perform at half-time.
- Ideally, Routines must be **under 2½ minutes** long. The maximum allowed routine time is 3 minutes.
- All approved music and track requests must be submitted to the press box **AT LEAST 10 minutes before the game time, NOT halftime.**
- All squads must be ready to perform immediately when halftime starts. The visiting team will perform first at halftime. It is best if each squad is organized, ready and prepared for each performance!
 - Teams who drag their feet and do not get on the field promptly will lose part of their half time routine allowed time.

CHEER STUNT REGULATIONS

- **Jr. Pee Wee**
 - JRPW stunts must be done off the thighs of their base spotters, and must have a back spotter. Meaning two base spotters are on one knee supporting one foot of the “flyer” on their thigh.
- **Pee Wee**
 - Pee Wee cheerleaders may do stunts in which the feet of the flyer are NO HIGHER than the base/spotter’s waist level.
- **Mites Stunts**
 - In the Mites age division the cheerleaders may do standing stunts, with the exception the base spotters must hold the “flyers” feet at NO HIGHER than the base/spotter’s mid chest level.
 - There must be two base spotters; one to hold each foot, and a back spotter, for all stunts performed on the sidelines or during half time routines.
- ***Failure to comply with the stunting regulations and guidelines can result in the head coach being removed from the team and loss of coaching privileges. These rules and regulations are in place to keep our athletes safe, and are in line with the national REC youth cheer guidelines.***

COACHES

The Boys & Girls Clubs of Northwest Georgia's and Rome-Floyd Parks and Recreation Authority's primary mission is to develop character and build good citizenship in the youth of this community. The UFC Committee recognizes the importance of physical and mental fitness in fulfilling this mission. It is our belief that one of the most important influences that a child encounters is his/her coach. For that reason, if a coach fails to follow any of the guidelines or coaching requirements, he/she could lose their right as a volunteer with the Boys & Girls Club of Northwest Georgia and the Rome-Floyd Parks and Recreation Authority. Coaches may or may not be asked to coach again depending on their actions and attitudes.

All head coaches must be at least 21 years of age. Assistance coaches must be at least 18 years of age unless approved by RFPPRA. Head Coaches shall be responsible for proper conduct of their assistant coaches and spectators. All volunteers will undergo criminal background checks. Violation of the following policies could result in suspension or probation from the program:

- Use of drugs or alcohol prior to or during a practice or game.
- Use of any tobacco products during a practice or game.
- Profanity, abusive language or unsportsmanlike conduct during a practice or game.
- Failure to report violations of rules or policies of an opposing team or coach in a timely manner.
- Pulling a squad off the field for any reason.

General Guidelines and Policies

- Always be fair when enforcing rules or when taking disciplinary actions. Discipline is a good teacher of responsibility. Be firm, but fair.
- Constructive criticism should be reserved for a private moment. NEVER CRITICIZE OPENLY.
- Coaches should keep parents and players well informed on practices, games, rainouts, etc.
- Establish a good working relationship with both players and parents.
- Be concerned with safety at all times. Report all accidents or injuries to the Program Coordinators.
- Abide by doctor's decisions in all matters of cheerleader's health, injuries, and physical ability to participate.
- Always strive to make every athletic activity serve as a training ground for life.
- If coaches have children in different age divisions, they are allowed to move siblings up or down one division so they may be on the coach's team. Non-coaching parents may also be given this division waiver with the permission of the Team Coach AND the Cheerleading Coordinator.

Responsibilities & Requirements

- Attend a Coaches Certification/Training Meeting.
- Provide a copy of Unified Cheerleading By-Laws to parents, if it is requested.
- Coordinate a parent/cheerleader meeting at the beginning of the season to explain expectations, requirements, By-Laws, plan for the season, and parent obligations.
- If you are a veteran coach for a specific team & age division, you will have seniority over new coaches, unless deemed otherwise by the Unified Committee.
- Supervise the squad at all times.
- Only the head coaches are allowed to hold money for cheerleading purchases. **The Unified Football and Cheerleading program is not responsible for any financial loss.**
 - **We highly recommend and encourage that you do not accept cash or checks and only utilize financial apps such as CashApp, Venmo, and Paypal. You MUST keep receipts of all transactions and purchases and provide parents with a receipt of their payment to you. If any situations arise we will ask you to provide all documentation showing where the money came from and where it was spent.**
- Leave no child alone after practice or a game.
- Provide cheerleaders with water during practice and games.
- Ensure that AT LEAST one spotter is provided during practices and games if a stunt is being performed.
- The committee has the authority to approve or deny one's affiliation as a voluntary coach at any time.
- Provide an updated schedule of practices including location and time to the Cheerleading Coordinator.
- Provide a copy of special team rules (if any made by coaches)
- Schedule team pictures – all parents may not want to purchase but some will.
- We ask that you and your squad would participate in the Christmas parade downtown this year.

