

### **You're a New Squad Mom!**

As a squad mom, you will be contact early in the summer by a Little Rebel Cheerleading Board Member. They will provide you all the registration information for your squad. Upon receiving this information you will need to contact your squad's parents introduce yourself and provide squads members names and contact information. It is typically helpful to have a parents meeting with your squad to familiarize yourself with everyone, set expectations, and communicate information.

Communication of expectation to your cheerleaders and their parents is key in having a successful season. Squad moms serve as the "coach" of these girls and responsible for ensuring that their squads represent Little Rebels Cheerleading and the City of Vestavia in the best possible manner. Please refer to Attachment I for the Little Rebel Cheerleading By laws and Attachment II for the Little Rebel Cheerleading Guidelines and Expectations.

### **Safety**

The squad mom is responsible for the safety of the cheerleaders. Please have your cheerleaders under adult supervision at times during a practice or a game. Signed concussion forms are required from each parent and completion of a designated online safety course is required by each squad mom before the start of the season. First Aid Kits will be provided to each squad mom at the beginning of the season to carry in their bags to each game. Insurance information is needed from each parent at the beginning of the season. This information should be maintained by the squad mom in their bag at each game.

### **Practice**

Early in the summer, you need to decide how much, when and where you need to practice. It is highly recommended that you start during the summer especially with the younger squads so they can be prepared by the first football game. Keep in mind it is summer and people will be out of town and involved in other camps/sports so attendance can vary.

Determine at the beginning of the summer if your squad plans to compete in the end of the year UCA competition. This will determine some elements that need to be incorporated into dances if you plan to use ones learned early in the season at the competition. It will also impact the amount of practice required at the end of the season. See Competition section for more information.

Practice during football season is mandatory for Little Rebels Cheerleading, the squad mom will be the person who pre-excuses absences and determine punishment if practices are missed (see by-laws for additional information).

The Vestavia Hills Rec Center can be used as a free to place to practice. Times will be assigned at the beginning of the summer and you can cancel if the space is not needed. You may also choose to practice anywhere that is convenient for you and your squad and at anytime.

Some squads set up a snack schedule for practices especially if they are immediately after school, this is up to the squad.

### **Chants**

Provided in attachment III are words for some standard chants that have been used over the years. You are responsible for teaching the girls the chants. You can make up motions yourself (be mindful of the squads age and abilities). See Attachments IV & V for common cheerleading motions and jumps that can be incorporated into your chants. You can also ask older LRC (4<sup>th</sup> – 6<sup>th</sup> grade) to come to your practices and teach the girls the chants. This can be arranged through any of the older grade squad moms. Finally, ask your cheerleaders, many have attended VHHS cheer camps and know several cheers and chants. Squads will need between 25-40 chants for the season, these can be learned during the season, but plan on the girls knowing a minimum of 15 for the first game.

Some squads have videoed themselves or the older girls performing the chants and uploaded to Utube or burned DVDs for the girls to practice by this really helps the younger girls or anyone missing summer practices. Other past practices have included giving all the cheerleaders their own personal binder to keep important information such as cheers, football rosters, by-laws, game/practice schedules, etc.

### **Dance**

Each squad performs a half-time dance at each game, whether it is home or away. The half-time dance should not be longer than 2 minutes. Many of the squads hire outside help to choreograph and teach the dance to the squad members. Squad moms in the past have hired Vestavia Hills High School cheerleaders to choreograph and teach the dances. Although a lot of these cheerleaders need service hours and will do it for free. Some have hired ACE instructors, as well as college level cheerleaders. If you are having difficulty finding someone, please contact one of the Little Rebel Cheerleading Board members for assistance. The payment to these individuals is something that is worked out amongst yourselves. There is not set fee to pay, however, in the past it has ranged from \$20 per cheerleader to \$40 per cheerleader, much of that based on the number of cheerleaders on a squad, the age, and the difficulty of the dance. You will be responsible as a squad mom to have the music put on a CD for use at games.

It is recommended that when you hold your dance practice that your parents video tape the dance instruction so that the cheerleader can practice at home also. Music for your dance **MUST** be pre-approved by the Little Rebel Cheerleading Board. The music choices cannot contain vulgar suggestion or innuendo, cuss words, or etc.

### **Tumbling**

Parents must have signed a the tumbling consent form (Attachment VI) at the time of registration in order for the cheerleader to be allowed to tumble.

### **Camp**

Camp is typically at the Vestavia Rec Center and is held during the late summer before student head back to school and is strongly encouraged.

