

SJS CHEERLEADING 2008

Dear Parents and Cheerleaders:

Welcome to St. Joseph Cheerleading! This year we expect our cheerleaders to meet new friends, learn new things, show school spirit, and have a great time. In order to accomplish this goal, we will count on our coaching staff, the athletic board, and our supportive parents. Listed on the next few pages is information necessary for a positive experience this season. At any time, parents are welcome to contact our coaches or coordinators regarding concerns.

Lisa Feldmiller, Cheerleading Coordinator
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Lisa Brown, Asst. Coordinator
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FINANCIAL RESPONSIBILITY

Registration Fee	\$65.00 (\$40.00 each additional child)
Fundraiser (optional)	Program ads to be discussed at a later date
Cheer Sweatshirt	\$16.00
Briefs	\$7.00
Socks	\$4.00
Colored laces	\$2.00
White Camisole	\$? You may purchase a camisole and turtleneck anywhere
White Turtleneck	as long as it is PLAIN WHITE
Sneakers	Any plain white sneakers.

SJAA will provide a skirt and shell to each cheerleader which must be WASHED and returned at the end of the season. If the uniform is not returned, there will be a \$95.00 replacement fee. UNIFORMS AND ORDERED ITEMS WILL BE DISTRIBUTED DURING SUMMER PRACTICE.

SQUADS

Peewee-Grades 3 and 4
Pony-Grade 5 and Grade 6
Midget- Grade 7 and 8

Both parents and cheerleaders must read the information on the following pages to know if you can make the commitment to be a SJS Cheerleader. All registrations must be received by July 1, 2008.

PRACTICE SCHEDULE

- Cheerleading practice runs for three weeks in August, Monday thru Thursday nights from 6:00 to 8:00 p.m. Practice will be 4:00 to 6:00 pm on Aug. 19th and 20th due to Back to School nights.
- Our first practice will be **August 4, 2008**
- Practices will be held in the school parking lot
- **Cheerleaders are required to make the August practices. NO cheerleader may miss more than 4 Total practices in August. If your daughter needs to miss a practice due to vacation or other conflict, a WRITTEN NOTICE should be given to the coach or coordinator. If greater than 4 practices missed-cheerleader will sit out portions of first home game.**
- Every cheerleader should bring a filled water bottle to practice and games. WATER only!
- Each girl should come to practice ready to cheer. She will need shorts, shirt (no bare tummies), white socks, and sneakers. Long hair should be pulled back off the face. Positive attitudes and respect are a must.

GAME TIME

- Attendance at games is expected. If your daughter cannot make a game for any reason, please inform her coach as soon as possible. All routines are practiced with the entire squad in mind.
- Girls are expected to arrive one hour before the scheduled game for practice and adjustments in line ups. Sunday games start at 1:00p.m. for the Peewees, 2:30p.m. for the Ponies, and 4:00p.m. for the Midgets.
- **All cheerleaders should check their e-mails regularly during the season for last minute changes due to wet fields or rescheduled practice times.**
- While cheering, the girls represent St. Joseph's. We expect total behavior and good sportsmanship. This includes:

Positive Attitude
Stay in cheering line
No talking while cheering
No gum chewing
No snacking-Eat before you come.
No jewelry

Those cheerleaders who do not follow the rules will meet with the following consequences;

1st offense-verbal warning

2nd offense-sit out the remainder of the game

Any cheerleader who repeatedly ignores the rules will be asked to leave the squad. This dismissal will be brought before the athletic board.

TENTATIVE SCHEDULE 2008

Saturday Aug. 23 rd	St. Joseph @ Holy Name
Sunday, Aug. 31 st	Harrisburg @ St. Joseph
Sunday, Sept 7 th	St. Joseph @ Cumberland Valley
Sunday, Sept 14 th	Dauphin @ St. Joseph
Sunday, Sept. 21 st	Seven Sorrows @ St. Joseph
Saturday, Sept. 27 th	St. Joseph @ Northern
Sunday, Oct.5 th	Cedar Cliff @ St. Joseph
Sunday, Oct.12 th	St Joseph @ Good Shepherd
Sat./Sun Oct 18 th /19 th	First Round playoffs
Sat/Sun Oct 25 th /26 th	2 nd Round Playoffs
Sun., Nov 2 nd	Superbowl

Directions to away games can be found on the cfa website, www.football-cfa.org .
Please note this schedule can change and therefore it is necessary to check your e-mails regularly.

PEP ASSEMBLIES

We hope to have two pep assemblies at school during the season. The tentative dates are September 12th, and October 10th. These have not been cleared through the school calendar and could very possibly change. We will hold cheerleading practice the night prior to each assembly to prepare. **IF YOUR CHILD CANNOT MAKE THE PRACTICE BEFORE THE ASSEMBLY, SHE WILL NOT BE PERMITTED TO PARTICIPATE IN THE ASSEMBLY.** Girls will be permitted to wear their uniforms to school on the day of the assembly and will be called to the gym about 15 minutes before the student body to meet with her coach. Cheerleaders are key to school spirit and this is an exciting part of cheering for St. Joseph. Parents are welcome to attend assemblies as long as they sign in through the office.

PARENTS DAY

Parent's day is a recognition time for our graduating eighth graders. It will be at our last regularly scheduled home game at Trinity on October 5th. Volunteers are needed for planning and preparation.

TEAM MASS

We will be going to mass as a group August 15th for the holy day. Although it is not required, it is a great time to get together and show our unity and strength as blessings from our Lord. Please make this a priority.

END OF SEASON PARTY

At the end of every season, we have a party for the kids. If you would like to be part of the planning for an end of season event, please contact a coordinator.

WELCOME TO ST. JOSEPH CHEERLEADING!! WE LOOK FORWARD TO A GREAT YEAR!