

Immaculata High School Cheerleading Program
2014 - 2015 Season Documents

Please print and fill out the following documents.

*Once they are complete please drop off to the athletic office by **July 1, 2014.***

Remember, the summer office hours are 9:00 am - 1:00 pm!

If you have any questions please do not hesitate to call or email Tori Pinciotti with any questions.

Email: vpinciotti@gmail.com

Phone: (908) 304 - 4011

Student Athlete contact information

Athlete name: _____ Year in school: _____

Team(s) on: Varsity FB Varsity BB JV FB JV BB

Athlete phone number: _____ Summer Tumbling: (Y/N)

Athlete email address: _____ Season Tumbling: (Y/N)

Parent/ guardian contact information

Parent/guardian name: _____ Phone Number: _____ (H/C)

Home address: _____

Committees interested in participating on: (please circle)

Banquet (FB/ BB)

Senior Night (FB/BB)

Fundraising (FB/BB)

Game Dinners (FB)

Competition Breakfasts (BB)

Nationals (BB)

Your information packets contains: ** Pages to be returned to the athletic office by July 1, 2014 **

Page 1 **Contact information sheet ****

Page 2 - 3 **Mission Statement ****

Page 4 Coach and school contact information

Page 5 - 8 **Apparel order sheets (There is one order form to be paid to Personalized Paraphernalia and one to Immaculata UG) ****

Page 9 - 12 Camp information and breakdown of schedule so far. Includes, but is not limited to: Practice/ Game/ Competition Schedule

Page 13 Nationals Information

Page 14 **Waivers to fill out and return (UCA camp, Evolution) ****

Immaculata High School Cheerleading Program 2014 - 2015 Mission Statement

The mission of the Immaculata Cheerleading Program is to provide all participants with an athletic and competitive environment while promoting teamwork, dedication, and self-discipline in a positive setting.

***Listed below are some of the rules and regulations of the Cheerleading Program.
Defiance of such rules can lead to immediate dismissal at the discretion of the coach.***

1. Team Parties
 - a. Team parties should be held on Friday, Saturday, and Sunday nights in order to minimize the conflict with homework. There are to be no alcoholic beverages at these functions.
2. Cheerleaders should not:
 - a. Consume a beverage containing alcohol
 - b. Use tobacco in any form
 - c. Use or consume, have in possession, buy, or sell or give away any other controlled substance
 - d. Conduct themselves in inappropriate behavior while in cheerleading apparel, warm-ups, or uniforms.
3. Hazing
 - a. Hazing in any form, either mental, or physical, will not be tolerated. No one, no matter what grade or year on the team has to 'earn her way' onto a team by submitting to ridicule from members of the team. It is the duty of each member to discourage this behavior and all cheerleaders associated with the incident will suffer the consequence.
4. Communication
 - a. Parents are encouraged to contact coaches with questions regarding the practice/ game/ competition schedule, parent related events, and fundraising. Questions pertaining to these should not be discussed during games and/or competitions. It goes against our school's good sportsmanship code to speak negatively about team strategy, and other student athletes.
 - b. Cheerleaders are expected to notify coaches of any schedule changes well in advance. AS part of the educational experience, cheerleaders are to notify the coaches in writing through email.
5. Arrival and Departure
 - a. Cheerleaders are to arrive 15 minutes prior to the beginning of the scheduled time. (If arrival time is 5:00, athletes should arrive at 4:45 to set up, get changed, and begin stretching)
 - b. All practice and game sites, locker rooms, and buses should be cleaned before any cheerleader leaves. It is the responsibility of the cheerleaders, not the coach, to throw away trash, return any items and put away mats after an event. All athletes may leave when the facility is cleaned and they have been dismissed by the coach.
6. Practices
 - a. All practices are mandatory. Unexcused absences can lead to a suspension or dismissal from the team.
7. Nationals

- a. If a cheerleader chooses to leave the group without permission from coach or chaperone she forfeits her position on the team and must be escorted home by a parent or legal guardian.
8. Registration Fee
- a. A registration fee of **\$100.00** will be used towards general season needs. This includes, and is not limited too, replenishment items for Football and Basketball cheerleading, competition fees and spirit items for games and Immaculata High School events.
No refunds will be given for payments or fees.

