



Panthers Elite

Winter 2026

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Pittsford Jr. Panthers Elite Introduction

Pittsford Jr. Panthers Elite Cheer is committed to providing a unique competitive cheer experience that is an exciting and valuable winter choice for our youth cheerleaders. Our mission is to provide an affordable alternative to outside, costly cheer programs while remaining community-oriented. We aim to train our experienced athletes in all aspects of cheer which includes: stunting, tumbling, jumping, showmanship, and discipline. Our program offers an exciting competitive opportunity while also instilling valuable life skills such as teamwork, communication, and leadership.

Athletes and families must be dedicated to:

- Having consistent attendance
- Striving for continual skill improvement
- Showing focus and attention
- Using active listening
- Sharing a positive attitude towards self and others

We believe there is more to competitive cheer than teaching routines and winning trophies. By instilling the values of responsibility, commitment, hard work, and integrity, we aim to see our athletes develop into strong, confident leaders. We strive to ensure our athletes feel safe and happy while in our program. The 2026 winter program is intended for experienced cheerleaders, ages 9 through 12 (birth year must be 2013 or later). We hope to build more teams in future years.

Costs

As with our Fall program, we are a non-profit organization—all planned costs are strictly connected to the resources and items needed to operate the program. The program cost for the four-month, 2026 season is \$700. There will be a few additional items to purchase, independent from the season cost. You may choose to pay in full at the point of registration, or register with an installment plan. Payments and installment plans are managed through the Demosphere platform.

Cost Breakdown:

- Personal Uniform –estimated \$300
- Competition fees per athletes –estimated \$300
- Team expenses (insurance, bow, team shirt, music, spirit gifts) –estimated \$100

Installment Plans:

- Installment 1 \$250-due at point of registration by 9/1/25
- Installment 2 \$250- due by 10/1/25
- Installment 3 \$200- due by 11/1/25

Registration Cost Includes:

- Personal uniform (will cycle 2-3 seasons)
- Uniform bow
- Competition fees per athlete (approximately \$75 per competition, per athlete)
- Team shirt
- Team dinner
- Spirit gifts at competitions

Separate Family Costs (not included in registration fee):

- White Cheer Shoes
- White No-Show Socks
- Navy Leggings
- *Optional* spirit gear

Refund Policy:

We understand that an athlete and/or family may change their mind about participating in Pittsford Jr. Panthers Elite cheer. Please send an email stating your child will be withdrawing. The date of the received email will determine the amount to be reimbursed (see guidelines below).

To be transparent and consistent, we will strictly adhere to the following refund timeline for athletes withdrawing from the team:

- Prior to October 15 - All payments made, except competition fees, will be refunded.
- After October 15 - No refund on competition fees and uniform expenses.

Refunds are dependent on the above dates for various reasons. After September 1, competition registrations will be submitted, which are based on a per athlete cost. Therefore, we will not refund payments made that were for competition fees. After October 15, uniform and apparel orders will be submitted. Expenses and fees are factored into the refund policy noted above. After October 15, only the team expenses portion will be refunded (\$100).

Registration and Paperwork

We are thrilled you are interested in joining Pittsford Jr. Panthers Elite cheer! In June, a link will be shared to officially state your child's desire to be considered for the team. After members are selected, we will send invitations to families, who can then further decide to register for the 2026 season.

In order to register your child, you will need to complete several steps:

- Setup a family account on Demosphere and create an athlete profile
- Complete the online registration
- Pay your fees (either in entirety or through installments)
- Upload the following documents:
 - Birth Certificate
 - Photo of Athlete

Team Placement

Team placement is determined by stunt position(s) and overall skill level. Athletes should submit the **Final Notice of Interest form by August 15th**. For our debut season, we will form one team, ages 9 through 12. An athlete's birth year must be 2013 or later. Our goal is to compete as a Performance Rec Level 2 team.

Interested athletes will be observed throughout the month of August. Athletes will receive an invitation to join and register for our elite team by August 25th. Families must decide whether or not they will commit to the team by September 1st.

