



Central Valley Lil Warriors
Cheer Handbook
2025

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 as much information up front so there are little to no surprises.

TRYOUTS

All girls who are residents of Center Twp., Monaca Borough, or Potter Twp and will be in grades 1st through 6th in the 2025-2026 school year are eligible to try out for CVLW Cheer squads.

ALL GIRLS REQUIRED TO TRYOUT

The competition cheer numbers will be as follows:

20 Twerp Competition
20 Termite Competition
20 Mighty Mite Competition

The Gameday cheer numbers will be as follows (Minimum of 10 girls per squad; Requires 1 volunteer as coach for every 5 girls):

25 Twerp Gameday
25 Termite Gameday
25 Mighty Mite Gameday

Adequate volunteers to field all squads

***Both competition and gameday squads cheer together at all games. ***

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

www.centralvalleylilwarriors.org

For tryouts girls are to wear a plain white shirt, plain colored shorts (black or Navy blue), 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. A white ribbon will be given to each girl on the day of tryouts to wear in their hair for bow. No jewelry or excessive make up.

All girls trying out **MUST** be registered on the website by the deadline (**NO EXCEPTIONS**) for us to have a count of cheerleaders. Payment and full registration will be complete after tryouts.

MANDATORY CAMP DAYS

All girls who make the competition squad must attend mandatory cheer choreography. A stunt camp will be held during the summer for all girls on the competition and gameday squads. The camps will give the girls the basic skills and the routines they will be performing for football halftime and cheer competitions.

Mandatory choreography days in May will be held for the Competition Squads only:

Mighty Mites May 20, 21 and 22 from 4:30-7:30pm - HS Auxiliary Gym

Termites & Twerps May 27, 28, 29 and 30 (times TBD) - Middle School Cafeteria

Mandatory camp week will be held for ALL Squads August 11th thru August 15th.

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

SUMMER PRACTICES

Coaches for 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 Band App). Your coaches will inform you of their communication methods at the beginning of the season.

Competition squads will practice 2 days per week throughout the summer months (except during Mandatory week in August which is every day). Summer 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 based on coaches and location availability.

Gameday squads will practice 1 day per week in June and July and 1 or 2 days maximum in August except during Mandatory week in August which is every day. In August, 2 practices per week may be necessary depending on squad needs to get ready for the season.

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

Gameday practices will primarily take place outdoors. In preparation for the Beasts and Bows Competition where the GameDay squads showcase their routines, the Head of Cheer will acquire indoor space with mats during at least 1 of the practices during the week prior to the competition.

Practice attire is comfortable gym clothes. A T-shirt and shorts are acceptable, no jewelry, and tennis shoes are to be worn. Cheerleaders must bring their own water bottle to every practice.

****All girls have available 5 vacation/sports exemption days that can be used during the season. Girls must attend all practices unless they are using one of their days. If a day is being used, at least one-week advance notice needs to be given to your coaches so they can plan according for their practices. Any misses after that will fall under the demerit system which is described in this handbook.**

GAMES

Competition and gameday 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 CVLW website/Facebook page and distributed to all coaches to notify their squads. 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 coaches. There is absolutely NO eating during the games unless approved by the coaches due to medical or known reason. Girls are to bring a water bottle with them to all games. Sweet liquids attract bees during warm months and are a hazard to the girls, so water only is highly recommended.

At the end of the game, parents must come and pick your daughter up from the sideline at the field gate entrance. Coaches 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 are ok).

**** All regular season and playoff games are mandatory; the use of a remaining vacation/sports exemption day is permitted to be used ONLY with approval by the Head of Cheer and must be submitted to her for review either by email or text at least 1 week in advance of the game that will be missed. No more than 5 girls per squad will be approved to miss the same game. Any unapproved misses of games will fall under the demerit system which is described in this handbook. ****

COMPETITIONS

Girls on the competition squads attend three mandatory competitions that are paid for by the organization. We will try everything to schedule 3 competitions, but it is not a guarantee. Depending on the football game schedule, we will try our best to schedule competitions we will be attending on non-game days.

The Saturday before each competition there is a Mandatory practice that will be scheduled around our football games. No vacation or sports exemption day is permitted to be taken for this practice.

