



***Central Valley Lil Warriors***  
***Cheer Handbook***  
***2019***

## **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 2019-2020 school year are eligible to try out for CVLW Cheer squads.

Grade	Grades 1-2	Grades 1-2	Grades 3-4	Grades 3-4	Grades 5-6	Grades 5-6
Squad	Twerps (gameday)	Twerps (competition)	Termites (gameday)	Termites (competition)	Mitey Mites (gameday)	Mitey Mite (competition)
# of spots	Minimum of 8 to unlimited	18	Minimum of 8 to unlimited	25	Minimum of 8 to unlimited	25

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

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

Competition sign-ups will be accepted until the first day of tryout practices.

Gameday sign-ups for all squads will be the week of May 5 – 11, 2019 on the Lil Warrior website.

Tryouts for all competition squads will be on the following dates.

**April 30, May 1 & 2, 2019 Mandatory tryout practices**

**May 4, 2019 Tryout Day**

Tryout practices and tryouts will be held at the Central Valley Middle School gymnasium.

Girls are encouraged to attend ALL tryout practices. A minimum of 2 practices are required to be attended in order to try out.

Tryouts will be held on Saturday between the hours of 9am & 3pm.... Times to be determined once the squads requiring tryouts have been identified. Only those squads with a greater number of candidates than spots will be required to tryout.

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.

Girls ONLY signing up for gameday squads are NOT to attend tryout practices. However, if you plan on trying out for the competition squad you MUST attend.

All girls trying out must be registered on the website by April 30, 2019, for us to have a count of cheerleaders. Payment and full registration will be held the week of May 5-11, 2019.

### **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 dates for 2019 cheer choreography camps are listed below as well as the cost for this camp (which is included in the fee section of this handbook).

**Stunt/Skills Clinic May 20, 21, 22**

**Choreography Camp May 28, 29, 30 or June 3, 4, 5**

**Choreography/Skills Clinic for Gameday Cheerleaders - June 12 (tentatively)**

**August 5-9 MANDATORY cheer camp (Elite will return for follow up August 8<sup>th</sup>)**

**September 21 & October 5 - Mandatory Competition Practice**

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

### **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 include at least 2 days a week for all competition squads. Gameday practices can vary between 1 and 2 days a week depending on what that squad needs are at the time. Practices are usually at least 2 hours for all competition squads and 1 ½ hour for all gameday squads. Practices may be scheduled during the day or in the evening and vary per squad.

**\*\*For competition squads the Saturday before our competition date is a Mandatory practice that is scheduled around our football games.**

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 5 vacation days and 1 sports day during these summer practices. 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 snack 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 into a ponytail and no jewelry is to be worn (small studs ok). Also no extreme hair coloring permitted.

**\*\*All regular season and playoff games are mandatory, and no vacation or sports 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.

**Cheer fest - September 22**

**\*\*Adoption Connection - October 6**

**\*\*Gameday squads can potentially attend this competition as a rec squad...at sponsor's discretion \*\***

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.

### **Costs**

Each cheerleader/football player will incur personal costs.

<b>Organization Registration Fee</b>	\$50.00 1 <sup>st</sup> Child
	\$40.00 2 <sup>nd</sup> Child
	\$30.00 3 <sup>rd</sup> Child

**Fundraiser (all must be paid upfront but can be resold to recuperate your costs)**

\$100.00 (5 lottery tickets @\$20)
\$40.00 (2 wing bash tickets @ \$20)

<b>Volunteer Fee</b>	\$100.00**
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The registration fee is paid per child to the CVLW organization. The fundraiser is a mandatory fundraiser for all members of the organization (cheer and football). The volunteer fee is to be paid in a separate \$100 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.

Final Registration and fees will be due the week of May 5 – 9 on the CVLW webpage. Lottery tickets, and wing bash tickets will be distributed at the first squad evaluation practice the week of May 12<sup>th</sup> (exact date TBD) volunteer checks will be collected at that time as well.

### **Uniform Fees (prices subject to change)**

#### **Required purchases**

Briefs (boycut)**	\$6.50
Turtlenecks**	\$13.00
Socks (Navy Stripe)**	\$3.00
Socks (Pink Out)**	\$6.00
Competition Bow**	\$15.00
Navy Blue Bow**	\$2.00
Pink Out Bow**	\$5.00
Shoes**	\$55.00
Pom Poms**	\$20.00
Warm Up*	\$75.00 includes embroidery

\*Gameday squads can purchase any PLAIN white tennis shoe they choose.