Assistant Coaches

- The head coach will appoint all assistant coaches.
- All assistant coaches will be the responsibility of the head coach.
- A head coach will have the authority to suspend or dismiss any assistant coach.
- An assistant coach will carry over duties as assigned by the head coach.
- An assistant coach will **NOT** have the authority to discipline any participant.
- An assistant coach will not be given the same consideration as a head coach during games. Assistant coaches MUST NEVER get involved in any discussions during the game with officials or parents.
- Assistant coaches should support the decisions of the head coach and should never publicly second-guess the head coach.
- An assistant coach can be appointed by a head coach to act as a head coach during the absence of the actual head coach.
- Assistant coaches should be able to communicate information to parents concerning the program, practice times, and locations.

- Ultimately, all assistant coaches are under the supervision and authority of the RFPRA and the Boys & Girls Clubs of Northwest Georgia.
- **Any assistant coach should not try to overstep, go against, or overrule their head coach. This will be grounds for dismissal as a coach.**

Banquets/End of Year Parties

- You may use one of our banquet rooms, or pavilions for your banquet
 - If you wish to use the gymnastics center you will have to book it and pay the gym rental fee.
- Food and drinks for your cheer banquet or party will be the responsibility of the team/coaches.
- You may choose to hold the awards that we give you, and give them out at your banquet if you wish to do so.

GAMES

Pintos | Mustangs | Broncos

- Flag teams will play a total of ten (10) games for their season.
 - In the Pintos division, score is not kept, it is for learning and having fun.
 - Mustangs and Broncos will both have score kept and the first and second place team will receive rings. ALL cheerleaders receive an award.
- Games will be played on Monday, Tuesday, Thursday & possibly occasional Wednesdays. There could be up to 3 games per week, no less than 2 per week, and the times are 5:30/6:30/7:30.
- Games will be played at North Floyd Football until the time changes and if needed we will move your games to Riverview Football.

Pee Wee and Mites

- Pee Wee and Mites are guaranteed eight (8) regular season games and a chance to play in the post season playoffs. 2 games per week.
- Games will be played on Monday, Tuesday and Wednesday. (Due to officials) (We always try avoid Wednesdays with football, but it all depends on officials.)
- Game locations will rotate weekly – one week you will be at Riverview and the next at BGC.

CONTACT INFORMATION

Football/Cheerleading Contact: Blake Lambert
 Work Phone: 706-290-7677
 Email Address: Blake.Lambert@floydcountyga.org

Sports Administrative Assistant: Pam Hobbs
 Work Phone: 706-676-0733
 Email: Pam.Hobbs@floydcountyga.org

Note: Please do not call the Boys and Girls Club if you have a cheerleading question or concern. Please contact Blake Lambert or Pam Hobbs.

Policy on Practices in Excessive Heat Situations

The following procedures have been established to protect the youth of Rome-Floyd County as well as the volunteers that serve as coaches in this program.

Football/Cheerleader Practice Procedures

Level 1

Under 82.0 degrees (based on heat index reading)

- Normal activity
- Provide at least three separate rest breaks per hour for a minimum of three minutes each.
- Serve plenty of water

Level 2

82.0 - 86.9 degrees (based on heat index reading)

- Use discretion for intense or prolonged exercise
- Watch at risk players carefully
- Provide at least three separate rest breaks per hour for a minimum of four minutes each.
- Serve plenty of water

Level 3

87.0 - 89.9 degrees (based on heat index reading)

- Maximum time limit on practice is two hours
- Helmet, shoulder pads, and shorts only
- All protective equipment must be removed for conditioning activities
- Provide at least four separate rest breaks per hour for a minimum of four minutes each.
- Serve plenty of water

Level 4

90.0 - 92.0 degrees (based on heat index reading)

- Maximum time limit on practice: 1 hour
- No protective equipment may be worn during practice
- There may be no conditioning activities
- Provide at least 20 minutes of rest breaks per hour of practice
- Serve plenty of water

Level 5

Over 92.0 degrees (based on heat index reading)

- NO OUTDOOR ACTIVITY
- Delay practices until a cooler heat index reading occurs

CHEERLEADERS must also observe all heat policies related to practicing such as the maximum time limits based on the heat index levels and consuming plenty of water. It is the responsibility of all coaches to check each day to verify conditions of practice.