Camp registration fees were included in your registration costs. Certified instructors are provided for this camp but an adult from your squad (not necessarily squad mom) must be with the girls at all times during camp from morning drop-off to pick-up. It is nice to have someone video the dances/chants learned at camp so they can be used during the season.

### **Sponsorship**

Some squads like to solicit sponsorship money to help cover any expenses (choreography, player or cheerleader gifts, etc) throughout the year. Attachment VII contains the sponsorship forms. Sponsors can be local business or parents who would like to contribute to the squad. This is not a requirement. Little Rebels Treasure will keep your squads money for the season. The squad mom will submit receipts for any expenses the squad would like covered by the sponsorship money. Sponsorship money does NOT carry over from year to year. Any remaining money at the end of the season will be transferred to the general account for Little Rebels.

### **Board Meetings**

As a squad mom you are required to attend all LRC board meetings (approximately once per month during cheering season). Squad moms are voting members and will be asked to vote on any motions that are made during the season. These meetings are used to address any issues any squad may be having, discuss upcoming events such as camps, homecoming, competitions, and to distribute/collect items needed for the squads.

### **Uniforms**

Uniforms are ordered at registration and will be delivered to squad moms late in the summer. You will distribute to your squads and advise them to check for all pieces immediately so any issues can be handled immediately. The cheerleaders will wear their uniforms (shell, vest, socks, tennis shoes, bloomers, hair bow) to every game. Advise cheerleaders to bring their bags filled with pom poms, warm up suits, water bottles, and megaphone to EVERY game. Uniforms are not to be worn except at LRC designated events.

The squad mom is responsible for items that are loaned to your squad through LRC – megaphones, first aid kit, and run through signs. These items will be distributed before the last game and collected at the end of your season.

### **LineUp / Formation**

As squad mom you are responsible for placing the girls in their sideline line ups and halftime formations. Please consider multiple factors when lining up the cheerleaders such as skill, loudness,

Especially for the younger squads, make sure to put your most skilled girls in the middle/front so they can look to them if anyone forgets chants/dance, etc.

### **Football Teams**

Your squad will be assigned to a specific Little Rebels football team. Once the board has the teams from the football league they will be distributed to all squad moms. It is so important that you contact the football coach and introduce yourself and offer any assistance during the season. Also get the football team mom contact information, this person will be key in keeping the cheerleaders informed of any football changes or event where the cheerleaders are requested. Also make sure to get a roster of the team and distribute to all the cheerleaders so they know who they are cheering for as well.

### **Football Game Structure**

Football games typically last an hour and a half so be prepared for some later evening. Younger teams typically start at 6:00 and the older kids games start at 7:15. There will be 4 home games (Sicard Hollow Athletic fields) and 4 away games. Games are held on Monday, Tuesday, or Thursday night. Football schedule does not come out until mid-August.

Official directions to each stadium as well as any other football information you may need is located on their website at <http://www.jsyfl.net/vestavia>. Please make sure parents follow these directions!!

It is best to ask the girls to arrive 20-30 minutes prior to kickoff. This will allow time to get their megaphones and pom poms placed where they stand, warm up and practice their halftime routine if needed.

A cheerleading parent needs to take the girls halftime music and list of names of the girls to the press box and ask if they can be announced at halftime. Almost every announcer will announce the cheerleaders, if not you will have to provide someone to announce.

As squad mom, go introduce yourself to the other teams squad mom, welcome them and answer any questions if they are visiting us.

Each squad will be provided a “run-through” banner for the team to come through prior to each game. You will need to find two adults to hold the poles on either side and carry them off the field once everyone has run through. Always talk to the coach and see what side of the field he would like to run from and he organize the football players behind the banner while the cheerleaders stand on either side in front of the banner cheering. After all the football players have run through then the cheerleaders can run as well to the sidelines.

The cheerleaders should then move immediately to the sidelines and begin cheering. Bathroom or snack break should be handled before the game and during halftime. Cheerleaders are expected to cheer all four quarters and perform at halftime.

The sound system at the Sicard Hollow field belongs to LRC, therefore, the squad with the first home game (6:00) is responsible for setting the system up, although, there is

typically always someone from the football parent side that does this for us. The squad with the last home game (7:15) is responsible for ensuring that the system is stored away and locked up properly. Any squad mom is responsible for ensuring the system is protected from weather in the event of a rainstorm during a game.

### **Halftime:**

Always remember the visiting team performs first. Please have your cheerleaders watch the other teams cheerleaders and clap for them. When it is your squads turn, simply have them run straight out onto the field. Face your team's stands. The announcer will call each girl and they can perform a jump or tumbling trick that they like. Once everyone has been announced they will start their music. The girls can then come straight back off the field.

