

NSYFCA CHEERLEADING INFORMATION- 2011 SEASON



The Northborough Southborough Youth Football and Cheer Association welcome you and your child to the program for a fun and exciting season of Cheer and Football. We are honored that you have chosen to join the T-Hawks family and look forward to working together to ensure that this is an enjoyable and positive season for your child.

Below please find some important information for our cheerleaders:

Practice Information

Practice is important for building skills, strength, endurance, teamwork and team safety. Practice runs approx. 2 hours, unless otherwise noted by the coach.

SUMMER - First day of practice – Monday, August 1, 2011

August practices are held outdoors at Melican Middle School, 145 Lincoln St., Northboro (back field). Please be aware that the schedule could change due to conflicts, weather, etc. Please check the website for specifics.

August 1- 25- Monday- Thursday, 5:45- 8p (Tiny Mite/Mitey Mite end at 7:45)

What to Wear to Practice

- T-shirt
- Cotton/athletic shorts
- Sneakers that tie tightly, with socks (Do not wear new cheer sneakers)
- Hair pulled back in pony tail, with bobby pins if necessary (no hard headbands, barrettes or clips)
- Fingernails should be cut and not be visible above the finger.

Bring

- Water – Brings LOTS of water!! Sugar drinks and soda are not allowed
- Sweatshirt
- Bug spray

What NOT to Wear to Practice (Safety Hazards)

- New Cheer sneakers (only to be worn at games, indoor practices and competitions)
- Jewelry - Earrings, watches, anklets, bracelets
- Jeans or twill shorts, or shorts that are too short
- Sneakers that do not tie tightly or at all
- Sandals/flip flops
- Clothing with zippers, fringe/ribbons, or buttons

- Tank tops or half shirts
- Bandanas
- Nail polish or toe nail polish

FALL PRACTICE- Starts Friday Sept. 2 (No practice Wed. 8/31- First day of school)
Fall indoor practices will be held on Wed. and Fri. 6-8p and Sat. 10-12pa at Algonquin Regional High School, Northboro (“C” gym)

Tiny Mites/ Mitey Mites will only practice one night per week, Wednesday, from 6-8p, and on Saturdays, from 10-12a. They will not have Friday practice.

Fall Practice Attire

For the fall, we would like the girls to wear matching outfits for consistency and so clothes to not become a distraction for the girls or coaches.

Please wear:

White T-shirt

Dark cotton shorts (navy, gray, black)

Hair in pony tail, pulled back securely, with a ribbon tied around pony

Appropriate sneakers with socks

Bring water and a healthy snack for practice. Remember to eat a healthy breakfast prior to Saturday morning practice too!

UNIFORMS

NSYFCA will provide the following to every cheerleader. All of the below items must be returned in **clean, excellent condition**. Uniforms will be distributed in late August before the Jamboree. Uniforms must be returned at the end of the seasons in order to receive your award and your original birth certificate/documents.

Cheer Equipment

- Shell top
- Bodyliner (top)
- Skirt
- Warm-up Jacket
- Warm-up Pants
- Pom poms
- Cheer bag

Strict Rules

- Drink only clear liquids while in uniforms. No eating in uniform.
- Change out of uniform if you are staying for other games.
- Language, gestures and attitude stays positive while in uniform.
- All cheerleaders must be dressed exactly the same.
- The NS cheer bags have been provided so that your child can have their midriff, complete warm up and pompoms with them at ALL TIMES! All bags are labeled.