Practice Information

Practice attendance is mandatory. Practices are designed to teach the competition routine elements. Elite routines are all music routines for 2 minutes and 30 seconds, which is significantly longer than fall season recreation team routines. It is imperative that athletes attend every single practice. We strongly rely on parental support to have our athletes prepared and punctual for practice. When possible, arriving 10 minutes early is best.

Cheerleaders must arrive at practice on time and prepared:

- No gum
- No jewelry—including earrings, necklaces, bracelets
- Full water bottle (spill-proof only)
- Bathroom needs met
- Hair pulled back
- Cheer shoes securely tied
- Appropriate practice attire
- Fueled with snack or meal beforehand (no food at practice)

Practice Expectations:

- Participate fully in warmups and conditioning
- Give your best effort the entire practice
- Listen and talk respectfully to coaches
- Avoid excessive talking and socializing
- Remain active during practice
- Have a positive, open attitude and mindset
- Be encouraging and respectful to all teammates and coaches
- Practice at home

Once practice begins, parents must remain outside of the practice area. It is our experience that children are easily distracted when parents and siblings are visible, which can become a safety issue. Parents may observe the last 10-15 minutes of practice at the coach's discretion.

Expect to practice **two week nights**:

ANTICIPATED: Tuesdays & Thursdays 5:30-7:00

ANTICIPATED: Saturdays will be reserved for choreography sessions and practices. In the event we do not need a designated Saturday practice, we will cancel with at least 72 hours notice.

Practice days and times are dependent on District availability and will not be confirmed until early November.

Please see Appendix A for a MOCK practice calendar. This is how we currently envision our four-month season.

Competitions

Competition dates will be determined in late-spring. Families will have notice of the competition dates before committing to the team. Like recreation competitions, we will not know the performance schedules until right before the event. In the meantime, please reserve the entire date on the calendar for competition. Report times may be very early in the morning, so overnight stays will be encouraged.

We anticipate competing in 4 competitions total—most likely 2 in February and 2 in March. Possible locations include: Rochester, Syracuse, Binghamton, Buffalo, Erie (PA), and Slippery Rock (PA). Once competitions are selected and registered for, hotel information will be organized and shared.

Competition Dress Code and Expectations

Athletes will report in full uniform, including hair and bow, by the team's specified arrival time. Athletes are representing themselves and our organization, so respectful and appropriate behavior should be displayed at all times. No jewelry is permitted during competition. This includes new piercings or clear studs. Coaches will determine makeup and hairstyle for each competition and communicate with families.

It is critical for athletes to report on time. We ask families to arrive 20 – 30 minutes **prior to arrival time**, to allow time for parking and finding reporting locations. Teams cannot check-in until the entire team is accounted for and present.

Hair & Bow

- Hair – Coaches will determine a hairstyle for competitions. Hair should be fully pulled back with fly-aways sprayed down. Athletes with short hair will need to wear a high, half ponytail.
- Bow – There is a specific way for a cheer bow to be placed. Cheer bows need to sit on top of the head. The bow should sit upright and facing forward, not placed flat down on the head. Families and athletes can ask a coach for help, if needed.
- Make-Up — Team make-up must be uniform and tasteful. Coaches will determine the appropriate make-up for competitions.

Spectator Fees and Parking

All competitions establish an admission fee for entrance. This charge comes from the event producer and usually ranges from \$20-25 per person. The exact admission fees are communicated to families with the competition times.

Depending on location, parking can be limited and you may be required to park a distance from the entrance of the building. Designated spectator entrances will be communicated with families prior to the event. Please plan accordingly so your athlete arrives with time to spare.

Uniforms and Apparel

Uniform fittings will occur in October. This is a mandatory, scheduled event. Coaches will assist athletes in trying on uniform sizers and selecting the best fit. An adult must accompany each athlete and approve the sizes that are recommended. Athletes will receive their uniform and team shirt in December. Uniforms should not be worn unless designated by a coach. Elite uniforms will belong to the athlete. We will use the same uniform for Winter 2027 and possibly Winter 2028.

