

Dear Coaches,

I hope you are enjoying the fall while planning for the upcoming competitive cheerleading season. We would love to have you bring your teams to the

Cumberland Valley Cheer Classic

in Mechanicsburg, PA on Saturday, November 12, 2011. We are located in central Pennsylvania near Carlisle, Harrisburg, and Hershey - only 10 minutes off the PA Turnpike and 10 minutes off Interstate 81.

This is **THE Competition** to attend! You won't find a better, more organized and on-time competition. Here are a few things we offer at the **CV Cheer Classic** that the coaches, athletes and spectators enjoy:

- ★ Teams compete on a 54' x 42' spring floor
- ★ A relaxed warm-up cycle with 2-level air-conditioned gymnasium
- ★ Divisions for rec teams, school teams and all star teams
- ★ Affordable per team pricing
- ★ Trainer will be on site for medical emergencies the entire day
- ★ An amazing atmosphere made for competing

We are proud to offer an affordable cheerleading competition with a **BIG** competition feeling. There will be talented teams from rec leagues, schools, and all star gyms anxious to compete. We hope you will join us for an exciting day of competitive cheerleading. Please let me know if you have any questions. Good luck this season!

Remember to register for the **CV Cheer Classic** – **Saturday, Nov. 12, 2011!**

Cheerfully,

Kristi Shaffner

Cumberland Valley Head Coach
KTShaffner@gmail.com

Cumberland Valley Cheer Classic

Saturday, November 12, 2011



Name of Organization, School, or Gym _____

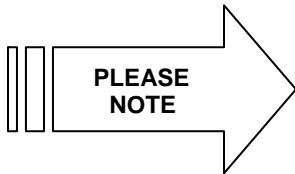
Team Colors _____ Team Mascot _____

Contact Name _____ Home Phone _____

Contact Email Address _____ Cell Phone _____

Mailing Address _____

RECREATION TEAMS		SCHOOL TEAMS		ALL-STAR / OPEN TEAMS		
# of Cheerleaders		# Females	# Males	# Females	# Males	USASF
_____	MINI/SMURF REC Gr. 2 & Under	_____	_____	_____	_____	TINY Level _____
_____	PEE WEE Gr. 4 & Under	_____	_____	_____	_____	MINI Level _____
_____	PONY Gr. 6 & Under	_____	_____	_____	_____	YOUTH Level _____
_____	JUNIOR/MIDGET REC Gr. 8 & Under	_____	_____	_____	_____	JUNIOR Level _____
_____	SENIOR REC Gr. 12 & Under	_____	_____	_____	_____	SENIOR Level _____
<i>Rec teams must cheer for an organized recreation sport.</i>		<i>School teams must cheer for an organized sport at their school.</i>		_____	_____	OPEN Level _____



Please submit **SEPARATE ROSTERS** for each team with this registration form.
 Recreation and school teams: Please include name and grade level
 All-star teams: Please include name and age as of Aug. 31, 2011
 Individual medical release forms are **not** required for each cheerleader.
 Adjusting warm-up times for cheerleaders competing on more than one team will not be possible.
 If warranted, divisions may be split or combined at the discretion of the event organizers based on:
 1) Size of team 2) Number of males on team 3) All-star level *Ex: Levels 1-3 combined; Levels 4 & 5 combined; etc.*

NAMES OF COACHES: Two coaches are admitted free per registered team. List the name of the team, the division, and the names of the coaches below.
 Only pre-registered coaches on this form will receive admission wristbands in the CHECK-IN room. Other coaches will pay \$8 spectator fee.

