

SENECA VALLEY JUNIOR FOOTBALL ASSOCIATION
CHEERLEADING TRYOUT INFORMATION and GUIDELINES

OVERVIEW OF SVJFAC:

Our association consists of Football Teams, Cheerleading Squads, an Executive Board, a Board of Directors, Coaches and Parents. SVJFAC Meetings are typically held on the 3rd Wednesday of each month at the Cranberry Municipal Center at 7:30p.m. You are welcome to attend these monthly meetings. Football games are played on Saturdays.

SVJFAC CHEERLEADING:

SVJFAC offers both competitive and non-competitive cheerleading squads. All participants, with the exception of current first graders, must tryout each year for a position on a squad. **Participants must register to tryout - no exceptions will be made.** (Tryout registration typically held in March.) Due to the large size of our community and the amount of space available for practice, it may be necessary to limit registration.

Cheerleading Squads are divided by skill level and grade level as follows:

1st & 2nd Grades will have *2-3 non-competitive squads

3rd & 4th Grades will have *2-3 squads (at least one competitive)

5th & 6th Grades will have *3-4 squads (at least one competitive)

7th & 8th Grades will have *1-2 squads (at least one competitive)

*Number of squads depends on number of participants and number of football teams.

Competitive squads may attend a number of competitions during or outside of the regular football season. These competitions usually take place on Sundays. **All cheerleading squads will perform at Cheerfest (annual fundraiser) which will be held is typically held in October.**

CHEERLEADING OBJECTIVES:

Instill the ideals of good sportsmanship, promote teamwork, and safely learn the fundamentals of cheerleading and most of all, have fun!

REGISTRATION:

Registration fees will be collected at the uniform fitting usually held in May after all tryouts are completed. All fees are subject to change. Please see "Financial Commitment" for costs associated with the cheer program

UNIFORM:

All cheerleaders will be issued a uniform consisting of a shell and skirt at no charge. If the uniform is deemed unacceptable by the cheer coordinator at uniform turn-in, the uniform is to be re-cleaned and returned again. There is a seven day grace period.

If at that time, the uniform is still unacceptable, the parents/guardian will be responsible for the replacement cost of the uniform, which exceeds \$125.00. Please see rules and guidelines for care of these items. These uniforms will be collected at the end of the season.

All cheerleaders are also responsible for personal item costs prior to the season. These include required items: turtlenecks, briefs, socks, shoes, hair ribbons as well as optional items such as jackets, wind pants, shorts and bags.

DEDICATION AND COMMITMENT:

This is **at least a three-month commitment!** The girls will be learning the basics of cheerleading as well as complicated dances, over 100 cheers and different mounts. When girls are missing, it throws off cheers, dance routines and especially mounts.

ATTENDANCE:

Attendance is mandatory! Please consider this before trying out and also when you are considering a competitive and non-competitive squad. Each participant and parent/guardian must understand the level of commitment required for this program.

All practices and games are mandatory - coaches must be informed prior to absences. Participating in other activities or sports is not considered excused absences. Poor regard for the attendance policy will adversely effect the child's tryout score for the following year.

The Attendance Policy form must be signed and returned to the coach acknowledging acceptance of this policy. **If you are planning a vacation in August, please DO NOT tryout for a competitive squad.**

TENTATIVE PRACTICE AND SEASON SCHEDULE:

March	Tryout Registration
April/May	Tryouts
May	Uniform Fitting (Municipal Center)
July	Last full weekend in July (Friday, Saturday and Sunday – Mandatory Competitive Camp)
August	Practice begins Monday – Friday from 6-8. Practice may begin the last week of July depending on calendar. Once school begins, practices will be held Monday and Thursday, 6-8. Competitive squads will practice Monday, Wednesday and Thursday, 6-8.
August	Pep Rally
September	Cheerleaders will perform in ALL weather (except dangerous conditions).
October	SVJFAC Cheerfest (all squads)
October/November	Uniform Turn-in

CHEERLEADING RULES AND GUIDELINES:

- 1) It is the responsibility of a cheerleader to cheer during the action of a game. Report to the game at the time specified by your coach, which is usually ½ hour before the starting time. Be on time for the start of the second half as well.
- 2) Your performance continues throughout the entire game. Act in an appropriate manner. You are on stage, SMILE! This is not the time to talk to friends, give cheering advice, argue, fix your hair, chew gum, etc. Eating during games is not permitted.
- 3) The coach may bench a cheerleader during practice or a game for disciplinary reasons. The coach must discuss inappropriate behavior with the cheerleader and she must sit on the sidelines for a period of time decided by the coach.
- 4) Uniforms and all items of it are to be worn only for games and other functions approved by the SVJFAC Board of Directors.
- 5) Uniforms and shoes must be clean for each function. All pieces of the uniform should be with you at all activities in case of weather changes. Uniforms will be turned in to the coach at the end of the season. A T-shirt should be worn over the uniform prior to the game for warm-ups, etc.
- 6) Cheerleaders are responsible for payment of lost or damaged uniforms. Permanent alterations are NOT permitted.
- 7) All cheerleaders must have a current physical. Physical forms are due no later than the first day of practice/competitive camp. If forms are not turned in by the first day of practice/competitive camp, cheerleaders will not be permitted to practice.
- 8) If a cheerleader has a minor injury, she may attend but not participate in the event; however, the coach is not responsible for direct supervision.
- 9) Jewelry, nail polish and make-up are not permitted during practices, games or competitions. Members of the 7th and 8th grade squads may wear light make-up but it is up to the discretion of their coach. Artificial nails or tips are not permitted at any time while cheering for safety reasons.
- 10) Hair must be pulled back prior to every cheerleading event. Cheerleaders are not permitted to fix their hair while cheering in front of an audience.
- 11) Making fun of others or talking badly about others on any squad, including the other team, will NOT be tolerated.
- 12) A coach **MUST** be present when attempting a mount or stunt!!

TRYOUT GUIDELINES:

Tryout requirements will consist of a dance routine, cheer, chant, jumps and gymnastic stunt(s). Student cheerleading helpers from Seneca Valley will be instructing the girls during tryout week. CDs of the tryout dance music may be purchased at the first tryout practice. Tryout practices and tryouts will be held at a local facility for current grades 2nd - 7th.

ATTIRE:

Black shorts (or dark navy), plain white top (no logos), white socks and clean (mostly white) tennis shoes. No jewelry or nail polish. Hair should be pulled back and kept away from the face with a small black, blue or white tie-back. Scrunchies/ribbons from previous years may not be worn. No “cheer” shorts. No makeup is permitted except for the 7th and 8th grade level.

TRYOUT REQUIREMENTS:

Each participant will perform the following during tryouts:

Dance Routine

Cheer

Chant

Jumps - All grades required jumps: Russian and Herkie

Tumbling – Grades 2, 3, 4 & 5 Cartwheel Required

Grades 7 & 8 Round-off Required

Special Stunt: Maximum point value of 3 points. All ages may choose their special; a special stunt is not required.

Point Value:

Round-off, Walkover, Front Handspring 1 Point Maximum

**7th and 8th graders may not do a round-off as a special.

Back Handspring/Tuck Standing or combination 3 Point Maximum.

The judges will be considering:

Appearance - neatness, clean shoes, hair pulled back, etc.

Personality Projection - eye contact, smile, facials, etc.

Individual Form - timing, rhythm, precise motions

Group Cheer - timing and unity with group

Voice Projection - clear, loud and natural

Spirit - enthusiasm, ability to motivate crowd

Jumps - form and height

Tumbling - technique and form

Special Stunt - technique, form and difficulty

Dance Routine - rhythm and movement

Overall Performance - overall technique, ability to motivate, energy, etc.

TRYOUT PROCEDURE:

All girls will be identified by number only. Numbers will be picked at random before tryouts. Former cheerleaders will not be identified as such, nor will they receive points for previous cheerleading experience. Girls will be trying out in groups of 3 or 4, in order of the numbers they have selected. .

- 1) Arrive on time, check in and draw number. Parents/guardians will only be permitted in the lobby.
- 2) Warm up in the lobby. Make an effort to stretch and warm up prior to arrival.
- 3) Entire group will be called into the gym to review the dance, cheer and chant together.
- 4) Girls will be dismissed to the lobby when they have completed their tryout.

ADVICE:

SMILE!! Maintain good eye contact with the Judges. Be enthusiastic and natural. Maintain good posture with feet shoulder width apart and your fists on your waist. You may be asked to repeat a stunt, cheer, chant or dance routine without being penalized. Remember, the judges understand that everyone will be nervous.

RESULTS:

Results will be posted by 12:00 p.m. the following day on the website at www.svjrfotball.org. They will be posted by number only in ascending order, not by total points scored. Please remember your tryout number. Please do not contact the coaches or coordinators prior to this time for results.

*Parents and other family members or friends are not permitted to attend tryout practices. On the last night of tryout practice, families will be invited to watch the girls perform what they have learned. Parents will be permitted in on the final night of practice. Recording is not permitted. We will also have a very brief mandatory parent meeting at that time.

GOOD LUCK, HAVE FUN AND SMILE!!!!!!