

## LITTLE VIKINGS

# 4<sup>th</sup> ANNUAL CHEERLEADING COMPETITION

Saturday, February 21, 2009

PARSIPPANY HILLS HIGH SCHOOL

20 Rita Dr. Parsippany, NJ

(Directions enclosed)

FOR ALL SCHOOL AND RECREATION SQUADS

The Entry fee is \$125 per team, per division

ENTRY FEE \$100 IF YOU REGISTER BY January 15, 2009,

NO REFUNDS AFTER FEBRUARY 15, 2009.

**GENERAL ADMISSION: \$8.00**

If you have any questions, please contact Alyssa Zigarelli @ [xxzigsxx@aol.com](mailto:xxzigsxx@aol.com) or call (973) 476-8355 or Diane Hickey at [dianehickey@optonline.net](mailto:dianehickey@optonline.net) or (973) 975-3750

**PLEASE READ AND ADHERE TO THE FOLLOWING:**

**Sportsmanship is encouraged by Little Vikings Cheerleaders and Staff.**

**Any team, coach or fan displaying unsportsmanlike behavior will be asked to leave.**

### Safety:

All Grammar, Recreation, and High School teams will follow National Federation Rules.

There will be a 5 point deduction for each infraction.

### Practice:

Teams should report 1 hour prior to their mat time. (If you arrive late, you may not receive mat time).

We will provide a back gym for warm up and mat time.

We will have stations and the times slots will be given when your teams enters on the day of the competition.

### Floor:

All teams will be performing on a Gymnastic Floor approximately (42x54)

### Music:

All music must be on a good quality cassette or CD. Please bring a backup copy.

### Score Sheets:

Will be sent with confirmation

### Awards:

Trophies will be awarded in each division-number of places will be determined by the number of teams in each division.

1-3 teams 1<sup>st</sup> place  
4-5 teams 1<sup>st</sup>/2<sup>nd</sup> place  
6 and over 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> place

- Individual awards will be given to all first place teams.
- The Highest Overall Score of the day will be named Grand Champion and will receive the Grand Champion Trophy.

\* Divisions may be combined if less than 3 teams in that division-(we will notify).

### Judges:

Judges will be from the Metropolitan Cheerleading Judges Association

### Performance Order:

Order of appearance will be determined by postmark-first received is last to perform.

Mat and start time will be sent with your confirmation closer to competition date .

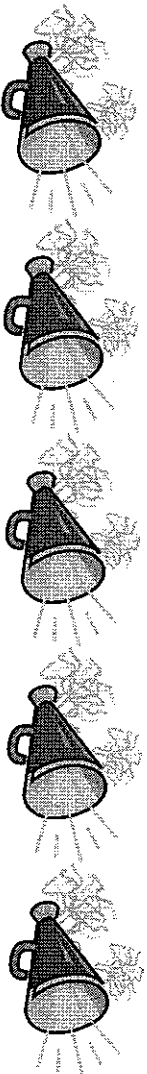
### Time:

Each Cheer team will present (1) cheer/dance not to exceed the (3) minute time limit. Any combination of cheer or dance is permitted.

### Locker Rooms:

Locker rooms will be provided for changing. Only coaches and team members allowed. Please do not leave any valuable in the locker rooms, as we cannot be held responsible for lost items.

**PROOF OF  
INSURANCE MUST BE  
SUBMITTED WITH  
REGISTRATION FORM**



# Little Vikings Invitational Cheerleading Competition

Registration Form for School and Rec Squads (One Form Per Team)

Please duplicate as needed if entering multiple teams. **PROOF OF INSURANCE REQUIRED WITH**

## REGISTRATION FORM

School/ Group Name: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_ Ext. \_\_\_\_\_

Coach (es) Name: \_\_\_\_\_

Coach Address: \_\_\_\_\_

Coach Phone: Day- \_\_\_\_\_ Evening- \_\_\_\_\_

Coach email address: \_\_\_\_\_

Squad Colors: \_\_\_\_\_

Number of Squad Members: \_\_\_\_\_ Number of Coaches: \_\_\_\_\_  
(2 coaches per team will be admitted for free—all others must pay admission)

### School and Rec Divisions: Please Check One

- Up to 2<sup>nd</sup> Grade Grammar School Mini (Public and Parochial)
- Up to 4<sup>th</sup> Grade Grammar School Youth (Public and Parochial)
- Up to 6<sup>th</sup> Grade Grammar School JV (Public and Parochial)
- Up to 8<sup>th</sup> Grade Grammar School Small Varsity (up to 20 members) (Public and Parochial)
- Up to 8<sup>th</sup> Grade Grammar School Large Varsity (21 or more members) (Public and Parochial)

- Up to 3<sup>rd</sup> Grade Rec-Mini
- Up to 5<sup>th</sup> Grade Rec-Youth
- Up to 7<sup>th</sup> Grade Rec-JV
- Up to 9<sup>th</sup> Grade Rec-Small Varsity (up to 20 members)
- Up to 9<sup>th</sup> Grade Rec-Large Varsity (21 or more members)
- Up to 12<sup>th</sup> Grade Rec-Small Senior (up to 20 members)
- Up to 12<sup>th</sup> Grade Rec-Large Senior (21 or more members)

- Up to 11<sup>th</sup> Grade HS-JV
- 9<sup>th</sup> Grade-12<sup>th</sup> Grade Small Varsity (up to 12 girls)
- 9<sup>th</sup> Grade-12<sup>th</sup> Grade Medium Varsity (13-16 girls)
- 9<sup>th</sup> Grade-12<sup>th</sup> Grade Large Varsity (17-20 girls)
- 9<sup>th</sup> Grade-12<sup>th</sup> Grade Mega Varsity (21-28 girls)
- 9<sup>th</sup> Grade-12<sup>th</sup> Grade Super Varsity (29 girls and over)
- 9<sup>th</sup> Grade-12<sup>th</sup> Grade Co-Ed Varsity (2 or more males)

