

# CUMBERLAND VALLEY CHEER CLASSIC

6746 Carlisle Pike (US Route 11), Mechanicsburg, PA 17050

SAT., NOV. 10, 2007

## FAST FACTS

Please remind cheerleaders to bring 1 canned good for food drive

**Parking:** There are two driveways into the school complex from the Carlisle Pike (PA-11). You may enter at the traffic light or at Dapp Road by the football stadium. Parking is available on both sides of the building with entrances from both sides. There are no special or designated cheerleader entrances. We do not want you to receive a ticket/fine or bill for towing so please DO NOT park along the curb. Please make sure your vehicle is in a marked parking space.

**Coaches Check-In:** Check in your teams in the Coaches' Hospitality Room adjacent to the Food Drive area. Wristbands for the coaches will be in the red folder given to you at check-in. **Please inform your parents that NO COOLERS are permitted in the school.**

**Gym Doors Open:** 8:00 AM **NO FOOD OR DRINKS ARE PERMITTED IN THE GYM**

**Competition Begins:** 9:00 AM

**Entry Fees:** \$5.00 for Adults \$3.00 for Students Wristbands must be visible.  
Remind parents and spectators to display their wristbands to enter the gym.

**Jump & Tumble Offs:** Cheerleaders may sign up in the lobby for the jump-offs and tumble-offs. Fee: \$5.00 per contest.

**Locker Room:** There is a locker room with restroom facilities only available to cheerleaders.

**Open Tumbling:** Morning session cheerleaders may warm up tumbling on the spring floor beginning at 8:30 AM.  
Afternoon session cheerleaders may warm up tumbling on the spring floor beginning at 1:00 PM.

**Warm-Up Cycle:** Please report to the **Spectator Gym** (where the cheerleaders' belongings are stored) 5 to 10 minutes prior to your warm-ups. Only cheerleaders, coaches and CV staff are permitted in the warm-up areas. The relaxed warm-up cycle is as follows: Meet – 5 minutes; Stretch – 5 minutes; Block Routine – 5 minutes; Tumble – 5 minutes; Full Mat – 5 minutes; Holding #1 – 5 minutes; Holding #2 – 5 minutes; On-Deck – 5 minutes; Compete. The holding times are designed to provide your cheerleaders with sufficient recovery time from warm-ups and to allow a last minute bathroom visit for nervous cheerleaders.

**Important:** In order to improve traffic flow, please encourage your cheerleaders to pick up their cheer bags from the Spectator Gym before reporting to the Awards Ceremony.

**2 Awards Ceremonies:** Morning Awards: 12:30 AM (approx.)  
Afternoon Awards: 5:00 PM (approx.)

**Trainer on Duty All Day:** Our high school trainer is available all day in the Training Room next to the on-deck area.

**Number of Teams:** 66 Teams performing

**Tentative Schedule:** Schedule updates will be posted at [www.cvhscheer.org](http://www.cvhscheer.org) Please check for updates throughout the week. Score sheets, a map, and directions are available in the registration packet at [www.cvhscheer.org](http://www.cvhscheer.org)

### CV Cheer Classic Food Drive to help the Central Pennsylvania Food Bank:

**Coaches – PLEASE HELP** by passing this information along to your cheerleading families.

We can instill a sense of civic responsibility in the cheerleaders we coach by encouraging them to participate in this very important FOOD DRIVE. Together, cheerleaders can make a difference and help stop hunger. Cheerleaders are asked to remember to put one non-perishable item in their cheer bag, such as:

- Canned tuna
- Canned meats and stews
- Soup
- Peanut butter
- Canned fruits and vegetables
- Packaged meals
- Packaged pasta and rice
- Canned and dried beans
- Pure fruit and vegetable juices
- Baby food, cereal and formula (must be within code date)

**Rec and School Prizes:** Trophies; Ribbons; \$100 discount on Coastal Alliance's Battle at the Capitol, March 8-9, 2008

**All Star Prizes:** Trophies; Ribbons; \$300 discount on any Masters Open Nationals Event

**Questions:** Please email Kristi Shaffner at [KShaffner@aol.com](mailto:KShaffner@aol.com)