



**2023 - 2024 Competition
Cheer Season**

MVHS

Cheerleading

Who is eligible to tryout for
MVHS Cheerleading?

Students in grades 9 - 12 and Middle school
students successfully completed the APP
process after recommendation.

More info. About APP on district website.



STUDENTS MUST SIGN UP THROUGH
FAMILYID.COM WITH PHYSICAL UP TO DATE.
REGISTRATION FOR WINTER

SPORTS is open on Family ID now.

If you need a physical from the school they have
scheduled Dr. Little to come in for winter sports
physical, please contact the school nurse.

CHEERLEADING

IMPORTANT DATES & INFO

Mon., November 13 – Tryouts Begin, 5:45 – 8

Announcement of team(s) by Wednesday AM, 11/15

Wed., November 15 – practice begins – 5:45 sharp

VARSITY MANDATORY CHOREOGRAPHY & STUNT CLINIC

Friday: 11/ 17: 12 noon – 6 pm // Sunday 11/19: 10 am – 2:30pm

Practices M-F 5:45 pm – 8 pm unless otherwise announced. **

We must have 6 team practices in and 6 individual practices in before our first contest.

MVHS

Cheerleading

ATHLETIC REQUIREMENTS

Stunting ~ Jumps ~ Tumbling ~ Motions ~
Dance ~ Endurance ~ Flexibility

Floor Presence ~ Cheer ~ Strength ~
Coordination ~ Athleticism

Yes, bumps and bruises are part of this sport!

STUNTING REQUIREMENTS

SAFETY first, perfection before progression

- Body Control
- Strength
- Proper Technique
- Flexibility
- Confidence
- Experience and knowledge
- Potential to Grow

MVHS

Cheerleading

Tumbling is an Expectation –

Back handspring and potential to grow

Tumbling gyms to consider

Sports Fitness & Fun: 845-651-1000

Pike Gymnastics: 845-858-2174

QUEST: 845-673-9915

TRYOUT MATERIAL

- DANCE, no more than 5 eight counts
- CHEER

Cheer & Dance will be available on our website one week prior to tryouts

EVALUATION OF JUMPS, STUNTING & TUMBLING,
MOTIONS, ENDURANCE, FLEXIBILITY, STRENGTH, ATTITUDE,
WORK ETHIC, FLOOR PRESENCE, VOICE

JV & VARSITY CHEER TEAM PLACEMENT

JV/Varsity level team placement is not determined by grade but by the skill level and expectations required for each level of this program.

Coaches will provide more information at tryouts.

Alternates

- Teams may have alternates on the team.
- What does this mean?
 - An alternate is similar to what some may refer to as 2nd string.
 - They do not compete at all competitions.
 - They are expected to learn and know all material and continue to develop their cheer skills with the team
 - At the Varsity level, an alternate would not compete at regionals or nationals unless they are moved into a position due to an athlete's injury or for a reason that coach deems necessary to replace a position
 - Alternates are expected to be 100% committed.

ALL PRACTICES ARE MANDATORY AND CRITICAL
TO THE SUCCESS OF THE TEAM.

If you have plans to go on vacation that will
impact the cheer schedule, please let Coach
Archiere know prior to, and not later than the
first day of tryouts.



WHAT HAPPENS AFTER
TEAMS ARE PLACED?

PRACTICE INFO

Availability Mandatory.

Attendance at all practices, games, competitions and school events that we are part of is mandatory. VERY BUSY SCHEDULE

High School Cheerleading is your first sport.

We also participate in community events, Scholarship Fundraiser, Fundraisers to help offset any extra costs.

Time Management will be key to your success!



Cheerleaders must attend all practices and games mandated by the coaching staff. Only excuses are obvious – sickness, family emergency. In the event of a sickness or emergency, the student and parent should contact the coach to advise of the absences and reason. If we only hear from the student on an absence, we will confirm with parent. Absences will be approved at the discretion of the Head Coach. ***Unexcused absences may result in loss of playing time, suspension, or dismissal from the team.***

To have a winning and successful team it takes players who are committed to being at practices and games. An absence is a missed opportunity for you to develop your skills as an individual and also contribute to the development of the team. Missing events can enable another player to step up in your absence and win your spot.



Basketball/Competition Schedule

We cheer for all home JV and VARSITY Basketball Games

FULL SCHEDULE AVAILABLE AT <http://section9sports.org>

We compete starting in December and every weekend in January and February. Athlete must also be available for snow dates of competitions and practices.

Schedule changes a lot during the winter due to weather. Please be ready to change and be available for any rescheduled games, practices, competitions.

COMPETITION SCHEDULE (AS OF 10-30-23)

**Snow dates are typically the Sunday/Day following the Competition Date.

Red is Varsity Only

Saturday, Dec. 3	UCA Keystone Regional (we are on a wait list)
Wed., Dec. 6	Scrimmage
Sunday, Dec. 10	UCA Pocono Regional (wait list)
Sunday, Dec. 17	UCA Empire Regional (wait list)
Saturday, Dec. 16	Highland (Tentative)
Saturday, Jan 6:	Minisink
Saturday, Jan 13:	TBD
Sunday, Jan 14:	Delaware Valley
Saturday, January 20:	Union Endicott
Saturday, January 27:	Warwick
Sunday, January 28:	HOLD for tentative competition
Saturday, February 3:	Monroe Woodbury
Saturday, February 10:	Varsity TENTATIVE Nationals – or Valley Central
Saturday, February 17:	Varsity Sectionals at Monroe Woodbury
Saturday, February 24:	TBD
Saturday, March 3:	States (Varsity) - Binghamton

GOOGLE CALENDAR CAN BE
SHARED

PLEASE LET COACH ARCHIERE
KNOW IF YOU NEED THE
CALENDAR SHARED WITH
YOU!!

