



WFYFL – CHEER SEASON 2021



Hi everyone,

I've missed seeing everyone last Fall and I'm excited to be in my 11th year as your WFYFL Cheer Director. It was hard taking off last year when I know we all wanted to be out and doing something. We had a Spring Season this year and it was a little different for all of us, but it turned out great and I'm really glad to be starting our normal Fall Cheer Season.

Practices: - All squads practice at the same times in the same location. I would like for us to practice as many days as we can (with the exception of Fridays) but I understand schedules and how difficult it may be at times to do that. Pee Wee's practice 2 times a week and our Sideline Squads practice at least 3 days a week. Our practice field availability is as follows:

August 3-5 – 5:45-7:30pm
August 9-12 – 5:45-7:30pm
August 16-19 – 5:45-7:30pm
August 23-26 – 5:45-7:30pm
August 30-Sept 2 - 5:45-7:30pm

We are still able to use the fields in September and October during the same times – Practices days and times will be at the discretion of your coaches.

**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 have the opportunity or the option 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. We will set aside time during regular practice (weather permitting and unless otherwise organized your coach) to make the spirit sticks. We are going to do this together as a league so no one gets left out. 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. We should begin working on them the remainder of this week and next week (before opening game day on August 28, 2021).

*NOTE: If you choose to do Spirit Sticks, we will do our best to make this work safely. We can wear gloves while stuffing candy and wear gloves when we throw spirit sticks to the crowd. It is completely up to each squad if they want to do them.

Uniform Distribution – I am planning to hand out uniforms as soon as we get them. Uniforms will be yours to keep at the end of the season – poms and jackets (if distributed) must be returned at the end of the season.

Picture Day: - We will be doing pictures for our Fall Season. For right now we are scheduled to do pictures on August 28, 2021 (on opening game day) before games begin. The schedule will be as follow:

Jets – 9:00 am

Broncos – 9:30 am

Cowboys – 10:00 am

Bills – 10:30 am

Eagles – 11:00 am

Opening Game Day - Will be on August 28, 2021. The girls on the Cowboys, Eagles and Bills squads cheer for 2 games each weekend. Please do your best to have the girls at both games (if possible). In the event we have games for your squad in two different locations, it will be up to parents and coaches to decide whether to choose one game to cheer or to split the squad so you can cheer at both. I realize you can't be in two places at once but hopefully this won't be something that happens very often. Let's do our best to work through it.

Game Admission Prices - Admission for our normal game fields range from \$2.00-\$4.00 (unless we sell game passes – the cost will be \$10 per pass, per person). In the event we have game passes, they are not valid for Playoff games and SuperBowl games. The cost of these games will be \$3.00 and \$4.00 per game. Cheerleaders, football players and coaches do not pay to enter. Just a reminder - we do have to charge admission for games played at Handley High School. The game price is \$5.00 - parents and family must pay to enter.

Mini Camp at Handley – The Handley High School Cheer Squads would like to hold a WFYFL Mini Camp on September 12th (Sunday) from 9am – 12noon for our girls. The cost will be \$20 and they will make bows for our girls and personally work with them to learn (and brush up) on the dance/cheer we will be performing during the Handley Home Game Half-time show on September 18th when Handley plays Skyline. In addition, they will be working with our girls doing some stunts, cheers and tumbling on the mats. It'll be a great day for the girls, not to mention great practice. Please do your best to attend.

Handley Half-Time Show – Handley High School has invited us to perform a Half-Time show at their Home Game against Skyline High School on September 18th. We'll all be working with the kids to teach them the routine. All the girls will be on the track in front of the home team stands to perform. Parents have to pay game admission to the game, but coaches and cheerleaders will be admitted free. We should arrive no later than 1:15pm and there will be more details to follow.

SpiritFest Cheer Showcase – We would like to have our annual Spiritfest Cheer Showcase this season and it will be our 6th Annual event, however, due to new health concerns regarding COVID-19, we are still waiting to hear from our local schools regarding locations. We invite squads from Warren County, Fauquier County and Inwood 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, but it is a good chance for them to practice and see what it will be like. 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. There will be more information to follow about date and location for this event if we are able to hold it.

Competition – Again, we plan to have an end of season competition, but the health concerns regarding COVID-19 are still inhibiting us from doing all the events we would like to do. Normally, 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 9th competition. The squads will be judged on presentation, cheer, stunt and dance. Our Pee Wee Squads do not compete – We do invite them to do an intermission routine and attend to be supportive of the league. More information will follow regarding date and location if we are able to hold this event. The good news is, we have been invited to 2 other Competitions this season – Berkeley County Cheer and Fauquier Cheer have decided to hold competitions. I will have more details about both events soon and will pass it on to you.

Game Preparation - Please arrive with the girls ready to go – have them use the bathroom and eat prior to this time. Please be mindful of the food they eat prior to a game just to make sure they don't get anything on their uniforms.

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. We want 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 a program book for our Fall Season which includes team pictures and rosters for all the kids in our league. If you or anyone you know wants to put in a small ad in the program to help pay for the cost of printing and get some advertising for their business, please let me know. Ad prices range from \$35 - \$150.

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.

Fundraisers – We plan on having a few fundraisers this year and most of them will be squad specific. Squads can use the funds raised to purchase accessories, pay for team parties, trophies, etc. If anyone has ideas for fundraisers please let me know. So far the suggestions are: Sweet Frog, Chipotle and Krispy Kreme Donuts.

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.

Trophies & Ribbons – I'm going to leave this up to parents. If you would like Trophies, the cost is approximately \$10-\$15 each. Coaches collect the money from the parents and I can help you order them. We get a small discount for ordering them all at once.

Cheer Banquet – I like to have a Cheer Banquet at the end of the season for all our girls, parents and families. We all chip in and bring food (I'll assign a certain type of food to each squad). We can do awards and recognition and let all the girls have fun. This event is usually the week after the season ends... so if all goes well this will be on November 14th. I will make sure to confirm this date and let you know for sure.

Powderpuff Football – Following our Fall season, we'll have our 6th annual Powderpuff Football Championship. We've had such a GREAT time the last 5 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 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).

Issues/Questions – If any issues or questions arise, the first step is to talk to your child's coach about the problem. If a resolution cannot be reached, 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 and be safe!

Melissa Elliott
WFYFL Cheer Director