



2024-2025 Game Day Season
JV & Varsity



Who is eligible to tryout for
JV & Varsity Cheerleading?

Students entering in grades 9 – 12 in Sept.

2024 and Middle school students

recommended for the APP/pass the APP.

More info. About APP on district website.



STUDENTS MUST SIGN UP THROUGH
FAMILYID.COM WITH PHYSICAL UP TO DATE.
REGISTRATION FOR FALL SPORTS BEGIN ON
on FAMILYID.COM BEGIN around 7/26/24
Questions – call HS Nurse for information.



Fall Sports Start Dates (2024-25) tentative dates

****PLEASE VISIT THE ATHLETICS PAGE ON THE DISTRICT WEBSITE FOR CONFIRMATION OF DATES AND DETAILS REGARDING THE APP. PERMISSION SLIPS AND PHYSICALS ARE ALSO AVAILABLE ON THIS PAGE.**

Athletic Placement Process Application Deadline - Friday, May 24, 2024

District's Athletic Placement Eligibility Committee – Thursday, May 30, 2024

Athletic Placement Process Parent/Guardian Meeting – tentative , June 12, 2024

Google or HS Library – 6:00pm

Athletic Placement Process Testing Middle School Gym/HS Track/Pool –June 13-27, 2024



We are the spirit leaders for our school and will work to encourage school spirit throughout our district. GO WARRIORS!

Let's Go Warriors!!

What's available to help prepare/condition for tryouts

- OPEN WORK OUTS –
 - August 6, 8, 13 & 15th
 - 6 pm to 8 pm
- Attendance at open work outs and clinics do not guarantee placement on JV/Varsity Teams nor does it imply that an middle school student will be recommended for APP testing

CHEERLEADING

IMPORTANT DATES & INFO

MANDATORY ATTENDANCE

Mon., August 26 Tryout Day 1: 5 pm – 8 pm

Tues., August 27 Tryout Day 2: 7:30a – 9:30a

Wed., August 28 – LEAVE FOR UCA CAMP 7:30 am

Thurs., August 29 – CAMP

Friday, August 30 - RETURN FROM CAMP

(UCA CAMP – AUGUST 28 – August 30 – overnight camp)

Practice each night the following week.

Varsity has Game Day Choreography – MANDATORY on 9/6 from 2 – 8 and on 9/7 from 9 - 4



ATHLETIC REQUIREMENTS

**Stunting ~ Jumps ~ Tumbling ~ Motions ~
Dance ~ Endurance ~ Flexibility
Floor Presence ~ Cheer ~ Strength ~
Coordination ~ Athleticism**

Yes, bumps and bruises are part of this sport!



**TEAM PLACEMENT IS
NOT BASED ON YOUR GRADE**

STUNTING REQUIREMENTS

SAFETY first, perfection before progression

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



Tumbling is an Expectation –

Back handspring and potential to grow

Tumbling gyms to consider

Sports Fitness & Fun: 845-615-1000

Pike Gymnastics: 845-858-2174

D'Antonos Dance Academy 845-293-3635

QUEST: 845-673-9915

Cheer Factory: 845-820-0525

CDA

TRYOUT MATERIAL

- DANCE – Band Dance &/Or Fight Song
- Dance – Competition Style Dance
- CHEERS – Sideline & Game Cheer
 - Athletes will working together to include stunting in their cheer.

Links for cheer & dances will be emailed directly to those signed up to tryout.

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

MVHS

Cheerleading

GAME DAY SEASON is also our Football Season!

Involves stunting, tumbling, side line cheerleading at football games, routines for games and pep rally, conditioning and also helps prepare for the next season.

**WE WILL BE COMPETING IN A GAME DAY COMPETITIONS
THROUGHOUT FOOTBALL SEASON
INCLUDING A SECTIONAL AND REGIONAL**

Competing in Game Day

Taking Your Sideline Traditions
To The Competition Floor

What Is Game Day?

- ▶ Game Day is a competition that celebrates traditional cheerleading
- ▶ It gives teams a forum to compete in categories that reflect what they do on the sidelines to engage crowd involvement and demonstrate school traditions
- ▶ Categories
 - ▶ Band Dance, Situational Sideline, Time-Out Cheer, Fight Song

Why Game Day?

- It's fun - You can either use existing great sideline traditions or create new ones for both your home crowd and GD routine
- It's inclusive - Cheerleaders can be excellent on the sideline without necessarily needing the same skills as required by all-music scoresheets
- It's an additional opportunity - Game Day is not replacing your cheerleading competitions - it's adding an opportunity to use the competition as a forum for traditional sideline cheerleading



**WHAT HAPPENS AFTER
TEAMS ARE PLACED?**

PRACTICE INFO

Evenings: 5:30/6 p.m. – 8:00 p.m. at the HS
Saturday mornings.