You should plan on arriving at least an hour before the doors open for the competition and stay until all CVLW cheer squads have competed. Once the competition schedule is released to the Head of Cheer, she will discuss it with the coaches and make the final determination on when the squads will need to arrive and can be dismissed. Depending on the schedule, we try to have all 3 squads there to watch each other perform to support and cheer for one another. If you have another commitment (i.e. special occasion party, another sporting game or illness) you may request permission from the only the Head of Cheer to leave early in advance and not the day of the competition unless due to illness.

Upon arrival, girls are to meet up with their squad at a designated area that will be communicated. Girls will remain with their squad and their coaches from the time they arrive until they perform unless they receive permission from one of their coaches to go somewhere with a parent. After the squad performs, the girls may go with their parents to get something to eat/drink and look around at the competition vendors after notifying their coach. This is so the coaches know where the girls are at all times and can provide a return time to watch the other CV squads and awards. After the awards girls are released to the parents. You may pack small snacks (pretzels, chips, etc.) in the girls' bags that will not stain the uniform and a bottle of water.

UNIFORMS

All girls will be required to wear a uniform to the games and competitions. Coaches will inform the girls what to wear to each game.

Coaches and Head of Cheer will fit the girls for uniforms in May or the beginning of the summer. Please understand the uniforms have not been specifically ordered for your daughter, so sizing may not be 100% ideal. Coaches will do their absolute best to ensure your daughter has a uniform that fits appropriately.

If an alteration is 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 of Cheer.

COST

Each cheerleader/football player will incur personal costs.

Organization Registration Fee	\$75.00 1st Child
	\$65.00 2nd Child
	\$55.00 3rd Child
Lottery Tickets	\$100.00 (5 resellable lottery tickets @ \$20 each)
Volunteer Fee	\$250.00**

The registration fee is paid per child to the CVLW organization. The fundraiser is a mandatory fundraiser for all families of the organization (cheer and football). The volunteer fee is to be paid in a separate \$250 check made out to CVLW and is refunded if you volunteer for posted volunteer hours. For example, you work 2 games in the concession stand and/or stick crew. If you choose not to complete your volunteer hours, the check will be cashed at the end of the regular football season. All fees must be paid within 2 weeks after tryouts.

Fees – First Year Cheerleaders should expect all costs. Full Package Cost discounted price \$343

REQUIRED PURCHASES (Individual costs when purchased separately):

Full Warm-up (including embroidery) \$123.00

If only Jacket or Pants need replaced for returning cheerleaders:

Warm-up Jacket Only \$81.00

Warm-up Pants Only \$42.00

Body Liners	\$27.00
Briefs	\$17.00
Megaphone Backpack	\$50.00
Pom Poms	\$40.00
Rain Jacket	\$17.00
Socks	\$10.00
Shoes (all competition cheerleaders)	\$80.00

****Gameday squads can purchase any PLAIN white tennis shoes they choose. Returning cheerleaders MAY NOT need all items within this pack and may order items separately****

Please note that cheerleaders do cheer when the boys are playing in all weather conditions; this includes rain.

Payment in full for all accessories will be at the time of accessory ordering in May.

Camp Fees

\$75.00 (Competition squads) *price may change

\$25.00 (Gameday squad) *price may change

Camp fees include choreography camp and/or stunting camp. We contract out camps to instruct the girls on proper stunting, technique, and teach them their routines for competition. Throughout the summer coaches will schedule some practices that will be held at an inside facility to practice on our competition sized mats.

ATTENDANCE POLICY

Cheerleaders are expected to attend all scheduled practices and games throughout the season.

All girls have 5 vacation/sports exemption days available that can be used during the season. Girls must attend all practices unless they are using one of their days. If a day is being used, at least one-week advance notice needs to be given to your coaches so they can plan according for their practices. Any misses after that will fall under the demerit system which is described in this handbook.

These days may NOT be used during cheer camp week or any other mandatory practice as noted in the handbook. If you plan on missing any days, please complete the Vacation/Sport Exemption Form and turn it into your coach as soon as possible so they can review.

All regular season and playoff games are **mandatory**; the use of a remaining vacation/sports exemption day is permitted to be used **ONLY** with approval by the Head of Cheer and must be submitted to her for review either by email or text **at least 1 week in advance of the game** that will be missed. No more than 5 girls per squad will be approved to miss the same game. Any unapproved misses of games will fall under the demerit system which is described in this handbook.

If punctuality or attendance becomes an issue, demerits will be issued according to the demerit system.

