

St. Joseph Downingtown Cheerleading

Coaches: 2008

Varsity: Mary Byron, Coach, mbyron@pacerpools.com
Missy Newton, Team Mom, missynewton@comcast.net
Mary Anne Szepanski, Team Mom, szepanski@comcast.net
JV:

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General Cheerleading Information and Requirements:

- ✦ Registered members of St. Joseph Parish and/or School
- ✦ Girls entering grades 5 - 8
- ✦ Registration is held in May / June prior to the Fall Sports Season
- ✦ 2 divisions: Junior Varsity (JV) – 5th/6th; Varsity (V) – 7th/8th
- ✦ Uniform deposit required: \$50
- ✦ Equipment purchased by family: White crop top, hunter green cheer briefs,
- ✦ Designated cheer sneaker, no show socks, Hunter green Soffee shorts
- ✦ Season runs last 2 weeks in August through Thanksgiving for football.
- ✦ Basketball season runs December to March..
- ✦ Individuals may go to summer camps. There is no team camp.
- ✦ Summer Practice:
 - Mon-Thurs August 18-21, Aug 25-28, 6:00-8:00 PM outside of the gym.**
- ✦ Practices during the school year are Mondays and Wednesday evenings
- ✦ Games are Saturdays for football, during the week and Saturdays for basketball
- ✦ Cheerleading participates in competitions throughout the season; beginning December through March. Participation is optional for cheerleaders.

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Practice

- Cheerleaders are expected to attend all practices. Practices are necessary to learn routines and cheers effectively and safely. We cannot perform stunts if everyone is not present.
- Please notify Coach Byron in advance if you will be late or absent from practice. This is a safety issue.
- At least 2 adults need to be at all practices and games for safety reasons. We are asking that parents sign-up to attend one practice and/or game a month to ensure we have proper supervision of the girls. A sign-up sheet will be available.
- Dress Code: Girls are to dress in Soffee shorts and a t-shirt with sleeves. Hair is to be pulled up in a ponytail and bangs secured off the face. Wear cheer sneakers and socks.
- Attitude: We work as a team - ALWAYS. All cheerleaders are expected to show full respect for the coaches and any other adults working with the team. Cheerleaders are also expected to show respect for each other as well.

Games

- Cheerleaders are expected to be at all football/basketball games to support the team. For the same reasons mentioned above, if you are unable to attend a game for any reason, you need to notify the coach in advance.
- Cheerleaders are to be at the game location ½ hour prior to game start time.
- We will also carpool for away games whenever possible.
- Home games: Cheerleaders bring baked goods to sell at the home games as a fundraiser for CYO. We will have a sign-up sheet for this when we have more information.

Uniforms:

- Uniforms and sweat suits will be handed out during summer practice. Cheerleaders must take proper care of the uniforms and keep them clean. At the end of the year, we will collect the uniforms. Your uniform deposit check will be disregarded (un-cashed) as long as the uniforms are returned clean and in good condition.
- Cheerleaders are to wear full uniform with no-show socks during all games. Hair is to be pulled up in a high ponytail with bangs clipped back. Uniform ribbons will be worn in hair. No jewelry or make-up is to be worn. No chewing gum

Fall 2008 Cheerleading Practice and Game Schedule

Date		Location	
August			
Mon-Thurs	18-21	6-8 PM Practice	Outside
Mon-Thurs	25-28	6-8 PM Practice	Of Gym

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AWARDS AND ACHIEVEMENTS

- 2007 Varsity Squad won two awards at Bishop Shanahan High School's Stand Up & Cheer Day on November 3rd. The awards were for best "Varsity Common Cheer" and "Superior Pyramids."
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