

September 22, 2008

Dear Competition Cheerleader and Parents!

Below you will find all the detailed information (coaches, practice schedule, associated costs, how to qualify, etc.) about the LVF Cheerleading Competition program. Attached are all of the necessary forms needed to enroll your daughter on the team. The competition program opens on October 1, 2008 and concludes on March 15, 2009 with a celebration banquet immediately following.

We have two recreational teams:

Varsity - 4th through 8th grades
Senior West - 9th through 12th grades

To qualify for these teams, the girls need to have cheered in the last two years and are willing to make the commitment to the competition team above other school and sport activities, and to work hard while having fun!

We are proud to announce, that this year we have the support of three experienced coaches along with the assistance for our Varsity Team from four high school students. as "Coaches in Training"

Coaches:

Alyssa Zigarelli – Head Coach. Alyssa has been part of Little Vikings for over 10 years. She ran the Sr. West program last year and assisted Cheryl McCarthy with our Varsity Squad. Alyssa has been cheering most of her life. She cheered with Little Vikings, Brooklawn Middle School, North Stars All Stars, JuST Cheer All stars, Parsippany Hills Football. Alyssa is pursuing a degree in Visual Arts and attends Kean college.

Jillian Roque – Sr. Assistant Coach. Jillian is 22 years old and cheered for Parsippany PAL Comp, Brooklawn Middle School, North Stars All Stars, JuST Cheer All stars, Parsippany Hills Football/Competition/Wrestling, Rider University Basketball. She is a recent Graduate from Rider University with a degree in Psychology. Currently Jillian is working as a youth counselor in a shelter located in Newark. She is going back to school for graduate degree in the spring. Jillian Currently lives right here in Lake Parsippany

Maggie Herzog – Junior Assistant Coach, is 20 years old, she cheered at St. Christopher, Parsippany Hills (football/wrestling/competition). She also cheered at Ramapo College and William Paterson University. Maggie is studying at Ramapo college psychology and literature. She loves cheerleading and comes from a huge family -- great with kids!!

Practice Schedule:

Practices will be held on **Monday and Wednesday** evenings with a Friday night practice on the weekend of a competition. The practices will begin on October 1st and will be held at Brooklawn Middle school. Alternate practice location may be used when school is closed. The season ends after Nationals on March 15, 2009

- 6:00 – 7:30 Varsity
- 7:30 – 9:00 Senior West.

All practices are closed door practices. You are welcome to wait in the hallway. From time to time, the coaches will invite the parents in for the last 15 minutes of practice to let the girls show their parents their progress. If you have your daughter registered in religious education or other school or sports activities on these evenings this will be a conflict, please schedule around these practices. If you have questions or issues regarding the practices, please direct them to Diane Hickey.

Associated Costs/Fees:

Administrative Fee: The admin. fee is **\$100**. This fee covers special cheerleading insurance, entrance fee to approx. 8-10 competitions, end of year banquet and equipment).

Coaching Fee: This year the Coaching Fee will be **\$200**. This fee covers three coaches in our program.

Both the administrative and coaching fees are payable within 3 weeks of registration. We have a fundraising activity planned (sponsor T-shirts) immediately upon registration which is due three weeks from registration to offset these fees. If you choose not to participate in the fundraiser, all fees are due 1 week upon registration.

Equipment: Little Vikings Supplies the Uniform which consists of Vest and Skirt and body liner. The following are the other items required as part of the uniform and are at the cheerleader's expense.

BOW	\$15.00
BRIEF	\$15.00
SNEAKER	\$43.00 for adult and \$31 for youth
SOCK	<u>\$4.25</u> (Same as Football Cheer)
TOTAL	\$119.25

If you have fundraised above the amount required to pay for admin. and coaching fees the remainder will be applied to offset the equipment costs above and/or go into the LVF Competition account.

Total Costs: If you are a new member, the maximum total cost for the items above to be a part of this program is approx. **\$419**. (Does not include Nationals in Wildwood, associated hotel Costs and entrance fees to competitions for family and friends) However, we believe that these fees and costs mentioned above are achievable with the fundraising activity you will have three weeks to complete after time of registration.