	1 st Team	2 nd Team	3 rd Team	4 th Team	5 th Team
TEAM NAME					
DIVISION					
Coach #1 Free					
Coach #2 Free					
Extra Coach Pay \$5					
Extra Coach Pay \$5					
Extra Coach Pay \$5					

Admission at the door is \$8



Questions:
 Contact Kristi Shaffner
KTShaffner@gmail.com
 (717)443-3769
 (Between 10 am & 2 pm)
 Schedule will be posted Wed, Nov 9
 at www.cvhscheer.org

NUMBER OF TEAMS _____ X \$125 = _____

OF EXTRA COACHES _____ X \$5.00 = _____

TOTAL DUE _____

EARLY-BIRD
by Oct. 6

REGULAR REGISTRATION
 If postmarked after Oct. 6, 2011

X \$150 = _____

X \$5.00 = _____

TOTAL DUE _____

REGULAR
by Nov. 1

Checks payable to:
 Remember to submit:
 Cheerleaders bring:

CV Cheer Boosters
Rosters for all teams
Canned goods for FOOD DRIVE

Early-bird registrations must be postmarked by Oct. 6
 Application deadline for regular registrations is Nov. 1
IMPORTANT: ALL FEES ARE NON-REFUNDABLE

Mail to:

CV CHEER CLASSIC
 3607 Horsham Dr.
 Mechanicsburg, PA 17050



Cumberland Valley Cheer Classic



Guidelines

- ★ All cheer teams will compete on a 54' x 42' spring floor.
- ★ The CV Cheer Classic begins at 9:00 am. Doors to the high school building open at 7:30 am. Doors to the gymnasium open at 8:00 am. Spectators and cheerleaders enter through the same doors of the school.
- ★ The order of performance will be posted at www.cvhscheer.org on Wed., Nov. 9.
- ★ The early-bird entry fee of \$125 per team ONLY applies to registration forms postmarked by Oct. 6. Registration fees postmarked after Oct. 6 will be \$150 per team – **no exceptions**. Absolutely no refunds.
- ★ Rec teams typically compete in the morning and all-star teams typically compete in the afternoon. School teams are divided between the two sessions with high school teams competing in the morning due to football playoffs.
- ★ There will be no divisions for stunt groups, individuals, or dance teams due to the large number of competing teams.
- ★ The CV Cheer Classic does not require individual medical release forms for cheerleaders; however, coaches will be required to sign a team release form at check-in in the Coaches Hospitality Room adjacent to the main entrance.
- ★ The high school trainer will be on site for medical emergencies (not taping) the entire day.
- ★ All participants must be current members of the 2011 - 2012 team that is competing.
- ★ Individuals may compete on an all-star team as well as a school affiliated team or rec team; however, adjusting warm-up times for cheerleaders competing on more than one team will not be possible.
- ★ There is no penalty for stepping out of bounds. However, any element such as tumbling, a basket toss, or pyramid/partner stunt that occurs or lands out of bounds (marked by white lines) will be assessed a 5 point deduction.
- ★ A CD must be taken to the music table prior to the performance. Please be prepared with back-up CDs.

Scoring

- ★ All-star and open teams will follow 2011-12 USASF age requirements and rules as they appear at www.usasf.net.
- ★ The 2011-2012 AACCA rules will govern the school and rec team divisions.
 - AACCA School Cheer Safety Rules http://www.aacca.org/media/resources/2011-2012_School_Rules_4-7-2011.pdf
 - Please note the most recent AACCA rule changes for elementary, middle, and junior high teams.
 1. Basket tosses, elevator tosses and multi-based tosses are prohibited for elementary, middle, and junior high teams.
 2. The total number of twists in a dismount from stunts cannot be greater than one rotation. Exception to this rule: Side facing stunts (i.e. Arabesque, Scorpion, etc.) may add a $\frac{1}{4}$ twist in order to cradle to the front.
- ★ The scoring process will range in points from 0-10 in each category. The scores will be added to form a subtotal.
- ★ Any deductions for mistakes, jewelry, time violations, safety guideline violations or inappropriate choreography will be subtracted from the subtotal to acquire the final score from each judge. The emphasis is on a clean routine.
- ★ Deductions/penalties are assessed at the sole discretion of the judges. All judges' decisions are final. Ties will not be broken. Teams that place in a tie will both receive awards.

