

**FAQ'S CHEERLEADING  
MILLBURY SUTTON POP WARNER  
Last updated February 2006**

**1. Who may participate in Millbury Sutton Pop Warner?**

Children between the ages of 5 and 15 who live in Millbury, Sutton, Northbridge, and Whitinsville are eligible to participate.

**2. How do I register?**

Registration is held in the spring. Notice of registration dates are published in the Millbury Sutton Chronicle and are distributed as a flyer through the schools. Registration forms are on the website and may be sent through the U.S. mail.

**3. What is included in the registration fee?**

The registration fee includes uniform skirt and top and pom poms for the younger levels. The fee also covers league dues, insurance, and competition fees.

**4. How is a cheerleader assigned to a team?**

A cheerleader is assigned to a team based on age as of August 1<sup>st</sup>.

Tiny Mite (TM) 5 & 6 year olds

Mitey-Mite (MM) 7 year olds

Junior Pee Wee (JPW) 8 & 9 year olds

Pee Wee (PW) 10 & 11 year olds

Junior Midget (JM) 12 & 13 year olds

Midget (M) 14 & 15 year olds

**5. Are there tryouts to make a team?**

No, there are no tryouts to make a team. Everyone who registers is placed on a team.

**6. How many cheerleaders are allowed on a team?**

The maximum number of cheerleaders on each team is 35.

**7. What does the cheerleading uniform include?**

Skirt and vest. These garments must be returned in GOOD condition at the end of the season. In addition, cheerleaders are required to purchase cheer sneakers (up to \$50), a body suit (\$20), briefs (\$10), and if necessary, hair ribbons. Tiny Mites purchase their uniforms and keep them.

**8. When does practice begin?**

Practice begins on the first Monday in August. A cheerleader may start practice only if ALL required paperwork is turned in (physician form with doctor's signature dated after January 1, 2006, original birth certificate with raised seal, copy of term 4/final school year report card, medical/emergency form, code of conduct form).

**9. If the paperwork is not turned in by August 1<sup>st</sup>, can the cheerleader still participate?**

If paperwork is missing by August 1<sup>st</sup>, a cheerleader will not be allowed to start practice or receive her uniform. The cheerleader may sit on the sidelines and watch practice until the required paperwork is received.

**10. How often is practice and where is it held?**

Practice will run 5 nights per week (Monday through Friday) during the month of August from 6:00 – 8:00 p.m. at East Millbury Field. Once school starts, practice is held three days per week - TBD. Practice days for each team are determined by facility and coach's availability.

**11. What should I expect my child to be doing at practices?**

Generally, a practice will include conditioning (stretching, aerobics, running, pushups, etc.), cheer and dance motions, as well as jumps, basic tumbling, partner stunts, and pyramid construction. Cheerleading is a physical activity and the cheerleaders will experience stiffness and muscle aches when learning this physical activity.

**12. Is practice mandatory in August?**

Yes, practice is mandatory in August and throughout the season. We recommend vacations be scheduled prior to August 1<sup>st</sup> if possible. Taking a week away from practice not only puts your cheerleader at a disadvantage but also hurts the entire team. There are no "subs" or alternates in Pop Warner cheerleading. Attendance is CRUCIAL to a successful and FUN season.

**13. How long is the Pop Warner Cheer Season?**

Officially, the Pop Warner Cheer Season starts on August 1<sup>st</sup> and goes through December 31<sup>st</sup>. The length of the season is determined by game and/or competition success.

**14. How many games are there?**

There is one official pre-season game, approximately 8 regular season games, and generally at least one post-season game for all levels. With continued success, post-season games can continue weekly through November in all levels except Mitey-Mites. There are league, state, regional, and national championships for all levels except Mitey-Mites. Cheerleaders are expected to participate at post-season games.

**15. When are the games?**

Once the schedule has been set, it is posted on the website. The schedule is also printed in the Raider Weekly. Most games are held on Sunday, however, an occasional Saturday game may be scheduled. Cheerleaders must report to the playing field one hour before scheduled game time.

**16. How do the cheerleaders get to the away games?**

We do not provide transportation to the games. It is up to the parents to arrange transportation for their child.

**17. When is Cheerleading Competition?**

Fun Comp and Local Comp are scheduled in October. If teams advance, the Regional Competition is scheduled in November. The Pop Warner National Championship is scheduled in December at Walt Disney World in Orlando, FL.

**18. Who covers the cost of the competitions?**

Spectator fees, travel, and lodging costs are the responsibility of each family. Spectator fees are approximately \$10 per person per competition.

**19. Will there be cheerleading merchandise available for purchase?**

Yes. Items include T-shirts, sweatshirts, hats, umbrellas, and wristbands. Merchandise is sold at home games in the Concession Stand. Orders are taken separately for warm-up suits and jackets.

**20. Will there be a cheer camp offered this year?**

We encourage our cheerleaders to attend camps and attend the monthly cheer workshops. We also offer back handspring classes through Cheerworks.

**21. How can I become more involved in Millbury Sutton Pop Warner?**

This is a volunteer organization. There are many opportunities to share your time and talents. We are always looking for volunteers to help at home games by helping in the concession stand, working the gate, set up and take down signage, selling 50/50 raffle tickets, and selling merchandise. We are also looking for coaches and assistant coaches.

**22. Who should I contact if I have more questions?**

Questions should be directed to the Cheer Coordinator or the Assistant Cheer Coordinator - cheerlead@millsuttpw.com.