**Welcome to Buccaneer Football Cheer**



**We are so happy to have you on the squad!**

So you have decided to be a cheerleader? Congratulations!!! We are so happy to have you and hope to make this a very successful year for the Squad. Here are a few fun facts before you get started.

The CSSU Buccaneer Football team has been established for several years now. The team was started only four years ago and has been growing ever since. Cheerleading is a lot of fun! It takes practice to become a good cheerleader. Your coaches have all been cheerleaders. Kyla cheered for CVU, Castleton University, and is currently on a Semi-Professional cheer team called Storm for both football and basketball. The assistant coaches are all cheerleaders too! Between all of us, we have years of experience in cheerleading!

**Characteristics and Qualities of Good Cheerleaders**

This year we are looking for the following qualities in our squad members:

**Enthusiasm:** Showing an enjoyment and excitement for the team both on and off the field!

**Coach-ability**: Willingness to take constructive criticism, being respectful to coaches and others, incorporating what coaches are telling you. Listening! Being flexible and understanding when coaches make changes.

**Voice:** Cheerleaders need to be loud!!!!!!! You need to have a strong, clear voice that is not too sing-songey! Please practice this.

**Teamwork**: Being supportive and enthusiastic about working with the entire team and coaches. Being positive toward team members and trying to spend time together as a team.

**Initiative:** Offer suggestions and ideas to the team. Take on new things and opportunities to better yourself.

We will be discussing these with you at the beginning of the season. We will provide every opportunity for the girls to learn cheers, stunts, and dances.

**Cheer Expectations**

* **Attendance:** We as coaches expect cheerleaders to be dedicated to this sport. While we understand that there are times you will need to miss practice due to illness, appointments, and family obligations, we need to be informed ahead of time if you will not be at practice. *While cheers and dances can be learned anytime, stunting has defined responsibilities and when girls are missing it affects their “pod” and can possibly prevent the other girls from participating.*
* **Proper Attire:** Please come to practice in the appropriate clothing. This means t-shirts, athletic shorts/warm-up pants, and NO JEWELRY. Please do not wear your cheer shoes (unless they are regular white sneakers) outside of the turf/gym. With the stunting we do, jewelry can be ripped out. This is not only dangerous to you, but to your “pod”.
* **Hair:** All hair should be in ponytails or kept short so it is out of your face. This is for both games and practices.
* **Nails:** All nails need to be kept short. Again, the stunting we do is very physical and can cut and dig into the other girls in your “pod”.
* **Cell Phones:** There is absolutely no cell phone use during practices or games. If an emergency occurs I ask that you talk to a coach and ask to borrow theirs. This being said, please do not bring your cellphone to practice unless there is a family emergency where it is needed to keep you in the loop.
* **Transportation:** You are expected to arrange your own transportation to and from games and practices.
* **Preparedness:** Bring a water bottle and already come dressed to practice with the exception of cheer shoes. The more prepared you are for practices, the more we can try to learn!
* **Timeliness:** Please arrive on time. We begin each practice with warm-up and stretching. This is important for all the things we do during practice so that injuries can be prevented.
* **Cheer Standards:** When cheerleaders are in uniform, they need to adhere to the high standards we have discussed with them. They need to show pride for their squad and the team they cheer for, their school, and themselves. This means no inappropriate behavior, foul language, or PDA when in and on the sidelines.

**Cheer Schedule**

Practices will be 2-3 Monday, Wednesday, and Saturday or Sunday (Days are subject to change depending on availability of the athletes. We will be meeting from 6-7:30 PM (Time is not subject to change for weekdays. I work until 5 on the weekdays. Weekends will be earlier in the day.) at the CVU football field. In case of rain, we will practice at CVU either under the covered walkway behind CVU or in the Mini-Gym on the 2nd floor of CVU.

If you are truly serious about cheering once you get into high school, I strongly suggest taking gymnastics, dance, or join an all-star cheer and go to cheer camps out of season. That way you can keep up your cheering skills.

**Games**

Cheerleaders NEED to come prepared with a water bottle, snack, full uniform (tops, skirts, warm-up jacket, black long sleeved athletic top/Under Armor, spandex shorts, black pants and leggings (in cold weather), short white socks, clean (or as clean as they can be) white sneakers/cheer shoes, and hair bows). NO JEWELRY.

**Fundraising**

We will be doing some fundraising this year. I have many ideas and am looking for more, so if you have any let me know!

**Communication**

In the past we have mostly relied on email for communication. The team website is still up (will be updated soon). We also have a Facebook page. Please visit the website and ask to join the Facebook page if you are not already on it. All information about practice changes, game times, and other scheduling stuff will be posted there. If you need to reach me or another coach, please call or email me. My number and email will be on both the website and Facebook page.

**Community Service**

We will be doing some Community Service as a team. As always, we will be cheering for the Making Strides Against Breast Cancer Walk in South Burlington in October, and maybe a few other opportunities if they come up.

**Team Bonding/Activities**

I would like to do a few team bonding outings and activities this year! I have a few ideas for those, but if you have ideas of your own, once again, feel free to share them with me!



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