**2022 MVJFCA**

**CHEER INFORMATION**

MVJFCA Cheer is a recreational cheerleading program for all youth in Kindergarten through 6th grade.

**How are Cheer Squads formed:**

* **Kindergarten – 3rd Grade:**

Squads will be formed based on grade level. Depending on the number of

Cheerleaders registered, there may be exceptions to this.

* **4th – 6th Grade:**

Squads will be formed based on grade level and/or years of cheer experience.

There may be squads comprised of combined grade levels (e.g., 4th/5th and/or 5th/6th) depending on the number of registered cheerleaders and the number of registered cheerleaders who have previous cheer experience.

**What is the time commitment to be a MVJFCA Cheerleader?**

**Kindergarten – 3rd Grade Squads:**

* The season will kick off with a 1.5 hour clinic in either late July or early August. This clinic will be conducted by the Mill Valley High School Varsity Cheerleaders

and will include learning jumps, cheers, and a dance. There will be a showcase

at the end of the clinic for parents to attend. The clinic is free to all MVJFCA

registered cheerleaders.

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

**4th – 6th Grade Squads:**

* The season will kick off with a 2 hour skill clinic focused on cheer technique for motions, jumps, and stunts. Cheers will be taught with a focus on sharp motions and appropriate spiriting. This clinic will be conducted by the Mill Valley High School Varsity Cheerleaders.
* Weekly practices will start in early to mid-August and continue through the first week of November. These practices will be held at one of the area schools and will last for 1-1.5 hours. Fees for these practices are included in your registration fee. Additional practices may be added by your coach(es). Any additional fees for these practices will be incurred by the individual squads. Day and time of practices 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 through the

beginning of November. Games will be scheduled on Saturdays. It is expected that

MVJFCA cheerleaders attend their weekly practices and games.

**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 at [www.mvjfca.com](http://www.mvjfca.com)).

**Registration:**

**On-line registration opens April 1, 2022 – May 31, 2022**

**Registration Fees:**

* **$75** – includes: Participation in the Kick-Off Clinic, weekly practice facility, 8 game cheer schedule, and insurance.
* **New Uniform Costs: Approximately $205** – includes: shell with tackle twill, cheer skirt, crop-top, warm-ups, briefs, shoes, bow, and poms. In addition to these items, cheerleaders are required to have no-show white socks. Some cheer items can be purchased used at a reduced cost (information listed below).
* **Additional item** (optional): Cheer Bag - $20

**Cheer Uniform Information:**

* Cheer sizing for new uniforms will take place in June 2022. The same uniforms will be

used for every squad and will remain the same each year, unless \*discontinued by the

manufacturer. Information regarding the cheer sizing will be sent to all registered

cheerleaders after registration has ended.

* Used uniforms and accessories will be available for purchase at discounted prices on our MVJFCA Cheer Uniform Swap page on Facebook.

**Any additional questions may be directed to the MVJFCA Cheer Board:**

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