

NEW UPDATED!!
Fort Defiance – VCA Cheer 2019

Subject to change by Commissioner

Commissioner: Felicia Roberts – 540-430-4327 – feliciavcacheer@gmail.com

Assistant Commissioner: Brittany Jefferson- 540-280-0774 – brookiesmom2811@gmail.com

Flag Head Coach: Charity Hamer – 540-480-0265 – charityhamer@gmail.com

Midget Head Coach – Denise Markley – 540-746-0700 – densie_markley@yahoo.com

Junior Head Coach – Mary Satterlee – 434-258-0193 – maryelizabethsatterlee@gmail.com

Senior Head Coach – Jessica Adams – 540-490-0511 – 77jessielynn@gmail.com

Concession Stand Commissioner – TBA

(All families will need to check in with Concession Stand Commissioner for concession stand sign ups)

MIDGET-JUNIOR-SENIOR --PRACTICE SCHEDULE:

- 1st practice is July 29, 2019
July 29–August 2 practice is every evening from 6 pm to 8 pm – **no practice on back to school orientations**
STARTING AUGUST 5 – we practice Mondays, Tuesdays and Thursdays –6 pm – 8 pm at VES
- After our 4th game we will practice on Tuesdays and Thursdays from 6:00 PM – 8:00 PM (location to be announced)

FLAG--PRACTICE SCHEDULE:

- 1st practice is July 29, 2019
July 29–August 2 practice is every evening from 6 pm to 7 pm - **no practice on back to school night**
STARTING AUGUST 5 – we practice Tuesdays and Thursdays – 6 PM – 7 PM at VES
After first week of practice we will practice on Tuesdays and Thursdays from 6:00 PM – 7:00 PM at Verona Elementary School.
- After our 4th game we will practice on Tuesdays from 6:00 PM – 7:00 PM (location to be announced)

****Please remember I will inform coaches if practice is cancelled due to inclement weather. I will reach out to you. Please do not bombard us with calls and texts. We will work diligently and will get you notified as soon as a decision is made. We try to make sure we are making the correct call since we want your cheerleaders to practice at all possible times. PLEASE BE SURE TO GO TO VCASPORTS.COM AND REGISTER YOUR EMAIL AND BE SURE WE HAVE YOUR CORRECT NUMBERS SO WE CAN CONTACT YOU.**

**** Please remember all commissioners and coaches are all volunteers. We all work full time jobs and may be unavailable at certain times during the day.**

****ALL CHEERLEADING FEES MUST BE PAID BY THE FIRST GAME WHICH IS AUGUST 24, 2019. IF NOT, YOUR CHEERLEADER CAN NOT CHEER UNTIL FEES ARE PAID OR ARRANGEMENTS HAVE BEEN MADE WITH FELICIA.**

REMINDERS AT PRACTICE:

- Arrive on time
- Hair up in ponytail or tied back
- Proper clothing and tennis shoes
- No jewelry unless stud earrings
- Bring water and no gum or candy
- CHEERLEADERS PLEASE USE RESTROOM BEFORE COMING TO PRACTICE

UNIFORMS: - Shoes, and white socks will need to be purchased by Date TBA for picture day

Skirts, shell tops, bloomers, hairbows will all be provided by VCA. PLEASE REMEMBER THESE UNIFORMS ARE VERY EXPENSIVE (ROUGHLY \$80 PER CHILD) PLEASE TAKE CARE OF THEM AND KEEP THEM CLEAN

PARENTS ARE RESPONSIBLE FOR ALL WHITE TENNIS SHOES, WHITE ANKLE SOCKS, BLACK BODY SUIT (WILL NEED TO BE PURCHASED FROM OMNI CHEER) AND TIGHT BLACK LEGGINGS

Omnicheer.com – Item # BR300 cost is \$15.99 – black – order to your size – this is necessary for competitions – 1-800-299-7822.

Also we will collect \$4.00 from each parent for competition bows that will be worn for competition

GAME REMINDERS:

- Arrive 30 minutes prior to game and meet coach and designated spot
- Wear proper uniform (clean and tidy) and hair tied back
- No jewelry unless stud earrings
- Bring water
- Always show good sportsmanship.

ATTENDANCE:

It is important to attend all practices and games, however we understand that things come up. If you are unable to attend practice or a game please let the coach know as soon as possible. Please also be sure to check your child in with your coach and check out with them when leaving with your child. Safety is our number #1 goal. **COMPETITION – remember this is optional. Competition is a team effort so if you miss practice the whole team can not complete their routine practice since each cheerleader plays a vital role in this effort. As of August 12th 2019 if your cheerleader misses a practice without a doctors note (unless already approved for vacation etc) they will NOT participate in competition.**

COMPETITIONS:

We will participate in 2 competitions this season

1st - @ Riverheads High School – October 6, 2019

2nd @ Waynesboro High School – November 10, 2019

FUNDRAISERS:

We will be doing some fundraisers this year again. Keep in mind that bows, uniforms, pom poms, field cost, referees, bloomers, etc are very expensive. We will have the following fundraisers for the 2019 season

Chubby Chincos bracelets – lets face it what girl doesn't like bracelets or any family member for that fact. We will start this fundraiser with catalogs and money will be due upon order. VCA gets a percentage of the sale to go toward our costs.

Spirit Wear - again this year we will be selling spirit ware t-shirts, long sleeve t-shirts, hats, sweatshirts. These items will have our 2019 logo on them and you can choose to have them personalized.

Thirty One bags – please see your coach or visit vcasports.com for details

PLEASE SEE YOUR COACH OR FELICIA FOR DETAILS

Important Dates:

Picture day – TBA

Little League night at Fort High – TBA

August 24 – First game

October 5 - Homecoming

October 6 – Competition at Riverheads

October 26 – Playoff game #1

November 2 – Playoff game #2

November 9 – Super Bowl @ Staunton

November 10 – Competition at Waynesboro

Awards ceremony – TBA