It is your responsibility to care for your uniform. Washing instructions include:

- Turn pieces inside out
- Handwash in coldest water possible
- Lay flat to air dry
- Place a towel or dry washcloth behind the white fabric to prevent any color bleeding

In late fall, we will reopen the Spirit Wear shop to allow new apparel purchases. Athletes will use their Jr. Panthers windbreakers and blue leggings. It is recommended that each athlete has a backpack or similar type of bag for transporting items at practice and competitions.

Attendance Policy

Elite cheer is an intense, multi-month commitment (late-November through late-March). Attendance is crucial for the success of our team. The team will learn and refine competition material at every practice. It is imperative athletes attend all scheduled practices or they may jeopardize their ability to perform with the team. Cheer is a team sport and teams cannot make progress with absent members. **Please understand the commitment your child is making to this sport and to their team as a whole.**

We understand many other winter sports are available to our athletes and we respect their right to choose their sport. Since we are a competitive team, we will not accommodate regular late arrivals and/or early dismissals from team practices/events due to commitments to other sports. We respectfully ask that families/athletes not commit to our elite team, if other sports' practices overlap.

While it does not happen often, practices may be changed, extended, shortened, or added at any time during the season. Parents need to check daily for updates via email and the Demosphere Mobile App.

General Absences

We have a specified number of scheduled and unscheduled absences allowed for our winter season. If an athlete needs to miss a practice, an email communication must be provided **1 week (at minimum) in advance**. Any correspondence provided less than 1 week in advance will be considered an unscheduled absence. Families should avoid scheduled absences the week of a competition. **All known, scheduled absences must be disclosed at the start of the season.** If an athlete exceeds the maximum absences allowed (without a medical note or indication of a family emergency), the individual is subject to removal from the team.

Maximum scheduled absences = 3

Maximum unscheduled absences = 1

4 absences are allowed from December through late-March (estimated end of the season).

Arriving late or leaving early from practice will count as half an absence.

Athletes cannot be absent from a competition. If you plan a vacation and will miss a competition, your athlete will not have a central role in the competition routine. It is imperative to disclose this information at the beginning of the season for the benefit of the entire team.

Sickness / Illness

Please contact the coach if your athlete will miss practice due to illness. We reserve the right to ask for information regarding symptoms and/or diagnosis, if an athlete cannot come to practice. A medical note is required if an athlete cannot come to practice for an extended period of time.

The only excused absences without a medical note are the following:

- Persistent fever greater than 100.4 degrees
- Vomiting more than 2 times within a 24-hour time frame
- Uncontrolled and persistent diarrhea
- Contagious viruses including Strep, Flu, or COVID-19
- Strep diagnosis without two consecutive antibiotic doses administered

We do our best to accommodate children recovering from illness while creating the best success for their team. If you have concerns regarding your child's ability to participate in practice, please contact a coach. ***An athlete missing practice, due to an illness, does not count towards absence thresholds.***

Communication

Consistent communication is the key to a successful season! We will utilize two forms of regular communication: the youth cheer email (cheer@pittsfordfootballandcheer.com) and the Demosphere Mobile App.

Emails

Please check your email daily to ensure proper communication. Weekly emails are sent to families with a summary of the week and reminders for the upcoming week. It is essential to carefully review the email and update calendars, as schedules are sometimes changed. It is critical to provide updated email and contact information during registration and prior to the start of the official season.

Demosphere Mobile App

Each family will need **at least one** adult member to manage the Demosphere Mobile App. Please ensure notifications are on and check regularly for updates. We will communicate last-minute information about practices, games, and competitions. This is also an easy way for you to directly communicate with other parents for carpooling or other needs. All scheduled dates and times will be reflected on the Demosphere Mobile App.

Facebook

Please join our Facebook pages. We will display photos of our team, and help keep team families connected:

- Pittsford Jr. Panthers 2026 Winter Cheer

Website

Please visit our website at www.pittsfordyouthcheer.com to find information about registration, FAQ's, practice schedules, competition dates, sponsorship opportunities, and other important information.

