

“GOD IS WITHIN HER, SHE WILL NOT FALL; GOD WILL HELP HER AT BREAK OF DAY” - PSALMS 46:5



# PARENT & ATHLETE HANDBOOK

COMPETITIVE CHEERLEADING & HIP HOP

# WELCOME TO ROGUE

## DEAR ROGUE FAMILY

First - welcome.

We are genuinely so excited that you are here.

Choosing a competitive program is not a small decision, and we are honored that you've chosen Rogue Cheer Athletics to be apart of your athlete's journey. From the moment you walk through our doors, our hope is that you feel something special - strength, unity, encouragement, and purpose. Because Rogue is more than a gym. It's a community. "This is the day the Lord has made; let us rejoice and be glad in it" - Psalm 118:24. We are stepping into a season full of opportunity - new skills, new friendships, new challenges, and new victories. And we can't wait to experience it together.

At Rogue, we believe excellence and kindness belong in the same room. We believe athletes grow best when they feel supported, challenged, encouraged, accountable, and safe. We train hard, we celebrate progress, we cheer loudly for one another, and we build confidence that lasts beyond the mat.

You'll notice we have clear expectations - and that's intentional. Clear standards create consistency, trust, stability, and growth. Our structure isn't about pressure. It's about giving athletes the confidence that comes from knowing what's expected and feeling equipped to rise to it. "For God is not a God of confusion but of peace" - 1 Corinthians 14:33. When families, athletes, and coaches move in unity, something powerful happens.

If this is your first time in competitive cheer or hip hop - welcome to an exciting adventure. If you're coming from a different program or season - Welcome to a fresh start filled with opportunity. Every season at Rogue is built on forward movement. We focus on what we are building together, not what's behind us. Here, your athlete will be seen, challenged, celebrated, coached with purpose, and most importantly, valued beyond performance.

We're building athletes who can take correction and grow from it, can support teammates genuinely, can handle victory with humility, and can handle disappointment with resilience. We're building strong routines - yes. But even more, we're building strong young people. "Let all that you do be done in love" - 1 Corinthians 16:14. That verse guides every decision we make.

We commit to leading with integrity, communicating clearly, creating a positive training environment, protecting the unity of these teams, and praying over our athletes and families. You can trust that your child's growth - physically and emotionally - matters to us.

This season will be filled with hard work, laughter, team bonding, growth moments, big performances, and proud smiles. There will be challenges and there will be breakthroughs. And through it all, we will stand together.

Thank you for choosing to be a part of Rogue Cheer Athletics.

Cheerfully,

**COACH BECKY**

Owner & Director

# OUR TESTIMONY

**Rogue Cheer Athletics is not just a gym.  
We are a standard.**

Our mission is to develop confident, disciplined, and faith-rooted athletes through competitive cheerleading and hip hop - while creating a culture where families feel supported and athletes feel seen.

**“As for me and my house, we will  
serve the Lord.” - Joshua 24:15**

Our culture is faith-led.  
Our leadership is values-driven.

**Our expectation is excellence  
- in skill and in spirit.**

We believe:

- Sport builds resilience
- Team builds belonging
- Faith builds foundation



Our Culture:  
Strong, Positive, & Unified

Rogue is built on strength -  
but also encouragement.

