



Welcome to the 2019 season of Livonia Blue Jays Cheer! The Livonia Blue Jays Cheer program is part of the Livonia Junior Athletic League and supports the Livonia Blue Jays Football program. Our cheerleaders participate in sideline cheer, community service projects (cheering for the Breast Cancer 3-Day and Walk for Wishes, in support of the Make a Wish Foundation) and participating in a multi-league Cheerfest Competition! We strive to be an active part of our community and foster athleticism, teamwork, sportsmanship and hard work.

Director, contact info and methods of communication

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Official Blue Jay FB Page:	LJAL Blue Jays
Blue Jay Cheer FB Group:	Livonia Blue Jays Cheer
Blue Jay Website:	www.livoniabluejays.com

Remind Text System

The Blue Jays utilize the “Remind” text messaging system to communicate with parents on upcoming events, schedule changes, practice cancellations and updates regarding inclement weather. Please text the following number, and in the body of the text, send the code for the squad your cheerleader is on! If you are a Verizon customer, you must download the free app to avoid charges to your plan.

Text 81010

@flagchee
@freshchee
@lbjvcheer
@varchee

Registration process - veteran and open registration

Veteran Registration occurs during February (specific dates released each year). The veteran registration period usually lasts two weeks. Veterans can only register if they have fulfilled their mandatory volunteer hours (discussed later in handbook). If the veteran registration is missed, your athlete must be signed up during open registration.

Open Registration happens in two sessions. The first is at the beginning of March, the second is at the end of March (specific dates released each year.)

At registration, the registration fee and a copy of your athlete’s birth certificate will be required.

Raffle tickets & drawing

The LJAL requires one MANDATORY fundraiser each year. This is a raffle for cash prizes. Families are required to purchase up-front \$100 in raffle tickets (\$5 raffle tickets, quantity 20) for families with ONE athlete and \$200 in raffle tickets (\$5 raffle tickets, quantity 40) for families with TWO OR MORE athletes. As you sell the tickets, the money collected is yours since the ticket packet has already been paid for (you are reimbursing yourself). Additional tickets are available to sell in packets of 10 as well (\$50/packet).

The drawing is held the first or second week of practice each year. You do not need to be present to win.

Cheer packs - cost and what's included

The Cheer Pack for the 2019 season is \$140 and consists of the following items:

Crop Top, Boy Shorts, Custom Bow(s), Shoes, Warm Up Pants, Warm Up Jacket, Cheer for a Cure T-Shirt, and a few other items!

These items are all your cheerleaders to keep after the season ends. Additional items are available for purchase above and beyond the mandatory cheer pack but are not required. Examples include: additional t-shirts and shoes, and are offered at our pre-season bulk purchase discount.

The only items returned to us at the end of the season are the uniform shell, uniform skirt and practice poms.

"Fun"raising and team building activities

We try to incorporate as many team building activities for the girls as possible. These events are not mandatory, but they're SO MUCH FUN!!! Think similar to the activities that the schools do; dine outs, bottle drives, etc.

Cheer also participates in several team building activities. There is an annual squad summer party (often a pool party), Athletika Sports and Fitness/Ninja Courses, etc.

Volunteer requirements, opportunities

Each family is required to contribute a minimum of 3 volunteer sessions. These can be served in a variety of ways including game announcer, spotter, chains, selling 50/50 tickets, working various stations in the kitchen and much, much, MUCH more!

Families are only eligible to register early under veteran status if they have fulfilled the three volunteer requirements for the previous season.

Care of new uniforms

Gently wash with like colors in cool water. DO NOT DRY and DO NOT IRON uniforms. Please lie flat or hang to dry. We recommend Oxi-Clean for any staining that might occur. NO BLEACH.

Uniform Turn In

Uniform Shell and Uniform Skirt must be turned in **CLEAN** in order to receive banquet tickets and to retain veteran status.

Mandatory parent meeting - Wednesday, April 24 @ Livonia Civic Center, 7-9 pm

The Mandatory Parent Meeting occurs shortly after second registration (typically sometime in April). This is an opportunity to hear from Football and Cheer Directors, meet some coaches, review events for the year and answer any questions you may have.