Thurs. practices for Varsity possibly from 4:30 - 6

VERY BUSY SCHEDULE, Football Games, Pep
Rally Preparations, Clinics, Game Day
Competitions, Fundraisers, Etc.

**AVAILABILITY/ATTENDANCE
MANDATORY.**

**GET READY TO HAVE
FUN AND WORK HARD!**



Cheerleaders must attend all practices, competitions 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.***

Parents Responsibility

At time of parent meeting 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.

Cheer camp & camp gear, 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.

To have a winning and successful team it takes players who are committed to being at practices, competitions 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.

YOUR COMMITMENT TO MVHS CHEERLEADING IS YOUR CHOSEN #1 SPORT/ACTIVITY.

Camp Gear

Cost is **ESTIMATED** at \$150.

Briefs - \$26 Pair (Black Varsity Brand Pro Shorts)

JV – Body Slimmer \$26

FUNDRAISERS ARE IN PLACE FOR WORKING OFF ABOVE Expenses

Mum Sales 8/21/24 – 9/9/24

Meals to Go ~ COIN DROPS!

Youth Camps (exploring), Youth Cheer Nights & More to Follow

Sneakers – Range \$70 - \$120.



UCA CAMP!!!

Cost - \$295 per athlete

OVERNIGHT AWAY CAMP

Aug 28 – Aug 30



CAMP REQUIREMENTS/FORMS

There will be several forms that are required for Camp that will be distributed at tryouts for completion and collection 1-2 days prior to camp.



Football Schedule

Varsity: Every Friday night beginning Friday, September 13, 2024

Homecoming – September 27

JV Cheers from JV/Freshman home games only; possibly a couple of away games and Modified. They are mainly held at 4 p.m. during the week. Some Saturday AM Games.

FULL SCHEDULE AVAILABLE AT Sectionixathletics.org

We are huge part of the Homecoming & Pep Rally Festivities!!

Varsity Football Game Schedule

- Friday, Sept. 13, Away vs. NFA
- Friday, Sept. 20, Home vs. Pine Bush
- Friday, Sept. 27, Homecoming VS Wallkill
- Friday, October 4, Away vs. Goshen
- Friday, Oct. 11, Home vs. FDR
- Friday, Oct. 18, Away vs. Washingtonville
- Friday, Oct.25, Away vs. Port Jervis
- Friday, Nov. 1, Home vs. Warwick
- Friday, Nov. 8, Playoff Games

JV Football Game Schedule

- Thursday, Sept. 12, Home VS NFA 4
- Thursday, Sept. 19, Away VS Pine Bush
- Thursday, Sept. 26, Away VS Wallkill
- Wednesday, Oct. 2, Home VS Goshen
- Wednesday, Oct. 9, Away VS Wallkill
- Thursday, Oct. 17, Home VS Washingtonville
- Thursday, Oct. 24, Home VS Port Jervis
- Thursday, Oct. 31, Away VS Warwick

GAME DAY COMPETITION SCHEDULE as of 7/31/24 (subject to change)

- James I O’Neill, Saturday, September 28
- Home Competition – Cassandra Wilson Memorial Game Day Competition, Monday, Oct. 7
- Port Chester, Sat., Oct. 12
- Cornwall, Wednesday, Oct. 16
- John Jay, Sunday, Oct. 20 (?)
- Putnam Valley, Oct. 23
- Sections – Tuesday, Oct. 29
- States – Sunday, November 10

Getting Game Ready!

Each cheerleader will receive or a link to a videos with all cheers and some dances to learn and review outside of practice to be game day prepared.

This allows us more time for skill building and other game day readiness at our practices.



FUNDRAISING SUPPORTS INDIVIDUAL & TEAM NEEDS

- TEAM Costs – Music, Equipment, Props, 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 slimmer, camp gear and briefs.



COMMUNITY SERVICE ~ GIVING BACK!

- Pets Alive Drive
- Access event – volunteering 10/6/24
 - Youth Clinics & Camps



- 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 @ 5:30 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.
- 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 – If you miss a practice/game because of the below...

Doctor appointment

Court

Funeral

College Visit

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

Any unexcused absences the day before the game or competition 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 CHECK AT TRYOUTS – NO EARRINGS, BELLY RINGS OR PIERCINGS ANYWHERE. COVERING WITH BANDAIDS IS NOT ACCEPTABLE.

No long nails. This is a NHSF/NCA/UCA 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 Thursday, August 17th at the HS Gymnasium.

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 Alex O'Dougherty*

GO WARRIORS!