

**ROCKAWAY ROCKETS CHEERLEADING**  
**2009 Cheer Clinic**  
**Parents Meeting**

**CHEER DIVISION MISSION STATEMENT:**

The purpose of the Cheerleading Division of the Rockaway Rockets Football Association, Inc. ("Rockets") is to teach and enhance the fundamental cheerleading skills of coordination, precision and flexibility to the youth of the program. At the same time, the program aims to teach its youth how to enhance a positive Rockets game day atmosphere, motivate Rockets fan support, entertain the crowd, promote Rockets spirit, and represent the Rockets Football Association at community events with the goal of unifying players, fans and alumni of the Rockets program. These skills will be applied in performing various arm motions, jumps, dance movements and stunting in basic cheerleading routines.

**CHEER BOARD\*:**

Director: Janine Turner  
Assistant Director: Kelly Fortune  
Secretary: Marci Keck  
Treasurer: Cheryl Iuliani  
Event Coordinator: Anna Pressner

\* Also includes Cheer Coordinators listed below by squad

<b><u>SQUADS</u></b>	<b><u>Grade</u></b>	<b><u>Cheer Coordinator</u></b>
Pom Poms	Kindergarten and 1 <sup>st</sup> Grade	Carolyn Crossan
Pre-Clinic Gold	2 <sup>nd</sup> Grade	Denise Van Bodegon
Pre-Clinic White	3 <sup>rd</sup> Grade	Kelly Fortune
Clinic	4 <sup>th</sup> Grade	Sharon Van Riper
Super PeeWee	5 <sup>th</sup> Grade	Elizabeth Martinelli
PeeWee	6 <sup>th</sup> Grade	Deb Jones
JV	7 <sup>th</sup> Grade	Susan Wardrop
Varsity	8 <sup>th</sup> Grade	Marci Keck

**\*\*\* Possible Addition for 2009 – Rockets Dance Squad\*\*\***

**COACHES/SQUAD SUPERVISION:**

- All Cheer Board members, Coordinators and coaches are required to be Rutgers' certified
- All Cheer Board members, Coordinators and coaches volunteer their time to help your children.
- Coaches all have experience as Rockets cheerleaders. Many coaches have competition cheerleading experience and/or high school cheerleading experience.
- Coordinators are expected to seek 2-3 parent volunteers to function as Team Parents to increase the level of adult supervision on the squad and help with administrative matters.

## **CHEER CLINIC AND TRY-OUTS**

The cheer clinic will run Monday, May 4 through Thursday, May 7 from 6:30 p.m. until 8:00 p.m. Try-outs will be Saturday, May 9 at Copeland. The girls will be divided into the following groups.

- Pre-Clinic: will learn a simple cheer, work on jumps and cart wheels.
- Clinic & SPW: will learn a cheer, work on jumps and cart wheels.
- PW, JV, & Varsity: will learn a cheer and dance, work on jumps and cart wheels.

The girls will be assigned a try-out number for the day of try-outs. The girls will try-out in groups of 5. Coaches will be present in try-out rooms to assist the cheerleaders. Parents must remain in the hallway during the try-out. Independent judges will assess the girls' performances. The try-out results will be posted on Sunday, May 10 at noon on the website: [www.rtrockets.com](http://www.rtrockets.com). Click the Cheer tab to see the results. Only the try-out numbers of girls will be posted; no names. Further details are as follows:

- 1) Attire: plain black shorts, plain white top, clean sneakers, hair back in pony tail. No logos or cheer attire are permitted to be worn during the try-out.
- 2) Try-out times will be given to girls Thursday night after the clinic. All girls must try-out in order to be considered for placement on a squad.
- 3) Special requests for try-out times may be granted in limited circumstances (ex: Communion, Bar or Bat Mitzvah, sports conflict) and must be made in writing to [cheerleading@rtrockets.com](mailto:cheerleading@rtrockets.com) by Wednesday, May 6 at 8:00 p.m. Please put "Try-out Request" as the subject matter of your written request.
- 4) All required forms including the Cheerleading Rules & Regulations must be signed and turned in prior to trying out. Please ensure your familiarity with the program requirements. See below for list of important forms.

## **UNIFORMS**

- New uniforms, skirt and shell, will be worn by Clinic through Varsity squads
- Pre-Clinic Gold and White will wear white jackets and green skirts with gold trim
- There are additional attire requirements to be worn with uniforms.
- All uniforms and cheer attire will be distributed in August at the municipal building, date and time TBD

Orders for cheer attire will take place on Wednesday, May 27 at DBO. Order times will be emailed soon. Squads will be assigned times during the 5:30 p.m. to 8:30 p.m. timeframe. Please note that this is the only time that attire can be ordered. We suggest you bring your daughter along to ensure proper sizing. You will need to pay for the items you order on this date. Elaine's Cheer Gear will be there to help accept checks, cash and credit cards for payments.

