



***Central Valley Lil Warriors***  
***Cheer Handbook***  
***2021***

## Welcome

Thank you for considering the Central Valley Lil Warriors Cheerleading for your daughter. Our cheerleaders grow in so many ways from their experiences and have a great time being part of the Central Valley Lil Warriors program.

This handbook will outline for you all the financial, uniform, and schedule information you need to know. I want to provide you with all the information up front so there are no surprises.

## Tryouts

All girls who are residents of Center Twp., Monaca Borough, or Potter Twp and will be in -grades 1 through 6 in the 2020-2021 school year are eligible to try out for CVLW Cheer squads.

Grade	Grades 1-2	Grades 3-4	Grades 5-6
Squad	Twerps (competition)	Termites (competition)	Mitey Mite (competition)
# of spots	18	25	25

Sign ups will be online using the cheerleading tab on the Lil Warriors website.

[www.centralvalleylilwarriors.org](http://www.centralvalleylilwarriors.org)

For tryouts girls are to wear a solid white shirt, solid colored shorts, white socks, and white tennis shoes. Hair needs to be pulled up away from the face. No large cheer bows are to be worn for tryouts, however a small ribbon is acceptable.

All girls trying out must be registered on the website for us to have a count of cheerleaders. Payment and full registration will be held after tryouts.

## Camps

Any girl who makes a squad must attend mandatory cheer choreography and stunt camps. The camps will give the girls the basic skills and the routines they will be using for football halftime entertainment and cheer competitions.

**The first two weeks of August is MANDATORY cheer camp**

**\*\*These weeks of cheer camp are mandatory, and no vacation or sports days can be taken during these weeks. NO EXCEPTIONS\*\***

## Summer Practices

Sponsors of each squad will create and distribute practice schedules for the summer months. These practice schedules will be distributed in a variety of ways (paper, text, email, or Facebook groups). Please let your squad sponsors know which way you prefer to get schedules so there is no miscommunication.

Summer practices will on a tiered practice schedule for all squads. For example, 1 practice per week in June, 2 practices per week in July and 3 practices per week after mandatory weeks in August. This is subject to change based on squad needs. Practices are usually at least 2 hours for all competition squads. Practices may be scheduled during the day or in the evening and vary per squad.

Practices will be held at various locations throughout the seasons. We will make every effort to practice indoors on mats as frequently as possible, but there are times when outdoor practices will be necessary as well. Sponsors will clearly communicate location of all practices on their practice schedules.

Every effort will be made to accommodate all mandatory practices at indoor locations.

Practice attire is comfortable gym clothes. A t-shirt and shorts is acceptable, no jewelry including earrings, tennis shoes.

**\*\*All practices are mandatory however you can take up to 1 consecutive week of vacation and 3 floating days to be used during these summer practices and for the season exhibition game if you so choose. Any misses after that will fall under the demerit system which is described the demerit system part of this handbook. \*\***

## Games

Girls cheer at all home and away games for all regular season and playoff games. As soon as the final schedule is available it will be posted on the organizations website and distributed via team sponsors. Parents are responsible for arranging transportation for your daughter to and from games.

Girls are expected to arrive 30 minutes prior to the scheduled start of their game in the appropriate uniform attire decided by the sponsors. There is no eating during the game so please do not bring your child snacks from the refreshment stand. Girls are to bring a water bottle with them that contains water only. Sweet liquids attract bees during warm months and are a hazard to the girls.

At the end of the game you must come and pick your daughter up from the sideline. Sponsors will only release the girls if they see you or your designated proxy. This is for the girl's safety.

Hair is to be pulled up away from the face and no jewelry is to be worn (small studs ok).

**\*\*All regular season and playoff games are mandatory, and no vacation or floating days can be used for games. Any missing of games will fall under the demerit system which is described in the demerit section of this handbook. \*\***

## **Competitions**

Girls on the competition squads attend two mandatory competitions, depending on the football game schedule, that are paid for by the organization. We will try everything to schedule 2 competitions but it is not a guarantee. Depending on football game schedules we will try our best to schedule competitions. A third competition is optional and will be attended and decided upon by the squad(s). The third competition, if attended, is the financial responsibility of the parent(s). No competitions are to conflict with regularly scheduled football games.

