

PMA CHEERLEADING GUIDE



WHAT A PARENT/STUDENT NEEDS TO KNOW ABOUT CHEERLEADING

2007 PMA CHEERLEADING GUIDE

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WHAT IS THE LENGTH OF THE SEASON?

- The program runs approximately September through March.
- The season may be extended if the basketball team advances in the league tournaments.
- Cheerleading competitions take place on two separate weekends in March.
- CYO and PMA sports banquets are held at the end of the season.

WHAT IS THE PRACTICE AND GAME SCHEDULE?

- Practices are Tuesday afternoon (after school until 4:30p.m.) and Saturday mornings (time dependent on cheer team), with games on Sunday afternoon.
- Practice will increase prior to competition. (January/February/March).

WHAT IS THE ATTENDANCE POLICY?

- The Attendance Policy is outlined in the PMA Parent-Student Athletic Agreement.

WHY IT IS IMPORTANT TO BE PROMPT AND PREPARED FOR PRACTICES AND GAMES/EVENTS?

- The first task that needs to be completed prior to beginning practice is stretching.
- Stretching is a safety precaution to prevent injuries.
- The team cannot work as group until everyone has stretched.

WHAT ARE THE COSTS?

PMA Athletic Fee	\$50.00 (for all sports 2007-08)
Uniform-Vest & Skirt	*See PMA Cheerleading Uniform Policy
Body Suit	\$19.95
Boys Cut Brief	\$ 8.95
Socks	\$ 4.50/pair
Practice T-Shirt (optional)	\$ 5.00
Sneakers	\$39.99 (Estimate based on last year's price)
CYO Raffle Fee (Cadet Team)	\$20.00

Payment of all items should be made payable to PMA in one check.

WHAT IS THE PRACTICE UNIFORM REQUIREMENT?

PRACTICE UNIFORM

- T-shirt (absolutely no tank tops)-Cheer T-Shirts will be available for purchase.
- Shorts (gym shorts) or cheer skirt and briefs for stunting activities are appropriate.
- Cheer Sneakers (no street shoes). Hair pulled back. No Jewelry!

Note: Complete gym uniform may be required for competition practices. It is beneficial to have everyone in the same attire to critique the competition routine. This is up to the discretion of the coach.

WHAT ARE THE REGULATIONS FOR CHEERLEADING AT PMA?

The Cheerleading Program follows the Diocese of Manchester Catholic Youth Organization (CYO) Guidelines established by the Diocesan Athletic Board and The National Federation of State High School Association Spirit Rule Book, as well as the PMA Parent/Student Handbook.

WHAT IS THE RESPONSIBILITY OF PARENTS AT CYO GAMES?

Each team is designated one game where the parents of each team are expected to volunteer to collect admission fees at the game.

WHAT ARE THE LEVELS/AGE OF CHEERLEADING UNDER THE CYO REGULATIONS?

Mini Mite: (EXHIBITION TEAM) Kinder to Grade 2 (under 8 years old)
Mite: (COMPETITION TEAM) Grade 2 –5 (8 years to 12 years)
Cadet: (COMPETITION TEAM) Grade 5 to 8 (10 years to 14 years)

WHAT ARE THE COMPONENTS OF CHEERLEADING COMPETITION?

- Projection (Voice)
- Showmanship
- Fundamentals (Motion Technique, Tumbling, Jumps, Stunts, Pyramids, Dance, Degree of Difficulty)
- Formations
- Creativity

WHEN DO COMPETITIONS TAKE PLACE?

- Generally PMA competes in two CYO competitions: Winter Invitational and the NH CYO Cheerleading Championship.

- Winter Invitational (previous years held at Bishop Guertin Nashua NH)
- NH CYO Cheerleading Championship (previously held St. Anslem College, Manchester, NH)
- Cheerleading Competitions historically have been held in March and in previous years have been around the 2nd and 3rd weekends or 3rd and 4th weekends.

WHAT ARE CHEER CURLS?

- Cheer curls are a small wig-type hairpiece that is placed in the hair to insure uniformity among the team members.
- Competing teams at the intermediate and advanced levels are required to use cheer curls.
- Cheer curls styles are chosen at the discretion of the coaches.
- Cheer curls cost anywhere from \$24.00 to \$30.00, cost dependent on supplier.

WHAT ARE THE CYO AWARDS?

The CYO Athletic Board recognizes outstanding athletes and awards these athletes with special recognition in the following categories:

- Youth of the Year- Individual excels athletically as well as scholastically while involved in the community through various religious and community programs.
- Spirit Award- Individual consistently demonstrates Spirit for Presentation of Mary Academy cheerleading team and basketball teams.
- Coaches Award- Individual who achieves in all areas of cheerleading during the season and/or demonstrates an outstanding quality.
- All Star Cheerleader- Dedicated individual who possesses a high level of cheering and tumbling skills and consistently portrays school pride. She represents PMA at the CYO All Star Game.

WHAT IS AN ALL STAR CHEERLEADER?

- The CYO program that PMA participates creates an all-star team of basketball and cheerleaders to participate in an All Star Game.
- The candidates that are chosen are expected to attend additional practices and participate in the game.

SQUAD GUIDELINES & CODE OF CONDUCT

SQUAD GUIDELINES

- We are here to support PMA basketball. Please watch the game.
- In order to cheer at the Sunday game, cheerleader must attend the prior Saturday practice.
- Cell phone use is prohibited.
- Warming up (stretching) is not optional.
- Never build a stunt without coach present.
- Use restrooms prior to game/practice or during intermission.
- No talking between cheers at games.
- No leaning on walls. Cheerleading Stance – hands on hips at all times.
- Team captain or designated individual will call the cheers.
- Speak loudly, clearly, and smile.
- Look for your Coach on the sidelines if there is a problem.

CODE OF CONDUCT – Each cheerleader agrees to:

- Follow class and school rules.
- Maintain grades at school as explained in PMA Policy Handbook.
- Be polite and respectful of peers, opposing players, coaches and officials.
- Display a positive attitude at all times.
- Treat squad members and coaches with respect.
- Encourage and help others as a team player.
- Be on time and prepared for all practices and games.
- Take responsibility for her own actions.
- Participate in all scheduled practices and games.
- Notify the coach if she will be late or have an excused absence.

WHAT IS REQUIRED TO REGISTER FOR CHEERLEADING?

The following is necessary to enroll:

- PMA Parent-Student Athletic Agreement
- After School Program Participation Form (both sides and athletic fee)
- Uniform Agreement & Fees
- Photocopy of Birth Certificate required, unless previously submitted and on file
- Final page Acknowledgement of this booklet
- CYO Player Participation Form (Will be provided when available from the CYO).

QUESTIONS NOT ANSWERED, WHOM DO YOU CONTACT?

PMA Athletic Director, Judy Boire, at 889-6054 or Coach, Darlene Best, at bestdarlene@hotmail.com

Please return this form to your coach at the time of registration.

I acknowledge that I have reviewed all the information in the 2007 Cheerleading Guide.

Cheerleader
Signature _____ Date: _____

Parent
Signature _____ Date: _____

Coach _____

Please check where appropriate:

_____ **Mini Mite: (EXHIBITION TEAM) Kinder to Grade 2**
(under 8 years old)

_____ **Mite: (COMPETITION TEAM) Grade 2 –5 (8 years to 12**
years)

_____ **Cadet: (COMPETITION TEAM) Grade 5 to 8 (10 years to**
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