#### **Optional Purchases**

Cheer bags*	\$12.00 drawstring
	\$17.00 drawstring with embroidery
	\$25.00 small navy shoulder bag with embroidered name
Nylon CV Cheer Jacket*	\$50.00 (add CV logo on back for add \$25)
CV Logo Gloves*	\$8.00
Headband with CV logo*	\$7.00

\*returning cheerleaders may not need all items within this pack and may order Items separately\*\*

First year cheerleaders should expect all costs above.

Optional items presented by C&S Sports are parental decisions. Please note that cheerleaders do cheer when the boys are playing this includes rain, sleet and snow. Girls should have gear for all these possibilities.

Items ordered through C&S are payable to C&S Sports. Payment in full will be due the week of June 10<sup>th</sup> at accessory ordering.

### **Other Fees**

<b>Camp Fees</b>	\$65.00 (Competition squads)
	\$20.00 (Gameday squad)

Camp fees include choreography camp which is run by Elite cheerleading camps. We contract Elite to instruct the girls on proper stunting, technique, and teach them their routines for competition.

Throughout the summer sponsors will schedule some practices that will be held at a inside facility to practice on our competition sized mats.

### **Important Dates**

Tryout Practices.....April 30, May 1 & 2

Tryouts.....May 4

Registration....Week of May 5

Stunt/Skills Clinic...May 20, 21, 22

Choreography camp...May 28, 29, 30 or June 3, 4, 5

C&S Order placement....Week of June 10th

Sideline Choreography...Week of June 10th

Mandatory Cheer week....August 5 - 9

Cheer Picture Day...August 6

Mandatory Cheer Practice...September 21 & October 5

Cheer Comp 1...September 22

Cheer Comp 2...October 6

## **Attendance Policy**

As mentioned in the tryout section, all candidates are encourage to attend ALL TRYOUT PRACTICES. A minimum of attendance at 2 practices is required to be eligible to tryout.

Attendance at choreography and stunt camp and the week of August 5-9 are mandatory (no vacation or sports days can be used).

Cheerleaders are expected to attend all scheduled practices throughout the season...from Tryouts thru the final competition.

However, it is understood conflicts may arise. Therefore, cheerleaders are given 5 excused days from **regularly** scheduled practices and/or exhibition games to be used for vacation or any other personal commitment if prior notification is given. 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 Intent Form and turn it in to your squad sponsor as soon as possible.

After football season starts, **all games are mandatory**. Special or unforeseen events (weddings, funerals, and sickness) are excused, but you must give the sponsor notice prior to the game. All excuses will be reviewed by the sponsors with the head sponsor.

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

## **Examples of Excused Absences**

During the summer, girls may be excused from regularly scheduled practices (excluding choreography and stunt camp week and the week of August 5-9) for vacation, sick, wedding, funerals and milestone occasions (ex 50-year wedding anniversaries)

**\*\*Vacation Intent Forms** may excuse from obligations up to 5 times, this does not include mandatory practices unless you are willing to forfeit your competition spot.

Cheerleading practices and games take precedence over all other sports and activities. This includes commitments made to other cheer squads or sports. Your first commitment is to the Central Valley Lil Warriors.

In cheerleading, each girl is important in every practice, game and competition. Unlike football we have no substitutes reserved on the bench.



## **Demerit System**

### **Demerits for all Cheerleaders**

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

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

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

**Every offense after = 2 demerits**

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

**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.**

**\*\*\*Demerits will be logged every month and given to the head cheer sponsor and the Head of the Cheerleading program. Any Demerits that are given during the season reflect in tryout scores being deducted by that amount of points for the following cheer tryout season. So, any demerits received in the 2019 season will be deducted from that cheerleaders' tryout score for the 2020 football season.**

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 are not refundable. Please remember the girls are participating in a team sport; each girl is 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.

Please arrive 5-10 minutes prior to the start of practice and 30 minutes prior to the start of games.

For games, cheerleaders will arrive in full uniform, cheer on the sidelines, and stay to cheer as long as the football players are on the field.

### **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, Amber Tonya @

[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.

***Here is a list of 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.

**Volunteer Committee:** a committee who will organize and maintain volunteer checks. Responsible for posting volunteer activities on the online sign up site. Responsible for ensuring each family has completed each of their two required volunteer activities.

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

**Program/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. There is a maximum of 4 sponsors per squad.**

### **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:** \_\_\_\_\_