The Saturday before each competition is a Mandatory practice that will be scheduled around our football games. No vacation or sports days are permitted to be taken.

You should plan on arriving at least an hour before the doors open and staying until all CVLW cheer squads have competed. We understand this can be a long day for the girls, however CVLW support each other regardless of their individual squad. Therefore, we expect all cheerleaders to be there to cheer on the first of our squads who competes all the way through the last squad who competes. If you have a previous commitment (i.e. special occasion party or illness) you may request permission from the head sponsor to leave early.

Upon arrival girls are to meet up with their squad. Girls will remain with their squad and their sponsors from the time they arrive until their awards session is complete. After awards girls are released to the parents. At that time parents are free to take their daughter for refreshments and the girls may stay with them to watch the other squads compete. Please do not bring refreshments while she is sitting with her squad. You may pack small snack (pretzels, chips, etc.) that will not stain the uniform and a bottle of water. Girls should not bring their large cheer bags as they take up too much space in the stands.

## **Uniforms**

All girls will be required to wear a uniform to games and competitions. Sponsors will inform the girls what specific pieces of their uniform they are to wear to each game.

Squad sponsors will fit the girls for uniforms in the summer. Please understand the uniforms have not been specifically ordered for your daughter, so sizing may not be 100% ideal. Sponsors will do their absolute best to ensure your daughter has a uniform that fits appropriately.

If alterations are required, they must be temporary and be removed before the uniform is returned at the end of the season. Do NOT cut any material on the uniform. If any uniforms require significant alterations please contact the head cheer sponsor.





## Demerit System

**Demerits for all Cheerleaders falls under a 3 strike rule.**

**Demerits will be given for the following reasons:**

**1<sup>st</sup> Offense = 1 demerit**

**2<sup>nd</sup> offense = 2 demerits**

**A TOTAL OF 3 DEMERITS WILL RESULT IN REMOVAL FROM THE CHEER SQUAD AND THE GIRL WILL NOT BE ALLOWED TO TRYOUT THE FOLLOWING YEAR.**

**\*\*Missing any mandatory practice or football game(s) = 2 demerits per occurrence\*\***

**\*\*2 DEMERITS WILL DISMISS A GIRL FROM THE COMPETITON SQUAD.\*\***

**Examples of what would warrant a demerit:**

- Not wearing complete selected uniform to a game (this includes hair not being done, socks, wrong uniform pieces worn) or wearing uniform without sponsor approval.
- Wearing jewelry (bracelets, necklaces, or earrings). Small studs are ok.
- Eating during the game, this includes gum chewing.
- Inappropriate behavior or defiance to coaches and sponsors.
- No parent is to verbally or physically threaten/abuse coaches or sponsors.
- Inappropriate use of social networking websites (Facebook, snapchat, Instagram, etc.) to discuss issues related to the organization or members in a negative way.
- Not showing up to practices without proper notification.
- Missing any regular season or playoff games.
- Accumulate 60 minutes Late

**\*\*As mentioned above all regular season, playoff games and cheer camp and practices are mandatory. For competition cheerleaders if any games or mandatory practices are missed before competition those cheerleaders will not be able to compete and will accrue the appropriate demerits. Gameday cheerleaders will accrue only demerits.**

If all girls are not present for all mandatory practices the squad(s) may not go to competition or absent girls will not be able to compete. Competition fees and camp fees are not refundable. Please remember the girls are participating in a team sport; each girl plays an integral part of the squad to which they made a commitment. Absences reflect the performance of the entire squad.

As a representative of the Lil Warriors organization, cheerleaders are expected to exude the qualities of a good student and member of the community. Therefore, cheerleaders are to conduct themselves in a respectable and appropriate manner always. Foul or inappropriate language is unacceptable. Additionally, cheerleaders must act respectfully toward cheer coaches and sponsor and intentional defiance and disregard for rules will not be tolerated.

Cheerleaders must not speak ill of, belittle, bully, intimidate or gossip about another cheerleader, coach, parent, or sponsor verbally or in any written or technical format (text, email, blogging, social media) All parents must sign the Code of Conduct that addresses these issues.

