

Gordon

Patriots



2017

CHEER

Parent & Cheerleader

Handbook

Dear Cheerleaders & Parents~

Welcome to the 2017 season of Gordon Athletic Association Cheerleading! Whether you are a returning cheerleader or a first time participant, I'd like to extend a warm greeting to you with hopes that this season proves to be a fun and rewarding experience!

For those of you who do not know me, my name is Christy Hayes and I returning for my second year as cheerleading director for Gordon Athletic Association. We had an amazing season last year and I look forward to another successful year. I have been with Gordon since my daughter, Colby, began cheering 10 years ago. This is her final year with this amazing organization and we will be looking for someone to take my place for the 2018 season. Please let me know if you would be interested. Those that have come before you have worked very hard to get cheerleading where it is and we want to keep it that way.

As a completely volunteer organization, the success of our program rests solely on the dedication and commitment of our volunteers, coaches and YOU, our parents! I can't thank those enough who have or will volunteer their time and talents this upcoming season!

On the following pages, you will find a ton of information compiled to provide parents with an understanding of GAA's cheer standards and expectations for the season. **PLEASE** read it carefully as you will be asked to sign and return the acceptance form at the end of this handbook confirming your understanding of the contents.

In closing, THANK YOU for trusting us with your children and allowing them to explore the wonderful and challenging sport of cheerleading! We are looking forward to an exciting cheer season and I appreciate your continued support!

If you have any questions, comments, or concerns, feel free to contact me!

Cheers!

Christy Hayes 804-868-0196

Cheerleading Director

cheerleading@gordonpatriots.com

CHEERLEADER EXPECTATIONS:

Cheerleading is a team sport and therefore, attendance at practices and games is extremely important! Every cheerleader is an integral part of the team and it is expected that all participants attend all practices and games. We recognize and certainly understand that unexpected situations might arise and that a cheerleader may have to miss an occasional practice or game. Your team depends on you, so therefore PLEASE make every effort to attend all practices and games and remember to notify your coach or myself as soon as you know you will be absent!

SQUAD DIVISIONS:

Flag—5-7 year olds

Minors—8-9 year olds

Juniors—10-11 years old

Seniors—12-14 years old

****Your child's age as of September 30, 2017*****

FEES:

Registration Fee~

Our registration fee (\$165.00) covers camp shorts & tee, and 2 bows (one uniform bow and one pink bow for October), camp choreography, flag exhibition, 2 competitions and many more things!!

Uniforms & Shoes~

SHOES—

This year, we will only require that your child have white cheer shoes. They do NOT have to be a specific type. There are many places that you can purchase these types of shoes. A few places they are available is at Payless or through the Omni Cheer page below.

<https://www.omnicheer.com/Cheerleading-Shoes/>

https://www.payless.com/girls-spirit-cheerleading-shoe/71884.html?dwvar_71884_color=white

UNIFORMS—

We will be using the same uniforms as last year. If you have aged out of Gordon, or will need a larger uniform, Gordon will “buy back” your old uniform. It will be \$25.00 per piece for a total of \$50.00. If you purchase one of the used uniforms, it will be \$30.00 per piece. If you need a new uniform, it will be \$60.00 per piece, as it was last year.

Crop/Top/Briefs-----

If your crop top and briefs from last year still fit, you do not need to do anything. We are using the exact same ones from last year. However, if your child needs a larger size of either the top or bottoms, you will need to order these YOURSELF! Below are the links for you to order. Make sure you allow yourself enough time for these items to come in before the first game, which is normally the Saturday after school starts. Both the crop and brief need to be NAVY. The briefs are \$5.95 and the crop top is \$13.50.

<https://www.omnicheer.com/Body-Basics/Cheerleading-Briefs/Chasse-Boy-Cut-Brief.axd>

<https://www.omnicheer.com/Body-Basics/Cheerleading-Bodysuits/Chasse-Cropped-V-neck-Bodysuit.axd>

PRACTICES:

Sideline Practices~

There will be 4 sideline practices for ALL squads beginning July 24th for two weeks. The purpose of these practices will be to teach all squads the same list of sideline cheers and will ensure all squads know the same words and motions to all cheers/chants. All cheerleaders will receive a list of cheers/chants and we encourage them to practice them at home. Practices will be held at Gordon Elementary in the bus loop from 6-7:30 pm. Practice dates are as follows:

Mon, July 24th Mon, July 31st

Wed, July 26th Wed, Aug 2nd

*****Thurs, August 3rd—This practice will be used to

determine stunt groups and abilities in preparation for learning the camp routine!

