



**Maple Valley Junior Football and Cheer (MVJFC)  
Preliminary Season Information  
2009 Varsity Cheer**

This document is being provided in order to provide cheerleaders and their families' information about the requirements and expectations for MVJFC Cheerleading program. The Program goals are to balance the competitive aspect of championships with a fun learning atmosphere. Cheerleaders will learn team work and leadership skill as well as instill confidence. Each girl will learn the basics of cheerleading including side line cheers, chants and stunts. When preparing for cheer championships we will learn more intense cheers, stunts and dances, while still having fun.

**Commitment**

In order for us to have a quality cheer program and to support all of our members we ask that all cheerleaders commit to the program. Practices are 4 times a week August – September; Practices will most likely be 4-5 times a week October – November as we gear up for championships. Games are either on Saturdays or Sundays. During football playoffs and championships we may cheer both days. It is important that cheerleaders understand the responsibility and commit to the program in order to participate. **ADDITIONAL PRACTICES MAY BE ADDED TOWARDS CHAMPIONSHIPS.** Additional Varsity responsibilities will be handed out in the Varsity handbook.

MVFC is a 501C3 nonprofit organization. No child is turned away for inability to pay. If you need help with player fees, please contact a board member for information for a scholarship application for reduced fees.

Volunteers make MVJFC a great organization. Each Family member is required to volunteer at least 4 hours per season. There are many opportunities to fulfill the volunteer requirements. Volunteer opportunities are: Concessions, Announcer, and Field help on home game day, spaghetti feed & auction.

Please remember all board members and coaches are volunteers, we are here for the kids and for the MVJF&C program. Participating in MVJFC is a privilege and members are required to follow the code of conduct.

**Varsity Costs 2009**

Registration \$175.00

Registration Fees pay for:

Pay for socks, briefs, mid-riff, all season ribbon and championship ribbon

Field fees

Trophies, flowers for championships, certificates,

Misc. operating expenses insurance, league fees, championship costs.

Includes \$25.00 uniform deposit. Deposits will be refunded provided uniform/equipment is returned undamaged, and is promptly returned.

Equipment/uniforms return will be approximately one week after season ends.

\$20.00 of the registration is non-refundable. Remaining registration cost will not be pro-rated after season starts, and non-refundable after weigh-ins. Non-sufficient funds fee \$25.00 and all bank charges

### Uniforms

#### Required

MVJFC provides Cheerleaders with a uniform and a set pom poms. These items are the property of MVJFC and should not be altered. Cheerleaders are responsible for these items. If damaged or lost cheerleaders will be required to replace (uniform \$215.00 pom poms \$50.00)

**Camp and Practice clothes:** Practice cheer shorts, 3 pairs of cheer shorts, Royal, Black, and Gold, not more than \$18.00. Practice tops will not be more than \$45.00.

**Pom Poms:** We will use the same as 2009 season, adding new blue poms.

**Shoes-Varsity:** Cheerleaders are required to purchase 1 pair of standard Cheer shoes which cost no more than \$20.00 total. We will be ordering them after April Registration.

**Warm-ups:** TBA

**Duffel Bag:** Cheerleaders may purchase a raiders duffel bag. This is highly recommended for carrying poms, water bottles, sweats etc. as it may alleviate lost items.

#### Optional

**Sweatshirts:** Cheerleaders may purchase a team sweatshirt with their name. This sweatshirt may be worn at the games, but cannot be worn during stunts. Approximate cost is \$25.00.

**Championship Sweatshirt:** Approximate cost \$25.00

**Championship T-shirt:** Approximate cost \$10.00

**Championship DVD:** Approximate cost \$10.00

**2009 Cheer T-shirt:** Approximate cost \$15.00

#### **Cheer Program Finances:**

- Uniforms are required for participation on the spirit squad.
- Uniforms are to be kept in good condition and clean at all times.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.
- Deposits made for cheer clothes, shoes, and /or cheer camp are non-refundable.

#### **Communications:**

Many of our communications will be via email, text messaging and the Maple Valley Raiders web site. Please be sure to provide a current email address, cell phone number and check the web site for updates.

**Special Events/Fundraisers:**

Special events and fundraisers are a great opportunity for members to have fun and support the program. There are several fundraisers that are encouraged to support the program. Donation of item for auction basket approximate cost \$10.00 due mid-September.

- Spaghetti Feed/Silent Auction—Fall
- Poker Party
- Maple Valley Days Parade

**For updates and more information: please visit our website @  
[www.maplevalleyraiders.org](http://www.maplevalleyraiders.org)**