GUIDELINES FOR CHEERLEADERS

Points to remember and expectations for the season

1. Be ready at all practices and games with hair back securely, in appropriate attire, no gum, no nail polish, no jewelry, nails cut short.
2. Attitude must be positive and upbeat. You must be willing to work and cooperate at both practices and games. The key word in your position is CHEER leader.
3. Be an active listener and accept constructive criticism.
4. All squad members are to participate in all areas- cheers, routines, dance routines, football games, competitions, and participating fundraisers.
5. Coaches are not responsible for persons who are not team members of NSYFCA. Please do not bring your friends or siblings to practices, games or competitions unless supervised by an adult.
6. NSYFCA is not responsible for transportation of cheerleaders to practices, games, or competitions.
7. If you are allergic to bee stings, or have asthma or any other medical condition requiring medication, please bring your medication to practice, games and competitions and leave it with your coach. Extra medication, if available, may be kept in the team medical box.
8. SCHOOL IS A PRIORITY. Please do your homework before practice.

Attendance Policy

One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.

- August practices are very important. **Please plan vacations accordingly.** Missing more than 1 week is highly discouraged and missing more than 2 weeks is inexcusable. If you are a first time cheerleader, it is recommended to meet with a fellow team member to review what you have missed.
- All absences should be communicated by a parent to the coach via phone or email. Telling a friend is not acceptable. Your cheering time in the next event could be effected without a legitimate excuse for the absence. **If possible, 24 hour advance notice is required for missed games** because routines and positions need to be adjusted accordingly.
- Extended absences must be excused by a note from a doctor.
- Attendance at games or practice without proper shoes, clothes or uniform will be considered an absence.

Game Expectations

- Arrive at games 60 minutes prior to games unless your couch indicates otherwise. Warm-up for the first 15 minutes, review necessary materials for 30-40 minutes and be ready to cheer 10 minutes before the start of the game. There is a 5-10 minute grace period. If you are running late, please contact your coach and/or team parent to let them know of your circumstances. NOTE: For those who are continuously late (approx. 3x), if you arrive after that grace period, you will sit out of for the half-time routine. Coaches will make the determination based on practice and game timeliness.
- Arrive in complete uniform, neat and clean, for all games. In you are not in proper uniform, you will not be able to cheer. You will sit out with your coach.

- Be ready when you arrive at the game with hair back tightly and in bobby pins, if necessary (no hard barrettes, headbands or clips).
- Be in team sneakers, no gum, no nail polish, no jewelry, and have a positive attitude.
- Remain with team in cheer area during game until released by your coach.
- Display acceptable LEADERSHIP skills (this is the LEADER in Cheerleader).
- Follow the coaches' directive at games.
- Promote friendship with each other and with leagues with whom we compete, perform and/or go to camp with.

Drop Off/Pick Up Policy

Parents should accompany children to practice and game locations. Always ensure that a coach is present before leaving your child.

During the month of August, parents must check out with a coach before leaving the practice field with your child. Children will not be allowed to leave if a parent is parked in the parking lot waiting, a parent **MUST** sign them out. Coaches must be notified at the start of practice, preferably in writing/note, if children are to go home with a different parent.

Weather is also a factor; please keep an eye to the sky. We will practice in rain, but not thunder and lightening. If the weather gets bad, practice will end immediately, so parents must be stay close by in case of a emergency, early release. There is no indoor spot.

Volunteers

Volunteers are what makes our program function, so please consider volunteering for any open positions (see website) or to be a team parent. Contact your child's coach if you have any questions or suggestions, or would like to be a team parent. If your matter remains unresolved after contacting your child's coach, please contact the VP of Cheerleading, Lori Albert, at nsvpcheer@jrthawks.com.

Coaches Contact Info.

Team

Tiney Mite/Mitey Mite (Age 5-7 by July 31)

Coach

Co-Coaches

Jill Sullivan – soxgirl72@yahoo.com

Cami Svitenko -

cami.svitenko@gmail.com

Division 10 (Age 8-10 by July 31)

Co-Coaches

Carol Cappadonna -

jccappadona@yahoo.com

Karen Thornton - athornto@cs.com

Division 13 (Age 11-13 by July 31)

Head Coach – Farah Jeanbaptiste

jeanbaptistefarah@yahoo.com

Asst. Coach - Belinda Adams -

belindaadams69@verizon.net