

MTLYCA Information Session

March 18, 2026



Agenda

Welcome + Introductions

Program Overview

Team Expectations

Registration + Costs

Q & A

Wrap

MTLYCA Board of Directors



Katie Cornell
President



Nicole Leber
Vice President



Jen Minter
Secretary



Nikkie Neve
Treasurer



Lindsay Farrell
Competition Liaison

Program Overview

Our Mission

MTLYCA is committed to providing cheerleading opportunities for the youth of Mt. Lebanon, with a focus on **developing leadership, self-confidence, and teamwork** in athletes grades 1-6. We strive to instill the **positive character traits** recognized by the Mt. Lebanon School District while supporting the Mt. Lebanon Youth Football Association and engaging in community events.

Through cheerleading, we aim to **teach fundamental skills** such as jumps, sideline chants, dance, and stunts, empowering our **athletes to grow** both on and off the field.

2026 Cheerleading Programs

Grades 1 & 2

**Sideline Cheer
Flag Football**

Grades 3 & 4

**Sideline Cheer
Flag or Tackle - TBD**

Grades 5 & 6

**Sideline Cheer
Tackle Football**

Competition Cheer

Sideline Cheer

Grades 1 & 2

Grades 1 & 2 will cheer sideline for flag football teams
Games are held at the HS Rockpile or Dixon Field

Sideline Schedule: August - Early Nov

- August
 - Cheer Kickoff: August 2
 - Cheer Camp: August 3 - 6 (evening)
 - Photos: August 19 5-7pm
- September - October
 - Practice 1 day per week
 - Keep all Saturdays free for games (approx 1 hour)
 - Athletes need to report to the field 30 mins before the game to warm-up
- November
 - Select squads will cheer playoff football games

Sideline Registration Cost: \$85



Sideline Cheer

Grades 3 - 4

Grades 3 - 4 will cheer sideline for flag or tackle.
TBD based on Lebo Youth Football enrollment

Sideline Schedule: August - Early Nov

- August
 - Cheer Kickoff: August 2
 - Cheer Camp: August 3 - 6 (evening)
 - Photos: August 19 5-7pm
- September - October
 - Practice 1 day per week
 - Keep all Saturdays free for games
 - Athletes need to report to the field 30 mins before the game to warm-up
 - Athletes are required to cheer the entire game, including 5th quarter and overtime
- November
 - Select squads will cheer playoff football games

Sideline Registration Cost: \$85



Sideline Cheer

Grades 5 - 6

Grades 5 - 6 will cheer sideline for tackle football teams

Sideline Schedule: August - Early Nov

- August
 - Cheer Kickoff: August 2 (day)
 - Cheer Camp: Aug 3 - 6 (evening)
 - Photos: August 19 5-7pm
- September - October
 - Practice 1 day per week
 - Keep all Saturdays free for games
 - Athletes need to report to the field 30 mins before the game to warm-up
 - Athletes are required to cheer the entire game, including 5th quarter and overtime
- November
 - Select squads will cheer playoff football games

Sideline Registration Cost: \$85





Interested in Coaching a Sideline Squad?

No prior cheer experience is required.

Each squad will have a Head Coach and at least one Assistant Coach.

Responsibilities

- **Training:** Attend camp with your squad and hold weekly practices during sideline schedule to practice cheers and halftime.
- **Practice & Game Day Management:** Organize weekly practices and manage game day logistics.
- **Communication:** Liaise with parents, board members, and other coaches.
- **Safety:** Ensure the safety and well-being of squad members.
- **Team Spirit:** Promote sportsmanship, teamwork, and a positive attitude.

Competition Cheer

Open to athletes grades 1-6

Squads represent Mt. Lebanon in 3 to 6 local competitions

Competition Schedule

Practices begin in June

- Practice 2x / week
- Competitions beginning in October
- Season ends around Thanksgiving

Comp Evaluation

Open gym: Monday, March 23rd
6:00-8:00 at Gold Gym

Evaluations: March 25 & 26

Registration Opens April 6 at 10am!



Competition Cheer

Youth Rec Team

- 10 and under (> 2016)
- Will begin choreography and practice in Late July/Early August.
- Compete in 2-3 local competitions
 - Mt Lebanon
 - Bethel Park
 - Thomas Jefferson
- Competitions typically Sunday

Junior Rec Team

- 12 and under (>2014)
- Practices will begin in early June.
- Mandatory choreography late June/Early July
- Compete in 5-6 competitions
 - Mt Lebanon
 - Bethel Park
 - Thomas Jefferson
 - TBD
- Competitions typically Sunday

Sign up for Competition Evaluations Online!



Standards of Participation

- Attendance Policy
- Code of Conduct

Cheerleading is a unique TEAM sport. Each position is dependent upon one another.

Every athlete has a role and if someone is missing, it places the hardship on the whole squad, can become a safety issue, can take away from other athlete's ability to fully participate, and ultimately has a negative impact on both individual skill and squad development.

Thus, attendance is ESSENTIAL because every athlete has an important role to fulfill.

