



UDA Cheerleading

Hello,

The UDA Cheerleading Organization would like to invite you to our 11th 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 11th 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. **Or just bring your mascot with your team!!!**

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, 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.

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 2, 2023

Squad Entry Fees:

It is **\$30.00 per team** to register for the “Pep Rally in the Valley”!! Registration fee is non-refundable unless UDA cancels this event.

Make checks payable to “UDACBO”.

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

PeeWee B _____

PeeWee A _____

Pony _____

Midget _____

Junior High (7th and 8th grade) _____

JV (11th grade and below) _____

Varsity (9th – 12th grade) _____

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

Pep Rally in the Valley

Liability Waiver

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

Coaches - Please mail in this waiver with all other paperwork.

I give my team _____ permission to participate in the
2023 – 2024 “Pep Rally in the Valley” event.

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

1. My team 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 team 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 any of my team 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 team’s photograph may be used to promote the UDAHS cheerleading squad and/or this event.

By signing below I verify that I am the head coach of the team named above and agreed to the above conditions.

School/Team Name _____

Head Coach Printed Name _____

Head Coaches Signature _____

Head Coaches e-mail and cell# _____

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