



APEC Ball Up & Cheer Up Program

Participant & Parent Information

The APEC Ball Up & Cheer Up Program provides youth with an opportunity to participate in basketball and cheerleading while building teamwork, sportsmanship, discipline, and confidence. All participants and families are expected to follow program expectations to remain eligible for practices, games, and special events.

Eligibility to Participate

Participation in games and performances is based on practice attendance, behavior, Homework completion & academic progress, and compliance with program expectations.

Behavior & Sportsmanship

All participants are expected to demonstrate respectful and appropriate behavior. Fighting, bullying, threats, profanity, disrespect towards participants, staff, or officials may result in suspension from a game or removal from the program.

Practice & Attendance Requirements

- Participants must attend all scheduled practices unless the absence has been approved in advance.
- Missing practices may result in ineligibility for the next game, performance, or event, and **more than 4 unexcused absences per semester may result in team suspension or removal.**
- Repeated absences or tardiness may result in reduced playing/performance time or removal from the team.

Parent/Guardian & Spectator Code of Conduct

- Parents and spectators are expected to support a positive environment for all participants.
- Encourage participants and demonstrate good sportsmanship.
- Treat coaches, APEC staff, referees, participants, and other families respectfully.
- Do not argue with referees or coaches during games.
- Address concerns privately with the Coach or Program leadership.
- Follow all APEC Parent Code of conduct rules.
- Inappropriate or disruptive spectator behavior may result in the individual being asked to leave the event or being restricted from future games.
- APEC reserves the right to suspend participation when program expectations are not met.

All Students are expected to:

- Attend and actively participate in practices.
- Follow all instructions from coaches and APEC staff.
- Demonstrate teamwork and good sportsmanship.
- Respect teammates, opponents, referees, coaches, and spectators.
- Come prepared with the required uniform & positive attitude.
- Completion of weekly assigned Homework





Uniform & Dress Code Expectations

- Participants must wear their APEC issued uniform to all games, tournaments, and special events.
- Uniforms should be clean, complete, and worn as instructed.
- Jewelry or accessories that create a safety concern may not be worn during practices, games, or performances. Example: Beaded jewelry that may break and create a safety hazard on the floor.
- Participants who arrive without required uniform items may not be permitted to participate.

Uniform Rental: Participants are expected to return all uniforms at the end of the season in good condition. Failure to return the uniform or returning it with significant damage may result in a fee for part or all of the uniform's replacement cost. **Total Uniform Replacement Fee:** Basketball \$65 | Cheer: \$85

Uniform Accessories: APEC does not provide uniform accessories. Teams may contribute toward the purchase of bulk uniform accessories. Contributions will be coordinated by the **Parent Ambassador, Coach, or Site Coordinator**

Basketball Uniform Expectations: Players are encouraged to wear a long-sleeved or short-sleeved compression shirt (Black or White) under their APEC-issued basketball jersey and shorts. Undershirts should match the team's assigned colors. Running shoes are preferred.

Uniform Accessories: These items are **not** provided by APEC. Families are responsible for ensuring participants have all other uniform accessories. Links to affordable options are provided below:

- [Long Sleeve Compression \(2 Pack Black & White\)](#)
- [Long Sleeve Compression \(Black or White\)](#)
- [Short Sleeve Compression \(Black\)](#)
- [Short Sleeve Compression \(White\)](#)

Basketball Uniform Replacement Fee: \$65 total (\$40 top, \$25 bottom)



Cheerleader Uniform Expectations: Cheerleaders are encouraged to wear a long-sleeved or sleeveless leotard underneath their APEC-issued cheer top and skirt. Leotards must be black, white, or gold based on the team's assigned color. All White or black athletic shoes are preferred.

Uniform Accessories: These items are **not** provided by APEC. Families are responsible for ensuring participants have all other uniform accessories. Links to affordable options are below:

- [Long Sleeve Leotard \(White\)](#)
- [Long Sleeve Leotard \(Black\)](#)
- [Long Sleeve Leotard \(Yellow\)](#)
- [Striped Socks](#)
- [Black Bows](#)
- [Gold & Black Bows](#)
- [Drawstring Bags](#) (Various Colors)
- [Ruffle Socks](#)

Cheer Uniform Replacement Fee: \$85 total (\$50 top, \$35 bottom)

