

The purpose of Lumberton Recreation Cheerleading program is to provide area youth with the opportunity to cheer for both HYFC and recreation youth basketball in a controlled environment that provides entertainment and enjoyment. In addition, Lumberton Recreation Cheerleading will focus on the development of Cheerleading skills, facilitation of “team spirit” and instilling confidence in all children involved within the program.

AGE/GRADES FOR CHEER

As of January 2009, Cheerleaders must be between the ages of 5 and 14 years of age to participate in Cheerleading.

CHEER SEASON/PRACTICE GAMES

Cheerleading is offered as a fall and winter sport. Practice for the football season begins late August. Practice for the basketball season begins late-December. Cheer Clinics may be offered prior to the beginning of each practice season and participation is optional. Squads are assigned to football and basketball teams as soon as those programs and the cheerleading program have completed their rosters and communicated with each other as to comparability of teams versus squads available for assignment. As soon as the corresponding sport has their schedule, they will communicate with the cheerleading coach, the game schedule and location.

Most games are held on Friday or Saturday, but there are occasional game assignments on Sunday. Additionally, some make-up games due to inclement weather during football season, may take place on a weekday evening, but participation in such games is optional and determined by the Cheer Coach based on availability of the majority of the Squad.

All practices are held on a weekday evening for 60 minutes (4th grade and younger) and up to 90 minutes for older squads (5th grade up). Additional special practices may be scheduled prior to the end of season Pep Rally's if needed, for those squads requiring/desiring extra preparation time. The exact time and day of week of practices will be determined based on facility/gym availability and selection of practice evening by the Cheer Coach. Parents/Players cannot request a specific night or time for practice. Cheerleaders receive dates/times as soon as the coaches receive confirmation. The privilege of using school facilities or township property is not to be taken lightly by the Recreation Commission, Recreation Director, coaches, cheerleading participants and parents. The following rules are to be observed at all times:

- Only persons directly involved with the activity are allowed to stay in the practice area.
- Waiting parents and/or siblings should wait in an area far enough away from the Squad practicing, in order to avoid causing unnecessary interruptions.

Policies prohibit eating or drinking in all gym/facilities. Water bottles are permitted for cheerleaders and basketball/football players.

- No animals may be brought onto school property or inside gym/school facilities.
- No child is to be left unattended and/or left alone inside or outside of the school. Parents must physically walk their child to the practice area if they will not be staying with their child during practice and return to the practice area to retrieve their child at the conclusion of practice.
- There is no use of mats or other equipment belonging to the school without permission by the school and only with the direct supervision of coaches. If permission to utilize mats is granted, they must be returned to their original positions after use.

TEAM SIZE/FORMATION

Cheer squads for football season will consist of 10 to 14 cheerleaders. Cheer squads for basketball season will consist of 9 to 12 cheerleaders. Cheerleading squads are paired according to comparably aged football/basketball teams whenever possible. Team cheerleaders are placed on squads using the following criteria:

- Grade at the beginning of the current registration period.
- Public neighborhood school in which the participant attends or lives closest to.
- Fair distribution of experienced cheerleaders and “new” cheerleaders on each squad.
- Special requests for coaches or squad placement will not be considered.

TEAM ANNUAL EVENTS

Football/Winter Cheer Opening Ceremony: Opening day is the first official day of the football season. HYFC football players and cheerleaders kick off the season with introductions and speeches during a festive like atmosphere. The day is usually the first Saturday after school starts in September.

Pictures: Pictures are taken every HYFC cheerleading season. This event usually takes place within the first three weeks of each season. Coaches will distribute picture envelopes and information with regard to time and location.

Pep Rally: The Pep Rally is a cheerleading event that is held at the conclusion of the football season and basketball season. The purpose of the Pep Rally is to demonstrate to parents, friends and other cheerleaders, what each Squad has accomplished since the beginning of the season and gather all the cheerleaders together for a fun evening. There is no competition among the Squads and spectators enjoy a 3 to 4 minute performance from each Squad. The performance typically consists of a few quick cheers and a short dance. Participants and spectators have a wonderful time watching the cheerleader’s performance’s, which demonstrates the results of the practice and dedication provided by our volunteer staff. Special recognition for outstanding cheerleaders for the season (nominated by their Coaches), and outstanding coaches/Volunteers may be awarded during this ceremony.

Cheer Clinics/Workshops: Cheerleading clinics/workshops may be held before football and basketball season. These events are fun practices that provide cheer instruction to both beginning and experienced cheerleaders in order to improve upon their cheerleading skills in a low-key environment. It is an excellent opportunity to get in some extra practice and learn new material that will enhance their cheer experience.