Spirit Wear

Every Blue Jay family needs spirit wear! ☺ Spirit wear is clothing and other items emblazoned with the Blue Jay logo. Spirit wear is usually offered at least twice throughout the season.

1st Spirit Wear Store – Opens Friday 04/24, closes Monday 05/06 at 10 am. Ordered items will be available to pick up at uniform sizing (May 18th and June 1st).

“Limited Edition” Hoodie - Opens Wednesday 04/24, closes Monday 05/06 at 10am. These hoodies are CUSTOM dyed and take 6-8 weeks to complete. These items will be available the first day of practice for pick up.

2nd Spirit Wear Store - TYPICALLY opens the first week of practice. The specific dates are TBD and will be passed along to you in our “Huddle Notes or Nest News.” Keep in mind, this is the FINAL spirit wear store of our season, so even though it is summer time, I HIGHLY recommend remembering how COLD the end of our season is! :-)

Cheer Camps - Blue Jays Camp, High School/Community Program Camps

Blue Jays Camp: Wednesday, August 7 @ Grant Elementary School, 6-8 pm (No Charge/Included as part of cheer pack)

This is your athlete’s first opportunity to cheer together as a team. This is also a great opportunity for your coaches to assess the girls abilities and finalize plans for half-time routines, etc.

Livonia Pom Camp, Franklin Pom Camp, Franklin Cheer Camp and others: No dates set at this time, TBD
These camps are run as fundraisers for each aforementioned group. There is a cost associated with each camp, typically \$30-\$50. These camps are NOT mandatory. We simply share the camp information for each family to decide what their athlete may want to participate in.

Practice

Attire: Clothes must be able to be moved in. When wearing shorts, please have your girls wear “spanx” or bike style shorts under looser fitting shorts. HAIR MUST BE TIED BACK AT ALL TIMES.

Attendance: Attendance is required to participate in games and Cheerfest. Catechism is considered an excused absence, as well as school Open House and Sixth Grade Camp. School events may come up during Cheerfest season and those events are NOT considered an excused absence – however, we try to work with the girls that want to attend any events (parties, dances and holiday celebrations) at that time, by reducing practice for that day.

We have heard and listened to the feedback from parents and have reduced practice days in an effort to allow for more family and personal time. That being said, we would appreciate your support in making sure your cheerleaders are at every practice we have scheduled, every week. If you know your family is taking a vacation - KNOWN DAYS OFF MUST BE TURNED INTO YOUR COACH BY RAFFLE DRAWING in order to be considered for an excused absence.

Attitude: Attitude is a little thing that makes a big difference. (Winston Churchill) We strive for our athletes to be positive, willing to learn, excited to try, to take pride in their effort and show commitment to their team. Consistent lack of effort will be communicated with the parent – if the behaviors continue, it may result in “sitting” during the game. In our program, one of the biggest problems we have is “eye rolling.” Just as parents find it disrespectful when their child rolls their eyes at you, the coaches find it disrespectful when it happens to them. We understand it is part of growing up, but continued disrespect will be noted to parents.

Conditioning: Some of the feedback we have received from the local high schools is that our girls are not prepared in regards to their cardiovascular endurance – specifically regarding running. Every squad will incorporate running as part of their warm-up. All squads will start at ¼ mile and increase. JV and Varsity will have a goal of running 1 mile by the end of our season.

Splits and stretching: beginning after this meeting, have your cheerleader begin stretching regularly and practicing splits! There are amazing videos on YouTube and programs on Pinterest, if you need a place to begin. Find what works best for your daughter to bring her the most success.

Parent's location: Parents are asked to remain back from the practice area to allow the girls to practice without distraction. Often they get excited and want to show their skills off to the nearby parent, but we need their focus to remain on their coach and team. We also ask that for the safety of the cheerleaders and to help maintain their focus, please keep your pets at a distance.

Weather: We practice in the sun, wind, clouds, cold and rain. We have to suspend practice for 30 minutes if lightning has been spotted. Please remain in your car/nearby in the weather looks like it might take a turn. In addition, the girls are provided with backpacks – be sure to pack hoodies, pants, ponchos, etc.