We will combine sizes (small/medium/large) if there are fewer than 3 teams in a division

\_\_\_\_\_ teams x \$125 = \_\_\_\_\_ total enclosed

\_\_\_\_\_ teams x \$100 = \_\_\_\_\_ total enclosed (if registered prior to January 15, 2009)

Please make checks payable to LVF CHERLEADING

Send to : LVF Cheerleading

c/o Diane Hickey  
3 Gunston Court  
Morris Plains, NJ 07950

**PROOF OF INSURANCE MUST  
BE SUBMITTED WITH  
REGISTRATION FORM**



## LITTLE VIKING CHEERLEADING

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

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").

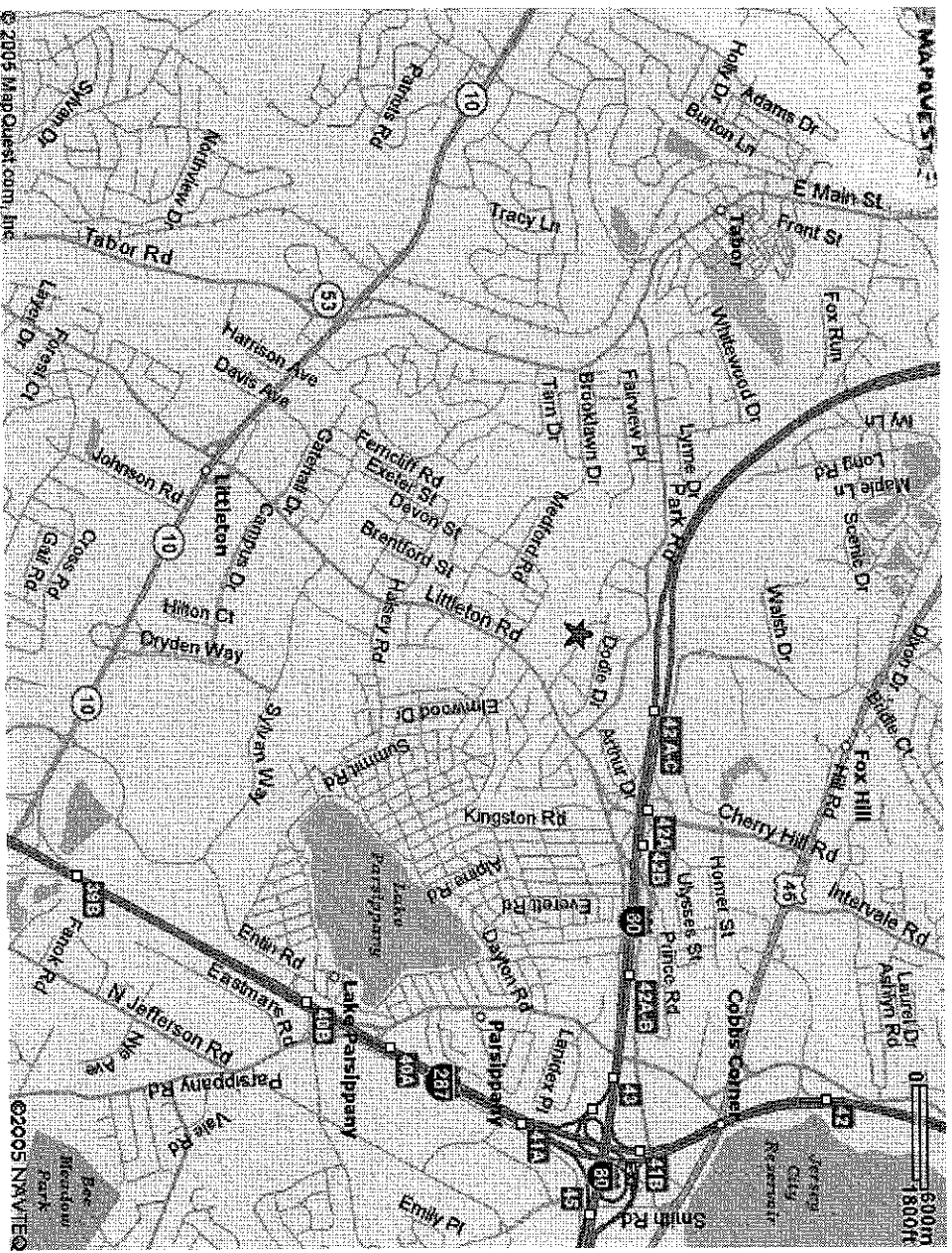
I hereby agree to release LVF and hold LVF harmless of all liability, and hereby acknowledge that I knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in this event on behalf of the participant.

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 competition. 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 Competition.

\_\_\_\_\_  
Parent/Guardian Signature Date



**From Route 287 and Route 10:**

Take Route 287 to Route 10 west. Exit off of Route 10 onto Route 202 North/Littleton Road. At the 4<sup>th</sup> light, make a left onto Rita Drive. Follow to school. Parking in the front and back of the school. Gym entrance in the back.

**From Route 80:**

Take Route 80 to the Route 202 South/Littleton Road Exit 42. At the second light, make a right onto Rita Drive. Follow to school. Parking in the front and back of the school. Gym entrance in the back.

**PLEASE BE SURE YOU ARRIVE AT PARSIPPANY HILLS HIGH SCHOOL (NOT PARSIPPANY HIGH)**