UCA NATIONALS
ORLANDO, FLORIDA
February 9 – February 12

Disney's All Star Resort, Pop Century Resort

Quad (4 per room) price per person \$853

Triple (3 per room) price per person \$935

Double (2 per room) price per person \$1065

Single (1 per room) price per person \$1,384

DOES NOT INCLUDE AIRFARE

IMMEDIATELY AFTER RECEIVING A BID
\$100 DEPOSIT REQUIRED FOR
REGISTRATION FEE

\$100 DEPOSIT REQUIRED FOR AIRFARE

Competition proceeds from 1/6/24 will
help to pay for the travel fees.

Cheerleader is responsible for all other
costs – fundraising for!

FUNDRAISERS

At this time --

Poinsettias

SPONSORSHIPS, ADS, DONATIONS

YOUTH EVENT(s)

OUR HOME COMPETITION

Proceeds go to travel costs for Varsity for Nationals

VOLUNTEER HANDS NEEDED IN ALL AREAS
NEED A LEADER FOR EACH AREA including

Concession

Admission

Team Registration

Warm Up Area / Team Flow

T-Shirt Sales

COMPETITION MEETING PLANNED FOR 11/21/23

Time to be announced

Parents Responsibility

We require that both you and your child review the handbook/guidelines thoroughly.

Required paperwork on time. (permission slips, waivers, fundraisers)

Drop off and pick at the proper times, on time.

At the game/competition – please do not approach the team in the lineup unless an emergency.

Support with fundraising and participation in all events/fundraising.

Uniform needs & other expenses – FUNDRAISING IS IMPORTANT!

Flexibility / Changing plans... scheduled practices and games can change due to various reasons.

Everyone is ALL IN! We as a program/district/family respect all and pride ourselves with sportsmanship at all contests and competition.



FUNDRAISING SUPPORTS INDIVIDUAL & TEAM NEEDS

- TEAM Costs – Music, Equipment, Props, Clinics, Instructor fees, Registration fees for competitions and clinics that are not covered by District
- There are some additional uniform expenses involving sneakers (important/safety to have new shoes), body slimmers, and briefs



- 3 **unexcused** absences will lead to dismissal from the team
- Remember that “early is on time, on time is late, and late is not acceptable.”
- Cellular devices may not be used during practices or games.
Turned off @ 6 p.m (start of practice), and not taken out again until dismissal.
- Players should be prepared to come to practice; at each practice you will need: practice clothes, cheer shoes, running shoes, and any other necessary equipment.
All attire must be school appropriate.
- The team will look uniform for games (undergarments worn during games will match the team uniform, green, black/white)
- Each player is responsible for the equipment issued to them. All equipment must be returned at the conclusion of the season in good condition. The replacement fees of any equipment which is lost, has suffered unusual wear or destroyed will be assessed to the responsible player.



- There is zero tolerance for disrespect toward teachers, coaches or peers. Any disciplinary actions taken in school will also be enforced on the mat/field. If you are having difficulty in class, see your Coach immediately; She will help to provide assistance.
- Students must abide by all rules and regulations set forth by the MVCSD in relation to grades, attendance, code of conduct and participation in sports.
- Players will be expected to maintain a level of sportsmanship both on and off the field/mat. This includes any discussion with players from other teams. Be humble when talking to players, coaches, or anyone from the press. Always talk about the team and stay away from topics that specify individuals. You are expected to play and act as a team.
- Foul language at any time will not be tolerated.
- Player's fitness, attitude and work ethic will be assessed periodically. Players rating unsatisfactory, may experience a loss of participation or team/position re-placement.



Team Fitness/Skill Development

In cheerleading there are very few things that you are individually responsible and have total control. Fitness, work ethic, attitude and tumbling skills are critical to your success as an individual cheerleader and as a team player.

Discipline

As a member of this team you are expected to abide by the rules set forth. It is the discretion of the coaching staff as to what disciplinary action will be taken if a rule is broken.

3 "x"s will equal a dismissal from the team

- Unexcused absence

- Insubordinate behavior

- Fighting

- What the Coach deems worthy of an X



In Addition

Not in school- Cutting/Late for school

= no practice/game (Minisink attendance policy)

YOU MUST BE IN SCHOOL FOR THE FULL SCHOOL DAY

Only WRITTEN excuses –

Doctor appointment

Court

Funeral

College Visit

Do not dress/participate in Physical Education = no practice/game

Any unexcused absences the day before the game results in that player not playing in that game. (Sometimes situations arise that are unusual and Coach reserves the right to make a decision based on that situation.)



Absolutely **no jewelry ANYWHERE!** Coaches will be checking.

No long nails.

These are both a NHFS rule and for good reason. You should not be able to see the top of your fingernails over the tip of your finger (looking at the palm)

Have fun, pay attention and learn.

Additional information will be provided during the week of tryouts. Once the squad is formed, the rules will be distributed at a meeting held on Tuesday, Nov. 21.



FOR UP TO DATE INFO OUR
FACEBOOK PAGE Minisink Valley HS
Cheerleading,

VISIT WWW.MINISINKHSCHEER.COM or
WWW.MINISINK.COM

10 Things that take 0% talent, but will get you 100% respect

- Being on time
- Work ethic
- Effort
- Body language
- Energy
- Attitude
- Passion
- Being coachable
- Doing extra
- Being prepared



*Thank you,
Coach Patti Archiere
Coach Alexandra O'Dougherty*

GO WARRIORS!