

CB East Cheerleading Kick Off BBQ

- I. Introduction
 - a. Head Coaches: Stephanie Latronica and Marla Porreca
 - b. Assistant Coach: Karen McSorley

- II. The 3 P's (packet, physical, and payment)
 - a. All of the papers in your packet are to be filled out, signed and handed in today.
 - b. There is a NEW physical form that must be used. The physicals are due on Monday, August 16th. The physical must be dated AFTER June 1st. Every cheerleader MUST have a physical filled out and signed by their doctor in order to participate after August 16th.
 - c. Please make sure that all four pages of the physical are filled out.
 - d. Clothing payment is due today (June 1st) in full.
 - e. The remainder of your camp payment is due on Monday, August 16th.

- III. FOOD!
 - a. Donated by Applebee's and Randazzo's

- IV. Important and Upcoming Dates
 - a. Summer schedules (on the website www.cheer4cbe.com)
 - i. 1st Practice- June 3rd for Varsity
 1. Varsity has practice on June 3rd, 8th, and 10th to prepare for the All Star game on Saturday, June 12th.
 - a. Varsity cheerleaders should meet at War Memorial Field at 6pm on Sat, June 12th. Please wear PLAIN black soffe shorts.
 2. JV and Varsity practices will continue after the All Star game once a week until mandatory practices begin
 3. JV and Varsity cheerleaders are also expected to attend the carwashes throughout the summer. (please see the schedule online for dates and times)
 4. Every cheerleader is required to learn the football chants and material before the start of mandatory practices on Monday, August 16th.
 - b. Mandatory Practices start Monday, August 16th
 - i. During the first week of mandatory practices the team will prepare for UCA camp and the upcoming football season.
 - ii. A schedule of boot camp will be up on the website the week before.
 - iii. T-shirt exchange will be during boot camp- This is a fun way to start the season and learn a little more about everyone on your team. You will not be able to participate in the t shirt exchange if you don't have a t shirt on that day (it is not mandatory to participate)
 - c. UCA Camp
 - i. The team will leave for camp on Monday, August 23rd and return on Thursday, August 26th.
 - ii. Please see the camp information sheet for all information
 - iii. Camp must be paid in full by Monday, August 16th in order to attend.
 - d. Football BBQ
 - i. The cheerleaders are invited to attend the football bbq on Thursday, August 26th
 - ii. Every cheerleader is encouraged to attend.
 - e. Team Pictures- Saturday, September 11th (before varsity fball game)
 - i. Pictures will be at Holicong Park
 - ii. You will receive order forms via email and it will be posted on the website

- iii. Every cheerleader is required to attend for the team picture even if they are not ordering photos

V. Team Talk

- a. JV and Varsity
- b. Announce Captains
- c. Introduce Seniors
- d. Cheerleader of the Month
- e. Spirit Stick
- f. Student Handbook/Constitution
 - i. The coaches stress that every cheerleader reads over the Student Handbook and Constitution (there will be a quiz on this once mandatory practices begin)
 - ii. The Constitution will be posted on the website, every cheerleader is required to look over the constitution and bring a copy to practice on Monday, August 16th.
 - iii. The coaches do not tolerate any bad behavior and if a cheerleader is involved in any type of situation involving alcohol or drugs they will be removed from the team immediately.
 - iv. Cheerleaders should not wear their CB East attire out in Doylestown after the games.
- g. Community Services
 - i. The team will participate in community services throughout the season.
 1. Thanksgiving Drive
 2. Toys for Tots
 3. Walks

VI. Competition

- a. The varsity team will be attending the UCA regional competition in December to try and qualify for UCA nationals which will be held in FL in February (more information to follow)
- b. If we do not qualify or do not feel the varsity team is ready to travel to FL we will attend the Reach the Beach competition in Ocean City, MD
- c. JV will compete at all local competitions with the varsity team.

VII. Parent Board: Chris Smizaski (President), Leslie Sharman (Vice President), Patti O'Connell (Treasurer)

FUNDRAISING

- a. Carwashes
 - i. All dates and times are on the website.
- b. Sponsors
 - i. Every cheerleader is asked to try and sell at least 2 of these throughout the summer
- c. Mums
 - i. The cheerleaders will receive a mum packet throughout the summer.
 - ii. Every cheerleader is required to sell a minimum of mums
- d. Football Spirit Table
 - i. At all home varsity football games
- e. Cheer Clinics (Fall and Winter)
 - i. The fall clinic will be on Saturday, September 25th.
 - ii. The JV and varsity cheerleaders are required to be at the clinic from 8am-1pm
- f. Pancake Breakfast
 - i. This will be in the fall at Applebees
- g. Bake Sales