



YEAR~ROUND CHEER PROGRAM



The mission of Hudson Valley Knights Pop Warner Cheerleading is to provide young ladies the opportunity to participate in an organized and supervised environment where the goal is to promote academics, teamwork, sportsmanship, dedication, commitment and safety. Through this active participation, the Hudson Valley Pop Warner Cheerleading Program teaches fundamental skills, values and knowledge that these young ladies will use throughout their lives.

Welcome and Thank You

Welcome to the Hudson Valley Knights Cheer Program. We are committed to providing a quality program for our athletes and their families. It is our goal to provide an atmosphere that instills pride in one's self and team, teamwork, respect and discipline.

The coaching staff would like to thank you for choosing our program. We look forward to working with you and your child and aim to provide a quality and competitive program. We believe we can provide your child with the foundations necessary for life-long accomplishments through team work, discipline and self esteem.

Injuries

All injuries sustained, at practice or elsewhere must be reported to the HEAD coach within 24 hours. Please provide your HEAD coach with a Dr.'s note stating the course of action that needs to be taken.

Calendar

Our monthly calendar is available on our website. (<http://www.hvkcheer.com>) A printed copy will be given out monthly. Minor changes may occur.

Communication

Open and effective communication is our goal. We will communicate with you primarily through e-mails. Parents are responsible to check for e-mails on a regular basis. Please visit us at <http://www.hvkcheer.com> and register to receive automatic e-mail updates.

Practice/Attendance

Attendance at all practices is crucial to the development and success of the team. We expect athletes to attend all practices for the overall good of the team. In the event that your athlete is unable to attend due to a school or religious commitment it is expected that you notify the HEAD coach. Absences are considered excused in the event of a family emergency, illness, religious function, or school event. All practice will begin on time so plan to arrive at least 15 minutes early. This will allow you enough time to change your shoes and take care of bathroom needs. You must be dressed accordingly and ready to stretch at your designated practice time.

- Cheer sneakers are to be worn only on the matted surface
- No jewelry of kind
- Hair must be pulled back
- No long nails (natural or acrylics)
- No gum

Appearance at Competitions/Performances

Please remember your appearance, is a reflection of our association. If you want to be treated with respect we must show respect for ourselves and what our uniform stands for.

- Hairstyles will be determined by your coach
- Competition bows will be worn
- Nail polish is not allowed at competitions. Nails MUST be kept short and neat.
- All body piercings MUST be removed.

Transportation

You are responsible for your own transportation to and from practices and competitions unless other arrangements have been made.

If you are unable to attend an overnight competition with your child, you are responsible to make other arrangements with another family who will be responsible for your child during the event.

Bernadette Finn ~ Cheer Coordinator

PO Box 3032

Poughkeepsie, NY 12603

(914) 760-1243 ~ finnhvkcheer@yahoo.com