In cheerleading, each girl is important in every practice, game and competition. Unlike football, we have no substitutes reserved on the bench. With that being understood, we expect your commitment to the Central Valley Lil Warriors to be a priority.

DEMERIT SYSTEM FOR CURRENT SEASON

Demerits for all Cheerleaders fall under a 3-strike rule.

1st demerit – Cheerleader will sit 1 quarter with coaches during following game.

2nd demerit – Cheerleader will sit for the first half with coaches during the follow game.

3rd demerit – Cheerleader will sit for entire game with coaches.

IF A 4TH DEMERIT NEEDS TO BE ISSUED, THIS WILL RESULT IN REMOVAL FROM THE CHEER SQUAD.

Demerits will be given for the following reasons:

- Not wearing proper uniform to a game (this includes wrong socks, wrong uniform pieces worn and if jewelry is worn except for small studs) on more than one occasion after receiving a previous warning from team coach.
- Eating during the game (this includes chewing gum) on more than one occasion after receiving a previous warning from the team coach.
- Inappropriate behavior, defiance to coaches, and disrespect to coaches and teammates will not be tolerated.
- No parent is to verbally or physically threaten/abuse and of the coaches.
- 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 practice without proper notification.
- Missing any regular season or playoff games without proper approval from the Head of Cheer.
- Accumulate of 60 minutes late for practices and game arrival time without notifying coaches.

When a 1st or 2nd demerit is issued, one of the squad coaches will notify the cheerleader, parent, and the Head of Cheer of the situation and the cheerleader involved that is receiving the demerit in writing (verbal communication is also encouraged if possible). Demerit Issued form is included in this handbook.

When a 3rd demerit or potential removal from squad is issued, one of the squad coaches will notify the Head of Cheer in writing of the cheerleader and situation that occurred. The Head of Cheer, at least one squad coaches and parent will have a meeting in person to discuss the demerit and disciplinary action as well as being notified in writing.

If a 4th Demerit is issued and the cheerleader is removed from the squad. All registration, 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 CV Lil Warriors organization, cheerleaders are expected to display the qualities of a good student and member of the community. Therefore, cheerleaders are always to conduct themselves in a respectable and appropriate manner. Additionally, cheerleaders must act respectfully toward their cheer coaches 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 coach 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 ([Breanne McKenzie @headofcheer@centralvalleylilwarriors.org](mailto:BreanneMcKenzie@headofcheer@centralvalleylilwarriors.org)) or the CVLW Secretary, Allison McKenzie @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 the organizational fundraising throughout the year including but not limited to spirit wear, lottery tickets, individual fundraisers and auction baskets.

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 from football players. Coordination and distribution of treats for all football players before 1st game and playoffs from cheerleaders.

CHEER COACH

There will be at least 1 coach for every 5 girls on the squad. This role will require a considerable amount of volunteer time. There will be 2 practices a week throughout the season for the competition squads and 1-2 practices per week for the gameday squads (weather permitting) and 5 per week for the mandatory week in August. Coaches and Head of Cheer are required to make the practice schedule for their squads. If in doubt of anything ask your Head of Cheer. There should also be one squad coach representing each level present at each board meeting. This coach can be rotated amongst that coaching staff. This allows the squad coaches to be aware of things coming up within the organization and to be better involved.

****The Head of Cheer must be included as a member of all the squads Band App page to be able to get out squad or the CVLW communications in a more timely manner when needed and monitor things that are going on amongst each of the squads.**

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

Contact Information

The Head of Cheer, Breanne McKenzie, can be reached via email at headofcheer@centralvalleylilwarriors.org.

DEMERIT ISSUED FORM

It is the responsibility of one of the squad coaches to provide in writing to the Head of Cheer and the cheerleader's parent a 1st or 2nd issued demerits due to any of the reasons noted in the cheer handbook. If a 3rd demerit needs issued, one of the coaches will provide the Head of Cheer in writing the issued demerit and a meeting will be set up with the Head of Cheer, cheerleader's parent, and one of the squad's coaches.

Cheerleader Name _____

Demerit # and Discipline Issued _____ -

Date Demerit was given _____

Reason for Demerit

Date Provided to Head of Cheer _____

Coach Filling out Form _____

Squad Name _____

VACATION / SPORTS EXEMPTION FORM

Please fill out this form and return to your coaches 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: _____