Cheerleaders are expected to cheer until the end of the game. Then participate in the "good game" line up at the end. Congratulate our players as well as the other teams players and cheerleaders.

### **Football Homecoming:**

Homecoming will not necessarily be marked on the master schedule so contact the football team mom to determine when Homecoming will be.

Some squads have the father's escort their daughters out on the field at halftime and be introduced together (just provide the announcer a list with BOTH names), the dads can present flowers to their daughters. If this is done, no halftime routine is performed. This is also a great photo opportunity.

Typically, the cheerleaders present each football player and football coach a small gift after Homecoming. In the past this has ranged from t-shirts, Yogurt Mountain gifts cards, edible treats packaged in megaphones, etc. Use your imagination and what ever works within your budgets. Work with the coach and/or football team mom to determine best time to give these to the players. Some teams chose to tailgate after their games with snacks in one of the end zones while others do not. If the team invites the cheerleaders you can work out what each family needs to bring.

The cheerleaders also typically make posters for each player. These can be hung on their mailboxes or on the fence at the game with tie wraps, however, the players will want to keep these and a cheerleading mom should remove them and give them to the boys at the gift presentation. These posters can include pictures of each individual player that you have taken or obtained from football parents. If you chose to deliver the posters and put them on their mailboxes, the football team mom will have the players addresses. Please be mindful of the weather, if rain is called for you might want to consider laminating the posters so they do not get ruined from the rain or delivering them inside.

### **Playoffs**

Depending upon the records of the football team you cheer for you could be eligible for playoff games. There can be 1-4 additional games in November that you will be responsible for cheering for so please be aware your season can be extended by almost one month.

### **Pictures**

Pictures will be scheduled during the season, a teammate packages was included in your registration fee, and this will include a squad photograph and an individual of your child. Additional pictures can be ordered on picture day.

### **UCA End-of-Season Competition**

Participation in the end of the season competition is optional. The competition is held in November of each year at Vestavia Hills High School. This is a fund raiser for our local high school cheerleaders. Competition fees for squad participating will be paid by parents, they are typically \$20-25 per cheerleader. See Attachment VIII for the competition guidelines so that you can prepare your squad. Some squads take their half-time dances and use that for their routine, others will choreograph a second routine specifically for the competition. There is no rule on what you are to use as far as Little Rebel is concerned. The competition is great experience for the girls, there are all levels of cheerleading squads present. Each girl, regardless of place in the competition, will receive a participation medal and pin. At the awards ceremony trophies will be ordered to top placing team but all squads will receive judges scores to help learn and improve their performances.

It is typical for squad parents to present their children with flowers after the competition.

### **End of the Season Celebration:**

It is the squad moms responsibility to organize their squads end of the season celebration. Money for this event was included in the registration fee at \$20 per cheerleader. However, this money can only be spent on an end of the year celebration. Receipts should be kept and turned into the board for reimbursement. It is best to have your ideas preapproved as the board reserves the right to refuse any receipts that they do not feel applies to end of the season expenses. Trophies will also be presented at this time, these were also included in registration (not part of the \$20 per cheerleader allotment) and will be delivered to squad moms prior to the celebration.

It is also typical for the squad moms to present each cheerleader with a small token of appreciation for cheering all season. Typical gifts include items such as cheerleader charms for necklaces or bracelets, picture frames, etc.

## **Attachments**

Attachment I:	Little Rebel Cheerleading By-Laws
Attachment II:	Little Rebel Cheerleading Guidelines and Expectations
Attachment III:	Common Little Rebels Chants/Cheer Words
Attachment IV:	Common Cheerleading Motions
Attachment V:	Common Cheerleading Jumps
Attachment VI:	Tumbling Permission Form
Attachment VII:	Little Rebels Cheerleading Sponsorship Form
Attachment VIII:	UCA Competition Guidelines

## **ATTACHMENT I: LITTLE REBEL CHEERLEADING BY-LAWS**

### **Preamble**

The purpose of the Vestavia Little Rebels Cheerleading Program (herein after referred to as the "Little Rebels") is to 1) provide a sports program that actively involves as many children as possible; 2) teach the fundamentals of teamwork and basic skills in cheerleading.

