




SUNTREE-VIERA YOUTH FOOTBALL & CHEER LEAGUE

Welcome to SVYFL Cheer, home of the Lady Hawks! We are a **COMPETITIVE** Pop Warner Tackle and Cheer League in the East Coast Conference. The season runs from August **through** December. Our Cheerleading program travels with the tackle football teams performing sideline cheers at football games. In addition to games we compete at the local and regional level, with the possibility of competing at Nationals. We have seven different age levels to offer our talented athletes:

-  Jr. Tiny Mites: league age 3-4 (Limited spots 10 max)
 - Tiny Mites: league age 5/6/7
 - Mighty Mite: league age 7/8/9
- Junior Pee Wee: league age 8/9/10/11
- Pee Wee: league age 9/10/11/12
- Junior Varsity: league age 10/11/12/13

Pop Warner cheer is a highly **competitive** sport. We, as Lady Hawks, strive to be the best. Our Cheer coaches are dedicated to their athletes, and teach the importance of teamwork, cheer techniques, and life skills that the sport has to offer. August practices focus on conditioning and skills assessments. Per Pop Warner rules every athlete must complete 20 conditioning hours before stunting and tumbling. The tackle football games that follow, typically take place from August through November. Cheer competitions run from the end of October through December 31st, pending team advancement. With all this work both on and off the field of competition, it is common for there to be a sense of “family” not only between team members, but also amongst the parents, siblings, grandparents, and fans.

TRAVEL

We travel with the tackle football teams. Half of the games are played at our Hawk’s nest at Viera Regional Park. The other set of games are at the fields of East Coast Conference Pop Warner leagues as far north as Daytona. Lady Hawk cheerleaders **will** continue traveling with our ECC championship eligible teams through November.

ATTENDANCE POLICY

_____(initials) Attendance is essential to the success of each season. Attendance will be taken at the beginning of each practice, game, or event. Each Cheerleader's 100% commitment is required as each position on the squad is dependent on the other. When one Cheerleader is absent, it places a hardship on the entire squad and can become a safety issue. It is for these reasons the cheerleader and the parents must be advised of the importance of compliance with the attendance policy.

_____(initials) Attendance is required at every practice and every game. Each cheerleader is expected to be at the onset of practice and remain throughout the entire practice, and from the time designated by the league for book check and remain throughout the entire game.

_____(initials) **Attendance is recorded and monitored throughout the entire season; therefore, consequences can be issued at any time. Unexcused absences can affect competition eligibility.**

_____(initials) We understand things may come up throughout the season. For that reason, each parent must have open communication with their coaches. Coaches are preparing their competition routines. It is very important that your cheerleader attend all practices on time and remain for the entire duration of each practice.

Paperwork Hand-In

Participants will be considered fully rostered only if all checks are received during paperwork hand in, date TBD. Items you will need below:

- Participant/Parent contract form
- 2023 Physical Fitness form
- Medical Release (signed by a parent or guardian)
- Original copy of your child's birth certificate
- Report card from previous school year
- Cheer information packet
- Cheer Interest form

TEAM PARENT

We need a parent volunteer who will assist the coaches as Team Parent. A background check will need to be completed. We are **always** looking for volunteers! If you are interested in being a team parent or finding out other ways to get involved, please send an email to cheer@svyfl.com with your contact information.

FUNDRAISING

_____(initials) For the league to provide the best season possible we depend on fundraising. Fundraisers will be mandatory, and your child will be expected to participate. By signing this packet, you are acknowledging to actively participate in all fundraising events for SVYFL organization.

COMMUNICATION

We use GroupMe App and emails to communicate information to parents. On our Facebook pages you will see videos, pictures, updates, and announcements from the league. Please add the GroupMe app and follow us on our social media pages.

Facebook: www.facebook.com/SVYFL www.facebook.com/svyflcheer

DRESS CODE

_____(initials) Practice Dress Code - Athletes must wear the correct practice clothes to practice. Cheer shoes must be worn at every practice. NO SANDALS, or CROCS. Shorts are meant to be worn as shorts, and **do not** need to be pulled up excessively. Hair should be pulled up and out of the face. NO JEWELRY of any kind is allowed to be worn during practice. SVYFL is not responsible for jewelry if it is worn to practice, please remove it before practice. They could get lost or cause injury. New piercings are strongly discouraged during the season.

PRACTICE

_____(initials) For the first 2 weeks of August practices are Monday-Thursday 5:30-7:00 pm at Viera regional park in the middle of the two fields. A weekend practice will be scheduled if necessary. This is to ensure our 20 hours of conditioning is completed. Once we finish the mandatory pop warner hours our regular practice days and times will be Monday and Wednesday 6pm-7:30pm. Please be on time to practice if the start time is a conflict for you, please let your coach know at the beginning of the season. We ask that all athletes use the restroom BEFORE heading to practice.

Practice attire: T-shirt, athletic shorts (NO JEANS), hair pulled up out of the face, and cheer sneakers. NO SANDALS, CROCS or OTHER. No Jewelry at practice.

Please do not drop and go for practice nights. Florida weather does what it wants, in the event of a lightning alarm at VRP goes off your cheerleaders will be brought back to you and must leave the field until we get all clear.

GAME DAY

_____(initials) We have games every Saturday (including Labor Day weekend) from the last weekend in August through October. The playoff and championship schedule are TBD. Arrival to games will be 1 hour prior to game time for book check. If your cheerleader is not in line at book check, they will not be able to cheer for the game. During book check each cheerleader must recite their name and birthdate. Please practice this with your cheerleader as they will need to know this on their own. We cheer in most weather conditions including heat and rain, please plan accordingly. Items to bring to games are a large water bottle, sunscreen, cooling towel, sunglasses are acceptable, and an attitude ready to cheer! Missed games and practices will affect the eligibility to compete.

COMPETITIONS

We compete in the East Coast Conference local competition that will take place in October. Depending on placement, a regional competition will take place Thanksgiving weekend in November. **No, this cannot be changed.** This competition is scheduled for this weekend EVERY year. Our Junior Varsity team placed 5th last year!

REFUND POLICY

Registration fees will be refunded:

100 % before June 30th

75 % before July 31st

50 % before August 15th

0 % after August 15th

All requests for refunds must be made in writing and presented in one of the following manners:

- a) Email to the Commissioner Ron Ramsey, commissioner@svyfl.com Your request should include: Date of request, Parent's Name, and Child's Name

I have read this in its entirety and understand the commitment, standards, and significant fundraising obligation involved with joining a team, and I agree to abide by the policies set forth therein.

Parent Signature(s) _____
Date _____