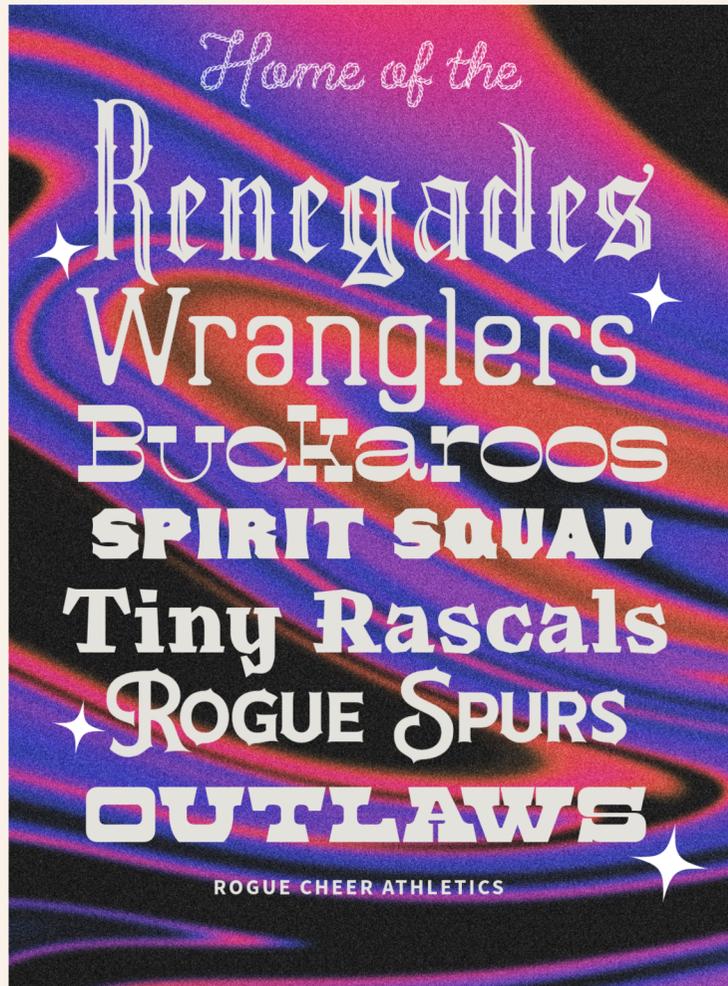
This means:

- We operate with integrity even when no one is watching.
- We correct in love.
- We celebrate others.
- We compete fiercely but honorably.
- We pray over our athletes.
- We speak life, not labels.

We believe athletes thrive in environments where expectations are clear and encouragement is consistent.

**“Encourage one another and build  
each other up.” 1 Thessalonians 5:11**

Our goal is that athletes walk out of practice feeling challenged - but also confident and proud of their work.



# THE ROGUE STANDARD

At Rogue, talent is developed.  
Character is required.  
We protect our culture fiercely.

We Stand For:

- Integrity over image
- Growth over comparison
- Effort over ego
- Discipline over drama
- Progress over perfection
- Servant leadership over spotlight

“Above all else, guard your heart.”  
Proverbs 4:23

Our athletes learn that how you win matters.  
And how you lose matters even more.

# CORE VALUES

**OUR CORE VALUES ARE THE FOUNDATIONAL BUILDING BLOCKS OF OUR GYM.**

**THEY DEFINE WHO WE ARE, HOW WE LEAD, AND WHAT WE STAND FOR - ON AND OFF THE MAT.**



## RELENTLESSLY DO THE RIGHT THING **01.**

Even when it's not fair.  
Even when it's costly.  
Even when we don't feel like it.  
Even when it goes unnoticed.  
Even when it's hard.

We choose integrity - every time.  
Character isn't built in comfort.  
It's built in commitment.

## LOVE OTHERS INTENTIONALLY

### **02.**

Love is patient. Love is kind.  
It is not jealous, boastful, proud, or rude.  
It does not demand its own way.  
It is not easily angered, and it keeps no record of wrongs.  
It does not celebrate injustice but rejoices in truth.  
Love never gives. Never loses faith. Is always hopeful.  
Endures through every circumstance. - 1 Corinthians 13:4-7

We lead with love.  
We speak life.  
We protect each other.  
We build each other up.

## NEVER GIVE UP

### **03.**

There will be failure.  
There will be disappointment.  
There will be obstacles.

And that's okay.  
Champions aren't defined by what knocks them down - but by how they rise.

We respond with grit.  
We respond with growth.  
We never quit.