Fundraising:

The success and continuation of this program is built on parent and cheerleading participation. We have one major fundraising project a year (along with smaller activities), which is when we host over 50 cheerleading teams across New Jersey. This year our competition is on February 21, 2009. **This is mandatory for all cheerleaders and parents please save that date on your calendar now.**

With the money raised from last year's event, we are planning to purchase new warm up jackets for the varsity team as part of their uniform, paying for all body liners and we are purchasing new uniforms for the West Team. Next year we hope to complete the warm up with pants and purchase Jackets and Pants for West.

Cheerleading Competitions:

It is our goal to compete at approximately 10 competitions beginning in January and keep them within a fairly local driving distance. The only competitions that are further will be State Competition in Trenton, NJ and Nationals in Wildwood NJ. The competitions are mostly held on in the morning through mid afternoon. Since the competition are held on Sundays, if you have you daughter registered in religious education or other activities on Sundays this will be a conflict.

State and National Competition

Every year the girls compete at the Sovereign Arena in Trenton NJ. This competition hosts well over 150 teams across the state and is a wonderful and memorable experience.

This year we would like to compete at the National Level and we are considering a competition held at the Wildwood Convention Center in Wildwood NJ. This will require a two night stay at a hotel. The entrance fee for the girls is covered by Little Vikings however, the cost for Hotel and Meals are not as well as the entrance fee for spectators. We will try to use part of the money raised from the February event to offset some of the costs.

The competition squad is a more intense program than our football cheerleading program. Due to the nature of the complex stunts the girls will be performing, practices are mandatory as well as all competitions and may mean possibly giving up other activities for the sake of the team. As a parent, please be sure when you sign your daughter up for this program, you and her are willing to make that commitment and you are willing to support your daughter's commitment to the team. The Parsippany Hills Little Vikings competition teams have a great reputation as a winning team and one that promotes teamwork & commitment for all those that are interested regardless of their cheerleading skills.

I hope that we have answered all of your questions regarding the program. We look forward to your joining our teams and being a part of the Parsippany Hills competition cheerleading family as we begin another great season!!

Diane Hickey
President
Little Vikings Cheerleading

Alyssa Zigarelli
Head Coach
Little Vikings Cheerleading



LITTLE VIKINGS COMPETITION CHEERLEADING REGISTRATION FORM

NAME: _____ GRADE: _____

ADDRESS: _____

HOME PHONE: _____ CELL: _____

MOTHERS NAME: _____ FATHERS NAME: _____

SCHOOL: _____

PARENTS EMAIL: _____ @ _____

CHEERLEADERS EMAIL: _____ @ _____

EMERGENCY CONTACT: _____

PHONE NUMBER: _____

ADMIN FEES \$100

(Admin fees cover insurance and entrance to approx. 10 competitions, end of year banquet). If you choose not to do the fundraiser, this payment can be made in full at time of registration.

Please make check payable to LVF Cheerleading

COACHING FEES \$200

Coaching fee is required within one week of registration. If you choose not to fundraise, it must be paid in full at time of registration. **Please make check payable to Alyssa Zigarelli.**

IF YOU LEAVE THE PROGRAM, ALL FEES ARE NON REFUNDABLE



2008/2009
CHEERLEADING EQUIPMENT AND EXPENSES

IF YOU HAVE CREDIT FROM YOUR FUNDRAISING ACTIVITY, LVF CHEERLEADING WILL APPLY IT TO ANY OF THE ITEMS LISTED BELOW.

CHEERLEADER NAME: _____

	<u>Quantity</u>	<u>Total</u>
COMPETITION BOW	\$13.95 X _____	= _____
SILVER BRIEF	\$15.00 X _____	= _____
COMPETITION SNEAKER	\$43 adult and \$31 youth	
	X _____	= _____
SNEAKER SIZE _____		
SOCK (same as football)	\$4.25 X _____	= _____
	TOTAL	\$ _____

CHECK# _____

T SHIRT SIZE: _____ (Please specify Y for youth and A for adult)

All Items are Non-returnable/Non Refundable

Do not write below this line.