What to bring: Water, water, WATER! ☺ Practice poms should be kept in their cheer bag, along with the aforementioned weather supplies (hoodies, pants, etc.)

LICE (EW!):

For the past few years, when school starts, we inevitably get a few girls that get lice. If your daughter has lice, contact me IMMEDIATELY. I will not release your daughters name, but WILL specify the squad affected. In order to return to practice, you must show receipt of treatment and your daughter must be away from practice for 48 hours. It is HIGHLY recommended not just to have hair tied back, but to wear buns or braids. This helps keep the spread of the pests to a minimum.

Huddle Notes and Nest News

Huddle Notes will be handled via website postings. They are typically posted/shared Wednesday or Thursday of each week, and will have information regarding updates for that weekend's game! We will continue to host the KONA TRUCK one night during the week. Kona sells flavored icees. YUM-O! (Prices vary from \$2-\$5, based on the size cup you order.)

Walk for Wishes: Saturday, May 4 at the Detroit Zoo, 7 am

We are PROUD to participate in this event for the FOURTH year! We have been invited to cheer on the walkers/participants at Walk for Wishes, one of the largest fundraisers held benefitting the Make A Wish Foundation. Cheerleaders are asked to borrow a uniform for the event and support this wonderful event!

Cheer for a Cure: Sunday, August 4. Location and time of arrival to be determined

SMYFA joins together for a community building event and cheer their support for the walkers participating in the Susan G. Komen 3-Day. Cheerleaders are permitted to "PINK OUT" as well – pink tutus, sparkle, make up, headbands, tights/leggings, etc. are allowed. (Party City has color specific items, if you need a place to start looking! And there's always Amazon!)

Pink Out game:

Much like Cheer for a Cure, our cheerleaders (and football players) "PINK OUT" in support of Breast Cancer Awareness month. Girls may add pink attire to their usual game gear just like Cheer for a Cure.

Game Day Donations:

The Livonia Blue Jays rely on the revenue from our concession stands to purchase items for our teams (football and cheer). In order to make these purchases, we need DONATIONS for our concession stands. Once the season begins, each team will be given a few different items for families to purchase and donate. For example, Varsity Cheer (again, this is just an example!) may be asked to donate beverages: Gatorade, Pepsi, Coke, bottled water, etc. JV Cheer may be asked to donate candy, chips, snacks, etc. You don't have to purchase each item requested, just what your family is able to do, but every donation is sincerely appreciated. We love having variety at our concession stands – the kiddos especially love variety in their sweets choices!

Game days- times, days, attire, attendance, attitude, parents location, what to bring, expectations

Times: Flag arrival, 8:30 am; game time, 9:00 am
Freshman arrival, 10:00 am; game time, 11:00 am
JV arrival, 12 pm (noon); game time, 1:00 pm
Varsity arrival, 2 pm; game time, 3:00 pm

Days: Saturday or Sunday

Attire: Uniform Skirt, Uniform Shell, Spanx, Crop Top (based on weather and coaches decision), Warm Up Pants and Jacket (based on weather and coaches decision), bow (hair styling based on coaches decision)

Attitude: Positivity, Smiles and Cheers – don't forget TEAMWORK!

Parents Location: Parents should remain in the stands and refrain from entering the track area.

What to bring: water, non-staining snacks and all-weather gear (crop top, jacket and cheer pants must be at every game!)

Expectations: To try your best in every way, with a smile on your face and a cheer in your heart.

Vacations and Sickness

Vacations: Vacations must be communicated to the head coach by the RAFFLE DRAWING for it to be considered an "excused" absence.

Sickness: Fevers and contagious illnesses please stay home. If the illness extends more than two days, please provide a doctor's note for release back to participation.

Picture Day

Picture Day is always a bit crazy and always fun. Envelopes will be sent home highlighting different available options and packages.

Family Day - Game day, dads cheering, banners, pregame announcements, donation for decorations, Varsity Toilet Papering

Game Day: Make sure to invite family and friends to see your cheerleader on this fun, eventful day.