**** Each head coach will get a text with the current wet bulb readings. It is the head coach's responsibility to abide by the above guidelines! ****

RFPRA Sports Staff Directory

Name/Position	Email Address (Best Way to Reach Us!)	Office Number
Blake Lambert Sports Program Manager	Blake.Lambert@floydcountyga.org	706-331-3256
Brad Hobbs Assistant Sports Program Manager	Brad.Hobbs@floydcountyga.org	706-252.1156
Adam Mull Sports Coordinator	Adam.Mull@floydcountyga.org	706-252-6438
Pam Hobbs Sports Admin Specialist	Pam.Hobbs@floydcountyga.org	706-676-0733



You've been invited to join

2024 Cheerleading Head Coaches

Use your **unique access code** below and follow the instructions.

Access Code

HT2W-MLY2

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at www.sportsyou.com
or in the app stores



Concussions

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head, or from a blow to the body that causes the head and brain to move rapidly back and forth. Even seemingly mild bumps to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

Concussions Are Serious

Medical providers may describe a concussion as a "mild" brain injury because they usually are not life-threatening. Even so, the effects of a concussion can be serious.



Concussion Signs

(Observed by family member or coach)

- May appear confused or lethargic
- Can't remember events correctly
- Slow to respond to questions
- Loses consciousness
- Personality or behavior changes
- More emotional than normal
- Difficulty concentrating



Concussion Symptoms

(reported by child)

- Difficulty thinking or remembering
- Difficulty concentrating or remembering
- Feeling groggy, sluggish, or slow
- Headache
- Nausea, vomiting, or dizziness
- Visual changes, such as blurry or double vision
- Light or noise sensitivity
- Irritable, sad or nervous
- Drowsy or lethargic



Danger Signs (Require immediate medical attention)

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation

Children or teens who are diagnosed with a concussion or demonstrate signs or symptoms of a concussion should **never** return to sports before being cleared by a medical professional.

PHYSICAL THERAPY AND REHABILITATION

706-509-3400



Atrium Health
Floyd



How Atrium Health Floyd and athletic trainers will help.

If an athletic trainer suspects that your child may have sustained a concussion, they will perform a sideline examination and pull your child from play, as well as inform you and provide guidance.

Your child should follow up with a sports medicine-trained physician or their personal physician for further examination. They will provide instruction on return-to-play, academic accommodations and return-to-driving.

As with other sports injuries, your child likely will see a physical therapist specializing in concussion rehabilitation to help their recovery and ensure a safe return-to-play. Your child may also see the athletic trainer at school for frequent testing and treatment. Your child's athletic trainer and physical therapist will progress them through our return-to-play protocol, and your child will perform a series of tests prior to return-to-play to ensure safety.

Return-to-Play Protocol

Stage	Activity	Description
0	Rest	Full rest from strenuous physical activity or concentration
1	Graded Exercise	Light exercise that does not provoke symptoms
2	Sport-Related Exercise	Gradual increase in exercise, such as plyometrics and weights
3	Sport-Related Drills	Return to sport or position drills that do not involve other players
4	Non-Contact Practice	Participation in team practices without contact drills or scrimmage
5	Return to Game Play	Full return to play

Q: What about school?

A: Your child's performance in school and mental health is most important following a concussion. Once your child is examined by a physician, you can provide their school with academic accommodations and/or recommendations to help expedite their recovery and improve their academic performance. As your child improves, these accommodations will gradually fade. Strategies may include:

- Increased rest breaks at school
- Fewer hours at school
- Increased time to take tests
- Paper tests/assignments to reduce screen time if your child is sensitive to lights/screens
- Avoid noisy/stimulating environments while focusing

Prior to returning to full game play, your child will be able to participate in school without accommodations.

Q: What can I do to help my child after a concussion?

A: If your child was not diagnosed by a health care professional, seek medical attention right away.

- If your child is having difficulty in school, speak with your child's teachers, counselors, coaches or health care professionals. Accommodations can be made so your child can heal properly and maintain their academic performance.
- Help your child take time to recover. After a concussion, increased physical activity or concentration – such as exercise, studying or video games – can increase symptoms if performed too soon. Make sure your child gradually increases activity levels. If they develop headaches or fatigue after activity, contact their health care professional.
- Talk with your child about how they feel. Concussions often affect your child's emotions. It is normal for a child to feel frustrated, sad or isolated because of their symptoms or restrictions, especially since a concussion isn't visible to friends and classmates. Offer your support and encouragement.

