

# **CB East Cheerleading Kick Off BBQ**

**June 8, 2011**

## **I. Introduction**

- a. Head Coaches: Stephanie Latronica and Marla Porreca
- b. Assistant Coach: Ashley Wall

## **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. The physicals are due by Monday, August 15<sup>th</sup>. The physical must be dated AFTER June 1<sup>st</sup>. Cheerleaders MUST have a physical filled out and signed by their doctor in order to participate after August 15<sup>th</sup>. (Please make sure that all four pages of the physical are filled out.)
- c. Clothing payment is due today (June 8<sup>th</sup>) in full.
- d. The remainder of your camp payment is due on Monday, August 15<sup>th</sup>.

## **III. Practices**

- a. Summer schedules (on the website [www.cheer4cbe.com](http://www.cheer4cbe.com))
- b. JV and Varsity will practice every Wednesday from 4-7pm throughout the summer until mandatory practices begin.
- c. Mandatory Practices start Monday, August 15<sup>th</sup>
  - i. During the first week of mandatory practices the team will prepare for UCA camp and the upcoming football season from 8am-3pm.
  - ii. ALL football chants must be learned by Monday, August 15<sup>th</sup>
  - iii. T-shirt exchange during boot camp- This is a fun way to start the season and learn a little more about everyone on your team. Bring a t-shirt from somewhere you traveled to throughout the summer in order to participate. You will not be able to participate in the t shirt exchange if you don't have a t shirt on that day (tshirt exchange is not mandatory to participate)
- d. Tumbling- Starts September 7, 2011
  - i. The teams will attend Victory Training Center in Horsham, PA every Wednesday. Varsity will practice 4:30-6pm and JV will practice 6-7:30pm.
  - ii. 1<sup>st</sup> Tumbling Payment- \$195.00 per cheerleader DUE on September 1<sup>st</sup>,
  - iii. 2<sup>nd</sup> Tumbling Payment- \$150.00 per cheerleader DUE on December 1<sup>st</sup>.

## **IV. Team Talk**

- a. Introduce Seniors and Captains
- b. Cheerleader of the Month/ Spirit Stick
- c. 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 is posted on the website, every cheerleader is required bring a copy to practice on August 15<sup>th</sup>.
- d. Community Services
  - i. Pink out
  - ii. Thanksgiving drive
  - iii. Toys for tots

## V. 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 starting in January 2012.

## VI. Parent Board: Leslie Sharman (President), Kelly White (Vice President), Susan Stephon (Treasurer), Nancy Russo (Secretary)

### **FUNDRAISING**

- a. Jamison Pourhouse Dinner- Monday, June 13<sup>th</sup>
  - i. 15% of sales will go towards CB East Cheerleading, just let your server know you are there for the CB East Cheerleading fundraiser
  - ii. Regular Monday burger specials do not apply for this fundraiser
- b. Carwash
  - i. Saturday, August 20<sup>th</sup> 9am-5pm (shifts will be assigned)
  - ii. Cheerleaders will wear dark shorts and carwash tank top from previous years. If you do not have a carwash tank top, you may borrow one from another cheerleader OR wear a red/blue shirt. NO bathing suits allowed.
- c. Sponsors
  - i. Every cheerleader is asked to sell at least 2 of these throughout the summer
  - ii. A sponsor form will be emailed to every cheerleader (it is also available on the website under the sponsor tab)
- d. Mums
  - i. The cheerleaders will receive a mum packet on August 15<sup>th</sup>.
  - ii. Every cheerleader is required to sell a minimum of 30 mums. If you do not sell 30 mums you will need to buyout for \$100.00
  - iii. The mum pick up will be on Saturday, September 24, 2011
- e. 50/50's
  - i. 50/50 Raffle tickets will be sold at all Varsity football games
  - ii. Parent volunteers will be needed to sell at the beginning of the games and cheerleaders will sell during half time.
- f. Fall Cheer Clinic
  - i. The fall clinic will be on Sunday, October 2<sup>nd</sup>
  - ii. The JV and Varsity cheerleaders are required to be at the clinic from 8am-1pm.
- g. Pancake Breakfast
  - i. This will be in the winter at Applebees
- h. Bake Sales-
  - i. Throughout the season (please see schedule on the website [www.cheer4cbe.com](http://www.cheer4cbe.com))

**THE NEXT MANDATORY PARENT MEETING WILL BE ON  
MONDAY, AUGUST 15<sup>th</sup> TIME- TBA**