Concussion Education, Prevention, and Management Protocol

While we hope to avoid injuries during the cheer season, we recognize that they may occur. As our program evolves, we want our families to have access to the best available resources for managing sports related injuries. With this safety initiative, we are looking at ways to reduce risk/injuries, educate our coaches to optimize concussion awareness, and offer concussion education/resources to our families via our website. Our goal is to offer a well-balanced and proactive approach to keep our athletes as safe as possible by:

1. Reducing risks and injuries with safe stunting technique and spotting
2. Following safe skill progressions based on athlete readiness
3. Providing a multi-faceted concussion education program for coaches
4. Offering concussion education and resources to our families via our website
5. Investing in *ImPACT* computerized baseline testing tool
6. Implementing explicit **removal from play** and **return to play** guidelines for our athletes to ensure their safety

Concussion Education and Resources for Coaches

All Pittsford Jr. Panthers Cheer coaches complete yearly training requirements to improve concussion awareness and best management practices. As an organization, we follow the guidelines and protocols established by NYSPHSAA and Pittsford Central School District. Training will occur annually and will consist of:

- National Alliance for Youth Sports: Concussion Module
- CDC *Heads Up* module for youth sports coaches
- Best practices and resources readily available from CDC and ImPACT
- Annual In-person training and education from TBI specialist

ImPACT Baseline Testing for Athletes

Concussions can be difficult to diagnose because they don't show up in imaging results, like CT scans or MRI tests. Baseline assessments change how concussions are identified and managed. By assessing student-athletes before the season begins, concussions can be more accurately identified and concussion recovery can be monitored on an individualized basis.

As an organization, we have decided to invest in a formal baseline testing program and will provide testing to our athletes, free of charge using the ImPACT program. ImPACT is a computerized concussion assessment tool that is used pre-season to capture athletes' neurological function in key areas before being exposed to potential injury during the season (often referred to as baseline testing). ImPACT assessments can be conducted remotely (at an athlete's home with the use of a computer) and include an analysis of reaction time, memory, processing speed, and player symptoms. Test findings are securely stored in a HIPPA compliant web portal. Information can then be used for comparison purposes if/when the athlete sustains a head injury during the season (referred to as post injury testing). Athletes will repeat testing if they suffer a concussion during the season (again completed remotely within the privacy of the athlete's home). Athletes and their families will then be able to share their test data (baseline and post injury) with their specific medical provider to assist with concussion management and recovery care.

Many national sports programs (e.g. NHL/AHL, NFL, and MLB) and an increasing number of youth sports programs are using baseline testing to make choices about return to play (RTP) and to assist with symptom management following a concussion. Having this information allows for an individualized approach to supporting an athlete's individual concussion recovery and our program believes that this type of testing is a valuable tool in optimizing safety. Please note that this is an optional service for our athletes rather than a program requirement. Additional information about ImPACT can be found by visiting: www.impacttest.com or by watching this brief video: <https://youtu.be/6JeuWCrc>.

Concussion Protocol Guidelines

Our concussion procedures are consistent with Pittsford Central Schools and NYSPHAA and are outlined below:

I. Immediate Removal from Play

If an athlete has or is believed to have sustained any degree of force to the head, they will be **removed from play immediately, even if no immediate symptoms are observed**. The athlete will remain out for the remainder of play on the day of the injury. If an athlete shows signs of a concussion (e.g., headache, dizziness, confusion, nausea), they will be **removed from play until authorized to return by a licensed physician**. "Play" includes practices, game day cheer, competitions, and all cheer-related activities. Coaches will communicate with the athlete's parent/guardian and monitor for signs and symptoms of a concussion.

In severe cases (loss of consciousness, repeated vomiting, seizure activity, increasing sleepiness, and worsening symptoms), emergency care may be required. 911 should be called and the athlete should be further evaluated and treated.

