



**Maple Valley Junior Football and Cheer (MVJFC)
Season Information
2009 Cheer**

This document is being provided in order to provide cheerleaders and their families' information about the requirements and expectations for MVJFC Cheerleading program. The Program goals are to balance the competitive aspect of championships with a fun learning atmosphere. Cheerleaders will learn team work and leadership skill as well as instill confidence. Each girl will learn the basics of cheerleading including side line cheers, chants and stunts. When preparing for cheer championships we will learn more intense cheers, stunts and dances, while still having fun.

Commitment

In order for us to have a quality cheer program and to support all of our members we ask that all cheerleaders commit to the program. Practices are 3 times a week August – September; Practices will most likely be 3-4 times a week October – November as we gear up for championships. Games are either on Saturdays or Sundays. During football playoffs and championships we may cheer both days. It is important that cheerleaders understand the responsibility and commit to the program in order to participate. **ADDITIONAL PRACTICES MAY BE ADDED TOWARDS CHAMPIONSHIPS.** Additional Varsity responsibilities will be handed out in the Varsity handbook.

MVFC is a 501C3 nonprofit organization. No child is turned away for inability to pay. If you need help with player fees, please contact a board member for information for a scholarship application for reduced fees.

Volunteers make MVJFC a great organization. Each Family member is required to volunteer at least 4 hours per season. There are many opportunities to fulfill the volunteer requirements. Volunteer opportunities are: Concessions, Announcer, and Field help on home game day, spaghetti feed & auction.

Please remember all board members and coaches are volunteers, we are here for the kids and for the MVJF&C program. Participating in MVJFC is a privilege and members are required to follow the code of conduct.

General information

- Athletes between the ages 5-15 (by July 31) are eligible. Mascot slots between the ages of 5 & 6 are limited.
- Space is limited by team—Cheer up to 20 with a waiting list established.
- Football and Varsity Practices begin on August 3. All cheer practice begins August 6. All cheer practices are Tuesday –Thursday for the month of August. Varsity oly practices are Monday. Coaches may call optional practices. Games start August 29 and go through the beginning of November (including playoffs/championships). There is no game labor day weekend.
- Picture Day tentatively August 25ht & 26th Tahoma Middle School.

Cheer Costs 2009

Registration \$175.00

Registration Fees pay for:

- Socks, briefs, mid-riff, all season ribbon and championship ribbon
- Misc. operating expenses insurance, league fees, championship costs., Field fees, Trophies, certificates,
- \$20.00 of the registration is non-refundable. Remaining registration cost will not be pro-rated after season starts, and non-refundable after weigh ins.
- Non-sufficient funds fee\$30.00 and all bank charges
- Payment plans are available

Uniforms

Required

MVJFC provides Cheerleaders with a uniform and a set pom poms. These items are the property of MVJFC and should not be altered. Cheerleaders are responsible for these items. If damaged or lost cheerleaders will be required to replace (uniform \$215.00 pom poms \$50.00)

JV and Varsity Only, Practice clothes: Practice cheer shorts, 3 pairs of cheer shorts, Royal, Black, and Gold, not more than \$18.00. Practice tops will not be more than \$45.00.

Pom Poms: We will use the same as 2009 season, adding new blue poms.

Shoes: Cheerleaders are required to purchase 1 pair of standard Cheer shoes which cost no more than \$20.00 total. We will be ordering them after April Registration. (Need to purchase at Registration)

Warm-ups: TBA

Duffel Bag: Cheerleaders may purchase a raiders duffel bag. This is highly recommended for carrying poms, water bottles, sweats etc. as it may alleviate lost items.

Optional

Sweatshirts: Cheerleaders may purchase a team sweatshirt with their name. This sweatshirt may be worn at the games, but cannot be worn during stunts. Approximate cost is \$25.00.

Championship Sweatshirt: Approximate cost \$25.00

Championship T-shirt: Approximate cost \$10.00

Championship DVD: Approximate cost \$10.00

2009 Cheer T-shirt: Approximate cost \$15.00

Cheer Program Finances:

- Uniforms are required for participation on the spirit squad.
- Uniforms are to be kept in good condition and clean at all times.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.
- Deposits made for cheer clothes, shoes, and /or cheer camp are non-refundable.

Communications:

Many of our communications will be via email, text messaging and the Maple Valley Raiders web site. Please be sure to provide a current email address, cell phone number and check the web site for updates.

Special Events/Fundraisers:

Special events and fundraisers are a great opportunity for members to have fun and support the program. There are several fundraisers that are encouraged to support the program. Donation of item for auction basket approximate cost \$10.00 due September 11.

- Spaghetti Feed/Silent Auction—Fall
- Poker Party
- Maple Valley Days Parade
- Car Washes
- Other

**For updates and more information: please visit our website @
www.maplevalleyraiders.org**