



North Pittsburgh Catholic Ironmen Cheerleading 2016 Information Sheet & FAQ

Catholic schools are committed to the development of the whole student. Extra-curricular activities, such as cheerleading, are regarded as an important part of the total learning experience. Catholic school cheerleading activities foster fitness, leadership, creativity, teamwork and a spirit of cooperation, all within a Christian context.

Who is eligible for Ironmen Cheer?

Students in the 1st-8th grade from seven area Catholic Schools including: Aquinas Academy, Butler Catholic, Providence Heights Alpha, St. Alphonsus, St. Alexis, St. Gregory and St. Kilian.

Based on registration numbers and in alignment with Diocese of Pittsburgh Cheerleading Guidelines, Junior Varsity (JV) can consist of 4th-5th-6th grade and Varsity can consist of 6th-7th-8th grade. However, no girl may cheer on both squads. We will not split any grade level to put individuals on different squads. For example, 6th grade will not be split between J.V. and Varsity. All of the 6th grade students will be on either J.V. or Varsity. Determination will be made at the end of registration.

Pep Squad is for students in 1st-3rd grade.

When are practices?

Practices will start at the end of July and run through August.

Schedule: Monday, 8/8; Wednesday, 8/10; Friday, 8/12; Monday, 8/15; Wednesday, 8/17; Friday, 8/19. There may be one or two practices prior to these dates. Practices when school begins are to be determined based on need.

Time: 6:30 – 8:30 pm

All cheerleaders are to arrive 30 minutes prior to scheduled games for a pre-game practice and run-through.

Where are practices?

Marshall Middle School (5135 Wexford Run Rd, Wexford, PA 15090) during football camp.

There is a "Jersey Day" Picnic in late August. This is a not-to-be missed event for the whole family. Practice will be 9-11 AM and celebration and picnic will be 11-1PM.

When are the games?

Games are held on Sunday afternoons in September and October.

Where are the games played?

Home games are held at North Allegheny High School (Newman Stadium, Rt. 19 Wexford) and cheerleaders also travel to away games to local schools within the Pittsburgh Diocese.

Where do they cheer?

Ironmen cheerleaders cheer along the sidelines of the football field (facing the crowd!) and go out onto the field prior to the game for football player introductions, sign run-through and at halftime to perform their cheer and dance routine.

Do they have uniforms?

Yes. Cheer uniforms (vest and skirts) and pompoms will be provided (Ironmen colors are cardinal red and gold).

What other gear is required?

Parents will be required to purchase bows, all white flat sole cheer shoes, spankies and white turtleneck bodysuit.

Flat Sole Cheer Sneakers – White cheer shoes (they are flat on the bottom) are required for practice and games.

<http://www.cheerleading.com/24-SZ03.htm>

There is a note on this site to order a size up, which seems to hold true.

Spankies - Choose either briefs or boy shorts, but they need to be in bright gold. Here's an example:

<http://www.cheerleading.com/46-BC.htm>

Color Option - "Bright Gold"

No-Show Plain White Socks

<http://www.cheerleading.com/59-S10-WHT.htm>

White Turtleneck Bodysuits

<http://www.cheerleading.com/323-BNTNS.htm>

Custom Hair Bows - with the girl's names - \$15 - the Coaches will coordinate this order

Ironmen Spirit wear fleece and jackets to wear over uniforms in cold weather will also be available for purchase.

Also, for cold weather games cheerleaders may wear plain black pants/leggings, black gloves and plain black ear wear.

What do cheerleaders wear to practice?

Girls are asked to wear comfortable shorts (no buttons or zippers), t-shirts or tank, cheer shoes and they must pull their hair back into high ponytails for all practices.

For Friday practices, cheerleaders must wear black shorts, white t-shirt, no-show socks and cheer shoes, as the squad will be performing an aspect of its routine, cheer or chant for the players, coaches and their fans.

What is the attendance policy?

Attendance is essential to the success of each season. Attendance will be taken at the beginning at each practice, game or event. Each Cheerleader's 100% commitment is required as each position on the squad is dependent on the others. When one Cheerleader is absent, it places a hardship on the entire squad and can become a safety issue. It is for these reasons the Cheerleader and the parents must be advised of the importance of compliance to the attendance policy.

Attendance is mandatory at every practice and every game. Each cheerleader is expected to be there on time and remain throughout the entire practice, and from the time designated by the coach pre-game throughout the entire game.

We understand things may come up throughout the season. For that reason, each cheerleader is **allowed three (3) unexcused absences**. Excused absences are: medical, school functions, and family emergencies.

We do not expect any issues with attendance. However, if a cheerleader exceeds three unexcused absences, the consequences are as follows:

After the 4th unexcused absence — the cheerleader will be removed from her position in the halftime routine and be placed as a "free spot" for the remainder of the season.

After the 5th unexcused absence a conference will be held with the parent(s)/guardian of the cheerleader and the Coordinators of the cheer program to discuss resolution.

How do I register?

You can register on-line throughout March and April at www.NPCIRONMEN.com

The registration fee for cheerleading is \$100.