In recognition and compliance with the rules listed above please sign and return to athletic office.

DUE: July 1, 2014

Cheerleader _____

Date _____

Parent/ Guardian _____

Date _____

Immaculata High School Cheerleading Program
2014 - 2015 Coaches' Contact Information

Please contact coaches first via email

Varsity Contacts:

Tori Pinciotti

Email: vpinciotti@gmail.com

Phone Number: (908)304-4011

Amanda Cahill

Email: ihscheer.akahill@gmail.com

Phone Number: (908)451-4638

Marquis Johnson

Email: marq.johnson@gmail.com

Phone Number: (609)481-0169

Junior Varsity Contacts:

Hanna Factor

Email: hannajfactor@gmail.com

Phone Number: (908)625-1157

Julianne Silva

Email: juliannemsilva4@gmail.com

Phone Number: (908)217-3242

IHS Athletic Director:

Tom Gambino

Athletic Office Email: athletics@immaculatahighschool.org

Athletic Office Phone Number: (908)722-0200 ext. *115

Immaculata High School Cheerleading Program
2014 - 2015 Season Order Form - Personalized Paraphernalia

*If you have any questions please do not hesitate to call or email Tori Pinciotti
with any questions.*

Email: vpinciotti@gmail.com

Phone: (908) 304 - 4011

**Checks should be made out to: Personalized
Paraphernalia and delivered to the athletic office by
July 1, 2014**

Name _____

Team(s) circle: Varsity FB JV FB
 Varsity BB JV BB

CAMP APPAREL - Required for all Cheerleaders

*You can purchase any of the following camp and practice outfits, but please make sure to have your required team outfit for camp and season practices. * Please reference the Summer camp schedule for dates your team will be attending camp*

Item	Price	Quantity	Size top	Size bottom	Total
Football Day 1 outfit & bow	\$40.00				
Football Day 2 outfit & bow	\$35.00				
Basketball Day 1 outfit & bow	\$35.00				
Basketball Day 2 outfit & bow	\$35.00				
Basketball Day 3 outfit & bow	\$40.00				

Total:

Name _____

VARSIITY - Football & Basketball

Please look below at the following items for purchase. Optional order sheets will come during the season for additional items. Everything listed here is required.

*** Basketball/ Competition only**

Item	Price	Quantity	Size	Total
Navy Boyshort Briefs (required: 1 suggested 2)	\$ 15.00			
Navy turtleneck Body suit	\$ 25.00			
¼ zip warm up (New item!)	\$ 50.00			

Total:

JUNIOR VARSITY - Football & Basketball

Please look below at the following items for purchase. Optional order sheets will come during the season for additional items. Everything listed here is required.

Item	Price	Quantity	Size	Total
Navy Boyshort Briefs (required: 1 suggested 2)	\$ 15.00			
Navy turtleneck Body suit	\$ 25.00			
Duffel Bag	\$ 50.00		N/A	
¼ zip warm up (New item!)	\$ 50.00			

Total:

Immaculata High School Cheerleading Program

2014 - 2015 Season Order Form - Immaculata UG

*If you have any questions please do not hesitate to call or email Tori Pinciotti
with any questions.*

Email: vpinciotti@gmail.com

Phone: (908) 304 - 4011

**Checks should be made out to: Immaculata UG
and delivered to the athletic office by
July 1, 2014**

Name _____

Team(s) circle: Varsity FB JV FB
Varsity BB JV BB

Varsity - Football & Basketball *Please look below at the following items for purchase.*

Optional order sheets will come during the season for additional items. Everything listed here is required.

* Basketball/ Competition only

Item	Price	Quantity	Size	Total
Camp Rental Fee	\$ 125.00	1	N/A	
* Stunt and Performance Camp Fee	\$ 350.00	1	N/A	
Bows for the season (New Item!)	\$ 25.00		N/A	
Sneakers (New Item!)	\$ 75.00			
Backpack (New item!)	\$ 55.00		N/A	
* Poms (New Item!)	\$ 25.00	1 pair	N/A	
* Socks (New Item!)	\$ 12.00			
Registration Fee	\$100.00			

Total:

Name _____

JUNIOR VARSITY - Football & Basketball

Please look below at the following items for purchase. Optional order sheets will come during the season for additional items. Everything listed here is required.