An athlete with concussion symptoms will not be allowed to resume cheer-related activities until they have been symptom free for 24 hours and have been evaluated by and received written authorization from a licensed physician. Such authorization will be kept in the athlete's file with the Program. Coaches are required to follow directives from the athlete's physician in regards to returning to play.

II. Return to Play Procedures

Returning on Same Day of Injury

An athlete who exhibits signs or symptoms of a concussion will not be permitted to return to play on the day of the injury. When in doubt, coaches will always err on the side of safety and hold the athlete out. If no symptoms are observed or reported, but a jolt or force to the head occurs, athletes will be removed from play for the remainder of the practice.

Returning to Play After a Concussion

An athlete must have written clearance from a licensed physician to return to play following a concussion. Clearance from an Emergency Room or Urgent Care physician will not be accepted for returning to play. Athletes must be asymptomatic at rest and with progressive exertion before being cleared to RTP. Unless otherwise prescribed by a licensed physician, our athletes will follow a **gradual re-entrance into cheer-related functions after authorization from a licensed physician. For cheer this will entail the following progression of activities:**

- Light aerobic exercise (sideline cheers, motions, walk-throughs of routine)
- Cheer-specific functions (jumps, tumbling, routine participation without stunting)
- Gradual entrance into stunting positions with coach supervision and spotting
- Full entrance into cheer-specific activities

*Progression of the above activities should be monitored and approved by your medical provider.
NOTE: If an athlete experiences post-concussion symptoms during any phase of returning to play, the athlete should drop back to the previous asymptomatic level and resume the progression after 24 hours.

*Please note that Pittsford Panthers Jr Youth Cheer will not provide medical care or direct concussion care in any way. As an organization, we will manage the administration/access to ImPACT for athletes who chose to use the service and will ensure that the data is submitted responsibly to designated medical providers. To assist parents, we have identified several local providers (if a referral is needed) and have also provided educational information on our website to assist parents in knowing what to expect related to concussion recovery. Ultimately, parents and athletes should work with their trusted medical provider for specific concussion management.

Other Team Events

Season Kick-Off Night: A season kick-off event will be planned for late November or early December!

Team Dinner: At some point in January, team volunteers will organize a Team Dinner/Spirit Night. This will likely be around the time of our first competition!

Super Bowl Pool: Similar to our Fall Cheer fundraiser, we will fundraise for our elite season with a Super Bowl Squares Pool. This fundraiser will raise profits to fund an End-of-Season banquet.

Cheerleader Rights & Responsibilities

Cheerleader Rights	Cheerleader Responsibilities
All cheerleaders have the right to a safe environment while participating in cheer-related activities. This right is primary and critical for all cheerleaders and coaching staff.	Cheerleaders are responsible for behaving in such a manner that does not pose a disruption or danger (potential or actual) to themselves or others.
Cheerleaders and their families have the right to plan and organize their day-to-day schedule in a way that honors their individual health and well-being and the schedules of the members of their family.	Cheerleaders and their families are responsible for planning their schedules in a way that supports and upholds their commitment to the team. This includes being punctual and prepared for scheduled events. Planned absences from team events should be avoided whenever possible.
Cheerleaders have the right to express their feelings in a respectful manner.	Cheerleaders are responsible for expressing their feelings, emotions, and opinions in a manner that does not violate our Code of Conduct, or pose a significant disruption or danger (potential or actual) to themselves or others.
Cheerleaders have the right to be treated respectfully by coaches, teammates, and all members of the organization.	Cheerleaders are responsible for treating others – including teammates, staff, parents, and community members – and their personal belongings in a respectful and appropriate manner. Cheerleaders are responsible for not engaging in conduct that threatens injury to themselves, other persons, and/or property.
Cheerleaders have the right to participate in activities and sports of their choosing.	Cheerleaders are accountable to their team, as outlined in this handbook. When other sports or activities interfere with the ability to uphold commitments and requirements of the team, it is the responsibility of the cheerleader to discuss with their coach, as soon as possible so they may plan accordingly.
Cheerleaders have the right to conduct themselves in a way that upholds their moral and ethical beliefs.	Cheerleaders are responsible for behaving in a way that does not damage the reputation of Pittsford Youth Cheer. Exemplary behavior is the responsibility of the cheerleader when in the community and at all functions where members are recognized as representatives of Pittsford Youth Cheer.