## FOR HIM

### **04.**

All glory to God - who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think.  
Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

# PARENT PARTNERSHIP

Parents are a vital part of our success, and we are grateful for your trust.



## WE PROMISE TO:

- Communicate clearly
- Lead consistently
- Welcome respectful conversations
- Make decisions with the team's best interest at heart

We believe healthy communication builds strong community.

If something feels unclear - ask.  
If something feels hard - let's talk.

**“IF YOUR BROTHER OR SISTER SINS, GO AND POINT OUT THEIR FAULT, JUST BETWEEN THE TWO OF YOU.” - MATTHEW 18:15**

We are committed to resolution, not reaction.

## IN RETURN, WE ASK PARENTS TO:

- Support coaching decisions during practice and competition
- Address concerns directly rather than publicly
- Speak positively about teammates and other programs
- Help us model maturity for our athletes

**“BLESSED ARE THE PEACEMAKERS.” - MATTHEW 5:9**

# ATHLETE EXPECTATIONS

Rogue athletes represent more than a uniform - they represent a standard.



## ATHLETES ARE ENCOURAGED TO:

- Show up prepared and on time
- Give full effort each practice
- Receive feedback with maturity
- Support teammates wholeheartedly
- Compete with confidence and humility

We correct with purpose, not pressure.  
We challenge to build strength, not fear.

Discipline builds confidence.  
Consistency builds champions.

**“WHATEVER YOU DO, WORK AT IT WITH ALL YOUR HEART.” - COLOSSIANS 3:23**



# COMPETITIVE CHEER PHILOSOPHY

We love to compete. We love to improve.  
And yes - we love to win.

We celebrate placements -  
but we value character more.

But our true measure of success  
includes:

- Team unity
- Clean execution
- Sportsmanship
- Growth from performance to performance

“I have fought the good fight; I have  
finished the race.” - 2 Timothy 4:7

We leave everything on the mat -  
and we leave with integrity.



Hip Hop at Rogue is powerful, confident,  
and age appropriate.

We emphasize:

- Strong technique
- Confident performance
- Creative expression
- Self-respect

“She is clothed with strength and  
dignity.” - Proverbs 31:25

We want our dancers to leave the stage proud of  
both their performance and their presentation.

## HIP HOP PROGRAM CULTURE



## SOCIAL MEDIA & REPRESENTATION

Our bronze, black, and blush brand stands for excellence and integrity.

We encourage athletes & families to:

- Celebrate teammates publicly
- Avoid negative commentary online
- Bring concerns privately to leadership
- Represent Rogue with pride and respect

**“The tongue has the power of life and death.” - Proverbs 18:21**

Words shape culture.  
We choose words that build.



## PROTECTING WHAT WE'RE BUILDING

Healthy teams require trust.

To protect our athletes and our environment, we:

- Handle concerns privately and respectfully
- Follow a clear communication pathway
- Avoid gossip, comparison, and sideline coaching
- Prioritize unity over emotion

This is not about control - it is about consistency.

When culture is protected, athletes feel safe to grow.

## WHAT ROGUE IS NOT

We are not:

- A gossip circle
- A pressure-based program
- A “win at all costs” gym
- A recruiting machine built on promises
- A place where character is optional

We are building something lasting.

# OUR COMMITMENT TO YOUR ATHLETE



We promise to:

- Lead with integrity.
- Protect their emotional and physical safety.
- Provide structured growth.
- Speak life over your child.
- Correct with purpose.
- Train them with excellence.
- Pray over this program and its families.