* Basketball

Item	Price	Quantity	Size	Total
Camp Rental Fee	\$ 125.00	1	N/A	
* UCA Camp Fee	\$150.00	1	N/A	
Bows for the season (New Item!)	\$ 25.00		N/A	
Sneakers (New Item!)	\$ 75.00			
Registration Fee	\$100.00			
* Poms (New Item!)	\$ 25.00	1 pair	N/A	

Total:

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Immaculata High School Cheerleading Program 2014 - 2015 Season Schedule

If you have any questions please do not hesitate to call or email Tori Pinciotti with any questions.

Email: vpinciotti@gmail.com

Phone: (908) 304 - 4011

This schedule is tentative and is subject to change. We are working on getting events on the athletic calendar so you only have to check one location for updates and changes!

Summer Practices - In the month of July, we will be practicing twice a week at Holy Family in Bound Brook. Amanda Cahill will be running these practices. These practices are only for Varsity competition athletes.

We are in the process of finalizing these dates, but here is what we have requested

Date	Location	Time
Wednesday July 2, 2014	Holy Family, Bound Brook	10:00am - 12:00pm
Thursday July 3, 2014	Holy Family, Bound Brook	10:00am - 12:00pm
Tuesday July 8, 2014	Holy Family, Bound Brook	10:00am - 12:00pm
Thursday July 10, 2014	Holy Family, Bound Brook	10:00am - 12:00pm
Tuesday July 15, 2014	Holy Family, Bound Brook	10:00am - 12:00pm
Thursday July 17, 2014	Holy Family, Bound Brook	10:00am - 12:00pm
Thursday July 24, 2014	Holy Family, Bound Brook	4:30pm - 6:30pm
Friday July 25, 2014	Holy Family, Bound Brook	4:30pm - 6:30pm
Tuesday July 29, 2014	Holy Family, Bound Brook	4:30pm - 6:30pm

Summer Tumbling - This required weekly tumbling sessions are being offered by Evolution cheerleading gym. These sessions are for Varsity & Junior Varsity athletes. Amanda Cahill will be attending.

* Payment through Evolution Cheerleading Gym. (\$90.00) Contracts will be sent out via email. *

Date	Location	Time
Wednesday July 9, 2014	Evolution Cheerleading Gym	7:30pm - 9:00pm
Wednesday July 16, 2014	Evolution Cheerleading Gym	7:30pm - 9:00pm
Wednesday July 23, 2014	Evolution Cheerleading Gym	7:30pm - 9:00pm
Wednesday July 30, 2014	Evolution Cheerleading Gym	7:30pm - 9:00pm

Parent / Cheerleader Meeting - a time for parents and cheerleaders to meet with coaches and discuss the season and answer any questions before camp. There will be a meeting following to break up into parent volunteer groups and plan for the year.

Date	Location	Time
Tuesday July 22, 2014	Cafeteria	6:00pm - 7:30pm
Tuesday July 22, 2014	Cafeteria	7:30pm - 8:30pm

Summer Cheerleading Camp - This year, we will continue our tradition of running a week long required intensive camp for our football and basketball cheerleaders. It is a time for athletes to learn traditions of the Immaculata cheerleading program and school. It is also a time to learn new stunting techniques and skills for the season. Varsity Basketball will have a stunt and performance camp run by the UCA staff members from August 6th - 8th. Junior Varsity Basketball will also have a one day UCA private camp on Wednesday August 6th.

The Trails End camp, scheduled for August 26th - 29th has been cancelled to provide an individualized stunt & performance and private choreography camp.

