



WFYFL – CHEER SEASON 2018



Hi everyone,

I've missed seeing everyone! I'm excited to begin my 8th year as your WFYFL Cheer Director. I can't wait to meet all the new parents and girls. We've started off this cheer season a little slow due to the rain... but I know we're going to have a great season.

The Handley High School Varsity Cheerleading Squad did a great job helping us with our Annual Cheer Camp. The James Wood Cheer Squad will be helping us with our SpiritFest this year. We are still up in the air about the location of our 7th competition later in the season. We're looking forward to getting some of the local high school cheerleaders to come and help with our practices a little here and there before our games start.

Practices: - All squads are to practice at the same times and in the determined location. We have to practice in the same location. Our practice schedule will be as follows:

July 24th thru July 26th – 5:45-7:30pm

July 30th thru Aug 2nd – 5:45-7:30pm

Aug 6th thru Aug 9th – 5:45-7:30pm

Aug 13th thru Aug 16th – 5:45-7:00pm

Aug 20th thru Aug 23rd – 5:45-7:00pm

Aug 27th thru Aug 30th - 5:45-7:00pm

**Once games start practices will be scheduled by your cheer coach.

Please arrive with hair in a ponytail, and appropriate practice clothes, NO flip flops, gum, jewelry or long fingernails. Please use the restroom prior to practice (we will have group breaks during practice) Please bring a bottle of water with you as well.

Spirit Sticks - Each team will be have the opportunity to make spirit sticks stuffed with candy (preferably no chocolate) wrapped and decorated with their teams colors. We will give these out during games to the Loudest Fans. So... save your empty paper towel/toilet paper rolls. All squads will have the opportunity during a regular practice day to make the spirit sticks. We are going to do this together as a league so no one gets left out. We will set aside time on the 15th and 16th of August to make some. Feel free to order pizza for the girls and make it a fun time. (Fold up tables are a big help). It's a lot of fun and it'll be great to do it together. Coaches can coordinate with parents for supplies. If we all pitch in for our squads we should have enough supplies. If we get rained out, I will leave it up to the coaches to make sure there is a time set aside to do them.

IMPORTANT DATES:

Uniform Distribution – I am planning to hand out uniforms around August 6th, and/or August 7th, 2018

Picture Day: - August 11, 2018 - on Festival Field – (Across from our practice field in the field behind the war memorial building). Keep in mind the schedule listed below may change depending on our photo company and last minute arrangements.

Pee wee cheer - Spiderettes - 8:00am
Pee wee football - SpiderMen - 8:20am
Pee wee cheer - BatGirls - 8:40am
Pee wee football - BatMen - 9:00am
Steelers - C team boys football - 9:20am
Steelers - B team boys football - 9:40am
Redskins Cheer - 10:00am
Redskins - C team boys football - 10:20am
Redskins - B team boys football - 10:40am
Raiders Cheer - 11:00am
Raiders - A team boys football - 11:20am
Cowboys Cheer - 11:40am
Cowboys - C team boys football - 12:00pm
Cowboys - B team boys football - 12:20pm
Eagles Cheer - 12:40pm
Eagles - C team boys football - 1:00pm
Eagles - B team boys football - 1:20pm

(Keep in mind these times are approximate – the schedule could move faster than expected – so make sure you arrive early for your pictures). Forms will be handed out prior to picture day and photos will be sent directly to your home.

The Handley WFYFL Half-Time Show – August 25th - All Cheer Squads have been invited to cheer at the first Handley Home Football Game! Coach Rachel and Coach Ali and the Handley Cheer squad will be working with us to teach us a cheer we can all perform during halftime. There will be 1 practice at Handley (probably Friday, August 24th). Parents do pay admission to the game (\$5.00) but Cheerleaders and coaches are free. This is a chance for the girls to perform in front of the home team crowd and it's an honor to represent the Winchester Frederick County Youth Football League. So everyone please do your best to be in attendance. We want our WHOLE team there that day.

Opening Game Day – Handley High School – games all day – On August 26th we will be at the Handley Bowl ALL DAY. All football teams will play beginning at 8am. Our girls (with the exception of pee wee squads – they only cheer for one game in the morning) will cheer for 2 games that day. One in the morning and one afternoon. Our admission passes DO NOT cover admission for parents and family. Cheerleaders, football players and coaches do not pay to enter.

Little League Night – Millbrook High School – September 14, 2018 – Millbrook has invited all our football players and cheerleaders to come and form a human tunnel for the Millbrook High School football team to run through at the beginning of their game against Turner Ashby. They will allow one parent for each cheerleader in free to the game. Please arrive by 6:15pm and check in – the athletic director Mr. Mankins will tell us when to go onto the field and they will announce us. Everyone comes in full cheer uniform. Also, when we are finished you are welcome to stay for the game but your children MUST be with you and not running all over the place. We want to be able to come back next year and evidently this was a problem last year, so let's keep a close eye on the kids when we are in the Millbrook Stadium.)

