**2023 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 hour cheer clinic hosted by the Mill Valley High School Varsity Cheerleaders. This clinic will be an overview of cheer skills and serve as a meet and greet opportunity for cheer families.
* 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 1 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 and the program Director.
* 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.

**Game and Performance Schedule**

* The games schedule is set by the football directors and the Sunflower league. Game schedules are often made available at the end of August and approximate dates and times will be communicated to squads as soon as possible.
* Mill Valley Night Lights is the kick-off event for the MVJFCA program and is typically scheduled at the end of August.
* The Cheer program will offer various optional performance opportunities throughout the season, such as the Monarch’s Pregame Performance.
* The cheer season will end with a Showcase Banquet to celebrate squad achievements and recognize individual awards.

**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. Cheer coaches will attend coaches’ clinics and 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, 2023 – May 31, 2023**

 **Registration Fees:**

* **$75** – includes: Participation in the Kick-Off Clinic, weekly practice facility, 8 game cheer schedule, one program t-shirt, and insurance.
* **New Uniform Costs: Approximately $205** – includes: shell with tackle twill, cheer skirt, crop-top, crewneck sweater, 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
* **Optional Performance:** Pre-season performance at Monarch’s Baseball Game -$35 per cheerleader, includes performance shirt, bow and practices. Tickets for additional family members to attend the game are around $12/ticket.

**Cheer Uniform Information:**

* Cheer sizing for new uniforms will take place in June 2023. 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:**

Sami Baker, Director: mvjcheer@gmail.com

Cheer Program info Facebook Page: <https://www.facebook.com/groups/1245236243013363/>