Time Limits

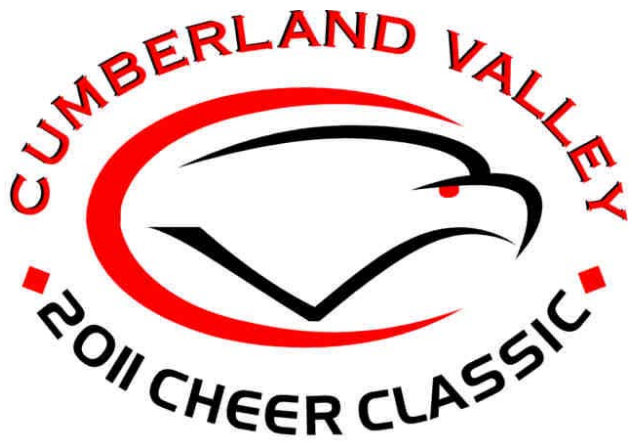
- ★ Total Routine Limit: 2:30 minutes total performance time. There is no minimum music time requirement for routines.
- ★ Total performance time may constitute all music for rec, school, and all-star cheer routines, or any combination thereof.
- ★ Prior to the start of a routine, all participants must be positioned inside the boundary lines and must be supporting their own weight on the floor.
- ★ Timing will begin with the first motion, movement, voices in unison, or with the first sound of music.

Competition Divisions

- ★ For school and rec teams, divisions are determined by the grade level of the oldest squad participant at the time of the competition. For all-star teams, divisions are determined by the cheerleader's age as of Aug 31, 2011.
- ★ In the event that participation in a division does not promote a quality competition, the event organizers reserve the right to combine divisions of like ages without prior notice.
- ★ Event organizers also reserve the right to split the division into "Small" and "Large" divisions when there will be at least **two** teams in the division. Small teams = 5-20 members; Large teams = 21-36 members.

Deductions

- ★ An illegal pyramid, partner stunt, or gymnastics skill is a 5-point deduction from each judge.
- ★ A safety violation such as jewelry, tongue rings, body piercings, long fingernails, etc. is a 5-point deduction per offense from each judge.
- ★ Any element performed or landed off the mat (i.e. tumbling pass, dismount, etc.) is a 5-point deduction from each judge.



Team	_____					
Session	AM			PM		
Rec	Mini Rec/Smurf	Pee Wee	Pony	Jr. Rec/Midget	Sr. Rec	
School	Middle School	Jr. High	Jr. Varsity	Varsity		
All-Star	Tiny	Mini	Youth	Junior	Senior	Open
All-Star Level	1	2	3	4	5	6

Technical Skills		Maximum	Score
Motions Synchronicity/Sharpness		10	
Jumps	Execution	5	
	Difficulty	5	
Tumbling	Execution	5	
	Difficulty	5	
Stunts / Pyramids / Tosses	Execution	10	
	Difficulty	10	
Dance		10	
Routine Elements		Maximum	Score
Choreography of Entire Routine Creativity/Originality		10	
Routine Execution Timing/Spacing/Transitions/Flow of Routine		10	
Projection Expression/Showmanship/Voices		10	
Performance Impression Crowd Appeal/Perfection of Routine		10	
Subtotal		100	
Infractions/Deductions			
Jewelry	-5		
Illegal stunt	-5		
Illegal dismount	-5		
Illegal move	-5		
Inappropriate dance	-5		
Overtime	-5		
GRAND TOTAL			

Strong Areas

- Sharp motions
- Good jumps
- Good energy level
- Good squad unity
- Smooth transitions
- Solid clean routine

Needs Improvement

- Need sharper motions
- Point toes on jumps
- Tumbling not perfected
- Watch timing
- Watch spacing
- Stunts/dismounts not strong

Judge _____

Additional Comments



How to Find CVHS

Cumberland Valley High School

6746 Carlisle Pike • Mechanicsburg, PA 17050-1796

5 miles from Carlisle Exit 226 of PA Turnpike and 4 miles from Exit 57 of I-81



FROM I-81

From the North I-81 south to Exit 57 (Mechanicsburg/PA-114) At traffic light at end of exit ramp, make a left onto PA-114 East towards Mechanicsburg. Proceed to the 5th traffic light at the intersection of PA-114 and US-11 (Sheetz Gas Station on right). Bear right onto US-11 South (Carlisle Pike) and proceed to the 3rd traffic light at the entrance to the CV campus. Turn right onto the campus. Proceed straight ahead to parking lots. The gymnasium is the building with the large dome. Parking is available on both sides of the high school.