PHYSICAL THERAPY AND REHABILITATION

706-509-3400



Atrium Health
Floyd



What Happens to Your Brain When You Have a Concussion?

What is a concussion?

A concussion is an injury to your brain. When it happens, a concussion can interfere with your normal brain functioning. A brain injury can be caused by:

- hitting your head on something
- being hit by an object
- a blow to your body that causes your head to move and brain to move rapidly inside your skull

What is going on inside my brain?

- Your brain is made up of special cells called neurons. Your neurons are all connected. When your brain is injured by a concussion, the connections between neurons are stretched or broken. Because of this, it can be harder for you to do the things you normally do.
- Most imaging of the brain like a CT or MRI cannot see the damage that happens with a concussion. This is because it happens on the cellular level and is too small to see.

Why do I feel more tired than usual?

- A concussion can weaken your brain's ability to supply energy for healing. This is a problem because your brain needs more energy than normal to heal. This gap between your lower energy supply and a higher need for energy explains why you may feel tired.
- Also, your brain uses most of its energy for healing, which means you have less energy to do daily tasks.

Why is it hard for others to understand my injury?

- With a concussion, you may look normal. You may not have outward signs that you have had an injury.
- People cannot always see your symptoms. For example, most people understand an injury if you have crutches, bandages or a cast to see.
- You might feel more sensitive to light, sound, movement and others around you. You may have headaches, memory, concentration, balance, vision, irritability and sleep problems.
- Find a doctor (and team of therapists) who understand concussions and can help you recover.

Is my brain able to heal and will my symptoms go away?

- Your brain can repair itself. The connections between neurons can heal themselves and get stronger. This healing process will help you function and feel better. With care and time your quality of life and your symptoms will get better.

Who can I lean on for support?

- It is okay to ask for help. Support from others can help you with your recovery.
- If you have long lasting symptoms, find medical professionals who are trained to treat concussion.
- Having a positive attitude and following through on recommendations will allow you to improve more quickly.



Atrium Health

Carolinas
Rehabilitation



When to rest and when to be active

Goal

- To understand the purpose of activity in recovery after a concussion or mild traumatic brain injury.
- To understand how exercise improves brain recovery and healing.

Is rest or exercise better?

After a concussion, many people think you should not:

- exercise
- go to school/work
- look at screens (computer, cell phones, TV)

Many people think all you need to do is sit in a quiet, dark room and you will get better.

You only need 24 to 48 hours of rest after a concussion or mild traumatic brain injury.

How exercise helps the brain to heal

- When you do exercise, your heart beats faster. This pumps more blood and oxygen to your brain. Increased blood and oxygen help your brain cells heal.
- Movement pushes your brain to do its job by sending signals to your muscles. These signals help to coordinate your movements. This helps improve healing and repair of your brain cells.
- Exercise is important for your muscles and helps your brain to think more clearly!



Atrium Health

Carolinas
Rehabilitation

Football/Cheerleading Practice Selection Form

Head Coach: _____
Team Name: _____
Age Group: _____
E-mail: _____
Cell Phone Number: _____

PRACTICES

- Every coach is required to list where they will be practicing.
- You may use one of our public parks, or use a location that you have access to.
 - Such as a school, or church. It is up to you, the coach to obtain permission.
- ***YOU HAVE TO TAKE WATER TO EVERY PRACTICE AND GAME!!!!***

Practice Preferences:

1. _____ (day/time/location)
2. _____ (day/time/location)
3. _____ (day/time/location)

Your set practice day/time/facility will be text to you by Friday after the coach's meetings.

Complete this form and leave with Pam tonight!

AWARDS

(Circle One)

Pink Ring Blue/White Ring Gold/Black Ring

Baby Blue/White Medal Pink/White Medal



Football/Cheerleading Schedule Conflict Request Form

Please list any conflicts you may have for the upcoming Football season. Keep in mind that the season runs from September 13th – October 30th, and we will be playing on Mondays, Tuesdays, and Wednesdays. These dates are estimates and are subject to change. When listing your conflicts, please list the date that you CANNOT play and explain why you cannot play that day or at that time. (Example: You are coaching this team, but you child plays on that team. OR You are coaching more than one team.)

This is the ONLY opportunity that you will have to turn in conflicts for the upcoming season, any conflicts that arise after this meeting will be the responsibility of the coach to make arrangements to attend the games or have an assistant coach fill in while you're out.

Conflict Date	Reasoning for Conflict

Complete this form and leave with Pam tonight!