



# Cheerleading

Hello,

The UDA Cheerleading Organization would like to invite you to our 8<sup>th</sup> annual “Pep Rally in the Valley”!! It is a chance for your team to shine and be able to showcase what you have been working on all year! This day is designed to be a huge Pep Rally for all surrounding area teams and fans. This is **NOT** a competition, but rather an event for the surrounding area schools and cheer teams to perform for their friends and families and participating schools. Awards will be given based on best cheer, chant, dance, music, spirit, etc. and every team **will** receive an award! Each team is asked to perform a cheer, chant and dance routine. There is something for everyone to be a part of, if its cheering your child on, entertainment for the whole family, food, shopping and oh yeah the “Daddy Jump Off” contest! The “Pep Rally in the Valley” will be held Saturday November 16<sup>th</sup> at the UDAHS Gymnasium. Doors open at 8:00am. We look forward to seeing your team at the biggest Pep Rally...in the Valley!

## Pep Rally in the Valley

The UDAHS Gymnasium is the setting for our most spirited event, the "Pep Rally in the Valley". Come and join the fun at this pep rally like event...This is NOT a competition! Teams will perform and awards will be given to all! Come show off your teams unique cheer style and abilities!! Fan and spectator admission fee is \$5.00 for all, children 5 and under are free.

## Squad Divisions and Regulations

All UDA sponsored events will follow AACCA rules for high school and recreational teams. Routines should not be more than 2 ½ minutes long. No coaches will be allowed on the mat during a performance. All teams must be doing age and skill level appropriate stunts and pyramids. All divisions will be offered; however, UDA reserves the right to add, combine, or delete divisions as needed. We will perform on a regulation size cheer mat 54' x 42'.

## Jump off and Tumble off

Competitors will be asked to perform a toe-touch or double toe-touch. The best jumper will advance to the next round. This process will continue until a winner is chosen. During the tumble off, each participant will be asked to perform his/her best tumbling pass. The best tumbler will advance to the next round. This process will continue until a winner is chosen. Registration for the jump off and tumble off will take place the day of the event and is not limited to cheerleaders! Cost is \$5 per event.

## Toss off

Competitors will be asked to perform their best basket toss. Groups will consist of 4 to 5 team members, high school age only. The best group will advance to the next round. This process will continue until a group of winners is chosen. Only the first place group will receive medals for each team member. Registration for the toss off will take place the day of the event and is not limited to cheerleaders! **Cost is \$5.00 per participant to enter.**

## Mommy/Daughter Cheer off

This event is open to any mommy/daughter team wanting to show off their moves! You can showcase anything cheer related such as a cheer, a cute dance or something unique such as a made up cheer about you and your daughter. You can throw in jumps, stunts or gymnastics and props if you wish! Please keep the routine to no more than 2 minutes. Cost is \$5.00 to enter. Awards will be given out.

## Daddy Jump off

This event will be run the same as the jump off listed above. This is a great and fun way for all those cheer dads out there to get involved and show your daughters how much you love them by competing against other cheer dads in our "Daddy Jump Off!" Dads can sign up the day of the event. Cost is \$5.00 to enter. This event is just for DADS!!!! Daughters will not be jumping with you!!!

## Mascot Routines

Your mascot is encouraged to perform a small skit/routine of your choosing. Prop's such as signs, banners, poms, megaphones, etc. may be and are encouraged to be used during your mascots skit/routine. This is meant to be silly and fun! Just another way to get the crowd involved and have a little fun between the schools!!! Awards will be given out.

## Stands and Concessions

The following stands and concessions will be available:

Admission Table, Food/Concession Stand, T-shirt Sales, Signup stand for jump/tumble off, Cheer Gram Stand, Vendor stands, DVD Sales, Raffles, etc.

## Awards

All teams in every division will receive an award. All participants will receive a participation ribbon. The top three winners of the jump off, tumble off and mommy/daughter cheer off will receive an award. All mascots will receive an award! The first place group in the toss off will receive medals for each team member.

## Questions

If you have questions regarding this event, please call Marcia Schell at 717-585-2041 or e-mail me at [schellm@udasd.org](mailto:schellm@udasd.org).