### **Section 1: Eligibility to Participate**

Only those children who are residents of Vestavia Hills, or non-residents who attend a Vestavia City School, and who are enrolled in **2<sup>nd</sup>-6<sup>th</sup>** grades for the upcoming school year are eligible to participate. Any family that moves out of Vestavia Hills prior to the beginning of the football season will receive a refund of the registration fee only, minus expenses for any cheerleading items already ordered or purchased on the cheerleader's behalf, so long as the family notifies the President by **August 1<sup>st</sup>** of the move. If notice is not given to the President by **August 1<sup>st</sup>**, there will be no refunds issued.

### **Section 2: Liability**

It is the sole responsibility of the parents of the children participating in Little Rebels to have accident insurance coverage for the child. It is solely up to the parent to determine whether to allow the child to perform tumbling and/or basic pyramids at the Little Rebel practices and games. Without an executed permission slip, the cheerleader will not be allowed to participate in tumbling and/or pyramids.

### **Section 3: Selection of Squads**

A. Registration will be held in the spring each year. Parents will register children according to their grade level for the following school year.

B. A child may register for Little Rebel Cheerleading only during the official registration day(s) and must attend the mandatory uniform fitting day.

C. Each child who completes the registration process on the official registration day(s) will be allowed to cheer during the upcoming football season for the grade level in which the child participates during the school year.

D. A child may be registered no sooner than the spring of the child's **1<sup>st</sup> grade** year.

E. If more than **twenty** children in a given grade level register to cheer, the group may be divided and a **second** squad formed. The final determination will be made by the squad mother in conjunction with the Little Rebel Cheerleading Board.

F. Each football team will have **one** squad of cheerleaders. Should **one** of these football teams split into **two** teams, a **second** squad of cheerleaders will be formed accordingly.

G. During organization of squads, multiple births will not be split into separate squads.

H. If a child must repeat a grade, that child will cheer with the grade level to which the child is assigned during the football season. For example, if a **2<sup>nd</sup> grader** repeats that grade the following year, the cheerleader will cheer with the **2<sup>nd</sup> grade** squad.

I. Each child must be registered by a parent or guardian, on assigned registration day(s) unless pre-approved by a member of the Little Rebel Cheerleading Executive Board.

#### **Section 4: Game Arrangements**

Games will be arranged by the Vestavia Hills Youth Football Association in conjunction with the Jefferson-Shelby Youth Football Leagues.

#### **Section 5: Squad Mothers**

A. In accordance with the Vestavia Hills Parks and Recreation policy, each volunteer must submit the completed “Squad Mom Application, Contract & Code of Ethics” form, along with a copy of their driver’s license to the Executive Board.

B. **Two** or more squad mothers will be assigned by the Executive Board to each squad for **one** season.

C. Honesty, integrity, and sportsmanship is expected of all Squad Mothers. **If**, in the judgment of the President and the Executive Board, any squad mother fails to live up to these expectations, she will be relieved of her responsibilities.

#### **Section 6: Rules—Expectations and Guidelines**

##### **A. Practices**

Attendance at practice is mandatory. It is very difficult and unfair to the squad to have to go back and teach those who have missed. Obviously there will be occasions when illness or school work will take precedence. In order for the absence to be excused, the squad mother must be notified, in writing, prior to the absence. The squad mother has the authority to approve or disapprove the absence and will do so in writing upon receipt of the request. Penalty: If a cheerleader has 2 or more unexcused absences, the cheerleader will have to sit out the following game.

## **B. Games**

Attendance at games is mandatory. If for some reason your child cannot attend the game, the squad mother should be notified as far in advance as possible and in writing, in order for the absence to be excused. The squad mother has the authority to approve or disapprove the absence and will do so in writing upon receipt of the request. Penalty: If a cheerleader has 2 or more unexcused absences, the cheerleader will have to sit out the following game.

## **C. Competition**

Participation in the end-of-the-season competition is strongly encouraged.

## **Section 7: Safety**

Cheerleaders may perform tumbling and basic pyramids only if, the parent signs the “Little Rebel Cheerleading Tumbling Release Form”.

## **Section 8: Officers**

A. The Little Rebels Program will include a President, Vice President/President-Elect, Treasurer, and Secretary. These officers will be referred to as the Executive Board.

B. **If** any officer is unable to complete her term, the Executive Board, composed of elected officers, shall appoint a person to complete the term of office.

## **Section 9: Election Process**

A. The President shall reside within the city limits of Vestavia Hills.

B. Only residents of Vestavia Hills shall be eligible to vote.

C. Officers will be elected annually.

D. A nominating committee of at least **two** members shall be appointed by the Executive Board. The nominating committee will propose a slate of officers.

E. The proposed slate of officers shall be posted at the Recreation Center along with the date, time, and location of the election no less than **thirty** days prior to the election.