**Your athlete is more than a routine.  
Your athlete matters here.  
They are called, capable, and covered.**

# ROGUE STAFF



## BECKY ABBOTT

**ROGUE CHEER ATHLETICS LLC**  
OWNER | FOUNDER

- RENEGADES HEAD COACH
- WRANGLERS HEAD COACH
- GYM MANAGER & DIRECTOR
- DIGITAL MARKETING & COMMUNICATIONS MANAGER



[Link to bio](#)



## TRISHA FARQUHAR

- FUNDRAISING ORGANIZER
- EVENT COORDINATOR
- COACHING STAFF SUPPORT
- FRONT DESK ASSISTANCE



## JACKY MARSHALL-ALFORD

- RENEGADES ASSISTANT COACH
- FLOATING ASSISTANT COACH FOR ALL TEAMS



Hello, most of you know me; my name is Jacqueline "Jackie" Marshall-Alford. My competitive cheer coaching includes 20+ years of coaching, training, learning, and constantly researching, as well as seeking new creative ideas for cheer teams in choreography, tumbling, stunting, and jumps. My coaching philosophy is rooted in fostering a positive, disciplined environment where athletes are encouraged to push their boundaries while always prioritizing safety and proper technique. I excel in creating dynamic training programs, as well as innovative routines that showcase individual strengths and promote exceptional team cohesion and spirit. Through clear communication, personalized feedback, and strong leadership, I inspire the athletes and teams to not only achieve competitive success but also to build valuable life skills such as resilience, accountability, and confidence that extend well beyond the mat. I assist the coaching staff in building strong, well-balanced human beings, with God as our center and prayer and devotional time as our purpose. I promise to always treat your athlete with respect and to meet their needs, as well as encourage academic success. I utilize "Brain Development Ages and Stages" in training athletes for optimum results. I am open to any questions before practice, as well as via text, email, and phone calls. Also, there will be no lag time. If a stunt is being practiced, the rest of the team will be working on strength, jumps, flexibility, tumbling (through level 2), and any new choreography ideas. I am disciplined; however, I am caring and loving, and I will always put the athletes' safety and mental health first.



## KAYLA TALBERT

- OUTLAWS HIP HOP HEAD COACH
- SPURS HIP HOP CO-COACH

Hi! My name is Kayla and I have been involved in the cheerleading and hip hop world as an athlete and coaching support since 2011. I have been doing dance of all kinds since I was 8 years old. I have always had a strong passion for hip hop and look forward to bringing that passion to the Rogue Cheer Athletics gym. I am a parent of one of the athletes on the other cheer and dance team. In my free time I enjoy spending time with my children and family as well as playing board games and watching movies.



## LUCY BROSSARD

- SPIRIT SQUAD HEAD COACH
- SPURS HIP HOP CO-COACH
- FLOATING ASSISTANT COACH FOR ALL TEAMS

Hi, I'm Lucy! I have four years of experience coaching high school cheerleading and as a former cheerleader myself, I'm passionate about this sport and creating an inclusive environment where every athlete feels welcome. My goal is to help athletes build confidence, develop teamwork, and gain the skills they need for the next chapter of their cheer career. I'm an Accredited Interscholastic Coach, and I'm also First Aid and CPR-certified. In 2020, I coached my teams through the Labor Day Wildfires while also actively participating in recovery efforts across the state of Oregon. I even helped found and chair a nonprofit dedicated to focusing those recovery efforts in Jackson County. Giving back is incredibly important to me, and I'm also an active volunteer with Rogue Valley Habitat for Humanity. When I'm not coaching, I love spending time with my family and my doxies. You can also find me working on project cars with my husband or traveling to new places.



## LILY & CHLOE

- MINI BUCKAROOS COACHES
- TINY RASCALS COACHES
- YOUTH WRANGLERS ASSISTANT COACHES



# ROGUE IS BUILDING CHAMPIONS - NOT JUST ON THE MAT, BUT IN LIFE.



## **THIS SEASON WILL BRING:**

- Hard practices
- New skills
- Deep friendships
- Nerves and victories
- Growth moments

Through it all, we will build something that lasts longer than a trophy.

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**LET'S BUILD STRONG ATHLETES.  
LET'S BUILD CONFIDENT LEADERS.  
LET'S BUILD A CULTURE WE ARE PROUD OF.**

**THANK YOU FOR BEING A PART OF ROGUE CHEER ATHLETICS**