Please send all forms and payments to:

Upper Dauphin High School

220 N. Church St.

Elizabethville, PA 17023

Attn: Marcia Schell

# Registration Form and Fee

## Due by October 1, 2019

### Squad Entry Fees:

It is **FREE** for teams to register for the “Pep Rally in the Valley”!! However, this year we are charging a \$25.00 REFUNDABLE registration fee. Make checks payable to “UDACBO”. Your team will get this fee back the day of the Rally when you register your team. This is to cover the costs of the ribbons, trophy and team gifts that are purchased for all teams.

School or Team Name \_\_\_\_\_

Mascot \_\_\_\_\_

School Colors \_\_\_\_\_

Coaches' Name(s) \_\_\_\_\_

Contact Person's Address \_\_\_\_\_

\_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Cell Number \_\_\_\_\_

### Recreational and School Divisions

### # on team

Youth I (2<sup>nd</sup> grade and below) \_\_\_\_\_

Youth II (4<sup>th</sup> grade and below) \_\_\_\_\_

Youth III (6<sup>th</sup> grade and below) \_\_\_\_\_

Youth IV (8<sup>th</sup> grade and below) \_\_\_\_\_

Junior High (8<sup>th</sup> grade and below) \_\_\_\_\_

JV (11<sup>th</sup> grade and below) \_\_\_\_\_

Varsity (9<sup>th</sup> – 12<sup>th</sup> grade) \_\_\_\_\_

Competition Teams (school teams only 9<sup>th</sup> – 12<sup>th</sup> grade) \_\_\_\_\_

**\*\*UDA reserves the right to add, combine, or delete divisions as necessary.\*\***

# Pep Rally in the Valley

## Liability Waiver

**\*\*Participants will NOT be able to compete without a signed waiver.\*\***

**Coaches - Please hand in all waivers at the registration table on the day of the event.**

I give my daughter/son\_\_\_\_\_ permission to participate in the  
2019 – 2020 “Pep Rally in the Valley” event.

In granting permission for my child to participate in this event, I understand and agree to the following conditions:

1. My child does not suffer from any known health or medication condition(s), that would prevent him/her from safely participating in this cheerleading event.
2. I understand and agree that my child is freely assuming the inherent risks associated with this cheerleading event, which may include the potential for injuries resulting from falls or participating in cheerleading stunts.
3. I understand and agree that if my child is injured while participating in this cheerleading result, the Upper Dauphin Area School District will not be responsible for the costs of any medical treatments or related expenses.
4. I understand that the Upper Dauphin Area High School (“UDAHS”) cheerleading coach will be taking photographs of participants at this event, and my child’s photograph may be used to promote the UDAHS cheerleading squad and/or this event.

By signing below both the participant and I verify that I am the parent or guardian of the participant named above, and agreed to the above conditions.

Participant’s Printed Name\_\_\_\_\_

School/Team\_\_\_\_\_

Participant’s Signature\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_

Date\_\_\_\_\_

# Team Roster

Please complete roster for **each team** participating.

**Rosters must be sent with registration forms.**

Name	Age	Date of Birth	M/F
1. _____	_____	_____	circle M/F
2. _____	_____	_____	M/F
3. _____	_____	_____	M/F
4. _____	_____	_____	M/F
5. _____	_____	_____	M/F
6. _____	_____	_____	M/F
7. _____	_____	_____	M/F
8. _____	_____	_____	M/F
9. _____	_____	_____	M/F
10. _____	_____	_____	M/F
11. _____	_____	_____	M/F
12. _____	_____	_____	M/F
13. _____	_____	_____	M/F
14. _____	_____	_____	M/F
15. _____	_____	_____	M/F
16. _____	_____	_____	M/F
17. _____	_____	_____	M/F
18. _____	_____	_____	M/F
19. _____	_____	_____	M/F
20. _____	_____	_____	M/F
21. _____	_____	_____	M/F
22. _____	_____	_____	M/F
23. _____	_____	_____	M/F
24. _____	_____	_____	M/F
25. _____	_____	_____	M/F
26. _____	_____	_____	M/F
27. _____	_____	_____	M/F
28. _____	_____	_____	M/F
29. _____	_____	_____	M/F
30. _____	_____	_____	M/F
31. _____	_____	_____	M/F
32. _____	_____	_____	M/F
33. _____	_____	_____	M/F
34. _____	_____	_____	M/F