



# MVHS

*Cheerleading*

**2024 - 2025 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 ARBITER (AKA FAMILYID.COM) WITH PHYSICAL UP TO DATE. 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 18 – Tryouts Begin, 5:45 – 8

Announcement of team(s) by Wednesday AM, 11/20

Wed., November 20 – practice begins – 5:45 sharp

### VARSITY MANDATORY CHOREOGRAPHY & STUNT CLINIC

Thursday: 11/ 21, 3pm – 8 pm; Friday, 11/22, 12 – 6

Saturday, 11/23, 10 – 2 (or 9 – 1) – leave open in case choreo date change

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

# TRYOUT MATERIAL

- DANCE, no more than 5 eight counts
- CHEER

Cheer & Dance will be available one week prior to tryouts. Know the material before you come on 11/18.

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

WINTER CHEER SEASON IS SEPARATE FROM  
GAME DAY (FALL/FOOTBALL) CHEER SEASON.

LEVEL OF DIFFICULTY AND SKILLS ARE NOT THE  
SAME AS FALL CHEER

**YOUR POSITION ON FALL CHEER DOES NOT  
GUARANTEE THE SAME POSITION OR A  
POSITION ON WINTER CHEER NOR AT THE  
SAME LEVEL**



## 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 2<sup>nd</sup> 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.*



**Unexcused tardiness and early dismissal AND unexcused absence from school means not participation that day for practice/game/competition**

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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.)





## Basketball/Competition Schedule

We cheer for most 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 11-4-24)

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

**As of now, Red is Varsity Only**

Sunday, Dec. 8	UCA Pocono Regional
Sunday, Dec. 15	UCA Empire Regional
Saturday, Jan 4:	Dover
Saturday, Jan 11:	Minisink
<b>Saturday, Jan 18:</b>	<b>Union Endicott</b>
Saturday, Jan 18:	Warwick
Sunday, Jan 19:	Del Val
Saturday, January 25:	Highland (or Section 1)
Saturday, February 1:	Monroe Woodbury
Saturday, February 8:	<b>Varsity TENTATIVE Nationals</b> – or Valley Central
<b>Saturday, February 15:</b>	<b>Hold</b>
<b>Saturday, February 22:</b>	<b>Varsity Sectionals at Monroe Woodbury</b>
Saturday, March 10:	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 7 – February 11**

**BASED ON 4 NIGHTS**

Disney's All Star Resort, Pop Century Resort

**Quad (4 per room) price per person \$899**

Triple (3 per room) price per person \$989

Double (2 per room) price per person \$1139

Single (1 per room) price per person \$1,479

\$244 extra night per room

**DOES NOT INCLUDE AIRFARE**

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

**\$100 DEPOSIT REQUIRED FOR AIRFARE**

Competition proceeds from 1/11/25 will help to pay for the travel fees.

Cheerleader is responsible for all other costs – fundraising for!

# **FUNDRAISERS**

At this time –

Telethon 11/7/24

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 11/25/24

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.**





- 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.



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](http://WWW.MINISINKHSCHEER.COM) or  
[WWW.MINISINK.COM](http://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!*