Regular Practices~

Squad practices will begin Monday, August 7^h for all squads from 6-7:30pm at Gordon Elementary. Practices will be weekly on Monday and Wednesday. Coaches may add practices dates/time by squad as they deem necessary, but as much advance notice as possible will be given. The flag squad may shorten their practice times as the coaches deem necessary. We know it's hard to keep the little ones attention!

Cheerleaders should come to practice on time and be dressed appropriately in t-shirt, athletic shorts/pants and cheer/athletic shoes. No jewelry should be worn and hair should be neatly pulled back and away from the face. Bring your water bottle and please remember NO GUM!

Camp~

All squads will be attending a camp this year at CHEER CHALLENGE to learn their competition/half-time routine. Camp is scheduled for Saturday, August 5th. The Flag and Minor squads camp will be from 9am-2pm followed by the Jr. and Sr. squads from 3pm-8pm. Attendance is STRONGLY encouraged! More information will follow!

GAME DAY:

Games will start in early September and run till the end of October/middle of November depending on playoffs! Once a schedule has been finalized by the association, it will be posted to the GAA website, our Facebook page and distributed to each cheerleader. Please note that schedules are subject to change at any time, however games are typically played on Saturday mornings with the flag game starting at 9am, minors at 10am, juniors at 11am, seniors at 12 noon.

Cheerleaders should plan to arrive 30 minutes prior to the start of their game. Half time routines are choreographed to include all cheerleaders, so when squad members are missing the coaches need time to re-choreograph with the girls in attendance. The 30 minutes before the start of the game is the only time they have to do so. Girls who are not at the field 30 minutes prior to the game risk the possibility of not being permitted to participate during that games's half-time routine.

What to Wear: *Uniform top & skirt, navy briefs, white no show athletic socks, shoes, & hair bow.*
NO JEWELRY!!!

As soon as the weather turns colder, bring your midriff bodyliner and warmups to ALL games. These items will be worn at the discretion of the coach!

EXHIBITION/COMPETITIONS:

The flag squad only will have an exhibition (mini competition without judges, just lots of cheering from the crowd) in October. The squad will perform their half-time routine. As soon as an exact date is announced the information will be communicated.

All other squads will compete in the CCL competition on October 22nd and The Cheer Challenge County Battle on October 29th. We may also add a third competition which would be the Matoaca Extravaganza on October 15th. This decision will be made once the squads are in place and I am able to speak to coaches. Please let your coach know as soon as possible if your child is not available to participate in a completion(s) or would prefer not to compete.

CHEERLEADER CONDUCT/DISCIPLINARY MATTERS:

Our main goal is for the girls to have a fun and rewarding experience as a GAA Cheerleader. If your child is not following directions or listening during practices or games, the behavior can become distracting to the other cheerleaders and your child may be asked to sit out for a few minutes if the behavior continues. For the safety of all cheerleaders, there is to be no talking while stunting.

COMMUNICATION:

Ongoing and timely communication with coaches and parents is one of the key factors to a successful program. Our main means of communication will be email. If you do not have access to email, please let your coach know and they will make arrangements to provide you the information. You must contact your coach immediately if you are unable to attend a practice or game.

VOLUNTEERING:

All parents will be asked to volunteer by working in the concession stand, assisting with homecoming, and with fundraising.

FUNDRAISING:

We will have one major fundraisers this year. We will be selling Otis Spunkmeyer cookies! More information to follow! You will also be asked to bring certain items to be sold at the concession stand on our home football games.

OTHER FUN STUFF:

Here are a couple events we all look forward to:

--Friday before the first game—Pep Rally

--Friday night before Homecoming—Our Homecoming Parade and Celebration

--Association night at Monacan High School—the girls will cheer with the Monacan cheerleaders on their track and be recognized at halftime.

--Year End Celebration!

PARENT/GUARDIAN ACKNOWLEDGMENT OF RECEIPT OF GORDON ATHLETIC ASSOCIATION CHEERLEADING HANDBOOK

I, _____, parent or legal guardian
of _____, hereby acknowledge
receipt and understanding of the GAA Cheerleading Handbook, the rules, regulations and
expectations contained therein. I will help my child follow all the rules in the handbook and I
understand my child's active participation in the cheerleading program is contingent upon our
(parent and cheerleader) adherence to the aforementioned policies noted above.

Parent/Guardian Signature

Date

Cheerleader Signature

Date