



## UNITY Thunder 2013 CHEERLEADING SEASON

Welcome to the UNITY Thunder Intramural Cheerleading Program. For those of you who are returning, we thank you for your continued support. To our newest members, we welcome you and look forward to you becoming a very important part of our organization.

Our Cheerleading program's mission and long-term vision is to promote physical and mental development, to assist in building leadership skills and teamwork, develop socially through cooperation, competition and appropriate standards of behavior, set an example of good behavior and sportsmanship at all times (whether in uniform or not) and promote the development of lifelong values and skills. But in addition to all of these goals, we want every participant to have fun and grow individually.

Our goal is to build a fun and structured cheerleading program. Your daughter will be placed with an age appropriate squad and will learn the basics of cheerleading and dance. Our goal is to have every girl enjoy the sport and to build positive attitudes toward themselves and others. We as coaches all understand that every young lady is different and has varied abilities and skills, which makes every girl unique and we will work with each one to accentuate their talents. This is the basis of our program and will help us become more successful each year.

Being a member of the UNITY Thunder Cheer program is a truly rewarding experience for the cheerleader and parent. We strive to teach each cheerleader how to work well with many different types of people and build lifelong relationships, find their inner strength and gain perspective about their abilities. They will learn to accept honor and defeat with grace and humility. This is a **family** commitment that involves physical, emotional and mental support. This will help our cheerleaders as they grow into well-rounded adults.

**C -Character:** Cheerleaders will develop and follow a high degree of honesty, integrity and teamwork.

**H -Humility:** Cheerleaders will demonstrate modesty and be courteous and respectful to everyone.

**E -Excellence:** Cheerleaders will strive to do their very best in ALL endeavors.

**E -Enthusiasm:** Cheerleaders will have high energy and eager involvement.

**R -Respect:** Cheerleaders will be polite and considerate of others.

The Mini Storm and Youth Twisters practice once a week during the intramural season. The intramural season goes from August through November 2<sup>nd</sup> for Mini Storm and August through November 16<sup>th</sup> for Youth Twisters. The Youth Twisters will also participate in three competitions. Competition season is based on the criteria discussed further down in this document and runs from November through February.

**Days and times of practice will be determined in July and communicated to parents.**

The Junior Lightening and Lady Thunder practice twice a week during the intramural season. The intramural season goes from August – November 16<sup>th</sup>. Both squads will participate in three competitions. Competition season is based on the criteria discussed further down in this document and runs from November through February. **Days and times of practice will be determined in July and communicated to the parents.**

## **PARENTS MEETING**

**A parents meeting is scheduled for August 12<sup>th</sup> at Partnership Hall at 6:30pm-8:30pm**

## **MANDATORY CAMP**

There will be a Mandatory Camp held on August 17, 2013 and August 18, 2013 at the Laurel Armory on Montgomery St. Also, the Junior Lightning and Lady Thunder (Squads 3 & 4) will attend a camp at University of Maryland - This camp is conducted by a professional group and the cost of the camp is included in the registration fee. It will be one weekend in September - date is to be determined but it is mandatory for those squads if they want to go to competition.

## **UNIFORMS**

Each cheerleader will be given a uniform at the beginning of the season. There is no charge for the uniform. In addition, each child is required to purchase the following:

Cheer shoes  
Bloomers  
Crop Top  
Bows  
Socks  
Practice Uniform  
Raincoats  
Warm-up suit (for all squads except Mini Storm)  
Bag (for all squads except Mini Storm)

All gear is purchased through cheer vendors. Once you register your child for the program, you will purchase the basic items in person (socks, bow, bloomers and crop top). All other items are specialty and you will fill out an order form and place your orders with the coach. All orders must be placed by August 16th. **Please note all cheer gear payments are CASH ONLY.**

## **UNIFORM FITTINGS**

Uniform fitting will be the week of August 12<sup>th</sup> (*Time and location to be determined*)

Mini Storm - August 15th

Youth Twisters - August 15th

Juniors Lightning - August 15th

Lady Thunder - August 14th

\*\*\*A deposit check (\$150.00) will be required at the time of fitting. This check will NOT be cashed unless the uniform is returned damaged or in poor condition. **Please note a name and address must be preprinted on the check. We will not accept starter checks.**

## **COACHING STAFF**

UNITY has a dedicated team of coaches who are CPR/First Aid and Cheerleading Safety Certified. The coaching staff has experience working with recreational, all star, high school and college cheerleading. Most importantly the coaches at UNITY are dedicated to mentoring and providing a foundation for all young ladies and men to learn the sport of cheerleading, team work and commUNITY service.