From the South I-81 north to Exit 52A (New Kingstown) onto US-11 North toward Harrisburg. Go approximately 4 miles to the traffic light at the main entrance of the school on the left. Turn left onto the CV campus. The gym is the building with the large dome roof.

FROM THE TURNPIKE I-76

Go to the Carlisle Exit (Exit 226) Take US-11 North. Go approximately 5 miles to the traffic light at the main entrance of the school on the left. Turn left onto the CV campus. The gymnasium is the building with the large dome roof. Parking is available on both sides of the high school.

FROM I-83

I-83 North to the Camp Hill Exit 41 A (Camp Hill/581) Follow I-581 to I-81 South to Exit 57 (Mechanicsburg/PA-114). At traffic light at end of exit ramp, make a left onto PA-114 East toward Mechanicsburg. Proceed to the 5th traffic light at the intersection of PA-114 and US-11 (Sheetz Gas Station on right). Bear right onto US-11 South (Carlisle Pike) and proceed to the 3rd traffic light at the entrance to the CV campus. Turn right onto the campus. Proceed straight ahead to parking lots. The gymnasium is the building with the large dome roof. Parking is available on both sides of the high school.

FROM US-283

Go to the Harrisburg Exit. Follow Rt. I-83/581. Stay on I-581 to I-81 South. Take Exit 57 (Mechanicsburg/PA-114). At traffic light at end of exit ramp, make a left onto PA-114 East toward Mechanicsburg. Proceed to the 5th traffic light at the intersection of PA-114 and US-11 (Sheetz Gas Station on right). Bear right onto US-11 South (Carlisle Pike) and proceed to the 3rd traffic light at the entrance to the CV campus. Turn right into the campus. The gymnasium is the building with the large dome roof. Parking is available on both sides of the high school.

FROM US-15

Take US-15 North to the PA-114 exit. Make a left at the stop sign. Follow PA-114 West to the traffic light at the square of Mechanicsburg, make a left. Go to the next traffic light (PA-114 West/Hogestown Rd.) and turn right. Follow PA-114 West to the traffic light at the intersection of PA-114 and US-11 and bear left (KFC on left, Sheetz Gas Station and Olive Garden Restaurant across street) onto US-11 South. Proceed to the traffic light at the entrance to the CV campus, turn right. The gymnasium is the building with the large dome roof. Parking is available on both sides of the high school.



Red Star =
Cumberland Valley HS
 6746 Carlisle Pike (Rt. 11)
 Mechanicsburg, PA 17050

HOTELS

* denotes newest hotels

Comfort Inn West	On same hwy. as school	6325 Carlisle Pike (US11), Mechanicsburg, PA 17050	717.790.0924
Comfort Suites *	Off Exit 61 of I-81	2055 Technology Parkway, Mechanicsburg, PA 17050	717.732-8800
Holiday Inn Carlisle	Off Exit 226 of PA Turnpike	1450 Harrisburg Pike (US11), Carlisle, PA 17015	717.245.2400
Hotel Carlisle (267 Rooms)	Off Exit 226 of PA Turnpike	1700 Harrisburg Pike (US11), Carlisle, PA 17015	717.243.1717
Microtel Inns & Suites *	Off Exit 61 of I-81	4900 Woodland Drive, Enola, PA 17025	717.635.2523
Ramada Inn *	Near high school	350 Bent Creek Blvd., Mechanicsburg, PA 17050	717.790.1520