F. Additional individual nominations other than those selected by the Nominating Committee may be made by notifying the Chairman of the Nominating Committee no less than **fourteen** days prior to the election. No nominations will be accepted subsequent to the **14-day** deadline.

G. Nominees will be voted upon on the election date. Each officer being voted upon shall be elected by a majority vote of those entitled to vote and present at the election. No absentee ballots may be accepted. The parent(s) or legal guardian(s) of the participant(s) in the program during the prior fiscal season shall be entitled to vote, not to exceed *two* votes per family.

H. Names of elected officers shall be posted in the Recreation Center at the conclusion of the election.

### **Section 10: Duties of Officers**

A. The President will be responsible for the registration list, overall supervision of the program and attending Park and Recreation Board meetings.

B. The Vice President will assist the President and preside over functions in the absence of the President.

C. The Treasurer will be responsible for the financial transactions, keeping accurate records and accounts, and providing an audited record of all financial transactions on an annual basis. The ending financial report will be submitted by the Treasurer to the Parks and Recreation Board no later than *March 1<sup>st</sup>* of each year.

D. The Secretary will be required to keep accurate minutes of all business conducted at meetings and submit a copy of all minutes to the Park and Recreation Board staff. The Secretary will also oversee and conduct the election of officers pursuant to these Park and Recreation Board By-Laws.

### **Section 11: Cheerleading Board**

A. The Cheerleading Board will consist of the Executive Board and all squad mothers.

B. The Cheerleading Board will evaluate the By-Laws and Rules governing the Little Rebels.

C. The Cheerleading Board may vote by majority to amend the Rules or By-Laws.

E. The Executive Board will comply with the Alabama Open Meetings Act

### **Section 12: Cheerleading Squad Sponsorships and Expenses**

A. Any and all expenses for reimbursement from squad sponsorship funds must be presented to the treasurer no later than 30 days from the time of purchase. All expenses must be documented using the Little Rebel Cheerleading

Reimbursement Form, and must be accompanied by the appropriate receipts or contracts.

- B. All squad expenses must be paid for by the Squad Mom(s), and will only be reimbursed to the Squad Mom(s). Individual parents who are not authorized Squad Moms will not be reimbursed. Individual parents who are not authorized Squad Mom(s) will not be asked to incur reimbursable expenses on behalf of the squad.

### **Section 13: Use of Outside Contractors**

From time to time, Squad Moms/the Little Rebel Cheerleading Board will find it necessary to hire an outside contractor (end of year banquet, choreography, camp, etc.). Current Little Rebel Cheerleading volunteers (members of the Executive Board, Squad Moms) ARE NOT allowed to be paid contractors, or profit from Little Rebel Cheerleading.

### **Section 14: Payment of Outside Contractors**

There will be times where sponsorship funds are unavailable to use to pay for outside contractors (i.e. choreographers), and the Squad Mom may elect to pay for those services by soliciting parent donations. In these instances, parents should be directed to make payment directly to the contractor. At no time should the Squad Mom accept payment on behalf of the contractor. In cases where there is sponsorship money available to pay for these services, the Squad Mom is responsible for obtaining a receipt from the contractor and submitting it to the treasurer for payment or reimbursement.

### **Section 15: Program Evaluations**

At the end of each season, parents of all Little Rebel Cheerleaders will be asked to complete an evaluation of their experience with Little Rebel Cheerleading. They will be asked for any feedback or suggestions on how we can make the program better. Evaluations will be kept confidential at the request of the parent. They will be used by Executive Board of Little Rebel Cheerleading to assist in making improvements to the program.

Revised- March 2011

**ATTACHMENT II:  
LITTLE REBEL CHEERLEADING GUIDELINES & EXPECTATIONS**

Practice

1. Please make every effort to attend all the practices. It is very difficult and unfair to the squad to have to go back and teach those who have missed. Obviously there will be occasions when illness or schoolwork will take precedence. Please notify a squad mother if you will be unable to attend a practice for any reason.
2. Arrive on time and plan to stay until the practice is over. Pick up must be prompt.
3. Dress appropriately.
4. Tumbling and basic pyramids will be allowed during practice, at the discretion of the squad mom.
5. Appropriate behavior is expected at all times.
6. Transportation to and from practice is the responsibility of the parent.

