



**PARENT HANDBOOK 2009 - 2010**  
**LAWRENCE G-FORCE LLC**  
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**[g-forcejets.com](http://g-forcejets.com)**

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# *Parent Handbook*

## *2009 - 2010*

*Welcome to the Team!*

This handbook contains useful information about team membership and our parents' club, the Jet Boosters. This handbook and other useful information are also available on our web site at [g-forcejets.com](http://g-forcejets.com).

Please review this handbook and direct any questions, comments, or suggestions to the appropriate Booster or LLC member. We look forward to having you as a part of our growing program this year and if we can help you in any way, please don't hesitate to ask.

<b>Position</b>	<b>Name</b>
<i>LLC</i>	Hallie & Jimmy Godfrey—Coaching, Staffing, Gym Management ( <a href="mailto:halliegodfrey@gmail.com">halliegodfrey@gmail.com</a> , <a href="mailto:jimmy.godfrey@yahoo.com">jimmy.godfrey@yahoo.com</a> ) Gail Kiefer—Treasurer, Payments ( <a href="mailto:gkiefer@tong464.org">gkiefer@tong464.org</a> ) Patty Lenning—Website/Communication ( <a href="mailto:planning@usd348.com">planning@usd348.com</a> or <a href="mailto:gforcejets@gmail.com">gforcejets@gmail.com</a> ) Lisa Pulliam—Birthday Parties/Texting ( <a href="mailto:lisapulliam@yahoo.com">lisapulliam@yahoo.com</a> )
<i>Booster President</i>	Cyndi Harvey ( <a href="mailto:charvey@usd497.org">charvey@usd497.org</a> )
<i>Booster Vice President</i>	Kandic Grimmatt ( <a href="mailto:kandicgrimmatt@sbcglobal.net">kandicgrimmatt@sbcglobal.net</a> )
<i>Booster Secretary</i>	Stacy Caldwell ( <a href="mailto:bizefamily@sunflower.com">bizefamily@sunflower.com</a> )
<i>Booster Treasurer</i>	Julie Beadleston ( <a href="mailto:beadlestonj@hotmail.com">beadlestonj@hotmail.com</a> )
<i>Booster Cheer Liaison</i>	Kathy Smith ( <a href="mailto:createwithkathy@sunflower.com">createwithkathy@sunflower.com</a> )
<i>Booster TNT Liaison</i>	Ellen Shobe ( <a href="mailto:eshobe@sunflower.com">eshobe@sunflower.com</a> )
<i>KU Concessions</i>	Lisa Pulliam & Kandic Grimmatt
<i>KU Apparel</i>	Stacy Caldwell
<i>TNT Meet</i>	Hallie Godfrey ( <a href="mailto:halliegodfrey@gmail.com">halliegodfrey@gmail.com</a> )
<i>Fundraising</i>	Cookie Dough—Julie Beadleston Burritos—Kandic Grimmatt/Patty Lenning
<i>Public Appearances</i>	Tongie Parade—Gail Kiefer Maple Leaf Parade—Patty Lenning *other public appearances to be determined by coaching staff
<i>Hotel Arrangements</i>	Tricia and Scott Thoman ( <a href="mailto:scottandtricia@hotmail.com">scottandtricia@hotmail.com</a> )

## *Introduction to the Team*

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Congratulations on your child being a member of the G-Force Athletics Competitive Cheerleading or Tumbling Team and we welcome all of your family to our family! All athletes are placed on the various teams by the coaches. All decisions are based on age and skill level.

### **Coaches**

\*Hallie Godfrey – Head Tomcats Coach (785-393-2000)  
\*Jimmy Godfrey – Hawks Head Coach, TNT coach (785-393-7877)  
Leslie Carter Mills – Pee Wee & Tomcats Coach (316-680-6791)  
Amber Helvic Bradberry—Tomcats & Hawks Coach (918-899-2885)  
\*Jared Goreman—TNT Coach (785-766-1227)  
Chris Lindsey—TNT Coach (618-977-6443)

\*Contact in case of emergency

### **Uniforms**

A team uniform is required for competition. Athletes are required to purchase team warm-ups and shoes. The coaching staff handles sizing of team uniforms, warm-ups, shoes, and other required items (make-up and hair bows). These items are purchased using the deposit you pay to G-Force.

### **New Policy - Missing a Calendar Event or Team Practice**

Our G Force team is only a team if you are there! Every member is important at every event. This includes special events, fundraisers, practices and competitions. Thanks for making the commitment to be a part of our TEAM!

Missing a team practice or a calendar event should only be an emergency or an unusual circumstance and it should not be a habit. Continuous absences may be reason for reduced team involvement, restriction from competition or even removal from teams.

\*If you have to miss an event you need to fill out a written request form at least one week in advance and turned in to the blue file box in the entrance. The coach will determine if the request is excused or unexcused. There is a form at the end of this handbook or in the front of the gym in the blue file box.

