

Hello Jaguar Cheer Families!

The start of the season is quickly approaching. This letter will outline all the things to help make sure you and your cheerleader are ready. There is a lot of information here, so hang in there!

Crossbar App:

- We will communicate this season using the Crossbar App.
- Use the chat feature for your team to communicate with coaches.
- Download this app from your phone's app store ASAP.
- Games and practice schedules, as well as competitions have been loaded for the season.
- If your child isn't on their team's roster, most likely you have an outstanding offer in their account that needs to be addressed.

Paper Night:

- ***Tuesday August 5, 6-7p*** - Elmer Raymond
- Hard copies of paperwork not uploaded to the website must be turned in. We encourage and prefer you to upload them to psyf.net.
 - *Copies* of latest report card, physical, and birth certificate
- Uniform deposit check of \$200
 - Made out to Plymouth South Youth Football, signed, no date
 - Check is NOT cashed unless the uniform isn't returned at the end of the season

Summer PSYF Cheer Intensive:

- **August 11-14, 18-21, *5-7p Elmer Raymond**
 - ***Mighty Mites will end at 6:30** with the exception of 8/19 & 8/21, which will end at 7p
- Mandatory for all teams

Parent Meetings

Mighty Mites - 8/11 @ 5 pm on basketball court

Mites, Pee Wees, Midgets - 8/12 @ 5pm on basketball court

Game Days:

- Mighty Mites - Friday evenings and some Sundays with older age groups
- Mites - Sundays at 10 AM
- Pee Wees - Sundays at 1 PM
- Midgets - Sundays at 11:30 AM
- Locations for games, dates and times can be found on the Crossbar App

***Cheerleaders must report one hour prior to the game time for a pregame practice.*

***Cheerleaders must arrive at games fully dressed in uniform with hair in appropriate style with bow upon arrival to the field.*

Practice Schedule and Locations

- You can find practice schedules on the Crossbar App.
- August 11-14 and 18-21 (Elmer Raymond)
 - Sideline (all cheerleaders)
 - 5-7p
 - Mighty Mites 5-6:30, except 8/19 & 8/21
- August 27 Elmer Raymond:
 - Mighty Mites 5-6:30p
 - Competition teams, 5-7p
- Starting the week of September 1st:
 - Practices will be held at PSMS or IBES
 - Competition Team/Mighty Mite Practices W/F
 - Sideline:
 - Mites: Monday
 - Pee Wees: Tuesdays
 - Midgets: Thursdays
 - Please refer to your app for your team's schedule as it varies from week to week on location.
 - We sometimes adjust practice schedules due to conflicts we will always do our best to communicate changes as quietly as possible.

** We ask that parents be mindful of not creating distractions at outdoor practices. Parents must remain beyond the fences during practices and off the field.

**For some young cheerleaders we find truth in the phrase 'out of sight, out of mind'. If your child struggles with separation, it maybe best to remain 'hidden' during practices.

Practice Attire/Uniform

(Appropriate attire is required for safety reasons while stunting.)

- Hair secured in ponytail upon arrival to practice.
- White cheer sneakers must be worn for safety while stunting.
- Absolutely no baggy/loose clothing!!!!
- Close fitting shorts - nike pros or sports shorts are sufficient
- **No jewelry of any kind!**
 - Nothing on wrists, necks, ankles
 - Coaches are not responsible for holding onto jewelry during practice
 - NO EARRINGS of any kind - avoid new piercings from now until cheer season wraps

**Cheerleaders are to arrive at practice on time, in appropriate clothing, with hair up and jewelry free.

Game Day Gear/Equipment:

- **CHEER SNEAKERS** -
 - All white and must be **cheer sneakers**.
 - We recommend synthetic or leather sneakers as they are much easier to clean.
 - Some are available at Dick's Sport Goods
 - An example: <https://tinyurl.com/3nz4sd37>
- **SOCKS**
 - No show white socks
 - For little feet: <https://tinyurl.com/tfz3jkfu>
 - For bigger feet: <https://tinyurl.com/4uw3hbfb>
- **SHORTS**
 - Must be black and no longer than a 3' inseam so that they are not visible under the skirt.
 - A Nike Pro style is the look we want under the uniform skirts.
 - Nike pros: <https://tinyurl.com/47dk5u33>
 - A less expensive option: <https://tinyurl.com/9prbtseh>
 - For littles: <https://tinyurl.com/42hf6uv9>
- **BLACK LEGGINGS**
 - For cold weather. Must be all black on the legs, very small logos are acceptable.
 - Basic black leggings are fine - Lululemon, Aerie leggings etc.
 - These are fleece lined for littles: <https://tinyurl.com/mu6mnyck>
 - These are fleece lined for older girls: <https://tinyurl.com/mpb2jny2>
- **BLACK LONG SLEEVE TOP**
 - **MIGHTY MITES ONLY**
 - Worn under uniform for cold weather games
 - Please purchase this one so they are all the same: <https://tinyurl.com/ykrr7cn7>
- **JAGUARS JACKET:**
 - Cheerleaders will need a Jaguars Water Resistant Jacket for cold/inclement weather games
 - Ordering information will be sent soon.
 - Please look at the gear exchange as we may have some jacket donations there.
 - **These will be the only jackets allowed on the sidelines during games. No hoodies or other jackets.**
 - If this is a severe hardship for you, please do not hesitate to reach out to Michelle or Lori.
- **POM POMS**
 - An "offer" email was sent for rostering and ordering of pom poms.
 - Find it under your cheerleader's account on the PSYF website.
 - If you cheerleader needs pom poms select 'yes' when accepting the roster offer and pay online.

Gear Exchange

- During our two week intensive at Elmer Raymond, there will be a table set up with gear that you can take or leave.

Competition Teams:

- Comp choreography starts 8/12 (please refer to prior email)
- The competition fee of \$200 *must be paid by 8/5* at paper night.
 - Please review your "offer" on the PSYF website to pay your balance (it's under your cheerleader's account).
- For questions about competition teams please email psyfcheer@yahoo.com

Jags Night

- **October 3**, time tbd
- Held at PSHS

Volunteers

- This organization is completely run by volunteers and we expect every family to contribute in some way to support the program.
- Be on the lookout for sign ups for volunteer and donation opportunities.
- There are many roles that people can fill to support the program.
- Team parent:
 - We'd love to have two or three team parents for the younger teams especially.
 - This can be a rotating position and doesn't need to be the whole season.

Washashore Fundraiser

- September 6th - expected time frame 9-2
- A portion of all sales that day will be donated to the program!
- We will also do some canning, offer a bake sale, and run a lemonade stand.
- Stay tuned for more information

Commitment

- Cheer season is short - the more athletes put into the season the more they will gain from it.
- Attendance:
 - *All games*, home and away. (Away games are just as important as home games)
 - All practices - missed practices will result in changed positions during routines
 - Any cheerleader missing pregame practice the hour before a game *will be pulled from all stunts at halftime and have their position in the routine adjusted.*
- **PLEASE, PLEASE, PLEASE communicate!!!!**
 - Let coaches know of absences ASAP so they may plan accordingly.
 - Prompt arrival is on game day is critical to ensure teams are ready to go at game time.
 - Allow extra travel time to away games to navigate parking and meet up locations.

Whew, we made it! There is a lot of information here!! Please do not hesitate to reach out with any questions.

Cheers,
Lori Noble and Michelle Joy