If you know you are not going to be able to attend the attire ordering, please make arrangements with someone to order items needed for your daughter. **DUE TO EXTENSIVE SET-UP FOR ATTIRE ORDERING, THIS IS THE ONLY TIME TO ORDER THESE ITEMS WHICH ARE MANDATORY FOR CHEERING. ANYONE WHO NEEDS ITEMS AND DOES NOT ORDER THEM AS OUTLINED ABOVE WILL NOT BE ALLOWED TO CHEER THIS SEASON.**

Below is a list with the estimated cost of the mandatory cheer attire items:

<b>Shoes:</b> \$25-32.00	<b>Hair Streamer:</b> \$5.00	<b>Socks:</b> \$4.00
<b>Briefs:</b> \$7.75	<b>Yoga Pants:</b> \$19.00	<b>Bag:</b> \$23.00
<b>Tank:</b> \$18.00	<b>Gloves:</b> \$5.00	<b>Ear Warmers:</b> \$12.00
<b>Rain Jacket:</b> \$11.00	<b>Body Suit:</b> \$19.00	<b>Fleece Pull-over:</b> \$31.00

### **IMPORTANT FORMS**

- Town Code of Conduct – filled out at registration. **BOTH PARENTS AND CHEERLEADER ARE REQUIRED TO SIGN**
- Parent/Child Handbook with Cheerleading Addendum
- Emergency Medical & Treatment Form – filled out at registration. Must be notarized. **ONE PARENT IS REQUIRED TO SIGN.**
- Cheerleading Rules and Regulations – **ONE PARENT AND CHEERLEADER ARE REQUIRED TO SIGN**
- **All forms are available on the Rockets website [www.rtrockets.com](http://www.rtrockets.com) for your reference**

### **COMMUNICATION AND COMPLAINT PROCESS.**

- Please note that **ALL** information will be distributed through email.
  - Please register your e-mail address at [www.rtrockets.com](http://www.rtrockets.com)
  - If for any reason you do not have access to email please make arrangements with other parents to provide you with key information
- Most of our coaches are high school students volunteering to work with your children
- **DO NOT approach the coaches with any complaints. Each squad is assigned a Coordinator. Please contact the Coordinator with all complaints.**
- If the Coordinator does not adequately resolve the complaint, please contact me, the Director of Cheerleading (or any of my executive board members in my absence).
- Please refer to the Parent/Child Handbook and website for further details on the complaint process

## **AUGUST CHEER CAMP \*\*\*New for 2009\*\*\***

We are pleased to offer our first cheer camp run by GEMS Cheer Stars. Our primary objective in offering this camp is to enhance cheerleading skills with a focus on SAFETY in football cheerleading. The fee for this camp is \$40 for all four days and attendance is strongly encouraged. The camp will be held the first week of August practice – Monday, August 3 through Thursday, August 6 from 5:30 p.m. until 8:30 p.m. Following is a sample outline of the camp activities:

1. Warm up/Motion Drills - this enables cheerleaders to perfect and learn the proper motions of cheerleading.
2. Jumps - cheerleaders will learn the different types and how to execute them properly.
3. Tumbling - cheerleaders will work on age appropriate beginner tumbling in groups with a certified tumbling instructor.
4. Stunting - coaches and girls alike will learn age appropriate and proper techniques of basic stunting. With a good foundation and knowledge of stunting there is no telling what the girls will be able to do.
5. Half time routine- The girls will learn their half time routine. Custom music is included and will be provided for each team. Rockets coaches will work with GEMS in development of routine and selection of music.
6. Coaches- There will be one GEMS coach and one GEMS assistant coach per team in addition to Rockets coaches.

## **AUGUST PRACTICES**

Practices will begin Monday, August 3 at Dwyer and run four days/week – Monday through Thursday. The first week in August will be dedicated to the cheer camp outlined above for all teams except Pom Poms. Pom Poms will practice from 6:30pm until 7:30 pm. Girls who choose not to participate in the cheer camp will still be required to attend practice from 6:00 until 8:00 p.m. Starting the second week, practices will run from 6:00 until 8:00 (except Pom Poms) Monday, Tuesday, Wednesday and Thursday. The last practice will be Thursday, August 28. **MAKE YOUR SUMMER PLANS ACCORDINGLY AS THESE PRACTICES ARE FOR THE BENEFIT OF THE GIRLS AND THE TEAM, AND THEREFORE, MANDATORY!**

## **PEP RALLY, GAMES AND OTHER EVENTS**

- Pep Rally –August 28-30 at Peterson Field
- Mayor’s Trophy – September 4 and 5<sup>th</sup> at Peterson Field
- Upper Division MCMFL Cheer Competition (TBA, possibly 10/24 or 11/7)
- Rockaway Bowl – November dates TBA
- Game schedule will be posted at [www.rtrockets.com](http://www.rtrockets.com)

### **PARENT EXPECTATIONS**

- Ensure that your e-mail is included on our lists (rtrockets.com)
- Read parent/child handbook and other important forms (on-website)
- Read emails
- Check website for updates and game schedule/changes
- Ensure child is on time and picked up timely
- Ensure child is prepared with all attire and items needed for each event
- Positively support program
- Fundraising – booster, concession, etc.
- Ensure cheerleaders attend ALL events

**Thank you for your continued support of the Rockets Cheerleading program!**