## **Volunteers**

Every year we try to involve parents as volunteers in our program. There are various areas of need. Please read the information below and contact the Head Cheer Sponsor (Tricia Cantito @ [tricia.cantito@gmail.com](mailto:tricia.cantito@gmail.com) or the CVLW Secretary, Kayla Eller @ [secretary@centralvalleylilwarriors.org](mailto:secretary@centralvalleylilwarriors.org) if you are willing to volunteer for one or more of the roles outlined below. Some roles require a lot of volunteer hours while others may only require limited volunteer time. Please take that into consideration when volunteering.

### ***Volunteer roles that you can get involved with.***

**Fundraising Committee:** a committee that will handle all of the organizational fundraising throughout the year including but not limited to spirit wear, lottery tickets, wing bash, and event auctions.

**Homecoming Committee:** a committee that will handle our Homecoming game and festivities. Will coordinate with the Spirit Committee regarding house and field decorating.

**Community Sponsor Committee:** a committee that will solicit local businesses for sponsorships, banner, website, and program ads as well as creating and collecting ads for the programs that will be sold during our Homecoming game.

**Community Service Committee:** a committee that will handle the organizing and planning of our Community Service Game or other community service opportunities for the organization as they see fit.

**Spirit Committee:** a committee from both cheer and football to help with the following:  
Making/hanging/removal of spirit signs for home games. Organization of balloons for fundraiser game/homecoming. Coordination and distribution of treats for all cheerleading squads before competition. Coordination and distribution of treats for all football players before 1st game and playoffs. Coordination/Creation of Spirit Boards for all teams and squads to be hung during home games. Coordination of decorating houses for Midget Seniors and for any Championship games for both cheerleaders and football players. Coordination of making noise makers for competitions and game.

### **Cheer Sponsor**

There will be a maximum of 4 sponsors per squad. One head sponsor, one sponsor that is responsible for communication (email, texts, facebook posts) to the parents, and the third and fourth sponsor to assist as needed. This role will require a considerable amount of volunteer time. There will be 2 practices a week throughout the season and 5 per week for the mandatory week in August. Sponsors are required to make the practice schedule for their squads. Also take care of any questions that may arise during the season. If in doubt of anything ask your Head of Cheer. There also must be one squad sponsor representing each level present at each board meeting.

**\*\*We all know how much social media comes into play these days, so if any squads are planning on a Facebook page the Head of Cheer must be included as a member of these squad(s) social pages.**

**\*\*There must be at least 2 Sponsors present at every football game and practice.**

### **Contact Information**

The Head of Cheer, Tricia Cantito, can be reached via phone, email, or text at

724-513-1691 or [tricia.cantito@gmail.com](mailto:tricia.cantito@gmail.com)

**VACATION INTENT/SPORTS EXEMPTION FORM**

**Please fill out this form and return to your squad sponsor as soon as you know your scheduled vacation dates. This does not excuse your daughter from any MANDATORY practices, games or competitions.**

**Cheerleader Name** \_\_\_\_\_

**Parent Name** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Parent Phone Number** \_\_\_\_\_

**Vacation Dates** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Game/Practice Date** \_\_\_\_\_

**HANDBOOK ACKNOWLEDGEMENT FORM**

I, \_\_\_\_\_, PARENT/GUARDIAN OF \_\_\_\_\_

**ACKNOWLEDGE THAT I HAVE RECEIVED AND READ THE CENTRAL VALLEY LIL WARRIORS CHEERLEADING HANDBOOK. I UNDERSTAND THE INFORMATION CONTAINED WITHIN EXPLAINS MY ROLE AND MY CHILDS ROLE IN THE CENTRAL VALLEY LIL WARRIORS CHEERLEADING ORGANIZATION AND SHOULD I HAVE ANY QUESTIONS REGARDING INFORMATION PRESENTED IN THIS HANDBOOK, I WILL CONTACT THE HEAD CHEERLEADING SPONSOR USING THE INFORMATION PROVIDED IN THIS DOCUMENT.**

**DATE:** \_\_\_\_\_