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VEST SIZE: _____ SKIRT SIZE _____ BODY LINER _____



UNIFORM

The uniform consists of: Vest, Skirt and Body Liner. Any damage to any part of the uniform may result in fees charged to you to fix/clean the uniform.

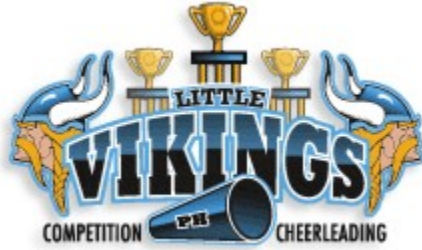
A deposit check of \$300 dated **3/30/2009** must be given to receive your uniform. This form, along with your check will be returned to you when your uniform is turned in. Failure to turn in your uniform will result in your \$300 check being cashed.

Upon returning your uniform, please make sure that the uniform is **CLEAN** and placed in a bag with your daughters name clearly marked on the outside. Please do not put damp uniforms in the bag, all uniforms must be fully dried.

A \$25 FEE WILL BE CHARGED FOR UNIFORMS THAT HAVE NOT BEEN CLEANED.

Thank you for your cooperation

Little Vikings Cheerleading



2008/2009
UNIFORM ACKNOWLEDGEMENT

I have read the Uniform Instructions and have received the vest, skirt, and body liner. I will return these items cleaned and in good condition at the end of the Season. I understand that failure to turn in these items will result in your \$300 check being cashed.

Cheerleader Name: _____

Squad: Varsity _____ West _____

Check # _____ Parent's Signature: _____

Date Received: _____

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Write below this line when uniform is returned

Date Uniform Returned: _____

Check Returned _____

Condition of Uniform _____



LITTLE VIKINGS
2008/2009 CHEERLEADING MEDICAL WAIVER

Name _____ Date: _____

Parent/Guardian Name: _____ Phone # _____

Health Insurance Company: _____ Policy #: _____

Family Doctor: _____ Phone #: _____

Have you had any serious illness, surgery or injury?: _____

Do you have any medical problems or allergies that may interfere with Competition Cheerleading: _____

Medical treatment Authorization and Liability Release

I understand that there are risks of physical injury (including but not limited to cuts, sprains, broken bones and/or catastrophic injury) associated with, arising out of and inherent to cheerleading. In recognition of this acknowledged risk of injury, I knowingly and voluntarily waive all rights and/or causes of action of any kind, including any and all claims of negligence, arising as a result of such activity from which liability could accrue to Little Viking Cheerleading, its officers, instructors, parents and all affiliated entities (hereinafter collectively referred to as "LVF").

I hereby agree to release LVF and hold LVF harmless of all liability, and hereby acknowledge that I knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in this event on behalf of the participant. I am aware that this is a release of liability and acknowledgment of my voluntary and knowing assumption of risk of injury. I have signed this document voluntarily and of my own free will in exchange for privilege of participation.

If I am a minor, my parent and/or legal guardian has signed this document releasing LVF from any and all such liability described above and has acknowledged that I am knowingly and voluntarily assuming all risk of injury inherent to this activity/event.

The above named has my permission to participate in the LVF cheerleading season. I warrant the above information is complete and correct. I have completely read and understand the above release information. I hereby authorize LVF officers, instructors, and coaches to act in my behalf to provide emergency medical treatment. I further release LVF of all liabilities associated with my child's participation in the Little Viking Cheerleading Season.

Parent/Guardian Signature

Date



Little Vikings Cheerleading
2008/2009 Season
Photo Release Form

I do hereby grant permission to Little Vikings Football Cheerleading, and others working under its authority, full and free use of video/photographs containing my image/likeness. I understand these images may be used for promotional, world wide websites, and/or educational purposes.

I hereby release, discharge, and hold harmless Little Vikings Football Cheerleading from any and all claims, demands, or causes of action that I may hereafter have by reason of anything contained in the photographs or video.

I do further certify that I am either of legal age, or possess full legal capacity to execute the foregoing authorization and release.

Name (please print)_____

Parent's/Guardian's Name (please print)_____

Signature_____

Date_____

Home Address_____

Parent(s) Address (if different from home address) :