Games

1. Please make every effort to attend all games. Cheerleaders should arrive at least 15-20 minutes before game time. If for some reason your child cannot attend please notify a squad mother as soon as possible.
2. Cheerleaders must be in complete uniform in order to cheer.
3. Cheerleaders must wear issued hair accessory.
4. No dangle earrings, necklaces, bracelets, anklets, or rings may be worn for game (small stud earrings are ok).
5. No girl will be allowed to go to the restroom during a game without an adult.
6. Cheerleaders will cheer as long as the football game is in progress. However, under certain weather conditions the squad mother has the discretion to make a determination regarding cheerleading.
7. Transportation to and from games is the responsibility of the parents.
8. Tumbling and basic pyramids will be allowed during games, at the discretion of the squad mom.
9. Carry the following items in your cheer bag at all times: Pullover, white turtleneck, leggings, gloves, and ear warmers.
10. Cheerleading uniform (shell and/or skirt) may only be worn to official Vestavia Hills Youth Little Rebel functions. T-shirts and fleece pullover are allowed.

Clinic

1. Individual squad clinics are mandatory for all cheerleaders. Multi-squad cheer clinics are not mandatory, but highly recommended.

## Squad Mothers

We, parents and cheerleaders, are fortunate to have such a special group of volunteers this year to serve in our program. These Squad Mothers make many decisions that will affect their squad such as placement of girls in lines, formations, practice times, etc. Total cooperation and support is not only expected but also required from you and your daughter with the Squad Mother. In order to preserve sanity, please remember the following:

- All of the adults involved will not always agree.
- All girls involved will never want to ALL do the same cheer, or practice at the same time.
- These girls are here to have fun. We want and intend for them to learn cheers and chants. In addition, we hope to instill kindness and courtesy toward fellow squad members, respect and discipline in regard to adults, and, most importantly, a feeling of self-worth and increased self-esteem.
- If you have a problem or concern, please do not discuss or complain about it to other parents or to your child. Contact your Squad Mother directly and she will do everything she can to alleviate the problem. She cannot correct the problem if she is unaware of it.
- “Girls will be girls” and we certainly understand this. However, if squad mothers have to stop practice or interrupt cheering during a game for one or two girls, then it is not fair to the rest of the squad. If the Squad Mother(s) attempts to correct your child’s behavior repeatedly and has been unable to do so, you will be asked as a parent to step in. Your child could be asked to sit out for one or more quarters of the football game.

## Assistant Squad Mother(s)

Our Squad Mothers will be coordinating the following and will need your assistance.

- a. One or two Moms per game to take any girls to restroom 15 minutes prior to the game.
- b. One parent per game to take the roster to the press box, and introduce the girls over the P.A. system and control the music for the performance at half time.
- c. Assist Squad Mother with all other duties.

## *NEW REVISIONS FOR 2011*

Additions and/or Amendments to the Expectations and Guidelines  
Vestavia Hills Little Rebels Cheerleading

## Practices

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absence to be excused, the squad mother must be notified, in writing, prior to the absence. The squad mother has the authority to approve or disapprove the absence and will do so in writing upon receipt of the request. Penalty: If a cheerleader has 2 or more unexcused absences, the cheerleader will have to sit out the following game.

### Games

1. Attendance at games is mandatory. If for some reason your child cannot attend the game, the squad mother should be notified as far in advance as possible and in writing, in order for the absence to be excused. The squad mother has the authority to approve or disapprove the absence and will do so in writing upon receipt of the request. Penalty: If a cheerleader has 2 or more unexcused absences, the cheerleader will have to sit out the following game.

### Competition

1. Participation in the end-of-the-season competition is strongly encouraged.

I HAVE READ AND UNDERSTAND THE ABOVE RULES AND GUIDELINES FOR THE UPCOMING SEASON. THESE GUIDELINES AND EXPECTATIONS HAVE BEEN APPROVED BY THE VESTAVIA YOUTH LITTLE REBELS CHEERLEADING BOARD. THESE GUIDELINES ARE MADE IN THE INTEREST OF THE GIRLS, CHEERLEADING SQUADS, AND WHOLE LITTLE REBEL CHEERLEADING PROGRAM. I AGREE TO COMPLY WITH THESE GUIDELINES AND ACCEPT THE DECISIONS MADE BY THE VESTAVIA YOUTH LITTLE REBEL CHEERLEADING BORAD.

PARENT SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

Revised March 2011

**ATTACHMENT III: COMMON LITTLE REBELS CHANTS/CHEER WORDING**

**“Yell Red and Blue”**

Vestavia Rebels  
Yell RED, RED  
Vestavia Rebels  
Yell BLUE, BLUE  
Vestavia Rebels  
Yell RED and BLUE  
RED and BLUE!

**“Two Bits”**

Two bits,  
Four bits,  
Six bits,  
A dollar!  
All for the Rebels,  
Stand up and holler!