Date	Location	Teams in attendance	Time
<u>Football Day 1</u> Monday August 4, 2014	Evolution Cheerleading Gym	Football Varsity Football Junior Varsity	9:00 am - 3:00 pm
<u>Football Day 2</u> Tuesday August 5, 2014	Evolution Cheerleading Gym	Football Varsity Football Junior Varsity	9:00 am - 3:00 pm
<u>Basketball Day 1</u> Wednesday August 6, 2014	Evolution Cheerleading Gym (Varsity: UCA Stunt and Performance Camp) (Junior Varsity: UCA private camp)	Basketball Varsity Basketball Junior Varsity	9:00 am - 3:00 pm
<u>Basketball Day 2</u> Thursday August 7, 2014	Evolution Cheerleading Gym (Varsity: UCA Stunt and Performance Camp)	Basketball Varsity	9:00 am - 3:00 pm
<u>Basketball Day 3</u> Friday August 8, 2014	Evolution Cheerleading Gym (Varsity: UCA Stunt and Performance Camp)	Basketball Varsity	9:00 am - 3:00 pm

Picture Day - a time for Varsity & Junior Varsity football cheerleaders to take their individual and group photographs.

Date	Location	Time
August 23, 2014	Immaculata High School Gymnasium/ Field of dreams	8:00 am

Football Games - Home and Away games

- Check the Athletics website!

Rotation of Football houses for Home games - A time for Varsity cheerleaders to bond together and relax before home games. It also gives parents and families a time to get to know the student athletes on the team, and them to thank the families for the meal.

Date	Location	Time
TBD	TBD	TBD

Season Tumbling - This required weekly tumbling sessions are being offered by Evolution cheerleading gym. These sessions are for Varsity & Junior Varsity athletes. Tori Pinciotti will be attending.

* Payment through Evolution Cheerleading Gym. Contracts will be sent out via email. *

Date	Location	Time
Tumbling class will be held every Wednesday night starting September 10, 2014	Evolution Cheerleading Gym	7:30 pm - 9:00pm

Choreography Camp - A time for the Varsity basketball competition team to learn their routine from a UCA staff member. Choreography will be one of these four dates listed.

Possible Dates	Location	Time
Saturday - September 20, 2014		
Sunday - September 21, 2014		
Saturday - September 27, 2014		
Sunday - September 28, 2014		

Season Practices - Beginning in September, we will be practicing twice - three times a week at Holy Family in Bound Brook. Tori Pinciotti will be running these practices. These practices are only for Varsity competition athletes.

Date	Location	Time
We are in the process of setting up these dates. They will be either Monday, Tuesday, Thursday, Friday, or Saturdays.	Holy Family	(Monday - Friday will be after 5:30pm) <i>Possibly: 5:30pm - 7:00pm</i>

Basketball Games - Boys and Girls home games

- Check the Athletics website!

Regionals - Possible dates for Regionals competitions.

Date	Location	Time
11/22/2014	Northeast Championship - Toms River	
12/07/2014	Pocono Regional - Kutztown	
1/11/2015	Garden State Championship - Bridgewater	

Nationals - The National High School Cheerleading Championship (NHSCC) is the most prestigious cheerleading championship in the country. The NHSCC is held at the Walt Disney World® Resort in Orlando, Florida, and nationally televised on ESPN and ESPN2 to over 100 million homes and 32 countries nationwide each year.

Date	Location
Possible departure date: Thursday, February 5, 2015. Return date: Monday February 9, 2015	Disney, Florida

Immaculata High School Cheerleading Program
2014 - 2015 Nationals Breakdown

UCA National High School Cheerleading Championship

Possible departure on Thursday February 5th, 2015

February 6th, 7th, 8th, 9th 2014



UCA Nationals - Approximate expense is: \$1,150.00

Regional Competition	\$30.00
3 night dinner	\$60.00
Flight (depending on prices)	\$450.00
Hotel/ participation fee/ meal vouchers	\$510.00
Coach's Fee	\$100.00

*** More information about fundraising & schedules will come after the parent/ cheerleader meeting on July 22st ***

Immaculata High School Cheerleading Program
2014 - 2015 Waivers to be completed and returned

Please click on the two links, print and fill out. A cheerleader may not participate in ANY part of practices or camp without these two forms filled out and returned to the athletic office by **July 1, 2014**.

Evolution Cheerleading :

<http://www.theevolutiongym.com/ETC/Docs/EvolutionMedicalRelease.pdf>

Universal Cheerleaders Association:

http://uca.varsity.com/docs/camp/13/PARTWAIVERNOINS_new.pdf