## *Jet Boosters, Inc.*

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Jet Boosters, Inc. became a non-profit organization in 2007. Jet Booster's primary objective is to support and provide encouragement for cheerleading and power tumbling. To fulfill this objective, Jet Boosters sponsors various fundraisers to pay for a portion of the costs incurred by the athletes to compete.

**Membership:** Team families are automatic members of Jet Boosters and are required to make an annual payment to Jet Boosters. The annual payment is \$20. The annual payment is determined by the Jet Boosters Executive Board and is based on the funds available at the beginning of the competitive year.

Please direct any questions related to booster club membership to the board members listed on the first page of the handbook.

**Meetings:** Mandatory Parent-Coach meetings are held at the beginning of the competitive season. Information about the meets/competitions, expenses, uniforms, and other items will be distributed. These meetings give parents the opportunity to ask questions to both the coaches, LLC and the Jet Boosters Executive Board.

**Executive Board:** The Jet Boosters Executive Board is an elected board, responsible for reviewing and updating the by-laws, controlling the assets of the Jet Boosters, monitoring fundraising activities, investigating and initiating new fundraising opportunities, and enlist volunteers for various Jet Boosters committees and home competitions. Officers are volunteers (who are also team parents) who do not receive compensation for holding office. Jet Boosters information and meeting minutes are posted on the Jet Boosters Web site at [g-forcejets.com](http://g-forcejets.com) and **emailed to each parent**. Please feel free to call or send email to any of the board members if you have questions or comments about the Jet Boosters.

**Communication:** Jet Boosters communicates with parents and athletes using the following methods:

- Phone call / Text
- Email
- Jet Boosters Web site ([g-forcejets.com](http://g-forcejets.com))
- Parent meetings

## *Tumbling/Skills Classes*

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### **Minimum Requirements**

**Hawks:** Two tumbling classes per week.

**Tomcats:** Two tumbling classes per week.

## *Competitions*

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### **Competition Schedule and Payment Process**

- Coaches and members of the LLC and Jet Boosters will work together to prepare a preliminary meet/competition schedule for the year.
- Your deposits pay costs for all meets/competitions.
- Meet/competition information is then turned over to the LLC who then gives that information to the parents at tryout time.
- Meet/competition release forms will be turned in to Gail Kiefer or the blue file box in entrance.
- An athlete will not be able to compete without deposits and Parks and Rec. fees being current.
- After tryouts, parents will determine and agree to a payment plan for the year. If you have questions or concerns, contact Gail Kiefer.

**Entry Cancellation:** If your daughter/son has been entered into a meet/competition, but cannot compete for some reason (such as illness, injury, or unforeseen schedule conflicts), please inform the coaches as soon as possible. **Please note that entry fees will not be refunded.**

**Expenses of Competition:** Entry fees are paid for out of the deposit paid at the beginning of the year. The athlete will have additional travel expenses that range from \$50 - \$500 depending upon the competition and where it is being held. Coaches are paid for their attendance and travel expenses from the coach's fees that are included in your deposit.

**Travel:** Athletes are responsible for their transportation and accommodations when attending a meet/competition away from Lawrence. Most away sites are within driving distance from Lawrence. An overnight stay may be desirable depending on the distance to the site. Athletes are required to attend all mandatory pre-competition practices for travel competitions. Team hotel information will be provided via email. Tricia and Scott Thoman contact hotels to make team arrangements and will contact parents once those arrangements are finalized. Everyone must contact the hotel to make his or her own reservation. Weather usually does not cause a competition to be cancelled so attendance is still required. Please plan accordingly.

**Team & Family Dinners:** Booster Club will make arrangements for dinners after competitions. This is a fun time and a good way for the girls and families to bond! These are not mandatory, but strongly encouraged!

## *Program Activities*

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**Calendar:** Found at the end of the handbook.

**Pre-Competition Practices:** Each squad will have a mandatory pre-competition practice, depending on where the competition is (it may be held at the Hotel or at the Gym). The times will be posted the week before the competition. These times must be kept in mind when making your travel arrangements. Girls have been written out of routines for missing pre-competition practice. Family sightseeing and shopping

comes second to cheer practice and competition schedules. The coaches have the right to call an extra practice before competition or between competition times at two-day competitions.

## *Fundraisers*

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We have worked very hard to make a fundraising program that will pay all of our coaches' fees and hopefully even cover the last few meet/competition fees. Coaches' fees are fees that parents pay to cover their travel expenses, including mileage, food, hotels, etc. A set amount that each coach will be paid for each competition/meet has already been negotiated. All fees have been put into the payment plan for the year.

Please review the fundraisers and their commitment and make your decision to fit your family's needs.