**“Move That Ball”**

Move that ball  
Down the field.  
TOUCHDOWN!  
Go Rebels!

**“Stomp Your Feet”**

Stomp XX\*  
Your feet XX  
Rebels  
Can't be beat!

**“Stomp and Shake It”**

Rebel fans  
We want to see you  
Stomp – and shake it!  
Stomp – and shake it!

**“Bang Bang”**

Bang, bang  
Choo choo train  
Come on Rebels  
Do your thing!  
Get it, get it, get it, get it.  
Got it, got it, got it, got it.  
UMPH, and let it roll!  
XX-XXX

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\* NOTE: X = clap

**“We Are the Rebels” (repeats five times)**

We are the Rebels  
Couldn't be prouder  
And if you can't hear us  
We'll yell a little louder!

**“Awesome”**

A-W-E  
S-O-M-E  
Awesome!  
Awesome!  
Tot-a-ly!

**“Jump in the Car”**

Jump in the car  
Step on the gas  
Lean back  
And let the Rebels pass!

**“Who Rocks the House?”**

Who rocks the house?  
The Rebels rock the house!  
And when we rock the house,  
We rock it all night long!

**“Wave Your Hands”**

Wave your hands.  
XXXX  
Stomp your feet.  
XXXX  
Snap your fingers.  
'Cause the Rebels can't be beat!

**“S-C-O-R-E”**

S-C-O-R-E  
Score, Rebels, score!

**“H-O-L-D”**

H-O-L-D  
Hold that line!

**“T-D”**

What do you want?  
T-D!  
What's that?  
TOUCHDOWN!

**“Shove That Ball”**

Shove that ball across that line!  
Shove that ball across that line!  
Shove it!  
XXX  
Shove it!  
XXX

**“That Away”**

That away,  
That away,  
Hey, hey, hey!

**“Power to It”**

Come on Rebels!  
You can do it!  
Put a little power to it!  
Ooh-ah!  
Ooh-ah!

**“That’s O-K”**

That’s O-K!  
That’s alright!  
Come on Rebels!  
Fight, fight, fight!  
**“We Want Six” (repeats as necessary)**

We want six!

**“When We Say Rebels”**

When we say Rebels, yell let’s go!  
Rebels, let’s go!  
When we say Rebels, yell let’s fight!  
Rebels, let’s fight!  
When we says Rebels, yell let’s win!  
Rebels, let’s win!  
Put it all together now!  
GO, FIGHT, WIN!

**“Here We Go Rebels”**

Here we go Rebels,  
Here we go!  
HOO-HOO!  
Here we go Rebels,  
Here we go!  
HOO-HOO!

**“Rebel Fans, Here’s What to Do”**

Rebel fans,  
Here’s what to do.  
Yell the colors that we tell you to!  
Yell red!  
RED!  
Now blue!  
BLUE!  
Again red!  
RED!  
Now blue!  
BLUE!

**“Get Some Yardage”**

Get some  
XX  
Yardage!

**“Go Big Blue”**

Goooooooooooo Big Blue!  
Go Big Blue!

**“B-E-A-T”**

B-E-A-T  
Come on Rebels, beat the (insert opponents team name)!

**“Move From Side-to-Side”**

Move from side-to-side,  
And show your Rebel pride!

**“Be Aggressive”**

Be  
XX-XX  
Aggressive!  
XX-XX  
Be  
XX-XX  
Aggressive!  
XX-XX  
B-E-A-G-G-R-E-S-S-I-V-E  
So, be  
XX-XX  
Aggressive!

**“Show Us What You Can Do”**

Show us what you can do, Big Blue!  
Show us what you can do!  
XX

**“Let’s Go Rebels”**

Let’s go Rebels!  
XX-XXX

**“Rowdy”**

Let’s  
Get  
A little bit rowdy!  
R-O-W-D-Y!

**“Make ‘Em Fumble”**

Make ‘em fumble!  
Make ‘em fall!  
Come on Rebels,  
Get that ball!

**“Hey, Hey Let’s Go”**

Hey, hey  
Let's go!  
Let's hear it for big red!  
They're on a roll!  
They're in control!  
So come on Rebels!  
GO,GO!  
Come on Rebels go!

**“Hey, Hey Rebel Fans”**

Hey, hey Rebel fans,  
Yell it out and rock the stands!  
XX-XXX  
Beat those (insert opponent’s team name here)!

