

NVJCYO CHEERLEADERS

COMMISSIONER: Terry DeVito
5 Aly Sheba Ln.
Stafford, Va. 22556
540-752-0492
TerryDeVito@aol.com

PARISH REPRESENTATIVE - Each parish in the NVJCYO has a person that represents the parish at the 3 NVJCYO meetings. If you have any questions concerning parish issues for your team, contact your parish rep. They are listed on the NVJCYO web site.

CHEER COACHES MEETING: **See NVJCYO Calendar**

Coaches are to attend the **mandatory** meeting or send another adult in their place. If no one attends from your parish/school and you have a team to put in the NVJCYO League, **the coach must make arrangements to meet with the commissioner before your team can participate in the program.**

ELIGIBILITY: each person on your team must be attending the parish school OR be a member of the parish and attending Religious Education(CCD) on a regular basis (regular basis to be determined by RE director)

FIRST AID - All coaches will carry a first aid kit and medical forms. The kit should contain Band-Aids, sterol wipes, sterol gloves, gauze pads, ice packs and paper tape. Make sure you read the medical forms to make sure your cheerleader is not allergic to anything on your first aid list.

FORMS: Participation agreement (cheerleading only)
Code of conduct
MEDICAL FORM
TEAM ROSTER
MID-YEAR CCD ROSTER
(Forms are found on the NVJCYO web site)

Each person on the team must fill out the Participation and Agreement and medical form. The coach will need to fill out a TEAM ROSTER form. The coach, school principal, and /or Religious Ed. Director need to sign it. RE Director needs to sign, only if you have someone from the parish RE program on your team. MID-YEAR ROSTER is needed only if you have Religious Ed (CCD) students on your team. This is to verify that your RE student is attending RE on a regular basis. If they are not, they will not be allowed to continue on the team. All forms are to be mailed to the commissioner.

Deadline for registering your team is (see calendar)

EXHIBITION: It is set up like a high school competition but there are no judges. The teams are allowed to cheer, dance, chant, stunt or a combination of all four. The purpose is for the teams to do their very best without the added stress of being judged. The teams receive individual awards and certificates. Cheerleaders need to be recognized for outstanding achievements and successes. Preparation for the Exhibition can be highly motivating for the student athlete. Date and time for the EXHIBITION will be sent to the coaches who register their team. You must be a member of the NVJCYO to participate. Date to be determined by Jan.

FEES: \$10.00 per team member. The parish or parish rep. to the NVJCYO will receive a bill for your teams' participation in the NVJCYO once your team is registered.

STUNTING: stunting is allowed but limited.

Thigh stands

Shoulder sits

Prep - bases hold the flyer no higher than the bases shoulder. Flyers' feet are level with the bases shoulders.

Libette - bases hold the flyer by one foot at

bases shoulders. The flyer reaches out and holds up her other foot.

Scorpion - bases hold flyer by one foot at bases shoulders. Flyer reaches behind and pulls other leg up behind their head

Tumbling - cartwheels, back/front hand springs

NO BASKET TOSSES OR EXTENSIONS ALLOWED AT ANYTIME! THE PRIMARY FOCUS IS - SAFETY!!!

TEAM COMPOSITION - The NVJCYO allows 4th - 8th grade girls and boys to participate in cheerleading. Younger children may participate as mascots. How much the mascots are allowed to participate is up to the parish. How many children, what ages/grades will be determined by the parish

UNIFORMS - The color and style of the uniform is determined by the coach/parish. The colors are usually the school/parish colors. Cheer uniforms are expensive. It is advised to remember some families may not be able to afford the cost. Various companies have varying costs. You can do several combinations for uniforms. The key is that everything matches: from the head to the feet. Stunt shoes are recommended if your team will be doing any kind of stunting. They have grip areas on the soles for the bases to hold. Otherwise good supportive athletic shoes will do. Remember - once a shoe has been selected, everyone on the team must wear that shoe.

Some combinations: T-shirt with shorts
Skirt with vest and briefs
Skirt, vest and body suit
and briefs

Any uniform combination includes shoes and socks. Any skirt combination includes briefs.

When choosing your uniforms remember:

- a. you are representing your school/parish
- b. these are elementary/middle school students NOT high school
- c. consider the size and shapes of all participants. Not all styles are right for all team members.

PERSONAL APPREARANCE - If hair is long enough, it should be worn in a high ponytail at practice, games and EXHIBITION. No makeup or nail polish should be worn. Only post earrings are allowed. No dangles. Nails should be short and rounded. We do not want anyone getting scratched or cut with all the lifting, catching being done. **This is a safety issue.**

PRACTICE AND GAMES - Day and time of practices will be determined by the parish. You can cheer for girls and boys at the Junior (6TH), Junior Varsity (7TH) and Varsity (8TH) games. There will be no cheering for the 4th and 5th grade boy or girl teams. These teams are instructional and are usually played in the much smaller gyms.

COURT TIME - Each team is allowed to cheer in between quarters and at half time: Your time on court **between quarters** is 40 seconds. Your time at half time is 2 minutes max. If there are 2 cheer teams present, each team gets 1 minute each on court at half time. Take turns doing cheers if another team is present. Talk to the coach before the game to decide who goes first at half time etc. Communication is the best way to avoid problems.

GYM RULES - No team is to meet/congregate in the foyer, hallways for warm ups etc. Your team must do the warm ups in the gym or outside (weather permitting). Make sure your parents are aware of the CODE of CONDUCT. Go over it with them. Keep a copy in case a parent or cheerleader needs to be reminded. No water bottles, gum

or food of any kind is allowed in the gym/school. The Acting Commissioner for the game will be supervising the hallways, bathrooms, foyers and gym to make sure the CODE of CONDUCT rules are enforced.

SPORTSMANSHIP - Cheerleaders are there to encourage enthusiasm, team spirit and crowd participation. No matter what the attitude of the crowd/opposing team, your team is to continue to show, to the best of their ability, what Sportsmanship is all about. The cheers, chants should be of a positive nature. There will be no "downing " the other team.

RESTRICTED SCHOOLS FOR CHEERING - The following schools do not have enough space for the cheerleaders and/or parents of cheerleaders. Consequently no cheering will be allowed in these facilities.

ST. ANN

ST. AGNES

BLESSED SACRAMENT

FALLS CHURCH H.S. GYM 2

GRAHAM ROAD MIDDLE SCHOOL

GLASGOW INTERMEDIATE SCHOOL