Dad Cheerleaders: Each family day, cheerleaders may have their Dad's (or other special person) cheer with them sideline! It is SO MUCH FUN! There will be at least one practice of practice for the Dad's as well.

Banners: Each athlete's family will create a poster to celebrate their child. (Examples will be shown at huddle closer to Family Day.) We ask for posters to be laminated and have holes punched in each corner so they can be displayed along the fence at Bentley.

Pre-Game Announcements: Exuberant announcers will highlight each of our athletes, sponsors and events for the day.

Donation for decorations: Each athlete is asked for a donation to purchase something fun for the kids – temporary tattoos, socks, fun headbands are a few examples. Left over donations go to purchasing decorations for the field (balloons, etc.)

Varsity Toilet Papering: Each year the varsity girls toilet paper the homes of the varsity football players. It's a fun, goofy tradition that the girls LOVE to do! Parent volunteers are needed to take the girls from home to home.

8th grade tiaras

8th grade girls may wear small tiaras to select games, Pink Out and Family Day. They may be worn for the INDIVIDUAL pictures, but NOT in the team photograph.

Playoff games – ATTENDANCE IS REQUIRED

The regular season ends mid-October, HOWEVER, we work so hard every season to try and make PLAYOFFS! If our football team makes playoffs, it is **REQUIRED** for our cheerleaders to support our team during those games.

Cheerfest - indoor practice, attendance mandatory, spirit week, what to expect

Cheerfest is the cheerleaders Super Bowl – it is a competition against teams through the SMYFA league.

Indoor practice: Indoor practice starts at the beginning of October and continues until Cheerfest. This is considered MANDATORY practice – we like to WIN Cheerfest! ;-) The practice schedule (days, times and location) may change at this time! We will keep everyone updated as indoor practice approaches.

Attendance for Cheerfest for those competing at Cheerfest is MANDATORY. As stated, this is our Super Bowl. We need each girl present to move forward as a team.

Spirit week: Team Moms and Directors will plan a fun week leading into Cheerfest. Past spirit days have included pajama day, 80's day and Holiday attire day!

What to expect at Cheerfest: Excitement and awesomeness! Cheerfest is a long day of super fun cheer excitement. It gives the girls an opportunity to showcase their finely honed skills and show them to family, friends and other teams... and hopefully bring home a win!

Banquet - attire, costs, coaches gifts

Banquet takes place at a local banquet hall mid-November each year. Athletes receive their trophies from the league, enjoy a buffet dinner and enjoy a DJ and dancing as well!

Attire: Dressy clothing is appropriate for our cheerleaders. We ask that spanx be worn under every girls dress, big and small. We also ask that when choosing a dress for your older cheerleader that the neckline is taken into consideration as well. Parents typically wear business casual or date night type apparel. The children are typically a bit dressier.

Costs: Your athlete's ticket to banquet is included. Parents/siblings, etc. typically \$25 per person.

Coach's gifts: Team parents will coordinate a gift for the coaches and will ask for a monetary donation to make the gift happen. It is a small way to show our appreciation for our volunteer coaches.

Approximate Costs Run-Down

Registration	\$125
Cheer Pack	\$140
Raffle	\$100 one athlete, \$200 multiple athletes
Picture Day	varies on choices made
Family Day	\$10-\$20
Coaches Gifts	\$10-\$20
Spirit Wear	varies based on choices
Kona Truck at Huddle	\$3-6
Banquet Tickets	\$25 per person (athletes are free/included)

As always, please feel free to reach out with any question, suggestions or feedback! We are all not only volunteers, but human. We're all trying our very best to ensure your child has the best experience we can possibly give.

Our motto for the 2019 season is:



I sincerely hope your daughter will have fun, learn, gain strength and skills, and walk away feeling like she is part of a TEAM.

GO BLUE!

Director, contact info and methods of communication

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Coaches and Team Moms contact information

Varsity Coaches

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Varsity Junior Coaches

Amanda and Amelia (Pom)

Maddy and Reilly (Cheer)

Varsity Team Moms

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JV Coaches

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JV Junior Coaches

Ana (Pom)

Jenna and Kendall (Cheer)

JV Team Moms

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