

2020 MVJFCA CHEER INFORMATION

MVJFCA Cheer is a recreational cheerleading program for all youth in kindergarten through 6th grade. Cheer squads are formed based on grade level. Depending on the numbers of cheerleaders registered, there may be some exceptions to this.

What is the time commitment to be a MVJFCA Cheerleader?

Our season will kick off with a ½ day clinic in late July/early Aug. This clinic will be conducted by the Mill Valley High School Cheerleaders. This clinic is free to all MVJFCA registered cheerleaders.

Weekly practices will start in early to mid Aug. and continue through the first week of Nov. These practices will be held at one of the area schools and will last for 1 - 2 hours (depending on grade level). Fees for these practices are included in your registration fee. Additional practices may be added by your cheer coach(es). Any additional fees for these practices will be incurred by the individual squads. Day and time will not be determined until squads are formed in July. Coaches do try to work with their squad to accommodate schedules.

Football games begin the weekend after Labor Day and continue until early November. Games will be scheduled on Saturdays.

Who are the coaches?

MVJFCA coaches are adults (usually parents of cheerleaders) who volunteer their time to organize and work with their cheer squad. Coaches enforce discipline and attend all practices and football games. All MVJFCA coaches are required to have background checks and must be approved by the MVJFCA Board of Directors. Coaches will need to attend a mandatory training clinic. Coaches will learn fundamentals of coaching and all safety rules. If you are interested in volunteering as a head coach or assistant coach, please fill out a Coaches Registration Form available online @ www.mvjfca.com.

ON-LINE REGISTRATION OPENS March 1, 2020 – May 15, 2020

REGISTRATION FEES: \$75 - Includes: Participation in the Kick-Off Clinic, weekly practice facility, 8 game cheer schedule and insurance.

NEW UNIFORM COSTS: \$205 (\$20 disc. if all items are purchased new) – Includes shell with tackle twill, skirt, crop top, warm-ups, briefs, shoes, bow & poms. In addition to these items, cheerleaders will also be required to have no show white socks.

Additional item(optional):

Duffle Cheer Bag - \$20

Sizing for uniforms TBD

The same uniform will be used for every squad and will remain the same each year, unless *discontinued by the manufacturer. Used uniforms will be available for purchase at our uniform sizing. Purchase of used uniforms will be paid directly to the individual that sales the item. MVJFCA will not purchase used uniforms going forward.

Uniform & Shoe purchase 2020:

All purchases of uniforms and shoes will be on a team store for Mill Valley Cheer. At uniform sizing a form will be given with website address for team store.

Any additional questions may be directed to the MVJFCA Cheer Director: Sarah Gay – sarahgay@aol.com