



LOMBARD FALCONS

2026 SIDELINE CHEERLEADING HANDBOOK

TABLE OF CONTENTS

- 1 Welcome
- 2 Program Overview
- 3 SEASON TIMELINE AND EVENTS
- 4 Team Contract & Expectations
- 5 Financials
- 6 Fundraising
- 7 Program Leadership

WELCOME



ABOUT US

The Lombard Falcons Cheerleaders are part of the Lombard Falcons Junior Football League “LJFL”. The program is a yearly member of the Illinois Cheerleading Association. Codes of conduct, rules and regulations of both entities will be adhered to at all times.

Our program is ran by a volunteer committee with oversight from the Cheer Manager, Jennie Kuehl. Should any issues arise please contact Jennie by emailing lombardfalconscheer@gmail.com.

PROGRAM OVERVIEW



Mini Cheer - Open to PreK(4) through 1st grade.

Junior Sideline Cheer - Open to 2nd through 8th graders.

Mini and Sideline Cheer are recreational programs focused on:

- Learning basic cheer skills
- Building confidence and teamwork
- Supporting football teams on game days
- Creating a positive and inclusive experience

These programs are designed to accommodate families with multiple commitments while still encouraging consistent participation.

PRACTICE SCHEDULE AND EXPECTATIONS

Practices for Mini and Sideline Cheer begin at the end of July



- Practices are held 1 to 2 times per week
- Practices are approximately 45 minutes to 1 hour in length
- Practice days, times, and locations will be communicated by coaches

SEASON TIMELINE AND EVENTS



AUGUST:

PEP RALLY/PARENT APPRECIATION NIGHT

The season kicks off with a Parents Night event, similar to a homecoming celebration. During this event, all football and cheer squads are introduced. This is a fun and welcoming way to begin the season and build excitement across the program.

LILAC BOWL

The Lilac Bowl follows Parents Night and marks the opening of the football season. Mini and Sideline Cheer teams attend to support the football teams as they begin their season. Cheerleaders may cheer for short periods of time and are encouraged to participate and support the program.

SEPTEMBER:

September marks the start of regular season football games.

During this time:

- Games begin on a regular schedule
- Cheer teams are expected to attend and cheer at all scheduled games
- Attendance becomes more important as routines and cheers are consistently performed

While life happens, regular attendance allows athletes to fully participate and support their teams.

HOMECOMING

This is a special weekend determined near the start of the season. Participation includes team-building festivities.

OCTOBER:

PROGRAM SHOWCASE



Before the season concludes, the program hosts a Showcase event. This event allows cheerleaders to show family and friends what they have learned throughout the season. All teams will perform their routines and cheers in a fun and supportive environment.

FLAG BOWL

The Flag Bowl takes place in October and includes some level of cheer participation. More information regarding schedules and expectations will be shared as the event approaches.

END OF SEASON CELEBRATION

The season concludes with an end of season celebration to recognize and celebrate the athletes, their hard work, and their growth throughout the season.

TEAM CONTRACT & EXPECTATIONS

Practice Attendance

Athletes are expected to attend practices regularly to learn routines, cheers, and formations.

If an athlete misses practice:

- Coaches will work to help the athlete catch up when possible
- Repeated absences may impact performance readiness

Families are asked to communicate absences with coaches in advance when possible.

FOOTBALL GAME ATTENDANCE AND SCHEDULING

Mini and Sideline Cheer teams cheer at football games during the regular football season.

Game Assignments:

- Teams will cheer at games each weekend throughout the season
- Game schedules are determined by the football program
- Games are typically held on weekends

Attendance at games is encouraged, as athletes contribute to game-day spirit and halftime performances. If an athlete cannot attend, please communicate with the coach as early as possible, ideally at least one week in advance.

UNIFORMS AND APPEARANCE

Athletes are expected to arrive prepared and ready for practices and games. Appearance expectations differ for practices and game days.

PRACTICES

For practices, athletes must arrive:

- Wearing comfortable athletic clothing
- Wearing cheer shoes or athletic shoes
- With hair secured away from the face
- With a filled water bottle
- Free of all jewelry

Athletes should be ready to participate safely at the scheduled start time.

Games

For game days, athletes must arrive:

- Wearing the assigned uniform
- With hair styled as directed by the coach
- Wearing the provided cheer bow
- Wearing cheer shoes
- Free of all jewelry

Athletes who are not game ready may be asked to sit out for that game.

Sportsmanship and Conduct

Athletes and families represent the Lombard Falcons Junior Football League at all times.

All participants are expected to:

- Show respect to coaches, teammates, officials, and opponents
- Display positive sportsmanship
- Follow program rules and expectations

Unsportsmanlike conduct by athletes or parents may result in disciplinary action.

Safety

Cheerleading involves physical activity, and safety is a top priority.

Athletes are expected to:

- Follow coach instructions
- Participate safely
- Use proper technique

Safety violations will not be tolerated.

FINANCIALS

Registration Fees

Mini and Junior Sideline Cheer \$400

Registration Fees include the following:

Rental Facilities

Park District Fees

Insurance

Team Fund

Uniform Rental

Practice T-Shirt

Cheer Bow*

Crop & Bloomers (mini)

Game Day Tank (junior)

\$200 Raffle Ticket Fundraiser*

*If you sell the raffle tickets, you keep the money from proceeds to offset registration fees.

Additional items not covered by registration but required:

Cheer Shoes (Link provided by coach in May)

White No Show Socks

Plain Black Leggings (Style determined by coach)

Plain Black Shorts

FUNDRAISING

Additional fundraising may be required to help offset costs during the season. If we are successful with fundraising, we can reduce costs to parents. Additional funds may be needed for camps/events/clinics/homecoming outside of regularly scheduled practices and games.

Additional expenses that may be covered with fundraising efforts:

- Team Gifts
- Additional Competition Fees
- Extra Facility Rentals
- Team Parties
- Extra Hair Accessories
- Homecoming Supplies
- Homecoming Gifts
- Additional items required by Coach



PROGRAM

LEADERSHIP

Coaches

To prioritize safety, coaches are required to take a concussion and safety course prior to the start of each season. Background screenings are conducted for each applicant.

Your coach will be your first point of contact for the entire season.

Cheer Manager- Jennie Kuehl

Email: lombardfalconscheer@gmail.com

The Cheer Manager will oversee the Cheer Committee to maintain a safe and successful cheer program. The Cheer Manager shall handle parent conflicts should the need arise.

Cheer Committee

Secretary - Amanda Twomey
Assistant Operations Manager - Tiffany Hudson
Assistant Cheer Manager - Deyna Rivera
Cheer Finance Secretary - Heather Lithas
Uniform & Appearance Coordinator - Mandi Jennings
Inventory Coordinator - Erin Syperski
Events Coordinator(s) - Kate Hajduk & Melissa Hess
Performance Coordinator - Arielle McKenzie
Coaches Support Coordinator - Dana Imlah
Team Parent Coordinator - Luann Olson
Cheer Admin - Marla Kolar
Cheer Fundraiser Coordinator - Andrea Ancy
Cheer Social Media Coordinator - Livie Pickerill