**“We’ve Got the Spirit”**

We've got the spirit!  
We've got the right!  
We're going to win the game tonight!  
We've got the talent!  
We've got the heat!  
Vestavia Hills just can't be beat!

**“Take It to the Limit”**

Take it to the limit.  
Take it to the top.  
We’re the mighty Rebels,  
And we can't be stopped!

**“Let’s Go”**

Let’s Go!  
Let’s Go!  
X-X  
Come on Rebels let’s go!

**“Rebels! Rebels! The Best!”**

The competition is really rough.  
But the Rebels are really tough.  
We’ll beat your team and all the rest.  
Rebels! Rebels! The best!

**“We’re Movin’ In, We’re Movin’ Out”**

We’re movin’ IN!  
We’re movin’ OUT!  
We are the team.  
Let’s hear you shout!  
Catch the spirit that we create!  
’Cause tonight’s the night we dominate!  
Say it loud.  
Say it proud  
Let’s Go Rebels!

**“Rebel Pride Can’t Be Beat”**

Yes. X  
We’re back, X  
And better than before. X  
The Rebels, X  
Are here to rock the floor! X  
So c’mon crowd get on your feet! X  
Rebel Pride can’t be beat!

**“Hey Fans in the Stands”**

Hey fans, in the stands,  
Stand right up and clap your hands!  
I said hey fans in the stands,  
Stand right up and clap your hands!  
Say GO, GO Rebels!

## ATTACHMENT IV: COMMON CHEERLEADING MOTIONS

Left Diagonal



Right Diagonal



High V



Low V



Punch



Hands on Hips



Bow and Arrow



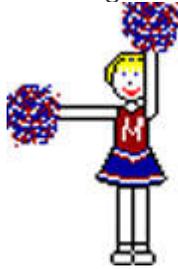
Left K



Right K



Right L



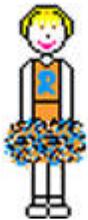
Left L



Touchdown



Low Touchdown



T



Half T



## ATTACHMENT V: COMMON CHEERLEADING JUMPS

Herky

Double Hook



**ATTACHMENT VI: TUMBLING PERMISSION FORM**

Little Rebel Cheerleading Tumbling Release Form

In order for your child to be allowed to perform tumbling or basic pyramids, you must complete and sign this permission slip.

Your child will not be required to perform any tumbling or basic pyramids. The squad mother(s) reserve the right to set limits, particularly on back handsprings and other difficult moves that could result in injury. Your squad mother(s) may also choose not to allow any tumbling or basic pyramids at all if field conditions are poor.

If you prefer your child be limited to certain moves such as cartwheels and round-offs, please indicate that below.

Please discuss your decision with your child, so that she understands what her limitations may be and why safety is most important. Your child will not be allowed to perform any such moves unless we have a copy of your insurance card on file.

Please select one:

\_\_\_\_\_ My child, \_\_\_\_\_, has my permission to perform tumbling and/or basic pyramids at practice and during games.

\_\_\_\_\_ My child, \_\_\_\_\_, is NOT allowed to perform tumbling and/or basic pyramids at practice and during games.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Revised- March 2008



**ATTACHMENT VII:  
LITTLE REBELS CHEERLEADING SPONSORSHIP FORM**

**Cheerleading  
Sponsorship Form**

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Each year Vestavia Hills Little Rebel Cheerleading / Vestavia Rec Cheerleading welcome the support of individuals and businesses to recognize the achievements of our youth by providing them with financial assistance on Homecoming Festivities, refreshments and recognition gifts. If you would like to sponsor our team, your contribution would be greatly appreciated.

\_\_\_\_\_ **\$25 Sponsorship: Business/Name announced at all home games**

\_\_\_\_\_ **\$50 Sponsorship: Business/Name announced at all home and away games.**

\_\_\_\_\_ **\$100 Sponsorship: Business/Name announced at all home and away games, plus a sponsorship plaque.**

\_\_\_\_\_ **\$150 Squad Sponsorship: Business/Name announced at all home and away games, a sponsorship plaque and business card/logo placed on the Little Rebel Cheerleading website.**

**Other: \$** \_\_\_\_\_

***\*\*Please make checks payable to:  
Little Rebel Cheerleading  
(Please give check and a copy of this form to your squad mom)  
Contributions are tax deductible:  
Tax I.D. # 63-6002218***

SPONSOR NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

SQUAD: \_\_\_\_\_

\*Please email Allison Miller with any questions: [allisoncmiller@hotmail.com](mailto:allisoncmiller@hotmail.com)  
If you would like your business card or logo included on the website, please send them in a .pdf format, to the above email address. Thank you for your support!

