

NOTES FROM CHEERLEADING PARENT MEETING

8.15.11

Welcome

Welcome to our new and returning parents. Wanted to provide a brief overview of the program and answer any questions you may have.

Introductions

- Eileen (Hillock) and Virginia (Harper Gilmartin) Cheer Co-Chairs.
- Need and encourage your feedback and we continue to expand and enhance the cheerleading program for our town. Would like to have more active volunteers.
- Eileen - daughter Michelle – this is her sixth year in cheerleading. Cheerleader since 2nd grade. Now going into 7th grade. Loves it. Virginia's daughter Angela is in her 2nd year cheering.

Introducing our terrific coaches. All of our coaches are on the Varsity squad at GRHS and volunteer many, many hours for this program. A huge thank you to them and to Sally Bnder, their HS coach for their continued support.

PONY

Team Parents:

- Joanne Marchica
- Lisette Carrillo
- Joyce Silva
- Shari Burke

Coaches: (1st and 2nd grade)

- Caitlyn Gomes
- Gina Pi
- Ciena Yulfo
- Heather Misrok

COLT

Team Parents:

- Samantha Lucci
- Jamie Croake

Coaches: (3rd and 4th grade)

- Jennifer Bae
- Kim Schrettner
- Jenna Weissman

MUSTANG

Team Parents:

- Debbie Franz
- Angela Crawford

Coaches: (5th, 6th, 7th and 8th grade)

- Rebecca Rausch
- Noelle Roy
- Erika Nathanson

Philosophy:

The main purpose of rec cheerleading is to build up support for the games, encourage team spirit, increase athleticism, have fun and seed our GRHS cheer squad ☺.

Rules of the Road:

Girls should want to be here and realize that it is a commitment. Attendance at practices and games is important to develop a cohesive squad. We should be respectful of our coaches – this is all volunteer! And vice versa – the coaches are here because they want to develop a love for the sport and will be patient in training your children. All we ask is that the girls really want to participate and try their best to listen, practice, execute and enjoy!

All girls need to do their best to learn the cheers and the half-time routine. Our coaches will be posting the routine to you tube for reference and will also be documenting the words to the cheers this year.

To Buy:

- BLACK turtle neck
- white socks
- Plain white sneakers (not canvas, they get really dirty!)
- cheerleading sliders in black

Volunteerism

We can't run this program effectively without your help THANK YOU very much to all of our parent volunteers. We have large teams at all levels this year, so we encourage parents to help our coached at practices and events!

Communication:

Website is first source for information www.grifa.com

Second: Team Parents

Third: Coaches (cell numbers are on the website)

League:

Competition includes –

Fair Lawn, Wanaque, Franklin Lakes, Pompton Lakes, Pequannock, Kinnelon, Upper Saddle River, Oakland Cheer @ Home and Away games

First Game – TBD. Please check website for schedule.

Practice Schedule

Mon, Tues, Wed – 8/15, 16, 17 @ Faber Field from 6:30 – 7:45 pm

8/22, 23 and 25 – 6:30 – 7:45 pm

8/29, 8/30, 8/31 6:30 pm – 7:45 pm

Once school starts – one night a week – Wednesdays @ Byrd School beginning 9/7

Pony – 6:15 – 7:15 pm

Colt – 7:15 – 8:15 pm

Mustang – 8:15 -9:15 pm

One parent MUST be present @ each practice, including those here at Faber. The team parent will coordinate the schedule. If someone cannot cover, it is their responsibility to find a replacement, otherwise practice will be cancelled.

Please drop off and pick-up promptly from practice and games. As you can see, they flow from one right into the next. For games, please arrive @ least 15 minutes early. Please make sure there is a parent present for practice before you leave.

Uniforms

Uniform distribution will be coordinated by Marianne Troast and team beginning on 8/22. Cheerleading Uniforms consist of a skirt, a vest, and a sweater, and two pom-poms. All items to be returned at the end of the season. Team parents will coordinate ribbons/hair accessories. There is an End of Year Banquet for each squad.

Picture Day

Held here @ Faber Field on September 13th. Details TBD.

New and Exciting:

- Visit/Clinic from professional Cheerleader(s)
- Coaches will document cheers for practice purposes.
- Half-time dance available on you tube
- Added lifts to routines
- Cheer Showcase on October 30th
- Cheerleader-only apparel available for sale

Apparel:

Kathy Mate and team are coordinating apparel sales this year.

- Cheer tanks are available for sale @ \$20 each..
- Jackets orders will be accepted beginning on 8/22.
- Additional items (sweatshirts,PJs, magnets, etc will be available soon.)

Q&A

Which football teams do we cheer for?

We cheer for the “A” teams. Since our Pony squad is so large, the first graders will cheer for Pony “B” games. It was suggested that during the season each squad cheer for a “B” team game as we as a goodwill gesture and to build team spirit. The teams really appreciate it! This will be coordinated by the team parents. The schedule will be posted on the website.

When are the banners used?

As a tradition, the girls create banners for the Home games and when the team is announced, they break through the banners held up by the girls. It’s fun for all involved. Pam Blazejewski and team are coordinating the banner painting event. Please make sure your daughter wears old clothes that day!

Do they girls cheer in the rain?

Games are not generally cancelled unless there is lightening and heavy rain, so yes! That said, the team parents make the call for each squad. Obviously, safety is our primary concern.

How do I find out if a game is canceled?

Please check the website for updates. The team parents will also send e-mails update, so please check your e-mail if the weather is questionable. For home games, you may call the field hotline for a status on field closures.

Are there any cheer camps/training facilities you’d recommend?

Many parents have expressed an interest in supplemental training (gymnastics/tumbling/etc.) One of our team parents, Samantha Lucci, is researching this. We’ll keep you posted!

What is the website address?

There is a cheerleading sections of the Glen Rock Junrior Football Association website www.grifa.com. You can also follow us on facebook!

You mentioned the Yearbook, what’s that all about?

Each year, the GRJFA creates a yearbook of memories for the Footballers and Cheerleaders. Stephanie Belasco is coordinating that for us in conjunction with the GRJFA. I mention it now to remind you to take pictures throughout the year ☺ for the yearbook.

What can I volunteer for?

We need help in a myriad of areas. If you cannot volunteer, you can opt to pay a fee/donation of \$200. Volunteers are still needed as TEAM PARENTS for the Pony "B" team (1st Graders) and for our practices. In addition, many hands are needed to volunteer at our Snack Stand and to help with apparel sales. Thanks for all your help!

We're looking forward to another great season. Please feel free to contact us or your team parents with any questions.

Sincerely,
Eileen and Virginia