Attendance Policies - Sideline Cheer

Youth sports are a family commitment. Parents/guardians are making this commitment as much as the athlete.

Cheer Camp

Not mandatory but highly encouraged.

Missing camp will result in the athlete not being included in stunting during halftime routine for the season.

The athlete is responsible for learning all material on their own.

Cheer Camp Dates

August 3 - 6

5pm - 9pm staggered start times

Greentree SportsPlex

Practice Policy

Missing **one practice** may result in the athlete having a different spot in the halftime routine and not being able to participate in sideline stunting or tumbling.

Missing **three practices** may result in the athlete being removed from halftime, sideline stunting, and tumbling for the remainder of the season

Attendance Policies - Sideline Cheer

Pre-Game Practice

Athletes must report 30 mins prior to the start of the game. Tardiness is considered arriving more than 5 minutes after the expected start time.

Being **late, or missing pre-game practice**, may result in the athlete having a different spot in the halftime routine and not being able to participate in sideline stunting or tumbling for safety reasons.

Being late to three pre-game practices, may result in the athlete being removed from halftime, sideline stunting, and tumbling for the remainder of the season.

Game Day

Missing a game must be communicated to the coach prior to game day so adjustments can be made.

Athletes may miss **one full game or leave after halftime once** without penalty.

Missing a **second** game, or **leaving twice after halftime**, will result in the athlete being removed from the halftime routine, stunting and tumbling.

Missing **three** games (regular season and playoffs) will result in the athlete being removed from the squad.

Attendance Policies - Competitive Cheer

Youth sports are a family commitment. Parents/guardians are making this commitment as much as the athlete.

Practice Policy

Summer practices: Each athlete is allowed to miss a total of 4 practices (2 weeks)

Fall Practices: Athletes must be able to attend 90% of scheduled.

Competition

In order to compete at our highest potential, competitions are mandatory for all athletes.

If an athlete is not available for 1 of 5 competitions, this will affect their role within the routine to allow for consistency and fairness to all team members.

Code of Conduct

Below are expectations MTLYCA has for athletes and families.

The following will not be tolerated:

- Not listening to, or back talking a coach
- Undesirable, inappropriate and/or vulgar language
- Unsportsmanlike remarks being made to opposing or home teams
- Chewing gum
- Eating while cheering
- Leaving the cheer area without coach's permission
- Use of electronic devices
- Stunting or tumbling without a coach
- Bullying and/or acts of physical aggression will result in removal from the program

Violations

1. First violation: Warning + family notified
2. Second violation: Sit out remainder of current game + family notified
3. Third violation: Dismissed from program with no financial reimbursement

Violations to the Code of Conduct will be addressed on a case by case basis by the Board of Directors. Any athlete who is dismissed from the program because of a violation of code of conduct or attendance or chooses to leave at will, will not be permitted to participate in the follow season.

Appearance

Jewelry

No jewelry is allowed. It is a safety concern. Refrain from new piercings during the season. If an athlete refuses to remove jewelry, they will not be able to stunt or tumble.

Hair

A high slick back ponytail with bow facing forward is required for practice and game day.

Shoes

White cheer shoes need to be purchased new every season. Approved styles to be provided.

Practice

Camp shirt and appropriate athletic bottoms are required.

Registration + Costs

- Important Dates
- Costs
- Uniform Requirements

Registration Dates

Competition Evaluation Sign Ups

Sign up by March 24

Open gym

March 23

Competition Evaluations

March 25 & 26

Registration Dates (sideline + comp)

April 6 - 17

Opens at 10 am

Register online at:

www.mtlyca.org

Investment

Sideline Registration Fee: \$85

This fee helps to cover:

- Camp facility rentals
- Camp T-shirt
- Halftime music

Competition Registration Fee:

Youth: \$200 - \$250

Junior: \$450 - \$500

2026 Uniform Requirements

Purchased through Varsity

- Uniform Shell
- Uniform Skirt / Pants
- Body Liner
- Pink & Gold Bow
- Shoes (optional) \$59
- Backpack \$69

\$252.75



**If you have last years Lebo Cheer Bag, you can use it next season.*

Purchased through MTLYCA

- Warm Up Sweatshirt \$20

Purchased from retailer of your choice

- White Cheer Shoes \$30
- Clear Rain Jacket \$25
- Ankle Socks \$10
- Navy Leggings \$6



** Links to acceptable versions of each item will be provided prior to time of purchase*

Uniform Fitting

Monday, April 27

Mt Lebanon Rec Center

5pm - 7pm

Payment for uniforms will be paid by families directly to Varsity through a provided payment portal at fittings. Portal will be open for 1 week.

Key Dates To Remember



Competition Squad

Sign up for evaluations by 3/24

3/25 & 3/26: Comp evaluations



All Squads

4/6: Registration Opens at 10am

4/17: Registration Closes at 5pm

Registration Fee: \$85

www.mtlyca.org



Uniforms

4/27: Uniform Fitting 5:00-7:00pm

4/30- 5/8: Uniform payment due



Thank you for joining!

If you have questions, reach out!
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