SpiritFest Showcase – September 23rd – This will be our 4th Spiritfest Cheer Showcase. We will invite squads from Warren County and Clarke County as well as James Wood, Sherando, Millbrook, Handley and Daniel Morgan. This is our cheer fun day. ALL squads – Even our Pee Wee's - get a chance to show off for the crowd. They will take turns performing a routine for the crowd. – This does NOT have to be the routine they plan to perform at competition. There will be raffles, door prizes and all squads will receive an award. If you have any ideas for prizes or can help with donations from any of our local businesses, we welcome your help. Concessions will be open and there will be a DJ.

WFYFL Cash Party – September 29th, 2018 – This will have our 3rd Annual WFYFL Cash Party. Tickets are on sale now. The cost is \$40 each. We always need volunteers to help coordinate events so if you are interested please let me know. We need all parents to chip in and help us sell tickets so we can make this event a success. There will be great food, music, prizes, tip jars and so much more... Please show your support. More information will be available soon.

Competition – October 20, 2018 - We have an end of season competition each year. It is squad against squad with the winning squad and the 2nd place squads holding the trophies until the next year. This will be WFYFL's 7th competition. The squads will be judged on presentation, cheer, stunt and dance. Our Pee Wee Squads do not compete – We do ask that they attend to be supportive of the league.

Admission passes – with your paid registration for the 2018 Season you will receive 2 game admission passes/WFYFL Membership Cards. These will be given to you prior to the first game. These passes are only honored on the Winchester Park field, Warren County Field and Clarke County Field. These passes will NOT be honored at our games at Handley High School or at other outside stadiums. In addition, admission passes will NOT be honored for playoff games or Championship Games. The league will not be responsible for lost passes and there will be no replacements issued so do not lose them.

Games - Please arrive ready to go - use the bathroom and eat prior to this time. Game times will be 5:30 and 6:45. We are still not sure about later games.

Half-Time Cheers – we do allow music for a routine at half-time during games. I will be checking music beforehand, and the routine when they are ready to make sure they are age appropriate. Please make sure to let me know if you hear or see something you do not approve of. We all need to work together to monitor songs and movements for our little girls.

Program books - We will have a program book that will be available on our game day at Handley High School on August 26th. Make sure you get with your coaches and inform them of incorrect spellings of names so they can pass this info on to me to make sure their names are printed properly.

Concession Stand – We may need a consistent group of volunteers – I will need names of parents interested. If you can help please see me and I will find more information about times and days for you. Coaches will set up a sheet and parents should volunteer to help at least one game each.

Uniformity / squad consistency – **Ultimately** we would like for all squads to look alike at all times. Please try your best to make sure your daughters follow what the squad is doing. (such as... if one girl wears the undershirt ... All girls should be wearing it, if one girl wears leggings... all girls should wear them, etc.) ... this is not going to be a major issue. In most cases, the easiest color to use for accessories is white. White shoes, hair bows, socks, etc. If you decide as a team to get the same color of something, (i.e. sweatpants, bows) that's great, we will not make anyone sit the bench if they aren't perfect. Let's just do our best to look sharp at game time. This is good practice and preparation for when the girls get older and become part of middle school and high school competition teams.

End of Season Squad Parties – You can plan your own Cheer Squad end of season party if you want to. Usually this is coordinated by your team mom and/or coaches. If you are

getting involved with football team banquets - cheer coaches should coordinate with football coaches and this should be a team activity - both football and cheer together if possible.

Cheer Banquet /Party - We will have our own end of season cheer party for all the girls at once – more than likely it will be at the Youth Development Center and I can always use helpers to plan decorations, gifts for the girls, presents for the coaches and FOOD. So please – if you can reach out and let's start planning to make this a great, fun event for all the girls, parents and coaches.

Trophies & Ribbons - Trophies will cost approximately \$10-\$15 each. Coaches collect the money from the parents and I will help you order them.

Powderpuff Football – We had such a GREAT time the last 3 seasons, we're going to do it again this year. Near the end of the season we will be taking sign-ups for our mini PowerPuff Girls league. This will consist of a few weeks of 2 nights a week practice then a Saturday (maybe 2 of games) We will do a round robin playoff and the winner gets to keep the trophy for a year. The cost of this will be \$5 per girl to cover the use of the lights for practices (since at that time it will be off season).

Christmas Parade 2018 – The Parade will be on November 26th (Monday) and we are all marching. The football players can march with us too. So spread the word and mark your calendars. After the parade the girls can follow Santa to the Loudoun Street mall with their families and watch the tree lighting ceremony and enjoy some treats. It's a lot of fun. We all wear team colors – use battery powered lights and bring poms. We'll put a few cheers together and have a great time.

Issues/Questions – If any issues or questions arise, please contact me.... My number is: 540-539-4994. I will help in any way I can. I'm looking forward to this season, and above all else, let's all remember... cheerleading is supposed to be fun and it's all about the kids... so let's enjoy!

Melissa Elliott
WFYFL Cheer Director