### **KU Football Concessions & Apparel**

- *Six home games for 2009.*
- *Need 15 people per game.*
- *Report 2 hours prior to game time.*
- *Concession Stand is on the 3<sup>rd</sup> floor in the student section. It is VERY busy and VERY fun.*
- *Apparel is outside of the stadium.*
- *Make anywhere from \$800 to \$1500 a game.*
- *5% profit goes to Booster Club and the rest is divided evenly between the workers for that game.*

### **Basketball Apparel**

- *Report 2 hours before the game to about 1 hour after.*
- *Need 2 people for each game.*
- *Located right outside the locker room and it is a great place to watch the players!*
- *One person can, during slow times, watch the game. It is VERY busy and VERY fun. We make about \$7.50 an hour per person.*
- *5% profit goes to Booster Club and the rest is divided evenly between the workers for that game.*

### **Home TNT Meet**

- *Setup: Friday, February 6<sup>th</sup> (5 pm to ???)*
- *Meet: Saturday, February 7<sup>th</sup>.*
- *Tons of work, but make us tons of money (Over \$4,000!).*
- *We will have sign-up sheets for everyone from doing paperwork weeks before the events to bringing food for the hospitality room to actually moving equipment to working the event.*
- *Each family must work 6 - 8 hours or a \$150 buyout. We will need dads Friday night for setup and Saturday for teardown.*

### **Cookie Dough & Burrito Sales**

Commitment: Sell 20 items combined or 30 for families with more than one team member or if double-teaming.

Buyout: \$100.00

- *Burrito Sales: August 9 – September 21. Make October 25. Make minimum of \$7.50 per dozen!*
- *Cookie Dough Sales: August 31 – September 21. Delivery is October 18. We made about \$1400 last year!*

## *How to Submit Payments*

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Payments are made to G-Force for meet/competition fees, uniforms, membership fees, and other miscellaneous expenses. To ensure that your funds get properly credited for the right purpose, please use the following guidelines:

- Make your check payable to G Force.
- Write the purpose of the payment in the memo line of the check.
- Place payments in the G-Force black box that is located in the lobby at the gym.

## *How to be a Good Gym Parent*

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- Always look for something positive in your child's performance. Remember not to berate your child if you have seen a performance you feel is not "good enough."
- To help build your child's confidence and development, adopt a positive attitude. A parent with a positive attitude can translate into an athlete with a positive attitude and vice-versa.
- Get to know and support the coaching staff. Training an athlete involves everyone working together. If you see a problem or have a concern, any of the coaches at G-Force are more than willing to talk with you. (They even will accept compliments on how well things are going with your child). If you cannot get a satisfactory resolution to your concern, please contact a member of the LLC.
- Coaching your child during meets/competitions or at practice is strictly prohibited. This causes great confusion and possibly frustration for both your child and the coaches.
- Refrain from criticizing a coach in front of your child. An athlete must believe in his/her coach if she is to trust her or him. Please discuss issues with the coach regarding any problems as they arise.
- Focus on the positive aspects of a meet/competition experience with your child. Never criticize the judges, directors, or other coaches at the meet/competition. Ears are listening at all times. Please remember to always help G-Force build a positive image. Once again, come in and speak with the coaching staff after the meet/competition to discuss your concerns. (They will even accept compliments on how well the team did at the meet).
- When your athlete is frustrated, injured, or in pain, maintain a sympathetic, yet positive and supportive attitude to help the athlete work through the difficulty.
- Support the organization by meeting obligations and sharing jobs. Show your athlete his/her activity is truly important. Get involved! We are a fun bunch!
- Participate in the fundraisers and support the organization. Chair a fundraiser and qualify for sainthood.
- Please do not allow your child to play you against us. We need to create a "unified front" just as a mother and father must work together to create guidelines and rules, we must work together as parents and coaches. This is especially true when athletes are reluctant to be involved in special events, please support us and explain the importance of their attendance to their team.
- Be patient with your child's development. Understand that each child develops at his or her own rate, depending on variables such as growth rate, strength, and maturity.
- **Above all, love and be proud of your athlete!**

## *Acknowledgement of G-Force Handbook*

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I have read the 2009 - 2010 Parent's Handbook and understand its content.

We understand the requirements to being a member of G-Force Athletics competitive program and agree to the following:

- Those athletes will ***not compete*** unless fees (deposits and Parks and Rec.) are current or payment arrangements have been made.
- To participate in team fundraising activities or pay the appropriate buy out fee.
- To be at all calendar events unless excused one week in advance by a coach (must fill out an excusal form and have coaches approval to miss).
- To be on time to events.
- To attend tumbling classes.
- To pay a \$20 booster fee per family.
- To attend precompetition practices and competitions.
- To support the coaching staff and our teams.

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Signature of Athlete

Date

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Signature of Parent or Guardian

Date