## **PRACTICES -**

All Practices will start the week of August 12, 2013, unless otherwise stated by the coach. **Please note all days and times are tentative and are subject to change. The final schedules will be issued by the end of July.**

### **Squad 1 - Mini Storm (5-6 year olds)**

Practice once a week

Wednesday from 6:30pm-8:00pm at the Laurel Municipal Swimming Pool Meeting Room for the month of August

Monday from 6:30pm - 7:30pm at Partnership Hall September through November

### **Squad 2 – Youth Twisters (7-8 year olds)**

Practice once a week

Wednesday from 6:30pm-8:30pm at Partnership Hall for the month of August

Wednesday from 6:30pm-8:00pm at Partnership Hall September through November

### **Squad 3 – Junior Lightening (9-11 year olds)**

Practice twice a week

Wednesday from 6:30pm-8:30pm at Laurel Armory for the month of August

Mondays and Wednesdays from 6:30pm-8:30pm at Scotchtown Elementary School September through November

### **Squad 4 – Lady Thunder (12-17 years old)**

Tuesdays and Thursdays from 6:30pm-8:30pm at Laurel Armory for the month of August

Tuesdays and Thursdays from 6:30pm-8:30pm at Scotchtown Elementary School September through November

### **Practice location addresses**

Laurel Armory is located at 422 Montgomery St. Laurel, MD 20707

Laurel Municipal Swimming Pool Meeting Room is located at 9<sup>th</sup> and Main Street, Laurel, MD 20707

Partnership Hall is located at 811 Fifth St. Laurel, MD 20707

Scotchtown Elementary School is located at 15950 Dorset Rd, Laurel, MD 20707

### **OTHER CONSIDERATIONS**

Parents should consider the impact to the team as a whole when choosing activities that interfere with scheduled cheerleading events. Cheerleading is a team sport requiring the support of the children, coaches, and parents.

### **SCHOOL AND GRADES**

School is a PRIORITY and schoolwork should come first. Homework should be done before practices. If you start to have problems with your child's grades and, as a result, start missing practices regularly, a coach/parent meeting will be conducted to discuss the best alternative for the child and the squad. We are requesting to see progress reports and report cards at the end of each marking period.

### **WEATHER**

Our Program follows the Prince Georges County School closing policy. When the school system closes early or is closed for the day due to inclement weather, there will be no practice. On game day, the commissioner will make the decision whether squads will cheer or not at games.

### **GAMES**

Games are held on Saturdays. We travel throughout Prince Georges, Montgomery County, DC and Northern Virginia.

### **COMPETITIONS**

Youth Twisters, Junior Lightening, and Lady Thunder will be competing in three competitions at the end of the season. Your coach will hand out details at your first practice. Evaluations will be conducted and young ladies will be invited to continue on for competition. Evaluations are based not only on skill level but also enthusiasm, willingness to learn, progress in school, fundraising, community service and parent involvement in program activities.

### **PARENT INVOLVEMENT**

Parent Involvement is important to the success of the UNITY Thunder Cheer Program. All parents must participate with assisting the UNITY coaching staff with various aspects of the program. This will include but not limited to Team Parent, Attendance Parent, and Snack Coordinator. All parents will be responsible for bringing snacks to games and practices. Also, parents will need to devote at least 2 hours during the season to the home game concession stand.

**FUNDRAISING**

Fundraising **IS NOT** optional. It is an important part of the program and assists us to build the program and purchase new uniforms in the future.

This season will conduct three core fundraisers and six dine out nights. Information will be handed out at the parent meeting.

If you have any questions, please feel free to contact me.

***Beth Perrine - 240-464-4374***  
***coachbeth@UNITYthunder.org***  
***Director Cheer and Poms, UNITY Thunder***