Conduct and Discipline

Our program has a clear disciplinary process for all incidents and concerns. Inherent in our process is an acknowledgement of cheerleader rights and responsibilities, as referenced in this handbook.

Cheerleaders are learning the skills to build their character, their athleticism, and themselves as individuals. This is occurring at all times and it is expected that they may make a misstep now and again. These missteps may require a coach to have a conversation with the cheerleader and may require behavioral action from the cheerleader.

Example of Routine Discipline	Example of Possible Intervention Solutions
Disruption to the practice environment, inappropriate language, being ill-prepared, or other actions deemed similar in weight or consequence	Verbal warnings, meetings after or during practice, call to parents, or other actions deemed appropriate by the coach(es)

Level 1

A cheerleader engages in continued behaviors/actions of concern, or has engaged in an activity of more serious concern. This level will initiate a meeting between the cheerleader, parents and coach.

Example of Level 1 Concerns	Example of Possible Intervention Solutions
Repeated warnings and interactions from the routine discipline level equally more than three instances	The cheerleader will sit out from the next game or competition. Parents will be notified.
Behavior that infringes on the rights of others to feel safe while at cheer events.	The cheerleader may temporarily lose privileges from all cheer activities. Parents will be notified and a meeting between the cheerleader and the coaches will happen with a behavior plan put in place. If the cheerleader was removed from participation, a behavior plan must be put into place before allowing the cheerleader to resume participation.

Level 2

A cheerleader continues to engage in behaviors/actions of concern, or has engaged in an activity of more serious concern. This level will initiate a meeting between the parents, the coaches and the board.

Example of Level 2 Concerns	Example of Possible Intervention Solutions
Repeated warnings and interactions from the routine discipline level equally more than six instances	Behavior contract with cheerleader, family, and coaches, and possible privilege loss of competing.
Behavior that infringes on the rights of others to feel safe while at cheer activities, with failure to uphold the behavior agreement plan put in place previously	The cheerleader will temporarily lose privileges from all activities. A Board member will call parents and notify them of the situation. A meeting between the cheerleader, coaches, and the Board will be scheduled. The consequences will be determined during this meeting, which may include being removed from the team and being unable to re-join for a full year.

Critical Level

Certain actions and behaviors may require immediate action on behalf of the coaches and Pittsford Youth Cheer President(s). These actions typically put other cheerleaders and coaches in danger (potential or actual) or are particularly malicious. Cheerleaders engaging in **any action at this level** are not subject to progress through previous levels of the disciplinary process. In these instances, an immediate intervention is deemed necessary and action will be taken by the Board.

Bullying Policy

We expect all athletes to be kind, considerate, and compassionate to each other. As a cheer community, we strictly follow a **zero tolerance** bullying policy. Any reported bullying incidents will be taken seriously and investigated with due diligence. Bullying is an action that is repeatedly and intentionally directed toward another person. These actions may:

- Cause physical or emotional harm to another person
- Damage property
- Cause reasonable fear of harm for another person
- Create a hostile environment for another person
- Disrupt the training process
- Create “sides” within the team and disrupt team unity

Athlete-Concern Action Steps:

- Talk to a trusted adult at home
- Talk to a coach, the President, Board member , or another trusted adult from PYC
- Write a letter or an email to the coach, President, Board member, or another trusted adult

Coach and/or Parent-Concern Action Steps:

- Complete the designated reporting form available on the PYC website.
- Record known facts and information immediately until you are able to speak to a Board member
- Contact the coach, as soon as possible, to communicate and discuss your concerns
- Contact the President or any Board member for support if an incident is not resolved or reoccurs

Consequences for Bullying Policy Violations:

Bullying will inevitably result in dismissal from the Pittsford Youth Cheer program. There will be minimal warnings.

- 1st Violation: A warning will be issued to both the cheerleader and the family.
- 2nd Violation: The cheerleader will not participate in a game/competition immediately following the incident.
- 3rd Violation: The cheerleader will be dismissed from PYC, effective immediately.

Grievances and Concerns

We encourage proper and respectful communication during all proceedings, practices, games, competitions, gatherings, and meetings which involve our cheerleaders, coaches, parents, and families. Uncooperative, destructive, insulting, or abusive language towards others will not be tolerated and may result in immediate dismissal from PYC for the remainder of the season.

If you have a grievance, please discuss it with all parties in the following order and manner:

1. After a 24-hour cooling off period, notify the coach that you would like to discuss what happened and schedule a time to talk it through.
2. If further communication and support is needed, communicate your concerns to the Board and/or any of its individual members.

Parent and/or Guardian Expectations

- Parents/guardians are expected to support the coaches in following this handbook and understand guidelines are established for the success of the Program.
- Parents/guardians are responsible for making sure their child arrives at practices, competitions, and other activities at the designated times and is picked up at the completion of the activity.
- Parents/guardians are responsible for ensuring their athlete is present for competitions that involve travel.
- Parents/guardians agree to notify the coach **as far in advance as possible or as soon as they know** about absences or tardies to any team event.
- Parents/guardians agree to carefully check emails and Demosphere Mobile App for updates and important announcements.
- Parents/guardians understand the importance of addressing concerns directly with the coach and not discussing it with other parents or athletes. *See Grievances under Communication.*
- Parents/guardians understand decisions regarding the team and each individual cheerleader are made in the best interest of the team and the Program.
- Parents/guardians understand if they create, provoke, or amplify conflict amongst the team, other families, coaches, or Board, and it cannot be rectified, the issue will be taken to the Athletic Director. This only occurs if the issue has been addressed with the President or Board member first.

Handbook Acknowledgment Form



I have read the Pittsford Jr. Panthers Elite Handbook, and I understand what is expected of my child, as well as myself (as a parent/family member). I agree to follow all policies in this handbook and understand that any violation of this handbook will result in consequences.

Athlete Name: _____

Athlete's Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

APPENDIX A

November 2025

Su	M	T	W	TH	F	Sa
						1 Fall Banquet
2	3	4	5	6	7	8
9	10	11 PRACTICE	12	13 PRACTICE	14	15
16	17	18 PRACTICE	19	20 PRACTICE	21	22
23	24	25	26	27	28	29
30						

December 2025

Su	M	T	W	TH	F	Sa
	1	2 PRACTICE	3	4 PRACTICE	5	6
7	8	9 PRACTICE	10	11 PRACTICE	12	13 PRACTICE
14	15	16 PRACTICE	17	18 PRACTICE	19	20
21	22	23	24	25	26	27
28	29	30 PRACTICE	31			

January 2026

Su	M	T	W	TH	F	Sa
				1	2	3 PRACTICE
4	5	6 PRACTICE	7	8 PRACTICE	9	10 PRACTICE
11	12	13 PRACTICE	14	15 PRACTICE	16	17 PRACTICE
18	19	20 PRACTICE	21	22 PRACTICE	23	24 PRACTICE
25	26	27 PRACTICE	28	29 PRACTICE	30	31

February 2026

Su	M	T	W	TH	F	Sa
1	2	3 PRACTICE	4	5 PRACTICE	6	7
8	9	10 PRACTICE	11	12 PRACTICE	13	14
15	16	17	18	19	20	21
22	23	24 PRACTICE	25	26 PRACTICE	27	28

March 2026

Su	M	T	W	TH	F	Sa
1	2	3 PRACTICE	4	5 PRACTICE	6	7
8	9	10 PRACTICE	11	12 PRACTICE	13	14
15	16	17 PRACTICE	18	19 PRACTICE	20	21
22	23	24 PRACTICE	25	26 PRACTICE	27	28